



TREATMENT MENU



Welcome to Spa 1926 by Resense.

Every element of our spa menu has been carefully designed to provide you with a classic service, a luxurious experience and an element of surprise.

Not simply a treatment, but rather an experience that achieves your desired wellness result, plus a little more...

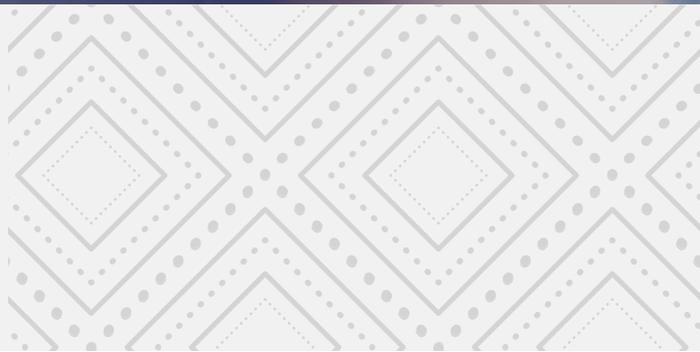
Our Massage Experiences are distinct and soothing, our Body Experiences are deeply cleansing in a luxurious and personalized manner, our Facial Experiences are targeted and lavish whilst our Definitive Experiences are simply 'a must'. The very nature of an 'experience', though, is that it should be so good, you hope that it will never end.

We all look forward to welcoming you at Spa 1926.





MASSAGE EXPERIENCES





THE AROMA

50 MINS - €85 | 80 MINS - €105

The gentlest of massages, yet effective, balancing the whole body and the mind. A synergy of seamless massage techniques and specially blended essential oils ensure you will feel renewed and refreshed.

THE 1926 BESPOKE

50 MINS - €100 | 80 MINS - €120

A bespoke massage tailored to your individual needs. Utilizing five styles of long, gliding, and flowing strokes. It has proven to be helpful in reducing muscular pain, joint stiffness and stimulating circulation. Your choice of soft, medium or hard pressure.

THE DEEP

50 MINS - €105 | 80 MINS - €125

Before getting down 'to work', this massage experience begins with warming the muscles. This prepares you for a deep massage relieving tension in the muscles and the connective tissue. Perfect for those who enjoy a stronger massage.

THE DUO (PER COUPLE)

50 MINS - €170 | 80 MINS - €200

Share a moment of peace with your loved one in our specially prepared couple's suite. This full-body massage uses regulated pressure and synchronised movements to whisk you both to a deep state of relaxation.



BACK MASSAGE

25 MINS - €40 | 40 MINS - €60

Give your muscles a boost as your circulation is stimulated and gently restored. Feel the tension and stress melt away with every swift movement across your back.

FOOT & LEG ENERGISER

25 MINS - €40

An invigorating experience for tired legs and feet. This treatment helps to aid joint mobility, stimulate circulation and reduce puffiness.

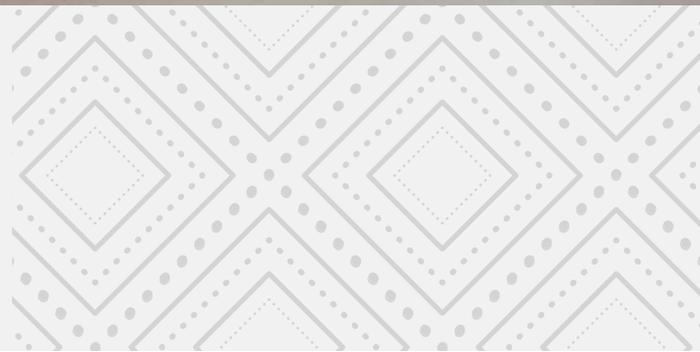
HEAD MASSAGE

25 MINS - €40

Massaging the scalp can stimulate nerves and blood vessels and begin to calm muscle tension around the head.



**FACIAL
EXPERIENCES**





THE PURIFIER

50 MINS - €75

We cleanse and balance your face and décolleté with a combination of detoxifying extracts in this relaxing and luxurious experience. Perfect for everyone, 'The Purifier' will leave your skin oxygenated and purified, and your face looking and feeling full of life and energy.

THE GENTLEMAN'S

50 MINS - €80

A fast but effective facial for men, specially formulated for dry or tired skin. Revealing the skin's vitality and removing signs of fatigue, this instant brightener intensely hydrates for a smooth, suave finish.

THE HYDRATOR

50 MINS - €80

A calming and repairing facial treatment infusing moisture, ideal for dehydrated and dull skin. High-performing active ingredients protect the skin, resulting in a restored and repaired complexion.

THE MINI

25 MINS - €45

Suitable for all skin types and those with a short amount of time! Skin is deeply cleaned and nourished, leaving it looking clear and hydrated. Perfect after a massage or other experience.



THE ULTRASOUND CAVITATION TREATMENT

50 MINS - €85 | 80 MINS - €100

This advanced gentle, non-invasive treatment is safe and suitable for all skin types. Effective treatment for fine lines, wrinkles, sun damage, age spots, and mature skin, with visible results after one session, or longer-lasting results with a series.

THE JETPEEL FACIAL EXPERIENCE

30 MINS - €149
50 MINS - €220

The Jetpeel is a non-invasive multistep dermal infusion treatment that delivers immediate visible results without any downtime or skin irritation. The Jetpeel facial is suitable for all skin types, improves overall skin health, and effectively treats the following:

Fine lines & wrinkles | Uneven skin tones | Dry skin | Dark circles | Sun damage | Enlarged pores | Premature signs of ageing | Congested skin

PACKAGE OF 3- 50 MINS EACH - €600
PACKAGE OF 6 - 50 MINS EACH - €1,140

RADIOFREQUENCY FACIAL

50 MINS - €85 | 80 MINS - €100

Radiofrequency is a technology for non-surgical tightening of the early signs of loose or sagging skin, ideal for those people who do not wish to undergo surgical procedures. It is commonly used to treat the forehead, under the eyes, cheeks, mid-face, jawline, and neck. The effect is to instantly shrink and tighten the collagen in these layers. Over time, it also stimulates new collagen production. The skin becomes tighter and rejuvenated.

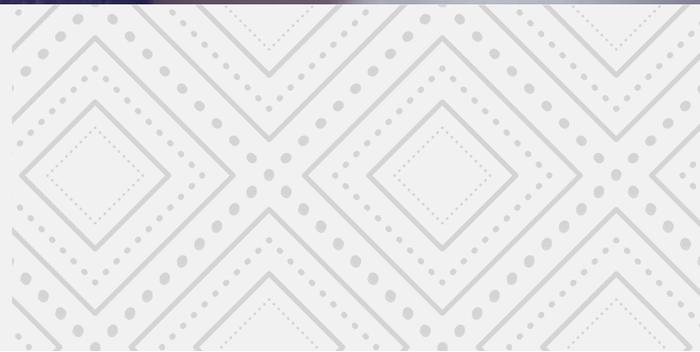
THE ULTIMATE ADVANCE TREATMENT

50 MINS - €100 | 80 MINS - €125

The ultimate advanced facial treatment combining cavitation, ultrasound, and radiofrequency, for the ultimate high-tech anti-ageing facial.



**DEFINITIVE
EXPERIENCES**





HOT STONE MASSAGE

25 MINS - €45 | 50 MINS - €95
80 MINS - €115

Relaxing massage strokes are combined with heated stones placed on key energy points on your body, warming and releasing tension from the muscles. Instantly relieves and comforts.

KIZHI TREATMENT

50 MINS - €115 | 80 MINS - €130

Kizhi Ayurveda massage provides dry heat with ready-made compresses, which are lightly pounded over the body combined with the abhyanga technique to increase the pain-relieving benefits.

ABHYANGAM MASSAGE

50 MINS - €110 | 80 MINS - €125

Abhyanga is a form of Ayurvedic therapy that involves massage of the entire body from head to toe with Dosh-specific warm herb-infused oil.

CHATHUSHKARA TREATMENT

50 MINS - €165 | 80 MINS - €190

Gentle 4 hands body massage creating waves of peaceful sensation from ancient India. The treatment is done with warm ayurvedic oil, with a gentle and synchronised technique performed by two therapist.



**BODY
EXPERIENCES**





THE 1926 POLISH & WRAP

50 MINS - €100

A luxurious experience of body & scrub wrap setting you on the path of healing as the lymphatic system is cleansed using nutrients enriched from the ocean depths. An excellent method to reduce cellulite, detox the body and restore the skin's natural luminosity.

THE POLISH

25 MINS - €45

Treatment is designed to improve the texture and appearance of the skin by helping to rid the body of excess fluids and toxins followed by a relaxing head massage.

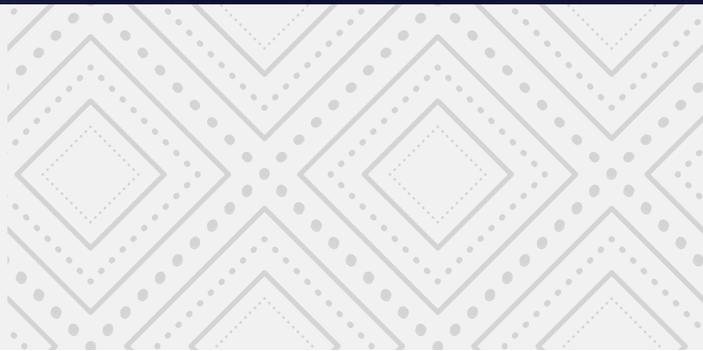
DETOXIFYING BODY WRAP WITH HEAD MASSAGE

45 MINS - €65

Treatment is designed to improve the texture and appearance of the skin by helping to rid the body of excess fluids and toxins followed by a relaxing head massage.



BEAUTY
EXPERIENCES





MANICURE & PEDICURE

SPA MANICURE

45 MINS - €35

50 MINS - €45 (ADD ON SHELLAC)

SPA PEDICURE

50 MINS - €45

50 MINS - €55 (ADD ON SHELLAC)

PARAFFIN ADD ON

€15



EYES

EYEBROW SHAPING

€ 10

EYEBROW TINT

€ 10

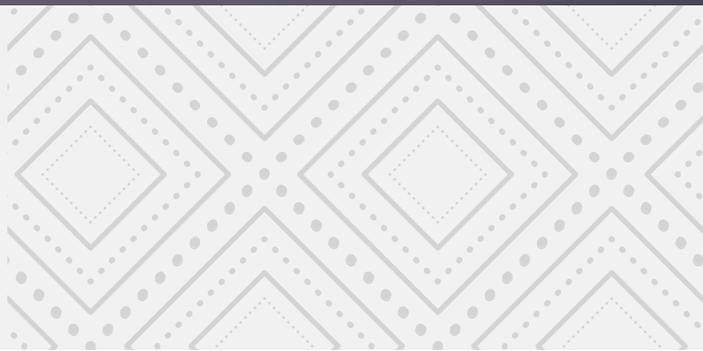
EYELASH TINT

€ 10

WAXING SERVICES AVAILABLE



**RESENSE
COLLECTION**





THE DUO COLLECTION

110 MINS - €320 (PER COUPLE)

Allow your body and mind to relax, first with a gentle full-body exfoliation to cleanse the skin followed by a back, shoulder, and neck massage. Then drift into a deeper state of relaxation with The Pure facial experience, leaving your body & face cleansed, radiant, and silky smooth.

THE COMPLETE COLLECTION

130 MINS - €185

Scrub, Wrap, Bespoke Massage & Mini Facial

The eternal favorite, 'The Complete' is the optimum collection to make you look and feel at your greatest. To commence, we will exfoliate your entire body before massaging the skin with our hydrating and nourishing wrap. The experience will be completed with a full body bespoke massage and 'The Mini' facial ensuring you are ready for that big event or to simply go home looking and feeling amazing.

THE SPA SUAVITIES

The spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave all valuables in your guest room's safe. The spa cannot assume liability for any valuables.

RESERVATIONS

Advance booking is highly recommended to ensure preferred times are available, particularly if you decide to visit us a number of times during your stay. The spa provides walk-in bookings based on availability. You should plan to arrive 15 minutes before.

Please contact the Spa reception.

GIFT CERTIFICATES

Our gift certificates make a wonderful gift for any special occasion. Please enquire with our Spa Concierge for details and purchase.

PREGNANCY

We have specially designed treatments for expectant mothers. We recommend that you check with your physician before booking any spa services. Certain treatments and techniques may not be available during the first trimester.

HEALTH CONCERNS

Please advise us of any health conditions, allergies or injuries that could affect your experience or use of the spa facilities.

ATTIRE

For your convenience you may arrive at the Spa in your bathrobe and slippers provided in your room. Alternatively, you may use our changing rooms and lockers for your personal belongings. Sports attire and sport shoes are a requirement within the Fitness Centre. Outdoor footwear is not permitted in the Spa Wet Zone and indoor pool areas.

MINIMUM AGE

The minimum age for spa treatments is 16 years.

LATENESS AND CANCELLATION POLICY

We kindly ask our guests to arrive 15 to 30 minutes prior to their treatment. Please be aware that your late arrival may result in a reduction of treatment times as a courtesy to our next guest. Cancellation within 24 hours will incur a 50% automatic charge.



HOURS OF OPERATION

Spa treatments available: Mon to Sun from 09.00 to 18.00 | Spa facilities available: Mon to Sun from 09.00 to 20.00

Private Spa available from 21:00 - 00:00

(Subject to seasonal change)



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