



The Health Club at Sheen Falls Lodge

Take time to enjoy the many leisure activities on offer at the Sheen Falls Lodge Health Club. The Gymnasium at Sheen Falls Lodge contains state of the art equipment for the fitness enthusiast or one can simply choose to relax in the Jacuzzi, 15 Metre Indoor Heated Swimming Pool or Sauna and Steam Room. The Health Club also offers an extensive range of beauty treatments as follows:

Yon Ka's 'La Grande Classique' Facial 1hr 15mins €85
'La Grande Classique' is a deep pore cleansing, restoring and relaxing facial. The use of aromatherapy based oils, creams and masks leaves the skin nourished and revitalised, while also imparting a feeling of wellbeing and relaxation.

Yon Ka's 'Escale Beaute' Facial 35mins €65
The face, neck and décolleté are revived and restored with a gentle exfoliating fruit gel, a soothing lavender-laced steam, and an oxygenating herbal mask. 'Escale Beaute' erases the signs of fatigue like magic and all in just 30 minutes!

Yon Ka's Phyto-Marine Body Treatments 1hr 30mins €145
The Phyto-Marine treatment offers two slimming options: a full body mask of either marine clay, rich in Kawa Kawa extracts or micronised seaweed, rich in detoxifying anti-fatigue properties. Each body mask is complemented by precisely targeted healing and stimulating essential oils, providing an outstanding results orientated treatment. Combine this with Yon Ka's 'Escale Beaute' Facial for a truly memorable beauty experience.

Yon Ka's Detox Herbal Body Wrap 1hr 15mins €125
This beautiful treatment works specifically on removing toxins and improving circulation. Following a brisk massage using specific creams and concentrates, the body is tucked into a heating blanket for maximum comfort and effect. Body detox uncovers radiant contours and smooth, toned skin.

Reiki 45mins €70
Reiki is a form of healing which aids physical, mental and emotional wellbeing, relaxing the body and alleviating pain. The treatment is essentially the 'laying on of hands' where energy is transferred through the hands of the therapist in a sequence of positions.

Skin Conditioning Paraffin Manicure 1hr 15mins €65
A relaxing hand massage consists of a filing and shaping of the nails, a tidying of the cuticles, a relaxing massage, and an application of paraffin wax to moisturise and relieve aches and pains. The treatment finishes with a nail paint from our wide range of 'Jessica' nail colours.

Skin Conditioning Paraffin Pedicure 1hr 15mins €65
A soothing foot massage involves nail shaping and filing, soothing massage, the application of paraffin wax to moisturise and finally the painting of nails with a colour from the 'Jessica' nail range.





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Aromatherapy Body Massage

1hr €90
30mins €65

Essential oils are individually chosen by your therapist for this relaxing face, scalp and body massage. Aromatherapy massage is one of the most effective anti-stress treatments available. Focusing on the acupressure points of the body to strengthen the nervous system and restore lost energy.

Full Body Massage

1hr €90
30mins €65

A deep relaxing Swedish massage that eases tired muscles, increases circulation and enhances lymphatic drainage.

Indian Head Massage

45mins €80

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

Back Massage

30mins €65

Focusing purely on the back and shoulder area to relieve tension and aching muscles, the fundamental elements of wellbeing are experienced in this massage.

LaStone Therapy

Aroma Stone Massage 1hr 30mins €145
1hr €110

LaStone Therapy combines the use of water heated basalt lava stones, frozen marble stones, traditional massage, aromatherapy and hot oil treatment. A deeper level of relaxation than that of a typical massage is achieved as it enables the therapist to work specific areas of the body whilst implementing continuous heat and relaxation.

Hands and Feet

Skin Conditioning Paraffin Manicure	1hr 15mins	€65
Skin Conditioning Paraffin Pedicure	1hr 15mins	€65
Jessica Manicure	1hr	€60
Manicure	40mins	€50
French Manicure	50mins	€55
Pedicure	45mins	€55
File and Varnish	20mins	€30

For information on additional beauty treatments such as waxing, makeup application and self tanning please contact the Health Club directly.

Guests are advised to arrive 10 minutes before the treatment time booked. If clients are late for their appointment the time will be deducted from the length of the scheduled treatment, the full cost will still be charged.

Please note that all treatments are booked subject to medical status. Suitability of treatments will be reconfirmed at the Health Club during a consultation with your therapist. If treatments are unsuitable we will endeavour to offer alternatives where possible.

Cancellation Policy: Please be advised that a cancellation fee of 75% will be charged where the treatment is not cancelled at least 48 hours in advance. Cancellations on the same day of appointments and guests who fail to appear for appointments will incur a penalty charge equivalent to 100% of the treatment price.

Prices are subject to change.

We strongly recommend that you reserve your treatments with the Health Club in advance of your stay at the hotel. Telephone direct at 353 64 66 40003 (Main Hotel Line: 353 64 66 41600) or e-mail : healthclub@sheenfallslodge.ie
Website: www.sheenfallslodge.ie

