



WILD HIDEAWAYS

SPA MENU



KAREN MANNING
HOLISTIC THERAPIES

@The Sanctuary





THE SANCTUARY SPA AT WILD HIDEAWAYS

Inspired by the rhythm of the Wild Atlantic coastline, each treatment at The Sanctuary Spa is designed to restore balance, calm the nervous system, and create space for deep rest and renewal.

Blending holistic touch, therapeutic bodywork, grounding rituals, and intuitive care, every experience is thoughtfully adapted to your individual needs on the day.

Slow flowing techniques, natural aromatherapy, restorative massage, and mindful therapies work together to help you unwind fully, reconnect with yourself, and return to a place of ease.



THE SANCTUARY SPA AT WILD HIDEAWAYS

Opening and Closing Ritual

Every treatment is framed by a simple grounding ritual designed to support relaxation and integration.

Your experience begins with therapeutic essential oil inhalation and calming scalp therapy to quiet the mind and prepare the body for deep rest.

To complete the journey, gentle reflex work on the feet helps ground the body, awaken the senses, and ease you softly back into the present moment.



MASSAGE RITUALS

Holistic Relaxation Massage

A deeply calming full-body massage using flowing holistic and Swedish techniques to soothe the body, quiet mental chatter, and encourage complete relaxation.

Designed to ease stress and restore balance, this nurturing treatment leaves you feeling lighter, calmer, and deeply restored.

Warm Stone Holistic Fusion

A grounding fusion of holistic massage and warm stone therapy designed to melt away muscle tension and encourage profound rest.

Smooth heated basalt stones are combined with slow flowing massage techniques to warm the body deeply, calm the nervous system, and create a cocooning sense of comfort and ease.

45 / 60 / 90 minutes
€95 / €115 / €155

Couples Massage Experience

A shared massage ritual tailored individually to each guest, offering a peaceful moment of rest and reconnection.

Please note treatments are carried out one after the other rather than simultaneously.

60 minute (30 mins each)
€120



HOLISTIC FACIAL EXPERIENCE

Holistic Facial Ritual

A restorative facial experience designed to nurture both skin and wellbeing through mindful touch and natural skincare.

Using slow intentional massage techniques, this treatment helps release tension held within the face, jaw, neck, and scalp while supporting circulation and restoring natural radiance.

A sculpting facial massage, custom-blended mask, and nourishing hydration leave the skin feeling soft, balanced, and renewed while encouraging deep calm throughout the body.

Designed as a quiet moment of stillness, this ritual supports both inner calm and outer glow.

60 Minutes
€125

Sanctuary Face & Body Harmony

A seamless face and body ritual combining restorative massage and holistic facial therapy in one deeply nurturing experience.

The treatment begins with a flowing full-body massage to ease muscular tension and calm the nervous system, followed by a restorative facial incorporating sculpting massage techniques and nourishing botanical skincare.

A complete head-to-toe ritual designed to restore balance, radiance and deep relaxation.

90 Minutes
€155



RESTORATIVE THERAPIES

Grounding Reflexology Therapy

A focused reflexology treatment designed to restore balance throughout the body through precise pressure point work on the feet.

This deeply grounding therapy encourages relaxation, supports circulation, reduces fatigue and helps bring the body back into a state of calm.

Reiki Healing Journey

A gentle energy therapy designed to support emotional balance, deep relaxation, and inner calm.

Using light non-invasive touch, this restorative treatment encourages the body and mind to soften, release and return to a natural state of harmony. A nurturing experience for moments when you feel called to pause, reset, and reconnect inwardly.

The Sanctuary Blend

A fully intuitive wellness ritual designed to respond completely to your individual needs on the day. Blending massage therapy, reflexology, and Reiki into one seamless treatment, this immersive experience flows naturally between therapeutic bodywork, grounding reflex techniques and restorative energy therapy.

This treatment is designed to meet you exactly where you are, creating space for deep rest and renewal

60 minutes

€115



WELLNESS EXPERIENCES

Breathe Easy Experience

A soothing, restorative ritual designed to ease congestion and restore lightness throughout the head and body.

Warm aromatic steam gently opens the airways, followed by activation of reflexology points on the feet and marma points on the head to stimulate lymphatic flow and relieve sinus pressure.

A hot towel compress and rhythmic massage of the upper back, neck, shoulders, and scalp melt away tension. Facial steam and flowing massage through the décolletage, neck, face, and scalp encourage drainage and leave you with a renewed sense of openness.

As a finishing touch, you'll take home a hand-blended chest balm crafted with care by Karen, extending the restorative benefits long after your session.

60 mins

€115





WELLNESS EXPERIENCES

The Wild Wanderer Reflexology Experience

A restorative wellness ritual designed to revive tired feet, release built-up tension, and restore a renewed sense of lightness after travel, adventure, or demanding days.

Your experience begins with a warm herbal foot soak infused with rosemary, mountain thyme, and lavender to calm the senses and encourage relaxation.

A focused reflexology treatment then uses precise pressure techniques on key reflex points of the feet to support balance, release fatigue, and encourage overall wellbeing.

A cooling foot mask refreshes and soothes tired feet, while a calming scalp massage helps quiet the mind and deepen relaxation.

Designed to leave you feeling grounded, replenished, and renewed.

75 mins

€135





WELLNESS EXPERIENCES

The Nurture Pregnancy Experience

A gently soothing wellness experience designed to support comfort, relaxation, and emotional ease during the second and third trimester of pregnancy.

Carefully adapted massage techniques help relieve tension through the back, shoulders, hips, and legs, encouraging greater physical comfort and restorative rest as the body continues to change.

A pregnancy-safe reflexology treatment follows, using calming pressure techniques on the feet to support overall wellbeing, reduce fatigue, and encourage a sense of balance and lightness throughout the body.

Designed to help you slow down, restore, and feel deeply nurtured and supported throughout this special stage of pregnancy.

75 mins

€135





SIGNATURE SANCTUARY RITUAL

The WILD Sanctuary Grounding Ritual

Our signature head-to-toe wellness journey designed to deeply restore body, mind, and spirit.

Your experience begins with herbal tea and a warm aromatic foot soak to encourage immediate relaxation.

A therapeutic back, neck, and shoulder massage releases built-up tension before grounding reflexology helps restore balance throughout the body.

A nourishing facial ritual follows, leaving the skin radiant and renewed, before the treatment concludes with gentle Reiki to encourage stillness, emotional ease, and deep inner calm.

Designed to leave you feeling lighter, grounded, and profoundly restored.

2 hours
€195



