



The Treatment Suite

HARVEYS POINT



Welcome to Ila

Meaning “earth” in Sanskrit, ilā is fast establishing itself as one of the worlds leading organic wellness brands. With international advocates including Gwyneth Paltrow and Natalie Portman, the brands luxury skincare collection and spa treatments are proof that results-driven products can go hand in hand with the highest standards of natural and ethical integrity.

Central to ilā’s success is its faith in power of nature as the source of real wellness. From earth to skin, the company goes to great lengths to harness nature’s vibrancy in its purest sense, using only the finest natural plant and mineral ingredients, wild harvested in remote, untainted regions by artisan producers using traditional sustainable practices.

By honouring the earth’s most ancient and purest sources of energy, ila is able to create no-compromise skin and body care that really can make a difference to the individual, to international communities, and to the earth.

The image features a close-up of a woven basket filled with numerous light pink cherry blossom petals. A semi-transparent white rectangular box is overlaid on the center of the image, containing the text 'Ila Face Therapy' in a black, elegant cursive font. The basket's rim is visible at the top and right edges, showing the intricate weaving of the material.

Ila Face Therapy

Ananda Face Therapy

Nourishing • Hydrating • Rejuvenating • For stressed & Exhausted skin

Using Ilā's Glowing Radiance Collection, this divine therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant & honey exfoliation to the face, followed by powerful damascena rose otto and sandalwood oils to stimulate energy to skin cells. Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

30 Mins €55.00

1Hr €90.00

Renewed Recovery Face Therapy

Calming • Anti-inflammatory • Renewing • Hormone imbalance

Using Ilā's Renewed Recovery Collection, this restorative face therapy draws on intensely healing rainforest extracts to rejuvenate skin cells. Lymphatic drainage techniques, warm herbal poultices and an Amazon mud mask encourage toxin release, reduce water retention, increase blood supply and boost collagen production. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

30 Mins €55.00

1Hr €90.00

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Gold Cellular Age Restore Face Therapy

Advanced Anti Ageing • Hydrating • Repairing

Using Ilā's Gold Cellular Age Restore Collection, this powerful treatment encompasses a blend of the worlds most undiscovered ingredients that have been proven to work with the skin to heal and protect from the many signs of ageing. Three types of naturally occurring gold and the rarest of Frankincense from the garden of Ethiopia, are delivered into the skin using cleansing & healing massage techniques. Ilā's unique BosTriWell & hyaluronic extract combined with sonic wave therapy, instantly increases collagen levels and reduces cell inflammation. Skin is reprogrammed and rejuvenated.

1Hr €125.00

Mother to be Miracle Facial

Hydrating • Soothing • Nourishing

This deeply relaxing tailored facial targets the skin concerns often associated with pregnancy such as dryness, breakouts or a lacklustre complexion. It restores the skin's natural luminosity leaving it soothed and hydrated. This treatment includes the choice of a hand & arm massage or foot & leg massage which uses a rich vitamin infused oil to nourish & hydrate the skin

30 Mins €55.00

1Hr €90.00

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A close-up photograph of a woven basket filled with numerous light pink cherry blossom petals. The petals are densely packed and have a delicate, five-petaled structure. A semi-transparent white rectangular box is overlaid on the center of the image, containing the text. The basket's rim, made of light brown woven material, is visible at the top and bottom edges.

*Ila Body Treatments
& Massage*

Kundalini

Soothing • Grounding • For exhaustion & Chronic fatigue

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance.

1Hr €95.00

Prana Vitality Massage

Energy Boosting • Detoxifying • Low Energy & Sluggish circulation

This revitalising full body massage helps release toxins, reduce fatigue and restore physical and mental strength. Invigorating massage & marma therapy with energy-enhancing essential oils of juniper berry, geranium, lemongrass and patchouli leave mind body and spirit sparkling with vitality.

1Hr €95.00

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Blissful Body Renewal

Nourishing • Illuminates skin • Restorative

Drawing out the healing properties of Himalayan salt crystals, this Heavenly body scrub nourishes both physical and emotional wellbeing- ideal for when special pampering is required. Pure essential oils of damascena rose otto, jasmine and sandalwood work directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

1Hr €95.00

Relaxation & Peace Massage

A classic full body Swedish massage using jojoba oil to restore the skin elasticity and absorb beautifully to leave a rich, velvety, indulgent after-feel. The pressure may be adapted to suit your personal needs, whether it be to target areas of tension or to relax the mind, body and spirit.

60Min €75.00

30Min €40.00 (back,neck & shoulders)

Indian Head Massage

This acupressure massage is the ultimate therapeutic massage for the scalp, neck, shoulders and face. It will soothe away stress and tension leaving you feeling relaxed, revitalized and re-energised

45Min €60.00

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A close-up photograph of a woven basket filled with numerous pink cherry blossom petals. The petals are densely packed and have a soft, delicate appearance. A semi-transparent white rectangular box is overlaid on the center of the image, containing the text. The text is written in a black, elegant cursive font. The basket's rim is visible at the top and right edges of the frame.

Ila
Express Face &
Body Therapy

Ila's express Face & Body Treatments are positive proof that extraordinary results can go hand and hand with the highest standards of natural and ethical integrity. Discover the benefits of truly transformative treatments in just half an hour.

Ila Express Bliss Face Therapy

This treatment uses delicate techniques to open the energy centre of the face, working with the body's blissful higher energy to induce feelings of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

30Mins €55.00

Ila Impeccably Perfect Hands

Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, rose balm, marma massage and hydrating rose quartz gel mask.

30Min €45.00

Ila Flawless Feet Treatments

A relaxing and energising treat for flawless feet, comprising an Energising & Detoxifying scrub to smooth, marma massage and foot mask to stimulate, and vital energy cream to soften.

30Min €45.00

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To avoid disappointment it is our recommendation that you pre book your treatments well in advance as treatments are only subject to availability.

Cancellation Policy

We understand if visitors can not keep appointments however we wish to assist those who may be on a waiting list. A 100% charge will be incurred for 'no shows' or treatments not cancelled within 24hrs of your scheduled treatment time.

Gift Certificates and Home Care

Our gift certificates make wonderful gift for any special occasion. To continue your ilā experience at home all products used in our treatments are available for sale at the treatment suites.



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Tel: 086 786 7980 | Email: thetreatmentsuites@gmail.com

Appointment Required | 24 Hours Notice must be given

