



ÉIDIN SPA

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 - Gaelic for Eden

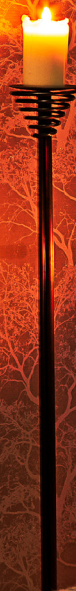


THALGO

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.

Édin Spa
Gaelic for Eden



THALGO SKIN SOLUTIONS FACIALS

To enhance the beauty of the skin

ILLUMINATING RADIANCE TREATMENT

(30 MIN) €40

The ultimate hydra-marine ritual, that magnifies radiance to reveal the beauty of dull, tired complexions. The secret of its effectiveness: it's radiance mask and professional concentrates to leave skin glowing and radiant.

HEART OF THE OCEAN RITUALS

(60 MIN) €70

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 sensorial massage are available in 3 treatment rituals:



• Source Marine

This facial lastingly corrects the hydration level of dehydrated skin, deeply replenishes, and restores the skin's velvety, smooth feel and original radiance.

• Marine Purity

Specifically designed for combination to oily skin, this treatment provides marine power to restore the beauty of healthy skin. Visibly reduces imperfections, redefines pores and controls shine.

• Cold Cream Marine

A haven of peace for dry sensitive skin, this treatment delivers the essence of the Cold Cream Marine recipe, a THALGO exclusive to lastingly nourish and increase the tolerance threshold of delicate and fragile skin.

3 ALGAE FACIAL

(60 MIN) €75

This Thalgo exclusive Thalassatherapy inspired facial with 100% pure seaweed professional marine mask with added aromatic oils to rebalance and remineralise the skin using the richness of the Ocean. Thalgo's heart of the ocean facial massage with hand and arm massage relieve tension while the complexion is left soft, radiant, and beautiful.

ÉIDIN SPA SIGNATURE FACIAL

(90 MIN) €100

The ultimate relaxing experience. To help you to let go, begin with a relaxing back, neck and shoulder massage to ease tensions before a marine facial; skin is cleaned, exfoliated and nourished with Thalgo's signature professional masks, including a relaxing massage of the face, head and shoulders followed by a deeply nourishing hand and arm massage.

THALGO ANTI- AGEING TREATMENTS

To reveal the youthfulness of the skin

MARINE PEELING TREATMENT (30 MIN) €45

The Peeling Marine Treatment with acids from micronised marine algae gives a new skin effect in just 30 minutes, leaving the complexion smooth, radiant, and plumped- up.

(Recommended for maximum results, treatments increase in strength)

Treatment 2: Marine Peeling Treatment (30 MIN)

Fights against the signs of ageing: wrinkles, open pores and tonicity.

Treatment 3: Marine Peeling Treatment (30 MIN)

Fights against the signs of photo-ageing of the skin: deep wrinkles, uneven skin tone and loss of firmness.

MARINE LIGHT TREATMENT (60 MIN) €80

Thalgo's high performance anti-pigmentation facial effectively reduces pigmentation marks and dark spots. With progressive triple exfoliation and effective treatment marine peel, this facial provides a tailor-made correction for all dark spots and skin tone concerns. Includes treatment of the hands for a cleaner, brighter complexion on the face and hands.

SPIRULINE BOOST TREATMENT (60 MIN) €80

Spiruline Boost combats ageing linked to an urban lifestyle: pollution, fatigue, and stress by detoxifying the skin and restoring energy. This facial includes Spiruline Boost detox shot drink, a unique peel-off mask to rehydrate the skin and improve texture to leave skin looking smoother, plumper, and brighter.

HYALU – PROCOLLAGEN TREATMENT (60 MIN) €85

Thalgo introduces the first "marine filler" treatment combining 3 Hyaluronic Acids and Marine Pro-Collagen using three Roller Boosters to instantly plump up the skin's appearance, visibly smooth and reduce the appearance of wrinkles and gradually fill in wrinkles from within.

SILICIUM MARINE SUPER- LIFT TREATMENT (75 MIN) €90

This high-performance THALGO star treatment excels in correcting loss of firmness and smoothing pronounced wrinkles. At the heart of its protocol, a highly effective anti-wrinkle massage and professional double mask to firm, ease wrinkles and restore the complexions luminosity.



MARINE SCRUBS

The goodness of the sea

HARMONISING GINGER SCRUB

(30 MIN) €55

Indian red ginger, sea salts, enriching oils and sugars worked dry according to Ayurvedic traditions, in stimulating movements over the whole of the body. The skin is beautifully exfoliated and lightly scented with notes of amber and sandalwood.

PINK SAND SCRUB

(30 MIN) €55

This precious body scrub combines delicate pink sand and white quartz crystals to deeply cleanse and remove dead skin. Enriched with energising precious Algae which boasts a multitude of skin - enhancing benefits this scrub leaves skin silky smooth and radiant.

SALT FLAKE SCRUB

(30 MIN) €55

Thalgo's Arctic body scrub with micro-flake sea salts. Incredible sensations of soft touch crystals and fluffy snow feel effect on the skin with notes of white flowers this ultra-sensory body scrub leaves skin wonderfully soft and velvety smooth.

ISLAND BODY SCRUB

(45 MIN) €65

Inspired by Monoï, this scrub contains Bora Bora sand, sea salt and coconut shell to gently exfoliate the body and leave the skin velvety soft thanks to its nourishing jojoba and Monoï oils enriched with Tahitian vanilla. This luxurious body scrub offers a real escape to paradise.



SPA RITUALS

Inspired by the oceans

Thalgo Spa Rituals are truly unique sensory experiences from the heart of the oceans of the world. Exclusive massages inspired by ancient techniques, enveloping textures and divine scents offer an escape to an enchanting destination.

ARCTIC WONDER

(90 MIN) €120

Inspired by the Arctic Ocean

Enjoy the benefits of Boreal Algae and ancient Nordic rituals, where relaxing heat and invigorating cold take turns calming the body and releasing tension.

Salt Flake Scrub- Exfoliating micro-flake salts, as white as snow with notes of white flowers, purify the body and leave skin wonderfully soft and velvety smooth.

Deep Anti-Tension Massage with Massage Globes - This exclusive massage is inspired by Swedish massage and deep tissue massage techniques. Intense movements to warm, knead and stretch the muscles, combined with massage globes for a symphony of hot and cold sensations. Relaxing heat and invigorating cold take turns undoing each knot.

PACIFIC ISLANDS

(90 MIN) €120

Inspired by the Pacific Ocean

Enjoy a journey to paradise with the remineralising powder of Lagoon Algae and let yourself be swept away by the gentle aromas of Monoï for an incomparable moment of escape and relaxation.

Island Body Scrub - Inspired by Monoï, this scrub contains sand from Bora Bora, sea salt and coconut shell to gently exfoliate the

body and leave the skin velvety soft thanks to its nourishing jojoba and Monoï oils enriched with Tahitian vanilla it offers a real escape to paradise.

Mahana Massage with Warm Sand Pouches - Firm pressure massage with Tahitian Monoï Oils. Inspired by Lomi-Lomi, slow enveloping movements combined with the soothing heat of the warm sand pouches offer a feeling of pure escape, ease and total relaxation.

ATLANTIC JEWELS

(90 MIN) €120

Inspired by the Atlantic Ocean

Since the dawn of time the force of the waves has coloured the Atlantic Coast sand depositing energising semi-precious minerals. During this ritual inspired by lithotherapy, enjoy the revitalising powder of Precious Algae enriched with gold and marine gemstones to restore your body's vital energy.

Pink Sand Scrub -This precious body scrub combines delicate crystals of pink sand and white quartz crystals to gently exfoliate for smooth, radiant beautiful skin.

Massage with Crystal Gemstones - This Energising massage draws on the benefits of lithotherapy and traditional African techniques to intensely stimulate and invigorate the body. Rhythmic, enveloping movements combine with energising marine gemstones to refresh and revitalise the body.

MASSAGE

SWEDISH MASSAGE

Back, Neck & Shoulders	(30 MIN) €55
Full Body	(60 MIN) €80

DEEP TISSUE MASSAGE

Back, Neck & Shoulders	(30 MIN) €60
Full Body	(60 MIN) €90

HOT STONE MASSAGE

Back, Neck & Shoulders	(30 MIN) €60
Full Body	(60 MIN) €90

MATERNITY MASSAGE

Must be over the first trimester (12 weeks)

Back, Neck & Shoulders	(30 MIN) €60
Full Body	(60 MIN) €80

INDIAN HEAD MASSAGE

(45 MIN) €60

FOOT AND LEG MASSAGE

(30 MIN) €50



GIVE INTO TEMPTATION...

HARMONISING AYURVEDA MASSAGE

(60MIN) €85

This exclusive THALGO massage inspired by Ayurveda mixes gentle, enveloping gestures with more energetic movements to target the 19 key marmas (energetic crossroads) and thereby balance the mind and body. During this treatment, warm Amber oils are poured over the body while you enjoy enchanting music of India to enable deep relaxation for mind and body.

WARM CANDLE OIL MASSAGE

(60 MIN) €85

This wonderful warming massage, tailored to your individual needs uses luxurious melting warm oils from a selection of beautiful candles that melt into the skin. Candles contain essential nourishing and moisturising oils to smooth skin and calm the mind or uplifting oils to de stress, ease tension and muscle pain

HIMALAYAN HOT SALT ROCK MASSAGE

(75 MIN) €95

Pure Himalayan Salt Stones containing naturally occurring minerals and elements from the Himalayan mountains are heated and massaged all over the body in this unique signature treatment to deliver a myriad of health benefits while promoting deep relaxation, improving breathing, relieving anxiety and insomnia. The beautiful heart shaped pure Himalayan Salt Stones are given to you, to bring home after your treatment.

MASSAGE WITH WARM SAND POUCHES

(75 MIN) €95

Slow, enveloping, and firm pressure traditional movements combine with the soothing heat of the warm sand pouches, offering a deep sense of ease and total relaxation. This age-old technique using warm oils and heated sand pouches relives tension, eases pain, and restores vitality.

MARINE WRAPS

The power of nature for total well- being

3 ALGAE BODY WRAP

(45 MIN) €65

The original Marine Algae wrap, harnessing all the incredible benefits of 100% pure Seaweed. Thalgo's patented seaweed body wrap is infused with minerals, vitamins, and micro- nutrients for the body. This treatment activities circulation, increases metabolism, relieves aches and pains and helps to improve dry skin conditions such as eczema and psoriasis. Excellent for detox and general well - being.

NATURAL MARINE MUD BODY WRAP

(45 MIN) €65

100% Natural mud from the Dead Sea with exceptional mineral content makes this wrap a multi - action treatment: A slimming precursor, natural anti- stress treatment and helps exercise recovery. Cellulite dimpling is smoothed, tense joints and muscle pain are eased, and the body is completely replenished.

AROMACÉANE BODY WRAP

(75 MIN) €80

100% pure Aromatherapy essential oils and Natural Marine Dead Sea Mud. Dual treatment, Body Massage and Natural Mud Wrap adapted according to needs.

Choose

Refining - Natural Marine Mud Body Wrap and Aromacéane Sleander Body Massage for Detoxifying, anti-cellulite, and toning.

Or

Relaxation - Natural Marine Mud Body Wrap and Aromacéane Relax Body Massage for Muscle tension, stress and difficulties sleeping.

COLD CREAM MARINE BODY WRAP

(60 MIN) €85

This nourishing treatment dedicated to dry skin sweeps you away to the heart of the Cold Cream Marine world with its deeply nourishing body wrap and body massage. Skin is wrapped in luscious balm enriched with fruit butters and 100% Marine Algae oils to recover comfort and softness, while the wrap melts into the skin enjoy a relaxing scalp massage to release tension. The wrap is followed by a relaxing full body massage including the hands and feet.



MARINE SLIMMING, REFINING AND FIRMING

The power of the ocean

LIGHT LEGS TREATMENT

(45 MIN) €65

A Cryotherapy wrap that addresses feelings of discomfort and heaviness in the feet and legs. The effectiveness of the Algae complex in this treatment, enriched with menthol and camphor guarantee comfort for feelings of painful, tired feet and legs with a lasting cooling and comfort effect.

EXPRESS MARINE BODY TREATMENT

(45 MIN) €69 .

Marine draining and Slimming 2-in-1 Treatment combines Thalassotherapy wrap with Aromatic body massage for anti – water retention, cellulite treatment and body detoxification.

BODY SCULP TREATMENT

(60 MIN) €80

Effective treatment for excess fat, cellulite, and sagging skin. This made to measure, zone by zone professional slimming treatment combines Thalga cosmetic expertise with patented body Plap technology. An ultra- exfoliating peel and a highly active double body wrap are combined with Body Plap to visibly re-sculpt the figure, smooth cellulite to firm and tone the skin.

MATERNITY TREATMENTS

Pregnancy Spa Treatments

MUM TO BE TREAT

(60 MIN) €69

(Suitable during all stages of pregnancy)

Thalgo marine facial tailored to your specific skin needs and concerns during pregnancy. Includes deeply relaxing scalp massage with deeply relaxing hand and foot treatments to exfoliate, massage and treat Mum to Be.

BEAUTIFUL BEGINNINGS

(90 MIN) €110

Suitable after first trimester (12 weeks)

Full body pregnancy massage to release tension for expecting Mum's. During this relaxing massage using natural oils you are positioned safely on the treatment bed and cocooned with pillows and supports. This treatment concentrates on tension in shoulders, back, hips and legs. Includes deeply relaxing foot massage and Thalgo's taster facial with marine mask and scalp massage.

NEW MAMMA TREATMENT

(60 MIN) €80

Suitable 4 weeks after birth or 12 weeks after C section

Deeply relaxing warm lavender oil body massage focuses on areas needing attention to relieve muscle aches and pains, lift tension in the back & shoulders and relax body and mind for new Mum's.

MATERNITY MASSAGE - Suitable after first trimester (12 weeks)

Back, Neck & Shoulders

(30 MIN) €60

Full Body Massage

(60 MIN) €80

MEN'S TREATMENTS

The Sea washes away the ills of Man

Here we have highlighted some specific treatments for men but most of our treatments throughout our brochure are equally suitable for men & women.

EXPRESS ANTI- FATIGUE TREATMENT

(30 MIN) €40

Revive and energise tired complexions in just 30 minutes. A thorough cleanse with marine crystal scrub, energising signature acupressure and anti-fatigue face and eye creams leave skin refreshed and clear.

MEN'S OCEAN FACIAL

(60 MIN) €70

Whether the goal is to hydrate, replenish, reduce irritation, or purify, this treatment provides a made-to-measure solution for men's skin. Enriched with Algue Bleue Vitale extract, a cell energising complex, and drawing on the strength of its relaxing massage, this treatment meets all the needs of men's skin, leaving skin energised and perfectly balanced. Includes relaxing heart of the ocean massage of the face, head, shoulders, hands and arms.

MARINE MASSAGE FOR MEN

(60 MIN) €90

A stimulating deep tissue massage designed specifically for men. While marine oils drench the skin protecting from cell aging, powerful and deep techniques relieve muscle tension and stimulate the flow of vital energy leaving the body completely relaxed.

MEN'S SPA RITUAL

(90 MIN) €110

Begin with a relaxing foot ritual consisting of a foot scrub cleanse with warm cloths followed by a soothing massage on the feet and calf muscles using warm basalt stones before a stimulating full body essential oil massage designed specifically for men with firm pressure techniques to unknot and release tension before finishing with a deeply relaxing head massage.





ÉIDIN SPA PACKAGES

RADIANCE PACKAGE

(55MIN) €65

Thalgo Illuminating radiance facial | Sensory and relaxing facial massage | Stress relief scalp massage | Hand & Arm Massage.

REJUVENATION PACKAGE

(55MIN) €70

Muscle easing back, neck & shoulder massage | Thalgo discovery facial | Stress relief scalp massage.

RELAXATION PACKAGE

(75MIN) €85

Muscle easing back, neck & shoulder massage | Thalgo discovery facial | Stress relief scalp massage | Sensory and relaxing facial massage | Hot towel foot ritual.

ULTIMATE INDULGENCE

(90 MIN) €99

Tension lifting hot oil back, neck & shoulder massage | Beautiful back treatment with hot towel exfoliation | Thalgo marine facial with stress relieving scalp massage | Deeply relaxing leg and foot massage to ease tension and relax tired, aching legs and feet.

ÉIDIN BEAUTY

WAXING

½ Leg Wax	€18
¾ Leg Wax	€25
Full Leg Wax	€32
Full Leg Wax including Bikini Line	€45
Bikini Line	€15
Advanced Bikini Line	€20
Under Arm	€15

FACIAL WAXING

Lip Wax	€8
Chin Wax	€8
Sides Of Face	€12
All 3	€25

EYE TREATS

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

A patch test is essential 24 hours in advance for all waxing and tinting treatments.

MAKE UP APPLICATION

Make -Up Application	€35
Make -Up Application including lashes	€40

THE NAIL BAR

OPI File & Polish	€15
OPI Gel Polish	€30
Spa Manicure	€40
Spa Manicure with OPI Gel Polish	€65
Spa Pedicure	€50
Spa Pedicure with Callus Peel	€70

AIR BRUSH TANNING

Half Body Tan	€20
Full Body Tan	€35



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.

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. All mobile phones must be always silenced or turned off. Use of the pool, sauna and steam room is available for all spa guests, subject to availability. Fluffy robes, flip flops and towels are provided for all treatments. All spa treatments are available to both hotel residence and non - residence and strictly for over 16 years old. All treatments must be booked in advance. Card details and deposits will be required to book.

OUR COMMITMENT TO YOU

Be assured that the highest standards of hygiene and professionalism are always adhered to. We look forward to seeing you & hope you enjoy your visit to Éidin Spa.

THE PARADISE RELAXTION SUITE

Relax after treatments in the claim surroundings of the paradise relaxation suite. Enjoy complimentary herbal teas, juices, or tea/coffee. Add Prosecco, Éidin Spa Cocktails or Organic Thalgo Teas from our menu (Supplements apply).

COUPLES TREATMENTS

All treatments and packages are available to book in our couples room. Our couples room is available to couples, friends or family that would like to enjoy treatments together.

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.

CANCELLATIONS

Individual cancelations within 24 hours of treatment, or within 48 hours for groups of 4 or more will incur a 100% charge. Deposits are required to book all spa treatments. Deposits are not refundable in the advent of late cancellations.



OPENING HOURS

Monday to Sunday 10am to 6pm

Later or earlier appointment times can be catered for upon request

TO BOOK APPOINTMENTS

Phone 096 23616

Email spa.reservations@hotelballina.ie

Hotel room extension : 416

Book appointments online at www.hotelballina.ie/eidinspa

