

THE GRANARY SPA AT THE ROU ESTATE



My name is Vanda and I am a fully qualified therapist offering a range of treatments to help you unwind and relax during your time at The Rou Estate. I only use natural products as believe in being kind and respectful to our environment.

I would love to make your holiday even more special.



WESTERN TYPE MESSAGES



Swedish massage 45 min €60 or 60 min €75

Swedish massage therapy is wonderful for soothing tight muscles and boosting well-being. Swedish massage also offers a whole host of other health benefits, including: easing muscular strain by flushing out toxins, improving blood circulation and flow throughout the body, helping to keep ligaments and tendons supple and improving range of motion, reducing emotional and physical stress, easing back pain and chronic pain.

Swedish massage involves long strokes using light-to-firm pressure.

Aromatherapy 60 min €75 or 80 min €85

Aromatherapy treatments have both physiological and psychological effects. The combination of massage and the medicinal and therapeutic qualities of the essential oils can soothe, revitalise, uplift the spirit, encourage positive thinking and boost the immune system enabling the body to heal itself. After consultation, a selection of essential oils is blended with carrier oil, specifically chosen for your needs.

Aromatherapy Massage involves a smoother gliding type of pressure, removing tension from the whole body.

If necessary the pressure can be firm to remove muscle tension. The 80 min massage includes head and face.

Back & neck massage + head & face 45 min €55

Partial massage, concentrating on back problems, includes shoulders, neck. Releases the muscles of the face and head to help bring clarity of the mind, release emotional stress, stimulate circulation.



FAR-EASTERN MASSAGES



Traditional Thai massage 80 min €90

Thai Yoga Massage works to stimulate, open and balance the flow of energy through the Sen lines to assist the body in its natural tendency towards self-healing. This is achieved through rhythmic manipulation of Sen lines; mobilisation of joints; passive stretches and applied Hatha Yoga asanas. The therapist uses hands, elbows, knees, feet and legs to move the client into a series of yoga stretches. No oils are used in Thai massage. The client wears comfortable clothes, and the massage is performed on the floor on padded mats.

Thai foot massage 40 min €55

This treatment works on similar principles as Reflexology covering the feet and the lower leg. It involves hands on massage and stretching techniques opening the 'Sen' energy lines, along with the use of a traditional Thai massage stick. Pressure is applied on specific reflex points on the feet to stimulate the internal organs, encouraging the body and mind to balance as well as activating the body's natural healing mechanism. The circulation of both blood and lymphatic fluid will be improved and the immune system boosted as well as stimulating the elimination of toxins. This treatment is a wonderful stress reliever promoting deep relaxation.

Ayurvedic massage 70 min € 85

This is a full body massage where oil is applied all over the body with a specific pattern of movements. Its benefits include improved appetite, alertness throughout the day, better sleep at night, reduced stress levels, glowing skin and reduction in overall mental and physical fatigue. The oil is chosen according to body type.

Hot stone massage 75 min €90

The premise behind hot stone massage therapy is that the direct heat of the stones relaxes muscles, allowing the therapist access to deeper muscle layers. Combining hot stone protocols with a full body massage provides a very healing and effective experience. The warm stones also expand blood vessels, which encourages blood flow throughout the body. The stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.



BODY TREATMENTS



Salt/sugar body scrub* + 40' Back & neck & head massage 70 min €85

Salt/sugar body scrub* + 60' Aromatherapy 90 min €100

A body scrub will exfoliate your skin, sloughing off dead skin cells and rubbing away hard and flaky skin, leaving it feeling soft and smooth. A scrub can be really invigorating as well, and improve the circulation of blood and lymph to the surface of the skin, helping to improve your skin tone.

Sea mud mask + salt/sugar body * 75min €90

Improves blood circulation and natural skin generation. Fine mud grains cleanse the skin and remove any dirt particles, impurities and toxins.

Proven to provide effective relief for skin disorders such as psoriasis, eczema, acne and wrinkles. Moisturises your skin and helps natural skin hydration. Sea mud has many amazing health properties and, in addition to the ones listed above, also helps treat and relieve arthritis, muscle stiffness, rheumatism, joint inflammation and even dry itchy skin..

Yoghurt body mask + sugar body scrub* 75min €85

Greek yoghurt with honey, turmeric and herbs help to moisturise the skin. Plain yogurt is good for the skin because it leaves skin glowing due to the low amount of acidity in it, which your natural pH balance. It is also ideal for adding hydration to the skin and for soothing sunburns or irritated skin. Honey is loaded with anti-microbial properties and is a natural antioxidant. Compounds in turmeric have anti-fungal and anti-bacterial properties.

*Salt body scrub - A mixture of salt, essential oils or herbs and oils.

A sea salt glow benefits your skin by exfoliating and removing old skin cells, leaving you with hydrated, smooth and more lustrous skin. Exfoliation not only improves skin tone, but it can relieve the symptoms of certain skin disorders, such as acne, eczema and psoriasis. If you have sensitive skin, it's best to stick with sugar or herbal body scrubs. Massaging with a scrub containing essential oils not only improves the quality of skin, but also provides relaxation.

*Sugar coconut body scrub - Coconut flakes, coconut oil and brown sugar.

Exfoliating with a sugar scrub relaxes the mind with its delicious smell. Sugar is also full of glycolic acid, an alpha-hydroxy acid that is crucial for maintaining healthy skin. The natural glycolic acid in sugar not only helps condition and moisturise skin, but protects it from toxins. Sugar scrubs are typically considered gentler than those made from salt so they are recommended for those with sensitive skin.

Salt/sugar body scrub* + 60' Aromatherapy + Facial of your choice 140 min €130



TREATMENTS FOR THE FACE



Soothing face treatment with oatmeal 50mins €70

According to the skin type natural ingredients such as yoghurt, turmeric, oatmeal, coconut, jojoba oil, wheat germ oil, shea butter and essential oils can help to soothe and refresh the skin. Neck and scalp massage is included. Ideal for soothing sunburns.

Natural face lifting treatment 50mins €70

The deep and intensive lifting massage technique makes mature skin feel fresh and alive. The neck and scalp is included which aids relaxation. The natural massage oils, rose water help to rejuvenate the skin. Essential oils are chosen according to your skin type. A gentle yoghurt scrub helps to prepare skin for the massage.

