



SPA THERAPY MENU

CARA

— ORGANIC BEAUTY —



A SPECIAL PLACE TO RESTORE BODY AND SOUL

The pool and Spa building sits on the footprint of the original Glass House.

An aqua green and gold mosaic colour theme flows through the pool and Spa areas which comprises of seven treatment rooms, including two couples treatment rooms with jet bath and steam room; a fully equipped thermal suite consisting of an ice fountain, sauna, steam room, sanarium, tropical experience showers, heated bench and an infinity pool ensuring all your wellness and indulgent relaxation needs are catered for. Our fitness centre offers a range of cardiovascular and strength training options, as well as state-of-the-art equipment.



TREATMENT MENU

The Anne Semonin treatment collection combines an ingenious blend of aromatic essential oils, trace elements and marine ingredients with the classic French touch and a holistic approach to treating the individual needs of your body and skin.

Anne Semonin treatments are designed to be “tailor made” and will not only revitalize the skin, but energize and balance the mind and spirit, providing total relaxation.

After your spa experience, a simple Anne Semonin regime is carefully prescribed, in which the therapist will recommend how to customize products to create perfect blends for optimum efficiency. This can then be carried out at home on a daily basis.

If you would like us to prescribe your personal treatment plan during your stay at the Spa, please contact reception and they will be happy to organise a consultation for you.



ANNE SEMONIN EXQUISITE MASSAGE COLLECTION

AROMA ENERGISER

25min • 60min • 90min

Uplifting, energising, tension releasing

Taken from the tradition of ayurveda the exotic, warming aroma of ginger stimulates and uplifts the senses. Enriched with vitamin E this delightfully nourishing oil is perfectly merged with classic deep tissue and stretching techniques to enliven the senses and release tension in the muscles.

PURE REJUVENATION

25min • 60min • 90min

Protecting, regenerating, smoothing

Designed to deliver a flawless marriage of protective treatment and pure relaxing care. Long, rhythmic strokes glide across the entire length of the body while the Omega 3 and 6 found in cranberry and vitamins A & E from olive oil penetrate the skin deeply achieving maximum skin regeneration.

VITAL DETOX

25min • 60min • 90min

Detoxifying, stimulating, refreshing

The sublime synergy of lemongrass and peppermint is introduced into the body using specialized lymphatic techniques to effectively release toxins and stimulate circulation. The increased circulation improves drainage and leaves the body feeling light and refreshed.



ANNE SEMONIN EXQUISITE MASSAGE COLLECTION

RELAX & RENEW

25min • 60min • 90min

De-stressing, unwinding, restoring

Hazelnut and sesame form a rich base of oils to facilitate the slow, flowing movements of this total body de-stress therapy. The lavender and mandarin infused oil permeates the skin easily releasing stored tension from deep within the muscles completely unwinding the entire body.

VOLCANIC THERMAL STONES

25min • 60min • 90min

Relaxing, warming, powerful

Muscles yield to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energies are skilfully combined with the perfect blend of essential essences designed to stimulate the senses and unwind both body and mind.



ANNE SEMONIN EXQUISITE MASSAGE COLLECTION

PAMPERING PUMICE MASSAGE RITUAL

75min

Physical and mental relaxation

A revisited ancient massage technique based on the use of linen poultices. Filled with all the goodness of powerful grape seeds, natural grape essence and aromatic essential oils.

Through a combination of heat, pressure and the effect of the red grape and essential oils, this gentle massage induces a profound state of physical and mental relaxation. This helps to banish tension and eases the muscles through a unique massage experience.

ANTI-FATIGUE BACK REMEDY

60min

Tension releasing, restoring back therapy

An exceptional solution created to alleviate tension stored in the back, neck and shoulders and reduce fatigue. The exquisite combination of heat, minerals and oils begins with a generous application of self-heating mineral mud mask to release stiffness, strain and stress in the muscles. This is followed by a bespoke massage with blended oils just right for your needs. Both energizing and relaxing, this treatment leaves the whole body with a complete sense of well-being.



ANNE SEMONIN ULTIMATE FACIAL COLLECTION

ULTIMATE SKIN RENEW

1h 15min

Peeling Rejuvenating, smoothing

This medically inspired therapy brings together the gentle peeling action of micronised peeling powder with a deeper exfoliation from the magic resurfacing complex. Together the non-irritant formula softens visible imperfections on the skins surface, such as pigmentation and spots and diminishes wrinkles. Luxurious yet powerful, when used regularly, this treatment truly is the ultimate transformation for visibly younger and more radiant skin.

OLIGO SKIN PROTECT

60min

Detoxifying, balancing, age preventing

The ultimate in anti-oxidant defence, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells. Using the exclusive Oligo range of products, an advanced formula combining dynamic ingredients such as algae and chlorella, ensures a clear skin, thoroughly protected from urban environmental aggressors.

SOOTHING SKIN SAVIOUR

60min

Calming, hydrating, restoring

The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences. Skin is prepared with gentle cleansing and exfoliation before delighting in the application of the luxurious Anne Semonin cream mask. The generous application of the algae and kaolin clay formula smoothes and nourishes skin revealing a perfectly calm and soothed complexion.



ANNE SEMONIN ULTIMATE FACIAL COLLECTION

AGE DEFEND

60min

Anti-ageing, firming, toning

Defy the ageing process with this quintessential regenerating facial therapy. Signs of ageing dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity. Maturing skins will appreciate extracts of Mexican Wild Yam and Vitamin A & E which provide ultimate defence against environmental elements and maintain a youthful radiance all the way to a cellular level.



ANNE SEMONIN ULTIMATE FACIAL COLLECTION

CRYO TIME FREEZE

60min • 90min

Immediate radiance, toning, brightness

A flawless skin brightening experience, this facial uses the age defying effects of cryotherapy with the Anne Semonin 100% Active Serum to reinforce the skin's firmness at a cellular level. Complemented by a neurocosmetic containing Wild Indigo which stimulates the release of B-endorphins, flooding the body with a total sense of well-being.

EXQUISITE MIRACLE EYES

45min

Brightening, distressing, refreshing

An exquisite treatment specifically designed for the delicate eye area which brings together a unique combination of eye contour masks and a specialized lymphatic massage, ideal for reducing the signs of ageing and melting away stress. Anne Semonin Cryotherapy ice cubes diminish puffiness and refresh the eyes. Finally, a divine application of miracle eye cream completes the total eye care experience.

DÉCOLLETÉ & BUST REVITALIZER

45min

Tightening, hydrating, perfecting

Rich with seaweed micro beads this unique double action exfoliator cleanses and softens the skin instantly brightening the complexion. Fine lines and signs of ageing are gently erased as the marine extracts and essential oils of the firming, peel off body mask penetrate deeply, revealing a visibly tighter, smoothed and hydrated skin.



ANNE SEMONIN SIGNATURE COLLECTION

ANNE SEMONIN ULTIMATE INDULGENCE

2hr

Unadulterated pleasure from top to toe!

This treatment begins with an exfoliation of the back followed by a tailored body massage. A skin specific facial, complete with a hand and foot massage, completes the total experience for face and body. With its intensely soothing scalp massage, the outcome of this elegantly designed treatment is a flawless complexion and a deep release of stress and tension throughout the entire body.

HEAVENLY ANTI-STRESS FACE AND BODY EXPERIENCE

2hr

A synergy of heat and cold is the essence of this truly exceptional experience combining a relaxing back therapy and anti-ageing facial.

The creamy, rich mixture of self-heating clay and algae melts away deep-seated tension throughout the back of the body while the feet and legs are massaged. The senses are further stimulated with an advanced cryotherapy facial, using the Anne Semonin Express Radiance ice cubes infused with powerful ingredients to support the skin at a cellular level, as the whole body experiences a rush of complete well being.



ANNE SEMONIN SIGNATURE COLLECTION

GLOWING MOTHER-TO-BE 90min

Pampering, rejuvenating, radiance

Nurture your body at this precious time with a specially designed therapy to treat muscle aches, reduce fluid and imbue total rejuvenation of the face and body. The pregnancy specific massage and tailored facial combine into one seamless pleasure melting away fatigue and revealing a radiant you.

BABY BLISS PREGNANCY FACIAL 60min

Radiance, soothing, nourishing

The hormonal effects on your skin during pregnancy can cause dryness, breakouts, increased pigmentation and a lack lustre complexion. Regain that beautiful pregnancy glow with this rehydrating soothing facial. Using an intensive nourishing oil, special attention is paid to relaxing your neck and shoulders followed by a heavenly scalp message which will leave your skin glowing.

BABY BLISS PREGNANCY MASSAGE 60min • 90min

Relaxing, nourishing, rehydrating

A deeply relaxing fully body massage is combined with the use of a luxurious vitamin rich body oil. This massage is tailored and designed to nourish and rehydrate the skin, ease muscular tension and improve circulation and mobility.



YON-KA BODY EXPERIENCES

A premium all natural skin care products, specialising in a comprehensive range of Aromatherapy, Phytotherapy, Marine and Fruit Therapy based face and body products and treatments.

Enter the world of Yon-Ka treatments at the Spa for a unique aromatic experience where every fragrance brings harmony.

Refine methods, exclusive techniques, precise amounts of plant extracts and essential oils, the skill of qualifies professionals.

HYDRALESSENCE BODY

1hr 45mins

Long lasting, deep hydrating treatment

An effective moisturising and comforting treatment that leaves your skin velvety smooth.

A soft gel peel exfoliates and moisturises, followed by a massage with a nourishing body balm designed to deeply hydrate the skin. Leave with divinely soft skin!



YON-KA BODY EXPERIENCES

SOINS VELOURS

60mins

Relaxing, moisturising and exfoliating body treatment

This purely relaxing treatment utilises a plant based exfoliating soft gel peel which guarantees instant moisture in the skin, nourishing and feeding a parched skin will guarantee results however we also conclude with a massage to insure the skin appears to have a gentle sheen upon leaving.

GOMMAGE MARIN

45 Mins

Invigorating body polish

A dual action of skin hydration with light yet effective body polishing is offered alongside an energising scrub with Guerande sea-salt grains is enriched with essential oils. A thorough exfoliation treatment that leaves your skin silky soft and satin-smooth.

GOMMAGE VEGETAL

45 Mins

Softening and relaxing body exfoliation

A soothing and hydrating body exfoliation designed for sensitive skins. A plant based peel is massaged into the skin for a gentle exfoliation promoting gentle shedding while respecting and not disrupting the natural protective layer of the skin. For the sensitive soul.



YON-KA BODY EXPERIENCES

PHYTO MARINE – Seaweed

75 mins

Slimming body treatment

Soothing, firming, cooling and detoxing all in one session? What's not to love! Containing two different types of algae it will remineralise and firm the skin. Completed with precise essential oils, giving visible results that will encourage you to continue a regimental detox programme at home.

PHYTO FERMETE

75 mins

Firming Body Treatment

Lifting and firming body treatment. Includes massage movements to firm and tone body contours and a wrapping technique using Yon Ka's five essential oils. It kickstarts a healthy programme toward inch loss and a toned even complexion within the skin.

JAMBES TONIQUE

BEAUTIFUL LEGS

45 Mins

Anti-fatigue leg treatment

Heavy tired legs? Climbing ivy cocooned with jambes tonique are the ultimate recipe for excess fluid or truly tired legs. This treatment stimulates surface circulation enabling the legs to feel wonderfully light and refreshed in just 40 minutes you could skip out the door you trundled through.



YON-KA BODY EXPERIENCES

AROMA-LUXE MASSAGE

60min • 90min

Aromatic massage - energising or relaxing

For one entire hour you will be massaged with luxurious nourishing essential oils - including lavender, basil and verbena – you can opt for relaxing or invigorating scents and techniques.

Indeed, the purpose of this treatment is to tailor it to your very need.

FULL BODY MATERNITY MASSAGE

60min • 90min

Firming Body Treatment

A gentle full body massage designed specifically for pregnant women. Using targeted oils for the prevention of stretch marks and optimum skin elasticity to nourish even those areas where Mum to Be may be finding harder to reach Allow us nourish the skin, body and soul for you.



YON-KA FACIAL EXPERIENCES

LE GRANDE CLASSIQUE

60 mins

Deep pore cleansing, restoring & relaxing facial

The quintessential and corner stone Yon-Ka Facial offering a divine balance between deep cleansing, purifying hydrating and decongesting aspects, while still allowing you to experience utter tranquillity and sheer delight with a manipulative massage.

HYDRALESSENCE VISAGE

60 mins

Long-lasting, deep hydrating facial

An internal drink for the skin. Allow the luxurious sweet smelling aromas, oils and true elixirs to lure you into heaven on earth while nourishing and simply sealing all the moisture needed from within your skin. Creating an instant and longlasting dewy complexion, noticeable volume allowing you to achieve the coveted illuminious red carpet ready look.

VITAL DEFENSE

60 mins

An age prevention, antioxidant and anti-pollution facial

Arm yourself with a brigade of antioxidants and skin health vitality during this lifestyle fighting treatment. Escape the daily stressors by shielding the skin from premature ageing, environmental trauma and a general sense of lethargy. The skin is instantly, visibly and measurably rejuvenated and rested.

YON-KA FACIAL EXPERIENCES

OPTIMIZER

75 mins

Lift effect facial

Place your volume and muscle tone into the hands of our Yon-Ka Paris Therapist as she lifts and firms the contours of the face in the shape of a vigorous massage truly creating smoothed muscle definition accompanied with bright youthful skin.

ECLAT COCOON

75 mins

Hydrating & relaxing facial with hot stones

Eclat Cocoon is the ultimate pinnacle luxury bound spa facial. It truly targets deep hydration & sheer relaxation. This treatment utilises the healing and relaxation powers of hot stone massage for complete well-being and achieving homeostasis for the individual.

ECLAT CONTOUR

45 Mins

Eye contour treatment

This eye contour treatment provides you with the ultimate tool to preserve the fragile beauty of the eyes. Considering the eyes are the window to the soul let us target the concerns we witness around this delicate tissue area. We shall address wrinkles, puffiness & dark circles, sinus issues, white heads and so forth insuring that the eyes receive the attention they truly deserve.

SOIN PURETE

45 Mins

Deep pore cleansing

This deep pore cleansing and balancing facial is designed for a combination to oily skin. This facial is specially adapted for a teenage or acne skin. An exclusive Yon-Ka method is used to carry out mild deep cleansing in 5 phases, creating excellent results.

YON-KA MENS FACIAL EXPERIENCES

SKIN FITNESS

60 mins

Deep cleansing, purifying treatment

This deep-cleansing treatment purifies, balances and brightens your complexion. Blackheads and dead cells are gently eliminated by the professional face peel technique that remains mild on the most delicate skin. This skin-cleansing phase is followed by a long relaxing and aromatic massage. A real radiance-revealing treatment to indulge in whenever you feel the need.

POWER MOIST

60 mins

Deep hydration, cleansing exfoliation

The first signs of ageing and a dull complexion are often caused by a lack of hydration. Your skin feels tight. It needs deep hydration that your usual cream can not provide. This treatment begins by cleansing, exfoliation and a steam bath, followed by a double moisturising and repairing mask. It ends with a massage of the face and back and front of the neck. Your features are smoothed. Your complexion looks radiant. Your skin regains all of its comfort.

AGE DEFENSE

60 mins

Anti-wrinkle, energising treatment

This expert anti-wrinkle, firming and energising treatment acts like a mini-facelift. Your face redefined and your complexion regains its youthfulness. Ultra-targeted cleansing, exfoliation, masks and masks follow each other in harmony. A treatment highly concentrated in natural active ingredients to give your face a real burst of energy.

YON-KA FACE AND BODY EXPERIENCES

SECRET DE DOUCEUR-HEAD TO TOE REVIVER

3 hour

Body exfoliation, body massage, face hydration, hand and foot express cares

For special occasions it is important that you are in great shape and at your best. There are also moments that you need to dedicate to yourself, just for pleasure. During 3 hours this treatment completely envelops you from head to toe. Fatigue fades away, and facial features relax. You feel fresh, light and confident. A real VIP treatment in the soothing atmosphere of essential oils of lavender, sage, and petitgrain.

DUE FERMETE - FIRMING FACE AND BODY TREATMENT

3 hour

Anti-sagging booster, face and body treatments

A true anti-sag booster: a treatment to lift-up your face and help redefine your body features for more firmness and to reshape all contours and sheathe the skin. Advised on its own, as a remedy or for upkeep for everyone with dull skin, after weight loss or after gaining weight.

EVASION AROMATIQUE - RELAXING FACE AND BODY

3 hour

Aroma luxe body massage, ultimate well-being

This duo of face care and body massage, oxygenating and relaxing with its aromas and softness of textures, will guarantee you absolute relaxation.

MUMS TO BE PAMPER PACKAGE

2 Hrs 30 Mins

Full body massage with foot soak and Yon-Ka facial

The ultimate pampering treatment for any mum to be. The treatment starts with a soothing foot soak followed by a full body pregnancy massage using hydrating products which will help to prevent stretch marks. The treatment finishes with a Yon-Ka mini facial. Muscle aches will be eased away, excess fluid reduced and skin revitalised from head to toe.



SPA PACKAGES

SPA TOTAL WELLBEING

6 hours

Your journey starts with a steam/sauna then the body scrub is applied. A relaxing aromatherapy bath follows to cleanse and balance body and mind. Top to toe nourishment is delivered in the form of freshwater mud masks. This is then followed by an intense massage with your chosen body oil allowing your therapist to work on body, mind and spirit. On reflection, you will be totally relaxed and rejuvenated, so we have given some time for you to enjoy a leisurely lunch and soak up the atmosphere. The final stage of this ultimate journey begins with a scalp massage that releases muscular tension and prepares you for your luxurious facial. A traditional aromatherapy pressure point facial massage combined with lymphatic drainage releases 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. To finish your day of luxury we leave you with a pampering hand and foot treatment for your journey.

SPA SIGNATURE MASSAGE

60 mins

The Spa signature massage blends traditional Swedish techniques with specially blended essential oils. Suitable for all this can be adapted to suite your individual needs.



SPA FINISHING TOUCHES

JESSICA LUXURY MANICURE

75 mins

This nurturing treatment starts with a warm compress, followed with a luxurious exfoliation. The nails are then filed, shaped, buffed followed by cuticle care. The hands are then treated with a luxury mask and placed in warm mitts to intensify the properties. A soothing massage will leave your hands feeling silky, smooth and soft. A blend of alluring fragrances make this a wonderful experience.

JESSICA LUXURY PEDICURE

75 mins

Anti-sagging booster, face and body treatments

Soothe and revitalise tired, sore feet with an invigorating soak in a whirlpool accompanied by an exfoliation to refresh the skin and stimulate circulation. The nails are then filed, shaped, buffed followed by cuticle care. A foot therapy mask is then applied; feet are then placed in warm booties to intensify the treatment. A massage softens the skin and restores vital moisture.

JESSICA TRADITIONAL MANICURE

45 mins

JESSICA TRADITIONAL PEDICURE

45 mins

SPA FINISHING TOUCHES

SHELLAC NAIL

45 mins

Introducing the 3 week gelation manicure & pedicure - say goodbye to smudging and chipping! This manicure will ensure a flawless, high shine finish in zero drying time. This revolutionary manicure uses a gel overlay on the natural nail which is highly resilient and will not damage the natural nail bed.

DELUXE LEG RELIEF PEDICURE

75 mins

A leg and foot treatment aimed at easing fluid retention. This treatment incorporates a full pedicure with Yon-Ka products designed to relieve aches and pains associated with excess fluid. Lower legs and feet will be wrapped with cooling bandages leaving legs smooth, tight and light.

JESSICA TRADITIONAL MANICURE

45 mins

JESSICA TRADITIONAL PEDICURE

45 mins

SPA FINISHING TOUCHES

WAXING

- Full leg
- Half leg
- Bikini
- Full leg and bikini
- Half leg and bikini
- Upper lip
- Lower lip/chin
- Brow shape/wax
- Back
- Chest
- Back and chest

EYE CARE

- Brow shape and tint
- Lash tint
- Eye Masterpiece

MAKE-UP

- Cleanse and application
- Make-up lesson

Some of our beauty treatments will require a patch test, you will be advised of this when making your appointment.

ADDITIONAL PAMPERING

EXPRESS FACIAL

25 mins

A perfect quick fix or as an addition to our body treatments this facial will leave you refreshed and revitalised. Incorporating soothing massage techniques, this treatment is relaxing and effective.

HAIR TREATMENT

25 mins

Restore health and shine to dull, lifeless hair. Nourishing hair oil combining pure essential oils massaged into 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.

SUITE EXPERIENCE

25 mins

For a shared experience, your synchronised treatments can be provided by two of our therapists in one of our Suites. Any treatment can be booked in one of our lavish couples suites at no additional cost.

SUITE EXPERIENCE WITH JACUZZI

25 mins

If you would like to extend your experience with a 30 min Jacuzzi please request this upon booking.

RESERVATIONS

To book an appointment, please contact the spa. For our in-house guests, touch the Spa button on your guest room telephone. Spa welcomes both resident and non-resident guests aged 18 and older. Non-resident bookings will be secured with a credit card. To ensure your preferred time and services are available, advanced booking is advised. The spa accommodates walk-in bookings based on availability.

ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please contribute to this serenity by speaking in soft tones and please respect all spa guests' right to privacy and refrain from the use of mobile phones, pagers and cameras during your time with us. Spa is a smoke-free zone. Swimwear/undergarments must be worn at all times, disposable undergarments are also available at your request. We do recommend that you refrain from bringing any valuables to the spa although lockers are provided.

LATENESS AND CANCELLATION POLICY

All guests should arrive 15 minutes prior to stated treatment time. Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of three hours notice for changes or cancellations. With fewer than twelve hours notice you will be charged for 50% of your treatment and with fewer than three hours notice you will be charged 100% of your treatment.

GIFT CERTIFICATES AND HOME CARE

Our gift certificates make a wonderful gift for any special occasion. To continue your Spa experience at home, all products used in our treatments are available for sale in the spa retail at the reception area. Our staff will be most happy to assist you with your selections.

Please note that a swimming hat is required if you are availing of the swimming pool, these can be purchased from the spa reception at a charge of €5.00, alternatively you can take your own with you.

for reservations call + 353 (0) 74 97 43113

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