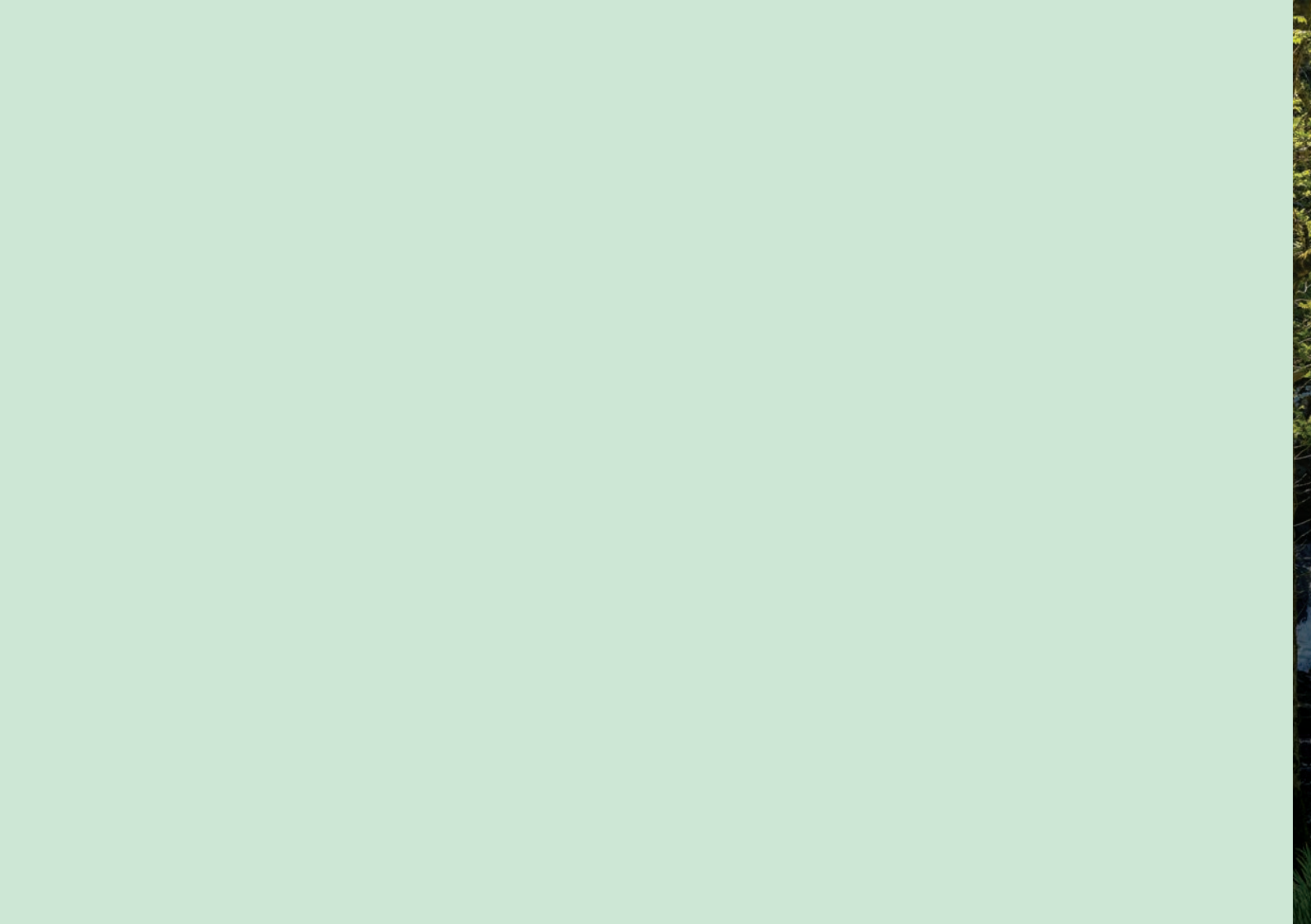


EASANNA  
WELLNESS & SPA





# EASANNA

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Irish word for waterfalls.

Here in Easanna Spa, we are inspired by the power of nature, and how it can still both mind and body. This backdrop provides a light and serene environment for your immersive journey of relaxation.

# WELCOME

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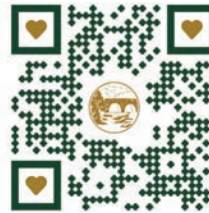
Our award-winning Easanna Wellness and Spa is a tranquil haven surrounded by nature. Drawing inspiration from the Sheen River that whispers by our doors, we believe nature has a way of healing mind, body and soul.

The extensive range of holistic treatments, rituals, and beauty therapies ensure you leave feeling pampered, with signature treatments from elite brands we are proud to partner with such as ELEMIS, GROUND and SEABODY. We place a value on championing the quality of Irish products and spa brands, and we have carefully curated our menu to reflect these choices.

From tailored massages, skin-nourishing facials to holistic body treatments, our Easanna therapists will ensure you depart feeling reset and ready to take on the world again. Our range of signature treatments include our deeply opulent Suimhneas le Sheen whole body treatment collaboration with Seabody as well as our Sheen Signature Facial tailored to your skin type and needs.

All guests are welcome to unwind at our heated swimming pool, sauna, steam room and jacuzzi during their stay at Sheen Falls Lodge.

*For a list of treatment prices, please scan the qr code provided below:*





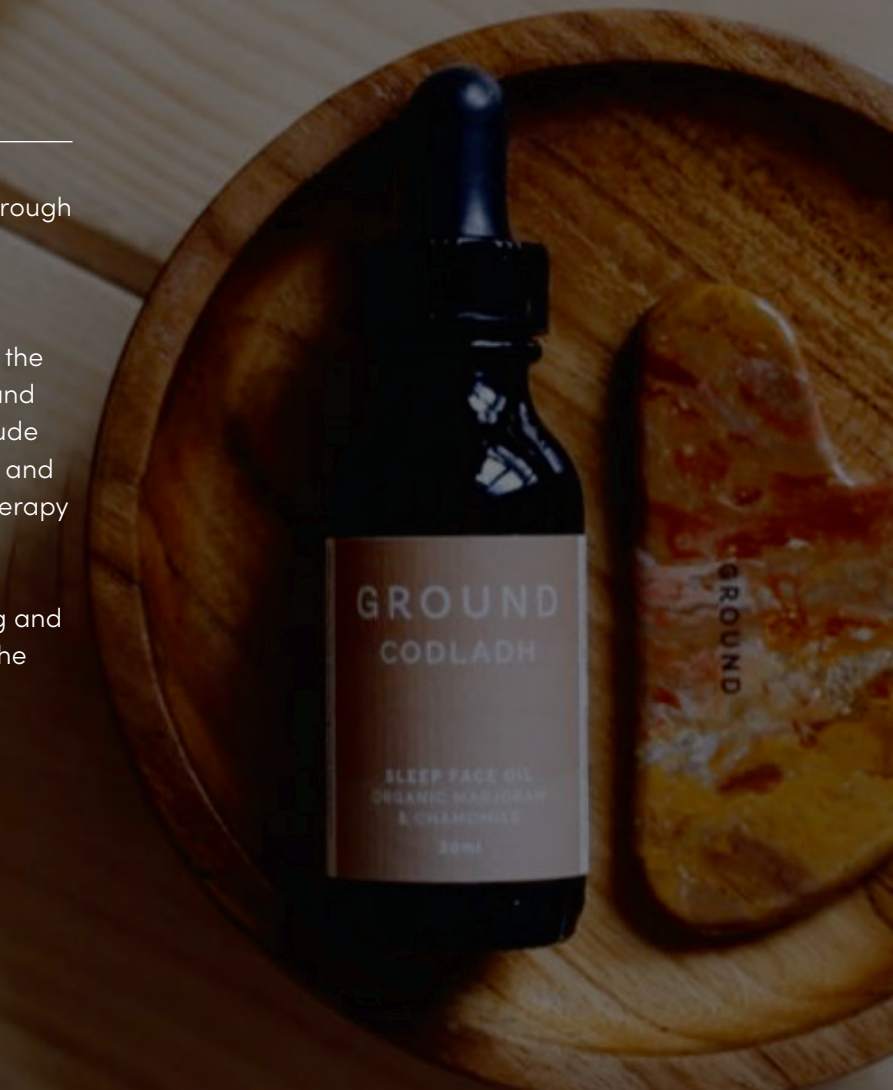


# GROUND

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A cork-based natural wellness brand founded in through a desire to move beyond traditional spa offerings that centred on beauty and anti-ageing. Driven by a commitment to holistic wellness, they developed treatments and products to address issues beyond the superficial. Using 100% natural aromatherapy oils and balms for the face and body, GROUND Rituals include gentle breathwork, hands-on rhythmical pressures and techniques and the compelling powers of aromatherapy oils to soothe the mind, body and soul.

Our partnership with GROUND includes Awakening and Mindful Face Rituals, a range of body rituals, and the SATCC Barrog Cancer Care treatments.



# BODY BY GROUND WELLBEING

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## **The Grounding Ritual** **60 or 90 minutes**

### *Surrender in full and return to sense of self*

Sacred time for you to allow healing in. This treatment will provide you with the space and time to tap into your body's ability to self-repair and re align and will leave you feeling replenished and grounded in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body. The treatment is completed with special attention to reflex points in the feet. Feel your body and soul come together again with this medium to firm pressure.



# BODY BY GROUND WELLBEING

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## **The Balancing Ritual**

**90 minutes**

***Empowering & supporting through hormonal change:  
Perimenopause & Menopause***

Designed with women in mind, this hands-on approach to wellbeing is truly Holistic. Each massage is highly customised to the individual and includes Elements of Reflexology and Lymphatic Drainage. The treatment commences with an aromatherapy foot bath and breathwork and the option to include Cold Therapy and Gua Sha. This unique treatment massage will bring alignment and balance when going through these changes and experiencing the symptoms at any stage of menopause.

## **The Restorative Ritual**

**60 or 90 minutes**

***Ease tension and stress in the Face, Head, Neck & Scalp***

Combining nurturing facial massage with soothing Gua Sha techniques, this slow flowing massage treatment works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté, scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, TMJ issues, sinuses and puffiness.



# BODY BY GROUND WELLBEING

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## The Cleansing Ritual

The Cleansing Ritual by Ground is thoughtfully crafted to offer immersive experiences tailored to different time commitments and personal preferences. Whether you have an hour, an hour and a half, or two hours to dedicate, each version provides a unique journey of purification and renewal. Below are the distinctions between the 60-minute, 90-minute, and 120-minute versions.

### **60 minute Ritual:**

A concise but effective cleansing experience. This session focuses primarily on removing physical and energetic blockages, typically through an immersive body scrub and a brief, yet thorough, ritualistic cleanse. It's perfect for those seeking rejuvenation but with limited time. This session combines aromatic oils and exfoliation to leave the skin refreshed and detoxified.

### **90 minute Ritual:**

90-minute offering physical cleansing elements, added focus on deeper relaxation and the inclusion of soothing massage techniques. The extra time allows for a more holistic experience, to restore balance and calm both body and mind.

### **120 minute Ritual:**

The most luxurious and immersive version of the ritual. This session incorporates all elements of the 90-minute treatment, but with additional therapies such as an extended full-body massage, scalp treatment, and advanced cleansing techniques that deeply purify the skin. It allows the body to fully absorb the benefits of each step, providing a profound sense of renewal and detoxification on a physical and energetic level.

# FACE RITUALS BY GROUND WELLBEING

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At GROUND Wellbeing, we offer intuitive face rituals and adopt a 'forward to basics' approach by utilising hands-on massage techniques, plant-based aromatherapy, Gua Sha and breathwork.

## **The Mindful Face Ritual** **60 or 90 minutes**

*Comfort the skin & calm the mind.*

Tune into the gentle rhythms of our deepest selves with this mindful face ritual designed to help restore balance and harmony, supporting your skin's natural ability to soothe and heal, making it the perfect choice for those seeking comfort and support during turbulent times or hormone fluctuations. A 90 minute options including either a 30 minute back or 30 minute abdominal massage.

## **The Awakening Face Ritual** **60 or 90 minutes**

*Stimulate the skin & uplift the mind.*

Harnessing the power of nutrient-rich botanicals, lymphatic drainage & Gua Sha Techniques, this energising face ritual works to trigger the skin's natural function. Leaving the skin deeply cleansed, detoxified and invigorated while providing a sense of focus, clarity, and inner strength. A 90 minute options including either a 30 minute back or 30 minute abdominal massage.



# GROUND WELLBEING CANCER CARE TREATMENTS

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Carefully created for those living with and beyond cancer. Offering a menu with therapists fully empowered to modify and adapt for the individual needs of each client, GROUND believes in the importance of delivering heartfelt and meaningful bespoke treatments. In the wise words of Christine Clinton 'We are not treating the cancer, we are treating the client'.

## The Barróg Full Body Massage

**75 minutes** *(90 min active touch time, 15 min consultation)*

This highly customised and deeply relaxing massage was developed to not only bring comfort and relief, but to also support wellbeing, encouraging calm and rest at a time where care & minding is needed most.

## The Barróg Calming Ritual

**105 minutes** *(90 min active touch time, 15 min consultation)*

The Barróg Calming Ritual is a deeply soothing treatment designed to provide comfort and relief, particularly for those experiencing anxiety, muscle tension, or undergoing cancer treatment. This nurturing ritual is rooted in the therapeutic power of touch, utilizing GROUND Wellbeing's natural, plant-based products. The ritual typically lasts for

1 hour and 45 minutes and includes a full-body massage that can be tailored to individual needs. The experience may be further enhanced by incorporating specific treatments like a scalp massage or lymphatic activation, which are especially beneficial for those dealing with symptoms related to cancer treatment. This ritual focuses on bringing the body into a state of deep relaxation, encouraging the release of tension and promoting overall well-being.

## The Barróg Soothing Ritual

**105 minutes** *(90 min active touch time, 15 min consultation)*

This ritual consists of the deeply relaxing Barróg Full Body Massage, plus a calming scalp ritual. Utilising the benefits of GROUND'S Calm Scalp Relief Oil & Nourish Super Seed Face & Body Oil, this wholesome, relaxing treatment has



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been created for the scalp and hair that may be feeling dry and delicate. It can support new growth and nourish the follicles, making it ideal for those who have lost their hair and are encouraging the regrowth.

### **The Barróg Restful Ritual**

**105 minutes** *(90 min active touch time, 15 min consultation)*

This ritual consists of the deeply relaxing Barróg Full Body Massage plus a lymphatic drainage. The therapeutic grade essential oils of Mandarin and Frankincense found in GROUND's Rest Skin Relief Face and Body Oil help to reduce anxiety and calm the mind. This ritual focuses on encouraging the lymphatic drainage & soothing the nervous system through breathwork & mindful massage to the decollete & abdomen to ease the body into a more restful state.



# SEABODY

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A local brand founded and based in Co Kerry, Seabody is developed from innovation with the belief that there must be a better way. To deliver, SEABODY is using only sustainably cultivated and hand-harvested seaweed. Their passionate team of biotechnologists take cues from nature to develop formulations combining SEABODY bioactive with key micronutrients which support the cellular pathways of health and beauty.

We are delighted to partner with SEABODY as they perfectly align with our core beliefs and values of prioritizing natural, sustainable ingredients and the holistic connection between skincare and wellness.



# SEABODY BODY TREATMENTS

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## **Connect Full Body Massage**

**60 minutes**

Connect mind & body to enhance health and wellbeing. Wave-like massage techniques increase blood circulation and lymphatic flow while promoting deep relaxation. The therapist works gently and firmly using their forearms, elbows, and thumbs to relieve tension in all body parts. It primarily benefits the legs, back, neck and shoulder muscles. The treatment provides targeted relief from tightness and tension while uplifting grapefruit and balancing ylang ylang leave you feeling refreshed and rebalanced.

## **Rebalance Body Wrap**

**70 minutes**

This transformative Rebalance Body Wrap begins with breathwork and a grounding ceremony to create equilibrium. The treatment starts with body exfoliation to whip away dead skin. A detoxing Cold-Pressed Sea Gel Body Mask with potent health and wellness benefits follows. A Hot Stone back placement delivers heat, tension release, and relaxation. The treatment is completed with a facial cleanse and scalp massage. A genuinely therapeutic experience that promises to leave you feeling rejuvenated and energised.



# SEABODY BODY TREATMENTS

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## Scalp Release

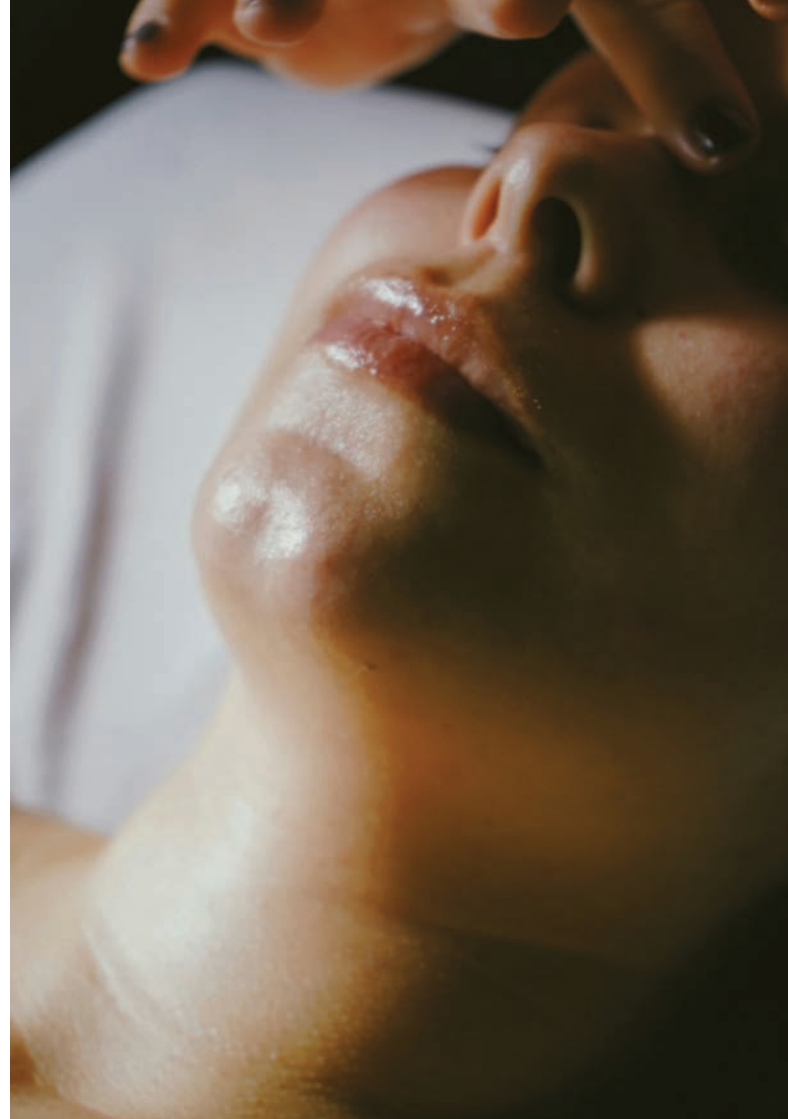
**45 minutes**

Release tension and stagnant build-up with this head, neck, and shoulder massage. The session includes a Gua Sha sequence to help reduce stress, promote relaxation, and stimulate circulation. This treatment is focused on rebalancing energies and promoting well-being. It is perfect for offering relief from tension headaches while aiding restful sleep.

## Seabody Elevate

**60 minutes**

Elevate wellness with the ultimate skin and body therapy. This combo treatment includes a back massage and facial. The facial provides the skin with a booster concentration of skin-functional marine bio-actives and superhero co ingredients, which nourishes the skin and charges the pathways of skin regeneration & hydration. It is followed by a sensational back, neck and shoulder massage designed to relieve tension and induce deep levels of relaxation.





# SEABODY x SHEEN FALLS LODGE SIGNATURE

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## **Suaimhneas le Sheen**

**90 minutes**

Experience the ultimate in relaxation and rejuvenation with our exclusive 90-minute Sheen Falls & SEABODY Signature Treatment. Begin your journey with a soothing introduction that includes guided breathwork, easing you into a state of deep relaxation. We then apply gentle pressure to reflexology points, releasing tension and promoting balance throughout your body. The rhythmic body palming and therapeutic back massage that follows will melt away any remaining stress, allowing you to unwind fully. Enjoy a 60-minute Signature Touch Facial with calming Hot Stone placement along your spine, mimicking the serene flow of the Sheen River's cascading waters. This treatment also includes a luxurious foot treatment to soothe and refresh tired feet. This comprehensive treatment harmonises your mind, body, and spirit, leaving you feeling refreshed, revitalised, and beautifully balanced.

## **Touch Facial**

**60 minutes**

-This incredible facial starts with Gua Sha sequence, expertly designed to harmonise with a sculpting massage. Together, they stimulate circulation, gently releasing fascia and initiating cellular renewal, fostering collagen and elastin synthesis for a firm, supple complexion. The journey continues with a Biotech Mask and Serum Infusion tailored to amplify the skin's cellular pathways, fostering the essence of youthful and vibrant skin. As you luxuriate in the treatment, a state of total relaxation envelopes you. At the same time, the carefully curated ingredients continue to work their magic, ensuring sustained and visible results that transcend beyond the treatment session.

# ELEMIS

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Elemis was born in Cork and brought to life in London. Elemis's award-winning skincare portfolio includes face and body products with revolutionary formulas, spa treatments, supplements and more. Nature powers all Elemis products: by sourcing natural extracts that catalyse each other and harnessing the power of nature's finest active ingredients, they can deliver results that you can see and feel, both inside and out.



# ELEMIS BODY TREATMENTS

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## **Intensely Cleansing Salt Scrub**

**45 minutes**

Indulge your body with this decadently intensive and super skin softening scrub. A sumptuous blend of fragranced salts suspended in nourishing oils leaves body feeling perfectly polished and gorgeously moisturised for the ultimate skin treat.

Choose from one of the following:

*Lime & Ginger/Frangipani*

## **Tropical Sheen Glow**

**60 minutes**

Indulge in a luxurious full-body exfoliation and hydration ritual that leaves your skin feeling silky smooth and deeply nourished. Begin with a gentle yet invigorating exfoliation using a scrub of your choice—either the refreshing Lime & Ginger for an uplifting citrus burst or the exotic, floral Frangipani for a tropical escape. Your therapist will expertly buff your whole body, revealing a renewed and radiant glow.

Next, enjoy the warmth of our rich, velvety oil blend as it is applied to your skin, locking in long-lasting moisture. While the oils are absorbed, you'll drift into total relaxation with a soothing mini facial and scalp massage, designed to calm and rejuvenate. Perfect for sensitive skin, this treatment leaves your entire body feeling hydrated, refreshed, and luxuriously soft.

A true pampering experience for both body and mind.





**Musclese Ocean Wrap**  
**60 minutes**

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This beautiful, aromatic heated seaweed body mask containing muscle warming blends of pine and rosemary essential oils, helps ease the pain of arthritis, fatigue, and aching muscles. Whilst cocooned, the therapist will perform a mini facial or foot massage.

**Cellutox Wrap**  
**60 minutes**

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Let your thoughts drift away, whilst cocooned in a comforting wrap of rich Marine Algae and detoxifying juniper and lemon. Enjoy a mini facial massage and de-stress scalp treatment. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.



# ELEMIS FACIAL TREATMENTS

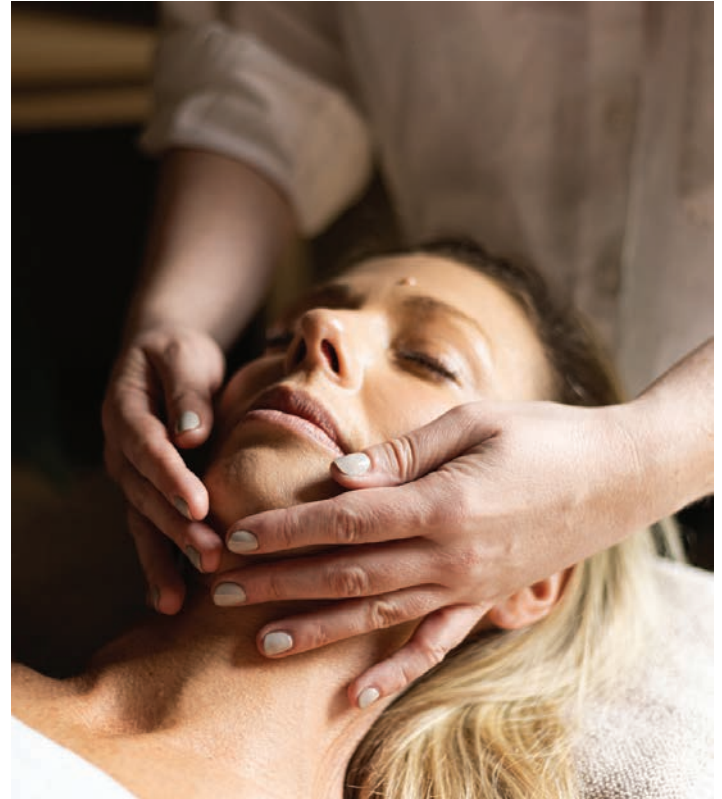
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## **Superfood ELEMIS Expert™ Touch Nourish Facial** **50 minutes**

Cleanse, Rebalance & Revive - Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

## **Dynamic Resurfacing ELEMIS Expert™ Touch Nourish Facial** **50 minutes**

Resurface, Smooth & Glow - 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



# ELEMIS FACIAL TREATMENTS

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## **Pro-Collagen ELEMIS Expert™ Touch Nourish Facial** **50 minutes**

Hydrate, Lift & Firm - 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.

## **Ultra Smart ELEMIS Expert™ Touch Nourish Facial** **50 minutes**

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

## **Bio Tech ELEMIS Expert™ Touch Nourish Facial** **80 minutes**

Reveal your best skin with the ultimate in advanced facial treatments. The ELEMIS Pro-Glow Genius Facial combines cutting-edge technology with luxurious skincare for visible, transformative results. Your journey begins with a deep cleanse and exfoliation, followed by microcurrent therapy to lift and sculpt, and ultrasonic peeling to smooth and renew. Cooling cryo-therapy tightens and invigorates, while oxygen infusion delivers a burst of hydration for plump, glowing skin. LED light therapy enhances skin clarity, and throughout the treatment, you'll enjoy the soothing touch of the ELEMIS EXPERT™ massage to further define and relax. The experience is completed with serums, masks, and a calming neck, shoulder, and scalp massage, leaving your complexion lifted, firm, and radiant. Perfect for those seeking a truly indulgent and results-driven facial.

## SHEEN SIGNATURE FACIAL

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**30 or 60 minutes**

Indulge in our Signature Sheen Facial, designed to refresh and rejuvenate your skin. Begin with a soothing double cleanse to leave your face feeling fresh, followed by a gentle exfoliation to sweep away dull skin. Enjoy a relaxing facial and décolletage massage, easing tension while promoting circulation. Next, a personalized mask tailored to your skin's needs while you drift away with a calming scalp and arm massage. This is followed by a customised application of one of our luxurious serums, creams, and eye treatments for the ultimate hydration and nourishment. Your skin will be left feeling radiant, with a glowing complexion.



# SHEEN MASSAGE TREATMENTS

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## **Bespoke Deep Tissue Massage** **30 or 60 minutes**

Indulge in the ultimate tailored experience with our personalized Deep Tissue Massage, where every stroke is designed to meet your unique needs. This therapeutic journey delves deep into muscle layers, targeting tension and stress with precision on your legs, back, neck, shoulders and décolletage. Our skilled therapists use a blend of firm pressure and intuitive techniques. Each experience is crafted just for you, ensuring that your body receives exactly what it needs to feel balanced, relaxed, and revitalized. Emerge from this deeply restorative treatment with a renewed sense of ease and freedom in your body.

## **Rejuvenating Massage** **30 or 60 minutes**

Immerse yourself in a blissful escape with our Rejuvenating Massage, a harmonious blend of soothing techniques designed to refresh your body and mind. This gentle yet invigorating treatment melts away fatigue and restores your natural energy flow, leaving you feeling vibrant and revitalized. Soft, rhythmic strokes and expert hands work in unison to awaken your senses, nourish your skin, and elevate your spirit. Perfect for those seeking a moment of pure relaxation, this massage is your gateway to a serene, rejuvenated state, where stress fades away and tranquillity takes over. Experience the ultimate renewal, both inside and out.

# SHEEN MASSAGE TREATMENTS

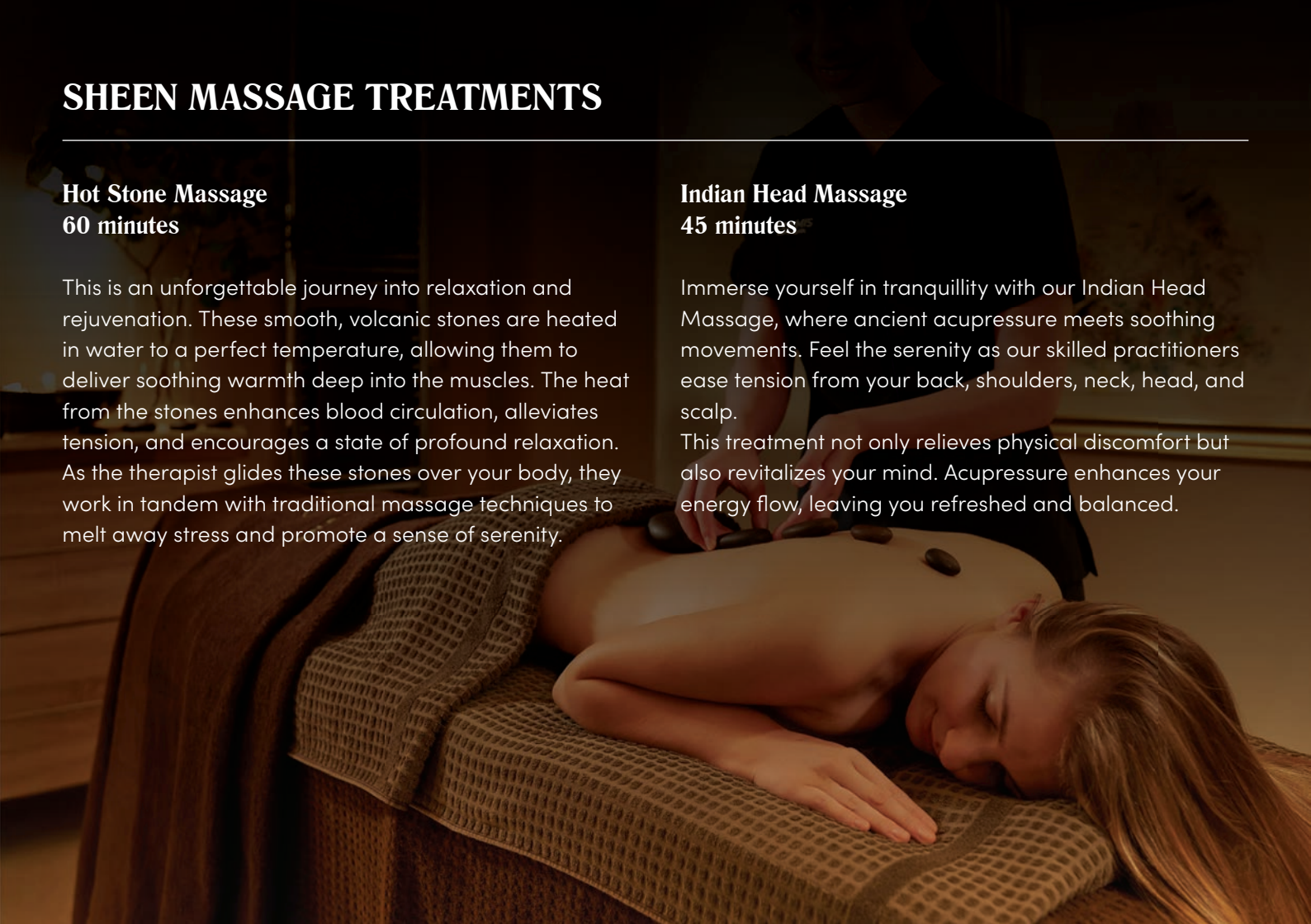
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## Hot Stone Massage 60 minutes

This is an unforgettable journey into relaxation and rejuvenation. These smooth, volcanic stones are heated in water to a perfect temperature, allowing them to deliver soothing warmth deep into the muscles. The heat from the stones enhances blood circulation, alleviates tension, and encourages a state of profound relaxation. As the therapist glides these stones over your body, they work in tandem with traditional massage techniques to melt away stress and promote a sense of serenity.

## Indian Head Massage 45 minutes

Immerse yourself in tranquillity with our Indian Head Massage, where ancient acupressure meets soothing movements. Feel the serenity as our skilled practitioners ease tension from your back, shoulders, neck, head, and scalp. This treatment not only relieves physical discomfort but also revitalizes your mind. Acupressure enhances your energy flow, leaving you refreshed and balanced.





## MUM TO BE TREATMENTS

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Please note that all our facials are suitable throughout all stages of pregnancy, with a small omission of the use of essential oils. Massage is suitable for those 12 weeks and over. Manicures and pedicures would also be available for those expecting.

### **Parental Massage** **45 minutes**

This gentle, nurturing massage is designed to release tension and promote circulation, offering both physical and emotional relief. The guest lies on their side, ensuring a comfortable and safe position that supports the body's natural changes during pregnancy. In this soothing atmosphere, expectant mothers can fully unwind. The side-lying position allows for a deeper sense of relaxation while ensuring the well-being of both mother and baby. This special time also fosters a deep connection, allowing mothers-to-be to bond with their babies in a serene, nurturing treatment.



# HAND & FOOT TREATMENTS

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## **Reflexology** **45 minutes**

Allow our skilled therapist to guide you on a journey of reflexology. Through expert touch, they will delicately stimulate specific areas of your feet, allowing alignment and cooperation among various components of our physical being through acupressure points and massage. This profound technique will invite a deep, soothing response, harmonizing your entire being and leaving you feeling wonderfully revitalized

## **Best Foot Forward** **30 minutes**

Designed to melt away tension and rejuvenate tired feet. Begin with a soothing foot soak, and a gentle yet thorough exfoliation. You can then enjoy a luxurious massage of the lower leg and foot, reducing stress and promoting circulation. By the end of this pampering session, your feet will feel nourished, soft, and silky smooth, leaving you completely refreshed.

## **Manicure or Pedicure** **60 or 75 minutes**

Our 1-hour nail treatment leaves your hands or feet looking and feeling their best. Begin with a soothing soak, followed by a light exfoliation for soft, smooth skin. The therapist then creates a nail shaping of your choice with cuticle care, followed by a relaxing massage. Choose from a range of CND Varnishes or opt for a natural buff, leaving your nails beautifully refreshed and polished within 60 minutes. Gel Manicures and Pedicures are available with our Meraki Polishes extending the treatment to 75 minutes.



## SHARED EXPERIENCE TREATMENTS

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### **Time for Two**

**45 minutes**

Surrender to the bliss of a soothing massage alongside your cherished one. Revel in the embrace of rejuvenating massage, where gentle pressure dissolves the tension in both mind and body, enveloping you both in tranquillity.

### **Bliss for Two**

**90 minutes**

Relax in our double treatment room. Share a beautiful experience with your loved one, in the same room. Start your treatment with a 45-minute Rejuvenating Massage followed by a 45-minute Personalised Facial to meet your skin's needs.

*Deep Tissue Massage available as an option for these couples' treatments at an additional €10 per person.*

*Hot Stone Massage available as an option for these couples treatments at an additional €15 per person.*



# BEAUTY TREATMENTS

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<b>Full Leg Wax</b>	<b>60 minutes</b>
<b>Half Leg Wax</b>	<b>45 minutes</b>
<b>Bikini Line Wax</b>	<b>45 minutes</b>
<b>Underarm Wax</b>	<b>30 minutes</b>
<b>Lip/Chin Wax</b>	<b>30 minutes</b>
<b>Eye Trio</b> (wax, shape, tint)	<b>45 minutes</b>
<b>Eye Duo</b> (any two of the above)	<b>45 minutes</b>
<b>Eyelash Tint</b>	<b>30 minutes</b>
<b>Eyebrow Shape</b>	<b>30 minutes</b>

*A patch/allergy test is required 24 hours prior to all tinting and waxing treatments.*

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## Hair & Makeup

These services may be available upon request, subject to availability. Please note that we continue to work with external providers for these options.





# PLANNING YOUR EXPERIENCE

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To schedule a spa treatment, we would recommend booking seven days prior to your arrival. We cannot guarantee availability on late notice.

## Arrival & Etiquette

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We kindly ask you to arrive at least 20 minutes before your appointment, allowing ample time to change and complete our general spa consultation form. If you wish to indulge in our facilities, we invite you to arrive at least one full hour in advance of your scheduled treatment. Please be aware that lateness will result in a shortened treatment, in consideration to our next esteemed guest. In such cases, the full charge will apply.

For hotel residents, please arrive in your robe and slippers provided in your bedroom. For our cherished guests not residing with us, rest assured, a robe and slippers await you in the spa. For your utmost comfort disposable underwear is also provided.

Please wear your swimming suit if you wish to use our spa facilities. The minimum age requirement to have a treatment is 18 years, anyone over the age of 16 may have their nails treated.

## Health Conditions

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When making your spa reservation, please advise us of any health conditions, allergies, or injuries you may have that could affect your desired treatment.

If you have high blood pressure, heart conditions, are pregnant or have any other medical complications, may we advise you to consult your doctor before signing up for any spa services. Please make your spa therapist aware of any medical conditions.

## Cancellation Policy

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Please be advised that a fee of 75% will be applied where the treatment is not cancelled at least 48 hours in advance. If there is a no show for a treatment a fee of 100% will be charged.









SHEEN FALLS  
LODGE

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