

Other Facilities Available



Relaxarium Massage Couch

Total mind and body relaxation in just 15 minutes, a complete, self contained environment offering a unique sensory experience – relaxing music, aromatherapy scent, light impulses and massage.

Physioacoustic Chairs

Provides an invigorating non invasive massage using sound wave therapy – focuses on the muscular-skeletal system releasing stress and tension through deep body massage.

Sun Beds

A 32 tube sun bed is also provided in house with a facial panel and sea breeze fan for your comfort in the sun bed room.

Rougey Walker Room

Treadmill, pre programmed, to allow you to walk, jog or run your way to wellness while taking in the breathtaking Atlantic views – ideal for prescribed remedial therapy.

Juice Bar

Juice Bar supplying healthy and refreshing drinks and Relaxation Area with panoramic sea views and an atmosphere of calm.

Products

From Soaps to Face Creams to Dried Seaweed.
4 suppliers with over 30 products to choose from,
Gift bags are also available.

Vouchers

Seaweed Bath Treatment or Product Vouchers available for that special person, occasion or just for you.

Packages:

Combination Treatment Packages Available:
(Available in individual rooms only)
Seaweed Bath and Physioacoustic Chair or
Seaweed Bath and Relaxarium Massage Couch
Seaweed Bath and Massage / Wrap / Mask

Please ask our therapy staff for details to find a treatment suitable to your needs.

Useful links available:

www.discoverireland.ie/bundoran

www.bundoran.ie

www.discoverbundoran.com

Bundoran Seaweed Baths and Aqua Mara Treatment Rooms are located behind Waterworld in Bundoran.



Towels and shower caps are provided so there is no need to bring anything but yourself. Booking is advisable.

Should you have any comments or you want to know more about seaweed baths, please do not hesitate to contact us at:

Tel: +35371-98-41173

Fax: +35371-98-42168

Email: info@waterworldbundoran.com

www.waterworldbundoran.com/seaweedbaths

Bundoran Seaweed Baths

Sea Front

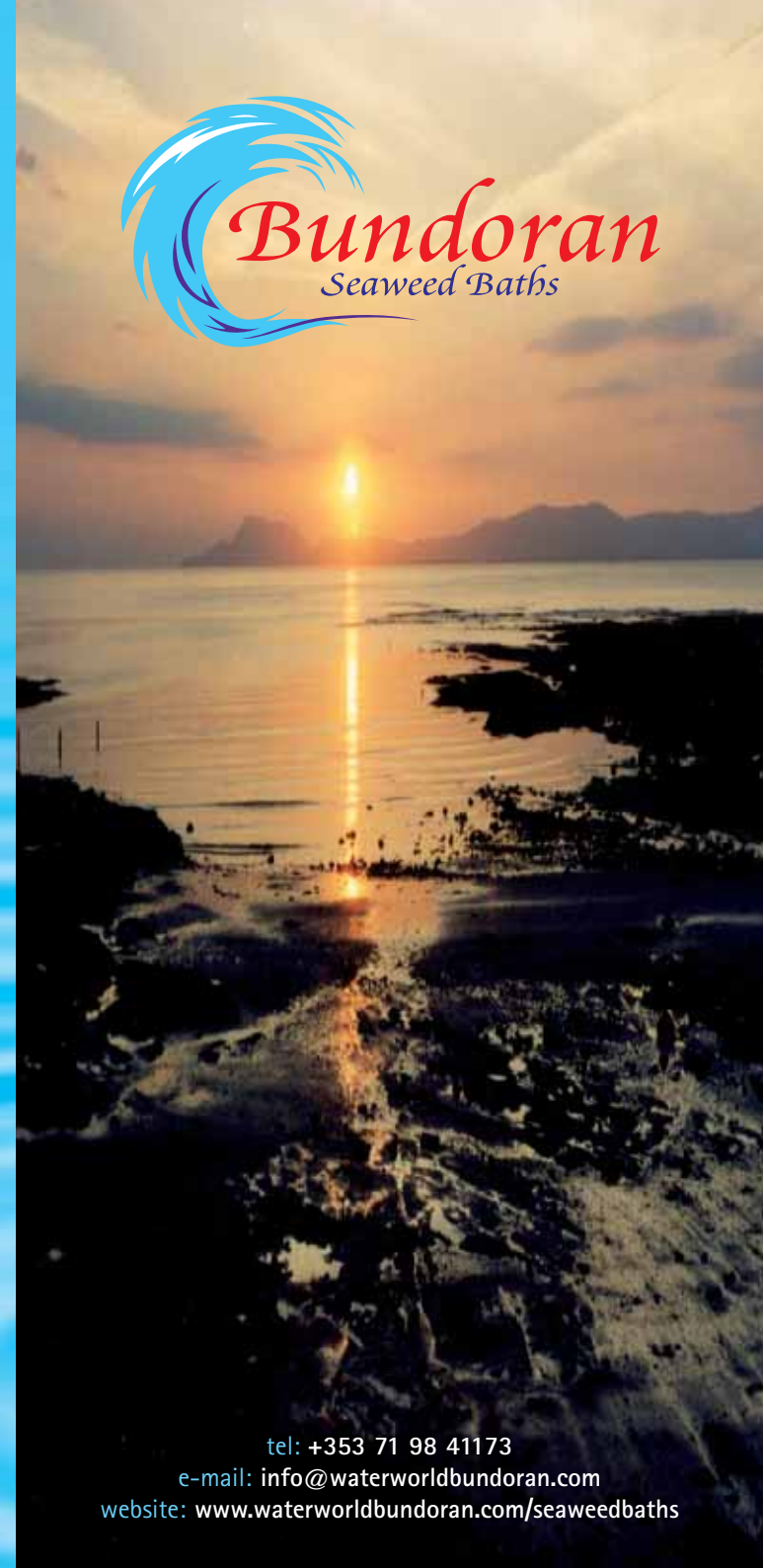
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Printed on recycled paper



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e-mail: info@waterworldbundoran.com

website: www.waterworldbundoran.com/seaweedbaths



Bundoran Seaweed Baths & Aqua Mara Treatment Rooms

“A natural, healthy and organic experience”

A relaxing, invigorating environment for adults only. Unwind in one of the many individual or dual bathing rooms which include steam cabinets, seaweed baths with filtered and heated seawater, fresh local seaweed and a refreshing sea water drench shower.

Alternatively you can enjoy a total mind and body relaxation in a self contained environment in the Relaxarium facility or enjoy an invigorating non invasive massage using sound wave therapy on our Physioacoustic Massage Chairs.

The above facilities are complimented by an extensive range of sea based treatments and products which include body wraps, massages and face masks.

Massages

Half Body Massage

This heavenly massage will relieve your muscles, aches and pains, leaving you feeling totally relaxed.

Full Body Massage

Dramatic results instantly with this de-stress massage. Relieves tired muscles, aches and pains using a laminaria algae that extracts toxins and seals in moisture.

Wraps

Algae Body Wrap *(no shower required)*

A warm blend of laminaria algae, focus algae, sea water and caffeine helps improve the dimpled appearance of cellulite, reduces water retention and eliminating fatty cells. This body treatment gives a pleasant sensation relaxing body and relieving stress.

Micronised Algae Body Mask *(shower required)*

This therapeutic body mask offers deep hydration, detoxifies, stimulates and drenches the skin with minerals and vitamins. Uplifting for the body and mind with immediate softness, suppleness and radiance.

Masks

Marine Sediment Mask

Essentially for oily, combination skin and unbalanced skin. Marine sediments or clay are appreciated for their cleaning and purifying actions.

Re-mineralising Algae Face Mask

Essentially for devitalised, dull tired skin, the remineralising algae mask contains micronising digitata algae. A rich and complete algae available with high concentration of trace elements and amino-acids.

Spiruline Mask

Essentially for dry, irritable, red, blotch and fragile skin. Spiruline is a natural anti-oxidant, it regenerates, reduces redness, decongests and counteracts premature ageing of the skin.

Benefits of Bundoran Seaweed Baths:

Seawater contains a mix of live Micro-Organisms, vitamins, proteins, mineral salts and tiny algae that contains elements such as Copper, Zinc, Iodine and Selenium. Seawater contains more than 90 elements essential to the human body.

Seaweed detoxifies the body by stimulating the release of excess body fluids allowing the cleansing process to take place. Toxins removed from the body are replaced with depleted minerals, particularly Potassium and Iodine. Vitamin K in seaweed promotes adrenal regulation which helps maintain hormonal balance.

Seaweed baths are clinically proven to

- Reduce tension
- Improve circulation
- Aid in weight loss and cellulite control
- Easing menopausal discomforts
- Relieving muscle pain and fatigue

Medicinal use of seaweed baths and seaweed therapies have produced positive effects for some people with

- Asthma
- Insomnia
- Inflammation
- Dermatitis / Psoriasis/ Eczema
- Arthritis and Rheumatism

