



AUTUMN AT THE HERITAGE SPA

There's nothing quite like a day of relaxation and rejuvenation. This Autumn take time out for some well-deserved self-care and long overdue R & R with our range of stress relieving Spa packages.

At The Heritage Spa tension is released, a busy and anxious mind is quietened to ease and detox your mind and body.

Restore and Revive - 1 hr 15 mins

Warming Spiced Mud Wrap followed by a Muscle Melting Back Massage and Conditioning Scalp Treatment.

MON – FRI €120 **SAT – SUN** €140

Autumn Immune Booster - 1 hr

Hot-Stone Back Massage with resistance oil, a powerful aromatic with purifying eucalyptus and tea tree to help strengthen and invigorate when you need it most! Followed by a Voya Taster Facial and Scalp Massage

MON – FRI €99 **SAT – SUN** €120

The above treatments include 2 hours full access to The Heritage Spa Experience.

Available from September 1st until October 31st 2020

For further details contact

spa reception on **057-8645500** and **press 3** or email: spa@theheritage.com

THE
HERITAGE
Spa

The Heritage, Killenard,
County Laois, Ireland
R32 PW10
t +353 (0)57 864 5500
theheritage.com

FBD HOTELS & RESORTS



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Sunshine Ritual - 1 hr 15 mins

No foreign holiday this year? Never fear we have just the ticket to give you that feeling of heat on your skin!

Make your way through the spacious thermal suite with an array of heat experiences available. Enjoy a stimulating Sea Salt Body Scrub and a Full Body Positivity Massage with jasmine, gardenia and sweet orange oil to evoke the scents of a foreign holiday. Sounds heavenly!

MON – FRI €110 SAT – SUN €120

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