



YOUR OWN KIND OF PERFECT

THE HERITAGE SPA

Adopt the pace of nature. Her secret is patience.

– Ralph Waldo Emerson

At one with nature...

There's something magical about those few simple words.

The Heritage Spa Experience promises perfect tranquility in a quiet, countryside setting.

No interruptions, just pure relaxation.

Our Spa Experience has been created to take you on a journey through the elements of nature. Discover the power of pure natural ingredients with our holistic treatments. Immerse yourself in the ancient ritual of hot and cold bathing. Each step will draw you further into deep relaxation, where nothing matters but you.



This icon denotes treatments that can be tailored for guests during pregnancy over 12 weeks. Please make the team aware when booking.



All treatments can be tailored for guests experiencing menopause. Please ask when booking.

DAY SPA PACKAGES

Rasul & Tea

Unwind with a friend in our traditional Arabian Mud Rasul ritual - a self application treatment using mineral-rich muds, followed by time in the exotic, mosaic-tiled Rasul Suite. As the room fills with herbal steam, toxins are drawn out, leaving skin refreshed and glowing. Complement your detox with a selection of salt and oil scrubs, then rinse under a tropical rain shower cascading from a star-lit ceiling.

Your experience concludes with Traditional Afternoon Tea for two.

The Heritage Deluxe Retreat

A choice of 3 from the following treatments:

- 30 minute Elemis Salt Glow
- 30 minute Back, Neck & Shoulder Massage
- 30 minute Indian Head Massage
- 30 minute Elemis Express Facial

After your treatments, enjoy one hour in the Thermal Suite and a light lunch at Seven Bar.



Glam Mum To Be

Designed with expectant mums in mind, this nurturing package includes:

- 60 minute Elemis Peaceful Pregnancy Massage
- 30 minute Elemis Express Facial to restore your glow.

After your treatments, enjoy one hour in the Thermal Suite and a light lunch at Seven Bar.



Afternoon Retreat

Press pause on a busy day with this rejuvenating package:

- 25 minute Back, Neck & Shoulder Massage
- 25 minute Elemis Express Facial

Follow with an hour in the Thermal Suite, then indulge in our Signature Afternoon Tea, served in the elegant Galleria.



Melt Into Relaxation

Take a midweek pause with a revitalising blend of:

- 25 minute Elemis Express Facial
- 25 minute Back, Neck & Shoulder Massage

After your treatments, unwind with one hour in the Thermal Suite, then enjoy a main course lunch at Seven Bar, complemented by tea or coffee and a glass of prosecco.



The Midweek Breather

Take a midweek pause with a revitalising blend of:

- 25 minute Elemis Express Facial
- 25 minute Back, Neck & Shoulder Massage

Complete your escape with one hour of pure bliss in the Thermal Suite.



The Heritage Spa Experience & Lunch

Start your spa journey with two hours in our Thermal Suite, featuring an Aroma Steam Room, hydrotherapy pool, and Aromatic Salts Foot Baths.

Afterwards, enjoy a delicious main course lunch and tea or coffee at Seven Bar, all set within a refined and serene atmosphere.

HEAT EXPERIENCE

This ritual dates back thousands of years, with its roots in ancient Roman and Turkish bathing traditions. Each Experience has its own unique cleansing and beautifying properties.

Tepidarium

The Roman Tepidarium was a lukewarm lounging area, usually located in the opulent hall of the spa. Bathers could relax and unwind here, watching the world go by. The radiant heat of our Tepidarium helps to soothe the body, mind and soul, creating a sense of calm and well-being.

Caldarium

A 2000 year old Roman Tradition. The floor benches and walls are heated, offering a dry, warm environment for deep-cleansing the pores.

Steam Bath

A humid heating sensation also known as a Turkish or Roman Steam Bath. Particularly beneficial for the respiratory system. The heat combines with pure essential oils, helping to induce a state of deep relaxation.

Open Hydro-pool

With water fountains for shoulder and neck massage, air loungers for full body massage plus individual jetpacks tailored to specific hydrotherapeutic needs.

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Rustic Sauna Cabin

A Finnish tradition offering intense dry heat. An authentic copper kettle disperses aromatic water over hot coals, creating a warm and gently fragrant environment. Perfect for unwinding, de-stressing and resting tired, aching muscles.

Salt Room

Salt Therapy (also known as 'Halotherapy') originated with the Greek and Romans many thousands of years ago. 'Halotherapy' derived from the Greek word halos, meaning 'salt', is a form of alternative medicine which makes use of salt. Perfect for respiratory health, asthma, breathing difficulties & skin conditions.

COOLING EXPERIENCE

Like yin and yang, cooling down is a key part of our spa experience. Cooling the soft tissues not only moderates your core temperature.

It invigorates your body and stimulates the nerve endings, leaving your feeling refreshed and energised.

Elemental Showers

These showers imitate natural rainfall, offering a multi-sensory experience to help cool the body, from soft tropical rain to invigorating ice rain.

Hydro Boost

This immersive hydro experience, incorporating a waterfall shower, bucket douche, body shower and Kneipp hose, has wonderful rejuvenating properties. It helps to stimulate circulation and metabolism, firm the skin and, of course, invigorates the body and soul!

Foot Baths

Foot-baths have been used for millennia, to cleanse the body and the soul. This divine foot therapy literally melts away the stresses of life. Warm water and gorgeously aromatic salts gently soothe and massage the feet, providing deep therapeutic effects.

Resting Zone

Now it's time to commune with nature. Our resting zone is tucked away in a quiet, tranquil area. Lie back, relax, gaze out at the beautiful Laois countryside and let the gentle sounds of nature envelop you.

ELEMIS

Defined by nature, led by science.

We've chosen to partner with Elemis, the leading global British skincare brand with over 30 years of research and development. They are committed to unlocking the secrets of skin longevity, empowering you with the knowledge and products to achieve collagen health, and thus skin health.

Elemis' approach to skincare is holistic: their innovative formulas are rigorously tested to deliver maximum efficacy while engaging all the senses on your skin wellness journey.

Elemis award-winning formulas, backed by clinical trials, help protect, restore, and renew skin health, keeping your complexion youthful and supple. With a foundation in aromatherapy, their products are thoughtfully created with natural fragrances and indulgent textures, for a luxurious experience in self-care with results you can see and feel.





Sometimes the most productive thing you can do is relax.

– Mark Black

SIGNATURE TREATMENTS

The Heritage Signature Face & Body Ritual

90 minutes

Immerse yourself in the ultimate head-to-toe indulgence. This luxurious ritual begins with a soothing 30 minute Hot Stone Massage targeting the back of the body, melting away tension. The experience continues with a prescribed 60 minute Elemis Expert Touch Facial, tailored to your skin's unique needs. The treatment concludes with a deeply relaxing scalp massage, leaving you fully restored and radiant.

The Heritage Luxury Retreat

90 minutes

Restore your natural glow and melt away stress with our most comprehensive and restorative treatment. Begin with a calming scalp and facial massage, followed by a revitalising foot treatment, a nourishing hand and arm massage, and a deeply relaxing back massage enhanced with warm essential oils and hot stones. This full-body ritual is designed to soothe tired muscles, refresh your complexion, and leave you in a state of total relaxation.



ELEMIS EXPERT TOUCH FACIALS

Our globally renowned, hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.



Elemis Expert Touch Define Facial

90 minutes

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

Benefits: Renewed, Focused & Grounded



Elemis Expert Touch Reveal Facial

60 minutes

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed, and glowing.

Benefits: Resurface, Smooth & Glow



Elemis Expert Touch Renew Facial

60 minutes

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

Benefits: Hydrate, Lift & Firm



Elemis Expert Touch Express Facial

30 minutes

An express treatment ideal for refreshing the skin, a facial that will cleanse, tone, exfoliate including a mask and pressure point scalp massage leaving the skin refreshed and hydrated.

Benefits: Hydrate, Lift & Firm

ELEMIS EXPERT TECH FACIALS

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BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works in combination with the therapist to turbo-charge your facial results.

Elemis Expert Tech Radiance + Revive Facial

60 minutes

Revive tired skin with our advanced Ultrasonic Peel technology teamed with Oxygen Infusion to plump and Galvanic to nourish, leaving your skin rebalanced, nourished and radiant.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Oxygen Infusion to plump the skin
- Galvanic technology to restore the skin

Benefits: Rebalance, Nourish & Glow

Elemis Expert Tech Smooth + Polish Facial

60 minutes

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic to nourish, revealing bright, polished and smooth skin.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- LED Light Mask to regenerate the skin
- Galvanic technology to restore the skin

Benefits: Reset, Resurface & Brighten

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Elemis Expert Tech Lift + Rejuvenate Facial

60 minutes

Restore your skins vitality our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate and Oxygen infusion to plump. Skin will appear renewed, toned and firmer.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin.

Benefits: Renew, Plump & Tone

Elemis Expert Tech Sculpt & Firm Facial

90 minutes / 60 minutes

Our ultimate treatment, this multifaceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined.

BIOTEC Technology:

- Cryotherapy for skin sculpting
- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin
- LED Light Mask to re-energise the skin
- Galvanic technology to restore and nourish

Benefits: Revitalise, Strengthen & Define

The Heritage Signature LED Define Facial

90 minutes

Discover the next level of skin transformation with this advanced facial, combining the power of clinically proven Elemis skincare and cutting-edge LED light therapy.

This 90 minute treatment is designed to energise tired skin, enhance radiance, and visibly sculpt facial contours. Featuring the Elemis 7-in-1 LED Light Mask, this facial uses multiple light wavelengths to calm, soothe, and revitalise the complexion - leaving your skin visibly refreshed, luminous, and glowing.

Benefits: Energise, Rejuvenate & Sculpt

ELEMIS EXPERT TOUCH & BODY TREATMENTS

Cleansing mineral salts, oil blends rich in actives and transportive aromatics are combined with an unparalleled level of expertise in massage and conditioning for healthy, revitalised skin and deeply eased muscles.

Elemis Expert Deep Tissue Tension-Ease Massage

90 minutes / 60 minutes / 30 minutes

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

Benefits: Renewed, Focused & Grounded

Elemis Expert Transformative Hot Stone Massage

90 minutes / 60 minutes / 30 minutes

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

Benefits: Soothe, Relax & Relieve



Elemis Expert Peaceful Pregnancy Massage

90 minutes / 60 minutes / 30 minutes

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

Benefits: nurture, Restore & Calm

Elemis Tension Ease Treatment

60 minutes

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

Includes: back massage, facial massage, and scalp massage

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Elemis Back, Neck & Shoulder Massage

30 minutes

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the Elemis Body Oil to suit your individual needs.

Elemis Rejuvenating Back, Face & Scalp Treatment

90 minutes

Unravel tension, instantly boost your complexion, and restore energy. Targeted massage techniques combine with the purest aromatherapy oils and an Expert Touch Facial helping you to look and feel your very best – refreshed, supremely hydrated and glowing.

Aroma Massage

90 minutes / 60 minutes / 30 minutes

Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

Swedish Massage

90 minutes / 60 minutes / 30 minute

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Elemis Targeted Tightening Body Treatment

90 minutes / 60 minutes

A powerful blend of minerals and seaweeds join forces to target cellulite and promote a smoother silhouette with our focused sculpting massage, for skin that looks and feels intensely tightened, toned and smoothed.

- 90 minutes treats: Thighs, Abdomen and Arms
- 60 minutes choose from: Thighs or Abdomen

Benefits: Tighten, Tone & Smooth

Elemis Frangipani Body Nectar Nourishing Wrap

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60 minutes

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic

Elemis Salt Glow

30 minutes

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.



HOLISTIC THERAPIES

These alternative therapy techniques are based on ancient traditions. They are centred around healing and rejuvenation of the mind, body and spirit.

Reflexology

60 minutes

This ancient technique stimulates pressure points on the feet to rebalance your body's energy systems.



Indian Head Massage

30 minutes

Designed to alleviate stress, this massage concentrates on the scalp with a focus on soft tissues in the shoulders and neck.

Hamam

45 minutes

Influenced by the bathing ritual of the Ottoman nations, relax on a warm plinth in absolute humidity whilst being treated by your therapist. Exfoliating massage performed on a warm massage plinth.

Mud Rasul

45 minutes (min of 2 people)

The Rasul is a traditional Arabian cleansing ritual for two people at a time. The treatment starts with the self-application of mineral muds. Once the mud is applied, you relax with your friends on heated mosaic chairs in the exotic Rasul Suite whilst the room gently fills with herbal steam. As you perspire the mud's natural ingredients absorb the toxins from the body to aid the detoxifying and exfoliating process. A choice of different salt and oil scrubs are also provided for you to apply over the muds on selected areas. The ceremony closes with a tropical rain shower from the star-lit ceiling to wash away the mud, leaving you with the silkiest skin imaginable.

BEAUTY SUITE

NAIL CARE

Luxury Manicure

60 minutes

Nails are analysed to ensure the right treatment for their type. Our manicure includes exfoliation, massage and cuticle care, before treating nails with the correct base coat and finished with the perfect polish.

Luxury Pedicure

60 minutes

A luxurious pedicure using aromatherapy oils and creams to soften, pamper and bring feet, nails and cuticles to their best. Includes: foot soak, shape, full cuticle work, salt and oil scrub, hard skin removal, foot and leg massage, and OPI polish.

OPI Gel Polish

30 minutes

Shape, cuticle work, buff, and OPI gel polish.

Waxing and tinting is available. A patch test is required 24 hours prior to a waxing or tinting treatment.

IN ROOM BATH TRAY

How about being treated to something extra special in the comfort of your own room? Our team are at your beck and call with all the guidance you may need. Sit back, soak and relax with our in room bathing options to add to your stay at The Heritage.

Choose one of the following options which will be delivered to your room for you to add to the bath in your room at a time that works for you.

Cellutox Herbal Bath Synergy

A stimulating bath soak enriches the body with a unique blend of actives to leave the body feeling revitalised and renewed.

Relax and revive with these high-performance bath salts. These unique Elemis synergy of Algae, Sea Buckthorn and Sea Fennel extracts combined with pure essential oils of Juniper and Lemon combines the richness of sea plants with the essence of pure aroma. Use as part of a body cleansing program to leave skin feeling soft, smooth and refreshed.

Bath Includes: Elemis Cellutox Herbal Bath Soak, Elemis Lime & Ginger Salt Scrub and Elemis Frangipani Oil.

Musclease Bath Synergy

Relieves muscle tension and pain, Elemis Musclease products are designed to help relieve muscle tension and pain. The Elemis Musclease Herbal Bath Synergy, high performance bath salts, are perfect for post-workout care, helping to relieve aches and tension with soothing botanicals.

Bath Includes: Elemis Musclease Herbal Bath Soak, Elemis Frangipani Salt Scrub and Elemis Frangipani Oil.

THE HERITAGE SPA GUIDE

Arrival Time

Arriving 1 hour before your treatment commences will give you plenty of time to relax and enjoy the surroundings. If you're late for your appointment, the time will be deducted from the length of your scheduled treatment.

If your package includes The Heritage Spa Experience, we recommend you allow a minimum of 1 hour before or following a treatment to fully utilise the area.

Booking Information

We recommend you book treatments and packages in advance as demand for the Spa is high. All bookings are subject to The Heritage terms and conditions, which are available on request. €25 charge for 1 hour Spa Experience on treatments shorter than 60 minutes.

To book please call +353 (0)57 869 5050 or email spa@theheritage.com

Health

The first priority of our team is your health, safety and wellbeing. If you have any concerns regarding your medical history we recommend consulting your GP prior to your visit. A medical note may be needed in order for us to perform some treatments. If you've undergone surgery within 6 months prior to the date of appointment, this may affect your choice of treatments available. Please ask our Spa Reception Team for advice on booking, they will be happy to help.

Pre and Post Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please contact our spa reception and a member of our Spa Reception Team will be happy to provide more information. If you have undergone a C-section in the previous 6 months, unfortunately it will not be possible to have any massage or body treatments.

Children

Due to the active nature of the products, Spa users must be a minimum age of 18 years.

Gifts and Vouchers

Gift vouchers and Spa gifts can be purchased directly from The Heritage or online at www.theheritage.com

Etiquette

As a courtesy to other clients and to preserve the ambiance of the Spa, we ask that clients switch off their mobile phones and leave them in the locker area. Smoking is not permitted in the Spa. We thank you in advance for your understanding.

What to Bring

Simply collect your towel and robe card at the Spa Reception, where you will receive your towel and bathrobe.

If these items are not returned at the end of your visit to The Heritage Spa, a fee will be charged to the card on file.

Swimwear is required at all times in The Heritage Spa area.

Personal Belongings

Swimwear is obligatory in The Heritage Spa area at all times. We do not supply swimwear. Robes and towels can be hired from spa reception upon check-in.

Cancellation Policy

As a courtesy to other guests and our therapists, please give us at least 48 hours' notice if you need to cancel or change your appointment. Please note that cancellations less than 48 hours prior to the booking are subject to a 100% cancellation fee. If you don't attend your appointment on the day, you will be subject to a cancellation fee of 100% of the treatment price.

For group cancellation policy, please refer to your group confirmation contract. We reserve the right to alter prices and modify or discontinue treatments without prior notice to ensure that we maintain maximum standards of service and quality.

Opening Times

Spa Treatments:

Monday - Sunday, 10.00am - 6.00pm

The Heritage Spa Experience:

Monday - Friday, 10.00am - 8.30pm

Saturday - Sunday, 10.00am - 6.30pm

Bank Holidays, 10.00am - 6.30pm

The Health Club

Located beside the Spa, the Health Club is equipped with Technogym exercise equipment, fitness studio, leisure pool, Jacuzzi. Ladies and gents locker rooms are equipped with a separate sauna and steam room in each.

Annual Spa Membership

Annual Spa Membership available for full use of the Spa Experience price €399pp.

Excludes Saturdays and all the school breaks such as Halloween break, Christmas break, midterm break in February or Easter Break. 10% discount on retail and individual Spa treatments.



THE HERITAGE SPA

Price List

| TREATMENT | PRICE |
|-----------|-------|
|-----------|-------|

DAY SPA PACKAGES

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|-------------------------------------|-----------------------------|
| Rasul & Tea | €80pp Mon-Fri €90pp Sat-Sun |
| The Heritage Deluxe Retreat | €170 Mon-Fri |
| Glam Mum To Be | €170 Mon-Fri €180 Sat-Sun |
| Afternoon Retreat | €130 Mon-Fri €145 Sat-Sun |
| Melt Into Relaxation | €125 Mon-Fri €140 Sat-Sun |
| The Midweek Breather | €110 Mon-Fri |
| The Heritage Spa Experience & Lunch | €65 Mon-Fri €75 Sat-Sun |

| TREATMENT | TIME | PRICE |
|-----------|------|-------|
|-----------|------|-------|

SIGNATURE TREATMENTS

| | | |
|---|---------|------|
| The Heritage Signature Face & Body Ritual | 90 mins | €160 |
| The Heritage Luxury Retreat | 90 mins | €160 |

FACIALS

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|---|--------------------|--------------|
| Elemis Expert Touch Define Facial | 90 mins | €145 |
| Elemis Expert Touch Reveal Facial | 60 mins | €120 |
| Elemis Expert Touch Renew Facial | 60 mins | €120 |
| Elemis Expert Touch Express Facial | 30 mins | €80 |
| Elemis Expert Tech Radiance + Revive Facial | 60 mins | €130 |
| Elemis Expert Tech Smooth + Polish Facial | 60 mins | €130 |
| Elemis Expert Tech Lift + Rejuvenate Facial | 60 mins | €130 |
| Elemis Expert Tech Sculpt + Firm Facial | 60 mins 90 mins | €130 €145 |
| The Heritage Signature LED Define Facial | 90 mins | €145 |

THE HERITAGE SPA

Price List

| TREATMENT | TIME | PRICE |
|--|---------|-------|
| MASSAGE | | |
| Elemis Expert Deep Tissue Tension-Ease Massage | 90 mins | €165 |
| | 60 mins | €140 |
| | 30 mins | €85 |
| Elemis Expert Transformative Hot Stone Massage | 90 mins | €165 |
| | 60 mins | €140 |
| | 30 mins | €85 |
| Elemis Expert Peaceful Pregnancy Massage | 90 mins | €150 |
| | 60 mins | €130 |
| | 30 mins | €85 |
| Aroma Massage | 90 mins | €145 |
| | 60 mins | €120 |
| | 30 mins | €85 |
| Swedish Massage | 90 mins | €145 |
| | 60 mins | €120 |
| | 30 mins | €85 |
| Elemis Back, Neck and Shoulder Massage | 30 mins | €85 |
| BODY TREATMENTS AND RITUALS | | |
| Elemis Rejuvenating Back, Face & Scalp Treatment | 90 mins | €165 |
| Elemis Tension Ease Treatment | 60 mins | €115 |
| Elemis Salt Glow | 30 mins | €170 |
| Elemis Frangipani Body Nectar Nourishing Wrap | 60 mins | €110 |
| Elemis Targeted Tightening Body Treatment | 90 mins | €145 |
| | 60 mins | €120 |
| HOLISTIC | | |
| Reflexology | 60 mins | €125 |
| Indian Head Massage | 30 mins | €80 |
| Hamam | 45 mins | €100 |
| Mud Rasul (min of 2 people) | 45 mins | €100 |

THE HERITAGE SPA

Price List

| TREATMENT | TIME | PRICE |
|-----------------------------|------|-------|
| FACIAL WAX | | |
| Lip or Chin Wax | | €15 |
| Lip & Chin Wax | | €22 |
| Sides of Face | | €15 |
| BODY WAX | | |
| Full Leg & Bikini Line Wax | | €55 |
| Upper Leg & Bikini Line Wax | | €40 |
| Half Leg & Bikini Line Wax | | €40 |
| Full Leg Wax | | €40 |
| Half Leg Wax | | €25 |
| Under Arm Wax | | €20 |
| Bikini Line Wax | | €20 |
| Arm Wax | | €23 |
| Extended Bikini | | €35 |
| MALE WAXING | | |
| Chest | | €25 |
| Back | | €25 |
| Back & Chest | | €45 |
| Brows | | €20 |
| BROWS & LASHES | | |
| Eyebrow Shape | | €15 |
| Eyebrow Tint | | €10 |
| Eyelash Tint | | €15 |

THE HERITAGE SPA

Price List

| TREATMENT | TIME | PRICE |
|-----------------------------|------|-------|
| Eyelash & Brow Tint | | €20 |
| Eyelash & Brow Tint & Shape | | €30 |

NAIL BAR

| | | |
|-----------------|---------|-----|
| Luxury Manicure | 50 mins | €60 |
| Luxury Pedicure | 60 mins | €70 |
| OPI Gel Polish | 30 mins | €45 |



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The Heritage
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FBD HOTELS & RESORTS