



TESS ROSE OCEAN SPA PACKAGES

COUPLES MINI RETREAT

200 MINUTES €130 PER PERSON

Indulge in our couples detoxifying seaweed bath, followed by a relaxing hot oil back massage with scents of lime and mandarin. Finish off with our signature scalp massage. Treatment also includes luxury thermal suite and outdoor rooftop hot tub experience and after your treatments enjoy some R&R in our relaxation suite, where you will be served sorbet and herbal tea.

LAZY DAYS DETOXIFYING SEAWEED BATH

30 MINS €50 PER PERSON | €95 PER COUPLE

Submerge your body into a bath of organic, hand harvested seaweed, to remove unwanted toxins and alleviate any aches and pains in the body. This bathing ritual is the simplest and purest of all organic treatments as it deeply moisturises the skin and increases circulation and promotes healing internally and externally.

TESS ROSE TREAT

180 MINUTES €99 MON – THURS | €119 FRI – SUN

Spoil yourself with two of the below treatments:

- Tess Rose Mini Facial
- Back, Neck & Shoulder Massage
- Leg & Foot Massage
- Luxury Scalp Massage

Treatment also includes luxury thermal suite and outdoor rooftop hot tub experience and after your treatments enjoy some R&R in our relaxation suite, where you will be served sorbet and herbal tea.

TESS ROSE OCEAN SPA REVITALISING RETREAT

200 MINUTES - €120

Spoil yourself with a Swedish massage and seaweed bath. Treatment also includes luxury thermal suite and outdoor rooftop hot tub experience and after your treatments enjoy some R&R in our relaxation suite, where you will be served sorbet and herbal tea.

VOYA HAND & FOOT RITUAL

180 MINUTES €110 PER PERSON

Enjoy a luxurious organic hand & foot ritual to increase circulation and nourish tired hands, arms, legs and feet. This package also includes exfoliation to help remove any dead skin, followed by a relaxing massage after the specific areas are wrapped in warm seaweed. Finish it off with a mini scalp massage. Treatment also includes luxury thermal suite and outdoor rooftop hot tub experience and after your treatments enjoy some R&R in our relaxation suite, where you will be served sorbet and herbal tea.

TESS ROSE LUXURY FACIAL EXPERIENCE

210 MINUTES €140 PER PERSON

The ultimate VOYA facial. Starting with a back massage to relax the body and gently melt away muscular pain, followed by our anti-ageing facial using Voya seaweed face strips. Treatment also includes luxury thermal suite and outdoor rooftop hot tub experience and after your treatments enjoy some R&R in our relaxation suite, where you will be served sorbet and herbal tea.

MUM TO BE

Me & My Little Bundle of Joy 90 Mins €110

Relax and enjoy our Tess Rose body balm, followed by a luxurious facial, including our signature scalp massage. After your treatments enjoy some more R&R in our relaxation suite, where you will be served sorbet and herbal tea.

**(SUITABLE FROM SECOND TRIMESTER ONWARDS.
USE OF THERMAL SPA IS NOT RECOMMENDED AT
ANY STAGE DURING PREGNANCY)**

**FOR BOOKINGS CALL (074) 937 8300
OR EMAIL SPA@BALLYLIFFINHOUSE.IE**

HOLISTIC & MASSAGE TREATMENTS

HOLISTIC & MASSAGE TREATMENTS

Hot Oil Full Body Massage (50 Mins) €90

Hot Oil Back Massage (30 Mins) €55

Swedish Body Massage (50 Mins) €85

Back, Neck & Shoulder Massage (30 Mins) €50

Self-Discovery Facial (50 Mins) €79

Anti-Ageing Facial (50 Mins) €89

Tess Rose Mini Facial (30 Mins) €50

Total Voya Massage Journey (100 Mins) €100

Aroma Hydrotherapy Bath (30 Mins) €40

THERMAL SUITE PACKAGES

90 MINUTE LUXURY EXPERIENCE

- €30 per person (Mon - Thurs)
- €40 per person (Fri - Sun)

SPA & DINE

- €59 per person (includes 90 minute thermal suite experience and two course meal)

GROUP BOOKINGS

Group Bookings From €329 (up to 12 people, includes exclusive use of Thermal Suite & Roof Top Canadian Hot Tubs 6pm - 8pm). T&Cs.

**GIFT CARDS, SWIMWEAR AND VOYA GIFT SETS
ARE AVAILABLE TO PURCHASE FROM SPA
RECEPTION. DRINKS MENU ALSO AVAILABLE.**

ALL TREATMENTS OVER 50 MINUTES INCLUDES COMPLIMENTARY
LUXURY THERMAL SUITE ACCESS FOR 90 MINUTES

*PRICES & TREATMENTS SUBJECT TO CHANGE & AVAILABILITY.



Tess Rose Ocean Spa

Our Tess Rose Ocean Spa includes a state-of-the-art thermal suite with Sunken Jacuzzi, Footbaths, Pebble Walkway, Bucket Shower, Infra-Red Saunas, Amazon Rainfall Showers and Much More!

Rooftop Garden Hot Tubs

Six Treatment Rooms

Relaxation Suite



Afternoon Tea

Our Afternoon Tea menu includes a delicious selection of savoury bites, chef's buttermilk scones and an assortment of sweet delicacies.

Traditional Afternoon Tea

€23 per person

Sparkling Afternoon Tea

€28.50 per person

Thermal Suite Experience & Afternoon Tea

Mon - Thurs €45 | Fri - Sun €59

24 Hours Pre-Booking Is Required

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www.ballyliffinhouse.ie | [#ballyliffinhousespa](https://www.facebook.com/ballyliffinhousespa)



Rooftop Garden Canadian Hot Tubs



Luxury Thermal Suite



Luxury Treatments



Lounge Area