

THE  
SPA



*Welcome to The Spa at  
Adare Manor, a sanctuary  
of rest and relaxation.*

*A truly unique experience, The Spa at Adare  
Manor is proud to be the first in Ireland to offer  
customised facial and body treatments featuring  
111SPA/CLINIC the ultimate luxury experience,  
elevated with medically-inspired innovation  
and 111SKIN products.*



111SPA/CLINIC

*111SKIN – A marriage  
of luxury and precision.*

*111SKIN captures a revolutionary spa concept offering aesthetic performance face and body treatments combined with innovative technology in a multi-sensory spa environment. All treatments utilise signature massage techniques, exclusive formulas and 111SKIN skincare for clinical-level results. Mind and body harmonise with each bespoke session.*

111SKIN  
FACIALS  
All 60 min

THE ORIGINAL DRAMATIC  
HEALING FACIAL

*RESTORE, FORTIFY, HEAL*

A high-performance facial formulated to calm and soothe damaged, inflamed and irritated skin. Originally created by Dr Yannis to encourage self-repair in the skin following a surgical or non-surgical procedure, the Original Dramatic Healing facial harnesses 111SKIN's signature NAC Y2 complex to strengthen the epidermal barrier and prevent further inflammation. Using a combination of restorative ingredients from the Reparative Collection, the facial also targets skin issues such as dryness, dehydration, sensitivity and rosacea for skin that feels and looks truly comforted.

CLARITY ANTI-BLEMISH  
FACIAL

*PURIFY, REFINE, CALM*

A targeted facial, for problematic skin, this treatment features a highly intelligent mask system which utilises the exclusive 111SKIN Facial Architecture method. A selection of the Clarity Collection combined with active ingredients like colloidal sulphur and salicylic acid to dissolve dead skin cells and calm inflammation. You are left with a clear complexion and refined, polished skin.

111SKIN  
FACIALS  
All 60 mins

LUNAR28 BRIGHTENING  
FACIAL

*BRIGHTEN, EVEN, ILLUMINATE*

A revolutionary treatment that is engineered to reflect the results from 111SKIN's in-house 111 Harley St. clinical laser treatment.

This facial utilises the intensive power of the LUNAR28 system to deliver a complexion that is as smooth as it is luminous. Through the brand's potent Intensive Collection, wrinkle-minimising wand and signature massage techniques, this facial ensures the skin is left radiant and bright.

*(Includes optional 28-day home-care system)*

CRYOTHERAPY ENERGY  
FACIAL

*REGENERATE, REVIVE, ENERGISE*

Cryotherapy uses cooled purified air, which has an outstanding revitalising effect on the skin by energising it.

This treatment will increase microcirculation in the skin to reduce puffiness and detoxify. It will brighten the skin by increasing oxygen flow. Skin appears firmer and luminescent. Perfect for tired skin to help counteract pollution.

111SKIN  
SIGNATURE  
FACIALS

CELESTIAL BLACK  
DIAMOND  
NON-SURGICAL FACE-LIFT  
FACIAL

90 min

Our most comprehensive anti-ageing facial, this luxurious experience harnesses 111SKIN's most potent collection – the Intensive Collection – to encourage a youthful, sculpted and firmer appearance. A series of thoroughly active steps and antioxidant-rich formulas are aided through diamond absorption.

ROSE QUARTZ  
RESTORATIVE FACIAL

90 min

This facial combines powerful restorative properties with the most innovative formulas to lift, firm and sculpt the complexion. Using a three level approach to facial massage, including the signature massage technique, wrinkle minimising wand massage and rose quartz stone massage, the treatment is designed to soothe irritation within inflamed skin.

## 111SKIN SIGNATURE FACIALS

### ENERGY SCULPTING FACE LIFT

90 min

The 111SKIN Energy Sculpting device is incorporated within this luxurious anti-aging facial to first deliver deeply effective cleansing utilising ionic energy, followed by EMS and Radiofrequency selected to visibly firm and lift. Combined with our signature massage techniques and bespoke multi-masking, it provides exceptionally refined and sculpted results.

The 111SKIN Intensive Collection formulas of advanced age - defying actives work in synergy with the technologies applied, revealing a youthful, brightened, and balanced complexion.

### THE GLASS SKIN BRIGHTENING FACIAL

90 min

A transformative facial utilising 111SKIN's latest innovations in formulation and technology to attain the most sought-after 'glass skin complexion'. Gentle but deep and effective exfoliation to smooth and refine the skin is followed by ultrasonic infusion of brightening actives to enhance and illuminate. Signature massage tools and manual techniques are used to sculpt and articulate facial features, with bespoke master masking of the eyes, face, neck and décolletage to enhance the complexion even further.

Advanced actives and protocols within this treatment hydrate, refine and plump the skin, whilst enhancing the microbiome and skin barrier to create an evenly toned and reflective complexion.



111SKIN  
BODY  
AESTHETICS

CELESTIAL BLACK DIAMOND  
SCULPTING TREATMENT

60 min

Opulent and indulgent, this powerful body treatment delivers intensive results to smooth, sculpt and brighten the body. Drawing on 111SKIN's most potent product collection this intensive treatment delivers visible results; skin that is lifted, tightened, nourished and firm to the touch.

MESO INFUSION  
HYDRATION  
THERAPY TREATMENT

90 min

Ultimate body hydration treatment. An extremely hydrating, soothing, anti-ageing treatment for the body. Intense exfoliation is carried out before the body is hydrated with Meso Infusion Hydration Essence rich in silk amino acids to sooth and calm skin down, and Meso Infusion Mask rich in vitamin c and hyaluronic acid that helps repair skin barrier and plump the skin. Gentle face cleanse, face massage and bio cellulose mask is included in the body treatment to hydrate skin on the face. While in the mask a warm oil scalp massage is carried out using one of our aromatic oils.

# ADARE MANOR WELLNESS

*Now more than ever our bodies and skin have a need for medicinal based bio-hacking wellness. Our wellness signature therapies are guided by our four beloved trees from the Ogham alphabet which represent the four aspects of wellbeing.*



## ROSE GOLD RENAISSANCE TREATMENT

*150 min*

An opulent brightening treatment which completely rejuvenates the face, body and mind. Using pure Rose Gold for its anti-inflammatory, antioxidant and illuminating benefits, tired and stressed complexions will be instantly transformed. This luxurious treatment includes full body exfoliation using thermal face and body polish, massage using Rose Quartz Crystals and a two-tiered use of precious metals in 111SKIN's Rose Gold Brightening Treatment Mask and precious Gold sheets both saturating the face and body with antioxidants and brightening actives. A must-have treatment prior to any special occasion, your skin is left radiant and shimmering with gold whilst the mind is relaxed and soothed.

## COLADH SAMH – SLEEP SOUND

*50 or 80 min*

Pronounced 'culla sauv.' This Irish phrase is used to wish someone a 'sound sleep.' This is the perfect treatment for anyone who finds sleep elusive or is suffering from sleep deprivation. It is particularly soothing if you have crossed several time zones and need to reset your body clock. A deeply sedating exclusive massage, using carefully applied pressures and Swedish techniques, it is designed to balance the nervous system and ease an over-active mind. We conclude with a cooling ceramic stone treatment designed to induce a calming state of relaxation. Using our four magical Irish Ogham stones, this ritual will leave you feeling tranquil and ready to drift off into a sound night's sleep.

## CÚRAM EXPERIENCE

*50 min*

A comforting upper body experience that includes massage of the face, head, neck & shoulders using the luxurious 111SKIN radiance oil. This treatment helps to boost your circulation and promotes cell renewal, leaving your skin radiant, dewy and delicately scented.

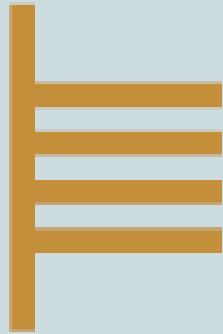
*Our philosophy is  
inspired by the ancient  
Celtic Wisdom and its  
Ogham alphabet.*

*The Ogham, a sacred Druidic alphabet, contained  
many secrets, and forms a seasonal calendar of tree  
magic. Each symbol corresponds to a tree and has  
a spiritual meaning, medicinal and magical powers.  
Trees held a profound position in Celtic mythology  
and folklore, and remain powerful symbols of our  
connection to the earth.*

We have selected four beloved trees from the Ogham alphabet which represent four essential aspects of well-being. Here you will discover Willow, Oak, Ash and Birch, which respectively represent Harmony, Balance, Renewal and Rebirth. Each has a message for us about finding peace and wholeness within ourselves.

We invite you to surrender to the full experience, including extraordinary hands-on treatments from expert therapists, each designed to leave you feeling indulged and renewed. Afterwards, when you emerge into the vast brilliance and serenity of our grounds, you will carry the restorative power of our spa experience with you.

## *The Willow Tree*



# Harmony

*The willow is a revered symbol of harmony with both your inner and outer environments. The magical flexibility of willow branches—to bend without breaking and to take root wherever they are placed—carries a powerful message of resilience and growth under any circumstances.*

*This selection of unique tailored treatments has been designed in harmony with your skin, and to foster a deep feeling of tranquility within yourself.*







*The Willow Tree*

# Harmony

## AROMATHERAPY MASSAGE

*50 or 80 min*

With your chosen oil your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

## HOT STONE

*50 or 80 min*

This treatment blends the therapeutic properties of heated basalt stones whilst soothing and relieving tension in the muscles. Indulgent oils uplift your spirits and condition the skin. A relaxing body massage to help improve micro-circulation and promote a sense of calm and well-being.







## *The Oak Tree*



# Balance

*The majesty of the oak tree has made it sacred in many cultures, but in Celtic lore it was the ultimate symbol of balance. The oak's towering branches lifted to the sky are mirrored by an equally mighty root system reaching deep into the earth. This exclusive selection of treatments is intended to balance your skin and energies, restoring a sense of equilibrium.*



*The Oak Tree*

# Balance

## CRYO BODY TENSION RELEASE TREATMENT

*60 min*

This targeted treatment relieves tension, pain and lactic acid while encouraging muscle recovery and circulation. The experience combines the deeply healing effects of our cryotherapy machine to incite vasoconstriction with a firm massage, stimulating circulation to neglected areas that require blood flow and nutrition. Followed with our performance oil – a soothing aromatic blend designed to alleviate physical tension – and a series of stretches, rotations and flexions, this elite treatment is perfect for athletes or those suffering from poor posture. This intensive experience can be used on specific areas of concern, or as a whole-body therapy.

## DEEP TISSUE

*50 or 80 min*

A firm massage that works deep into stiff, tight aching muscles to instantly release pain and tension. Soothing oils encourage full relaxation. Slow, strong strokes work through layers of muscle fibres in this therapeutic treatment to stretch and drain the body and restore comfort.





## *The Ash Tree*



# Rebirth

*Ash was honoured in ancient Ireland as a highly magical and useful tree, linking the visible and invisible worlds and particularly symbolising the unending cycle of rebirth. The tall, fast-growing ash tree is a reminder of the power of our own existence, new again in each moment.*

*These extraordinary treatments have been created in that same spirit, offering a renaissance of mind and body.*



*The Ash Tree*

# Rebirth

## MOTHER TO BE

*60 min*

Gentle relief during the latter months of pregnancy. Your therapist will create a treatment suited to your specific needs using soothing oils, support pillows and specially adapted massage techniques that lead to a sense of comfort and relaxation.

## 111SKIN

### CUSTOMISED FACIAL

*60 min*

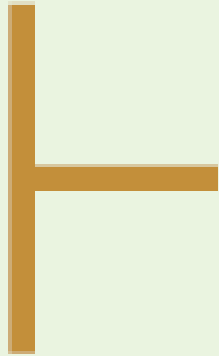
The 111SKIN range we use is altered to your needs. A fully bespoke facial attuned to address all skin concerns using a range of products which are proven pregnancy safe. An optimal result is achieved for the ever-changing skin needs during your pregnancy.







## *The Birch Tree*



# Renew

*The graceful birch tree has always been loved in Ireland, invoked as a tree of protection and courage and admired for its singular beauty. The soft white bark of the birch trunk rising straight and tall through the undergrowth is a lovely symbol of renewal: a fresh start.*

*These luxurious treatments are intended to renew your energy and leave your skin radiant.*







*The Birch Tree*

# Renew

## ULTIMATE DETOX BODY REVIVER

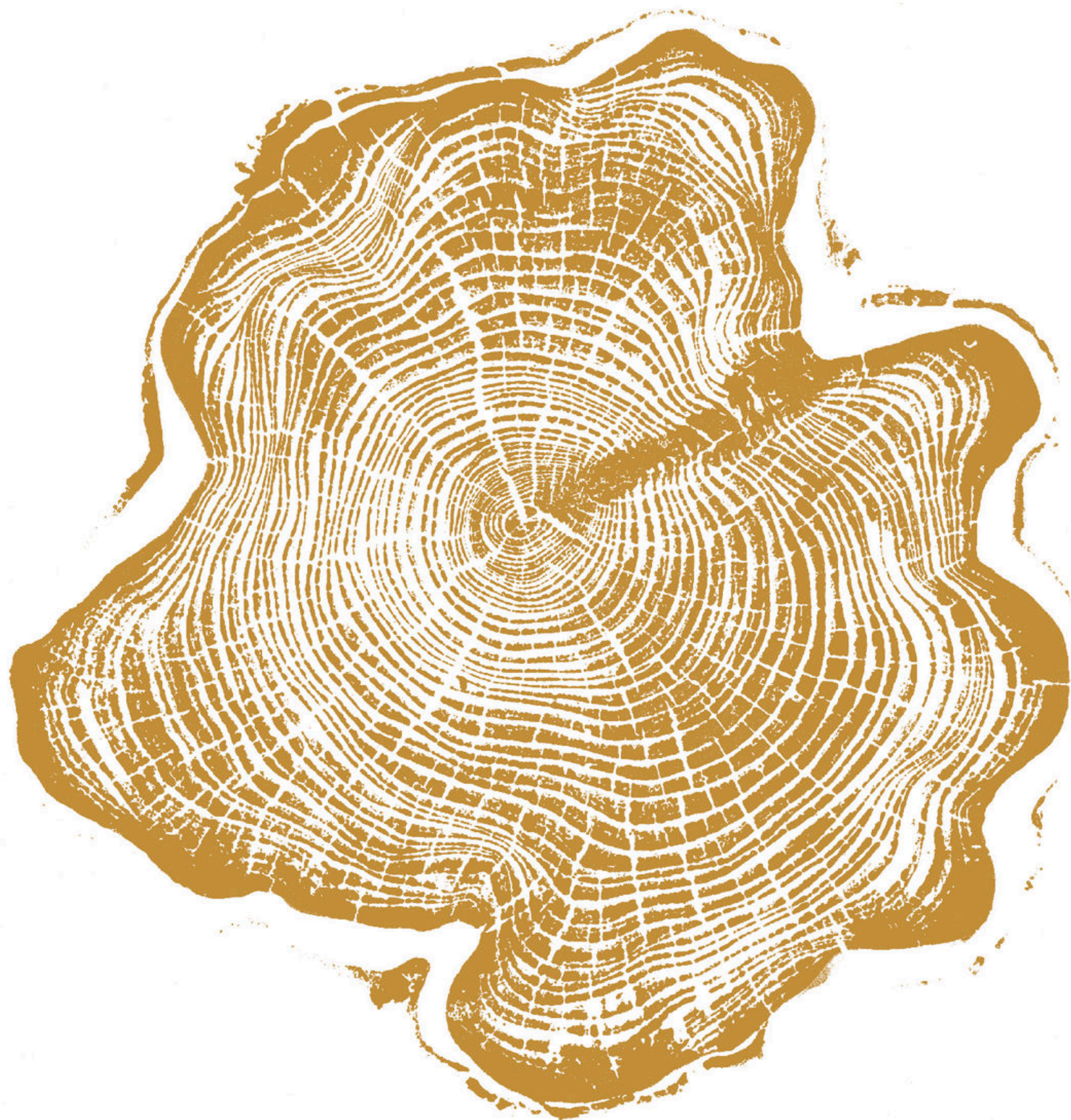
*80 min*

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are feeling sluggish and lacking energy. The ultimate trilogy of body brushing, exfoliation and mud mask stimulate lymph, remove dead skins cells while re-mineralising the skin and drawing out impurities. Whilst wrapped in our aromatherapy base mud rich in organic materials and nutrients your therapist will carry out a pressure point foot massage which aids in the elimination of unwanted toxins. The treatment concludes with a layer locking of body gel, oil and creams resulting in a deeply recharged mind, re-energised body and hydrated, nourished skin .

## RENEWING ROSE BODY ENVELOPMENT

*60 min*

Bring back your radiance with this comforting, restorative treatment. Precious essential oil of damask rose works on capillary circulation renewing the skin whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart. The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap. An Ayurvedic scalp massage with frankincense inhalation works simultaneously on the physical, mental and emotional aspects.



Hand and Foot  
Treatments

ADARE MANOR  
SUPREME MANICURE

50 min

An outstanding anti-aging manicure treatment. Get exceptional results with an indulgent experience incorporating a wonderfully creamy hand scrub, anti-aging hand serum, hand and lower arm massage and file and polish.

ADARE MANOR  
SUPREME PEDICURE

50 min

This signature pedicure treatment delivers outstanding long-lasting results. Enjoy an indulgent experience with exfoliation, a foot bath and a wonderful revitalising and hydrating foot massage along with a file and polish.

FILE & POLISH

Fingers or Toes

Fingers and Toes

GEL NAILS

Two Week Gel Polish-  
Fingers or Toes

Gel Polish Removal



# *How to Enjoy* The Spa with us

Guests must be at least 16 years old to enjoy our spa facials and over the age of 18 to enjoy massage and body treatments.

## *Planning your experience*

We recommend that reservations are made at the time of your hotel booking or at least 4-6 weeks in advance to avoid disappointment.

## *Arrival & Etiquette*

Please allow sufficient time before your treatment to complete our Health Questionnaire. We recommend that you arrive 20 minutes prior to your treatment. Please be advised that if you arrive late, the time of your appointment will be shortened in consideration of the next guest.

## *Attire*

Please arrive to the spa in your robe and slippers. Disposable underwear is provided for your comfort during your spa treatment. Please bring a swimsuit if you wish to use the relaxation pool and sauna.

## *Cancellation*

Cancellations received 48 hours or more before a booked treatment can be rescheduled at no additional charge. Cancellations received within 48 hours of a booked treatment will require full payment.

## *Personal Belongings*

We kindly ask that you refrain from bringing valuables to the spa, we cannot take responsibility for loss, theft or damage to personal items. We also request that for your peace and privacy, phones and other electronic devices are turned off whilst in the spa.

## *Pregnancy*

We have specifically designed treatments for expectant mothers after the first trimester and nursing mothers. Please note sauna use is not suitable during pregnancy.

## *Health Considerations*

When making your spa reservation, kindly advise us of any health conditions, allergies, or injuries which could affect your choice of treatment.

## *Upon Request*

Sophisticated hair stylists are available upon request with advance notice.

## *Heat & Water Wellness*

Guests are encouraged to use our exclusive heated relaxation pool and infrared sauna therapy prior to their spa treatments to promote total relaxation, rejuvenation and aid detoxification.

## *Touch Therapy Treatments*

We have caring and skilled spa therapists qualified in adapting our spa treatments for those experiencing the discomfort of common side effects associated with Radium, Chemotherapy and Cancer Related Surgery.

# THE SPA

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The Spa at Adare Manor, Adare, Co. Limerick, V94 W8WR, Ireland.

+353 (0)61 605 275 [thespa@adaremanor.com](mailto:thespa@adaremanor.com)

*[www.adaremanor.com](http://www.adaremanor.com)*

