



# *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

## Treatment Menu

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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 €245**

### 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 €145**

### 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 €160**

### Relax and Renew

2 Hours

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

Hot Stone or Swedish Full Body Massage

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 €145**

### 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 €145**

(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.

€80

## 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.

€80

## 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.

€80

## 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.

€80

## Hydracure

1 Hour

Combining 3 types of Hyaluronic Acid with thermal aqua from a Japanese volcanic spring, Hydracure deeply hydrates, repairs and protects skin suffering from dehydration.

This therapy will provide immediate and lasting hydration, a complete feeling of comfort and your skin will be left smooth, soft and glowing.

€85

## 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.

€85

*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.

€105

## 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.

€105

## Timexpert Rides

1 Hour 15 Minutes

A truly innovate and powerful anti-ageing facial therapy that helps the skin recover its youthfulness. This is the ultimate solution to reduce lines and wrinkles. Exclusive active ingredients Tissulage Tech and BTX Tripeptide combat both dynamic and static wrinkles.

€105

## Timexpert Lift IN

1 Hour 15 Minutes

An intelligent treatment that emulates the effects of surgical lifting, providing flacid or sagging skin with volume, lift and firmness. At the heart of this treatment lies our unique and exclusive complex, V-Matrix. With flaccidity in the skin beginning in the deepest layers, V-Matrix works at the root of the problem to rebuild and restructure the dermis, transforming the skin from the inside out.

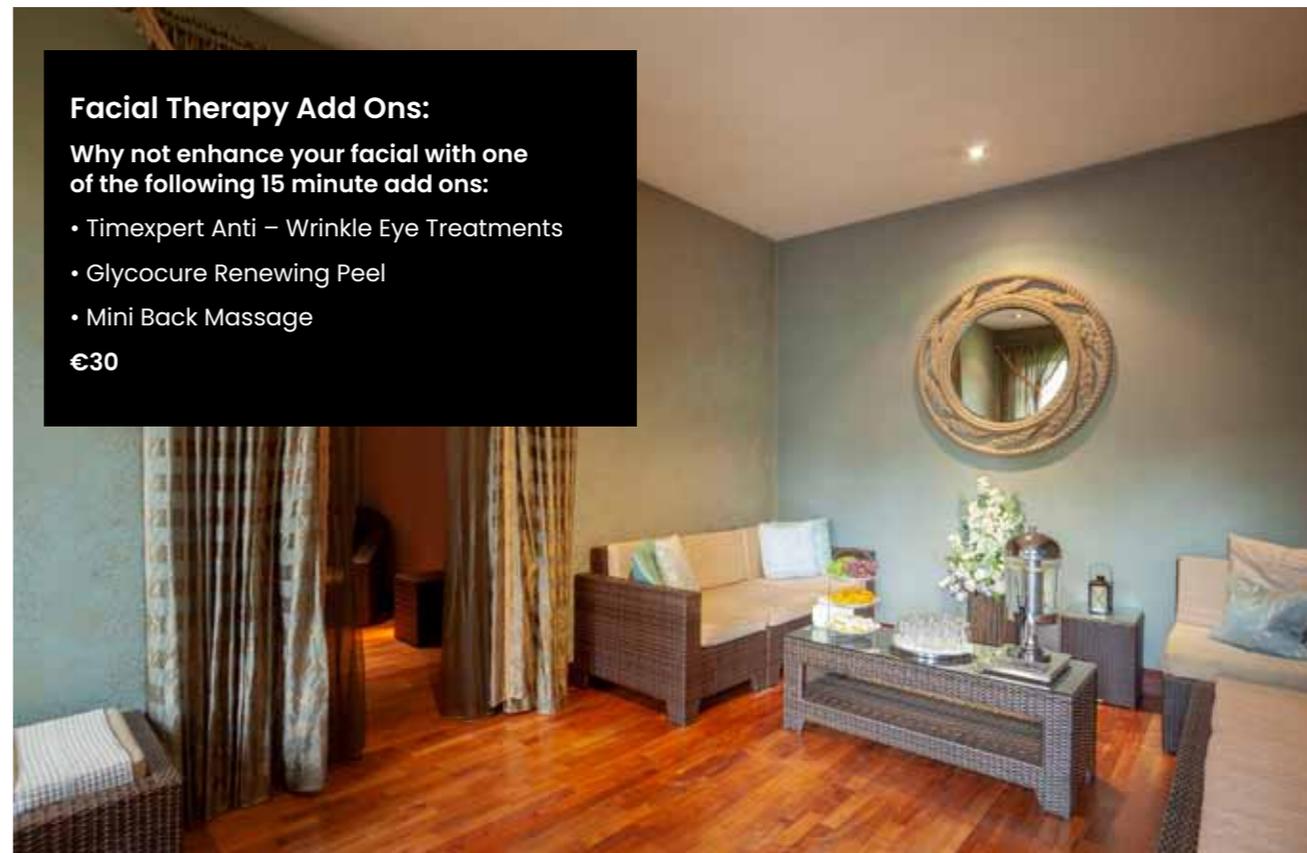
€105

## Facial Therapy Add Ons:

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

- Timexpert Anti – Wrinkle Eye Treatments
- Glycocure Renewing Peel
- Mini Back Massage

€30





## Medi Spa

### Micro needling

A therapeutic tool for the treatment of anti-aging, acne scarring, aged skin, stretch marks, uneven skin tone and pigmentation by stimulating collagen and elastin production to thicken the skin thereby erasing wrinkles and smoothing scars.

**From €130**

### Microdermabrasion

An anti – aging treatment that reduces the appearance of fine lines and wrinkles, acne, brown spots and pigmentation, using a high pressure stream of aluminium oxide crystals to superficially peel the upper layer of the skin.

**€75**

*All Medi-Spa treatments are conducted following a full detailed medical questionnaire and client suitability.*



# 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 COOL PEEL® TREATMENTS

45 - 60 minutes

Environ's unique 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

This cool peel treatment assists with reducing the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

### BRIGHT RECOVERY COOL PEEL

This gentle lactic acid cool peel assists with reducing the appearance of premature ageing, fine lines and uneven toned skin complexion as a result of excessive sun exposure.

### DEEP CLEANSING COOL PEEL

Environ's interpretation of the classic deep cleanse facial. This unique method of deep cleansing the skin is gentle in exfoliating the skin's surface, yet effective in purifying and assisting to control the appearance of congested, breakout-prone skin. This unique, gentle peel helps to achieve visible improvements, leaving the skin looking radiantly healthy and refreshed.

### BLEMISH CONTROL COOL PEEL

This powerful cool peel therapy assists with the management of blemish prone, distressed skin, by purifying, cleansing and assisting to unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

### MOISTURE BOOST COOL PEEL

Designed to gently buff the skin's surface and focus on revitalising dry, tired-looking skin, revealing a healthy-looking glow. This gentle yet effective peel is suitable to do all year round with no visible peeling.

### VIBRANT-C MICRO PEEL

A concentrated, vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy complexion with an even skin tone and texture because vitamin C is essential for the skin to function at its best. Excellent choice for sun-damaged, pigmented and mature skins

€70-€80



# 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)

€105

## Body Massage

1 Hour

€90

## Upper Body Massage

1 Hour

€90

## Back, Neck, Shoulder and Head Massage

45 Minutes

€75

## Back, Neck and Shoulder Massage

30 Minutes

€60

## Shoulder, Neck and Head Massage

30 Minutes

€60

## 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)

€120

## Back, Neck, Shoulder and Head Massage

€80



### 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

### Body Massage (Including Head)

1 Hour and 20 minutes

€105

### Back Neck, Shoulder and Head Massage

45 Minutes

€75

*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.

€75

### 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.

€65

### 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

1 Hour

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

## Body Therapies

### Chocolate Body Therapy

1hr 15mins

Pure indulgence for chocolate lovers everywhere without the calories. Your treatment begins with a chocolate chip body scrub to remove dead skin, followed by a warm bubbling chocolate body wrap and deeply relaxing head massage, finished with a full body moisturisation. A decadent treatment for the body that rejuvenates, nourishes and deeply moisturises the skin.

€100

### 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.

€100

### 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 stunning velvety smooth silk wrap. Like a second skin, this exquisite body wrap deeply hydrates your skin and provides it with a satin appearance and a silky touch.

€100

## 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

Chocolate

Lavender

€65

## Finishing Touches

Luxury Manicure

€55

Luxury Pedicure

€65

Gel Polish Application

€25

French Gel Polish

€28

Eyebrow Tinting

€10

Eyelash Tint

€12.50

Eye Trio

€28

Gel Removal

From €15

## 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

Brazilian

€40

Hollywood

€45

Extended Bikini

€30

# Spa Information

## Opening Hours

|                 |        |
|-----------------|--------|
| Monday .....    | 10 - 7 |
| Tuesday .....   | 10 - 7 |
| Wednesday ..... | 10 - 7 |
| Thursday .....  | 10 - 7 |
| Friday .....    | 10 - 7 |
| Saturday .....  | 10 - 7 |
| Sunday .....    | 10 - 6 |

## 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.

## 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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