

The Treatment Rooms

at

Adare Manor *Hotel & Golf Resort*



The Treatment Rooms Information

Opening Hours

*9.00 to 6.00pm Monday to Saturday
Advanced booking is advisable*

We suggest you arrive 5-10 minutes prior to your appointment time

Cancellation Policy

Your Spa and Salon appointments are reserved exclusively for you. As a courtesy to other guests, please give us 4 hours notice if you must cancel or reschedule an appointment. You will be billed 50% of the services reserved if you should cancel or change in less than 4 hours.

*Failure to show for appointments will result in a
100% charge for reserved services.*

For cancellation of a package, 24 hours notice is required.

Arrive Early

We suggest you arrive at least 5 - 10 minutes prior to your appointment time. Please understand your treatment will end on time so that the next guest will not be inconvenienced.

Gift Vouchers

An ideal present. Gift Vouchers are available for use against any treatment or Day Packages. Gift vouchers are not refundable and must be presented at time of treatment.

What to Bring

Towels, robes and slippers are provided. Please do not bring valuables to the-Spa, as Adare Manor accepts no responsibility for lost, stolen or damaged belongings.

Medical Conditions

If you have a medical condition or are under medical supervision, please advise us so that we can provide the best possible service. If you are pregnant you must submit a written consent from your doctor permitting a pregnancy massage.

On call Make-Up artist, available on request.

Prices subject to change

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Presiding over breathtaking formal gardens and a majestic parkland golf course, The Treatment Rooms at Adare Manor has been created as a sanctuary where each individual has the opportunity to escape.

The elegant interior of The Treatment Rooms warmly welcomes you to indulge in a superb host of luxury health and beauty treatments. Our team are chosen for their expertise and true dedication to pamper and care for your every need in the most relaxed atmosphere.

A visit to The Treatment Rooms at Adare Manor will prove revitalizing and invigorating. A bringing together the senses of mind body and spirit into the whole being.

Facial Treatments

1. **Visible Brilliance Facial 1hr 15mins €95.00**

The advance performance facial incorporates a specialised lifting massage to help reduce puffiness, tiredness and dark circles from around the eyes as well as a pro-collagen booster serum to reduce the appearance of crows feet and wrinkles and is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in total relaxation.

2. **Pro Collagen Quartz Lift Facial 75mins €95.00**

Providing immediate results in the fight against time, the Pro Collagen Quartz Lift Facial helps to slow down the signs of premature ageing, reducing fine lines and wrinkles and radically improving the tone and elasticity of the skin. The Power of Padina Pavonica is accelerated by precious minerals; Quartz, Tourmaline, Rhodochrosite re-energies cell communication, whilst Laminaria Digita, Red Coral optimises cellular respiration and regeneration for an uplifted, more youthful looking appearance.

3. **Oxygen Skin Calm Facial 1hr 15mins €90.00**

Restructuring tired, fragile and sensitive skins, the Oxygen Skin Calm Facial will boost vitality and address the needs of a changing skin. Combining the unique qualities of a natural Japanese silk gauze mask with an oxygen booster serum to relieve the stress and strain of every day life.

4. **Tri Enzyme Resurfacing Facial 60mins €90.00**

This ground breaking anti-ageing facial instantly resurfaces and smooths the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

5. **Elemis skin Specific Facial 1hr €80.00**

The Elemis Skin specific facials combine specialised deep cleansing and eastern massage techniques to help bring radiance and youthful vitality back to a dull, lack lustre skin.

Exotic Moisture Dew, Lavender Repair, Fruit Active Glow.

Hair Services

Wash & Blowdry €35.00 - €50.00

Trial Bridal Upstyle €90.00

Upstyle €70.00

Ladies Cut €45.00

Gents Cut €30.00

Children's Cut €20.00

GHD Curls €50.00

Our hairdresser is more than happy to go to your room if required

Wax & Tinting

Eyebrow Tweeze / Wax €10.00

Eyelash Tint €15.00

Eyebrow Tint €10.00

Chin Wax €10.00

Lip Wax €10.00

* A patch test must be performed 24 hours before first time tinting.

Tanning

Liquid Gold Spray Tan

Full Body Spray Tan €35.00

Half Body Spray Tan €25.00

Liquid Gold is an amazing natural looking spray tan applied professionally by a technician thus ensuring perfect results every time. Taking only five minutes to apply, you will experience an immediate natural looking tan that will continue to develop over the next 5-12 hours. You can expect Liquid Gold to last 5-7 days depending on your skin type and preparation. Regular moisturising will extend the tans life.

Packages suitable for Men & Women

1. **Stress Recovery Day** 2hrs €170.00
*Stress Away Bath
 Elemis Skin Specific Facial
 Well Being Aromatherapy Back Massage*

2. **Total Well Being Day** 3.5hrs €260.00
*Enriching Milk Bath
 Well Being Aromatherapy Body Massage
 Elemis Skin Specific Facial
 Deluxe Pedicure*

3. **Detoxifying Day Programme** 3.5hrs €285.00
*Detox Ocean Bath
 Elemis Cellutox Aroma Spa Wrap
 Well Being Aromatherapy Body Massage
 Deluxe Manicure*

4. **The Beautiful Spa Package** 3hrs €170.00
*Elemis Skin Specific Facial
 Deluxe Manicure
 Deluxe Pedicure*

5. **Total Transformation Spa Package** 4.5hrs €290.00
*Warm Ocean Bath
 Elemis Skin Specific Facial
 Well Being Aromatherapy Body Massage
 Deluxe Manicure
 Deluxe Pedicure*

6. **Golfers Elixir** 1hr €85.00
*Stress Away Bath
 Well Being Aromatherapy Back Massage*

Body Treatments

1. **Elemis Stress Relieving Massage**
*Full Body 55mins €100.00
 Back, Neck & Shoulders 30mins €70.00*
Focusing to relieve tension and aching muscles, the fundamental elements of the Deep Tissue Muscle Massage are experienced in this deep pressure, firm massage. Combined with specially blended massage oils this treatment can be tailor made to suit the individual needs of the client.

2. **Elemis Aromatherapy Massage**
*Full Body 55mins €90.00
 Back, Neck & Shoulders 30mins €60.00*
The unique touches of Elemis, combined with the welcome touch and awareness journey is what makes this more than a massage. Your body is lightly brushed, before the gorgeously warmed pure massage oils are smoothed over the face and body.

3. **Elemis Pregnancy Massage** 70mins €100.00
Relax and unwind with Japanese Camelia Oil, this luxurious oil replenishes skin and is ideal to use during pregnancy both in massage and to help combat stretch marks. This Elemis treatment can be performed for the duration of your pregnancy focusing on the often most uncomfortable areas, lower back, legs, shoulders & neck with the emphasis being on the mother being completely relaxed and pampered at this special time.

4. **Absolute Spa Ritual** 2hrs €170.00
*Enjoy the complete body treat. Let our Elemis trained therapists soothe your body with an Elemis Deep Tissue Massage followed by one of our Skin Specific Facials, a guarantee you will leave on cloud nine.....
 Elemis Stress Relieving Massage
 Elemis Skin Specific Facial*

5. **Exotic Lime & Ginger Salt Glow** 30mins €65.00
... inc Back Massage 1hr €100.00
An exotic exfoliation ritual to invigorate and bring vitality to your body. Your skin is deeply cleansed, polished and softened to perfection, finishing with a final application of exotic island flower body balm, leaving the skin glowing and vibrant, replenished and flawless.

Body Wrap Treatments

The power of Aromatherapy is combined with the riches of the ocean in this deep muscle warming treatment. a heated seaweed mask containing oils prescribed to your individual needs is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away, whilst you have a soothing face and scalp massage.

1. Elemis Aroma Spa Ocean Wrap 60mins €100.00

This seaweed wrap treatment detoxifies and deep cleanses the body inside and out, combining the riches of sea plants and marine algae with aromatherapy. A warm seaweed body mask combined with a blend of essential oils is applied to the body before you are cocooned in a comforting foil wrap. Let your thoughts drift away, whilst you are also treated to pressure point massage of the face and a de-stress scalp treatment.

2. Exotic Coconut Rub & Milk Ritual Wrap

60mins €100.00

A ceremony of pure sensuality, which begins as warm milk bath is poured over your entire body before being cocooned in a comforting foil wrap. Healing, comforting opulence with pure unadulterated pleasure.

3. Frangipani Body Nourish Wrap

60mins €100.00

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic, Aromatic Tahitian, Coconut and Frangipani flowers are soaked together to produce the Monoï used in this wrap which Polynesian woman traditionally used to protect their skin and provides the ultimate radiance, vitality and all over body glow.

Reflexology (Available on Request)

Elemis Hot Stone Massage (Available on Request)

Pregnancy Massage (Available on Request)

Bath Ceremonies

Luxuriate in a deep, hydrotherapy bath while pulsating jets massage your body into total relaxation. Heal your mind with the sensual aroma of exotic oils. Emerge drenched with moisture, feeling sensuous and wonderfully aromatic.

Elemis Detox Ocean Bath 30mins €35.00

Elemis Muscle Warming Bath 30mins €35.00

Elemis Exotic Enriching Milk Bath 30mins €35.00

Hand & Feet Treatments

1. Nail File & Polish, Fingers or Toes €20.00
French Polish €25.00

2. Deluxe Manicure 1hour €40.00
To strengthen nails and soften skin. Using hot mitts to further ensure the penetration of therapeutic oils. Have your nails professionally filed then indulge your senses with a relaxing hand and arm massage before your nails are covered with a colour of your choice be it flaming red or a subtle French polish.

3. Deluxe Pedicure 1hour €55.00
For glamorous feet, soft skin and long lasting colour. Using warm mitts to ensure that the essential oils penetrate the skin of the feet. Ideal to soften and nourish hard skin, while relieving sore joints. Relax while our nail technicians tend to the often forgotten about areas, delight in a wonderful exfoliation and foot massage. Choose from a variety of colours for every occasion.