

# CHILL SPA

---



 ice house

## WELCOME

---

Experience ultimate relaxation at Chill Spa. Enjoy indoor and outdoor thermal experiences, luxurious treatment suites and Gharieni Quartz crystal treatment beds. Indulge in VOYA Irish organic spa treatments, expertly provided by our dedicated spa team. Indulge, restore, revitalise and relax in our serene sanctuary on the River Moy.

## THE CHILL SPA JOURNEY

---

Chill Spa's state-of-the-art indoor and outdoor thermal area and spa garden is the heart of our spa. A journey through each of the thermal experiences offers you the ultimate cleansing, relaxing and rejuvenating experience. Revitalise your body with our Experience Showers and Steam Room, and relax your tired muscles in the Outdoor Sauna and Riverview Hot Tubs. Explore the benefits of hot and cold therapy with our Ice Bath. Unwind amidst nature in our Spa Garden, restore calm with a signature massage, or simply relax in our Riverview Relaxation Rooms while watching the river Moy meander by.



A day at the spa is a day  
for self-love



# VOYA

Ireland's VOYA brings generations of sea-inspired wisdom to their organic beauty range, offering treatments designed to delight and purify body and soul. They are the world's first 100% organic certified treatments.













We're thrilled to announce our collaboration with Charlene Flanagan and Niamh Ryan, the founders of Ella & Jo, an award-winning Irish skincare brand celebrated for its innovative and effective products. Their head office is conveniently located just a stone's throw from us, making this partnership even more special. This marks the first time Ella & Jo has partnered with a spa in this capacity, and we are honoured to be the first.

We can't wait for you to experience our three new facial treatments, each carefully designed to nurture your skin, deliver results you'll love, and celebrate the local roots that make this partnership so unique. We look forward to welcoming you to experience these exceptional treatments and celebrate this exciting collaboration



## CHILL SPA FACILITIES

- Five luxurious treatment suites
- Double treatment room with Gharieni Quartz crystal treatment beds and access to private outdoor hot tub
- Experience showers  
- Steam room
- Aromatherapy dry heat room  
- The River Room – Relaxation room  
- Snooze room  

Our outdoor spa garden is a haven of peace and relaxation and features:

- Riverview hot tubs
- Ice bath\*
- Outdoor bathing therapies\*
- Sauna
- Outdoor showers

\*treatments must be booked in advance.

Please ensure to follow spa etiquette in all areas of the Spa. We ask that you leave your mobile in your room or locker provided.

Please also respect fellow guests and the serenity of our spa by refraining from talking loudly in the spa areas including hot tubs and thermal suite areas.

Recommended for people healing from cancer. 

Treatments adaptable for pregnancy. 

Female treatment only. 





# FACIAL TREATMENTS

---

## **Self Discovery Radiance Facial** 60 mins €115

This skin type-specific, ocean-inspired organic facial is deeply detoxifying, thoroughly revitalising and helps to smooth skin tone and increase clarity. 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.

## **Instant Lift Facial** 60 mins €135

Experience our advanced skin-renewing facial, blending restorative organic formulas for optimal skin health. This multi-level treatment includes a purifying cleansing ritual, potent age-defying facial massage, a nourishing mask, and Gua Sha tools for instant firming and radiance. Tailored to your skin needs with VOYA's advanced serums, it targets congestion, lacklustre skin, dryness, and sensitivity, leaving your skin beautifully revitalised and hydrated.

## **Anti Age Restorative Facial** 75 mins €140

VOYA's organic ingredients combined with antioxidant algae complexes and 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.

## **Hydrafacial** €150 Add Booster €200

Experience the ultimate hydrafacial! Start with soothing lymphatic drainage to reduce puffiness and contour the face. Follow with a purifying cleanse, gentle peel, and painless extractions using vortex-fusion technology. Targeted boosters and LED therapy address specific skin concerns, concluding with hydration and antioxidants for a radiant glow.





## Ella & Jo Facials

---

### **Hydrate & Plump Signature Facial** 45 mins €90

This nourishing ritual begins with a soothing cleanse and a gentle, lifting gua sha massage. Relax as a hydrating mask gets to work, delivering skin-loving ingredients like squalane and hyaluronic acid to plump, repair and soothe your skin. Finally, a powerful combination of serum, facial oil and cream is applied, leaving skin deeply hydrated and beautifully replenished.

### **Brighten & Glow Vitamin C Facial** 45 mins €90

Your treatment starts with a refreshing cleanse and a gentle gua sha lifting and toning massage. Next, a powerful enzyme mask is applied to brighten and rejuvenate skin with vitamin C and exfoliating fruit acids. The treatment finishes with nourishing serums and creams, leaving your skin glowing and your senses awakened.

### **Lift & Tone Gua Sha Facial** 60 mins €110

The journey starts with a soothing skin cleanse, followed by a full gua sha lymphatic drainage massage to detoxify, improve circulation and sculpt the face. This is followed by a hydrating and brightening double masking ritual, nourishing facial oil and plumping moisturiser. Facial contours are redefined, leaving you feeling refreshed and rejuvenated.



# Body Treatments

---

## **Full Body Massage** 60 mins €125

This full body massage is tailored to suit your needs using our nourishing massage oil with aromatic scents of lavender & geranium. Excellent for relaxation and to ease tension and stress.

## **Back, Neck & Shoulders** 45 mins €90

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

## **Back, Neck & Shoulders with Indian Head or Facial** 60 mins €125

Our Swedish massage uses traditional deep massaging techniques to ease and alleviate tension and stress. Add an Indian head massage or facial, for even more relaxation.

## **Warm Pebbles of Enniscrone** 75 mins €145

Heated smooth lava stones are massaged over your full body using VOYA organic seaweed essential oils, followed by a calming and energising pressure point face and head massage.



# Body Treatments

---

## Deep Recovery Massage

60 mins €135

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

## Spring Tide Face & Body

75 mins €150

Experience VOYA's balancing ritual, crafted to harmonise your inner and outer self. Aromatherapy oils ease stress with a soothing back massage, while a foot reflex massage grounds you in the present moment. Gentle stomach massage promotes digestion. Hydrating skin treatment and a calming scalp massage complete your journey to stillness and calm. Ideal for life changes and stress relief.

## Swedish Massage with Hot Stones

75 mins €145

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.

## Indian Head Massage

45 mins €95

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





# Body Treatments

---

## Reflexology

50 mins    €100

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

## Voya Foot Ritual

45 mins    €70

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 moisturiser is applied.

## BTL Lymphastim

60 mins    €100

Lymphastim, is a non-invasive treatment that enhances lymphatic drainage and boosts circulation effectively. This therapy accelerates natural healing, aids weight loss, detoxifies, and sculpts the body. It also reduces inflammation, enhances skin tone, and helps prevent varicose veins. Ideal for relieving 'heavy legs' syndrome, Lymphastim promotes overall wellness and beauty with versatile benefits.

BTL Lymphastim operates on the pneumatic presso- therapy principle. It uses special applicator sleeves with multiple overlapping chambers to provide a gentle massage. This massage supports the natural movement of lymph throughout the body, effectively aiding lymphatic drainage and circulation improvement.



## BODY SCRUBS AND WRAPS

---

### Chill Spa Scrub & Rub

60 mins €120

Feel the benefits of a full body exfoliation with our signature Salt Glow Scrub made with natural ingredients including Vitamin E, a powerful antioxidant, and Omegas 3 and 6 to soften and soothe. Inhale the beautiful therapeutic scent of delicate lavender and geranium with a nourishing heated body oil and moisturisation application. Your skin will feel fresh, smooth, and hydrated.

### Voya Revitalising Body Wrap

60 mins €120

This beautiful wrap treatment combines hand- harvested seaweed with rice and Alpine botanicals to create a silky textured body mask to indulge the body and mind. Combining the best of the land and sea, it leaves skin toned, hydrated and noticeably brighter. A refreshing and uplifting scent of peppermint, lime and eucalyptus energises mind and body. Suitable for brightening and smoothing dull skin, improving skin texture and reducing visible signs of ageing.

### Voya Ocean Essence Wrap

75 mins €140

Combining the detoxifying power of Fucus Serratus and the 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.



## TREATMENTS FOR MUMS TO BE

---

Suitable from 12 weeks



**Full Body Maternity Massage** 60 mins €125

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 €175

Enjoy a full body exfoliation to gently buff the skin. Then relax with a top-to-toe body, face and scalp massage to melt away any pregnancy-related aches and pains.



**Organic Precious Moments** 60 mins €115

VOYA's Organic Precious Moments treatment is tailored specifically for your 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.





## COUPLES TREATMENTS

---

### **Full Body Hot Oil Massage**    60 mins    €150pp

A full body massage each tailored to suit your individual needs using our nourishing signature massage oil with aromatic scents of lavender and geranium. Excellent for relaxation and to ease tension and stress. Relax together and melt away any stress with this bespoke treatment. This is a Full Body Massage experience lying on Gharieni warm quartz treatment beds. This Holistic Full Body Massage is a truly amazing grounding experience.

### **Wellness on the Moy**    75 mins    €160pp

Designed to restore and calm the body, mind and soul by using natural ingredients, healing massage movements and therapeutic Gharieni Quartz crystal treatment beds, our wellness therapies incorporate all this and more in our Double Therapy Room and full access to all spa facilities, placed perfectly on the banks of the Moy for the ultimate serene experience.

### **Combined Massage & Facial**    80 mins    €175pp

Enjoy a holistic back massage blending Hawaiian and Balinese techniques with healing hot stones to release tension. Crystal healing therapy restores balance, complemented by a soothing holistic facial. Relax further with a therapeutic head, neck, and shoulder massage, and a tranquil hand and arm massage using Chill Spa oils. Includes access to our thermal suite.

### **Quartz Thermal Touchless**    30 mins    €70pp

Designed for couples seeking ultimate relaxation and rejuvenation, this unique experience begins on a Gharieni Quartz crystal treatment bed. Filled with warm quartz sand and draped in soft linens, the bed moulds around your body, detoxifying and releasing muscle tension. Experience a stimulating massage with wave-like movements across your back while enveloped in warmth and comfort. Enjoy this serene atmosphere with soft music and soothing scents, offering a tranquil retreat for the mind and body.



# OUTDOOR BATHING RITUALS

---

## **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.



# YOUR SPA JOURNEY

---

## Spa Bookings

+353 (0) 96 23511, [spa@theicehouse.ie](mailto:spa@theicehouse.ie) (Monday - Sunday, 09.00 - 17.00 GMT).

Chill Spa is an over 18's only spa. Demand for treatments is high. To ensure availability we strongly recommend that you book treatments well in advance.

## Residents

We recommend you arrive at spa reception at least 60 minutes before your treatment to enjoy full use of our Thermal Suite. Please arrive in your bedroom robes and slippers and shower before arrival to the spa. The spa will provide you with towels and 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 and a full charge may be incurred.

## Thermal Suite

Use of our Thermal Suite is complimentary with all full spa treatments booked. Please arrive an hour before treatment time to use these facilities.

Otherwise, use of the Thermal Suite for an hour is €30 for residents and €45 for non-residents, and is subject to availability. 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. A bathing suit is required in the Thermal Suite.

## Spa Etiquette

Chill Spa is a place of calm and tranquillity so we kindly ask you to turn off your mobile phone. Our Thermal Suite and Relaxation Rooms are Quiet Zones and we appreciate your cooperation with this.

## Cancellation Policy

As a courtesy to other guests, please give us at least 48 hours notice if you need to cancel your spa booking. Please note that there is a cancellation fee of 50% if the cancellation is made less than 48 hours before the booking. Failure to present or same-day cancellations will be charged at 100% of the treatment or programme price.



## Medical Conditions

Some therapies are unsuitable for clients with medical conditions so please let us know if you have any concerns or medical conditions.

## Cancer Care Treatments

We recommend these treatments for people healing from cancer. At Chill Spa we have trained our therapists in the area of providing spa treatments for cancer patients.

A specially trained massage therapist can work with any guest undergoing cancer treatment or recovering from cancer.

## Pregnancy

These treatments are adaptable for expectant mothers after 12 weeks and nursing mothers.

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

## 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 someone special.

We also accept Ireland's Blue Book vouchers and Spas. ie vouchers.

## Age Requirements

The minimum age requirement for access to Chill Spa and treatments is 18 years.

## Note

Prices are per person and correct at time of print, and are subject to alteration without prior notice. We reserve the right to raise prices and modify or discontinue treatments without prior notice to ensure that maximum standards of service and quality are met. All bookings are subject to Chill Spa's Terms and Conditions, available on request.



Chill Spa at the Ice House, The Quay, Ballina, Co Mayo, F26 Y9E8  
Tel: 096 23511 Email: [spa@theicehouse.ie](mailto:spa@theicehouse.ie) Web: [www.theicehouse.ie](http://www.theicehouse.ie)