



THE LITTLE MOUNTAIN SPA

SPA TREATMENT MENU

FACIAL TREATMENTS

We specialise in skincare. Our facials have been developed through years of experience to give you not only a zone by zone customised treatment facial to relieve your most pressing skin concerns, but also a deeply relaxing experience that you'll want to repeat.

We can advise on a full skincare treatment plan, incorporating professional treatments and a personal homecare regime. We use professional product and will tailor make your treatment plan to ensure your skin is kept at its best.

LITTLE MOUNTAIN FACIAL

The perfect introductory facial for both a wonderful relax and a results driven prescriptive treatment.

We double cleanse, exfoliate and treat with a targeted mask and moisturiser to give you your best skin ever. This treatment also includes a foot, face, scalp, neck and shoulder massage guaranteed to help you relax and unwind.

55mins - 55€

LITTLE MOUNTAIN ADVANCED FACIAL

For when you feel you need a little more!

This facial is the perfect skincare move on treatment. If you're looking for a deeper exfoliation, need more hydration or want to focus on extractions, we can concentrate on your most particular concerns and build the treatment around them.

Advanced products with hard hitting results make this serious skincare!

70mins - 65€

MICRODERMABRASION

A rejuvenation treatment to target fine lines, wrinkles, acne, scarring, pigmentation and dull skin, leaving you looking and feeling fresh and bright!

An intense exfoliating treatment using crystals and vacuum suction to stimulate collagen production in the dermis and counteract the aging process.

Ramp it up to the Luxe version and we leave a hydrating booster and mask to melt into the skin whilst you enjoy a deep shoulder and neck massage.

Note: not suitable at any stage of pregnancy.

Basic- 30mins- 45€ (Pre Buy 6 sessions 225€)

Luxe- 45mins- 60€ (Pre Buy 6 sessions 300€)

SKIN CLINIC

A range of clinical treatments including Peels, Resurfacers and Dermal Roller to target fine lines, wrinkles, acne, scarring, pigmentation and dull skin. Coupled with our advised homecare regime your skin will never look back. We'll discuss with you and plan the perfect post facial skincare plan!

Price varies

Note: initial Facial Treatment required.

MASSAGE TREATMENTS

BESPOKE BODY RITUAL

A massage treatment customised to give you a truly unique spa experience.

Choose your massage style and time for a completely therapeutic treatment. Choose from Deep Tissue, Swedish or relaxing Aromatherapy massage to pinpoint and alleviate any muscular tension enhanced with a blend of our essential oils tailored to your preferences.

55mins - 50€

45mins - 40€

25mins - 30€

BESPOKE BUMP RITUAL

Your perfect pregnancy treatment to target areas of stress and strain as your bump grows.

Relax into our pregnancy support pillow and find your most comfortable position as we use varying breathing and massage techniques to help relieve tension in the areas you need it most. Reflexology over the hands or feet helps you to become your most relaxed, enabling a great night's sleep and a true rest to follow this treatment.

70mins - 65€

THERMO-THERAPY EXPERIENCE

A full body massage using hot stones to unlock tension deep in the muscles and focus the bodies energy.

The stones are used as an extension of the hands to enable a deeper massage as well as being placed on the energy centres of the body. This treatment will help your muscular tension but also relax your mind as your natural energy is encouraged to flow.

Note: not suitable at any stage of pregnancy.

70mins - 65€

REFLEXOLOGY

An ancient holistic healing technique to treat the whole body, mind and spirit by activating specific reflex points on the feet.

The entirety of the body is represented on the soles of the feet. By working over these with a special massage technique a deep feeling of calm and relaxation will be brought over the body.

The treatment includes a pre and a post treatment massage.

55mins - 50€

INDIAN HEAD MASSAGE

A deeply relaxing ancient treatment for the upper back, arms, shoulders, face and scalp.

Indian Head Massage is based on an ancient Ayurvedic holistic healing therapy to restore balance and inner harmony to the body. This treatment uses multiple massage techniques to ease tension in this area synonymous with stress tension and nervous energy.

45mins - 40€

HANDS AND FEET

LITTLE MOUNTAIN MANICURE

Treat your hardworking hands to the best manicure on the mountain.

Nail genius brand OPI and our specially developed massage techniques will give you an amazing treatment! Nails are filed and shaped to your taste, cuticles are trimmed and nourished and a bespoke hand and arm massage eases tension. We then follow with your choice of our OPI polish or Gel Color.

55mins - 45€ (Polish) / 55€ (Gel Color)

LITTLE MOUNTAIN PEDICURE

Bring your feet back to life with our little treat for your feet.

Nails are filed and shaped, cuticles are nourished and trimmed. Feet are bathed in our aromatherapy footbath, scrubbed and all hard skin removed. A bespoke leg and foot massage brings deep relaxation and calm and we'll finish the treatment with your choice of our OPI polish or gel color.

55mins - 45€ (Polish) / 55€ (Gel Color)

COLOUR SPLASH

A dash of colour for your hands or feet.

Nails are filed and shaped, cuticles are tidied and your fingers finished with a dash of colour from our genius nail brand OPI.

45mins - 25€ (Polish) / 35€ (Gel Color)

GEL REMOVAL

15mins - 5€

GEL BREAK TREATMENT

A treatment manicure using OPI's Gel Break 3 step system to care for your natural nail when you feel the need for a break from Gel Color.

55mins - 45€



TINTING, WAXING AND BEAUTY

TINTING

Lash Tint	20€
Brow Tint	10€
Lash and Brow Tint	25€
Lash and Brow Tint with Brow Shape	30€
Brow Shape and Tint	15€

Note: patch test needed 24hrs prior to treatment.

WAXING

We aim to make your waxing experience as comfortable as possible and so have sourced the leading products in the industry.

Book 2 or more wax treatments together and get 10% off

Eyebrows	10€
Lip	10€
Chin	10€
Brow/Lip/Chin	25€
Underarm	15€
Forearm	25€
Half Leg	25€
Full Leg	35€
Shoulders	20€
Full Back	30€

Bikini

Green Run (a tidy up)	15€
Blue Run (neat and tidy with nothing underneath)	25€
Red Run (landing strip)	30€
Black Run (all hair removed)	35€

BEAUTY TREATMENTS

Party Lashes	20€
Spray Tan	25€

Spray Tan group bookings for 4+ people at 20€ each

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