



# SEAGRASS WELLBEING CENTRE

Wellness Menu

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# Welcome

to **Seagrass Wellbeing Centre**

Situated right along the sandy shores of Lough Swilly, Seagrass is a haven for you to relax, restore and revive. From the moment you enter, let us take care of you with our menu of Wellbeing focused treatments.

From body treatments and facials to the use of the latest technology and with therapists trained in post Cancer Care therapies, we aim to treat even the issues that can't be seen.

# Opening Times

We are open Monday to Saturday  
10am to 6pm.

## To book:



Call us on 00 353 7493 62188



[seagrass@inishowengateway.com](mailto:seagrass@inishowengateway.com)



[Book your treatment Online here](http://www.inishowengateway.com)

[www.inishowengateway.com](http://www.inishowengateway.com)

You can also find us on:



# Wellbeing - Facials

## Everyday Facial

A customised facial tailored to suit your skin moods. After a skin consultation and analysis, we will customise your facial specifically to your skin needs to give you the best results.  
Best for hydration, sensitivity, purification, antiaging

50min €70

## Vitamin C Therapy

An antioxidant treatment that enhances the defence system of the skin. It protects against the action of free radicals, treats biological and photoaging and improves skin hyperpigmentation.

60min €70

## Thavma Therapy

A facial treatment which reduces the appearance of fine lines & wrinkles, while also slowing down the process of new expression lines.  
Enhanced with Cosmetic Drones technology, it offers an advanced and targeted delivery system of peptides to deeply moisturise the skin, restore skin firmness and radiance.

1 Hour €85

## Chronos Therapy

A facial treatment which repairs and prevents the damage that time may leave on the skin - low water reserves, biological aging and oxidation from the environment.  
Provides deep hydration with 5 levels of Hyaluronic Acid, while stimulating the production of collagen and elastin.

75 min €85

# Wellbeing - Massages

## Seagrass Back Massage

Release knots and tension in the back, neck & shoulders, finding relief from the effects of every day stress on the body.

30 mins €50

## Swedish Wellbeing Massage

A traditional massage using your preferred pressure to promote relaxation. Improve circulation and blood flow while relieving tired, aching muscles and joints.

60 min €80

## Full Body Massage

Find yourself in a deeper state of relaxation, both body & mind, as we focus on the pressure points in the head and release any unwanted stress. Your full body massage will finish with a tension relief foot massage to relieve tired feet.

90 min €100

## Hot Stone Massage

Melt away muscle tension using warm, smooth basalt stones. The heat will relax tight muscles while encouraging circulation and inducing a deep state of relaxation.

60 min = €85

# Massages

## Himalayan Salt Stone Massage

Providing many therapeutic and healing benefits for the body and mind. Offering an immediate sense of overall wellbeing, reduced inflammation and improved sleep. Skin will feel smoother as the Himalayan Salt Stone texture lightly exfoliates and nourishes the skin.

60min = €85

## Indian Head Massage

A deeply calming and relaxing treatment which will improve mental and emotional wellness, as well as physical wellbeing. We begin by releasing any built up tension in the shoulders before focusing on pressure points of the head and face to relieve stress and tension, which can lead to headaches & migraines.

40min = €60

# Exclusive to Seagrass Wellbeing Centre

## What is it?

Lymphatic Drainage Massage is a relaxing massage treatment designed to encourage the flow of lymph throughout the body by using light pressure and long, gentle strokes.

It has many physical benefits on the body which include:

- Relaxation and stress modulation
- Sleep promoting
- Supports detoxification systems of the body.
- Supports the immune system.
- Reduces swelling, fluid retention and lymphedema,
- Contours and shapes
- Promotes a feeling of wellbeing.

## Seagrass Signature Massages

Harnessing the power of nature to restore balance and equilibrium, Seagrass Personalised Holistic massages are designed for a nourishing and restoring experience plus a take-away essence to continue and extend the experience by you at home.

### Go With The Flow Massage

Clear and transform blocked and stagnant energies and mobilise your will to move forward. Relax mind and body and release emotional tension in the body. Lymphatic drainage massage with an emphasis on relaxation.

The treatment will incorporate Findhorn Flower Essence Combination remedy Go With the Flow.

## Immune Boosting Massage

Stimulate your body's natural ability to recover and maintain wellbeing. Restore vitality and support your energy with a relaxing lymphatic drainage massage. The treatment will incorporate Findhorn Flower Combination Essence Life Force Remedy.

### Sweet Dreams Massage

Quiet the mind and calm the body to promote restful sleep and wake up feeling refreshed.

The treatment will incorporate Findhorn Flower Combination Essence Sweet Dreams Remedy.

Each treatment will incorporate a 25 ml Findhorn Flower Combination Essence Remedy which you can take home to continue the experience

Seagrass Signature Massages €100 | 60 min

# Cancer Care Touch Therapy

Touch Therapy is tailored specifically to you and your individual needs. It is delivered in a compassionate and professional manner by our certified cancer care therapists in a safe and relaxing environment.

Touch Therapy is suitable for anyone with a history of cancer, cancer diagnosis, and to anyone currently going through treatment.

Your individual needs will be discussed during your pre-treatment consultation. Areas of tenderness or scar tissue may be addressed or avoided, as directed by you.

Using modified techniques, a pressure tailored to you and a focus on the lymphatic system to relieve areas of fluid retention.

## Wellbeing Massage

A personalised full body massage using natural and organic oils to nourish and protect compromised skin. This massage is performed in a position most comfortable for you, with pillows to support the body.

Your massage will end with a balancing toe technique to balance the polarity in the body.

## Hands & Feet, Fingers & Toes

Natural and nourishing balm will be applied and massaged to the hands and feet, fingers and toes. Warm mitts & booties can be worn if desired to help with absorption.

**90min - €100**

*We offer a course of treatments at a reduced price over 5 sessions*

*For your first Touch Therapy treatment you must arrive at least 15 mins early to complete a consultation with our therapist*

All our massages can be offered with Lymphatic Drainage or Touch Therapy technique. Please advise your therapist at the time of booking should you wish to opt for one of these techniques as a consultation must be completed on your first visit.



# Wellbeing - Hands & Feet

## Elim Manicure

Improve the condition of dry, dehydrated hands with pigmentation and textural concerns.

Includes an illuminating nail cleanse, exfoliation, mask & massage. Also includes cuticle work and nail shape, finishing with a clear nail treatment.

45 min €45 | With Nail Paint €55

## Elim Pedicure

A medical grade pedicure treatment which uses state of the art ingredients to remove hard skin and calluses from the feet.

Includes callus tonic, exfoliation, mask, foot soak & foot massage. Also includes cuticle work and nail shape, finishing with a clear nail treatment.

60 min €55 | With Nail Paint €60

## Reflexology

Using gentle pressure to work on pressure points of the feet to rebalance the mind & body, promote healing & improve overall wellbeing.

60min = €60

# Pregnancy Treatments

## Body Massage

You will be positioned on your side for the duration of this treatment, with pillows placed for your comfort to support your body and bump. This light pressure massage will improve circulation, helping to prevent swelling while soothing aching joints and muscles.

60 mins - €80

## Reflexology

A safe, natural and non-invasive way to manage both physical and emotional symptoms during pregnancy - improve sleep, ease anxiety, help relieve heartburn, pelvic girdle pain, back pain and swelling due to fluid build up. Beneficial post birth to help with hormonal changes.

60 min €60

## Facial

Everyday Therapy facial tailored specifically to treat your skin concerns and issues through the pregnancy - hormonal breakouts, sensitivity, dryness. As your body changes throughout pregnancy, so does your skin.

50 min €70

## Pedicure

Begin with a soothing foot soak and exfoliation before relaxing in a treatment bed with a foot mask, finishing with a foot massage to help relieve swelling due to a build up of fluid. Includes nail & cuticle work and a polish of your choice.

60min = €60

Pregnancy treatments are suitable from the 2nd trimester until your due date. It is the perfect way to relax and connect with your baby in a calm environment.

# Wellbeing - Technology

## Infrared Sauna - Healing Heat

### 100% safe - Rays of Light

Infrared rays work deep into the skin, muscles & joints and dissolves harmful substances accumulated in the body. Unlike traditional saunas, infrared saunas heat the body directly resulting in deeper tissue penetration and a more comfortable temperature, resulting in a longer, more manageable session.

When the energy from infrared heat enters the body, it causes core temperature to rise leading to a full body detox. This warming effect on the body stimulates your cardiovascular system, immune system & lymphatic system giving endless health benefits with regular use.

Enhance your infrared sauna experience with coloured light therapy. Light therapy is used for specific ailments within the body as well as for mood and allowing energy flow to certain chakras.

30 min = €30 | 45 min = €45

# Wellbeing - Technology

## PEMF Therapy Bed Pulsed Electro-Magnetic Field

A powerful healing tool for overall wellness including muscle recovery, resetting the central nervous system, strengthening the immune system and improving cellular health.

The iMRS body mat uses solid copper coils to deliver electromagnetic pulsations to the entire body, working with the body's natural magnetic field to improve healing. It works with the body's recovery process to help relieve chronic pain, positively influence movement and promote healing on a cellular level.

30 min = €30 | 45 min = €45



# Wellbeing - Pamper Packages

## Minding Me

Enjoy a relaxing hot oil back, neck & shoulder massage followed by a taster Juliette Armand Everyday Therapy facial, including a scalp massage.

Add on 30 minute infrared sauna session - €15

60 min = €75 Mon - Thurs  
60 min = €85 Fri - Sat

## Wellbeing Recharge

Choose from 30 minutes PEMF Therapy or Infrared Sauna including Colour Therapy followed by a hot stone back massage finishing with a stress relieving head & scalp massage.

90 min = €95 Mon - Thurs  
90 min = €105 Fri - Sat

## Seagrass Soother

Begin with a soothing foot soak and exfoliation, followed by a hydrating foot mask while you enjoy a relaxing head, neck & shoulder massage focusing on pressure points of the face & scalp. Finish with a tension relief foot massage.

60 min = €69 Mon - Thurs  
60 min = €79 Fri-Sat

[Click here to view Overnight Pamper packages](#)

# Relaxation Suite

## Indulge in Tranquility

Step into a world of serenity and bliss with our exquisite Relaxation Suite, designed exclusively for our esteemed guests seeking ultimate relaxation and rejuvenation. As you complete your spa journey, immerse yourself in a haven of tranquility that will transport you to a state of pure bliss.

## Enjoy the following in Seagrass:

Visit our Relaxation Suite and let the gentle ambiance, complimentary refreshments, and personalized music and meditation headphones transport you to a realm of ultimate relaxation and harmony. Reconnect with your inner self, find solace in the moment, and emerge renewed, ready to face the world with a renewed sense of serenity. Take the first step towards serenity today. Book your spa experience with us and embark on a transformative journey of well-being and relaxation like no other.

# Spa Etiquette

Arrival - please arrive 15 minutes prior to your treatment time to allow time to check in and complete a consultation form. Late arrival may result in a reduction in your treatment time as all treatments will end at the scheduled time in order to accommodate the next guest. For your first Cancer Care massage or Lymphatic drainage massage please arrive 15 mins early as a pre consultation form is to be completed so you can get the best out of your treatment.

Cancellation Policy: should you wish to cancel or reschedule your treatment we kindly ask for at least 24 hours cancellation notice. A 50% cancellation fee will occur for no shows or not cancelling within this time.

Health Conditions: please advise us when booking of any health/medical conditions, including pregnancy, so we can recommend the best treatment for you. You will be asked to complete a consultation form prior to your treatment which is confidential and for your own safety.

Bookings: reservations are subject to availability therefore to avoid disappointment we ask that you book your treatment in advance. Bookings can be made by contacting +353 93 62188 or emailing [seagrass@inishowengateway.com](mailto:seagrass@inishowengateway.com)

Attire: robes and slippers are provided for the use of some treatments and packages. We ask that you leave valuables at home as Seagrass Wellbeing Centre is not responsible for lost items.

Guest Behaviour: we kindly ask that you speak softly and respect other guests. Please turn off mobile phones and enjoy the calm and relaxing environment in Seagrass Wellbeing Centre. Alcohol is not permitted and anyone under the influence of alcohol will be refused admittance and charged in full for any treatments booked. Any rowdy behaviour may result in you being asked to leave.

