



Body Massage

At Juicy Oasis we are into simplifying everything, including our massage menu. Unlike many spas, you won't see a list of a thousand different massages, which we feel do no more than create confusion. Instead we have just a handful that cover what 99% of people ever really want. It is safe to say, you either want to be stroked and have oil slowly rubbed into your body and taken to a blissful place, or you want your muscles worked on.

Most people either go for our *signature Pure Bliss Full Body Massage* or our *signature Deep Tissue Massage*. We have also introduced an *à la Carte Massage* for those who want to choose exactly how they want their massage experience to be. If you want to expand your circle and experience something out of the ordinary, why not indulge in our **Tantric Massage!**? If you are in the mood for something truly special, then try our *unique Rainforest Massage*, which is a combination of exfoliation, cascades of warm water all over your body and a beautiful warm oil massage.

à la Carte Massage

50 minutes €70

Sometimes you may not always fancy what the massage menu has to offer, so at Juicy Oasis we have introduced massage *à la Carte*. If you like to have just your back, head and shoulders massaged, then you've got it. Want just a foot massage? It's yours! Simply tell your masseuse exactly what you want, how you like it and allow yourself to be transported into another world for 50 wonderful minutes.

Signature 'Pure Bliss' Full Body Massage

50 minutes €70

Our signature *Pure Bliss Full Body Massage* is 50 minutes of pure heaven and is our most popular massage. It's beautifully relaxing and is designed to transport you into a world of pure bliss.

Signature 'Deep Tissue' Full Body Massage

50 minutes €70

Our signature *Deep Tissue Massage* will focus on your aches and pains and any problem areas. If any specific muscles need particular attention, please let our experienced therapists know. This massage is designed to get you ready for your next Juicy Oasis fitness blast!

Aromatherapy Hot Bath Experience

25 minutes €20

Gently soak in our unique mosaic pool, filled with gorgeous hot water and scented oils. Allow your mind and muscles to relax as you enjoy bathing in candlelight accompanied by gentle music and a soothing drink - perfect for some special 'me' time.

'Pure Bliss' Full Body Massage & Aromatherapy Hot Bath Experience

75 minutes €85

This takes place in our stunning 'Oasis' Therapy Room and combines 50 beautiful minutes of our Pure Bliss massage, followed by 25 minutes gently soaking in our unique mosaic hot pool. The pool is filled with gorgeous hot water and scented with oils and is designed to soak away every inch of stress and tension from your entire body. You will be left to enjoy the candlelit hot pool accompanied by gentle music and a soothing drink - perfect for some special 'me' time.

Indulge in 4 or more treatments per person
= €20 off your bill*

Tantric Massage

Juicy Oasis is a world away from the many pressures and restraints of everyday life. It is a place to totally unwind, be yourself, remove your inhibitions, be free-spirited, and perhaps experience something a little different from your normal life.

Eden Spa has an exclusive **Tantric Massage Experience**, specifically designed to take you on an *extraordinary sensual journey*, taking your mind and your body to another, blissful place. This massage is full body and *clothing free* (that's you not the masseuse!). A full body massage is usually anything but, as it misses certain key areas such as the glutes and chest area. Our **Tantric Massage** is a beautiful and extremely sensual experience that will take you places you may never have been before.

Just because you are on a detox, doesn't mean you shouldn't experience something quite intimate but beautiful.

The tantric massages are strictly **women only** and are performed by a female masseuse.

Eden 'Tantric Bliss' Massage

50 minutes €80

This amazing, sensual experience will gently stimulate *almost* :) every part of your body. It requires a very open mind and is designed for the more adventurous and free-spirited amongst us. This is a full body, *clothing free* massage where almost every part of your body will experience a gentle and sensual touch. This is a completely safe experience that will take your mind to a heavenly place and leave you in a totally blissful state.

Eden 'Tantric Bliss' Massage & Aromatherapy Hot Bath Experience

75 minutes €95

This 75 minute experience, comprises of 50 beautiful minutes of 'Tantric Bliss Massage' followed by 25 minutes gently soaking in our unique mosaic hot pool. This is a very large, warm hot pool designed to soak away every inch of stress and tension from your entire body. After you have experienced the Tantric Bliss Massage, your therapist will leave you to soak in the pool accompanied by essential oils, candlelight, gentle music and a soothing drink - perfect for some special 'me' time.

The Info Bit...

- Please arrive a few minutes before your treatment is due as time lost through late arrival may result in the shortening of your session
- During your treatment please let your therapist know if you are not comfortable in any way
- No cancellation fee will be charged for cancellations up to four hours prior to treatment, however after this time, 50% of the treatment will unfortunately have to be charged
- Please note: The lovely government take a chunk of VAT, which has been included in the price

***Offer applies to treatments received per person. The 'Pamper Package' only counts as 1 x treatment. Cannot be used in conjunction with any other offers**

Ultimate Indulgence



The Juicy Oasis 'Rainforest Massage'

50 minutes €75

Overload your senses with this extremely unique massage experience (otherwise know as a 'Vichy Shower'). The treatment consists of a salt exfoliation to the entire body to remove dead skin cells. Next the warm and gentle waters of the Rainforest Shower are activated and begin to cascade down all over your body. Experience the simultaneous luxury of a beautiful oil massage whilst being showered in warm flowing water...

The Juicy Oasis 'Rainforest Bliss' Experience

100 minutes €145

This is a wonderful combination of our 50 minute *Rainforest Massage* immediately followed by a 50 minute *Pure Bliss massage*. Overload your senses with this extremely unique massage experience (otherwise know as a 'Vichy Shower'). The treatment consists of a salt exfoliation to the entire body to remove dead skin cells. Next the warm and gentle waters of the Rainforest Shower are activated and begin to cascade down all over your body. Experience the simultaneous luxury of a beautiful oil massage whilst being showered in warm flowing water, followed by a 50 minute full body massage...

Pamper Packages

For the ultimate experience why not choose one of our 'Pamper Packages' designed to transport you to a place of sheer bliss and deep relaxation - Whoever said detox was about deprivation?

Head to Toe 2.5 hours of bliss - €170

Reflexology - 50 mins of focused attention on the feet and their meridian points will gently stimulate the circulation and work on the bodies natural energy pathways.

followed by...

Indian Head Massage - 25 mins of glorious attention to the head, neck, shoulders and face, stimulating the upper three chakras and relaxing the entire body.

followed by...

Aromatherapy Hot Bath - 25 mins gently soaking in our unique mosaic pool, filled with gorgeous hot water and scented oils. You will be left to enjoy the candlelit hot pool accompanied by gentle music and a soothing drink - perfect for some special 'me' time.

followed by...

Pure Bliss Full Body Massage - 50 mins of beautifully relaxing massage designed to transport you into a world of pure bliss and relaxation.

Polish & Pamper 3 hours of bliss - €180

Facial - 50 mins of blissful cleansing, exfoliation, toning and massaging for the face, neck and scalp.

followed by...

Luxury Pedicure - 50 mins of feet pampering and polishing. Lie back on the massage bed, close your eyes and allow your feet to be soaked; exfoliated; filed; moisturised and massaged before the cuticles are treated and the nails are shaped and polished with O.P.I polish. All accompanied by soft music and candlelight.

followed by...

Aromatherapy Hot Bath - 30 mins gently soaking in our unique mosaic pool, filled with gorgeous hot water and scented oils. You will be left to enjoy the candlelit hot pool with gentle music and a soothing drink - perfect for some special 'me' time.

followed by...

Pure Bliss Full Body Massage - 50 mins of beautifully relaxing massage designed to transport you into a world of pure bliss and relaxation.



Colonic Hydrotherapy

At Juicy Oasis we fully understand that Colonic Hydrotherapy may not be everyone's cup of tea! However, as with many things in life, you shouldn't knock it till you've tried it, and millions of people around the world swear by it. Around 6,000 people in the UK undergo a colonic irrigation every month and celebrities such as **Jennifer Aniston, Madonna** and **Courtney Love** are all said to be fans of the treatment. **Princess Diana** was even reported to be a huge advocate of colonics, having weekly treatments which she claimed took 'all the aggro out of me'. This is perhaps the best way to describe the feeling most experience after a treatment, one of a huge weight being lifted off both mind and body.

A Colonic is like having an internal bath designed to clean the whole colon. This involves the gentle infusion of warm, filtered water into the rectum. The water stimulates the colon muscle to help stimulate the peristaltic action. **Colonics cleanse the colon of mucus, accumulated fecal matter, gas and toxins that are transported there during the detox process.**

During your time at Juicy Oasis, you will be living on nothing but pure juices and fresh 'green blends'. These provide the body with vital nutrition needed to assist the body with releasing toxicity from the cells and tissues. Many of these toxins are transported in the form of fat-soluble toxins and these can only be released through the colon via bile released from the liver. It is very important to release these toxins at this stage to avoid reabsorbing them back into the system. Therefore the perfect time to have a colonic is during a detox plan.

Whether you are looking to fully support your juicy detox and get the most from this experience or if you are just feeling a little 'blocked' or 'bunged up', then a colonic could be the very thing you're looking for!

THE EDEN SPA COLONIC 50 minutes €75

Our colonic hydrotherapist will explain the procedure and will make you feel extremely relaxed before, during and after the process.

Some people will only require one treatment during the week, however depending on your diet and for optimum results, we would recommend a minimum of two (one at the beginning and one towards the end of the detox). Some 'experienced detoxers' looking for optimum results will of course decide to have a course of treatments.

Organic Coffee Infusion €10

While you are at Juicy Oasis, this is the only place you'll find a coffee bean! The concept of having coffee going into your colon rather than your mouth, is a hard one for some to get their head around, especially when you are on a 'caffeine free' detox week.

However, coffee infusions are powerful detoxifiers. The compounds within coffee stimulate bile release which is important for moving toxins through the bowel for elimination. These compounds also stimulate the liver to produce powerful enzymes which bind toxins and flush them through the system during the treatment.

For this reason, we recommend coffee infusions at the beginning and mid week to support your liver with processing the additional toxicity.

Organic Wheatgrass Infusion €10

You are welcome to 'raise the game' of your colonic treatment by having a wheatgrass juice infusion. In order to get their wheatgrass, most people drink it in small shots, as you will here at Juicy Oasis. However, you can only ever drink very small amounts (usually 1oz shots) as the stomach can be extremely sensitive to this.

However when you infuse wheatgrass juice via the colon, a greater amount can be used as it avoids the stomach and, because it is transported via the portal vein, its high nutritional load is quickly transported to the bloodstream and to other organs in the body, helping them to cleanse and heal.

We recommend the wheatgrass infusion towards the end of the week to provide your system with additional nutrition after the majority of the toxicity has been processed.

Indulge in 4 or more treatments per person
= €20 off your bill*

Head

Indian Head Massage

25 minutes €35

Indian head massage works on the upper three chakras paying glorious attention to the head, neck, shoulders and face and relaxing the entire body.

Fingers & Feet

Reflexology

50 minutes €65

Focused attention on the feet and their meridian points to gently stimulate the circulation and work on the bodies natural energy pathways.

Luxury Pedicure **O·P·I**

50 minutes €55

Lie back on the massage bed, close your eyes and allow your feet to be soaked; exfoliated; filed; moisturised and massaged before the cuticles are treated and the nails are shaped and polished using O.P.I polish. All accompanied by soft music and candlelight; a delicious pampering and polish experience.

Luxury Manicure **O·P·I**

45 minutes €40

The hands are soaked and any dried skin is removed from around the cuticle before the hands are moisturised and the nails are filed, shaped and polished using O.P.I polish.

Face

Luxury Facial

80 minutes €90

This Luxury facial includes cleansing, exfoliating, toning and moisturising as well as the application of a face mask designed to peel dead skin and extract impurities from the skin. Whilst the mask is firming and tightening your therapist will stimulate pressure points in the hands and feet with a beautiful massage before massaging the face, neck and scalp - So much more than just a facial!

Facial

50 minutes €55

Enjoy a blissful 50 minutes whilst our therapist gently cleanses, exfoliates, tones, moisturises and massages the face, neck and scalp.

Express Facial

25 minutes €35

Enjoy a relaxing 25 minutes whilst our therapist gently exfoliates, cleanses, tones and massages the face.

*Offer applies to treatments received per person. The 'Pamper Package' only counts as 1 x treatment. Cannot be used in conjunction with any other offers

e: spa@juicyoasis.com

w: www.juicyoasis.com

t: 274 808074

Eden

Spa



Time to indulge...

Indulge in 4 or more treatments per
person = €20 off your bill*

Advanced Clinical Massage

Myofascial Therapy

This therapy is an eclectic mix of the most current, efficient and powerful clinical soft tissue techniques, such as:

- Myofascia release
- Trigger point therapy
- Acupressure
- Soft tissue release
- Sports stretching

The Aim?

To increase the body's range of motion and decrease pain.

The strategy

The myofascial 3-dimensional web that wraps around the muscular system can become damaged through stress, injury and surgery. This specific technique increasing the body's flexibility and reduces pain by realigning and balancing the structures of the body,

Beneficial for:

Frozen shoulder, Pectoralis minor syndrome, Rotator cuff injury, Shoulder impingement's, Tendinopathies, Bursitis, Ankylosing spondylitis, Carpal tunnel, RSI, Tennis & Golfers elbow, Osteoarthritis, Sacroiliac joint dysfunction, Groin strains, Lower back pain, Fibromyalgia, Chronic fatigue, IBS and sprains

Our Experienced & Qualified therapist is Aoife

50 mins = €80

Osteopathy

This therapy focuses on total body health by treating and strengthening the musculoskeletal framework, which includes the joints, muscles and spine using:

- Neuromuscular techniques
- Skeletal manipulation
- Sports stretching
- Cranial, Spinal & Sacrum bodywork

The Aim?

To release compression and alleviate pain by positively affecting the body's nervous, circulatory and lymphatic systems.

The strategy

This technique is used to treat injuries arising from ligament, bone and muscle damage as well as from more common place systematic diseases

Beneficial for:

General aches and pains, Sports injuries, Joint pains, Arthritic pain, Neck, mid and lower back issues, Headaches, Frozen shoulder, Tennis elbow, Circulatory problems, Sciatica, Neuralgia, Fibromyalgia and Muscle spasm

Our Experienced & Qualified therapist is Claudia

80 mins = €115

Spa Package

Why not indulge in our bespoke 'Spa-Package' during your stay at Juicy Oasis and experience a range of treatments designed to support your detox journey.

Spa Package includes:

- 2 x Colonic Hydrotherapy Sessions (ideally taken at the beginning and end of the weeks)
- 2 x Colonic Infusions (either wheatgrass or coffee)
- 1 x 100 minute Rainforest Experience
- 2 x 'Deep Tissue' or 'Bliss' 50 minute massages
- 1 x 'Indian Head' or 'Express Facial' 25 minute sessions

Package price:

€455 instead of €490

(saving €35!)

This Spa Package offer is not in conjunction with any other offer

