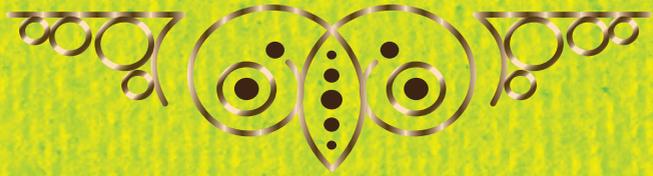
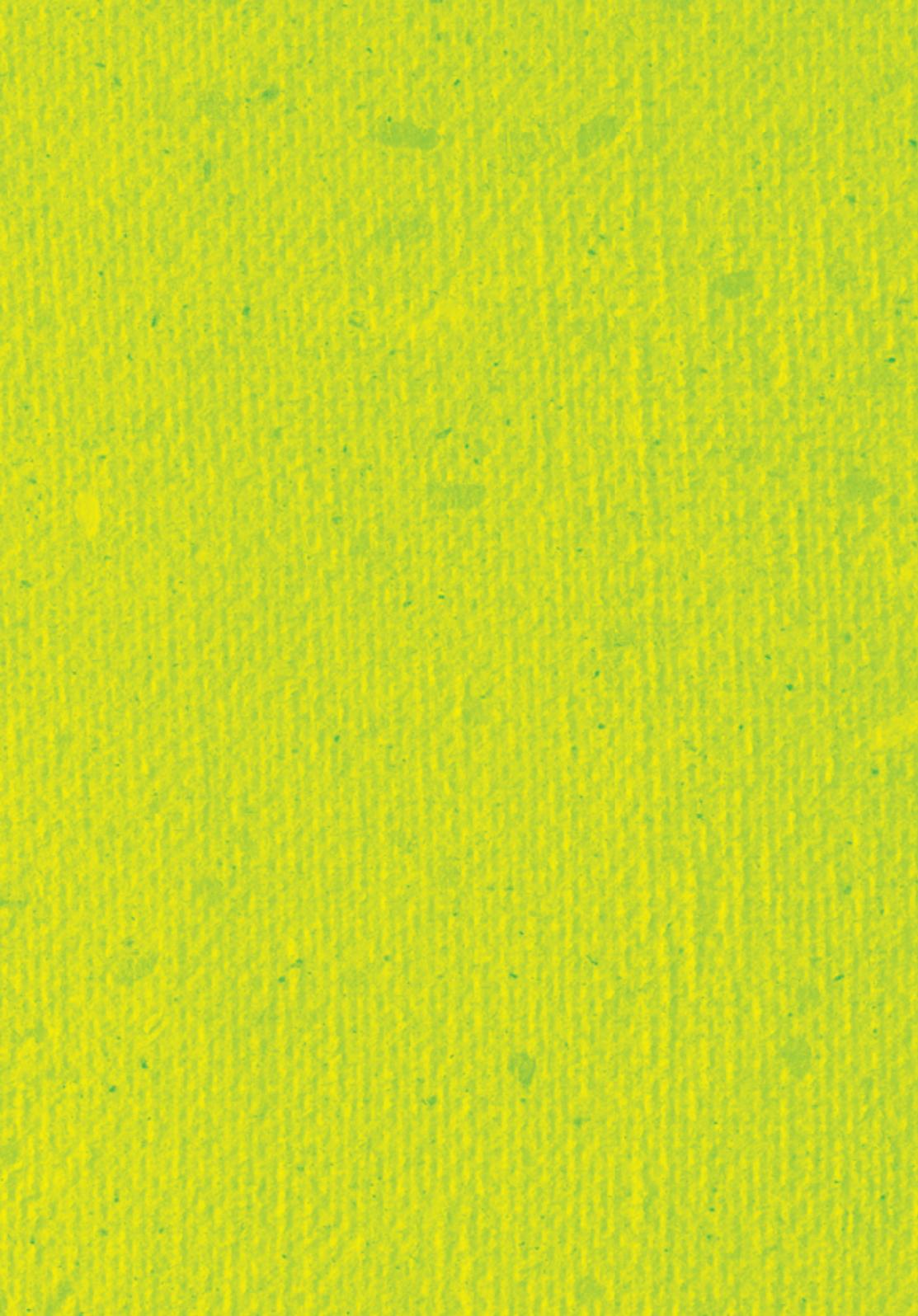


**SABAI**  
Treatment Room







ROOM 153  
CENTRAL HOTEL,  
THE DIAMOND,  
DONEGAL TOWN,  
CO. DONEGAL

087 – 1499787

 Sabaitreatmentroom@gmail.com

 APPOINTMENT REQUIRED

PLEASE BOOK 24 HOURS IN ADVANCE  
TO AVOID DISAPPOINTMENT

Central Hotel

THE DIAMOND, DONEGAL TOWN



# SABAI

The word Sabai literally means happy, but is used to mean comfortable and relaxed.

# YTSARA



Balance  Connection  Care

Understanding and respecting these values enlightens each and every aspect of the Ytsara spa experience.

Our unique formulations contain potent Asian botanicals that are responsibly harvested and then activated through French science.

Our bespoke rituals are thoughtfully mined from the archives of Eastern holistic practice.





## TREATMENT MENU

*Facial Yoga* €45.00

**30 minutes - all skin types**

Considered more precious than gold, Jade stone brings BEAUTY, BALANCE and VIBRANCY to your face. Sacred Lotus, combats the effects of ageing while Marine extracts increase inner moisture. Deep sculpting Guasha massage stimulates blood circulation thereby oxygenating and nourishing the tissues, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.

Enjoy a cleanse, exfoliation, Guasha Jade stone massage and hydration.

*Skin Drink* €80.00

**60 minutes - for total nourishment and hydration**

Marine plankton extract, restores physical and chemical skin barrier to prevent water loss and protect against external assailants while, at a deep level, replenishing the skin water reservoir essential to flawless appearance. Anti-oxidant rich sacred lotus prevents cell damage. Skin restructuring Hyaluronic Acid plumps the skin from inside out.

Enjoy a cleanse, exfoliation, massage, mask and hydration.



## TREATMENT MENU

*Garden of Deep Calm* €70.00

**60 minutes - for quiet harmony**

Restore your body, mind and spirit with Thai style and western massage techniques. Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.

*Tranquil Journey* €90.00

**90 minutes - for total relaxation**

Slow, deep movements work in tune with your breathing whilst a warm and calming, herbal poultice melts away tension. Everything around you has slowed down. Your body and mind are reconnecting.

*Back, Neck and Shoulder Massage*  
€40.00

**30 minutes – De-stress**

Experience the healing effects of Thai style massage combined with western techniques and tropical essential oils. Focusing on the key areas where tension becomes stored and providing a much needed dose of restoration.



## TREATMENT MENU

*Mohom Deep Pressure* €75.00

**60 minutes - for muscle healing**

Designed to encourage blood flow, stretch muscles and ease joints, this deep massage conditions the whole body. Thai therapeutic massage and pure plant essential oils work synergistically together and a warm, herbal poultice provides a medicinal remedy for sore or over worked muscles.

*Inner Reset Ritual* €100.00

**90 minutes - to detox the body and mind**

A massage followed by exfoliation of Pink Himalayan Salt and shatangju –a key aid in the release of toxins- stimulate the natural detox process. Age old Asian massage rituals and liver detoxifying techniques rebalance your inner ecosystem whilst a soothing head massage clears the mind of congested thoughts. The body and mind are refreshed.

*Pink Himalayan Salt Scrub* €55.00

**30 minutes – an express detox**

Millions of years ago, pristine seawater was crystallised and covered by lava, protecting it from modern day pollution. Infused with over eighty minerals, Pink Salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Leaving your skin feeling baby soft.



## TREATMENT MENU

*Samsara Mother to Be* €70.00

**60 minutes - to feel cocooned**

A gentle side lying massage to release tensions in the back and the legs. Organic Virgin coconut oil nourishes dry and sensitive skin.  
Recommended after first trimester only.

*Soothing Steps* €45.00

**30 minutes – to feel tension free**

A Himalayan Salt exfoliation and soak to the feet softens the skin and soothes aches whilst the neck and shoulders are massaged. Then lay back and enjoy further relief through a soothing foot and calf massage.

*Reflexology* €40.00

**55 minutes – treat the whole body through the feet**

A very individual treatment with a sequence of massage & application of pressure on the feet. The theory that the feet mirror the exact image of the body & organs and are represented by reflex points.

Mum to Be Reflexology treatment also available.

# *Treat yourself at Home*

## Product Price List

Comfort Crème Cleanser	125ml	€34.00
Pure Skin Cleanser	125ml	€34.00
Eye & Lip Make Up Erase	100ml	€32.00
Toning Elixir	200ml	€37.00
Everyday Glow Refiner	125ml	€43.00
Aqua Massage Masque	50ml	€51.00
Flawless Eye Serum	15ml	€66.00
Urban Shield Serum	30ml	€57.00
Skin Drink Fluid	50ml	€48.00
Ageless Hand Cream	80ml	€39.00
Smooth Soles Cream	80ml	€33.00
Deep Calm Soak	100ml	€36.00
Deep Calm Body Oil	100ml	€42.00
Deep Calm Pillow Mist	100ml	€25.00
Fit Body Soak	100ml	€36.00
Fit Body Rub	80ml	€42.00
Inner Reset Soak	100ml	€36.00
Well Rested Eye Mask		€42.00

ΥΤΣΑΡΑ





# *Time to Spa*

Monday – Saturday  
10:00am – 6:00pm

Times may vary depending on business demands/seasons.

Booking by appointment.

Please try to book your appointment 24 hours in advance to avoid disappointment.

## CANCELLATION POLICY

24 hour cancellation required for all cancellations otherwise a 50% fee will be charged.

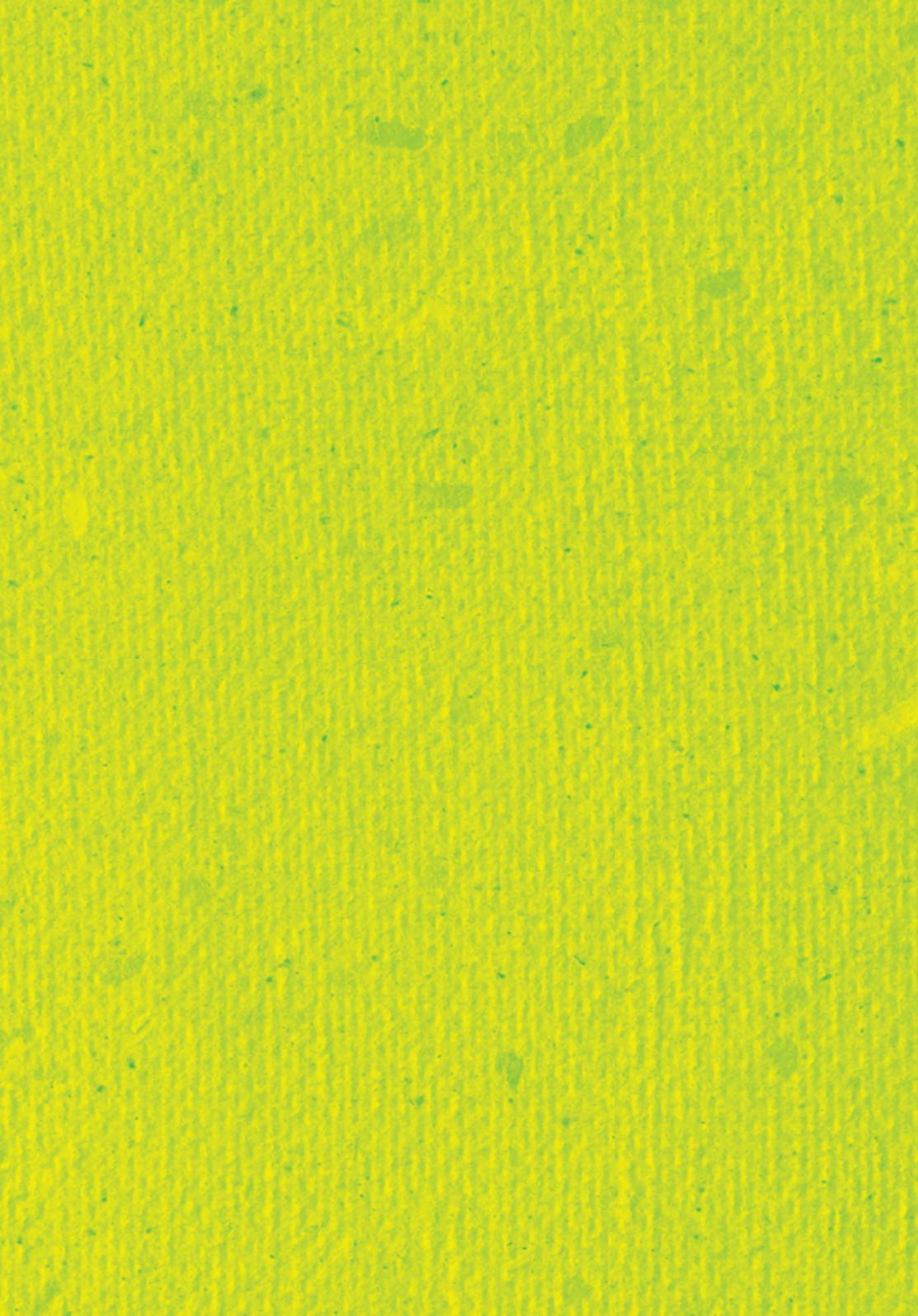
## GIFT VOUCHERS

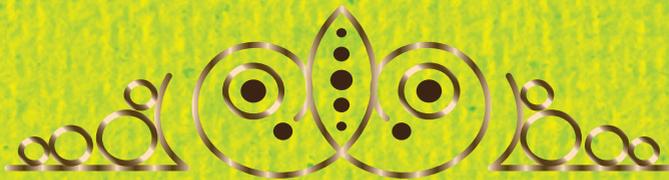
Are available on request and are valid for 6 months from date of issue. These are non refundable and non exchangeable.

## HEALTH CONDITIONS

Please advise your therapist when booking your appointment of any relevant medical history, illness, allergies or medication details.  
In the event you are pregnant please inform your therapist when booking. Treatments are recommended after first trimester only.







 087 – 1499787

 Sabaitreatmentroom@gmail.com

**APPOINTMENT REQUIRED**

PLEASE BOOK 24 HOURS IN ADVANCE  
TO AVOID DISAPPOINTMENT

*Central*  *Hotel*

THE DIAMOND, DONEGAL TOWN



ΥΤΣΑΡΑ

