

## HANDS & FEET

Elim Manicure 45min €55  
Includes an illuminating nail cleanse, exfoliation, mask & massage. Also includes cuticle work and nail shape, finishing with a clear nail treatment.  
With Nail Paint

Elim Pedicure 60min €55  
Includes callus tonic, exfoliation, mask, foot soak & foot massage. Also includes cuticle work and nail shape, finishing with a clear nail treatment.  
With Nail Paint 60min €60

## TECHNOLOGY

Infrared Sauna  
Infrared rays work deep into the skin, muscles & joints and dissolves harmful substances accumulated in the body.

PEMF Therapy  
A powerful healing tool for overall wellness including muscle recovery, resetting the central nervous system, strengthening the immune system and improving cellular health.

30min = €30 | 45min = €45



## ABOUT US

FROM BODY TREATMENTS AND FACIALS TO THE USE OF THE LATEST TECHNOLOGY, WE AIM TO TREAT EVEN THE ISSUES THAT CAN'T BE SEEN.

CONNECT WITH US



BOOK YOURSELF SOME  
DAMPER TIME



Dial 106 from your room phone or  
00353 7493 62188 on your mobile

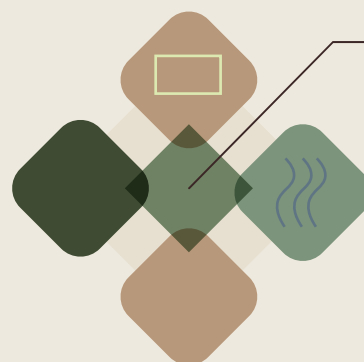
## FACIALS

**Vitamin c Facial** 1 hour €70  
 An antioxidant treatment that enhances the defence system of the skin. It protects against the action of free radicals, treats biological and photoaging and improves skin hyperpigmentation.

**Everyday Facial** 1 hour €70  
 A customized facial tailored to suit your individual skin moods. Aimed at your specific skin issues so your therapist will talk you through your issues before commencing to give you the best results.

**Thavma Therapy** 1 hour €85  
 This treatment erases expression lines without the use of surgical intervention. 'Miracle' therapy for postponing your appointment with botox by using technology and cosmetic drones to reduce muscle contraction by semi paralyzing the facial muscles.

**Chronos Therapy** 1 Hour €85  
 A Facial treatment that repairs the marks that time leaves on skin using cutting edge technology to combat the signs of ageing. Provides deep hydration while preventing and repairing the damages of time.



## Technology

Here at Seagrass Wellbeing Centre we use a range of technology based treatments to aid your wellbeing. We believe in treating ailments from the inside, out.

Our technology based treatments include:

- PEMF Therapy
- Infrared Technology
- Lymphatic drainage

## MASSAGE

**Seagrass Back Massage** 30mins €50  
 Release knots and tension in the back, neck & shoulders, finding relief from the effects of every day stress on the body.

**Swedish Wellbeing Massage** 60min €80  
 A traditional massage using your preferred pressure to promote relaxation. Improve circulation and blood flow while relieving tired, aching muscles and joints.

**Full Body Massage** 90min €100  
 Find yourself in a deeper state of relaxation, both body & mind, as we focus on the pressure points in the head and feet and release any unwanted stress.

## MASSAGE

**Hot Stone Massage** 60min €85  
 Melt away muscle tension using warm, smooth basalt stones. The heat will relax tight muscles while encouraging circulation.

*All our treatments can be booked online through our Website [www.inishowengateway.com/seagrass-wellbeing-centre](http://www.inishowengateway.com/seagrass-wellbeing-centre)*

## HANDS & FEET

**Reflexology** 60min €60  
 Using gentle pressure to work on pressure points of the feet to rebalance the mind & body, promote healing & improve overall wellbeing.

**Elim Manicure** 45min €45  
 Includes an illuminating nail cleanse, exfoliation, mask & massage. Also includes cuticle work and nail shape, finishing with a clear nail treatment.

**00353 7493 62188**

Seagrass Wellbeing Centre, Inishowen Gateway Hotel, Buncrana, Co Donegal

*Why not end any treatment with a PEMF Therapy session or Infrared Sauna*

