

# OUTDOOR BATHING RITUALS

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## **Detox Seaweed Bath**

45 mins €65

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 Peat Mud Bath**

45 mins €65

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, and energises the mind and soul.

## **Himalayan Salt Bath**

45 mins €65

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

