



POWERED BY **ELEMIS**

WELCOME TO THE PEARL SPA /

Escape from the pressures of everyday life and transport yourself to the tranquil surroundings of the Pearl Spa where time is left at the door.

Pearl Spa Elite therapists make it personal. They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever evolving rhythm of your life and the ever-changing nature of your skin.

Discover the ELEMIS Experience with treatments designed to respect the body's complex physiology. Revolutionary Spa therapies that work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

With ELEMIS, every ground breaking formula is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skin-care experts. Encompassing the most powerful biological actives available from both 'above and below' the earth's surface, ELEMIS' meticulous attention to detail, pioneering formulas and remarkably transformative results are what truly sets our skincare apart



PEARL SIGNATURE SPA CEREMONIES

AQUA THERMAL JOURNEY /

Allow yourself to be guided through a sequence of different heat and water experiences, letting your body and mind discover new sensations and the true benefits of relaxation and rejuvenation. We recommend that you follow this journey prior to any spa therapy to optimise results.

SANARIUM /

A sanctuary of low heat and humidity helps to slowly warm the body to initiate the detoxifying process.

THALASSO POOLS /

Seawater pool with high density content allows the body to float freely thus inducing deep relaxation. The effect of seawater simultaneously regenerates the circulation and remineralises to maximise bodily function and relieves ailments of muscular & joint pain.

INVIGORATING SHOWERS /

A sequence of cooling showers with different jets & spray leaves the body feeling refreshed and rejuvenated between heat rooms.

STEAM BATHS /

Encapsulated with high levels of humidity, an infusion of aroma essences aid the respiratory system and assist further elimination of toxins, whilst softening the skin.

SNOW CHAMBER /

A snow filled cocoon provides a contrast of icy temperatures to cool the body. The effect on the circulation induces anti-inflammatory & regenerative properties, leaving the body feeling toned and refreshed.

SAUNA /

A classic Finnish sauna heated by olivine stones provides a dry rustic warming sensation to deeply heat the body, inducing relaxation and softening the muscles.

RELAXATION ROOM /

To complete the Aqua Thermal Journey, recline in cosy loungers letting time slip away, discovering peace and a newfound equilibrium.

75 minutes €25

SPA PACKAGES

This range of expertly curated ELEMIS packages is designed to deliver focused results, relaxation and restoration. Each package speaks to whatever you need, whenever you need it.

DE-STRESS /

2hours 30minutes €200

Bath
Pearl Massage
ELEMIS Expert Tech Facial

DETOX /

2hours €180

Intensely Cleansing Salt Scrub – Lime & Ginger
Cellutox Deep Tissue Massage
Target Toning Tightener (Compression Pressure Leg Boots)

MUSCLEASE /

2hours 30 minutes €170

Bath
Musclease Aroma Ocean Wrap
Musclease Deep Tissue Massage

FRANGIPANI LOVERS /

2hours 30minutes €450 (for both)

Intensely Cleansing Salt Scrub- Frangipani
Frangipani Relaxing Massage
Expert Touch Facial

DECOMPRESSION /

1hour 45 minutes €140

Compression pressure Leg Boots
Pearl Massage or Deep Tissue
LED mask

Aqua Thermal Journey included in all packages

PEARL SIGNATURE TREATMENT

PEARL BOTANICAL RASUL RITUAL /

1 Person 2hours €130
2 People 2hours €220

This complete cleansing and detoxifying ritual begins with a gentle exfoliation on the face and body. A hydrating mask is applied to the face along with a deeply nourishing hair milk. The body is coated with different therapeutic oils all over the body, allowing absorption within a soothing steam room. This helps to release stress, detoxify the body and hydrate the skin. The ritual is completed with a relaxing 55min full body massage, sending you into a state of tranquillity.

PEARL MASSAGE /

60/90 minutes €95/€125

Indulge in a deeply Relaxing body massage inspired by the art of aromatherapy. Your skin is luxuriously anointed with nourishing oils, carefully selected to elevate your spirit, soothe your senses, restore strength, or bring a sense of calm. Each bespoke massage nurtures the skin in all its glory, leaving it exquisitely moisturised, supremely soft, and delicately scented.

Choose from:

Cellutox Active Body Oil

for an uplifting, emotionally balancing experience.

Musclease Active Body Oil

to support muscular relief and recovery.

Japanese Camelia Body Oil Blend

a gentle, vegan (nut-free) option for sensitive skin.

MASSAGE THERAPIES

Advanced massage sequences to unwind and re-charge.

DEEP TISSUE MASSAGE /

30/60/90 minutes €55/€95/€125

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your Therapist will select an aromatic oil according to your concerns; Muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

HOT STONE MASSAGE /

60 minutes €95

Nothing gets into the centre of the muscle like a hot stone. Bathed in the intensely moisturising Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

FRANGIPANI HEAD & SCALP MASSAGE /

60 minutes €95

This scalp Massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head.

ELEMIS PREGNANCY

PEACEFUL PREGNANCY MASSAGE /

60 minutes €95

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted along with wisdom, empathy and respect.

PEACEFUL PREGNANCY FACE & BODY EXPERIENCE /

2 hours €155

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

ELEMIS BODY THERAPY

Detox, re-shape and nourish with our high-performance body therapies.

INTENSELY CLEANSING SALT SCRUB /

40 minutes €75

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

Choose from:

Lime and Ginger Salt Glow

Ginger, Jasmine & Sea Salt - a citrus scented for uplifting

Frangipani monoi Salt Glow

Coconut, Frangipani & Sea Salt - a tropical paradise scented

MUSCLEASE AROMA SPA OCEAN WRAP/

75 minutes €95

A powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of essential oils, this specialised treatment helps ease aching, tense muscles.

CELLUTOX AROMA SPA OCEAN WRAP /

75 minutes €85

This seaweed treatment detoxifies and deep cleanses the body inside and out. Excellent for improving the dimpled appearance of cellulite and reducing fluid retention.

TARGETED TONING & SLIMMING TREATMENT /

50/90minutes €55/€110

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed.

You can choose a localised treatment: Arms, Hips & Thighs, or Abdomen.

ADVANCED FACIALS

EXPERT TOUCH HANDS-ON FACIALS

Our facials combine expert hands-on therapy, advanced technologies, and potent active ingredients, all delivered with the skill and care of our trained therapists. Using carefully selected premium brands, each treatment is tailored to your skin's unique needs, providing visible results while offering a deeply restorative and indulgent experience.

NOURISH FACIAL /

50 minutes €110

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

REVEAL FACIAL /

50 minutes €110

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

RENEW FACIAL /

50 minutes €110

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

DEFINE FACIAL /

50/80 minutes €110/140

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.

EVOLUTIONARY SKIN WELLNESS:
EXPERT TECH FACIALS

ENHANCING YOUR NATURAL BEAUTY WITH
TECHNOLOGY AND COSMECEUTICALS

RADIANCE + REVIVE FACIAL /

50 minutes €130

Revive tired skin with our advanced Ultrasonic Peel Technology teamed with Oxygen Infusion to plump and Galvanic to nourish, leaving your skin rebalanced, nourished, and radiant.

SMOOTH + POLISH FACIAL /

50 minutes €120

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing

LIFT + REJUVENATE FACIAL /

50 minutes €120

Restore your skins vitality with our targeted Microcurrent technology for the ultimate lift, Ultrasonic Peel to gently exfoliate and Oxygen infusion to plump. Skin will appear renewed, toned and firmer.

SCULPT + FIRM FACIAL /

50/80 minutes €120/160

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 5 BIO-TEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined.

ADDS ON

ADD ON /

Can be added to all Facials
Massages or Body
Treatments

EXPERT™ COLLAGEN EYE BOOST
15 minutes €15

COMPRESSION PRESSURE LEG BOOTS
25 minutes €45

THERAFACE LED MASK
20 minutes €30

ENERGIZING MILK BATH
30 minutes €25

POWERED BY



SPA ESSENTIALS- HANDS & FEET

Don't forget to add your final touches to your day at the Spa. Let our qualified and professional team take care of your essential needs so that you look and feel your absolute best.

GARDEN OF ENGLAND ROSE RESTORE HAND TREATMENT /

55 minutes €40
Plus Shellac Polish €15
express manicure for men 30 minutes €30

Hand massages are alarmingly relaxing. And this is the last word in conditioning, restorative, anti-ageing hand treatments. Targeting age spots and dryness, you'll waft out with the softest little paws and a blissed out smile on your face. Including cuticle and nail procedure.

BEST FOOT FORWARD /

75 minutes €50
Plus Shellac Polish €15
express Pedicure for men 45 minutes €40

Take a load off with this foot focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. This treatment softens and smoothes the skin to leave feet as supple and fragrant as a Rose. Including cuticle and nail procedure.

SPA ETIQUETTE

Welcome to our Spa, a sanctuary of serenity and well-being. To ensure an exceptional experience for every guest, we kindly ask you to observe the following guidelines

GENERAL

The Spa and its environs are strictly NO SMOKING areas.

We do not allow mobile phones in the Spa areas, please leave them switched off in your locker. This is the time for your body and mind to release the worries and stresses of the day.

Please conduct all conversations at levels consistent with a relaxing Spa environment.

The Spa & its facilities are open to persons aged 16 and over.

Shower towels can be found in your lockers, please do not take shower towels outside.

Please leave all items of value in your locker. The Spa is not responsible for loss of or damage to a guest's personal belongings.

Always shower before using pool facilities and between sauna and steam rooms. A robe & slippers should be worn in all spa areas.

Swimwear is compulsory in Steam, Sauna and pool areas.

A towel should always be placed on sauna and steam room benches between you and the bench.

Please do not leave toiletries in showers or wet vanity areas.

Shaving is permitted in the male changing rooms. However, please ensure that wet vanity areas are left clean. Razors should not be placed in any of the waste bins and shaving is strictly prohibited in the saunas and steam rooms.

Please do NOT add oils or other products to the sauna bucket water without first speaking to a member of staff.

Please ensure that you drink plenty of fluids to rehydrate after use of the sauna and steam rooms.

Please place all used towels in the baskets provided.

Food & drink should not be brought into the Spa for consumption during your visit. Refreshments are available in the relaxation areas and the Hotel Restaurant.

All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival prior to entrance to the spa facilities.

If you have a gift voucher please remember to bring this with you on the day to hand to Reception

All facilities are subject to availability.

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WHEN TAKING A TREATMENT /

For the comfort, safety and relaxation of all our guests we ask that the following guidelines are followed at all times:

Please arrive in good time to enjoy the facilities and ensure that you are ready to be collected by your therapist at the allotted time. Time lost through late arrival will result in a shortened or amended treatment being offered without refund.

Underwear or suitable swimwear should be worn in the treatment room and during treatments. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times.

During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.

If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.

There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet they will be too.

We hope you enjoy this interlude of pampering and relaxation.

Your comments are always welcome.

SPA TOURS /

Spa Tours are by appointment only and can be conducted outside of the Spa's operating hours.

CANCELLATION POLICY /

Please note 24 hours, cancellation notice is required for all bookings and services otherwise, 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.



Sunrise Pearl Hotel

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