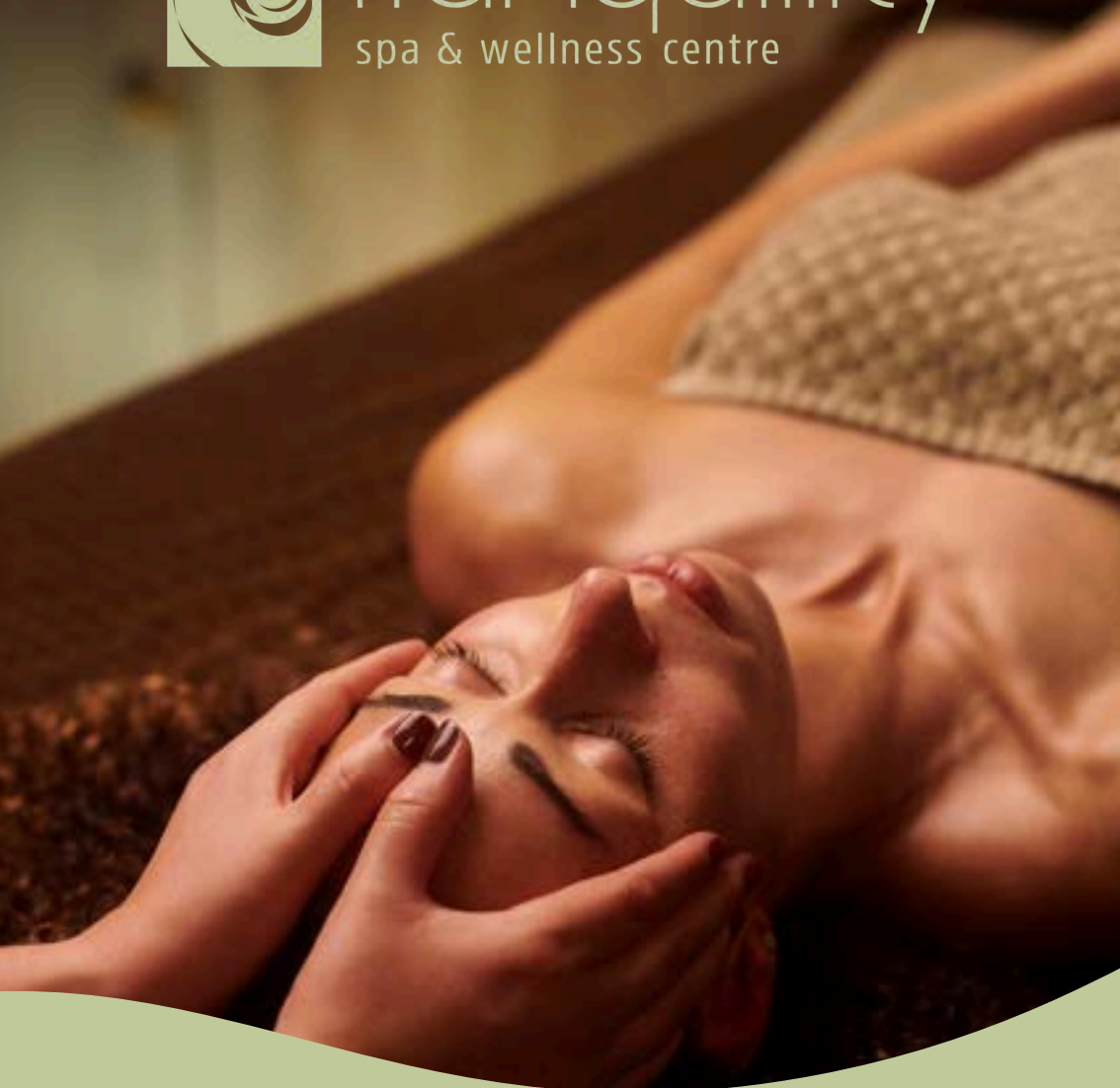




# Tranquillity

spa & wellness centre



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Tranquillity Spa, Whites of Wexford, Abbey Street. Wexford

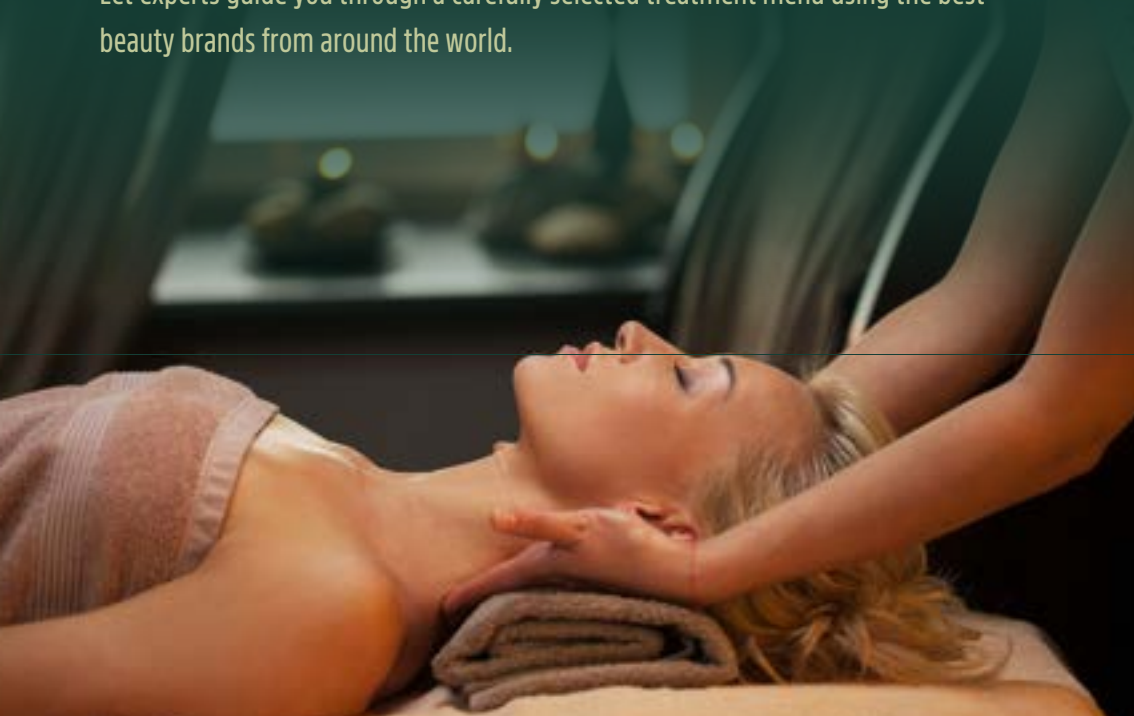
# Welcome

to the Tranquillity Spa at Whites Of Wexford

Your experience in the Tranquillity Spa will be remembered for its sheer sense of relaxation and luxury.

From the moment you enter the Spa until you emerge from the Relaxation Room, you will be cocooned in a relaxing, pampering environment, leaving stress free and invigorated.

Let experts guide you through a carefully selected treatment menu using the best beauty brands from around the world.



# What We Offer

## **THERMAL SUITE**

Indulge yourself from head to toe in the Thermal Suite. The thermal experience is made up of 7 components: a hydrotherapy pool, steam room, sauna, laconium, plunge pool, heated loungers and lifestyle showers - rainforest showers and ocean mist.

The Thermal Suite is available to be enjoyed for an hour at a time and it is recommended to enjoy the thermal suite before any treatments, to encourage maximum relaxation and rejuvenation.

## **HYDROTHERAPY POOL**

A variety of body jets to ease away any aches and pains. The spacious pool is heated and the waters are mineral rich for your skin's needs.

## **STEAM ROOM**

Relax in this 45+°C wet heat infused with aromatherapy and herbal extracts to enhance your complexion and hair. A maximum of 10 minutes is recommended.

## **SAUNA**

Our classic Finnish sauna has a temperature of 76+ °C and has a purifying and cleansing effect on the body. A maximum of 10 minutes is recommended.

## **LACONIUM**

A dry heat Roman sauna with warm stone seating encouraging your body to relax and soothes muscles.

## **PLUNGE POOL**

The cold water plunge pool is beneficial in stimulating your blood circulation, rapidly cooling the body especially after time in the spa, sauna or steam room. The water temperature is maintained between 4° and 8°C. Cold therapy numbs the nerves around the joint, thereby reducing pain and relieving inflammation and muscle spasms.

## **LIFESTYLE SHOWERS**

This is a light mist of scented rain over the body to awaken your senses. Enjoy the fragrant tropical rain or invigorating ocean fresh scents.

## **TEPIDARIUM & HEATED LOUNGERS**

Relax into our individual thermal loungers contoured to the shape of your body. Lie back and feel the heat release and ease any pain or tension in muscles and joints. The Thermal Suite is complimentary for ONE hour prior to treatments valued over €70.

Use of the Thermal Suite is not permitted during pregnancy.

Begin your journey to  
Tranquillity today...

# About Our Products

Whether in search of ultimate relaxation, in need of a reboot, or looking for premium results-based treatments, we have carefully selected the best beauty brands from around the world.

**Phytomer** is a French marine-based cosmetics brand with a range of toning, firming and anti-aging products that take both their inspiration and ingredients from the ocean. The name Phytomer translates as 'ocean plants', with the brand's research focusing on the ocean, seaweed and coastal plants. Innovative, intensely relaxing and deeply holistic; Phytomer products create a relaxing atmosphere, complimented by the gentle massages paired with all of the treatments, allowing you to let go for a prolonged sensory experience.

**Bomar** is the leading industry provider of quality aromatherapy oils, beauty ingredients and supplies in Ireland.

Obus blended massage oils. Considering the plant source is our first prerogative when we source. Knowing plants and their cultivation is key to making wise choices. We care deeply about the impact of our oils on practitioners, their clients and the planet which we inhabit



# Phytomer Ladies Facials

## **Radiant Mini-Facial** 30 minutes ..... €70

This is an express facial that incorporates skin cleansing, exfoliation, a mask and moisturising treatment. Perfect for a quick skin rejuvenation for those short on time.

## **Hydra Original Plumping Thirst Relief with Organic Algae (for dry/dehydrated skin)** 55 minutes ..... €95

Like a bath for the skin, this treatment will replace lost moisture leaving skin hydrated, comfortable and radiant. For all skins suffering from dehydration or dryness.

## **Expert Youth Wrinkle Correction Treatment** 55 minutes ..... €95

This facial fights the signs of ageing so that you feel good and look younger. It visibly corrects wrinkles and firms the skin. A moment of relaxation and well-being just for you.

## **Douceur Marine-Comforting Soothing Treatment (for sensitive skin)** 30 minutes ..... €95

A veil of softness for sensitive skin. This is a cocoon facial that softens the skin and heightens its protection system. The result is soothed and ideally hydrated skin.

## **Citylife Anti-Pollution Skin Freshness Treatment (for combination, oily or clogged skin)** 55 minutes ..... €95

A breath of oxygen for combination, oily or clogged skin. An oxygenating and purifying facial to reduce shine and blemishes. The face regains all of its luminosity, is deeply cleansed and detoxified.

## **Eye Perfection Smoothing & Lifting** 45 minutes ..... €55

A burst of radiance for the eyes. This treatment energises, filters and rejuvenates the eyes.



# Phytomer Body Treatments

## Satin Exfoliating Body Treatment

30 minutes ..... €55

More than an exfoliating beauty treatment: total body care that includes dry body brushing, full salt crystal exfoliation and intense moisturisation. 30 minutes to "renew" the skin.

## Leg Revival

45 minutes ..... €70

Soothe the aches from being active or on your feet all day with this targeted treatment to comfort and ease tired legs.

## Thermal Mud Therapy

60 minutes ..... €110

Aches and pains simply melt away with this soothing stress easing treatment. Warm, mineral rich mud, originally designed for use by physiotherapists, is applied to any areas of the body suffering from pain or fatigue. It is highly recommended for the treatment of over exertion, tendonitis, joint pain and muscle stiffness. This treatment combines massage in key areas of the body.

## Sea Holistic Radiance Spa Treatment

90 minutes (face & body) ..... €150

Inspired by traditional Thai medicine with unique massage techniques to create harmony between mind and body. Using hot sachets filled with a blend of warming sea salt crystals and ocean spray lavender this treatment melts away tension, restoring balance and inner warmth. This treatment includes a luxurious facial to make you feel completely pampered.



# Body Wraps

## Sea Essential Detoxifying Body Wrap

55 minutes ..... €90

This warming cocoon body mask, together with powerful deep cleansing and contouring serums, stimulates the body's metabolism and encourages the natural breakdown of excess fat. It will leave you feeling perfectly contoured.

## Sea Essential Remineralising Wrap

55 minutes ..... €90

This cocooning wrap treatment is a real stress reliever, bringing balance to your body and a sense of well-being.



# Pregnancy Treatment

**Indulge in the Moment Pregnancy Massage**  
75 minutes ..... €110

A customised full body massage using safe pre-natal techniques. To help relax, reduce fatigue, release tension, aches, pains and swelling all associated with pregnancy. This massage will help increase circulation and benefit mum to be and baby.

**Baby Bump Treatment**  
45 minutes ..... €75

This treatment is designed to reinforce the skin with deep hydration and a mega dose of nourishment that targets scars and marks, also helping with the tone and elasticity of the bump. To begin, skin is exfoliated through dry brushing and application of warm lavender sugar scrub. Next, the tummy is treated to a soothing massage and while the oils absorb the lower legs are treated to assist with circulation and reduce any swelling and heaviness.

**Tired Legs Soother**  
30 minutes ..... €65

An exfoliating lower leg and foot massage to improve circulation and improve any swelling and heaviness in the legs associated with pregnancy. Whilst the legs are wrapped, you are treated to a relaxing scalp massage. It's a wonderful treatment for giving your mind and body a rest.

**The Thermal Suite is not suitable for guests during pregnancy.**





# Tranquillity Massage Treatments

Indian Head Massage

30 minutes ..... €70

Swedish Back Massage

30 minutes ..... €70

Hot Stone Back Massage

30 minutes ..... €80

Full Body Massage

60 minutes ..... €95

Full Body Aroma Massage

60 minutes ..... €100

Hot Stone Full Body Massage

60 minutes ..... €100



# Tender Touch Cancer Care Treatments

## **Tender Touch Body Treatment**

**60 minutes** ..... €95

Light massage techniques using suitable pressure and positioning to help relieve aches, pains and muscle soreness. This treatment will leave you feeling refreshed and rejuvenated.

## **Phytomer Tender Skin Facial**

**60 minutes** ..... €95

This facial treatment will cleanse, soothe, lightly massage and rehydrate the skin to create visible results.

Also included is a relaxing hand or foot treatment to soothe and hydrate.

**Treatments subject to availability.**

**Thermal suite not suitable for guests undergoing cancer treatment.**



# Hands & Feet

## Tranquillity Spa Manicure

30 minutes ..... €40

A manicure including cuticle work, nail file, hand massage and nails polished in a colour of your choice.

## Tranquillity Spa Pedicure

30 minutes ..... €50

A pedicure including cuticle work, nail file, foot massage and nails polished in a colour of your choice.



# Waxing

## Waxing

Eyebrow wax .....	€12
Lip Wax .....	€12
Chin Wax .....	€12
Lip & Chin Wax .....	€20
Underarm .....	€15
1/2 Arm .....	€15
Full Arm .....	€25
Standard Bikini .....	€20
Half Leg .....	€30
Full Leg .....	€40

## Waxing Combinations

Full Leg & Californian Regular .....	€50
Full Leg & Brazilian Regular .....	€70
Full Leg & Hollywood Regular .....	€12

## Male Waxing

Back Wax .....	€40
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Patch test required before any of the above treatments



# Tinting

Eyebrow Tint	€10	Lash & Brow Tint	€20
Eyelash Tint	€15	Lash Tint, Brow Tint & Shape	€30

Patch test required before any of the above treatments



# Spa Guidelines

## Spa Reservations

For bookings please call +353 53 917 4291.

Or email us at [tranquillityspa@whitesofwexford.com](mailto:tranquillityspa@whitesofwexford.com)

We recommend that bookings are made well in advance to ensure availability.

## Arriving at the Spa

The Spa is a tranquil area, please remember that guests are here to relax. Conversation and noise is prohibited in the Thermal Suite and relaxation areas.

We recommend you arrive 1 hour prior to your treatment time to enjoy the exclusive facilities in the Thermal Suite.

These facilities are unisex and include the hydrotherapy pool and heat experiences. In separate male and female changing rooms you are provided with robes, slippers and towels for your comfort in the Spa. Refreshments are on offer in our comfortable relaxation area after your treatments. Please understand that late arrival may mean that the scheduled treatment time is reduced or is unable to be honoured.

## Spa Etiquette

Please arrive 15 minutes prior to treatment booking time to allow for time to fill out client consultation cards etc. Please bring swimwear for the thermal suite and dry undergarments for after your treatments.

## The Treatments

All treatments and packages are available to both residents and non-residents. Certain packages are only available mid-week, please confirm with the Spa reception.

The Thermal Suite is complimentary for ONE hour prior to treatments valued over €70. Available for €20 for hotel residents and €35 for non-residents.

For our male clients receiving a facial treatment, please remove any facial hair so you can avail of the full experience.

## Health Concerns

On arrival at the Spa you will be given a health consultation card to fill in. Please advise the Spa of any allergies or medical conditions, i.e. pregnancy, high blood pressure, asthma etc. Some treatments are cautioned for certain conditions, although the Spa team can tailor a programme to individual needs. Use of the Thermal Suite is not permitted in certain cases.

## Cancellation Policy

Groups of 4 or more persons are requested to cancel 5 days before your treatment booking.

Guests who wish to change or cancel an appointment are kindly requested to provide a minimum of 48 hours notice. Appointments cancelled 24 hours in advance will incur a 50% charge. Cancellations within 12 hours of the scheduled treatment will incur a 100% charge.

## Strictly Over 18's Only

# The Perfect Gift



Gift cards can be redeemed against any spa treatments

Purchase in person or online at [WHITESOFWEXFORD.COM](http://WHITESOFWEXFORD.COM)

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✉ [tranquillityspa@whitesofwexford.com](mailto:tranquillityspa@whitesofwexford.com)

📍 Tranquillity Spa, Whites of Wexford, Abbey Street. Wexford

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