



THE SPA

CULLODEN & SLIEVE DONARD

NURTURE & SUPPORT

SPA EXPERIENCES



The Spa at Culloden and Spa at Slieve Donard are proud to launch a new collection of nurturing face and body treatments for those who are living with, through and beyond cancer.

Working with **Wellness for Cancer™**, a world leading provider of cancer therapy training, our therapists have been trained and certified to provide services for clients undergoing treatment for cancer and beyond. We have developed a special collection of nurturing face and body treatments, specially designed to soothe the guest and nourish their body, using ESPA natural products. Beginning with a personal consultation, these gentle treatments are carefully designed to help relax, nurture and support at a time when it is needed most, ultimately helping to aid the reduction of stress and anxiety while promoting inner calm.

All experiences begin with guided breath-work and visualisation to commence relaxation, with the emphasis on a holistic approach to each guest's wellbeing. All therapists have been professionally trained in these specific medical conditions to tailor all treatments to the needs of the guest, taking into consideration recent surgery, removal of lymph nodes and the condition of lymphedema.

Our aim is to create completely stress free treatments dedicated to giving guests some well-deserved pampering, relaxation and hopefully a little bit of escapism, safe in the knowledge that their personal needs, health and privacy are paramount.

Our Wellness for Cancer Spa Treatments are totally dedicated to reduce stress and anxiety, to nurture, nourish and make you feel special again.

TREATMENTS

BE NURTURED ENERGY BALANCER

90 Minutes | £130

Rebalance the body, hydrate the skin and calm the mind with this relaxing ritual. This gentle and indulgent massage uses long, warming strokes, nourishing body oil and expertly selected crystals to effectively restore serenity.

BE NURTURED BACK, FACE & SCALP

90 Minutes | £130

Soothe mind and body with this renowned experience. This relaxing and deeply effective ritual addresses the main areas of tension – the back, the face and the scalp. A soothing back massage addresses areas of tension before a personalised facial completes this totally indulgent experience.

BE NURTURED FACIAL

60 Minutes | £85

Leave skin nourished and radiant with this relaxing facial. Beginning with a detailed consultation and entirely tailored to your individual concerns, this facial expertly combines the most suitable selection of cleansing, massage, mask, serum and moisturiser according to your needs.

BE NURTURED MASSAGE

60 Minutes | £85

Soothe, relax and rebalance the body with this personalised massage. Focusing on areas of concern and using gentle but rich oil, this unique experience will deeply nourish and hydrate skin while calming the mind.

All experiences include use of spa facilities and complimentary use of robes, slippers and towels.

Why not make a day of it and treat yourself to a delicious light lunch in the Spa Café for only £10 more!

For Reservations:

The Spa at Culloden

028 9042 1135

The Spa at Slieve Donard

028 4372 6166

hastingshotels.com/spa

