



The Twelve

Le petit spa treatments...

The Twelve

Bearna, Galway

www.thetwelvehotel.ie

Bookings: (091) 597000



Voya at the Twelve

Relax in the most restful of surroundings and return to the world feeling revitalised and rejuvenated. Enjoy the Voya spa finesse developed for you by The Twelve.

Why Seaweed? Seaweed stores many minerals and trace elements as well as antibacterial agents such as iodine during its growth and it also contains natural oils which are released by the heat of the bathwater. These oils are absorbed into the skin, leaving it supple, rejuvenated and moisturized. Studies have confirmed that seaweed bathing helps reduce stress and relieves certain skin conditions. It is also helpful for the symptoms of rheumatism and arthritis, in the treatment of some circulatory problems, and eases backache or aching muscles. Above all, the healing powers of the sea help restore the balance needed by the body to promote well being and vitality.

Voya Seaweed Baths began in Sligo in 1912 and live on here today at The Twelve. Seaweed baths have been popular for centuries and now, we bring their curative effects to you in our range of certified organic seaweed health and beauty products direct from Voya. The Walton family who are one of the few people entrusted with a seaweed harvesting license, carefully and sustainably harvest this seaweed by hand everyday in an area of unsurpassable pristine and natural beauty. Seaweed baths are Ireland's only indigenous spa therapy and have been used for generations as a treatment for numerous skin conditions, for relaxation and as a beauty therapy.

After all you deserve to be treated...

How to Spa at the Twelve

Please speak with reception to make your booking in our Le Petit Spa treatment room. If you are a guest staying with us at the Twelve, our therapist will come to your room and take you to our Le Petit Spa.

The Journey

A full consultation takes place to allow the Voya experience to meet your every need. Start your journey and laze the time away in a Voya seaweed bath. Emerge renewed to enjoy a signature sorbet. Choose from the menu of bespoke treatments and reach the final destination of rejuvenation & relaxation. No treatment at The Twelve is complete without harmonising the mind to the body with the unique blends of Voya tea.

1. Detox Seaweed bath

Imagine enveloping your body in a fresh organic seaweed bath, with organic seaweed hand-harvested from our unspoiled Atlantic ocean of Ireland. Bath in your organic seaweed bath to relax the muscles, deeply moisturise and detoxify, increase circulation and heal. Available in Le Petit Spa or your own guest room.

Allow 45 minutes €49.00





2. Seaweed Oil Massage

Full Body VOYA massage- this organic aroma massage with stress relieving elements will combat the effects of tired bodies due to travel, lifestyle or just a need to restart the day. Indulge your body with a thousand kisses. **The Worlds only Organic Seaweed Oil** is applied to precondition the skin. It will make your skin smoother and softer. Its seaweed extracts from VOYA signature seaweed Fucus Serratus, helps renew your damaged skin cells, tone and elasticity, and can help against signs of ageing and cellulite.

Back Neck and Shoulder Massage
Full Body Massage

25 minutes
60 minutes

€ 45.00
€ 90.00

3. VOYA Herbal Bag Massage

A real sensory treat! Soaked warm bags of herbs & seaweed are gently massaged into the body; releasing the precious seaweed oils on to your body. We use a combination of the finest organic herbs and seaweed to massage your body and gently exfoliate & nourish your skin. Truly a therapeutic treatment that is completely indulgent. Choose between, calming organic chamomile, detoxifying peppermint or stimulating fennel.

Allow 60 minutes € 95.00

4. Ocean Essence Wrap

VOYA Ocean Essences stimulates the blood & lymph flow while increasing the skins tone and luster. It is an excellent skin rejuvenator, combating cellulite and muscle fatigue. The combination of seaweeds achieves a smoothing & moisturizing effect while detoxifying & stimulating the renewal of damaged skin cells

Allow 60 minutes € 90.00

5. VOYA Organic Seaweed Leaf Wrap

One of VOYA's truly amazing therapies, imagine been wrapped from head to toe in freshly harvested seaweed leaf. This luxurious Organic marine algae wrap covers the entire body which is then wrapped in organic muslin and then cocooned in a thermal blanket. This treatment detoxifies firms and softens the skin and is excellent in weight loss programmes. The ultimate spa experience, we use the finest seaweed, harvested by hand from the ocean to ensure that the highest content of bio-actives is preserved.

Allow 1 hour 30 minutes € 120.00





6. The Foot Retreat

A coarse sea salt exfoliation from the knees to the feet, to re charge circulation and refine your skin. A light massage of Seaweed gel to renew those tired legs, while your feet are wrapped in warmth you close your eyes and listen to the sea with therapeutic blends of aroma massaged into the scalp. To finish, you will enjoy a deeply relaxing massage of your lower legs.

Allow 1 hour 30 minutes € 95.00

Facials at the Twelve

VOYA's revolutionary range of organic facials is the result of 8 years research to by the finest dermatologist's, marine biologists and organic cosmetic scientists. These unique facials are results driven and use potent of Soil Association and USDA certified organic algae anti-oxidants, pro collagen organic plant extracts and luxurious healing organic oils. Indulge your skin with a moisturising hydrating bath, refresh your eyes, tighten & firm your facial features, impart a natural radiance and restore your skin to full health. We promise you pure, simple beauty and skincare products, produced with integrity and marketed with honesty.

7. Organic Environmental Defense Facial

Suitable for all skin types, this back, face and scalp facial though is of particular benefit for city skins, oily, congested, problematic skin types, A therapy that commences with deep cleansing back treatment to leave the skin feeling purified, smooth and re hydrated. A double action technique will work to eliminate toxins, re- balance the facial skin, with a double action hot and cold cleanse, a facial massage & lymphatic drainage and a marine mask with hand harvested seaweed leaf strips. The combination will leave the skin calm, cleansed , re balanced and a visibly clearer complexion.

Allow 1 hour 20 minutes € 115.00

8. VOYA Anti Ageing Reviver Facial

Suitable for all skin types, though of particular benefit for mature, dry or dehydrated skin types. A skin rejuvenating facial designed using VOYA's organic ingredients that have a combination of anti oxidant algae complexes, pro collagen organic extracts and a restorative blend of organic ingredients to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles, hydrate and plump the skin texture. The result is instantly firmed and tightened skin with a natural radiance glow, perfect after a long flight.

Allow 55 minutes € 95.00

*Each treatment will involve a signature sorbet and a select Voya tea to finish
All products used in our treatments are available for purchase in gift packs*