



FOUR SEASONS SPA MENU 2018

Our Spa will be closed from 15th January to end of February for a major renovation, during this time the treatments below are available in an alternative location on the 1st Floor.

Arrival Time

Please check in at the spa reception 15 minutes before your treatment in order to complete the required health & lifestyle consultation form after which you will be escorted to your treatment room. Out of respect for other client's reservations, we advise you that we are unable to extend your time due to late arrival and that your treatment time will be reduced or amended accordingly without refund.

Dress Code

Please arrive at the spa reception wearing the bathrobe provided in your room. Alternatively we will provide you with bathrobe, slippers & disposable underwear in the treatment room. Nudity is not permitted and your therapist will use suitable towel draping at all times during treatments.

Health Conditions

Please inform us if you have any injuries, physical ailments or allergies that may contraindicate spa treatments or may require modification in order to ensure your comfort and well-being. During treatments please let your therapist know if you have any concerns or experience any discomfort. Your care is our greatest priority.

Children

We regret that the spa and its facilities are not available to children under the age of 16 years old.

Cancellation Policy

Please ensure you inform us of any treatment cancellation 12 hours prior to your scheduled appointment in order to avoid a 50% cancellation fee. Failure to give the required notice and No Shows will incur a 100% charge of the reserved treatment.

Payment

All treatments may be paid for in cash, credit card or charged to your room prior to your treatment at the spa reception.

Gratuity

Service charge is included in our prices, but if you feel you have received exceptional service, it is at your discretion to leave a gratuity as a reflection of your appreciation of the service quality of your therapist.

OPENING HOURS

Massage

Full Body Massage – 60 minutes

A relaxing massage which releases tension using a fusion of different techniques individualised to your needs to leave you feeling relaxed, supple and soothed.

€110

Deep Tissue Massage – 60 minutes

This deep tissue massage is ideal for those who prefer a stronger massage which concentrates on areas of muscle stiffness and deep tension. Your masseur will customise the massage according to your specific needs.

€120

Royal Thai Massage – 60 minutes

This unique Thai massage was traditionally reserved for Thai Royalty and Aristocracy and uses an invigorating blend of aromatic herbal oils to release tension from the body by applying both Thai stretching and deep manual massage to bring tranquillity and balance.

€120

Reflexology Foot Massage – 60 minutes

Using ancient Chinese techniques, reflexology works on the principle that all our organs are represented in the feet. By working on these points with acupressure, the therapist can help to rebalance the system and give harmony to the body and mind.

€115

The Ultimate Aromatherapy Experience ^{AA}

Starting with a consultation and aroma test to choose the oil most suitable for you, this massage ritual is drawn from a fusion of eastern and western techniques and works from your head to your toes, helping to release tension held in every part of your body leaving you feeling deeply relaxed and recharged.

It may be taken as a 60 minute or 90 minute massage ritual. In the longer treatment extra attention is given to the facial massage.

60 minutes €120

Intensive Muscle Release ^{AA} – 60 minutes

An intensive full body massage that works deep into stiff, tight aching muscles to instantly release pain and tension. Deeply restorative essential oils known for their beneficial effects on the circulation disperse the build-up of lactic acid that causes stiffness and pain.

€120

Ultimate Rose Pregnancy Massage ^{AA} - 60 minutes

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

Safely formulated oil blends are used to nourish and care for your expanding skin. Paying particular attention to the upper back, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, completes this top to toe nurturing treatment.

€120

Aromatherapy Associates Facial Treatments

Age Repair Facial ^{AA} - 90 minutes

Your skin is prepared by cleansing and exfoliating before being massaged with oils renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity and your scalp is massaged to release stress and tension.

€150

Deep Cleanse Facial ^{AA} – 90 minutes

A purifying treatment for oily and combination skin, this treatment refreshes and balances, leaving the complexion super clean and fresh. Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows using drainage techniques to improve circulation and help eliminate toxins whilst special pressure points ease tension and stress. A deep cleansing mask is then applied to draw out dirt and harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage and hand and arm massage for complete care.

€150

The Essential Rose Facial ^{AA} – 60 minutes

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. Your skin is thoroughly cleansed, exfoliated and toned followed by a traditional aromatherapy pressure point massage combined with lymphatic drainage to release facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

€115

Skin Solutions Facial ^{AA} – 60 minutes

Refine and freshen oily and combination skin with this balancing facial. Skin is cleansed, exfoliated and then a deep cleansing mask is used to re-mineralise the skin leaving it looking clean, refreshed and revitalised. A facial massage using traditional aromatherapy massage pressure points eases tension and helps tone the muscles. A scalp massage using an inhalation of essential oils and an arm and hand massage complete this relaxing facial.

€115

Soothing Facial ^{AA} – 60 minutes

This treatment is particularly for those suffering from redness or irritation. A truly soothing and calming facial suitable for irritated or inflamed skin, it will help to reduce redness, nourish, soothe, and restore the skin's natural balance and radiance.

€115

The Refinery Essential Men's Facial ^{AA} – 60 minutes

A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

€115

Spa Essentials

Eye Brow Shape – 15 minutes

€15

Eye Lash & Brow Tint - 30 minutes

€25

Shiseido Facial Treatments

Hydro-Perfecting Facial

Breathe new life into your skin. An intensive, hydrating facial which helps to nurture and protect against environmental damage. Steam & gentle exfoliation is included in the 75 minute facial.

60 minutes –

75 minutes –

Perfect Purifying Facial

A deep cleansing facial treatment that works to regulate, balance and rehydrate an oily skin. Steam & gentle exfoliation is included in the 75 minute facial.

60 minutes –

75 minutes –

Super Refining Facial

The ultimate skin renewal facial combining the vitality of nature and the power of science to smooth, even and retexture your skin with advanced anti-ageing products. Steam & gentle exfoliation is included in the 75 minute facial.

60 minutes –

75 minutes –

Damage Defence Facial for Men

Soothe, calm and hydrate your skin. This facial tackles the unique concerns of male skin with products designed just for men. Steam & gentle exfoliation is included in the 75 minute facial.

60 minutes –

75 minutes –

Express Spa Treatments

Soothing Back Massage – 30 minutes

This soothing back, shoulder & head massage will relieve stress and leave you feeling deeply relaxed.

€75

Deep Tension Back Massage – 30 minutes

Focusing primarily on the back, shoulders and neck area, this deep back massage will help to relieve tension and stiff aching muscles.

€80

Express Facial ^{AA} – 30 minutes

This personalised express treatment includes a facial cleanse, massage and mask with products selected by your therapist to suit your skin, leaving it glowing and refreshed.

€75

Instant Eye Repair ^{AA} – 30 minutes

Refresh and brighten your eyes with this revitalising eye treatment, the perfect addition to any facial.

This treatment uses specialised massage techniques with cold stones to improve micro-circulation and drainage, helping reduce puffiness around the eyes whilst rose wax and shea butter nourish the skin and help it stay hydrated and soft.

€55

Intensely Nourishing Hair Treatment ^{AA} – 30 minutes

Enriching hair oil based on pure essential oils combined with coconut oil is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, tension is released and a deep state of relaxation follows. Known for their beneficial effect on the scalp and hair, these richly scented oils encourage circulation and help to promote healthy, conditioned hair.

€55

Hands & Feet

Spa Manicure – 60 minutes

A full manicure treatment including nail shaping, exfoliation, cuticle work, hand mask and a soothing & nourishing hand massage followed by an application of nail polish of your choice.

€50

French Manicure – 75 minutes

A full manicure treatment including nail shaping, exfoliation, cuticle work, hand mask, a soothing & nourishing hand massage followed by an application of French nail polish.

€55

Men's Manicure – 45 minutes

A full manicure treatment including nail shaping, exfoliation, cuticle work, hand mask and a soothing & nourishing hand massage.

€45

Long Lasting Gel Polish Hands or Feet – 60 minutes

Nails are prepared by nail shaping, cuticle work and buffing before a long lasting gel polish of your choice is applied. This treatment is concluded with a nourishing cuticle oil to finish.

€40

Gel Polish Removal – 20 minutes

Gel Polish is removed using foil wraps and gentle buffing.

€15

Re-shape & Polish Hands or Feet – 20 minutes

Re-shape and file of the nails followed by a nail polish of your choice.

€20

Re-shape & French Polish Hands or Feet – 20 minutes

Re-shape and file of the nails followed by a French nail polish.

€25

Spa Pedicure – 75 minutes

Includes a bubbling spa bath to soothe your tired feet, nail shaping, exfoliation, cuticle work, foot mask and a relaxing foot massage, followed by an application of nail polish of your choice.

€80

French Pedicure – 75 minutes

Includes a bubbling spa bath to soothe your tired feet, nail shaping, exfoliation, cuticle work, foot mask and a relaxing foot massage, followed by an application of French nail polish.

€85

Men's Pedicure – 60 minutes

A spa bath will soften & soothe your feet before nail cutting, exfoliation, cuticle work, foot mask and a soothing and nourishing foot massage.

€60