



Relax, Renew, Revitalize.



ELEMIS

## FACIALS

### [ELEMIS Pro-Collagen Age Defy 30mins/60mins - €45.00/€85.00](#)

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

\*Independent Clinical Trials

### [PHYTOMER Sea Water Pearls 75 mins - €65.00](#)

Moisturizing Beauty Treatment for Dehydrated and dry skin. Gives Radiance to the complexion, moisturises, nourishes while giving comfort and suppleness. Offers original massage with sea bolus and caviar of algae.

### [ELEMIS Men's High Performance Skin Energiser 30mins/60mins €45.00/€85.00](#)

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

## ELEMIS BODY INDULGENCE

### [ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani 30mins €45.00](#)

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

### [ELEMIS Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani 45mins - €50.00](#)

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin.

You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

## HOLISTIC THERAPIES

### ELEMIS Freestyle Deep Tissue Back Massage 30mins - €35.00

Minimum time, maximum tension, relieving results.

### ELEMIS Freestyle Deep Tissue Massage 60mins - €65.00

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

### ELEMIS Peaceful Pregnancy Face and Body Experience 60mins - €70.00

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

### ELEMIS Aroma Stone Therapy

Warm Basalt stones to melt away tension. Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

Back, Neck and Shoulder 30mins - €45.00

Full body 60mins - €70.00

### Indian Head/Tranquility scalp massage 30mins - €45.00

Ideal for those who suffer with headaches, neck or shoulders tension. A deeply relaxing treatment to soothe away aches and pains... Shoulders and neck are relaxed, a facial and scalp massage with pressure points to release tension and send you into a state of pure bliss...



## ANTI CELLULITE

### PHYTOMER Sculpt Zone Abs -Buttocks- Thights 75mins - €75.00

An intensive localized treatment on the abdomen, buttocks and thighs to beat excess fat and cellulite in record time.

### ELEMIS Body Sculpting Cellulite and Colon Therapy 60mins €75.00

Clinically proven to target stubborn cellulite and sagging skin, for visible, rapid results. A peel off body mask is applied and combined with massage to deeply cleanse the body, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

## FACE AND BODY COMBINATIONS

### ELEMIS Couture Touch 60mins /120mins - €75.00/€140.00

Condition your skin and muscles with this all-embracing experience. Combine any 30-minute or 1-hour ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.

### ELEMIS Men's Total Time Out 60mins - €80.00

High Performance Skin Energiser for Men 30' combined with the dynamic and immediate tension-relief of the prescribed ELEMIS Freestyle Deep Tissue Massage 30'. Achieve the ultimate goal of Total Time Out!

### ELEMIS Absolute Spa Ritual 120mins €140.00

Combine the unique ELEMIS Pro-Collagen Age Defy facial 60' with the powerful effects of the ELEMIS Freestyle Deep Tissue Massage 60'. Two hours of pure relaxation with dramatic results!

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## 🌀 HAND AND FOOT TREATMENTS

**ELEMIS Garden of England Rose Restore Hand Treatment 30mins €30.00**

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

**ELEMIS Best Foot Forward 30mins €35.00**

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

## 🌀 HAND AND FOOT

**Express Manicure €10.00**

**Express Pedicure €15.00**

**Manicure €20.00**

File, soak, cuticles, hand cream, polish

**Spa Manicure €27.00**

File, soak, cuticles, exfoliate, massage, mask, heated mitts, polish

**Pedicure €35.00**

Soak feet, files, cuticles, hard skin removal, foot cream and polish

**Spa Pedicure €42.00**

Soak feet, exfoliate, file, cuticles, hard skin removal, mask, heated mitts, massage and polish

**Add on French Polish** to either manicure or pedicure for €5.00

**Gel manicure €30.00**

**Gel pedicure €40.00**

## 🌀 WAXING

Eyebrow wax	€8.00
Underarm wax	€10.00
Upper Lip	€6.00
Chin	€6.00
Lip and Chin	€10.00
Forearm wax	€17.00
Half Leg wax	€17.00
Full Leg wax	€25.00

Men's Back Wax	€20.00
Full leg and Standard Bikini Line	€30.00
Full leg and Brazilian/Hollywood wax	€35.00
Standard Bikini	€8.00
High Bikini Line	€12.00
Brazilian/Hollywood Maintenance	€20.00
Brazilian/Hollywood (first treatment)	€35.00



## 🌀 IMPORTANT INFORMATION

**Booking your appointment:**

·Please book your appointment at the Spa reception or call extension 620.

**Cancellation Policy:**

·If you are a 'No show' or cancel within 24hours we will automatically charge 50% of the treatment price to your room.

**Medical Conditions and Allergies:**

·Please inform at time of booking if you are allergic to anything or have any medical conditions. This could affect what treatment you have.

·Arrive at least 15 minutes before your treatment time to ensure a full relaxed treatment.

·If you wish to use the facilities then please arrive even sooner.

·Remove all valuable- we cannot be responsible for lost items

·Turn off your mobile phone- this is a quiet, relaxed environment

·Please be aware that the spa is a relaxation area and keep voices low at all times

·During treatment please say if you are too Hot/Cold, uncomfortable or if you need the pressure adjusted.

We want you to enjoy your treatment to the max.

·Limit food consumption before your treatment, avoid eating 1 hour before.

**POST SPA**

·Relax! Make the most of your treatment...

·Always wear a High sun factor after any face/body treatment and avoid too much sun exposure.

·Drink plenty of water to boost Hydration.

·Follow the aftercare advice of your Therapist.



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