



ANGSANA
Spa
BUNRATTY, IRELAND

spa menu

Angsana Spa Bunratty
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essence of angsana

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Angsana sessions include a complimentary 30-minute calm time on us. Enjoy the difference.

Angsana Indulgence € 310
7-hour session

A DAY OF PAMPERING

- 30-minute body polish
- 60-minute massage
- 60-minute facial
- Lunch
- 90-minute hand treatment
- 90-minute foot treatment

Spa Tip: Give yourself a treat with this full day indulgence experience and emerge looking your best from top to toe.

Angsana Bliss € 210
4-hour session

COMPLETE MAKEOVER

- 30-minute body polish
- 60-minute massage
- 60-minute facial
- Lunch

Spa Tip: Reveal your new skin with an invigorating body polish to remove dead skin cells and a massage and facial to restore a glowing complexion.



angsana for her

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Essentials € 120
120-minute session

THE QUINTESSENTIAL OF SPA TREATS

- 30-minute body polish
- 60-minute facial

Spa Tip: Top to toe beauty treats.

angsana for him

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Rest € 120
120-minute session

SWITCH OFF AND BE YOURSELF

- 15-minute foot soak
- 45-minute foot massage
- 30-minute head & shoulder massage

Spa Tip: Take five with this stress buster that peels off fatigue with an invigorating foot ritual for complete relaxation. Feel energised after a holistic head and shoulder massage.

Soothing

Dreams € 90 / 120
90-minute session / 120-minute session

PERFECT FOR JET LAG

Spa Tip: Created specially for tired and worn-out bodies, this calming massage soothes tense muscles using warm sesame oil.

Rhythmic € 90
90-minute session

MUST TRY FOR MOTHERS-TO-BE

Spa Tip: A nurturing massage using gentle strokes and linen pouch dipped in warm Vitamin-E enriched oil. Suitable for mothers-to-be or those who prefer to lie on their side.

Energised Feet € 90
90-minute session

WALK IN THE CLOUDS

Spa Tip: The highlight of this treatment is the Hot Stone treatment that is both energising and healing. A massage infused with enlivening Sesame Oil follows to give you that elegant stride.

On The Spot

Back Energy € 55
60-minute session

IRON OUT TENSE MUSCLES

Spa Tip: The therapist employs medium to strong pressure back massage to iron out aches and tensions on the back.

Shoulder, Face & Head Massage € 55
60-minute session

BEEN TO CLOUD NINE LATELY?

Spa Tip: Banish fatigue with this deceptively simple combination of upper body massages focusing on head, face and shoulders.

Foot Loose € 55
60-minute session

SOLE TO SOUL

Spa Tip: Step out with happier feet after an energising leg and foot massage.

Indian Head Massage € 55
60-minute session

CLEAR HEADED

Spa Tip: After a hard day's work, clear your mind with this massage to relax and remove fatigue caused by mental stress.

essential pampering

Heavenly Hands € 55
60-minute treatment

IN TIP TOE CONDITION

Spa Tip: An essential hand care, with a pampering hand massage included, to ensure your hands and nails are in tip-top condition, so you can flaunt that well-manicured hand.

Boot Camp € 55
60-minute treatment

A FAB FOOT TREAT

Spa Tip: Sit back and relax as our skilled therapist carefully trims and cleans your nails. A brisk and refreshing foot massage follows before polishing or buffing your nails to a high shine.

Hand Paraffin € 75
90-minute treatment

HAND ESSENCE

Spa Tip: All the essence of a paraffin dip complete with beautifully painted or buffed nails.

Foot Paraffin € 75
90-minute treatment

GLAMOUROUS FEET

Spa Tip: Step out in style with a paraffin dip to soften the feet and finish off with beautifully painted or buffed nails.



Glow € 150
120-minute session

LIGHTEN UP

- 30-minute body polish
- 60-minute body massage

Spa Tip: Tailored strokes for different body types, the body polish helps to bring back the glow.

Ayu-Reverie € 150
120-minute session

BACK TO TRADITIONS

- 60-minute Ayurvedic massage
- 30-minute Indian head massage

Spa Tip: Benefit from 5,000-year-old Ayurvedic traditions with an inspiring body massage, followed by a head massage on the key pressure points of your scalp to clear your mind.

Power Back € 110
90-minute session

LOOK GOOD, FEEL GOOD

- 30-minute back massage
- 30-minute back paraffin treatment

Spa Tip: Back tension reliever and warm paraffin to reduce muscular aches.

body massages

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Signature

Angsana € 120
120-minute session

OUR GIFT TO YOU

Spa Tip: A signature massage created exclusively for Angsana Spa, to work on your body's key pressure points to strengthen inner "qi" or energy.

Fusion € 90 / 120
90-minute session / 120-minute session

CUISINE FOR THE SOUL

Spa Tip: A clever blend of Thai and Swedish massage techniques to soothe all aches, unblock stiffness and enhance flexibility.

Classic

Ayurvedic Hot Stone € 120
120-minute session

TENSION MELTS

Spa Tip: Ease tension and aches from your body as this Ayurvedic palm-based massage seamlessly blended with the use of heated basalt stones.

Siam € 120
120-minute session

THAI FLAVOUR

Spa Tip: Experience traditional Thai massage to improve blood circulation and mobility as well as relieve tension.

Javanese € 90 / 120
90-minute session / 120-minute session

TAKE A NAP

Spa Tip: Adapted from ancient Javanese techniques, this deep tissue massage using the special Harmony Oil aids blood circulation, relieves tension and promotes better sleep patterns.

Waves € 90 / 120
90-minute session / 120-minute session

SMOOTH AS A HULA DANCE

Spa Tip: This strong massage is inspired by traditional Hawaiian techniques. The therapist delivers long flowing strokes to restore balance and harmony.



facials

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Euro Star € 75
90-minute session

For normal/combination skin

BEAMING STAR

Spa Tip: Properties with brightening and deep cleansing properties. The therapist uses European massage techniques to optimise absorption, bringing life of exceptional radiance.

Instant Lift € 75
90-minute session

For mature/dehydrated skin

TAKE THAT 'FRAGILE' STICKER OFF MY FACE, PLEASE?

Spa Tip: A gentle facial that protects fragile tissues from irritation, devised for sensitive and reactive skin caused by free radicals and environmental pollutants.

Protein Perks € 75
90-minute session

For all skin types

PERK ME UP

Spa Tip: Put life back to your skin as it enjoys the revitalising benefits of trace elements, vitamins and proteins.

Pure Radiance € 75
90-minute session

For oily skin

A 'MATTE-NIFICENT' TREAT!

Spa Tip: For pristine fresh-looking skin, opt for this purifying treatment. Clay mask contains Kaolin and marine extracts to draw out impurities while regulating sebum production.

body polishes

(Part of Package)

Choose your favourite Body Polish to complete your pampering spa packages. All Body Polishes are not available individually.

Jasmine Frangipani

For oily skin

FLOWERY SCENT

Spa Tip: Smell your best and show off sparkling skin after this treatment.

Lemon Yoghurt

For all skin types

DELIGHTFULLY REFRESHING

Spa Tip: A deep cleansing recipe of grated lemon peel and yoghurt for a zesty skin treat.

Rice Soya

For dry skin

WONDER TWIN POWERS

Spa Tip: This highly nutritious, rich buff of rice and soya effectively removes dead skin cells while keeping the skin moisturised.

Oatmeal Honey Lime Aglow

For normal skin/oily skin types

HEALTH NUT

Spa Tip: The healthy ingredients remove deep-seated grime from the body.

