

EMERALD spa

POWERED BY ELEMIS

WELCOME TO EMERALD SPA

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

Emerald 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 skincare 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.



ELEMIS MASSAGE COLLECTION

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. Added bonus the amazing Frangipani Monoi Head & Scalp Mask.

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

TARGETED TONING & SLIMMING TREATMENT

50/90 minutes €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 are a luxurious fusion of expert touch, advanced technology, and powerful active ingredients. Delivered by highly trained therapists and enriched with carefully curated premium brands, each treatment is bespoke to your skin's unique needs. The result is visibly radiant skin and an indulgent, deeply restorative experience that elevates self-care to an art.

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.

EMERALD SIGNATURE TREATMENT

EMERALD STONE ROLLER FACIAL MASSAGE

30 minutes €50

Indulge in this booster facial that includes cleansing, exfoliation and a complete facial massage with our Jade Stone Roller whilst we layer the Award-Winning ELEMIS Superfood Facial Oil, which includes all the necessary vitamins & minerals for a healthy complexion. Connect with earth's precious stones and necessary extracts and give your skin a healthy 'smoothie' in an instant.

EMERALD 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.

ADDS ON

Can be added to all Facials, Massages or Body Treatments

EXPERT™ COLLAGEN EYE BOOST

15 minutes €15

COMPRESSION PRESSURE LEG BOOTS

20/40 minutes €45/65

LED MASK

20 minutes €30

POWERED BY



Therabody

COUPLE'S PACKAGES

MONOI OIL LOVERS

60 minutes €165 (for both)

Full Body Deep Tissue Massage with Frangipani Monoi Body Oil that transports you to the French Polynesian. Infused with Tiare Flowers that are considered to be the Flowers of the Gods.

CROWN TO BASE REJUVENATION

2 hours €340 (for both)

Full Body Massage of Choice
ELEMIS Expert Touch Facial

SPA LIFESTYLE PACKAGES

TRAVEL DETOX MASSAGE

2 hours €120

Deep Tissue Massage with Cellutox Oil and Extra Body Brush
Targeted Toning Tightener Slimming & Cellulite Treatment

ANTI-AGEING RETREAT

2 days €265

First day: : 1 hour 50 minutes
Expert Touch Facial
Targeted Toning Tightener Slimming & Cellulite Treatment

Second day: : 1 hour 50 minutes
Expert Define Facial
Targeted Toning Tightener Slimming & Cellulite Treatment

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.

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 EMERALD HOTEL

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