



ÉIDIN SPA

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beauty & wellness

# *Éidin* - The closest place to Paradise

The Garden of Eden, also known as the 'closest place to paradise', embodies a retreat of quiet tranquility, peace and relaxation. At Éidin Spa, here at Great National Hotel Ballina, this ideal becomes a reality. By entering this world of complete sensory heaven, be assured that all worries can be left at the door as you glide through your journey of relaxation. Through the interaction of human touch, allow your mind, body and soul to be revitalised, rejuvenated and rebalanced. Experience your personal paradise as you enjoy this time dedicated to you, and only you.

Our highly trained staff are committed to providing a superior service, ensuring your journey is one of complete sensory pleasure.

**Éidin** noun

1. Gaelic for Eden



## Mineral Bath Treatments

For the ultimate detoxifying bath, we went to the Dead Sea. Our mineral bath treatments begin with a base formula of high concentration Dead Sea minerals, salts and clay. We then add a moisturising blend of lush tropical oils.

### WILD YAM & PRIMROSE OIL MINERAL BATH

For symptoms of bloating, muscle aches or cramps due to PMS or menopause.

### SOY & OATMEAL MINERAL BATH

For symptoms of itchy, dry or sensitive skin, sunburn, wind burn or chapped skin.

### MUSTARD & HONEY MINERAL BATH

For symptoms of muscle or joint aches, jet lag, alcohol or food hangovers & congestion.

### WINE & GRAPE SEED MINERAL BATH

For symptoms of dull, dehydrated, lacklustre skin.

All baths include fluffy robe and slippers. All baths are 30mins €35

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## Scrubs

### SWEET AND SAVORY BODY SCRUB

€55

A delicious combination of Sea Salt, Cassonade Sugar and plant Essential Oils, this scrub has a unique bi-phase texture to help eliminate rough patches, smooth the skin and leave it feeling beautifully soft. Delicately fragranced with notes of Mediterranean Essential Oils, your skin is left smooth, toned, and radiant.

### FORBIDDEN FRUITS BODY POLISH

€50

This luxury fruity full body exfoliation revitalises the body and mind leaving your skin soft and smooth, using 100% natural Dead Sea salts that are packed full of healing minerals.



# THALGO

LA BEAUTE MARINE

Created from the sea, THALGO has developed unique expertise in harnessing the effectiveness of marine active ingredients. By drawing on the remarkable potential of algae and focusing on natural ingredients that are most adapted to the human body, Édin Spa has selected THALGO to offer you beneficial products with exceptional skin tolerance. All products provide a great source of vitality and relaxation to regenerate the body and re-energise the mind while protecting and reinforcing the skin's beauty. Constant research ensures that only the highest quality ingredients with top performance results are used, incorporating marine actives, plants, proteins and high tech ingredients from natural resources. THALGO products are paraben-free, contain no mineral oils, no propylene glycol, no GMO's and no ingredients of animal origin, offering you the most extensive and complete range of spa treatments and retail products.

# Facials

## HEART OF THE OCEAN RITUALS (60MIN) €60

The vital force of the Oceans concentrated at the heart of a carefully tailored treatment to meet the specific needs of every skin type. Effective signature professional products and a sensorial, relaxing massage are available in 3 treatment rituals:

- Source marine ritual: Suits all skin types and dehydrated
- Purity marine ritual: Suits oily congested skin
- Cold marine ritual: Suits dry to sensitive skin types

## COLLAGEN FACIAL (60MIN) €75

To fight the first signs of ageing, this unique professional treatment drenches the skin in Native Marine Collagen with incomparable bioavailability. Wrinkles and fine lines are blurred. The skin is intensely moisturized and ultra smooth with a radiant complexion.

## YOUTHFUL YOU ANTI-AGEING FACIAL (60 MIN) €85

This luxury anti-ageing facial uses a unique peel-off mask combining Dead Sea Mud and Seaweed. It begins with a welcome massage followed by a facial, which brings immediate firming and hydrating results to the skin. Formulated to refine, tone and produce instant results.

## ÉIDIN SIGNATURE FACIAL (90 MIN) €85

Starts with an aromatherapy back massage, followed by a full Thalgo marine facial. Includes fabulous foot and arm ritual, head, neck & shoulder massage

## ILLUMINATING FACIAL (30MIN) €35

The ultimate "illuminating" treatment, it boosts radiance and reveals the beauty of dull, tired complexions



When you purchase a package of 5 facials you receive the 6th facial completely FREE

# Spa Rituals

## INDOCÉANE SPA RITUAL

(90MIN)

€110

*Close your eyes and let yourself be swept away in a dream of serenity on a Far Eastern journey. At each stopover, divine perfumes and colours blend with marine notes, allowing body and mind to relax in complete harmony.*

- Precious Milk Bath - Egyptian Stopover, relaxation on the Nile
- Sweet & Savoury Body Scrub - Mediterranean Stopover, a prelude with citrus notes
- Indian Massage - Indian Stopover, tranquility on the sacred Ganges
- Silky Smooth Body Wrap - Chinese Stopover, temple of beauty

## JOYAUX ATLANTIQUE RITUAL ENERGIZING ROCK CRYSTAL MASSAGE (120MIN)

€120

*Like the Ocean, this powerful, rhythmic massage helps revitalise the flow to radiate positive energy and drive away negative energy.*

- Bath with Olivine extract
- Pink Sand Scrub
- Energizing Rock Crystal Massage

## PURE PARADISE ESCAPE

(90MIN)

€89

*I think we may have found pure paradise here at Édin Spa*

- Full Body Himalayan Scrub
- Coconut Oil Back, Neck & Shoulder Massage
- Illuminating Radiance Facial

## ULTIMATE INDULGENCE

(90MIN)

€90

*Our signature spa package and we are so proud of it! It's the whole 9 yards!*

*Includes: Beautiful back treatment including exfoliation | Stress relieving scalp massage | Tension lifting back, neck and shoulder massage using warm & pure coconut oil | Thalgo Illumination Radiance Facial | Leg and foot massage easing, tension and working to relax tired, aching muscles leaving legs feeling revitalised.*

# Give into Temptation...

## BACK, NECK & SHOULDERS

30 MIN

## FULL BODY

60 MIN

### SWEDISH MASSAGE

A truly traditional massage with regulated pressure and stimulating movements which is excellent for effectively releasing knots and tensions.

€50

€75

### DEEP TISSUE MASSAGE

A deep pressure massage with blended aromatherapy oils aiming to relieve specific stress and muscle tension and can be tailored to suit individual needs.

€55

€85

### HOT STONE MASSAGE

Basalt lava stones from deep in the earth and rich in minerals are heated and used for deep body massage and intensive energy work.

€55

€85

### HIMALAYAN HOT SALT ROCK MASSAGE *(Our Signature Massage)*

Using hot Himalayan salt rocks, this is an all-inclusive head to toe treatment designed to melt your muscles and soothe your mind body and spirit.

€55

€90

### KOH TAO THAI MASSAGE

Thai massage inspired by the island of Koh Tao with extract of pink lotus flower and orange blossom will bring you on a journey of serenity while nourishing the skin.

€55

€85

### PREGNANCY MASSAGE

A deeply nourishing body massage designed to target areas prone to stress and tension during pregnancy.

€55

€85

### HOT POULTICE MASSAGE

A rebalancing, rhythmic massage using heated poultices and gently warmed oils to relax muscles, release tension and nourish the skin.

€55

€85

### HOT CANDLE OIL MASSAGE

Drift away & experience for yourself the unique soothing and relaxing benefits of a warm candle massage. Succumb to the pleasure of this new relaxing massage technique.

€55

€90

# Holistic Treats

## INDIAN HEAD MASSAGE (45MIN) €50

An ancient and therapeutic technique involving massage of the head, scalp, neck & shoulders. One of the best stress relievers and concentration boosters.

## REFLEXOLOGY (60MIN) €60

A treatment of the feet using specialised massage techniques to heal, strengthen and balance the body through reflex points on the foot representing specific areas of the body. Conditions that would benefit from reflexology include: Asthma, Migraine, Osteoarthritis, Depression, PMT and menopausal problems, irregular and painful periods.





# And for the boys...

At Éidín Spa we offer a full range of treatments for the boys in comfortable, discreet and private surroundings. We have highlighted some specific treatments that are more popular with our male clients, but we recommend you have a look through the brochure as something else may catch your eye.

## Men's Treatments

THE OCEAN FACIAL (60MIN) €60

Especially for men; Algae blue vitale and bamboo extracts combine to give an anti-aging, anti-fatigue and energising facial.

GOLFERS RESCUE (90MIN) €85

A relaxing full body deep tissue massage to ease muscle tension followed with a luxury foot treatment including exfoliation and a deep aromatherapy massage to relieve any aches and pains in the feet.

BACK, NECK & SHOULDER MASSAGE (30MIN) €55

A therapeutic massage treatment to release any aches, pains or tension in the back, neck & shoulder using aromatherapy oils.

Back waxing €20.00

Brows €10.00

Reflexology (60MIN) €60.00

# Top to Toe Eidin Beauty Suite

## WAXING

½ Leg Wax	€16
¾ Leg Wax	€28
Full Leg Wax	€32
Full Leg Wax including Bikini Line	€40
Bikini Line	€12
Under Arm	€12

## ADVANCED WAXING

Californian Wax (Ultra Tidy)	€20
Brazilian Wax (Thin Strip)	€30

## FACIAL WAXING

Lip Wax	€7
Chin Wax	€7
Sides Of Face	€10
All 3	€20

## EYE TREATS

Eyebrow Tint	€7
Eyebrow Shape	€10
Eyelash Tint	€12
All 3	€25

## AIR BRUSH TANNING

Half Body Tan	€20
Upper Body & Legs	€30
Full Body Tan	€35

## THE NAIL BAR

File & OPI Infinite Shine Polish	€15
OPI Gel Polish Long Wear High Shine	€25
Express Pedicure (30 Mins)	€30
Spa Delux Manicure (35 Mins)	€40
Spa Delux Pedicure (45 Mins)	€50

## MAKE UP APPLICATION

Make-Up Application (40 Mins)	€35
Make-Up Tutorial (1 Hour)	€65



A patch test is essential 24 hours in advance if you have not received these treatments previously

*It is so important to follow your therapists before & after care advice while tanning. This will ensure you have a streak free long-lasting tan.*

# R&R Packages

RADIANCE PACKAGE (60MIN) €60 (SAVE €20)

Thalgo illuminating radiance facial | Sensory and relaxing facial massage | Stress relief scalp massage or hand & arm massage

RELAXATION PACKAGE (45MIN) €55 (SAVE €30)

Hot oil back neck and shoulder massage | Taster Indian head massage

REJUVENATION PACKAGE (60MIN) €65 (SAVE €40)

Muscle easing back, neck & shoulder massage | Thalgo illuminating radiance facial | Stress relief scalp massage

REAL INDULGENCE PACKAGE (75MIN) €79 (SAVE €55)

Muscle easing back, neck & shoulder massage | Thalgo illuminating radiance facial | Stress relief scalp massage  
| Sensory and relaxing facial massage | Fabulous foot ritual

MID WEEK ME TIME €69

Choose any 2 of the following Treatments followed by a light lunch.

Thalgo illuminating facial | Tension relief back massage | Taster Indian head massage | Hot stone back massage |  
Forbidden fruit body buff | Mini manicure | Mini pedicure (€10 lunch allocation for Saturdays, Sundays or holiday seasons)

# Pregnancy Packages

BEAUTIFUL BEGINNINGS (120MIN) €115

Illuminating radiance facial including deep scalp massage | Refreshing foot and leg treatment  
| Full body maternity massage (Deep concentration on the neck & shoulders, lower back and hips)

MUM 2 BE (60 MIN) €69

Blissful pregnancy facial | Hand and foot treatment | Deep scalp massage

NEW MAMMA (50 MIN) €80

Full body postnatal massage using lavender essence to help relax and induce sleep and aid recovery of the body and mind



## *Bride to be Packages*

### **THE "PRE NUP"**

€109

#### **Top to toe wedding preparation**

Full leg wax | Bikini line wax | File and polish hands and toes | Thalgo illuminating radiance facial | Eye trio

### **"FOR BETTER OR WORSE" (90MIN)**

€209

**Couples spa retreat before or after the big day.**

Spa package for 2 people:

Thalgo heart of the ocean facial

Himalayan heart hot salt rocks back massage.

We use heart shaped rocks that you can bring home with you to use in your bath or home massage!

## THE REFRESHMENT BAR

Freshly brewed tea and coffee available upon request.

Extensive range of herbal organic teas

- Mint, Camomile, Green, Lemon & Ginger etc

Fresh fruit available

### Note

Champagne, strawberries, chocolates & flowers can be arranged for that special someone during their visit to Édin Spa.

Ask any member of staff for details

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## SPA ETIQUETTE

The Spa is designed for total relaxation and is a haven from the outside world. We ask that all visitors keep noise to a minimum & respect other guests attending the spa by speaking softly at all times. All mobile phones must be silenced or turned off at all times. We look forward to seeing you & hope you enjoy your visit to Édin.

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## OUR COMMITMENT TO YOU

Be assured that the highest standards of hygiene and professionalism are adhered to at all times.

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## LATE ARRIVALS

In the event that you are running late we will endeavour to conduct your full treatment. However, the treatment will be shortened should there be a booking immediately after your treatment.

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## CANCELLATIONS

Cancellations within 24 hours of treatment will incur a 50% charge, and within 12 hours of treatment will incur a 100% charge.



*Gift Vouchers available for  
all occasions @ budgets*

### OPENING HOURS

Monday to Sunday 10am to 6pm

Later or earlier appointment times can be catered for upon request

Phone 096 23616

Email [spa.reservations@hotelballina.ie](mailto:spa.reservations@hotelballina.ie)

Hotel room extension : 416

