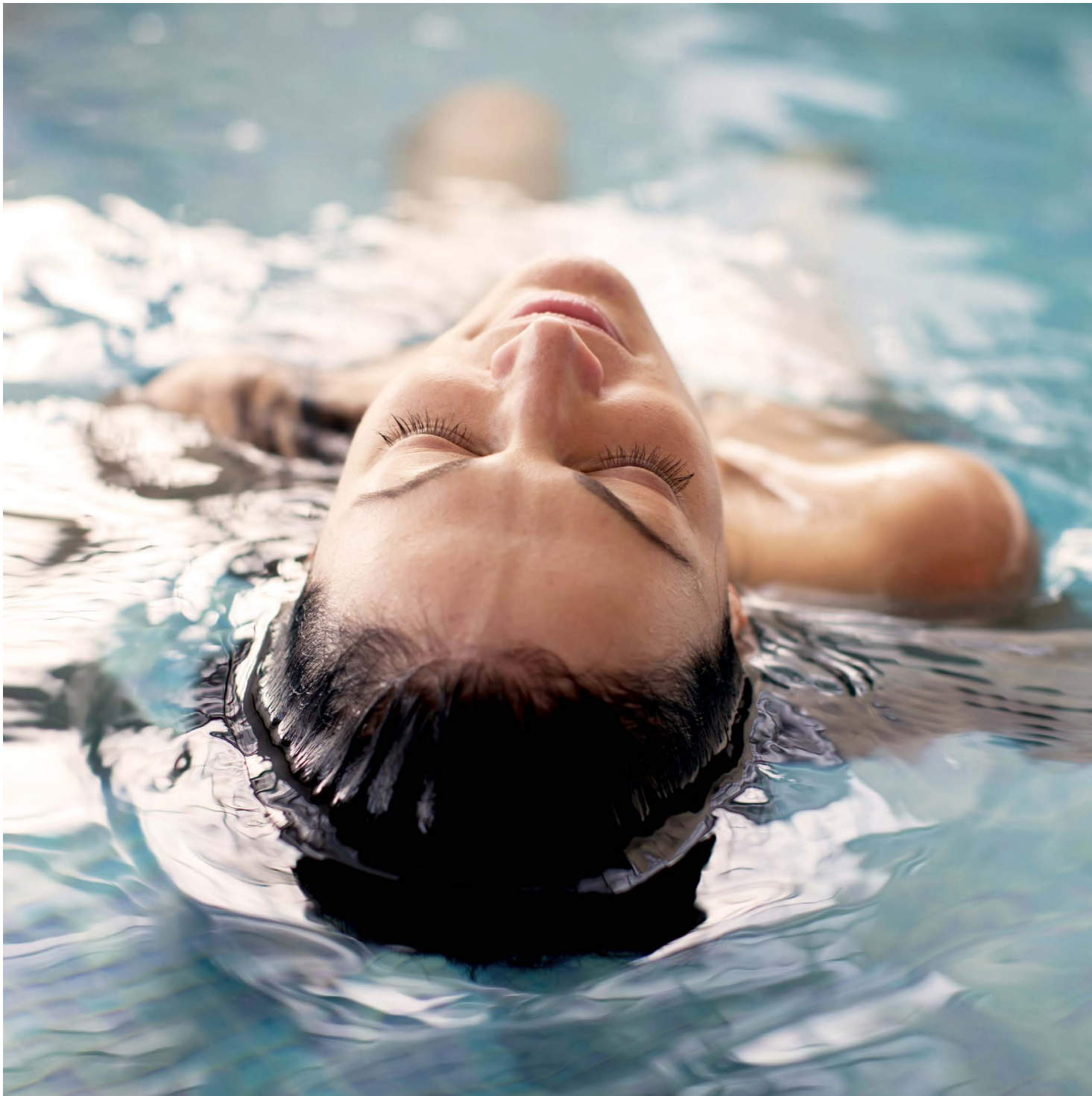




THE SPA



AN ESCAPE FROM REALITY

Escape from reality and take some time out.

With a range of facilities, luxury products, treatments
and spa days it's the perfect way to unwind.

All ELEMIS treatments are designed to support great skin health; to respect
that skin is alive. No two skins are the same. And no two bodies are the same.

Every spa therapy is shaped and moulded around you. Personalised for
a results-driven, personalised experience.

ELEMIS



TECHNOLOGY – ANTI-AGEING

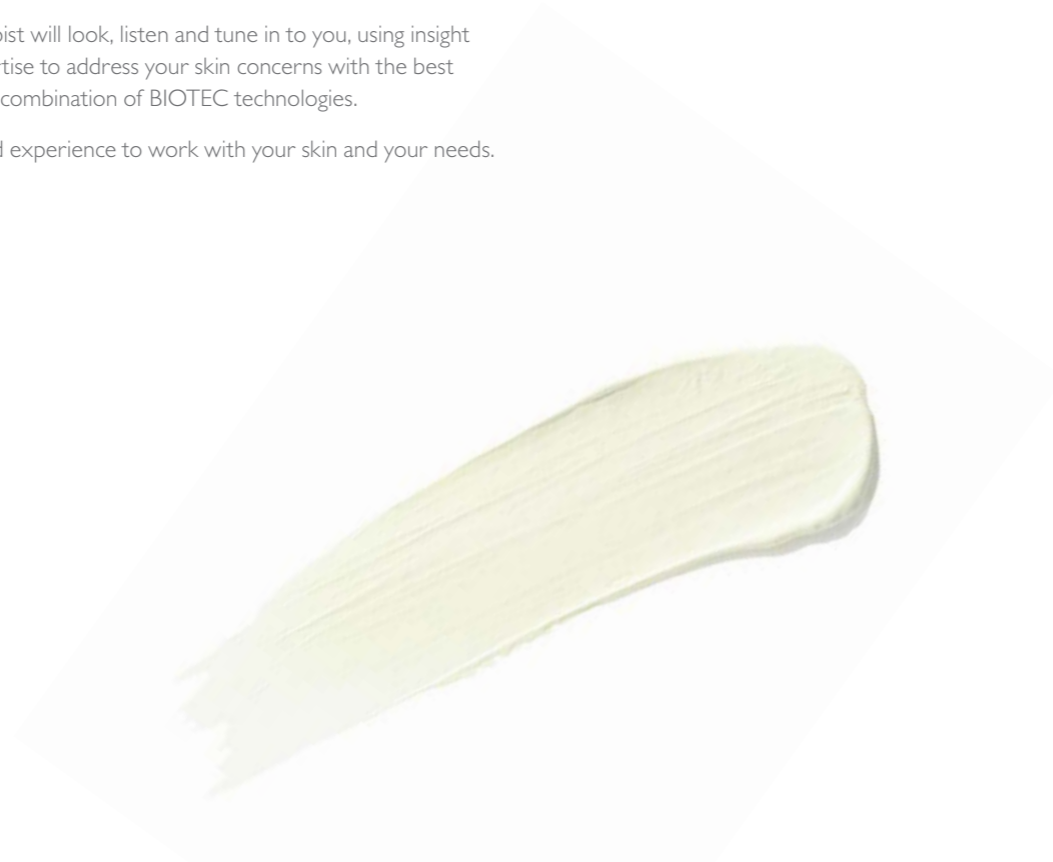
ELEMIS BIOTEC FACIAL

€109 – 55 mins

Let your ELEMIS therapist personally prescribe your perfect facial in this 55 minute tailored treatment.

Your therapist will look, listen and tune in to you, using insight and expertise to address your skin concerns with the best combination of BIOTEC technologies.

A personalised experience to work with your skin and your needs.



ELEMIS MEN

Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

ELEMIS HIGH PERFORMANCE SKIN ENERGISER

€95 – 55 mins

Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

ELEMIS BIOTEC SUPER-CHARGER FOR MEN

€109 – 55 mins

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism.

Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

€109 – 55 mins

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.

BODY

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

€59 – 25 mins; €109 – 55 mins; €139 – One hour 25 mins

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 DEEPER THAN DEEP HOT STONE MASSAGE

€75 – 25 mins; €109 – 55 mins; €169 – One hour 25 mins
Balinese stones bathed in the Frangipani Monoï Body Oil are worked deep into the muscles, getting into areas of tension.

The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS BODY NECTAR NOURISHING WRAP – SWEET ORCHID OR FRANGIPANI

€85 – 55 mins

The velvety texture of the Monoï 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.

ELEMIS INTENSELY CLEANSING SALT SCRUB – LIME AND GINGER OR FRANGIPANI

€55 – 25 mins

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.

BODY – FEET

ELEMIS BEST FOOT FORWARD

€55 – 25 mins

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.

BODY – PREGNANCY

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently.

ELEMIS PEACEFUL PREGNANCY MASSAGE

€125 – One hour 15 mins

Mothers-to-be are restored to optimum wellness.

An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

ALTERNATIVE TREATMENTS

MILKY HYDROTHERAPY BATH

€45.00 25 mins

Multi massage bath incorporating colour light therapy to relax the mind and the body. Treat yourself to a milky bath designed to leave you feeling cleansed and relaxed. By using the milk bath powder it will help to soften, nourish and hydrate the skin.

DRY FLOTATION BED

€45.00 30 mins

The deep relaxation state achieved allows the body to recover from stress. Pain is relieved. Blood flow is stimulated through all the tissues, natural endorphins are released, and the brain gives out alpha waves associated with relaxation and meditation.

Add on to any spa treatment for €20

INDIAN HEAD MASSAGE

€79.00 40 mins

Massage uses and adapts classic Swedish massage techniques for treating scalp, face, neck, shoulder and upper arms. It works on the area of the body most affected by stress.

HOPI EAR CANDLING

€59 40 mins

An ancient native American therapy that is a natural alternative to medical ear syringing while promoting health and wellbeing.

FINISHING TOUCHES

From manicures and pedicures, to waxing and make-up, our spas offer all the beauty treatments you should need for those perfect finishing touches.

OPI ESSENTIALS

MANICURE
€38 – 45 mins

EXPRESS MANICURE
OR PEDICURE
€30 – 30 mins

FILE AND POLISH
FINGERS OR TOES
€20 – 30 mins

PEDICURE
€59 30 - 40 mins

SHELLAC OR TWO
WEEK MANICURE
FINGERS OR TOES
€30 – 30 - 40 mins

SHELLAC REMOVAL
€10 – 15 mins
Please inform us when
booking if you have 2 week
manicure to be removed so
we can allow extra time.

MAKE-UP (ARTDECO)

BRIDAL MAKE-UP
€50

SPECIAL OCCASION
€40

FALSE LASHES
€10

TANNING

LYCON SPRAY TAN
½ Body spray €20
Full Body €35

EXFOLIATION
AND SPRAY TAN
€50 – 45 mins

THE SMOOTH TOUCH

FULL LEG WAX
€30

HALF LEG WAX
€25

BIKINI LINE WAX
€20

BRAZILIAN WAX
€45

HOLLYWOOD WAX
€55

FULL LEG AND
BIKINI WAX
€45

HALF LEG AND
BIKINI WAX
€35

CHEST WAX
€30

UNDER ARM
€18

ARM WAX
€20

UPPER LIP WAX
€9

CHIN WAX
€9

LIP AND CHIN WAX
€15

EYE LASH TINT*
€15

EYE BROW TINT*
€10

EYE BROW SHAPE
€10

EYE LASH AND EYE
BROW TINT* AND
SHAPE
€30

Make-up treatments are only available in specific Macdonald Hotels.

*Tinting treatment need a 24 hour patch test.

SPA ETIQUETTE

Our spa is a place of relaxation and tranquillity.

Please speak softly in consideration of our other guest's enjoyment.

Please respect all spa guests' right to privacy and serenity.



ARRIVAL TIME

Please allow sufficient time prior to your experience to complete a spa consultation form and/or health questionnaire. We recommend that you arrive up to 30 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time. The spa will provide luxurious towels, robes and slippers complimentary for spa days.

YOUR TREATMENT TIME

Treatment times include before and aftercare.

MEDICAL CONDITIONS

Some of the treatments offered are not suitable for guests with certain medical ailments and conditions. We request that you bring any of the following to our attention at the time of booking: epilepsy, allergies, heart condition, high/low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid, pregnancy, recent operations.

CANCELLATION POLICY

Pre-payment

- Full pre-payment is required for ALL spa days and spa treatment bookings

Spa day and spa treatment terms and conditions

- Spa treatments must be booked and confirmed with the spa prior to arrival by the guest
- Spa day and spa treatments must be paid in full at the time of booking and cannot be in conjunction with any other offer
- Spa day and spa treatments can be amended or cancelled at no charge up to seven days prior to day of arrival
- Bookings cancelled within seven days of arrival will incur full payment

HOMECARE

Discover the full ELEMIS skincare range in The Spa at Macdonald Hotels and experience the power of beautiful skin.

PRICES

All prices are quoted in Euros and are subject to change at any time. Gratuities are not included and are welcomed at your own discretion.

CHILDRENS TREATMENT POLICY

We do not offer treatments for children under 16 years old. Due to the nature of relaxation in the spa this is a child free zone, therefore those under 16 years are not permitted into the spa.

LOST PROPERTY

All lost property found on the premises should be handed in at the spa reception. Items will be stored for four months. If they are not collected within this time they will be disposed of or donated to local charities. Liquids, undergarments and hair brushes are kept for 24 hours only.

GIFT VOUCHERS

Spa breaks, spa days and cash vouchers for treatments all make great gifts for that special friend, mum or partner.

All vouchers are available to purchase at the hotel reception. No discounts and promotions are applicable with or off of any packages or special offers. Discounts and promotions are valid on signature treatments and products only.



To make an appointment for the perfect treatment,
call the Spa on +353 21 4706625