



ANÚ SPA

AT THE BREHON

*From time to time the self needs
solitude, space & peace to re-charge & revitalise...*

TREATMENTS LIST



ANÚ SPA AT THE BREHON

Our spa is named after “Anú” the Celtic earth goddess from whom all life emerged; she embodied the earth, rivers and sea. She offered fertility, abundance, regeneration and nurturing. With this in mind our ethos brings a holistic approach to the Anú experience.

Whether you indulge in our Vitality Suite or choose to restore your body and soul with an Anú Treatment, our spa will allow you to immerse yourself to feel regenerated and nurtured.

Anú is the place to reconnect to yourself. Anú Spa, Anú You.



ESSENCE OF ANÚ SPA

ENERGISE

€175

A combination of pressure point and stretching massage techniques to help promote flexibility and boost blood circulation. Followed by a foot massage to loosen tired feet.

- *85 minute treatment (55 minute massage & 30 minute foot massage)*

DESTRESS

€175

Deep tissue massage techniques to help soften tense muscles and stimulate blood flow

- *85 minute treatment (55 minute fully body massage & 30 minute Indian head massage)*

INVIGORATE

€185

Give your body a well-deserved tune up with this treat that combines Anu Spa's classic mini therapies. You will be ready to face the world after this delightful experience

- *85 minute treatment (30 minute back energy massage & 30 minute facial and 25 minute body scrub)*

ROMANCE

€185

Those looking to unveil their inner glow. The Honey Sesame scrub is known for vanishing dead skin cells and leaving your skin soft and glowing. Followed by full body massage to release stress and tension. Finish with a Mini Facial which works effectively to soften and moisture you skin

- *115 minute treatment (55 minute massage, 30 minute mini facial, 30 minute honey sesame scrub)*

ESSENCE OF ANÚ SPA

GLOW

€175

Surrender yourself to a pampering body massage after a cleansing body polish. The scrub helps to remove dead skin cells, allowing you to reap the full benefits of the aromatic oil massage that follows. You'll feel lighter and fresher than ever, and it will show on your glowing skin

- *85 minute treatment (55 minute full body massage & 30 minute body polish beauty)*

BEAUTY

€225

Those looking to pamper from top to toe. Personalize your own medley of beautifying treatments, leaving you rejuvenated with an all-round radiance.

- *115 minute treatment (55 minute body massage & 60 minute facial)*

DETOX

€230

Those looking to detox. The scrub deeply cleanses while warm ginger enhances blood circulation. The mud mask removes impurities, leaving you with refreshed skin. Not suitable for highly sensitive skin.

- *110 minute treatment (25 minute ginger warming scrub, 30 minute detox mud mask & 55 minute body massage)*



MASSAGE

SHEA BUTTER (30/55/80 minutes)

€80/€125/€155

Relax - Muscle - Melting Using La Sultane de Saba's signature blend of precious oils with melted shea butter, the focus is purely on relaxation. A sensory delight where your chosen oil is gently drizzled over the entire body and a combination of long, flowing, and rhythmic techniques help melt away stresses and strains.

AKWATERRE (80 minutes)

€165

Those looking to pamper from top to toe. Personalize your own medley of beautifying treatments, leaving you rejuvenated with an all-round radiance.

JAVANESE (55/80 minutes)

€125/€155

Adapted from traditional Balinese techniques, this deep tissue massage uses thumb and palm pressure to soothe aching muscles and relieve tension. Harmony Oil with its warming benefits is used to further enhance this invigorating experience

THAI (55/80 minutes)

€125/€155

Unwind to a delicate stretching of your body to improve flexibility, followed by Thai massage techniques of palming and thumbing, without the use of oil, on your meridian lines. Dry Massage

INDIAN HEAD MASSAGE (30 minutes)

€80

Focusing on the key pressure points on your head, this massage is designed to clear your mind of all stress and tension. It feels so good that you can even enjoy it sitting down.

MASSAGE

BACK ENERGY MASSAGE (30 minutes)

€80

Enjoy renewed energy after this tension relief massage done on your back. The therapist employs medium to strong pressure, using deep strokes to iron out tensed muscles for a stronger healthier back

FOOT LOOSE MASSAGE (30 minutes)

€80

Step out with happier feet after an energising foot massage. This massage focuses on the feet to relieve tired soles, balance the energy flow and improve circulation



La Sultane de Saba
PARIS



La Sultane de Saba

PARIS



A luxury artisan skin care range from France that is exceptionally natural including certified organic products. Each range is a journey, inviting you to travel and immerse your senses in age-old recipes incorporating Eastern treatments and techniques to bring a source of escape and promise of wellness.

SILK AND ROSE FACIAL (30/55 minutes)

€80/€125

Brightening - Smoothing - Nourishing These facial focuses on smoothing and hydrating the skin whilst the natural rose pigment enhances and brightens the overall complexion. Pure Silk Cocoons are used in an incredible way to exfoliate the face gently whilst also helping unclog and refine pores. Your skin is left looking fresh and dewy with rose petal softness.

23 CARAT GOLD ANTI-AGING FACIAL (30/60 minutes)

€80/€125

Anti-Ageing – Hydrating – Illuminating For centuries women have cherished the virtues of gold as a true beauty treasure. Combining the rejuvenating virtues of 23-carat gold minerals along with caviar and mother of pearl, for powerful anti-ageing and nourishing treatment rich in vitamins, essential amino acids, and trace elements.

RASSOUL TREATMENTS

RASSOUL PURIFYING AND SMOOTHING

(115 minute treatment)

€80/€125

A complete deep cleansing and anti-ageing marvel, revealing skin that sparkles with youth from top to toe. We drench the skin with a wave of Gold, Pearl, and Caviar, starting with a Gold Black Soap cleanse and scrub to prepare the skin, then entering the warmth of the Rassoul we envelop the body in the deep cleansing lava clay enriched with nourishing shea butter. Then choose to complete your experience with a 55-minute gold muscle melting massage or a 60-minute Gold facial.

SIGNATURE RASSOUL (50 minute treatment)

€120

One of the most ancient cleaning wellness rituals around, known particularly for its powerful purifying and skin softening virtues whilst also clearing the mind and relaxing the muscles. Including a traditional black soap wash and scrub before a cocooning lend of lava clay, shea butter, and honey help to remove impurities, and condition and tone the skin.

DIY RASSOUL RITUAL (50 minute treatment)

€60

One of the most ancient cleaning wellness rituals around, known particularly for its powerful purifying and skin softening virtues whilst also clearing the mind and relaxing the muscles. Including a traditional black soap wash and scrub before a cocooning lend of lava clay, shea butter, and honey help to remove impurities, and condition and tone the skin.



PREGNANCY TREATMENTS

MOTHER TO BE MASSAGE (55 minute treatment) €125

For mothers to be, this nurturing Massage is a good choice. Our experienced therapists will use gentle strokes with the warm clarity oil.

INDIAN HEAD MASSAGE (30 minute treatments) €80

DE-STRESS - focusing on the key pressure points on your head, this massage is designed to clear your mind of all stress and tension. It feels so good that you can even enjoy it sitting down

FOOT LOOSE (30 minute treatment) €80

Step out with happier feet after an energizing foot massage. This massage focuses on feet to relieve tired soles, balance the energy flow and improve circulation.

MINI FACIAL (30 minute treatment) €80

Facial with Anne Semonin range which leaves the skin refreshed and renewed.

HYDRA EXPRESS FACIAL (55 minute treatment) €125

Express hydrating cleanse. Suitable for all skin types and conditions reinforce the skins PH balance. Softens and hydrates and gives instant radiance.
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Massage stimulating treatments are not recommended prior to 16 weeks of pregnancy. It is recommended that a maximum of 55 minutes treatments be booked in order to allow for your comfort levels



ANNE SEMONIN

PARIS

Anú Spa is proud to be the home of beauty brand, Anne Semonin, offering the concept of 'made to measure' beauty, specialising in customised skincare.

HYDRA EXPRESS FACIAL (55 minute treatment) €125

Express hydrating cleanse. Suitable for all skin types and conditions reinforce the skins PH balance. Softens and hydrates and gives instant radiance.

DEEP MARINE PURIFYING FACIAL (55 minute treatment) €125

FOR OILY SKIN, Deep cleanse, purifies, rebalances, soothes and tightens the pores. A gentle but powerful, complete cleansing treatment using peel off detoxifying seaweed mask and steam

HYDRA EXPRESS FACIAL (55 minute treatment) €125

FOR OILY SKIN, Deep cleanse, purifies, rebalances, soothes and tightens the pores. A gentle but powerful, complete cleansing treatment using peel off detoxifying seaweed mask and steam

AGE DEFYING FACIAL (60 minute treatment) €135

Lifting and firming. Helps the exchange of cellular nutrients and slows down accelerated aging. A skin brightening booster facial for special occasions or as part of an anti-aging programme, the ultimate anti-aging facial treatment, plumps up wrinkles from the inside and relaxes facial tension

MINI FACIAL (30 minute treatment) €80

ALL SKIN TYPES Cleanse, scrub and moisturise. A reviving and toning facial therapy for men



SCRUBS AT ANÚ SPA

SALT - SILK - SPICE SCRUBS (25 minute treatment) €80

An invigorating scrub to suit your needs, from invigorating salts to strengthening silk proteins or warming spices. Each helps to boost circulation whilst polishing the skin.

BODY SCRUBS ALMOND MILK (25 minute treatment) €80

FOR ALL SKIN TYPES: This polish is a natural skin brightener & anti-aging. Watch those fine lines fade, your skin is left feeling smoother and more refined.

SESAME SCRUB (25 minute treatment) €80

FOR DRY/NORMAL SKIN: A sweet, goory scrub made from golden honey and sesame seeds that is ideal for dry to normal skin. The sesame seeds gently exfoliate your skin, while honey, a natural remedy, aids in healing of wounds and promotes new cell growth

STIMULATING COFFEE & VANILLA POLISH (25-minute treatment) €80

FOR ALL SKIN TYPES: Get set to glow with this invigorating coffee and sweet vanilla essence scrub. This has an uplifting and firming benefit, stimulating stubborn areas where cellulite may form. Instant glow and shine.

FRUIT DELIGHT (25-minute treatment) €80

FOR ALL SKIN TYPES: Cleanse and brighten your skin with this anti-oxidant body conditioner consisting of orange, carrot, apple and lime juice.

SCRUBS AT ANÚ SPA

PURE GOLD (30-minute treatment) €80

FOR ALL SKIN TYPES: Add some sparkle to your skin with this prized favourite. This luxurious body polish blends honey, olive oil, fresh milk and almonds together with shimmering gold foil to wash away dry, tired skin cells thereby, smoothing and leaving your skin glowing - head turning drama epitomised.

BODY WRAPS AVOCADO SMOOTHIE (30 minute treatment) €80

Nourishing for all skin types rich in vitamins, minerals and natural oils, avocado blended

DETOX MUD MASK (30 minute treatment) €80

Detoxifying for oily skin. A deep cleansing treatment using rich mud to detoxify and nourish the skin.

OLIVE SOOTHER (30 minute treatment) €80

ALL SKIN TYPES: This delectable conditioner blends olive oil and oatmeal to add a lovely sheen to your skin

HONEY MILK (30 minute treatment) €80

A fusion of cumin seed & sesame honey to soften and brighten the skin.

ENJOY A BODY SCRUB & BODY WRAP €125





ANÚ VITALITY SUITE

The Vitality Suite combines a series of rooms, designed to take your body on a wet and dry, warm and cold temperature journey. Consisting of a Herb Sauna, Crystal Steam Room, Ice Fountain, Tropical Shower and a 12 Metre Vitality Pool.

The idea is that you use the several heat experiences to soothe, relax and detoxify your body in advance of any spa treatments you have booked, sometimes just as a restorative therapy on its own to chill you (literally) out or re-energise you over a couple of hours.

There is no precise Journey in the Vitality Suite. What they all do is aim to relax and detoxify you - as you warm up, your pores open, you sweat, and this increased sweating is believed to be good for accelerating the elimination of toxins from your body.





ETIQUETTE

The spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. Children under the age of 18 are not allowed in the spa or the Vitality Suite. We ask that you respect other guests' privacy by speaking softly. Cellular phones and electronic devices are discouraged.

ATTIRE

Please arrive at the spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available on request. Reservations Advance booking prior to your arrival is recommended at the time of the booking for a confirmed appointment.

CHECK IN

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment times. A late arrival will result in shortened treatment to accommodate other guests fairly. Please arrive 60 minutes prior to your appointment for the Vitality Suite. SPA

TREATMENT TIMES

Spa opening hours are Monday to Friday 8am – 8pm, Saturday & Sunday 8am – 8pm. Opening times are subject to change without prior notice. Please note a minimum of 55 mins treatments is required to book on the weekends and bank holidays. Special Consideration if you are pregnant, you may wish to avoid booking treatments that involve use of essential oils. Massage stimulating treatments are not recommended during the first three months of pregnancy. If you have high blood pressure, heart conditions, allergies, or other medical complications, we advise that you consult your doctor before signing up for any spa services. Please inform your therapist of any medical conditions.

SMOKING AND ALCOHOL

Smoking and the consumption of alcohol within the spa is prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any spa treatment.

CANCELLATION POLICY

A 48 hour cancellation policy notice is required to help us re-schedule your appointment subject to space and availability. Any cancellation with less than 48 hours' notice will incur 100% cancellation fee. A full fee will be imposed for a "no-show".

VALUABLES

We recommend that no jewellery be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought onto the spa premises.

GIFT CERTIFICATES

Treat a friend or loved one by giving them an experience they will never forget. Gift Certificates are available for use against any spa treatment, package, or retail products. Gift certificates are non-refundable and must be presented at the time of treatment. Please contact our receptionist for more details.

REFUND POLICY

Treatment packages are non-refundable. Unused portion of the package are non-transferable or nonexchangeable for another time. Payment - We accept cash and all major credit cards. All prices are, quoted in Euro and are subject to change without prior notice.

DISCLAIMER

The spa treatments, services and/or facilities received or utilised at Anu Spa The Brehon are intended for general purpose only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Guests will fully indemnify and hold harmless Anu Spa The Brehon. Its handling company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis) arising out of or in connection with the spa treatment, services and/or facilities