WELCOME TO VITALITY
SPA @THE GEORGE

REJUVENATE YOUR BODY, MIND & SENSES
MASSAGES

**BLISSFUL**
- Back, neck & shoulders.
- €35.00 (30mins)
- €50.00 (60mins)

**LYMPHATIC DRAINAGE**
- A massage that stimulates the lymphatic system and helps the body get rid of bad toxins.
- €60.00

**FULL BODY**
- An exhilarating experience where the whole body achieves calmness and full relaxation.
- €35.00 (30mins)
- €50.00 (60mins)

**HOT STONE**
- A form of massage therapy that uses hot and cold stones to create a deep tissue massage to release tension, ease stress and increase blood flow.
- €55.00 (60mins)

**HEAD MASSAGE**
- Getting a head massage is one of the best ways to release everyday stress and anxiety it also helps relieve headache.
- €35.00

**CANDLE OIL MASSAGE**
- A truly aromatic relaxing candle massage that will take the mind and body to the world of bliss and relaxation.
- €35.00 (30mins)
- €50.00 (60mins)

**FOOT MASSAGE**
- Massaging the feet can alleviate anxiety and bring about a deep state of relaxation. The solar plexus is a sort of little warehouse where all your stress is stored. When the solar plexus is pressed on, stress is released and the body is renewed.
- (30 min) €35
- (60 min) €50

**BAMBOO MASSAGE**
- A deep tissue massage which works on all levels to balance, calm and energise physically, emotionally, mentally and spiritually. Bamboo massage can be used as a powerful preventive therapy against modern day stress and to aid relieve from many physical and emotional problems.
- (60 min) €60

**CUPPING MASSAGE**
- Cupping is a massage mobility that finds its roots in traditional Chinese medicine. The practice uses plastic cups to create a vacuum seal on areas of the body. The suction created by this seal brings blood to the surface of the skin and is thought to help expel negative energies from the body.
- (60min) €50
**HAWAIIAN LOMI-LOMI MASSAGE**  
This massage can bring very significant shifts in your life experience, allowing you freedom from old patterns of limitation and more of the natural happiness and freedom of being.  

(30 min) €35  
(60 min) €50

**SPORT MASSAGE**  
A sport massage session is about the client and the therapist working together. We will treat core areas as well as surrounding muscle.  

(30 min) €40  
(60 min) €60

**INDOCHINESE MASSAGE**  
A mix of techniques from Asian countries, Cambodia, Vietnam and Thailand.  

(30 min) €35  
(60 min) €50

**THAI MASSAGE**  
A system of massage and assisted stretching. Thai massage is an ancient energy-based healing system that combines acupressure, reflexology and assisted yoga postures.  

(30 min) €35  
(60 min) €50
HOLISTIC BODY & SOUL RITUALS:
YOUR BEAUTY CENTRE SPA SIGNATURE TREATMENTS

HEMP HAND AND FOOT PROTECTOR
Helps soften and protect hands. Dermatologically tested for very dry skin. (It soothes and rehydrates skin and conditions nails.)

(30 min) €35
(60 min) €50

VITAMIN E HAND AND NAIL TREATMENT
This vitamin E treatment moisturises dry hands, conditions nails and soften cuticles.

(30 min) €35
(60 min) €50

AFRICA HONEY AND BEESWAX HAND AND FOOT
This rich butter cream is inspired by African tribal spa rituals. It cares for hard working hands and feet.

(30 min) €35
(60 min hand and feet) €50

PEPPERMINT INTENSIVE FOOT RESCUE
For feet in need of TLC. A moisture booster that works on hard skin and dry feet, helps to combat sores.

(30 min) €35
BODY EXFOLIATION
A CLEANSING BODY SCRUB FOLLOWED BY A RELAXING MASSAGE

STRAWBERRY BODY POLISH
This buffs away dead skin cells to leave skin soft and smooth.
(60 min) €55

COCONUT BODY SCRUB
This exfoliating body scrub contains organic virgin coconut oil. It stimulates skin microcirculation, removes dead skin and leaves skin soft and smooth.
(60 min) €55

AFRICA XIMENIA & SALT SCRUB
This salt scrub is inspired by African tribal spa rituals. It moisturises as it exfoliates.
(60 min) €55

SMOOTHING & REFINING SCRUB
This zesty citrus scrub contains 100% natural-origin citrus ingredients. It refines skin’s texture and will leave it looking smoother and feeling firmer.
(60 min) €55

WILD ARGON OIL BODY SCRUB
Reveal radiant skin with this body exfoliation, enriched with organic. Community fair trade organ oil from Morocco and argon shell.
(60 min) €55
TREATMENTS FOR DRY SKIN

WILD ARGON MIRACLE
Treat extra dry skin with this multi-purpose solid oil. Its rich texture glistens and glides into skin for an instent moisture glow. Enriched with Organic Community trade organ oil from Morocco.

(30 min) €35
(60 min) €50

HYDRA ESSENCE MANGO
Lightweight blend of nut oils including community fair trade marula oil. Gives instent hydration and shimmering finish.

(30 min) €35
(60 min) €50

OLIVE CARE
Olive oil benefits for skin care were well-known among ancient people. Used it as anti-ageing but also to moisturize dry skin.

(30 min) €35
(60 min) €50

A wide selection of facials, manicure, pedicure and nail gel treatments are also available. Please ask for a full list at the spa reception desk.