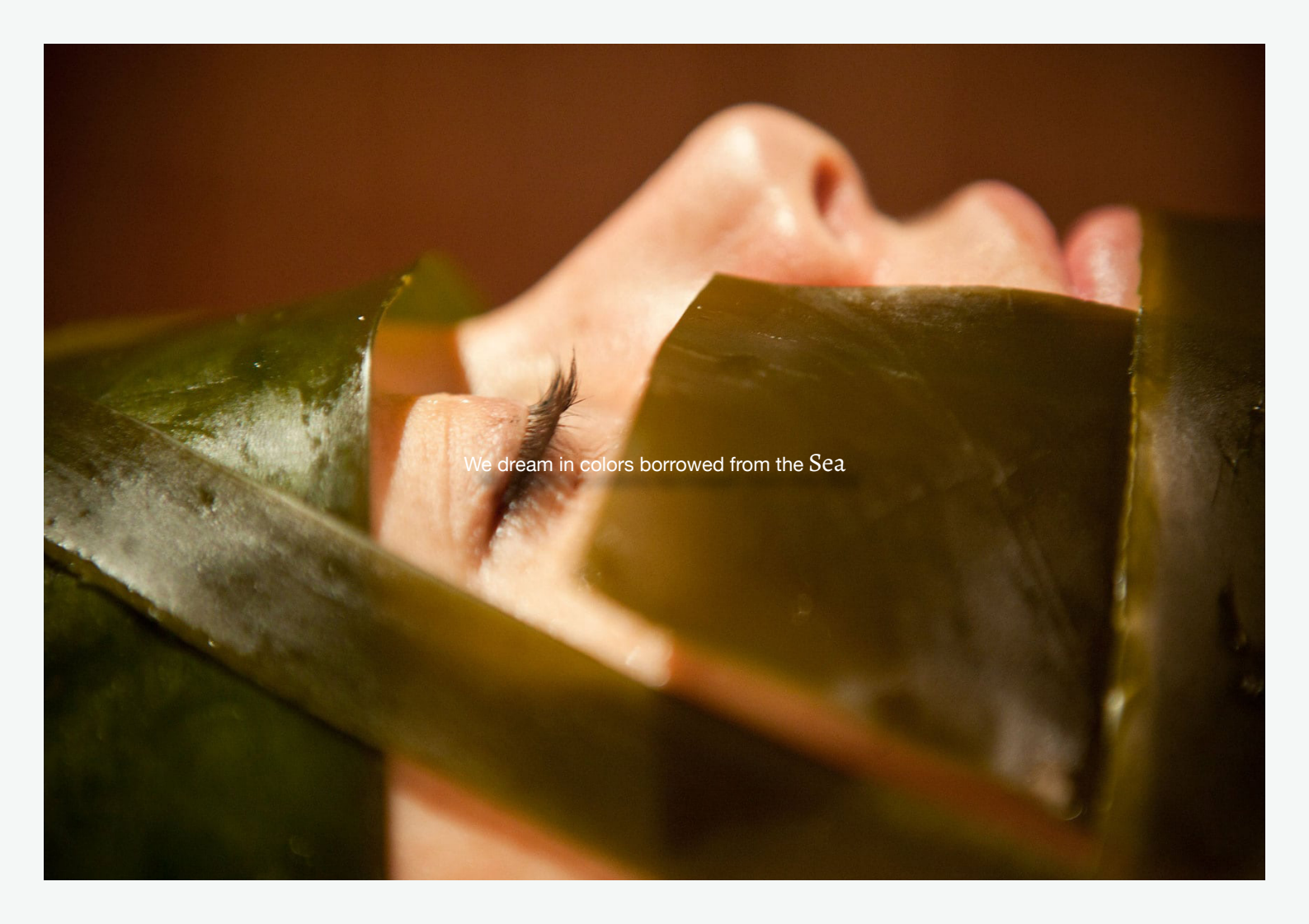




SEAVIEW HOUSE HOTEL



Experience the ancient therapy of the sea in the luxurious
'Bath House & Spa at Seaview'



We dream in colors borrowed from the Sea



About Voya

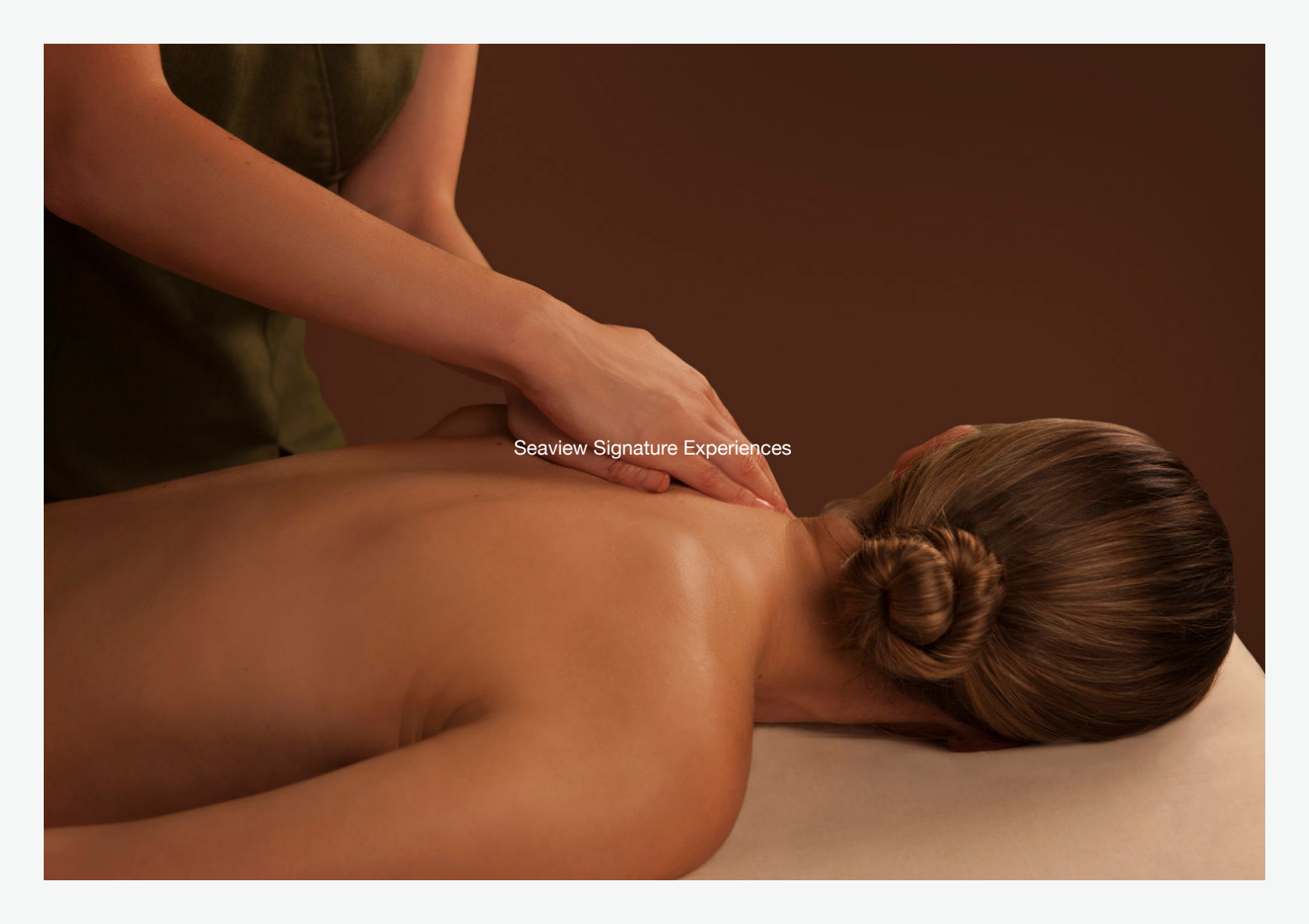
VOYA is a journey that began in 1912 when the first seaweed baths opened in Strandhill, Co. Sligo, Ireland. Seaweed bathing is a 300- year-old tradition and Ireland's only indigenous therapy.

The last of these traditional original bathhouses were destroyed in September 1961 by the worst hurricane to ever reach Ireland's shores, Hurricane Debbie. After this many people moved away from the coastal areas moved towards the larger, densely populated cities and as bath began a norm in people's homes, the old bath houses remained closed.

VOYA are the leading experts in harnessing the endless restorative and healing powers of seaweed. We blend our cherished natural resource with a wealth of the purest organic active ingredients and essential oils to give you the skin of your dreams. VOYA products contain elements of four types of seaweed; Fucus Serratus, Laminaria Digitata, Fucus Vesiculosus and Himanthalia Digitata.

The antioxidant & mineral compounds found naturally in these seaweeds have long been known to have pronounced anti-aging, conditioning, repairing and hydrating effects on both the body and mind.

Seaweed naturally cleanses and purifies the skin, helping to improve its suppleness and elasticity, thus improving the signs of aging by toning, smoothing, moisturizing and stimulating skin cells. All VOYA products contain extracts of wild seaweed which is sustainably hand-harvested from the cleanest waters off the West Coast of Ireland and are formulated to deeply nourish your skin and aid its natural ability to heal and repair.

A photograph showing a woman lying face down on a massage table. Her hair is styled in a bun. A person's hands are visible, performing a massage on her upper back. The background is a solid, dark brown color.

Seaview Signature Experiences



Each signature experience involves a brief recess after the bath with refreshment before continuing your experience, we finish off with some fresh fruits and a bespoke herbal tea.

*Note you can opt for any type of bath experience(peat /seaweed also our aroma bath salts option) to begin your journey for either signature experiences.

Signature Treatments

Seaview's Organic Wellness Journey

duration 120 mins cost €155

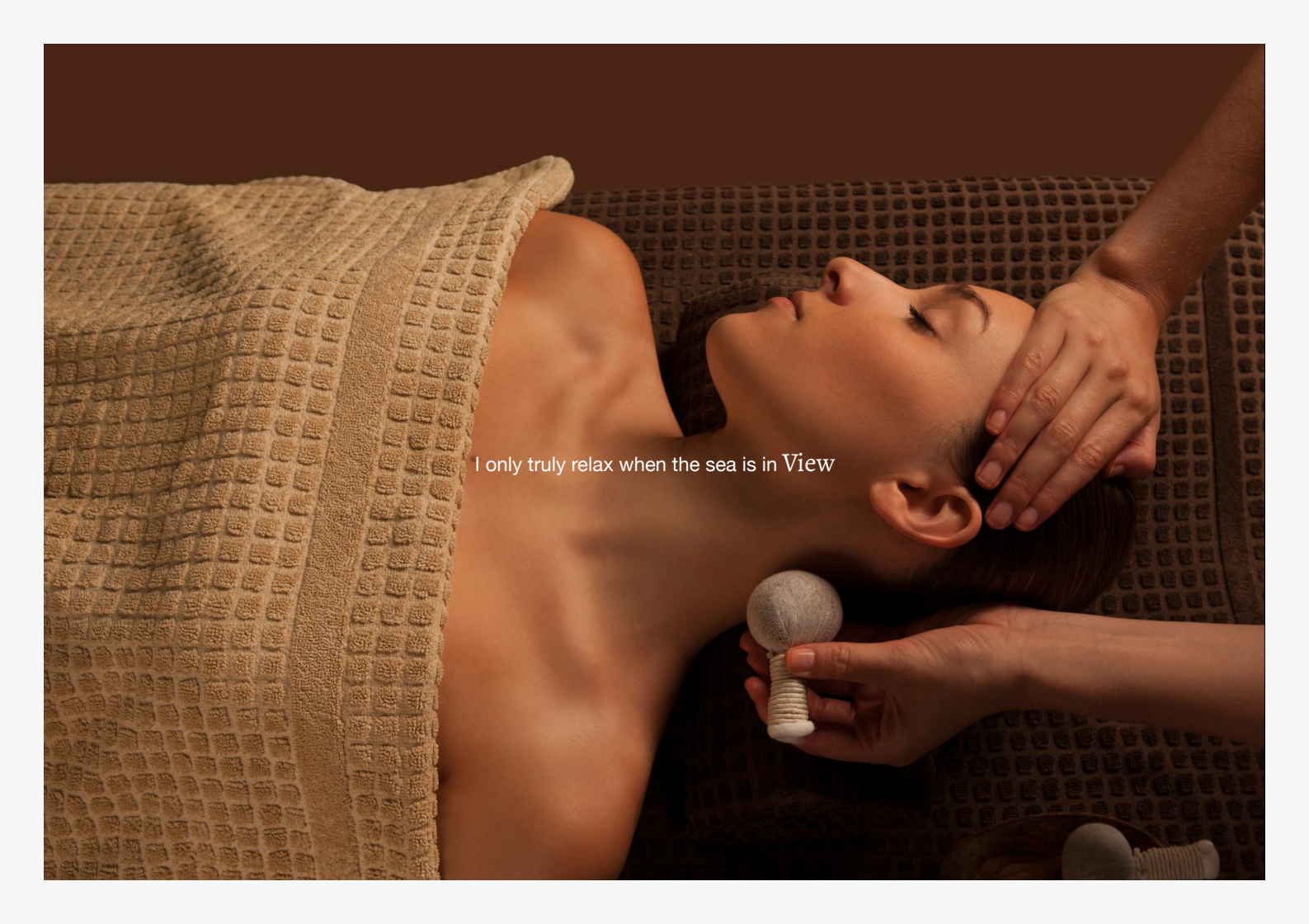
Seaview's Wellness Journey begins with a refreshing shower before stepping into our Cedar Wood Steam box, which helps the muscles to relax and open the pores before submerging your body into a warm Organic Hand Harvested Seaweed Bath, which removes unwanted toxins and alleviates aches & pains, particularly beneficial for Arthritis, Acne & Eczema. Your therapist will continue your Wellness Journey with our Mindful dreams light, relaxing body massage, also known as the Sleep Ritual, inducing tranquility in the mind, body, and soul.

Seaview's Ultimate treatment will leave you totally relaxed and a feeling of complete well-being.

Seaview Organic Rejuvenation Ritual

duration 120 mins cost €160

Seaview's Organic Rejuvenation Ritual experience begins with a refreshing shower followed by stepping into our Cedar Wood Steam Box, which helps the muscles to relax and open the pores before submerging your body into an Organic Irish Peat Mud bath, this offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols & Humic acids from Irish Peat, excellent for reducing Cellulite and signs of aging. Your therapist will continue your Rejuvenation Ritual with an Anti-aging Restorative facial, which reduces the appearance of fine lines & wrinkles, all products are high in organic certification and are combined with an antioxidant algae complex & Aromatherapy Oils. This treatment is our Ultimate for Anti-aging and restorative properties, leaving you feeling completely rejuvenated.

A woman is lying on her back on a massage table, covered with a textured, light-colored towel. Her eyes are closed, and she appears to be in a state of relaxation. A person's hands are visible, one resting on her forehead and the other holding a white, textured massage tool against her neck. The background is dark and out of focus.

I only truly relax when the sea is in View

Bath House & Serenity Experience

bath duration 40 mins cost €65

Select your luxury bath from our Organic variety of Detoxifying Seaweed, Warm Spiced Irish Pete Mud or Seaweed and Aroma infused Bath Salts.

First induce true serenity in our botanical serenity garden, soaking in the songs of nature by our outdoor wood burning hot tub and sauna. Relax in fluffy robes and Slippers whilst enjoying Voya Herbal Infused Tea and freshly prepared fruit, resting under the mature oak trees, in complete serenity, proceeding into the luxury bath of your choice.

Lazy Days Detox Seaweed Bath

Submerge your body into a bath of organic, hand-harvested Atlantic seaweed to remove unwanted toxins & alleviate aches & pains. This bathing ritual is the simplest & purest of all organic treatments. With its organic status approved by the IOFCA. Lazy Days utilizes the natural power of organic hand-harvested seaweed to deeply moisturize the skin, increase circulation & promote healing.

Organic Warmed Spiced Mud Bath

Traditionally, peat mud baths were used for various skin & rheumatic conditions. It offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols & humic acids from Irish peat. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite & the signs of aging. This dark, deep relaxing bath soothes muscular aches & pains, relieves stress & fatigue.

Seaweed Aroma Bath Salts Therapy

A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, mandarin & patchouli, combined with natural seaweed salts. This is a wonderful aromatic bath to be had prior to further VOYA treatments.

*Each treatment room has a cedar wood steam box, to open the pores and relax the muscles to enhance the experience prior to submerging into your bath.

ALL TREATMENTS INCLUDE A FREE CONSULTATION



Body Massage



Mindful Dreams Massage

duration 50 mins cost €95

Full Body massage. Be ready to have all stresses & strains, aches and pains melt away after this experience. This muscle recovery focused treatment slowly removes aches and pains from focus areas relevant to the client, with energising Senergise Voya oil and the ultimate recovery 'Feel the Heat' organic cream, combining sweet orange, ginger and healing arnica for recovery, alongside using relaxing, Hawaiian and Balinese style effleurage, welcoming ultimate rejuvenation and recovery.

Indian Head Massage

duration 50 mins cost €90

(IHM) is a Hindu massage technique, tracing back to the ancient ways of Ayurvedic Indian health care. Used for over 4,000 years to improve overall health, this massage has become more and more prevalent in recent years it concentrates on the head, upper shoulders, and face.

Seaview's Ultimate Organic Ritual

duration 60 mins cost €110

This treatment gives you the ultimate VOYA experience of having both back massage & facial using the finest of VOYA products with a blend of seaweed & botanical ingredients leaving your skin feeling totally purified, nourished & perfectly relaxed.

Voyager Massage Journey

duration 90 mins cost €145

A complete top-to-toe relaxation journey, commencing with an Organic Body brush, created from the finest soft cactus spines, incorporating full body massage with gentle, stimulating and deeper movements and pressure, this includes a relaxing face and scalp massage and stretches. This ultimate treatment relieves aches & pains & can be tailored bespoke to the individual needs.

Serene Deep Tissue Massage

duration 50 mins cost €110

Full Body massage. Be ready to have all stresses & strains, aches and pains melt away after this experience. This muscle recovery focused treatment slowly removes aches and pains from focus areas relevant to the client, with energising Senergise Voya oil and the ultimate recovery 'Feel the Heat' organic cream, combining sweet orange, ginger and healing arnica for recovery, alongside using relaxing, Hawaiian and Balinese style effleurage, welcoming ultimate rejuvenation and recovery.



Facial Treatments

Self Discovery Radiance Facial

duration 60 mins cost €95

This skin type-specific ocean inspired organic facial is deeply detoxifying, revitalising & helps to smooth skin tone & increase clarity. You will be left with a revived glowing complexion that is enriched & strengthened.

Choose from:

Purifying Facial (*oily, combination skin*)

Ultra Calming Facial (*sensitive skin*)

Intensive Hydra Veil Facial (*dry skin*)

Anti-Aging Restorative Facial

duration 60 mins cost €110

Suitable for all skin types, especially those wanting anti-aging results. The anti-aging restorative facial is made using VOYA's finest organic ingredients combined with antioxidant algae complexes & a restorative blend of aromatherapy oils.

Combing fresh warmed seaweed leaves, wrapped directly onto skin prepared with 'Mermaids Purse', VOYA's ultimate anti-aging mask. This treatment reduces the appearance of fine lines & wrinkles, firming the skin with natural & more radiant glow. Face massage included.

Deluxe Experience - includes Back Massage

duration 90 mins cost €150

This treatment gives you the ultimate VOYA experience. It begins with a relaxing back massage that gently melts away muscular pain, followed by a hydrating & purifying facial. The facial massage deeply hydrates the skin along with a dual action facial mask, utilizing the exclusive re-mineralizing, 'Mermaid's Purse' face mask combined with Laminaria seaweed leaves. The appearance of deep-set wrinkles is reduced & the skin's texture is left hydrated & plumped.

Seaview Personal Touch & Prenatal Treatments



Organic Foot & Leg Ritual

duration 60 mins cost €100

To re-charge circulation of the lower limbs & refine your skin you will first enjoy a Sea Salt scrub exfoliation from the knees down. This is followed by a deeply relaxing massage of the lower legs after which your legs, are wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation & revive tired feet & legs. To complete this treatment, nourishing 'Softly Does It' seaweed infused deeply hydrating moisturiser is applied.

Organic Prenatal Voyager

duration 60 or 90 mins cost €100 or €140

This organic wellbeing ritual promotes relaxation and sense of Tranquillity while deeply hydrating and nourishing the skin to help melt away the aches and pains associated with pregnancy and feel comfortable, supported, and restored. You will feel relaxed from head to toe.



Relaxation is in Bantry.

What to Bring

For Non residents Seaview can provide you with luxurious Towelling Robes, Slippers and Towels for your Spa Experience, or bring your own flip flops if you prefer.

Hotel guests may arrive with their robes, and slippers provided in their bedroom alternatively request at reception. Disposable underwear is available for your comfort during your spa treatment if required. Please bring suitable swim wear if your relaxing in our Outdoor Serenity Spa.

Cancellation policy

We have a strict 24 hour cancellation policy. groups of three or more require 48 hours' notice.

Changes or cancellations made outside the requested notice period will attract a fee of 50% of the treatment booked. Credit cards are required to secure all bookings. If you do not call to cancel , or do not show for your appointment, you will be charged the full amount on your credit card or your room bill. we reserve the right to amend bookings times due to circumstances beyond our control.

Medical Conditions

Some treatments (including Baths) are not suitable for clients with medical conditions so please let us know if you have any concerns or medical issues. Please note any skin allergies need to be notified to the therapist. If you are early pregnancy please advise prior to arrival.

Pregnancy

Our Spa team will guide you in selecting which treatments are most suitable for you during this special time.

Age requirements

The minimum age requirement for access to the Spa and treatments is 18 years.

Products & Gifts

To continue your Spa experience at home, all products used in your treatments are available to purchase. Gift Vouchers are available for the Spa at Seaview House Hotel and are an ideal present for that someone special.

Special Offers

Are available for groups and multiple treatments options. Offers cannot be used in conjunction with another offer or discount.

Private Groups

You can book out the Spa privately for a morning or an afternoon with friends. Please note weekend bookings require a 25% deposit.

Outdoor Serenity Spa

Seaview's Outdoor Serenity Spa is available to Residents and Non Residents who prefer to switch of unwind and relax in our Outdoor Sauna and Hot Tub the cost is £25pp (Weather permitting and has to be booked in advance) please bring suitable Swim Wear we will provide robes, slippers and towels (or bring your own flip flops if you prefer) Residents & Non Resident receiving Spa Treatments can avail of complimentary use of the Serenity Spa, and to be booked in advance again weather dependable.



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