

EASANNA

WELLNESS & SPA



EASANNA

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

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 and rituals ensure you leave feeling pampered, with signature treatments from elite brands we are proud to partner with such as NATURA BISSÉ, 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.

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:





NATURA BISSÉ

Step into a world of refined skincare ritual with Natura Bissé, an award-winning Spanish brand renowned for its fusion of advanced cosmetic science and indulgent sensory experience. Each treatment is thoughtfully designed as a moment of escape, where expert technique and luxurious formulations come together to restore both skin and spirit.

Rich in potent ingredients such as Vitamin C, amino acids, and antioxidant complexes, these facials work in harmony with the skin to renew radiance, enhance firmness, and defend against environmental stress. The result is a luminous, revitalised complexion and a deep sense of wellbeing.



NATURA BISSÉ FACIALS

3D Collagen, Essential Shock Revolution Facial

60 or 90 minutes

Sculpts, Firms, Tightens

A deeply nourishing, ultra-firming facial. This facial is especially key for those going through menopause, when declining estrogen levels start to show through loss of firmness, density or elasticity, it acts exactly where this process has the greatest impact: the skin's structural proteins, such as collagen and elastin. With three types of collagen containing different molecular weights, this innovative facial sculpts and defines the facial contours, for an incredibly lifting and plumping effect.

The 90-minute session allows for a more complete and immersive experience, extra time for lymphatic and pressure point massage.

Citrus Vitamin Essence Facial

60 minutes

Revitalizes, Stimulates, Firm

This super anti-oxidant cocktail facial helps minimize signs of premature aging and restores vitality to skin effected by the elements of sun damage and free radicals. Vitamin C stimulates collagen production and renews skin firmness, while improving luminosity for deeply hydrated skin.



GROUND WELLBEING

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 a range of body and face rituals and the SATCC Barrog Cancer Care Treatment.



BODY BY GROUND WELLBEING

The Grounding Ritual

60 or 90 minutes

Surrender in full and return to sense of self

This Grounding Ritual commences with rhythmic massage movements to relax your body, combined with lymphatic drainage. The therapist will perform this massage with long flowing movements, working on the full length of your body.

The treatment is completed with special attention to reflex points in the feet. This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair, re-align and will leave you feeling replenished and grounded.

The 90-minute treatment includes a face ritual. This indulgent treatment combines soothing neck, shoulder, scalp, and face massage with gentle lymphatic techniques to release tension, boost circulation, and revive the skin.

The Balancing Ritual

90 minutes

Empowering through the Menopause journey

This hands-on approach to wellbeing offers a truly holistic experience, designed to restore balance and promote deep relaxation. Each ritual begins with an aromatherapy foot bath, paired with gentle breathwork to help ground the body and calm the mind.

The treatment continues with a soothing cold stone massage along the back of the body, releasing tension and encouraging circulation, followed by a nourishing clay mask applied to your feet.

A restorative face ritual follows, incorporating Gua Sha, facial reflexology, and lymphatic drainage techniques to support the skin and help ease the body during times of hormonal fluctuation. The experience concludes with a deeply relaxing and thoughtful foot massage, leaving you feeling balanced, nurtured, and renewed.

BODY BY GROUND WELLBEING

The Cleansing Ritual

60, 90 or 120 minutes

Circulation & Gut Health

A deeply restorative ritual designed to awaken circulation, release tension, and restore balance throughout the body and mind. The experience begins with invigorating dry body brushing to stimulate the lymphatic system and gently exfoliating the skin.

A soothing face ritual follows, combining intuitive face massage with a nurturing touch to relax facial tension and support natural radiance.

Flowing into gentle lymphatic pumping and rhythmic abdominal massage, this treatment encourages detoxification, improves digestion, and encourages gut harmony.

Targeted acupressure points on the feet help to ground the body, rebalance energy, and enhance overall wellbeing.

The 90-minute treatment includes a dedicated back massage, allowing for the release of deeply held tension and helping to rebalance the body, creating a more complete and harmonious experience.

The 120-minute ritual further elevates the journey, transforming the dry body brushing into a full body scrub for enhanced exfoliation and skin renewal, while allowing extended time for focused foot work, deepening the grounding effect and supporting full-body integration.



FACE BY GROUND WELLBEING

The Biome Repair Facial

60 or 90 minutes

Soothing & Supporting Skin Barrier

The Biome facial works to soothe, restore and repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

Designed to restore the skin's delicate microbiome, when compromised and sensitive to outside aggressors.

The Restorative Ritual

60 or 90 minutes

Scalp, neck and face

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 releasing tension in the face, neck, décolletage and scalp.

The Inner Face Ritual

60 or 90 minutes

Stimulate the skin & calm the mind

A deeply restorative face ritual designed to bring balance, calm, and harmony to both skin and mind. Using intuitive hands-on massage, plant-based aromatherapy, breathwork, and Gua Sha, this treatment supports the skin's natural ability to soothe, heal, and renew.

Harnessing nutrient-rich botanicals and lymphatic drainage techniques, the skin is left cleansed, detoxified, and revitalized, while you experience a sense of clarity grounding, and inner strength. Perfect during times of stress or hormonal change, this ritual offers both comfort and support in one nurturing treatment.

The 90-minute treatments include a dedicated back massage, allowing for the release of deeply held tension and helping to rebalance the body, creating a more complete and harmonious experience.

GROUND WELLBEING CANCER CARE TREATMENT

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 Ritual

60 or 90 minutes + 15 mins consultation

Full Body Massage Tailored to Support

This specialised ritual is a personalised cancer care treatment, thoughtfully designed to offer comfort, safety, and targeted relief for those experiencing compromised or sensitive skin. Combining full body massage or focused work on areas in need of repair, it supports both physical recovery and overall wellbeing, while encouraging deep relaxation, calm, and restorative rest at a time when gentle, attentive care is needed most.

Each experience begins with a 15-minute personalised consultation, allowing the treatment to be carefully tailored to your individual needs. The ritual then unfolds as a bespoke massage, adapted to support your body through every stage of recovery.

Enhancements may be incorporated depending on your requirements, including a soothing hand and foot ritual to ease discomfort associated with peripheral neuropathy, poor circulation, or hand and foot syndrome. A calming scalp ritual may also be included to nourish the scalp, support healthy hair follicles, and encourage regrowth following hair loss.

Gentle lymphatic support techniques are seamlessly integrated throughout, combining breathwork, mindful touch, and therapeutic massage to assist the lymphatic system, particularly where it may have been impacted by cancer treatment.

The 90-minute session allows for a more complete and immersive experience, giving the therapist the time to work more deeply and attentively across multiple areas of need, ensuring a more holistic, supportive, and restorative treatment.

SEABODY

Your spa experience should do more than relax you, it should support how you live, move and feel. Our SEABODY treatments go beyond the surface, blending advanced marine biotechnology with sensory, therapist-led rituals that renew the skin, restore the body, and calm the mind.

Today's wellness guest craves results with meaning, clinically backed actives, intuitive techniques, and treatments that feel as good as they perform.

Every SEABODY experience is designed to deliver exactly that: visible changes, deep release, and lasting calm. Our clinically validated marine bioactives work in harmony with expert touch to activate cellular health, improve resilience, and create space for true regeneration.

Whether you're seeking radiant skin, deep rest, or a moment to reconnect with yourself, SEABODY rituals are here to support the way you want to feel, both today, and beyond the treatment room.



SEABODY TREATMENTS

Aisling Mara le Sheen (Signature SEABODY Ritual)

90 minutes

Back Massage, Facial and Foot Massage

Experience the ultimate in relaxation and renewal with our exclusive 90-minute signature treatment, a serene Sea Dream, inspired by the gentle rhythm and restorative energy of the ocean.

Your journey begins with a calming welcome ritual, where guided breathwork invites the mind to drift and settle into a state of quiet tranquility.

Flowing into rhythmic body palming and a deeply therapeutic back massage, the body begins to soften and unwind, like waves ebbing and flowing along the shore. A 45-minute Facial enhances this experience, nurturing the skin while restoring a radiant, healthy glow.

To complete your ritual, a luxurious foot treatment soothes and revives, leaving you feeling light, grounded, and restored. This immersive Aisling Mara experience harmonizes mind, body, and spirit, revealing a profound sense of calm, renewal, and luminous wellbeing.

Connect Full Body Massage

60 minutes

Flowing & Nurturing

Connect the 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 all along the body. 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 leaves you feeling refreshed and rebalanced.



SEABODY TREATMENTS

Cellular Rejuvenation Facial

60 minutes

Hydrate & Boosting collagen

Step beyond the ordinary with SEABODY's signature facial, where cutting - edge biotechnology meets advanced skin therapy. This transformative experience goes far deeper than surface - level treatments, working at the cellular level to hydrate, restore elasticity, and reinforce the skin's natural barrier using our proprietary complex of marine bioactives.

Sculpting massage techniques, including a curated Gua Sha sequence, enhance lymphatic flow and fascia release, boosting collagen and elastin from within.

Each element of facial is intentionally layered to amplify your skin's regenerative pathways, leaving your skin visibly firmer, more radiant and deeply restored. More than a facial, this is a holistic reset for your skin and senses, designed to deliver visible results and unmatched relaxation in one powerful treatment.

Seabody Elevate

60 minutes

Back massage & Mini facial

Elevate your wellness with the ultimate skin and body therapy, thoughtfully designed to nurture both your body skin. This indulgent combo treatment begins with a sensational message for the back, neck, and shoulders that expertly melts tension, eases muscle tightness, and invites deep relaxation. Following this, your skin receives a powerful boost from a facial infused with a concentrated blend of skin-functional marine bio-actives and superhero co-ingredients.

This advanced formula works to nourish deeply, activate skin regeneration pathways, and supercharge hydration, leaving your complexion radiant and revitalized.

Together, these treatments create a harmonious journey of renewal, balancing your body's wellbeing and your skin's natural glow.

SEABODY TREATMENTS

Rebalance Body Wrap

75 minutes

Body Scrub & Body Mask

Begin your journey to total renewal with our transformative Rebalance Body Wrap, expertly crafted to detoxify, deeply hydrate, and promote youthful renewal from head to toe. This ritual begins with mindful breathwork and a grounding ceremony to create inner balance. A nourishing body scrub exfoliates to prepare your skin for the detoxifying potent seaweed wrap, rich in marine nutrients that refresh and rejuvenate.

While the wrap soothes your body, enjoy a calming scalp massage that melts tension. The experience concludes with a full-body application of nourishing oil, accompanied by a gentle massage to relax muscles and restore vitality deeply. Designed to leave your skin radiant and your body feeling lighter, this treatment offers a profound sense of renewal from within.

Scalp Release

45 minutes

Scalp massage by Seabody

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 TREATMENTS

Movement Massage Ritual

90 minutes

Thai Massage

A targeted therapy designed to dissolve pain and restore ease of movement of tendons, and aching muscles. The treatment begins with a Full-Body Scan using a Gua Sha, gently warming the muscle tissue and identifying areas of tension.

This is followed by a deeply regenerative massage that blends assisted stretching and mobilizing joint rotations with Thai and Shiatsu - inspired techniques.

Each movement is further intensified with the application of SEABODY'S signature hot and cold, muscle - melting body oil and balm.

The results: improved flexibility, full-body realignment, and lasting relief.

Sleep Ritual

90 minutes

Herbal Compresses Massage

As soothing as an afternoon nap on your favorite sun-warmed shore, this unique ritual blends slow, rhythmic massage with our signature lavender poultices. The journey begins with calming breathwork and the distinctive sounds of the ocean drum, gently guiding the nervous system into the parasympathetic state.

From there, intentional, unhurried strokes and expertly applied warm poultices work in harmony to release stagnant energy, melt built-up tension, and quiet the mind. This full-body experience not only nurtures the body from top to toe but also supports the natural reduction of cortisol-the body's primary stress hormone-setting the perfect foundation for a restful night's sleep.

SHEEN FALLS LODGE

At Easanna, we are guided by the rhythms of nature and the understanding that no two individuals are the same. Our sanctuary offers a space where each treatment is thoughtfully tailored, creating a unique experience that responds to your body, your energy, and your needs in the moment. Here, wellness is not a routine, it is a personal journey of restoration, balance, and renewal.



SHEEN TREATMENTS

Rejuvenating Massage

30, 45 or 60 minutes

Swedish Massage light-medium pressure

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 tranquility takes over. Experience the ultimate renewal, both inside and out.

Sheen Myo-matrix Massage

30, 45 or 60 minutes

Deep Tissue Massage

Indulge in the ultimate tailored experience with our personalized Sheen Myo-matrix 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.



SHEEN TREATMENTS

Coróin Le Sheen – Luxury Scalp Massage

30 or 45 minutes

Soothe the scalp, head and crown

Immerse yourself in tranquility with our Coróin Le Sheen Scalp Massage, designed to soothe the scalp, head, and crown. Gentle, flowing movements stimulate circulation, relieve tension, and leave your hair and scalp feeling nourished and revitalized.

For the 45-minute treatment, enjoy an additional 15-minute back and shoulder massage, melting away tension and enhancing your sense of calm.

This indulgent treatment relieves physical discomfort while promoting mental relaxation, leaving you feeling refreshed, balanced, and serene.

Cos Le Sheen – Foot & Reflexology Massage

30 or 45 minutes

Relaxation & Foot Acupressure

Allow our skilled therapist to guide you on a journey of foot bliss. Through expert touch, they will stimulate key areas of your feet, using a combination of acupressure points and soothing massage to harmonize your body and mind.

This treatment is fully adaptable to your needs. Choose a deeply relaxing foot massage for pure comfort, or a reflexology session to target specific reflex points and support overall balance.

Experience a profound, soothing response that revitalizes, relaxes, and restores harmony, leaving you feeling wonderfully refreshed from head to toe.

SHEEN TREATMENTS

Sheen Facial

30 or 45 minutes

Tailored Face Glow

Indulge in our Sheen Facial, a results-driven treatment designed to refresh, restore, and revitalize your skin. Your experience begins with a gentle cleanse and targeted exfoliation to reveal a smoother, more radiant complexion.

Each treatment is fully customized to your skin's needs on the day. Your therapist will intuitively select from our range of techniques and products, whether that includes a relaxing facial massage, a personalized mask, or deeply nourishing serums and creams.

This tailored approach ensures your skin receives exactly what it needs, leaving you feeling refreshed, balanced, and beautifully glowing.



SHEEN RITUALS

Renewal Ritual

45 minutes

Refreshed & Renewed

A moment of renewal designed entirely around you. This customisable experience allows you to create your own combination by choosing from Facial, Scalp Massage, and Foot Massage. Blend two or all three elements to suit your needs and enjoy a treatment that restores balance, relaxes the body, and leaves you feeling refreshed and renewed.

The Sheen 30/30

60 minutes

Back & Face

The perfect harmony of relaxation and radiance. Your journey begins with a 30-minute back massage to release tension and melt away stress. This is followed by your choice of a 30-minute Facial or 30-minute Scalp Massage, designed to restore glow and bring a sense of calm to both body and mind. A beautifully balanced treatment for those seeking deep relaxation with visible results.

Bliss le Sheen

90 minutes

Design your own experience

Our signature spa experience, designed to immerse you in complete relaxation while allowing you to explore the very best our spa has to offer. Your ritual begins with a 45-minute deeply relaxing massage, easing away tension and preparing the body for the next stage of indulgence.

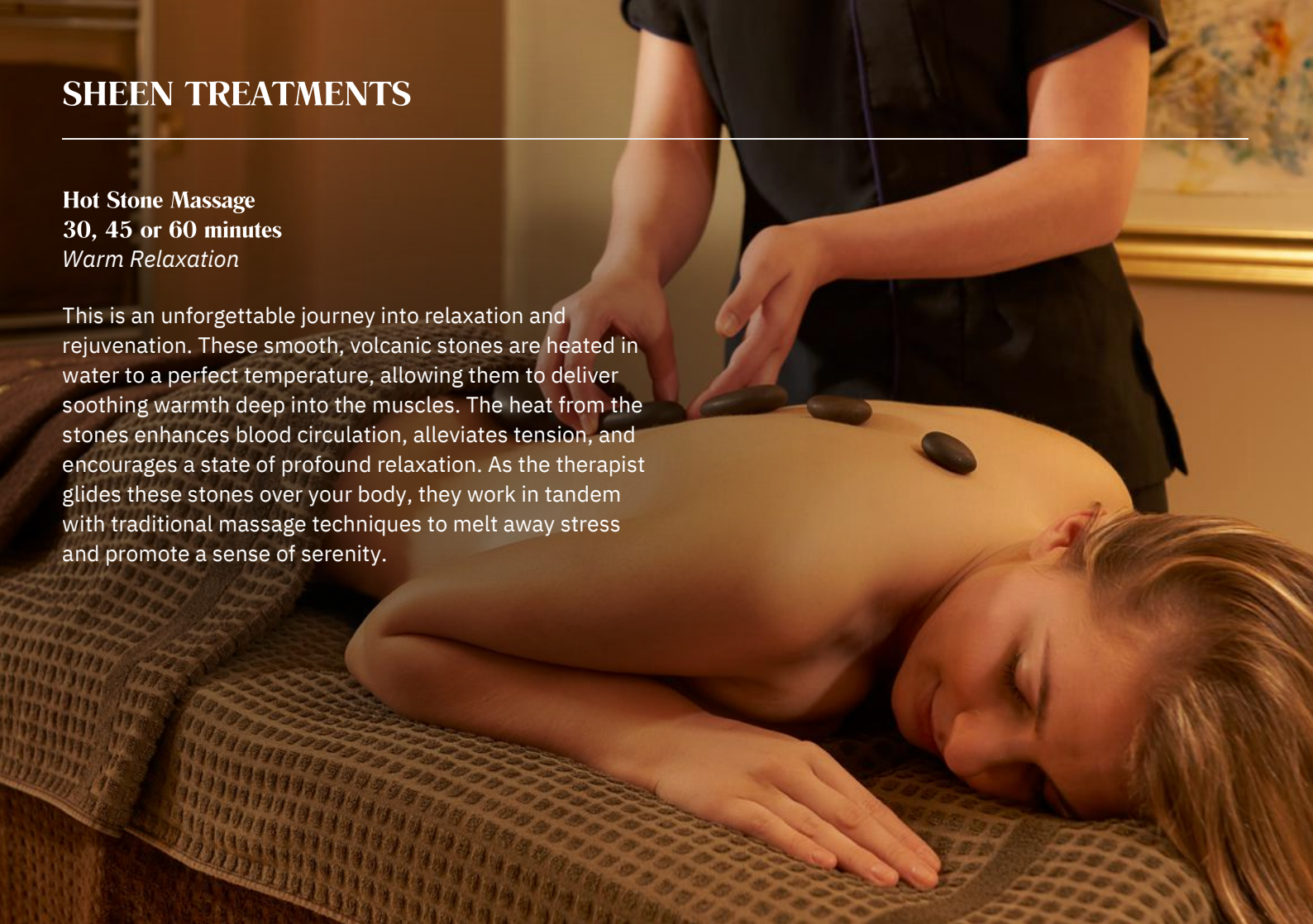
You will then enjoy 45-minutes of your chosen treatment, selecting from Facial, Scalp Massage, Foot Massage, Body Scrub, or Body Wrap. This allows you to tailor the experience to your personal needs.

Bliss le Sheen is a celebration of well-being, balance, and personalised care, leaving you feeling restored, glowing, and completely blissful.

SHEEN TREATMENTS

Hot Stone Massage
30, 45 or 60 minutes
Warm Relaxation

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.



MUM TO BE TREATMENT

Prenatal Massage

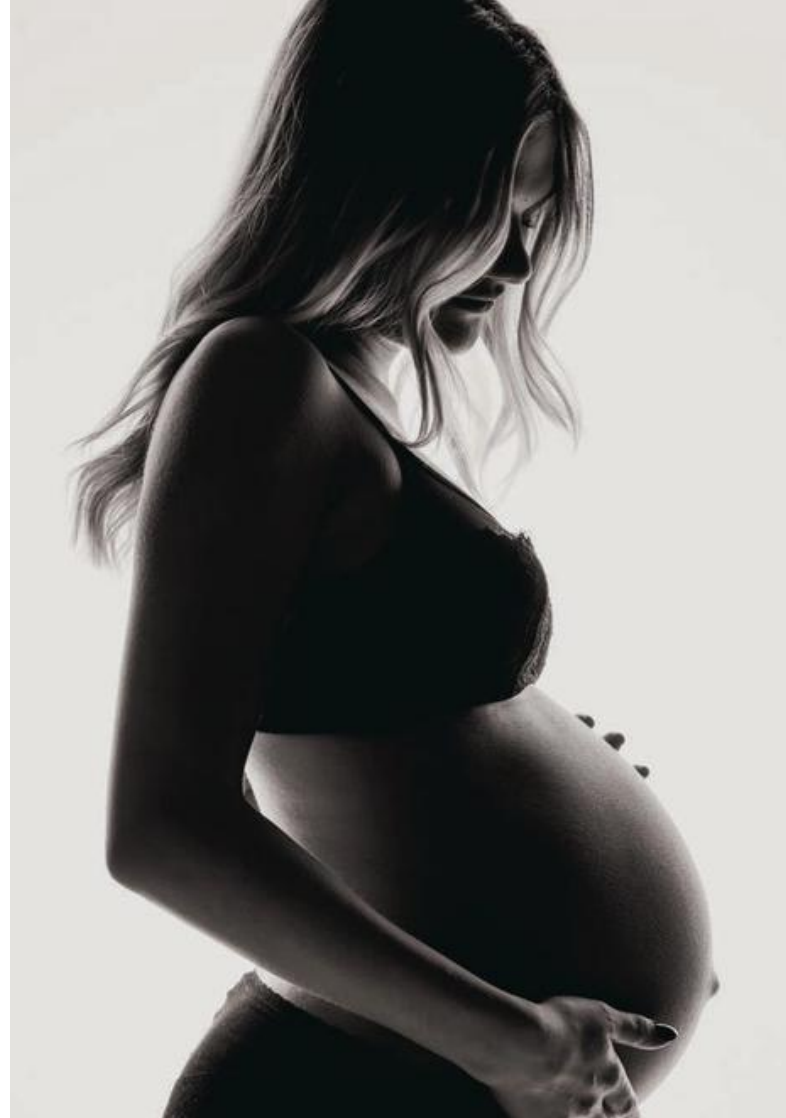
30, 45 or 60 minutes

Release tension & promote circulation

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.

Available over 12 weeks of pregnancy.



UPGRADE YOUR EXPERIENCE

Couples Treatment

Enjoy the experience together.

Available for treatments of the same duration.

Deep Tissue Massage

Upgrade your selected massage/package into a Deep Tissue version.

Available for 30, 45 and 60 minute massages.

Hot Stone

Upgrade your selected massage/package into a Hot Stone version.

Available for 30, 45 and 60 minute massages.

Dry Body Brush

Gentle exfoliating technique using a natural bristle brush on dry skin to stimulate circulation, support the lymphatic system, and promote smoother, more radiant skin. It also helps energize the body and enhance overall wellbeing.

An additional 15 minutes on a 60 or 90 minute treatment.



PLANNING YOUR EXPERIENCE

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

Arrival & Etiquette

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.

Health Conditions

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

Please be advised that a fee of 50% 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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