

Screebe

# Spa Brochure

## SIGNATURE TREATMENTS

### FEATURING WILD IRISH SEAWEED & TERRE DE MARS

#### ATLANTIC AWAKENING BODY RITUAL 90 MINS 160

*Start with a full-body exfoliation using wild Irish seaweed flakes and Terre de Mars coffee scrub to stimulate circulation. This is followed by a seaweed body wrap to detoxify and remineralize. Conclude with a deeply hydrating Terre de Mars body oil massage, rich in coffee extract and rosemary.*

**Benefits:** Detoxifying, energizing, and skin-firming.

**Ideal for:** Stress, fatigue, dull skin.

#### OCEAN & EARTH FACIAL 60 MINS 120

*A restorative facial combining a kelp-infused mask with Terre de Mars face serum and lotion. Includes a marine collagen eye treatment and cooling jade stone massage.*

**Benefits:** Rehydration, radiance, and anti-aging.

**Ideal for:** All skin types, especially dry or mature.

#### SEA & SKY HEAD-TO-TOE RITUAL 120 MINS 190

*Includes a seaweed foot soak, scalp massage, and a full body exfoliation with wild sea salt & seaweed. Followed by a back massage using warm seaweed compresses and Terre de Mars body cream.*

**Benefits:** Deeply relaxing and nourishing.

**Ideal for:** Resetting body & mind.

**CALL FOR APPOINTMENT**  
**+353 (091) 574 110**

**SCREEBE HOUSE**  
**R340 ROSMUC, CONNEMARA**  
**CO GALWAY H91X5WYSPA**



WHISPERING  
CLOUDS  
SPA

Screebe

# Spa Brochure

## THERMAL RITUALS & STEAM ROOM EXPERIENCES INSPIRED BY THE WILD ATLANTIC AND BOTANICAL EARTH

### WILD ATLANTIC DETOX BATH

60 MINS

110

*Begin with a guided steam room session infused with wild Irish seaweed and eucalyptus. This deeply detoxifying mist opens pores and relaxes the body. Followed by a final application of Terre de Mars body lotion to lock in moisture.*

**Benefits:** Purifies skin, opens airways, and boosts immunity.

**Ideal for:** Detox, colds, sluggish circulation.

### ATLANTIC STEAM & SCRUB CEREMONY

75 MINS

135

*Start in the steam room with seaweed-infused steam and a self-application of wild sea salt and Terre de Mars coffee scrub. After the steam, guests are guided to a private shower and then treated to a restorative massage with Terre de Mars oil.*

**Benefits:** Silky skin, stimulated metabolism, full-body renewal.

**Ideal for:** Deep exfoliation and circulation.

### CELTIC RENEWAL JOURNEY

90 MINS

160

*A multi-stage treatment: Steam room immersion with seaweed vapor, kelp wrap with clay mask on the body, face cleanse and Terre de Mars serum facial, and a finishing head & scalp massage.*

**Benefits:** Detoxifies, firms, and restores from head to toe.

**Ideal for:** Full rejuvenation and hydration boost.

### CALL FOR APPOINTMENT

+353 (091) 574 110

SCREEBE HOUSE

R340 ROSMUC, CONNEMARA

CO GALWAY H91X5WYSPA



WHISPERING  
CLOUDS  
SPA