

OUR TREATMENTS

SUSANNE KAUFMANN *pairs wild-harvested mountain botanicals with advanced biotechnology.*

THE SUSANNE KAUFMANN FACIAL 90 mins / 195 euro

A deeply relaxing facial combines sculpting massages techniques and a blissful head massage.

THE BARRIER REPAIR FACIAL 60 mins / 155 euro

Designed for delicate, sensitive skin in need of repair, this soothing facial combines gentle lymphatic drainage massage with a calming, restorative mask.

THE GLOW FACIAL 60 mins / 155 euro

When the skin is looking a little tired, a gentle pick-me-up can help restore its natural luminosity.

THE SUSANNE KAUFMANN
BODY MASSAGE 60 mins / 170 euro

A deeply relaxing full-body massage that melts away tension from top to toe.

THE FULL-BODY RENEWAL RITUAL 90 mins / 255 euro

A soothing, warming exfoliation prepares the skin before a luxurious full-body massage.

THE LANDSCAPE VITALITY RITUAL 90 mins / 255 euro

A dynamic full-body massage is followed by an express facial to refresh the skin and awaken the senses.

SEABODY *uses the power of marine biotech from seaweed harvested from the Irish Atlantic coastline.*

CELLULAR REJUVENATION FACIAL 60 mins / 155 euro

A replenishing facial to deeply hydrate and nourish the skin, with lymphatic drainage and Gua Sha massage to restore radiance.

ELEVATE – FACE & BODY RITUAL 60 mins / 160 euro

Deep breathwork, a soothing back massage and refreshing facial unite for the ultimate combination.

LANDSCAPE

LANDSCAPE SIGNATURE BODY MASSAGE

*60 mins / 170 euro
90 mins / 255 euro*

Our signature full-body massage is a bespoke treatment tailored to your individual needs and mood, enhanced with your choice of aromatic oils.

PRE & POST MATERNITY WELLNESS

60 mins / 170 euro

A nurturing, rhythmic full-body massage designed to support mothers-to-be and new mums. Suitable from the second trimester.

WELLNESS & RECOVERY TECHNOLOGY *uses the very latest in recovery and wellness technology to support the body from the inside out.*

CELL PRO®: HYPOXIA-HYPEROXIA TRAINING (IHHT)

60 mins / 155 euro

IHHT works by stimulating the effects of a high-altitude environment to stimulate the body's cells and help improve cellular energy.

FLOWPRESSO® – LYMPHATIC DRAINAGE

60 mins / 155 euro

A full-body lymphatic drainage suit uses warmth, deep pressure and sequential compression to support the body's natural drainage process.

CELLUMA®LIGHT THERAPY (LED)

15 mins / 40 euro added to facial

Using red, and blue light for the face. This therapy is warm, rejuvenating and reduces inflammation.

MITO LIGHT®MASTER 5.0

30 mins / 60 euro added to treatment

Full-body red and near-infrared light therapy helps support recovery, relaxation, restful sleep and overall wellbeing.

CERAMIC BATH RITUAL

30 mins / 80 euro added to treatment

Immersion in the Ceramic Bath helps muscles soften, encourages the body to unwind and prepares the skin for the treatment to follow.