

## FACIALS

**Elemis Pro-Collagen Age Defy**  
60mins - €109

**Elemis Superfood Pro-Radiance**  
25mins - €69  
50mins - €95

## BODY

**Elemis Freestyle Deep Tissue Massage**

25mins - €59  
50mins - €109  
1hr 25mins - €139

**Elemis Intensely Cleansing Salt Scrub - Lime & Ginger or Frangipani**  
25mins - €55

## ELEMIS MEN

**Elemis High Performance Skin Energiser**  
50mins - €95

## PACKAGES

**Ultimate Wellness Face & Body Treatment**

Indulge in a freestyle deep tissue massage to alleviate high stress levels, release muscle pain and encourage optimum circulation.

This ground breaking massage is followed by the Superfood Facial, a nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives

100mins - €169

**Half Day Rejuvenation Package**

Hot Oil Back, Neck & Shoulder Massage  
Elemis Refresher Facial  
Dry Float OR Hydro Bath

80mins - €120

## FEET

**Best Foot Forward**  
25mins - €55

## ★ BEST SELLER ★

**Elemis Couture Touch**

Condition your skin and muscles with this all-embracing experience. Combine Elemis Booster Facial with your personalised Freestyle Deep Tissue Back Massage

50mins - €95

## ALTERNATIVE TREATMENTS

**Milk Hydrotherapy Bath**  
25mins - €45

**Dry Flotation Bed**  
30mins - €45  
add on to any spa treatment for €25

**Indian Head Massage**  
40mins - €79

## PREGNANCY

**Elemis Peaceful Pregnancy Massage**  
1hr 15mins - €125

**Mother-to-be Back Massage**  
40mins - €79

## FINISHING TOUCHES

**Manicure**  
45mins - €38

# SPA ETIQUETTE

## 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 30mins 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 after care.

## MEDICAL CONDITIONS

Some of the treatments offered are not suitable for guests with certain medical ailments or 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

Spa day and spa treatment terms and conditions:

- Card details are required to fully confirm your spa treatment
- 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 treatment can be amended or cancelled at no extra charge up to 48 hours before your scheduled treatment for individual bookings. For all group bookings (two or more) spa treatments can be amended up to 7 days in advance of your treatment without penalty
- Individual bookings cancelled within 48 hours will incur a fee of 50% of their booked treatment. Group bookings will incur 100% cancellation fee if cancelled within 7 days