



CHILL SPA



WELCOME

With 5 luxurious treatment suites, a double treatment suite and the ultimate selection of VOYA organic spa treatments you will be completely pampered by our spa team in a world of your own at Chill Spa.

Our therapists are fully trained in Cancer Care Treatments suitable for those undergoing and recovering from cancer treatments.

Restore well-being and reinstate the rhythm and harmony between mind, body and soul

THE CHILL SPA JOURNEY

Start your Chill Spa journey in our Riverside Thermal Area. Revitalise your body in our Steam Room and relax those stressed and tired muscles in our Outdoor Sauna. Chill out in our Spa Garden, restore calm to body and mind with a signature massage, or unwind in our Riverview Relaxation Room as you watch the Moy meander by.



VOYA

ORGANIC LUXURY
FROM THE SEA



Ireland's VOYA has used generations of acquired wisdom about the sea to bring you an organic beauty range of treatments designed to delight and purify body and soul, and are the first 100% organic certified treatments in the world.

SPA FACILITIES

- 5 Treatment Suites
- Double Treatment Suite
- Steam Room
- Experience Shower
- Riverview Relaxation Room
- Snooze Room
- Outdoor Spa Garden with Cedarwood Hot Tubs
- Sauna
- Cedarwood Seaweed Baths

Gift Vouchers redeemable against spa treatments, packages, spa breaks and VOYA products can be purchased from reception or online. We also accept Ireland's Blue Book vouchers.

 Recommended for people healing from cancer.

 Treatments adaptable for pregnancy.



RELAX,
UNWIND AND
INDULGE

SIGNATURE TREATMENTS

Warm Pebbles of Enniscrone 70 mins €120

Heated smooth lava stones are massaged over your entire body using VOYA organic seaweed essentials oils. Treatment also incorporates a calming and energising pressure point head massage.

Ice House Chill Massage 75 mins €120

Using various techniques such as Hot Oil, Swedish, Holistic, Balinese, Aromatherapy and Indian Head, this massage leaves you completely de-stressed and rebalances mind and body.

Mindful Dreams Sleep Ritual 80 mins €120

Unique to Chill Spa, this treatment uses a mixture of wellness and massage techniques to decompress and relax the body and mind, melting away stresses, strains and tension. Includes an introductory foot ritual, mini therapeutic facial and full body massage using Balinese and Hawaiian techniques.

HOLISTIC THERAPIES

Indian Head Massage 40 mins €65

An ancient practice incorporating acupressure points and massage of the upper back, shoulders, neck, head and face. Excellent for the treatment of migraines, headaches and stress.

With Back, Neck & Shoulder Massage 55 mins €85

Reflexology 50 mins €80

By sensitively applying pressure to various points of the feet, the whole body is comforted and begins to relax, encouraging the body's own healing and circulation, including lymph drainage and release of toxins.

Ear Coning 40 mins €45

A natural alternative treatment that clears excess earwax that may be causing hearing loss, dizziness or ringing in the ear.

SCRUBS AND RUBS

VOYA Luscious Salt Glow 40 mins €65

Luscious Salt Glow is infused with dead sea salts and organic seaweed oil, a combination which removes dull skin, hydrates the skin, stimulates blood and lymph flow while firming skin tone and increasing lustre.

VOYA Organic Stimulating Seaweed Body Buff 55 mins €75

The ultimate treat for tired and dull skin. The anti-oxidants from mineral rich bladder wrack seaweed combine with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.

VOYA Organic Lavender/ Peppermint Seaweed Sugar Glow 40 mins €65

A wonderful fragrant mix of lavender or peppermint oil, seaweed and sugar which gently removes dead skin cells and heals with seaweed extracts and essential oils.



RELAX,
RENEW,
REFRESH

FACIALS

Self Discovery
Radiance Facial   55 mins €80

This skin type-specific, ocean inspired organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. A relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced. You will be left with a revived glowing, yet non-greasy complexion, enriched and strengthened.

Choose 1 of 3 facials for your journey:

Purifying Facial (Oily/ Combination Skin)

Ultra Calming Facial (Sensitive Skin)

Intensive Hydra Veil Facial (Dry Skin)

VOYA Illuminating Facial

55 mins €85

Deeply detoxifying to help brighten and even skin tone, leaving the complexion smooth and radiant. Working with Get Glowing facial mask to perform an ancient acupressure point facial massage, targeting deeper face muscles, releasing toxins and improving radiance. Includes a reflexology inspired foot massage.

Hot Oil Back, Neck and Shoulder Massage with VOYA Taster Facial

55 mins €90

Using a specifically designed massage candle that melts and transforms into a massage oil luxuriously smothered over the back, neck and shoulders, and a mini VOYA tailored facial to brighten and refresh the skin.

VOYA Deluxe Facial Experience

80 mins €120

A relaxing back massage to induce relaxation and gently melt away muscular pain, followed by a hydrating and purifying facial, which includes massage to deeply hydrate and a dual action facial mask, combining the exclusive re-mineralising Mermaid's Purse and Laminaria seaweed leaves. This experience leaves the skin rejuvenated, hydrated and reduces the appearance of deep-set wrinkles.

VOYA Anti-Ageing Restorative Facial

70 mins €95

VOYA's organic ingredients combined with antioxidant algae complexes with a restorative blend of aromatherapy oils help to stimulate collagen production and reduce the appearance of fine lines and wrinkles, instantly firming the skin with a natural and more radiant glow.

VOYA Marine Eye Treatment

40 mins €55

This firming, hydrating treatment uses products rich in seaweed extract, green tea and vitamin C, to help reduce the appearance of fine lines and decongests the eye area.

Using organic Laminaria Digitata seaweed eye compresses to refresh and rejuvenate tired eyes. Combining both relaxing and decongesting lymphatic massage movements to banish puffiness and dark shadows. Specialised eye masks are used for those who are specifically concerned with ageing around the eye area.

VOYA Skin Peel Resurfacing Radiance Facial

40 mins €70

This is the next generation of advanced organic skin care. A highly effective resurfacing facial targets congested, lacklustre and dull skin. Using a combination of seaweed extract, naturally derived glycolic and lactic acids, blended with pineapple fruit enzymes, this facial will give your skin back its natural radiant glow. Our advanced exfoliation trio assists in diminishing fine lines, reducing pore size and will brighten the skin's appearance.

Patch test required.

Upgrade any facial with VOYA Seaweed Marine Eye Treatment

€25



BODY WRAPS

VOYA Organic Seaweed Leaf Wrap 85 mins €95

This truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body to detoxify, firm and soften the skin. The whole body is then covered in Laminaria seaweed leaves for instant results. Completed with an application massage of Softly Does It to nourish and soften. Ideal in conjunction with a weight loss programme.

VOYA Organic Ocean Essence Total Body Wrap 55 mins €85

Combining the detoxifying power of Fucus Serratus and cellulite reducing abilities of Laminaria to stimulate the blood and lymph flow, detoxify and hydrate the skin and encourage the renewal of skin cells. An excellent skin rejuvenator, combatting cellulite and fatigue and producing a moisturising effect.

VOYA Organic Tangle Me Up Body Wrap 55 mins €80

This wrap hydrates and relaxes your tired and lethargic muscles, relieves your stress and fatigue, tones and firms your skin and helps against the signs of ageing and cellulite. Its anti-oxidant compounds help to protect against cell damage from environment and pollution. Includes full body brushing to increase circulation and to aid penetration of the potent seaweed gel.

VOYA Organic Warm Spiced Mud Wrap 70 mins €90

A serious detoxifier, metabolism stimulator and a natural anti-ageing boost, infused with aromatic spices of ginger and orange to revive the senses. Seaweed is taken fresh from the ocean and its purifying elements are encapsulated in the rich Warm Spiced Mud Wrap. The extract is rich in potent anti-oxidants and minerals, perfect for firming and toning the body.

Add Sugar Glow Scrub 30 mins €35

JUST FOR HIM

VOYA Intense Defence for Men Facial  25/55 mins €50/€80

Exclusively created for men's specific skincare needs, this treatment exfoliates the skin with bamboo spines, allowing for a deeper cleanse. Followed by a facial and scalp massage, using VOYA Mermaid's Purse mask to soothe even the most sensitive of skin, leaving your skin hydrated and fresh.. Fantastic for those affected by shaving rash, razor burn or ingrown hairs.

VOYA Back Treatment  55 mins €80

Specifically designed to bring purity and balance to the skin on the back, this will focus on cleansing, skin exfoliation, back massage and masque therapy. Ideal for those who have challenges with your back.

Back, Neck and Shoulder Massage with VOYA Taster Facial 55 mins €90

OUTDOOR BATHING THERAPIES

Lazy Days Detox Seaweed Bath 45 mins €35

Submerge your body in a bath of organic, hand-harvested Atlantic seaweed (Fucus Serratus) to remove unwanted toxins and alleviate aches and pains. Let the natural power of organic seaweed deeply moisturise the skin, increase circulation and promote healing.

Organic Warmed Spice Mud Bath 45 mins €35

Peat Bath was traditionally used for a variety of skin and rheumatic conditions and detoxification. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite and combats the signs of ageing. This dark deep relaxing bath also soothes muscular aches and pains, relieves stress and fatigue, energising mind and soul.

Organic Seaweed Aroma Bath Salts Therapy 45 mins €35

A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, mandarin and patchouli, combined with bath salts.



BODY TREATMENTS AND MESSAGES

Chill Spa Hot Oil Full Body Massage 55 mins €90

This treatment uses a specially designed candle that melts and magically transforms into massage oil with the aromatic power of cocoa flower that is luxuriously smothered over the body.

Swedish Massage 50/70 mins €80/€115

Our Swedish massage uses traditional deep massaging techniques to ease and alleviate tension and stress.

Swedish Back, Neck and Shoulder Massage 30/45 mins €55/€75

Swedish Massage with Hot Stones 70mins €120

Deep Recovery Massage 55 mins €95

A deep rhythmic pressure massage that alleviates stress, eases aching muscles and revives the senses. Your skin is energised by deep infusion of VOYA organic seaweed oil prescribed to target individual needs and reduce stress and muscle tension.

Lava Shells Relaxing Body Massage 55 mins €95

Using the world's first self-heating massage tool, this unique warming spa therapy induces deep relaxation whilst easing muscle and joint aches and pains, unblocking energy flow and releasing a sense of balance to the entire body and mind.

Lava Shells Relaxing Back Massage 25 mins €60

VOYA Voyager Massage Journey 85 mins €120

This amazing experience uses body brushing, full body massage and scalp massage combining both gentle and stimulating movements to release tension, promote deep relaxation and relieve aches and pains. Tailored to individual needs.

Choose 1 of 3 oils for your journey:

Uplift - Angelicus Serratus

A distinctly fragrant super-hydrating body oil with VOYA's signature notes of citrus and the sea. Enhanced with antioxidant rose-hip that slows the signs of aging and evening primrose, which helps improve cell structure and skin elasticity.

Relax - Mindful Moments

Enhanced with evening primrose and argan oils combined with the antioxidant qualities of Himanthalia Elongata, this body oil will nourish and hydrate the driest of skins. Lavender oil will de-stress the mind and assist in the prevention of sleepless nights, while rosemary oil will ease mental fatigue and uplift the spirits.

Muscle Relief - Ginger Chai

This is a muscle healing and fatigue-busting body oil with evening primrose and rose-hip oils for their powerful antioxidant qualities. Combined with Laminaria Digitata seaweed extract, this will deeply nourish and hydrate your skin, while Bergamot, Ginger, and May Chang will work in synergy to relax the muscles, making this the perfect organic tonic.



RELAX...
IT'S YOUR TIME



TREATMENTS FOR MUMS TO BE

Full Body Maternity Massage 55 mins €90

A gentle full body massage using targeted oils for the prevention of stretch marks, giving optimum skin elasticity.

Add Mini VOYA Facial 30 mins €50

Massage with Mini VOYA Facial 55 mins €90

A mini VOYA facial to hydrate and brighten the skin, combined with a Back, Neck and Shoulder Massage.



Organic Precious Moments 55 mins €95

VOYA's Organic Precious Moments treatment is tailored specially to Mum and her growing bump. Enjoy a relaxing face, hand and arm massage, while your bump is enveloped in a special mask that helps prevent stretch marks and your feet wrapped in Laminaria Digitata seaweed leaves.

Organic Prenatal Voyager 85 mins €145

Enjoy a full body exfoliation, helping to gently buff the skin. Then relax with a top to toe body, face and scalp Massage. Melt away any aches and pains associated with pregnancy.

COUPLES TREATMENTS

Relax and unwind together in our luxurious double treatment room for that special shared spa experience.

Couples Retreat Massage for Two 25/55 mins €110/€160

This treatment uses a specially designed candle that melts and magically transforms into a massage oil with the aromatic power of cocoa flower, luxuriously smothered over the body.

Just the Two of Us 80 mins €195

Experience full body tailored massage followed by a VOYA express facial.

Share a Bathing Therapy 45 mins €40



HANDS AND FEET

VOYA Organic Hand Ritual 40 mins €55

A Time to Shine exfoliation from hand to elbow, a deeply relaxing hand and arm massage after which your hands are wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and nourish dry hands. To complete this treatment, nourishing Handy to Have cream is applied.

VOYA Organic Foot Ritual 40 mins €55

A sea salt exfoliation from the knees down, a deeply relaxing massage of the lower legs after which your legs are wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation and nourish tired feet and legs. To complete this treatment nourishing Softly Does It is applied.

Add File and Polish €15

SPA DAY PACKAGES

All Spa Day Packages include full access to the Outdoor Spa Garden and Thermal Areas. All guests enjoy complimentary beverages and use of spa robes, towels and slippers.

Schoolday Treat

Monday - Thursday (excl Bank Hols) 55mins €80

While the kids are at school, make a morning of it! Enjoy coffee and scones followed by one of the following treatments: Full Body Massage, Back Massage and Mini Facial, Tangle Me Up Body Wrap, VOYA Self-Discovery Facial or Full Body Exfoliation. Finish with some tasty bites from our Spa Lunch Menu. **Available during school terms only.**

Top to Top Reviver

Monday - Friday (excl Bank Hols) 85 mins €95

Design your own revitalisation and pampering experience. Choose any three treatments from Back, Neck and Shoulder Massage, Mini Facial, Body Exfoliation, Leg and Foot Massage or Scalp Massage. Finish with some tasty bites from our Spa Lunch Menu.

Supplement charge of €15 on Saturday/Sunday.

Half Day Heaven


110 mins €150

Pamper yourself and choose two treatments from Full Body Tailored Massage, Voya Self Discovery Facial, Tangle Me Up Wrap, Full Body Exfoliation, Hand Ritual or Foot Ritual. Includes 3 course lunch from our Spa Lunch Menu before or after your treatments.

Supplement charge of €15 on Saturday/Sunday.

Your Way

Tailor-make your very own Spa Package. Just talk to a member of the team.



BEING BUSY
IS SERIOUSLY
OVERRATED.

SPA ARRIVAL

Residents:

We recommend you arrive at spa reception at least 60 minutes before your treatment to enjoy full use of our Thermal Suite.

If you don't want to use the Thermal Suite, please arrive 15 minutes before your appointment time.

Non Residents:

We recommend you arrive at spa reception at least 60 minutes before your treatment to enjoy full use of our Thermal Suite.

Please allow 15 minutes before your appointment time to complete a spa consultation form and change into your luxury spa robe and slippers.

Please be aware that late arrivals will not receive an extension to their treatment but a full charge may be incurred.

WHAT TO BRING

For your comfort, we provide you with a luxurious robe, towels and slippers for your spa journey. Hotel guests may wish to arrive in their bedroom robe. Disposable underwear is provided for your comfort during your spa treatments. Please bring a bathing suit to use the Thermal Suite.

OUR 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 card details 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 room bill.

MEDICAL CONDITIONS

Some therapies are not suitable for clients with medical conditions so please let us know if you have any concerns or medical conditions.



We recommend these treatments for people healing from cancer

Pregnancy

Allow our spa team to guide you in selecting which treatments are most suitable for you during this special time. Please note that use of the spa thermal suite and outdoor hot tubs is not recommended during pregnancy.



These treatments are adaptable for expectant and nursing mothers after the first 12 weeks of pregnancy.

PRODUCTS AND GIFTS

To continue your spa experience at home, all products used in your treatments are available to purchase. Gift vouchers are available for Chill Spa and are an ideal present for that someone special.

AGE REQUIREMENTS

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



CHILL SPA

HOW TO FIND US

Chill Spa at the Ice House, The Quay, Ballina, Co Mayo, F26 Y9E8
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ice house

THE ICE HOUSE, THE QUAY, BALLINA, CO. MAYO