



TIME FOR ME DAY PACKAGE

Step away from your busy life and indulge in a little self care. Close your eyes and drift away, recharge, restore and relax for a few hours. This time is all about you.

- Sauna, Steam Room & Hydro Pool Experience
- 60 minute treatment - Radiance Facial or Full Body Massage
- Relaxation Room with Sorbet & Voya Tea
- Wash, Keune Treatment & Blow Dry
- Chilled Glass of Prosecco
- Goodie Bag

€115
*per person
pre booking essential*



ABBHEY COURT

YOUR TIME FOR ME DAY PACKAGE INCLUDES:

Sauna, Steam Room & Hydro Pool
Experience in the bright and inviting
setting of Trinity Leisure Club. Melt
away stress and muscle pain.

CHOOSE FROM

“Voya Radiance facial” so this would suit all skin types
Dry, Oily, Sensitive or combination skin. *55-minute treatment.*

This incredible skin specific organic facial is deeply
detoxifying, thoroughly revitalizing and helps to even
skin tone and increase clarity. This facial incorporates a
relaxing facial massage that releases any build-up of toxins,
to improve radiance and restore a glowing complexion

OR

The full body massage is a complete top to toe relaxation
journey. *60-minute treatment.*

The ultimate luxury treatment to relieve aches and pains
tailored to individual needs.

Treatment includes relaxation room with Sorbet & Voya
Tea Wash, Keune Treatment & Blow Dry in The Hair
Studio. Keune treatments

- Essential Mineral Complex Technology
- Nutri-injection Technology
- Beautifully fragrant for an aromatic experience
- Restores and revitalizes dry & damaged hair
- Customised texture for extended massages & hair rituals
- Essential Mineral Complex - Silicium, Copper, Iron, Magnesium & Zinc
- 5 naturally sourced minerals working together to treat the hair & nourish the scalp
- Chilled glass of Prosecco
- Goodie bag



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