

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.

Full Body Exfoliation
Moisturising Body Wrap
Scalp Massage
Break for Lunch in our Spa Café
Back, Neck and Shoulder Massage
Bespoke Facial
Hand and Arm Massage
€295

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 Bespoke Facial
Relaxing Head Massage
Foot Massage
Tea/ Coffee and Scones in Spa Café
€180

MELTING MOMENTS

1 Hour 45 Minutes

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
€175

RELAX & RENEW

1 Hour 45 Minutes

Let this sublime therapy revitalise and energise your body and mind.
Swedish Full Body Massage
Germaine de Capuccini Skin Pampering Facial
Tea/Coffee and Scones in Spa Cafe
€185

SIMPLY SCRUMPTIOUS

1 Hour 45 Minutes

A real favourite for those who wish to really relax and unwind.
Back, Neck, Shoulder and Head Massage
Germaine de Capuccini Bespoke Facial
Lower Leg and Foot Massage
Tea/Coffee and Scones in our Spa Café
€180

MANPOWER

1 Hour 45 Minutes

The perfect spa escape when you need to recharge your batteries.
Back, Neck, Shoulder and Head Massage
Germaine de Capuccini Bespoke Facial
Lower Leg and Foot Massage
Tea/Coffee and Scones in our Spa Cafe
€180

RADIANCE RITUAL

2 Hours

An indulgent blend of citrus and passion fruit designed to smooth the skin and reveal a vibrant, healthy glow.
Full Body Exfoliation
Full Body Nectar Moisturisation
Timexpert Radiance C+ Illuminating Facial
Relaxing Head Massage
Choice of Hand or Foot Massage
Price €200



GERMAINE DE CAPUCCINI FACIAL THERAPIES



SIGNATURE BESPOKE FACIAL

1 Hour

Our skilled therapists deliver a bespoke facial treatment, tailored precisely to your skin's needs, regardless of skin type, gender, age or concern.

With 6 different luxurious Germaine de Capuccini ranges to choose from, this facial experience is fully personalised for optimal results.

While your mask is working, enjoy your choice of a soothing scalp, hand, or foot massage, enhancing relaxation and overall wellbeing.

€100

Includes a personalised choice from the following facial therapies:

DELICATE
Gently soothes sensitive skin, reducing redness and restoring comfort.

GLOW
Brightens dull skin and enhances natural radiance for a luminous complexion.

BALANCING
Rebalances combination and oily skin while refining pores and clarifying the complexion.

AGE DEFENCE
Targets visible signs of ageing, improving firmness, smoothness, and elasticity.

HYDRATING
Deeply replenishes moisture, leaving the skin plump, smooth, and refreshed.

BLEMISH CONTROL
Helps clarify congested skin, reducing breakouts while promoting a clearer complexion.





ADVANCED FACIAL THERAPIES



EXCEL THERAPY O2

1 Hour 15 Minutes

An excellent 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.
€125

TIMEXPERT WRINKLESS

1 Hour 15 Minutes

This non-invasive facial prevents, combats and neutralises 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.
€125

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.
€125

Our advanced facial therapies include a shoulder, neck and head massage and while your mask is working enjoy your choice of hand, or foot massage, enhancing relaxation and overall wellbeing.

FACIAL THERAPY ADD ONS:

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

- **Timexpert Anti-Wrinkle Eye Treatment**
- **Relaxing Head Massage**
- **Mini Back Massage**
- **€30**

MICRONEEDLING

MICRONEEDLING WITH CLINICARE

Microneedling is an advanced skin rejuvenation treatment that works by creating thousands of microscopic channels within the dermis. This process stimulates the skin's natural production of collagen and elastin, helps to reduce hyperpigmentation, and significantly enhances the penetration and effectiveness of active skincare ingredients.

Your treatment begins with a thorough skin preparation, including a deep cleanse to ensure the skin is optimally conditioned for microneedling. Using the Micro-Injecter LITHIUM+, your therapist will methodically perform the microneedling procedure with precision and care.

Following this, a Clinicare sterile mesotherapy vial is applied, delivering highly effective cosmeceutical ingredients deep into the dermis where they can work most effectively. The treatment concludes with a Clinicare hyaluronic acid mask, designed to soothe and calm the skin while providing intense hydration and comfort.

The result is smoother, healthier-looking skin with improved tone, texture, and radiance.

from €130

HYDRATOUCH H2

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

Price includes 2 hours of our beautiful spa facilites.

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 electrotheraphy tools to lift and sculpt the muscles of the face, while also increasing lymphatic circulation to reduce puffiness.

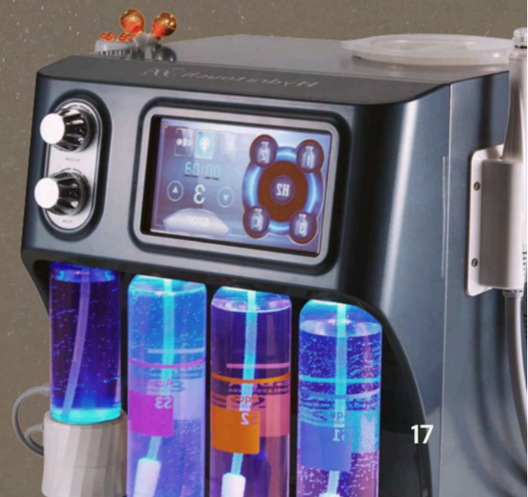
- Microdermabrasion
- Aqua peeling with AHA & BHA
- H2 Theraphy
- Skin Lifting & Tightening
- Transdermal Needle - Free Mesotherapy with Exosomes combined with Light Therapy
- Moisture Boost with Hylauronic Acid

€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 hyaluronic 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.

60 Minutes **€95** | 90 Minutes **€125**





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 pre-blended aromatherapy oils to enhance your experience.

BODY MASSAGE
1 Hour 20 Minutes
(includes Head Massage)
€125

BODY MASSAGE
1 Hour
€110

UPPER BODY MASSAGE
1 Hour
€110

BACK, NECK, SHOULDER AND HEAD MASSAGE
45 Minutes
€95

SHOULDER, NECK, HEAD, HAND AND ARM MASSAGE
45 Minutes
€95

BACK, NECK AND SHOULDER MASSAGE
30 Minutes
€80

SHOULDER, NECK AND HEAD MASSAGE
30 Minutes
€80

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)
€140

BACK, NECK, SHOULDER AND HEAD MASSAGE
45 Minutes
€105

Add on a Full Body Exfoliation to any of our full body massages for an additional €50

MATERNITY MASSAGE

Pre-natal massage is suitable for expectant mother's from 14 weeks, 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
1 Hour 20 Minutes
(includes Head Massage)
€125

BACK, NECK, SHOULDER AND HEAD MASSAGE
45 Minutes
€95
Other treatments safe for you to receive during pregnancy: Facials, Manicure, Pedicure & Reflexology.

UPPER BODY MASSAGE
1 Hour
€110

HOLISTIC TREATMENTS

INDIAN HEAD MASSAGE

45 Minutes

A concentrated massage of the 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.

€95

REFLEXOLOGY

45 Minutes

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

€85

REIKI WITH NECK AND HEAD MASSAGE

1 Hour

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

€100

REIKI

45 Minutes

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.

€80



BODY THERAPIES



WRAPPED IN WELLNESS

1 Hour 15 Minutes

Let your tension melt away with this deeply soothing treatment, beginning with gentle body brushing to stimulate circulation and improve the appearance of the skin. This is followed by a relaxing back massage using warm basalt stones to ease muscular tension and promote deep relaxation.
The experience is completed with a nourishing, moisturising body wrap to hydrate and soften the skin, while a deeply calming head massage encourages complete relaxation and restoration.

€130

SMOOTH AS SILK

1 Hour 15 Minutes

Indulge in luxurious creamy body exfoliation that gently removes dead skin, leaving your body smooth and perfectly prepped for a deeply nourishing moisturising body wrap. This treatment hydrates the skin, leaving it soft, radiant, and touchably silky, and is followed by a deeply relaxing head massage for total rejuvenation.

€130

SKIN SMOOTHING BODY EXFOLIATION

50 Minutes

Exfoliating the body removes dead skin cells, revealing a brighter, smoother, and more even skin tone. It also enhances the effectiveness of other body treatments and products, allowing your skin to fully benefit from nourishing ingredients. The experience concludes with a deeply relaxing full body moisturisation.

€90

FINISHING TOUCHES

GEL POLISH APPLICATION	€25
FRENCH GEL POLISH	€30
EYEBROW TINTING	€10
EYELASH TINT	€15
EYE TRIO	€32
GEL REMOVAL	€15

Complementary removal of gel is included only with a reapplication service & when the original polish was applied here.

GEL POLISH ADD-ON	
COLOUR	€15
FRENCH	€20

ELM PEDICURE — €65

Elm 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 medical facial but for your feet.

ELM MANICURE — €65

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
EXTENDED BIKINI	€30



SPA INFORMATION

OPENING HOURS

MONDAY	**10AM - 6:30PM**
TUESDAY	**10AM - 6:30PM**
WEDNESDAY	**10AM - 6:30PM**
THURSDAY	**10AM - 6:30PM**
FRIDAY	**10AM - 6:30PM**
SATURDAY	**10AM - 6:30PM**
SUNDAY	**10AM - 5:30PM**

BOOKING

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

Enjoy 2 Hours Complimentary access to Spa Facilities when you book spa treatments over €65.

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 a charge of 100% of the 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 relax 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 or 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, 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, bathrobes, 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 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 VOUCHERS

Spa vouchers are available online or at our Spa Reception.

Gift vouchers are non-refundable and must be presented at time of treatment or purchase. Lost or stolen vouchers cannot be replaced.

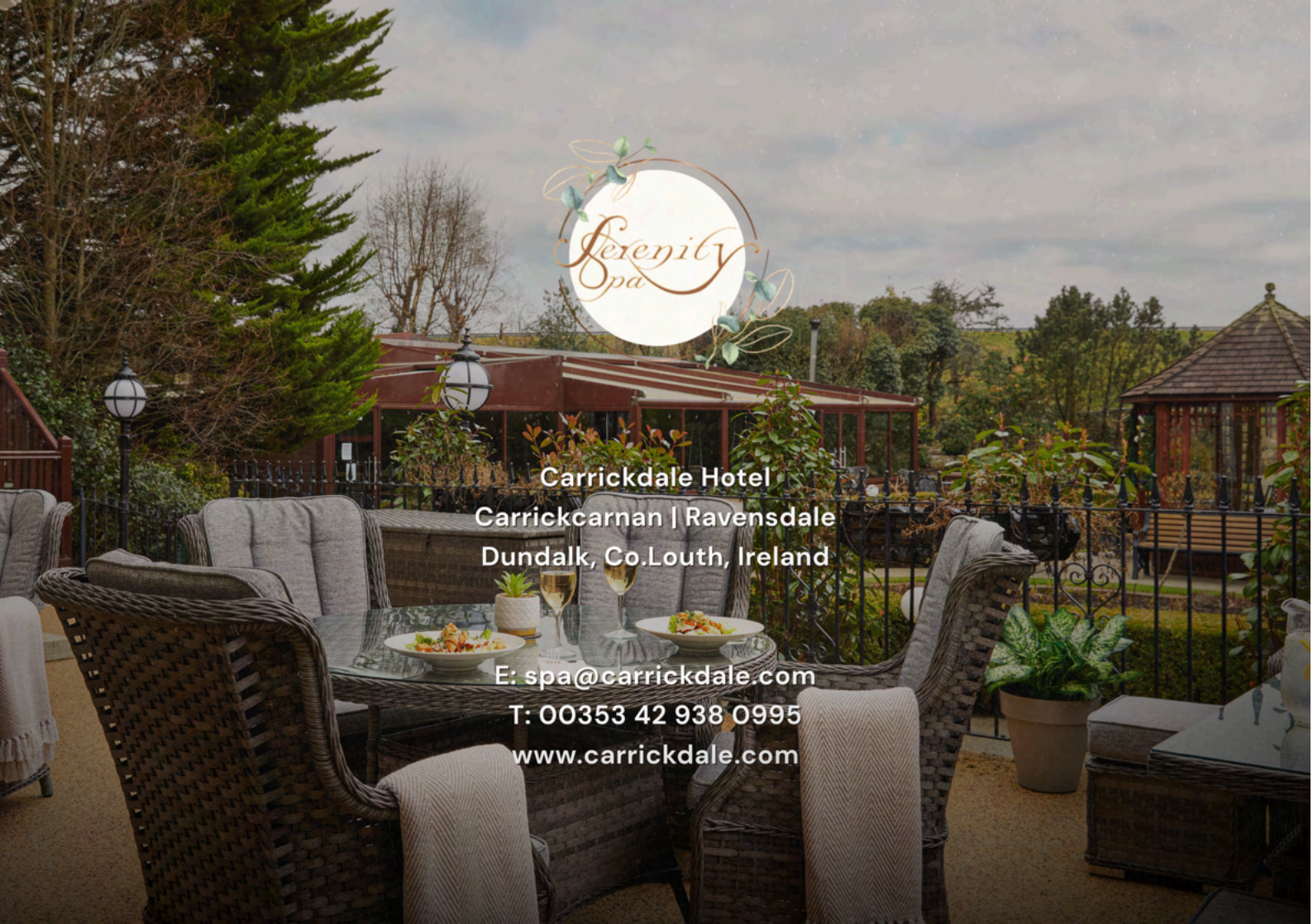
VALUABLES / LOST PROPERTY

Please note that the spa accepts no responsibility for loss of valuables, money or 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.



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