



CHILL SPA




ice house
THE ICE HOUSE, THE QUAY, BALLINA, CO. MAYO

WELCOME

With our indoor and outdoor thermal facilities and 5 luxurious treatment suites, a double treatment suite and our Outdoor Wellness double treatment room with its own private hot tub and Gharieni warm Quartz crystal treatment beds.

Chill Spa has the ultimate selection of VOYA Irish organic and Yon-Ka Paris spa treatments you will be completely pampered by our spa team in a world of your own at Chill Spa.

THE CHILL SPA JOURNEY

Start your Chill Spa journey in our Riverside Thermal Area and Spa Garden. Revitalise your body in our Experience Showers and Steam Room, relax those stressed and tired muscles in our Outdoor Sauna and Sunken Riverview hot tubs.

Chill out with the surrounding nature in our Spa Garden, restore calm to body and mind with a signature massage or unwind in our Riverview Relaxation Rooms as you watch the River Moy meander by.

A DAY
AT THE SPA
IS A DAY FOR
SELF-LOVE

Ireland's VOYA has used generations of acquired wisdom about the sea to bring you an organic beauty range of treatments designed to delight and purify body and soul, and are the first 100% organic certified treatments in the world.











VOYA

ORGANIC LUXURY
FROM THE SEA



At the heart of Yon-Ka is a pure and natural aromatic composition of lavender, cypress, rosemary, thyme, and geranium essential oil blend with a wealth of plant extract from all over the world. All designed to awaken your natural beauty with flawless, timeless and luminous skin.

SPA FACILITIES

- 5 Treatment Suites
- Double Treatment Room
- Experience Showers  
- Steam Room
- Aromatherapy Dry Heat Room  
- Relaxation Room  
- The River Room – Relaxation Room  
- Snooze Room  
- Outdoor Spa Garden with
 - Riverview Hot Tubs
 - Bathing Therapy Baths
 - Outdoor showers
 - Sauna
- Outdoor Wellness Double Therapy Room with
 - Gharieni Warm Quartz Crystal Treatment beds
 - Private hot tub

Gift Vouchers redeemable against spa treatments, packages, spa breaks, VOYA and Yon-Ka products can be purchased from reception or online. We also accept Ireland's **Blue Book** vouchers and **Spas.ie** vouchers.

-  Recommended for people healing from cancer.
-  Treatments adaptable for pregnancy.

SIGNATURE TREATMENTS

Warm Pebbles of Ennisrone

75 mins €130

Heated smooth lava stones are massaged over your entire body using VOYA organic seaweed essentials oils. Treatment also incorporates a calming and energising pressure point face and head massage.

Mindful Dreams Sleep Ritual



75 mins €140

A luxurious and comforting sleep encouraging experience. Be ready to have all stresses and strains melt away and experience the ultimate sensory boost to aid the perfect night's sleep. Incorporating specially designed soothing products alongside sleep inducing cultural massage and meditation techniques, this well being focused treatment evokes instant tranquillity and fosters inner wellbeing, calmness and serenity.

Yon-Ka Aroma Fusion Wellness Massage

75 mins €140

A phyto-aromatic journey, a uniquely customised wellness treatment experience. Choose your Massage and your Aromatic Concentrate for your unique and personalised treatment. A natural, organic oil using a combination of Sunflower, Sesame and Apricot oils is customised using an Aromatic Concentrate of your choice.

Choose from:

Aroma Luxe: combination of relaxing, draining and energising massage.

Aroma Sculpt: a toning full body massage


Aroma Relax: a relaxing full body massage

Aroma Energy: a re-balancing full body massage



RELAX,
UNWIND AND
INDULGE

HOLISTIC THERAPIES

Indian Head Massage  **45 mins** **€90**

An ancient practice incorporating acupressure points and massage of the upper back, shoulders, neck, head and face. Excellent for the treatment of migraines, headaches and stress.

Reflexology  **50 mins** **€95**

By sensitively applying pressure to various points of the feet, the whole body is comforted and begins to relax, encouraging the body's own healing and circulation, including lymph drainage and release of toxins.

Ear Coning **45 mins** **€70**

A natural alternative treatment that clears excess earwax that may be causing hearing loss, dizziness or ringing in the ear.

RELEASE TENSION
AND CALM
THE MIND





BODY WRAPS & SCRUBS

VOYA Organic Seaweed Body Scrub

45 mins

€80

This invigorating all over body exfoliation refines skin texture and increases lustre. Increases circulation & aid absorption of the potent seaweed gel and finishes with a 'Softly Does It' moisturisation.

Choose 1 of our 3 scrubs:

Lavender & Seaweed Sugar Glow: This combines a wonderful fragrant mix of lavender oil, seaweed & sugar. This has a double action of gently removing dead skin cells with sugar & healing with the seaweed extracts & lavender essential oil.

Peppermint, Seaweed & Sugar Glow: This refreshing exfoliation awakens the skin and body. It features a beautiful mix of organic peppermint leaf, seaweed and sugar, all of which perform the double action of gently removing dead skin cells.

Luscious Salt Glow: Infused with Dead Sea salts and organic seaweed oil, a combination which hydrates the skin, stimulates blood and lymph flow while firming skin tone and increasing lustre. This treatment removes dull skin and refines skin texture.

Organic Stimulating Seaweed Body Buff

50 mins

€90

Scrub your body head to toe with certified organic bladderwrack body buff, the ultimate treat for tired and dull skin. The antioxidants from our mineral-rich seaweed combined with VOYA's signature massage oils to offer a powerfully organic way to better your skin.

VOYA Organic Ocean Essence Total Body Wrap

75 mins

€130

Combining the detoxifying power of Fucus Serratus and cellulite reducing abilities of Laminaria to stimulate the blood and lymph flow, detoxify and hydrate the skin and encourage the renewal of skin cells. An excellent skin rejuvenator, combating cellulite and fatigue and producing a moisturising effect. This wrap includes a full body exfoliation using Time to Shine.

VOYA Organic Tangle Me Up Body Wrap

60 mins

€105

This wrap hydrates and relaxes your tired and lethargic muscles, relieves your stress and fatigue, tones and firms your skin and helps against the signs of ageing and cellulite. Its antioxidant compounds help to protect against cell damage from environment and pollution. Includes full body brushing to increase circulation and to aid penetration of the potent seaweed gel.

VOYA Organic Warm Spiced Mud Wrap

60 mins

€110

A serious detoxifier, metabolism stimulator and a natural anti-ageing boost, infused with aromatic spices of ginger and orange to revive the senses. Seaweed is taken fresh from the ocean and its purifying elements are encapsulated in the rich Warm Spiced Mud Wrap. The extract is rich in potent and toning the body.

Add Sugar Glow Scrub

30 mins

€45





VOYA FACIALS

VOYA Self Discovery Radiance Facial



60 mins

€105

This skin type-specific, ocean inspired organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. A relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced. You will be left with a revived glowing, yet non-greasy complexion, enriched and strengthened.

Choose 1 of 3 facials for your journey:

Purifying Facial (Oily/ Combination Skin)

Ultra Calming Facial (Sensitive Skin)

Intensive Hydra Veil Facial (Dry Skin)

VOYA Anti-Ageing Restorative Facial

75 mins

€130

VOYA's organic ingredients combined with antioxidant algae complexes with a restorative blend of aromatherapy oils help to stimulate collagen production and reduce the appearance of fine lines and wrinkles, instantly firming the skin with a natural and more radiant glow.

**VOYA Skin Peel Resurfacing
Radiance Facial**

45 mins €90

This is the next generation of advanced organic skin care. A highly effective resurfacing facial targets congested, lacklustre and dull skin. Using a combination of seaweed extract, naturally derived glycolic and lactic acids, blended with pineapple fruit enzymes, this facial will give your skin back its natural radiant glow. Our advanced exfoliation trio assists in diminishing fine lines, reducing pore size and will brighten the skin's appearance. Patch test required.

**Upgrade any facial with VOYA
Seaweed Marine Eye Treatment** 

€40

This firming, hydrating treatment uses products rich in seaweed extract, green tea and vitamin C, to help reduce the appearance of fine lines and decongests the eye area. Using organic Laminaria Digitata seaweed eye compresses to refresh and rejuvenate tired eyes. Combining both relaxing and decongesting lymphatic massage movements to banish puffiness and dark shadows. Specialised eye masks are used for those who are specifically concerned with ageing around the eye area.

RELAX,
RENEW,
REFRESH



YON-KA FACIALS

Yon-Ka Le Grande Classique Facial 75 mins €110

This personalised facial targets all your skin concerns. It balances and remineralises your skin while focusing on deep pore cleansing, with extractions. Ideal for all skin types who want to maintain a healthy, radiant skin.

Yon-Ka Hydralessence Visage Facial 60 mins €105

This intensely hydrating facial doubles your skin's hydration levels by infusing the skin layers with 2 types of hyaluronic acid. Essential nutrients increase the skin's defence levels and repairs the skin's natural barrier function.

Yon-Ka Anti-Ageing Facial 75 mins €130

Using Yon-Ka anti-ageing techniques, this facial treatment optimises and maximises your skin's regeneration to reveal youth activating, revitalising results while leaving you feeling relaxed and renewed. The ultimate well-being experiences!

Choose 1 of 3 facials for your experience:

Advance Optimiser (Lifting & Firming)

Time Resist (Visible Wrinkle Improvement/Reduction)

Excellent Code (Holistic Cellular Rejuvenation)

Hot Oil Back, Neck and Shoulder Massage with VOYA / Yon-Ka Taster Facial 60 mins €110

Using a heated massage oil luxuriously smothered over the back, neck and shoulders to melt stress & tension away, and a mini tailored facial to brighten and refresh the skin.



BODY TREATMENTS AND MASSAGES

Swedish Back, Neck and Shoulder Massage 45 mins €80

Our Swedish massage uses traditional deep massaging techniques to ease and alleviate tension and stress.

With Indian Head Massage 60 mins €110

Swedish Massage with Hot Stones 75 mins €135

Our Swedish massage with Hot Stones uses traditional deep massaging techniques with heated Basalt Stones, to provide energy, heat, and relaxation to tired aching muscles to ease and alleviate tension and stress.

Deep Recovery Massage 60 mins €120

A deep rhythmic pressure massage that alleviates stress, eases aching muscles and revives the senses. Your skin is energised by deep infusion of VOYA organic seaweed oil prescribed to target individual needs and reduce stress and muscle tension.

Lava Shells Relaxing Body Massage 60 mins €125

Using the world's first self-heating massage tool, this unique warming spa therapy induces deep relaxation whilst easing muscle and joint aches and pains, unblocking energy flow and releasing a sense of balance to the entire body and mind.

Lava Shells Relaxing Back Massage 45 mins €95

VOYA Voyager Massage Journey 80 mins €140

This amazing experience uses body brushing, full body massage and scalp massage combining both gentle and stimulating movements to release tension, promote deep relaxation and relieve aches and pains. Tailored to individual needs and you bring the body brush to continue the treatment at home.

Choose 1 of 3 oils for your journey:

Uplift - Angelicus Serratus A distinctly fragrant super-hydrating body oil with VOYA's signature notes of citrus and the sea. Enhanced with antioxidant rose-hip that slows the signs of aging and evening primrose, which helps improve cell structure and skin elasticity.

Relax - Mindful Moments Enhanced with evening primrose and argan oils combined with the antioxidant qualities of Himanthalia Elongata, this body oil will nourish and hydrate the driest of skins. Lavender oil will de-stress the mind and assist in the prevention of sleepless nights, while rosemary oil will ease mental fatigue and uplift the spirits.

Muscle Relief - Ginger Chai This is a muscle healing and fatigue-busting body oil with evening primrose and rose-hip oils for their powerful antioxidant qualities. Combined with Laminaria Digitata seaweed extract, this will deeply nourish and hydrate your skin, while bergamot, ginger, and may change will work in synergy to relax the muscles, making this the perfect organic tonic.

JUST FOR HIM

VOYA Intense Defence for Men Facial 60 mins €95

Exclusively created for men's specific skincare needs, this treatment exfoliates the skin with bamboo spines, allowing for a deeper cleanse. Followed by a facial and scalp massage, using VOYA Mermaid's Purse mask to soothe even the most sensitive of skin, leaving your skin hydrated and fresh. Fantastic for those affected by shaving rash, razor burn or ingrown hairs.

Yon-Ka Men's Classique Facial 60 mins €95

This personalised facial targets all your skin concerns. It balances & remineralises your skin while focusing on deep pore cleansing, with extractions. Ideal for all skin types who want to maintain a healthy, radiant skin.

VOYA Back Treatment 60 mins €105

Specifically designed to bring purity and balance to the skin on the back, this will focus on cleansing, skin exfoliation, back massage and masque therapy. Ideal for those who have challenges with your back

Back, Neck and Shoulder Massage with VOYA /Yon-Ka Taster Facial 60 mins €110

This high-impact combination of Hot Basalt Stones, to provide energy, heat, and relaxation, to tired aching muscles and Natural Bamboo Canes, which will knead tension and muscular dysfunction. This deeply relaxing massage treatment will promote wellbeing, relieve stress, tension, stimulate blood circulation and provide an unbelievable sense of relaxation. Leaving you feeling relaxed and re-energised.

This treatment includes full body, face, neck, shoulders & scalp.



TREATMENTS FOR MUMS TO BE

Suitable from 12 weeks

Full Body Maternity Massage

60 mins €110

A gentle full body massage using targeted VOYA Mama Oil for the prevention of stretch marks, giving optimum skin elasticity.

Organic Prenatal Voyager

80 mins €165

Enjoy a full body exfoliation, helping to gently buff the skin. Then relax with a top to toe body, face and scalp Massage. Melt away any aches and pains associated with pregnancy.



Organic Precious Moments

60 mins €105

VOYA's Organic Precious Moments treatment is tailored specially to Mum and her growing bump. Enjoy a relaxing face, hand and arm massage, while your bump is enveloped in a special mask that helps prevent stretch marks and your feet wrapped in Laminaria Digitata seaweed leaves.

Relaxing Back Massage with Mini VOYA Facial

60 mins €110

A mini VOYA facial to hydrate and brighten the skin, combined with a Back, Neck and Shoulder Massage.

HANDS AND FEET

VOYA Organic Hand Ritual



45 mins €65

A Time to Shine exfoliation from hand to elbow, a deeply relaxing hand and arm massage after which your hands are wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and nourish dry hands. To complete this treatment, nourishing Handy to Have cream is applied.

VOYA Organic Foot Ritual



45 mins €65

A sea salt exfoliation from the knees down, a deeply relaxing massage of the lower legs after which your legs are wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation and nourish tired feet and legs. To complete this treatment nourishing Softly Does It is applied.

Add Cuticle Removal, File and Polish

€25





COUPLES TREATMENTS

Relax and unwind together in our luxurious indoor double treatment room for that special shared spa experience.

COUPLES RETREAT MASSAGE FOR TWO

Full Body Hot Oil Massage

60 mins

€220 for 2

This treatment uses a specifically designed candle that melts and magically transforms into a massage oil with the aromatic power of cocoa flower, luxuriously smothered all over the body. Relax together and melt away any stress with this specially designed treatment.

JUST THE TWO OF US

Full Body Massage & Mini Facial

80 mins

€280 for 2

Experience a full body tailored massage each followed by an Express Facial to complete the treatment.

OUTDOOR WELLNESS THERAPIES

Designed to restore and calm the body, mind and soul by using natural ingredients, healing massage movements and therapeutic Gharieni Warm Quartz Crystal beds, our Outdoor Wellness Therapies incorporate all this and more in our Double Therapy Room with private hot tub and full access to all spa facilities, placed perfectly on the banks of the Moy for the ultimate serene experience.

Wellness on the Moy Massage 75 mins €320 for 2

This Holistic Full Body massage is truly amazing grounding experience, your therapist will be using unique movements to knead and stroke all the muscles of the body. This massage includes a Himalayan Hot Stone Back Massage to melt away tension and stress, crystal healing therapy to restore and balance the body. This treatment also includes a Facial Cleanse, Pressure Point Facial and Head Massage using VOYA's oils tailored to your skin.

Chill Spa Signature Facial 75 mins €340 for 2

This holistic facial combines the benefits and techniques of a traditional facial with the relaxing effects of aromatherapy and the balancing effects of acupressure and crystals. Using essential oils, natural ingredients and quartz facial roller, this relaxing treatment increases circulation, rejuvenates skin, stimulates and soothes nerve endings, which will delay fine lines and wrinkles and tone facial muscles. The ultimate pampering signature treat! This treatment also includes a Head, Neck and Shoulder Massage and Hand and Arm Massage.

Combined Holistic Massage and Facial Treatment 80 mins €350 for 2



OUTDOOR BATHING THERAPIES

Includes full access to our spa thermal area & spa garden.

Detox Seaweed Bath 45 mins €60

Submerge your body in a bath of organic, hand-harvested Atlantic seaweed (*Fucus Serratus*) to remove unwanted toxins and alleviate aches and pains. Let the natural power of organic seaweed deeply moisturise the skin, increase circulation and promote healing.

Organic Warmed Spice Mud Bath 45 mins €55

Peat Bath was traditionally used for a variety of skin and rheumatic conditions and detoxification. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite and combats the signs of ageing. This dark deep relaxing bath also soothes muscular aches and pains, relieves stress and fatigue, energising mind and soul.

Himalayan Salt Bath 45 mins €55

Rich in minerals and nutrients, the luxurious formula works in harmonic tandem to help balance pH levels, eliminate toxins, soothe aches and pains, and restore balance to an overworked mind. Choose from Revive or Calming salts for your bathing therapy.



IN-ROOM BATH BUTLER

How about being treated to something extra special in the comfort of your own room? Our expert spa therapists are at your beck and call with all the guidance you need.

Detox Seaweed Bath

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VOYA Salt Scrub & Seaweed Bath Ritual

Feel the benefits of a full body exfoliation with Salt Scrub followed by a detoxing, nourishing seaweed soak. Your skin will feel smooth and hydrated.

Wellness Bathing Treat

The secret to your most restful night's sleep. Enjoy soothing music, lit candles and a relaxing bath while you mask your inner beauty! Includes Moonlight Moments Relaxing Bath & Shower Oil, VOYA Travel Candle to set a beautiful aroma and Face Mask to revitalise your skin.

Sugar or Salt Glow Body Scrub

This invigorating all over body exfoliation refines skin texture and increases lustre. It boosts circulation and aids absorption of the potent seaweed gel. Enjoy a Softly Does It' moisturisation to finish.

€45

Wellness VOYA & Yon-Ka Pamper Care Packs from

Create a self-pampering mini facial in the comfort of your own room.

€40

€45

€40

€80

€60



SPA ARRIVAL

Residents:

We recommend you arrive at spa reception at least 60 minutes before your treatment to enjoy full use of our Thermal Suite.

Hotel guests please arrive in your bedroom robes & slippers and shower before arrival to the spa. The spa will provide you with towels & flip flops.

Non-Residents:

We recommend you arrive at spa reception at least 60 minutes before your treatment to enjoy full use of our Thermal Suite.

Please allow 15 minutes before your appointment time to complete a spa consultation form and change into your luxury spa robe and flip flops. Please be aware that late arrivals will not receive an extension to their treatment but a full charge may be incurred.

Thermal Suite

Our Thermal Suite is complimentary with all full spa treatments booked; you arrive an hour prior to treatment time to use these facilities.

For guests not partaking in a treatment but wish to use the facilities this is €25 for one-hour use and €30 for Non-residents. To avoid disappointment pre-booking is essential

What to Bring

For your comfort, we provide you with a luxurious robe, towels and slippers for your spa journey. Disposable underwear is provided for your comfort during your spa treatments. Please bring a bathing suit to use the Thermal Suite.

Spa Etiquette

To preserve the harmony within the spa, we kindly ask you to turn off your mobile phone. Our Thermal Suite and Relaxation Rooms are Quiet

Zones and we appreciate your co-operation with this to maintain a tranquil experience.

Our Cancellation Policy

Guests who wish to reschedule or cancel an appointment are required to give 48 hours' notice otherwise 50% of the treatment will be charged. Cancellations made outside the requested notice period will incur 100% charge. Credit card details are required to secure all bookings. If you do not call to cancel, or do not show for your appointment, you will be charged the full amount on your credit card or room bill.

Medical Conditions

Some therapies are not suitable for clients with medical conditions so please let us know if you have any concerns or medical conditions.



We recommend these treatments for people healing from cancer.

Pregnancy

Allow our spa team to guide you in selecting which treatments are most suitable for you during this special time. Please note that use of some of spa thermal suites and outdoor hot tubs is not recommended during pregnancy. Ask a member of our staff for guidance.



These treatments are adaptable for expectant and nursing mothers after the first 12 weeks of pregnancy.

Products and Gifts

To continue your spa experience at home, all products used in your treatments are available to purchase in the spa or on our online shop. Gift vouchers are available for Chill Spa and are an ideal present for that someone special.

Age Requirements The minimum age requirement for access to the spa and treatments is 18 years.



CHILL SPA

HOW TO FIND US

Chill Spa at the Ice House, The Quay, Ballina, Co Mayo, F26 Y9E8
Tel: 096 23511 Email: spa@theicehouse.ie Web: www.theicehouse.ie

