



Serenity Spa

Spa Treatment Menu

Welcome to our Spa

Step back from your stress and allow yourself to be submerged in a world of pure indulgence and total relaxation.

Guests at the Spa can choose from a variety of treatments which include spa therapies, beauty treatments and medical aesthetics using the finest products that will beautify and balance both the body and mind.

Our team of experienced and highly qualified therapists are on hand to guide you through a Spa journey designed especially for you and are more than happy to advise on treatments bespoke to your requirements.

The Spa has been designed to allow you to escape to another world - we hope you like it.

The Spa Team

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Day Spa Experiences

Serenity Spa Signature

2 Hours 45 Minutes

Our Serenity Spa Signature Experience combines some of our most popular treatments resulting in absolute relaxation from head to toe.

Experience includes all day use of spa facilities and lunch in our Spa Café.

Marine Full Body Exfoliation

Mint and Aloe Body Wrap

Scalp Massage

Break for lunch in our Spa Café

Back, Neck and Shoulder Massage

Royal Elixir Facial

Hand and Arm Massage.

Price €265

Maternity Bliss

1 Hour 45 Minutes

Sit back, relax and take the weight of your feet and prepare to feel pampered.

Maternity Back, Neck and Shoulder Massage

1 Hour Germaine de Capuccini Prescriptive Facial

Relaxing Head Massage

Foot Ritual

Tea/Coffee and Scones in Spa Café

Price €160

Melting Moments

2 Hours

Transport yourself to another world. Refresh your skin, ease your body and calm your mind.

Full Body Exfoliation

Aromatherapy Candle Body Massage

Relaxing Head Massage

Tea/Coffee and Scones in Spa Café

Price €175

Relax and Renew

1 Hour 45 Minutes

Let the glamour and sophistication of this sublime therapy revitalise and energise your body and mind.

Hot Stone or Swedish Full Body Massage

Germaine de Capuccini 1 Hour Facial

Tea/Coffee and Scones in Spa Café

Price €160

Manpower

1 hour 45 Minutes

The perfect Spa escape when you need to recharge your batteries.

Swedish or Hot Stone Back, Neck, Shoulder and Head Massage

Germaine de Capuccini Prescriptive Facial

Lower Leg and Foot Massage

Tea/Coffee and Scones in our Spa Café

Price €160

Simply Scrumptious

1 Hour 45 Minutes

A real favourite for those who wish to really relax and unwind.

Swedish or Hot Stone Back, Neck, Shoulder and Head Massage

Germaine de Capuccini Royal Jelly Facial

Lower Leg and Foot Massage

Tea/Coffee and Scones in our Spa Café

Price €160

Exotic Escape

2 Hours

Immerse yourself in this unique experience that will leave your skin feeling smooth and looking vibrant.

Full Body Exfoliation

Back Neck and Shoulder Massage

Radiant Glow Facial

Relaxing Head Massage

Price €175

(Price includes €10 voucher off any home care product over €50)

Germaine de Capuccini Facial Therapies

Classic Spa Prescriptive

1 Hour

The perfect facial therapy. Our skilled team of therapists will provide a bespoke treatment tailored especially for your skin's needs, regardless of your skin type, age or concerns.

€90

Purexpert

1 Hour

An effective range designed for young, oily or acne prone skin. Using gentle but effective ingredients that don't strip the skin, Purexpert regulates oil production for a clear, healthy and shine free complexion.

€90

So Delicate

1 Hour

This hypo-allergenic range contains a blend of natural plant extracts and our exclusive Defensive Complex to soothe sensitive skin. By reinforcing the protective barrier, So Delicate increases the skins tolerance so that over time it becomes less reactive.

€90

Royal Elixir

1 Hour

Packed with antioxidants and essential nutrients, Royal Jelly is ideal for tired and stressed skin. Poria Cocos and Royal Jelly extract help the skin regain its natural immunity against daily aggressions for a radiant and healthy complexion.

€90

For Men Energy Facial

1 Hour

A treatment designed specifically to meet the needs of men's skin. Infused with a blend of plant extracts and vitamin, this facial therapy is not only relaxing but also rejuvenates the skin, often irritated by shaving whilst working against the appearance of wrinkles, dryness and signs of premature ageing.

€95

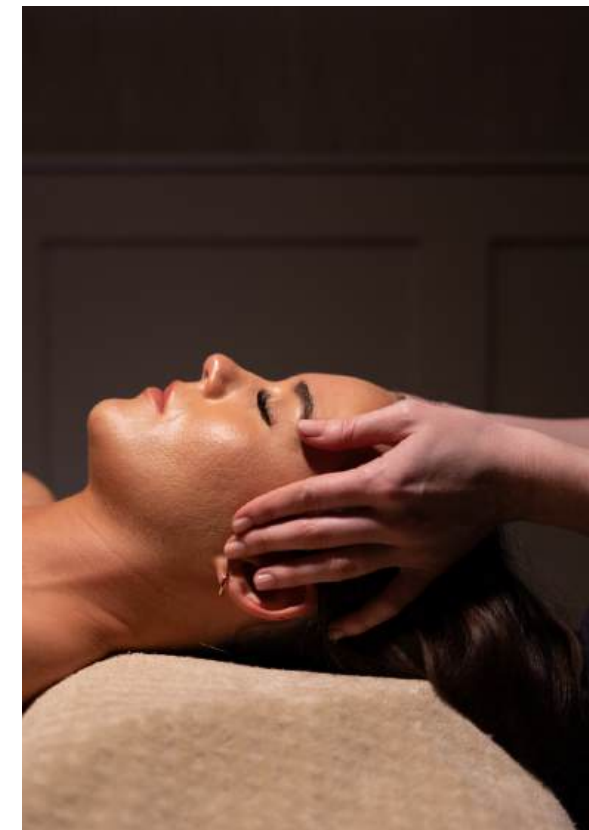
Hydralauronic

1 Hour

A new dimension of hydration is delivered to the skin by exclusive ingredient formulations plumping and adding volume. Hyaluronic Acid (HA) is released to the deepest layers of the skin, allowing recovery and preservation of naturally occurring HA in the skin. Whilst the slow-release technology delivers and retains moisture reserves for longer-lasting effects.

€95

All of our 1 hour facials include a highly relaxing facial massage and choice of a head, hand and arm or foot and lower leg massage when your facial mask is working its magic.



Advanced Facial Therapies

Excel Therapy O2

1 Hour 15 Minutes

An intelligent range that prevents and repairs skin damage caused by pollution and artificial blue light. Excel Therapy O2 delivers oxygen deep into the cells of the skin to provide healthy, detoxified, and radiant skin.

€115

Timexpert Radiance C+ Illuminating Facial

1 Hour 15 Minutes

An innovative facial treatment that increases firmness and generates new collagen whilst reducing dark spots and evening pigmentation. Incorporating a patented formulation which increases the benefits of pure Vitamin C by 6 times.

Vitamin C provides the skin with luminosity, vitality and radiance.

€115

Timexpert Wrinkless

1 Hour 15 Minutes

This non-invasive facial prevents, combats, and neutralizes all types of wrinkles, keeping the skin smooth by restoring skins elasticity. Suitable for all skin types looking to prevent or already showing fine lines, wrinkles, or expression marks.

Also ideal for women experiencing hormonal changes related to menopause.

€115

Timexpert Lift IN

1 Hour 15 Minutes

An intelligent treatment that provides flaccid or sagging skin with volume, lift and firmness. This facial is highly recommended during periods of hormonal disorder such as perimenopause, menopause and post menopause.

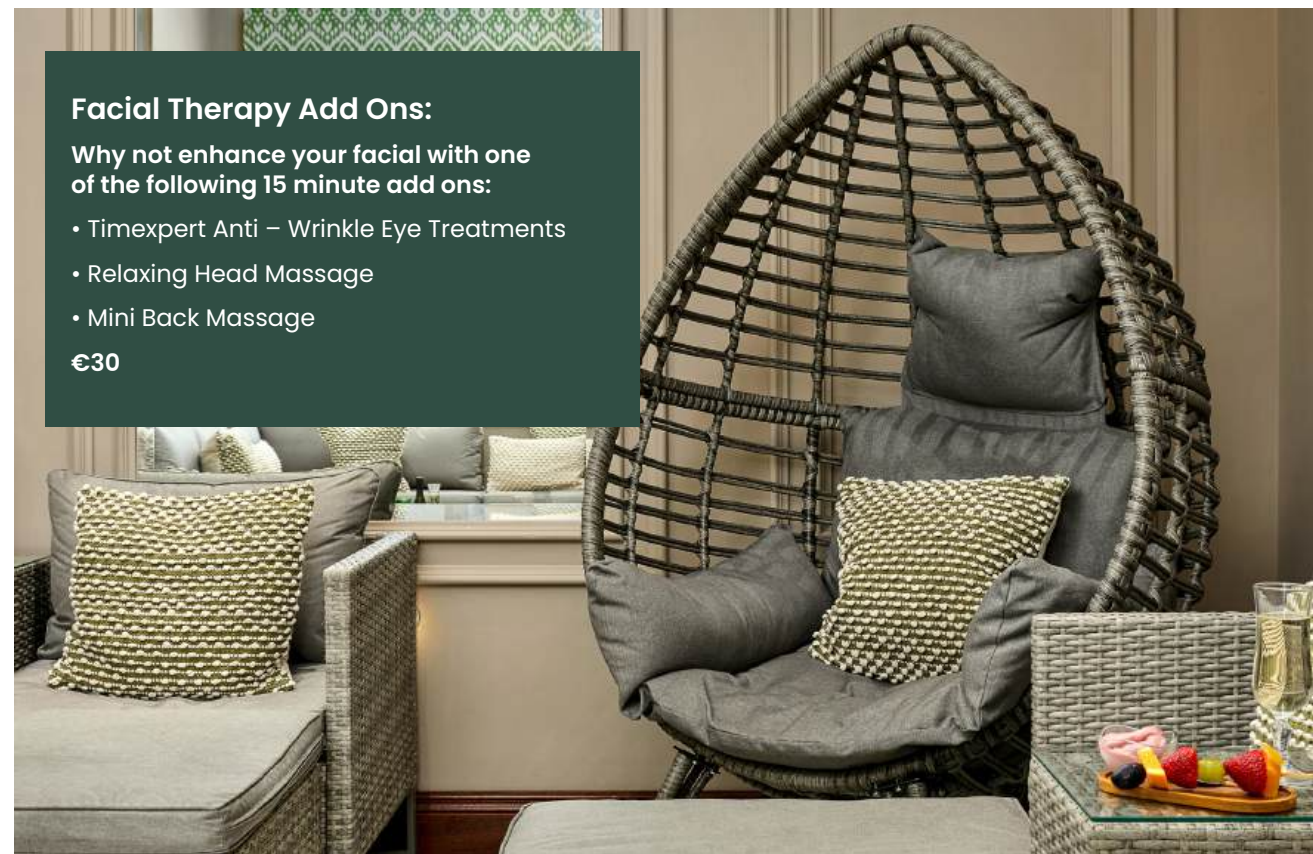
€115

Facial Therapy Add Ons:

Why not enhance your facial with one of the following 15 minute add ons:

- Timexpert Anti – Wrinkle Eye Treatments
- Relaxing Head Massage
- Mini Back Massage

€30





Hydratouch H2

The Hydra H2 is not just another facial! It is the ultimate facial, an experience that gives both relaxation and result rolled into one.

Price includes 2 hours of our beautiful spa facilities.

Our Platinum Hydratouch H2 facial uses aqua peeling to target skin concerns such as fine lines and wrinkles, pigmentation, congestion and pore size, combined with 2 powerful electrotherapy tools to lift and sculpt the muscles of the face, while also increases lymphatic circulation to reduce puffiness.

- Microdermabrasion
- Aqua peeling with AHA & BHA
- H2 Therapy
- Skin Lifting & Tightening
- Transdermal Needle- Free Mesotherapy with Exosomes combined with Light Therapy
- Moisture Boost with Hylauronic Acid

€130

Our Gold Hydratouch H2 facial uses aqua peeling to target skin concerns such as fine lines and wrinkles, pigmentation, congestion and pore size, and finishes with a powerful antioxidant Hydration Therapy and a moisture boost with hylauronic acid leaving the skin clean, smooth, and bright.

- Aqua peeling with AHA & BHA
- H2 Therapy
- Moisture Boost with Hylauronic Acid

€105



Environ Treatment Menu

electro-sonic

ESSENTIAL TREATMENTS

60 – 90 minutes

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skincare treatments. Low frequency sonophoresis together with pulsed iontophoresis in combination with Environ's professional skincare products help deliver more of what skin needs where it needs it most – making a real lasting difference to your skin for life.

ESSENTIAL YOUTH RESET

Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

ESSENTIAL MOISTURE BOOST

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

ESSENTIAL COMFORT CALM

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

ESSENTIAL RADIANCE REVEAL

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

60mins €80 90mins €110

electro-sonic

FOCUS-ON TREATMENTS

30 minutes

Specially developed to target specific areas using Environ's revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed. Perfect for when time is limited.

FOCUS-ON FROWN TREATMENT

An iconic peptide blend assists in reducing the appearance of expression and frown lines around the eyes and forehead resulting in a more youthful appearance.

FOCUS-ON EYE TREATMENT

Combining our powerful peptide complexes with Hyaluronic Acid ensures a completely refreshed, hydrated and youthful appearance.

FOCUS-ON TEXTURE TREATMENT

An intensive combination of the three Environ technologies; Dual ELECRO-SONIC, COOL PEEL and MICRO PERFUSION improve the appearance of mild scarring, revealing smoother, evenly textured skin.

FOCUS-ON EVEN TONE TREATMENT

The powerful combination of vitamin A, C and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even-toned, brighter complexion.

FOCUS-ON FILLER TREATMENT

This innovative, intense and non-invasive treatment helps to smooth the look of facial lines and restore a rejuvenated, plumped youthfulness to the skins appearance'

€60

ENVIRON TCA COOL PEEL® TREATMENTS

45 – 60 minutes

Environ's unique TCA Cool Peel_ Technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes to safely and effectively help refine, revive and brighten skin. Experience a real, lasting difference to skin through beautiful science.

YOUTH RENEW COOL PEEL

Discover the power of an intelligent skin peel that will leave skin looking refreshed and vibrantly youthful. This skin peel will safely and effectively improve the appearance of:

- Fine lines and wrinkles
- Photo-damage
- Dull, tired looking skin
- Dehydration

BLEMISH CONTROL COOL PEEL

Assists to unclog pores and removes surface impurities related to problematic skin. This skin peel will safely and effectively improve the appearance of:

- Breakouts
- Blemishes
- Scarring
- Congestion
- Rosacea

Environ recommends a course of 6 – 12 peels for optimum results.

Price per session €110

Course of 6 €600



Massage

Swedish Massage

Swedish massage is a whole-body therapeutic massage treatment that works the soft tissues and muscles to help restore health – creating a calming and balancing effect on the nervous system.

Indulge in a beautiful massage using a customised blend of aromatherapy oils to meet your needs.

Body Massage

1 Hour 20 Minutes
(Includes Head Massage)

€115

Body Massage

1 Hour

€100

Upper Body Massage

1 Hour

€100

Back, Neck, Shoulder and Head Massage

45 Minutes

€85

Back, Neck and Shoulder Massage

30 Minutes

€70

Shoulder, Neck and Head Massage

30 Minutes

€70

Hot Stone Massage

Heat has long been used to ease muscle tension and pain. It helps increase blood flow and improves circulation. Hot Stone Massage therapy involves using heated Basalt stones with medium pressure for the ultimate relaxation experience.

Body Massage

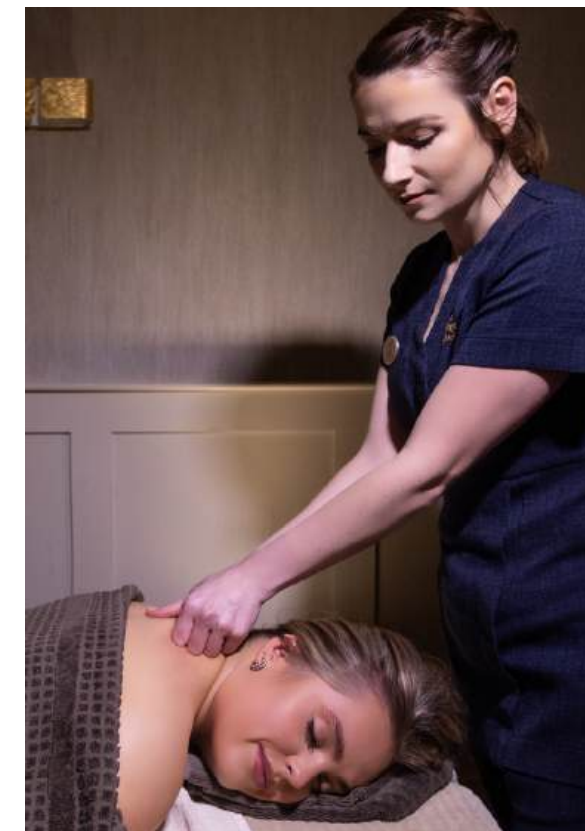
1 Hour 20 Minutes
(Includes Head Massage)

€130

Back, Neck, Shoulder and Head Massage

€90

Add on a Full Body Exfoliation to any of our full body massages for an additional €45.



Maternity Massage

Pre-natal massage is suitable for expectant mother's from 14 weeks onwards, and will be performed by one of our specially trained therapists. Massage during pregnancy can ease pain and reduce anxiety whilst promoting relaxation and relieving tired muscles.

*Not suitable for expectant mothers experiencing any of the following conditions: Pre-eclampsia or gestational diabetes

Full Body Massage (Including Head)

1 Hour and 20 minutes

€115

Back Neck, Shoulder and Head Massage

45 Minutes

€85

Other treatments safe for you to receive during pregnancy: Facials, Manicure, Pedicure & Reflexology.

Holistic Treatments

Indian Head Massage

45 minutes

A concentrated massage of head, neck and shoulders offering the areas that hold the greatest amount of tension, deep relaxation. This therapy allows pure relaxation, creating a general feeling of wellbeing and is performed using the traditional techniques.

€85

Hopi Ear Candling

45 minutes

A Shamanic cleansing technique that produces a revitalising heat which soothes relaxes and helps to relieve stress. This treatment is completed with a relaxing pressure point massage.

€75

Holistic Duo

1 Hour 15 minutes

This is the most calming blend of holistic treatments beginning with an Indian Head Massage to relieve tension in the neck, shoulders and head followed by Hopi Ear Candling which provides revitalising warmth which soothes, relaxes and helps to relieve stress.

€100

Reflexology

45mins

An ancient pressure point therapy concentrating on reflexes located on the feet. This technique assists the body's natural healing process and relaxes both mind and body

€70

Reiki with Neck and Head Massage

1 Hour

Combine the healing properties of Reiki with a deeply relaxing Neck and Head Massage.

€80

Reiki

45mins

Reiki is a complementary therapy based on energy healing techniques that promotes relaxation and can reduce stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing.

€70



Body Therapies

Aloe Body Harmony

1hr 15mins

Let your tension melt away with this soothing therapy beginning with body brushing to increase circulation and improve skin appearance, this is followed by a back scrub and back, neck and shoulder massage using hot stones, your treatment finishes with a mint and aloe Vera body wrap and deeply relaxing head massage.

€115

Smooth As Silk

1hr 20mins

A sensational marine and salt based scrub exfoliates the body removing any dead skin whilst nourishing and softening the skin, preparing it for a body moisturising wrap. Like a second skin, this exquisite body wrap deeply hydrates your skin and provides it with a satin appearance and a silky touch.

€115

Body Exfoliations

Exfoliating the body will remove dead skin cells to provide a brighter, more even skin tone, whilst helping other body products to work more effectively. Choose from one of the following Germaine de Capuccini body exfoliators:

Marine

Matcha

Lavender

€75

Finishing Touches

Gel Polish Application €25

French Gel Polish €28

Eyebrow Tinting €10

Eyelash Tint €12.50

Eye Trio €28

Gel Removal From €15

Gel Polish Add-on €15

Elim Pedicure €65

Elim is a medical grade pedicure treatment which uses state-of-the-art ingredients to remove hard skin and calluses from the feet. Products including Callus Tonic, PH Neutraliser and Purifying Clay Mask turn your traditional pedicure into the equivalent of a specialist facial but for your feet.

Elim Manicure €55

This manicure is inspired by your body's own wisdom and power. Ingredients are selected to strengthen and sustain the natural abilities of the skin. Our hands are constantly exposed to the sun and as we age, we develop signs of ageing and pigmentation, this range will help to treat and reverse these signs of ageing through carefully combining health-giving Vitamins and Nutritive Minerals, all-powerful helpers in nourishing and improving skin tone

Hair Removal

Full Leg €35

Half Leg €20

Bikini From €20

Forearm €18

Underarm €12

Full Leg and Bikini From €45

½ Leg and Bikini From €35

Eyebrow €12

Upper Lip €10

Lip and Chin €16

Chin €10

Chest €20

Back €30

Extended Bikini €30

Spa Information

Opening Hours

Monday	10 – 6.30
Tuesday	10 – 6.30
Wednesday	10 – 6.30
Thursday	10 – 6.30
Friday	10 – 6.30
Saturday	10 – 6.30
Sunday	10 – 5.30

Booking

We recommend you book an appointment for treatments in advance giving as much notice as possible to avoid disappointment.

Enjoy Complimentary access to Spa Facilities when you book a treatment over €55.

We recommend that you use the facilities prior to your treatment. Guests are kindly asked to make their way to changing facilities 30 mins prior to spa closing time.

We require all clients to provide at least 48 hours' notice when cancelling or rebooking an appointment. Late cancellations or no-shows will be subject to charge of 100% of service rate.

Arrival

We ask that you arrive 1 hour prior to your scheduled start time. This will enable you to complete a pre-treatment questionnaire, change, familiarise yourself with our surroundings and to relax and unwind in preparation for your treatment. Please be advised that late arrivals may result in a reduction of treatment time.

Spa Etiquette

The spa is an adult only environment and open only to persons aged 16 and over, we kindly ask that you do not bring babies/ children along with you to the spa.

Our spa offers the ultimate escape to a world of pure indulgence and total relaxation. Please respect all spa guests' right to privacy and serenity. The spa is a mobile phone, pager, camera and smoke

free zone. Under no circumstances are spa guests permitted to bring alcohol into the spa.

Health Conditions

Kindly advise us of any health conditions, allergies, recent minor or major surgery and medication as this could affect your chosen treatment when making your spa booking.

Pregnancy

We have specially designed treatments for expectant women (over 14 weeks) Please allow our spa team to guide you in selecting which treatments are most suitable for you during this special time.

Provisions

Towels, bathrobe and slippers and a locker are provided for use during your spa visit. Please bring your own swimwear. Swimwear is mandatory in the thermal suite, swimming pool, hot tub and Jacuzzi. Disposable briefs and boxer shorts will be provided for all wet and/or body treatments if required.

Home care

To continue your spa experience at home most products, used in our treatments, are available to purchase or order at the spa reception.

Gift Voucher

Spa vouchers are available for treatments, day or part day spa packages and products and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

Lost or stolen vouchers cannot be replaced.

Valuables/Lost Property

Please note that the spa accepts no responsibility for loss of valuables, money and jewellery at any time on the spa premises.

Treatments/Products/Prices

All prices quoted are subject to availability and may change at any time without prior notice. Gratuities are not included and are welcomed at your discretion.



Serenity Spa

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