
TA CENC WELLNESS SPA



CONTACT DETAILS

TEL: 22191600/22191000
SPA@TACENCHOTEL.COM

FACIALS

Personalized Facial - 60mins/65Euros

The therapist will tailor the facial to address your specific skincare needs and concerns.

Detoxifying Facial – 60mins/75Euros

Benefit from the Spirulina facial which is a nutrient-rich algae packed with antioxidants and vitamins that help detoxify and nourish leaving your skin feeling refreshed.

Brightening Glow Facial – 60mins/75Euros

Aims to even out skin tone and reduce the appearance of dark spots or hyperpigmentation leaving your skin more vibrant and glowing.

Age-Defying Facial – 60mins/80Euros

Targets signs of aging, such as fine lines and wrinkles using specialized products and techniques, promoting a more youthful complexion.

EYE CARE

Timeless Beauty Eye Mask – 45mins/50Euros

Rejuvenating rich eye mask designed to target the delicate skin around the eyes helping to diminish the appearance of fine lines and puffiness.

Eyebrow Shaping – 15mins/15euros

Eyebrow or Eyelash Tint - 15mins/15Euros

Eyebrow and Eyelash Tint – 20mins/30Euros

HANDS & FEET

On-the-Go Manicure - 30mins/35Euros

Perfect for those who are in a hurry. Includes nail shaping, cuticle care and polish application. Add Gel Polish – 10Euros

Pedi Quick Fix - 30mins/35Euros

For those who are on the go but still want to keep their feet looking fabulous. Includes nail shaping, cuticle care and polish application. Add Gel Polish – 10Euros

Luxury Manicure - 60mins/60Euros

It's a perfect way to give your hands the royal treatment they deserve. Includes nail care, gentle exfoliating scrub and wrapped in a paraffin mask. Finish off with a varnish application.

Add Gel Polish – 10Euros

Luxury Pedicure - 60mins/60Euros

Soak your feet in a warm infused bath salts and have your feet massaged with a cooling balm to soothe away aches. Includes nail care and exfoliation. Conclude with a paraffin mask and varnish. Add Gel Polish – 10Euros

Gentlemen's Pedi Parlour - 60mins/55Euros

Nail care designed for today's men. Foot soak followed by exfoliation, massage and finish with a soothing paraffin mask.

DEPILATION

Upper Lip – 10mins/7Euros

Under Arm Wax – 10mins/15Euros

Arm Wax – 30mins – 25Euros

Bikini Line Wax – 15mins/15Euros

Hollywood Wax – 45mins/35Euros

Half Leg Wax – 15mins/20Euros

Full Leg Wax – 30mins/30Euros

Chest Wax – 35mins/35Euros

Back Wax – 35mins/35Euros

MASSAGES

Be Yourself Again - 45mins/60Euros, 60mins/70Euros, 75mins/80Euros

A gentle and soothe touch to help relax the muscles promoting a sense of relaxation, improve circulation and promoting a sense of calm.

Escape the Stress of Modern Life - 45mins/65Euros, 60mins/75Euros, 75mins/85Euros

Indulge in our medium pressure massage, a perfect blend of relaxation and therapeutic benefits.

This massage technique focuses on releasing tension and ease muscle knots providing a balance between relaxation and muscle work.

Deep Tranquillity - 45mins/70Euros, 60mins/90Euros

The deep tissue massage is perfect for those seeking relief from muscle tightness helping alleviate muscle pain, distress and give your body the care it deserves.

Garden Flavours – 45mins/65Euros, 60mins/75Euros, 75mins/85Euros

Blissfully drift away with this relaxing essential oils massage. Feel comforted with the therapist's hands that will sweep away the stresses of everyday life with flowing, slow movements and emerge feeling completely rested.

Candlelight massage – 20mins/45Euros, 45mins/70Euros, 60mins/85euros

An aromatic warm candle oil is poured over your body with long strokes, slow rhythm and releasing tension movements while promoting serenity.

Hot Stone Therapy Massage – 30mins/55Euros, 60mins/95Euros, 75mins/120Euros

A luxurious and deeply relaxing treatment that combines the benefits of a gentle massage therapy with the soothing warmth of heated stones to release muscle tension and helping relax your body and mind.

Shiatsu Massage – 45mins/65Euros, 75mins-90Euros

A unique experience inspired by the ancient Japanese art. By targeting specific pressure points, Shiatsu massage aims to stimulate the body's natural healing abilities and targets exact areas of discomfort. Helps as well with migraines, digestive issues and sports injuries.

Mum-to-be Massage – 45mins/60Euros

A wonderful way for expectant mothers to relax and find relief during pregnancy. Available from the second to the third trimester.

BODY PEELING AND WRAPS

Nourishing Sugar Scrub – 35mins/60Euros

A Hydrating body polish that scrubs away dry skin, remove toxins and restores vibrancy leaving the skin silky smooth.

Exotic Island Body Scrub – 35mins/65Euros

Bring back your skin's radiant glow with a combination of Tahitian vanilla extracts, Bora Bora sand sea salt and coconut shell to gently exfoliate the body leaving your skin soft and velvety.

Marine Mud Wrap – 45mins/70Euros

Natural marine mud from the Dead Sea with exceptional minerals making this wrap a multi-action treatment – detoxifies, nourishes the skin while helping to firm the skin and acts as a natural anti-stress.

Heavenly Hydration Wrap– 45mins/70Euros

Envelope yourself in a hydrating rich mask allowing the nourishing ingredients to deeply penetrate your skin leaving it feeling soft and replenished.

LITTLE LUXURIES

Heavenly Head, Face and Neck - 20mins/35Euros

Back and Neck Soother – 25mins/40Euros

Legs and feet Revitalizer – 25mins/40Euros

Back and Leg Rebalance - 35mins/50Euros

Refresh Facial – 30mins/50Euros

Hopi Ear Candle – 40mins/50Euros

SPA PACKAGES

A Day with a Difference: (Mondays-Thursdays) 70Euros, (Fridays, Saturdays, Sundays & Public Holidays) 85Euros.

Spend a blissful day at our Wellness Spa. Included are the use of the Spa Facilities (Indoor/Outdoor heated pool, Jacuzzi, Sauna, Steam Room & GYM), € 20 per person credit to be used against food at Il Terrazzo restaurant on the day and one of the following treatments: Back & Neck massage, Face & Head Massage or Quick Manicure or Pedicure.

Men's Ritual Escape – 180mins/200Euros

(Facial-Massage-Pedicure)

Enjoy a revitalising skin and body care programme without all the fuss, starting with a Personalized Facial followed by a de-stressing full body massage for pure relaxation and end the journey with a Pedicure.

Women's Body Boost – 160mins/205Euros

(Scrub-Back & Legs Massage-Facial-Quick Mani or Pedi)

It's the perfect combination for a blissful spa experience and indulge in some self-care. Start by exfoliating with a nourishing body scrub, then melt any tension in a soothing Back, Neck and Legs massage. Afterwards, indulge in a Personalized Facial that leaves your skin glowing and finish with an express Manicure or Pedicure.

Yummy Mum's to Be – 150mins/160Euros

(Massage-Facial-Pedicure)

Pamper yourself with a Mum-to-be massage designed to ease away aches and pains associated with pregnancy, then continue with a Personalized Facial leaving your skin refreshed and end with a Luxury Pedicure for soft touch finish.

A Walk along the Cliffs – 215mins/295Euros

(Scrub-Massage-Facial-Quick Mani & Pedi-Lunch)

Inspired by an unrushed stroll along the cliffs, let us take you on an escape day devoted to replenishing your body and giving your mind a breath of fresh air. Start by exfoliating your skin with a detoxifying body scrub followed by a tension reliever full body massage and a hydrating facial for a plump glowing skin. During lunchtime, you have included a 20Euro credit at the Bar Terrace and a glass of prosecco. End this pampering journey with an On-the-go manicure and a Quick Fix Pedi.

