

# Treatment Menu

We invite you to discuss bespoke ammendments with our Spa therapist



arhome  
Clinical Aromatherapy  
for Wellbeing



## Grounding Treatment

**Time taken:** 60mins **€100** **Spa facilities used:** Treatment massage room

**Purpose:** Designed for those seeking reconnection, stillness and perspective. Helps to soothe, calm and refocus. Beneficial for mature, exposed, dry skin, skin which has lost elasticity, scar and wound healing.

**Protocol:** Our Grounding experience includes a full-body massage to stimulate muscles, a subtle massage which energizes the meridian system.

**Blends:** A rich, complex massage blend that includes Baobab and Argan, St John's Wort oil, and Sandalwood essential oils to deliver a rejuvenating and moisturizing result and supply a high concentration of vitamins and antioxidants to the skin.



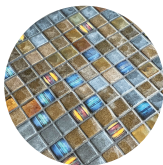
## Nourishing Treatment

**Time taken:** 60mins **€100** **Spa facilities used:** Treatment massage room

**Purpose:** Designed for those seeking recuperation and healing, helping to restore feelings of joy and ease the mind. Beneficial for ageing or lackluster skin, anxiety, chronic fatigue, as well as feelings of disconnection, grief and discontent.

**Protocol:** Our Nourishing experience includes a full-body massage to rejuvenate, incorporating efflurance as well as Herbal Thai compress balls for eliminating tension and supporting well-being.

**Blends:** A sensuous, uplifting massage blend that includes Evening Primrose, Sea Buckthorne and Calendula that will leave the skin blissfully nurtured and conditioned.concentration of vitamins and antioxidants to the skin.



## Purifying Treatment

**Time taken:** 60mins **€100** **Spa facilities used:** Treatment massage room

**Purpose:** Designed for those seeking lightness and a fresh start. Helps to reassure heart and mind. Recommended for treating dull skin, bloating, low energy levels, thyroid problems, post-illness exhaustion, headaches and migraines as well as feelings of stagnation and heaviness.

**Protocol:** Our Purifying experience is between a Swedish massage and a deep tissue massage. Combined with hot stones and various massage techniques this treatment will relax the body and relieve deep tensions.

**Blends:** A strong, invigorating massage blend that includes Moringa, Kombu and Arnica oils to deliver a cleansing, clarifying and toning result, revitalise and regenerate the skin and reduce inflammation.



[www.arhomespalab.com](http://www.arhomespalab.com)