



CIÚIN

spa & wellness centre



HYDRO THERAPY
SUITE



OUR TREATMENT PHILOSOPHY

Elemis

Our therapists ensure that every treatment is prescribed to your needs. That day. That minute. A healing hub where touch and technology are turbo-charged by the power of minerals, plants and active natural fragrances.

All the treatments developed by ELEMIS are designed to support great skin health; to respect that skin is alive. No two skins are the same. And no two bodies are the same shape. Every spa therapy is shaped and moulded around you.

Spiezia

Spiezia organic spa rituals have been lovingly created to nourish the body, mind and soul for the ultimate relaxation.

The products are developed for even the most sensitive skin from 100% organic botanicals.

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FACE | TECHNOLOGY

Anti-Ageing

ELEMIS BIOTEC Line Eraser

1 hr | 1 hr 30 mins

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines.

*Independent Clinical Trials.

ELEMIS BIOTEC Firm-a-Lift

1 hr | 1 hr 30 mins

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

ELEMIS BIOTEC Anti-Pigment Facial

1 hr | 1 hr 30 mins

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

ELEMIS BIOTEC Skin Resurfacer

1 hr | 1 hr 30 mins

Treatment requires a 24-hour patch test prior to first treatment

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

*Independent Clinical Trials.

FACE | TECHNOLOGY

Skin Solutions

ELEMIS BIOTEC Radiance Renew

1 hr | 1 hr 30 mins

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

ELEMIS BIOTEC Blemish Control

1 hr | 1 hr 30 mins

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

ELEMIS BIOTEC Sensitive Skin Soother

1 hr | 1 hr 30 mins

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.





FACE | TOUCH

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

FACE | TOUCH

Anti-Ageing

Pro-Collagen Age Defy

55 mins

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

*Independent Clinical Trials.

Pro-Definition Lift and Contour

55 mins

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

Dynamic Resurfacing Precision Peel

55 mins

**Treatment requires a 24-hour patch test prior to first treatment*

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

White Brightening Pigment Perfector

55 mins

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

*Independent Clinical Trials.



FACE | TOUCH Skin Solutions

Superfood Pro-Radiance

55 mins

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

*Independent Clinical Trials.

Ciúin Signature Facial

55 mins

Combines the magic of essential oils with a luxurious hot stone face and scalp massage. Designed to oxygenate the skin and bring the body and mind back into balance.

FACE AND BODY COMBINATIONS

Choose your own combination of facial and body massage.

Couture Touch

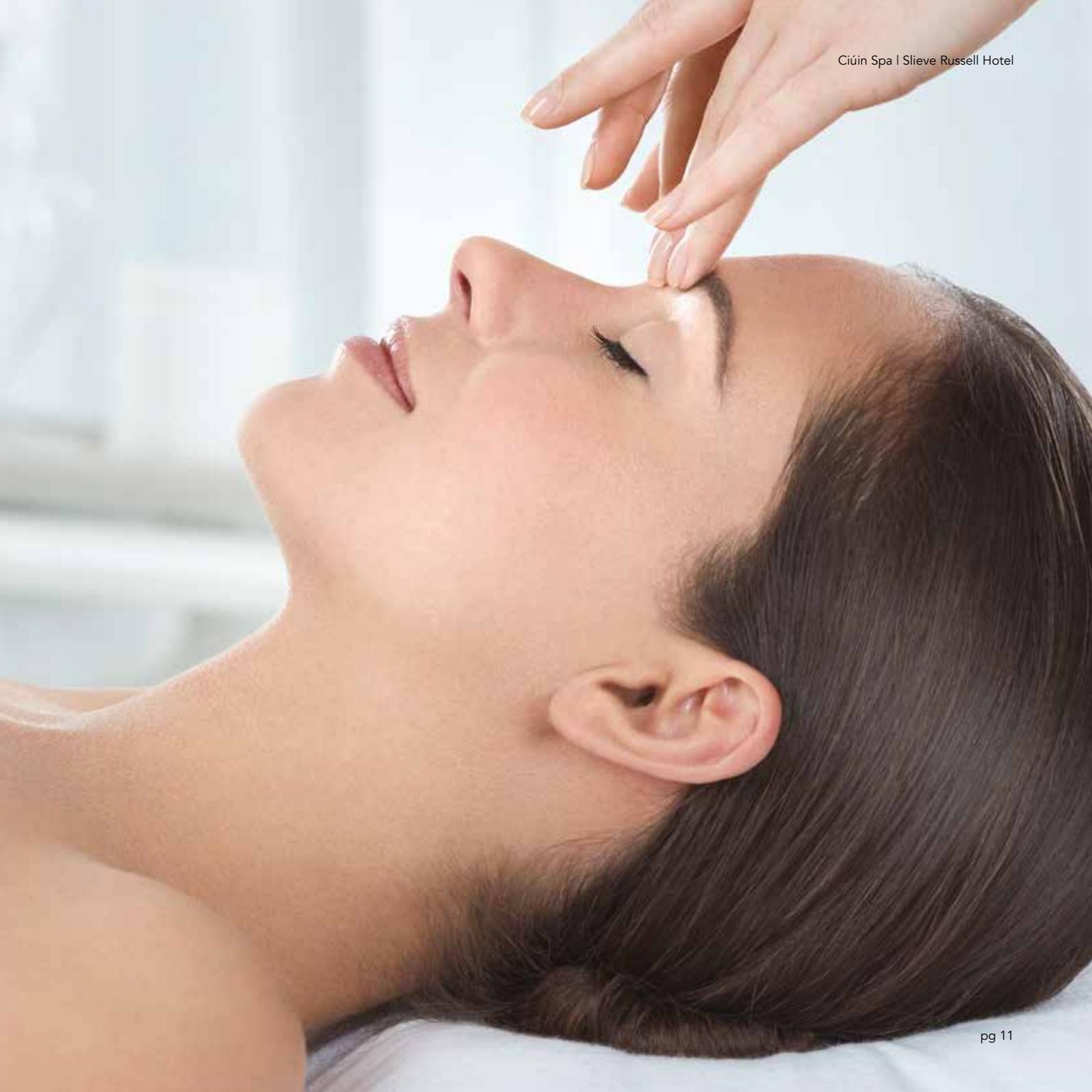
1 hr 50 mins

Condition your skin and muscles with this all-embracing experience. Combine any 55 minute ELEMIS hands-on TOUCH facial with your personalised 55 min Freestyle Deep Tissue or Deeper than Deep Hot Stone Body Massage.

Couture Technology

1 hr 50 mins | 2 hr 50 mins

Time to switch your skin on. Combine any 60 minute or 1 hour 30 minute ELEMIS TECHNOLOGY BIOTEC facial with your personalised Freestyle Deep Tissue or Deeper than Deep Hot Stone Body Massage.



FACE | TOUCH

High Performance Skin Energiser

55 mins

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell re-generation, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

FACE | TECHNOLOGY

BIOTEC Super-Charger for Men

1 hr | 1 hr 30 mins

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

BODY

Freestyle Deep Tissue Massage *pg17*

Deeper Than Deep Hot Stone Massage *pg17*



BODY | ENERGY BOOSTING & MUSCLE EASE

Hot Mineral Body Boost

55 mins

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm, while the mind is whisked off to invigorating shores with the aromatic Ocean Spa. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.





BODY | MASSAGE

Garden Rose Restore

55 mins | 1 hr 20 mins

The unique trio of Rose, Camelina and Poppy seed oils maintain and restore elasticity, whilst encouraging skin renewal. The skin is anointed with nourishing oils whilst a nurturing Rose balm and bespoke massage comfort the skin, and ground the spirit. Skin is left exquisitely moisturised, intensely supple and deliciously scented.

Poultice-Powered Muscle Release

1 hr | 1 hr 20 mins

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted. Painful knots are eased. Tension is dissolved. Completed by a restorative facial massage. Body and mind are rebalanced, skin feels invigorated and alive.

Freestyle Deep Tissue Body Massage

55 mins | 1 hr 20 mins

Freestyle Deep Tissue Back Massage

25 mins

Stress-a-way – Soothe and relax

Spirit Reviver – Up lift, detoxify and renew your zest for life

Muscle Melt – Ease away tired, aching muscles

Chakra Balancing – Bring your body and emotions into total equilibrium

Deeper Than Deep Hot Stone Body Massage

55 mins | 1 hr 20 mins

Deeper Than Deep Hot Stone Back Massage

25 mins

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Lava Shells Relax Body Massage

55 minutes

Lava Shells Relax Back Massage

25 mins

Lava Shells Relax Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques.

BODY | SCRUBS AND WRAPS

Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani

1 hr

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani

30 mins

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

DETOX

Thousand Flower Detox Wrap

1 hr

Enriched by Somerset soil packed with tree, flower and grass rich nutrients, this treatment provides super skin-health and powerful detoxification, helping stimulate the elimination process and restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins and Omegas – the superfoods of the skin – is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders.

PREGNANCY

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently.

Peaceful Pregnancy Massage

1 hr 15 mins

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

Peaceful Pregnancy Face and Body Experience

1 hr 50 mins

The perfect combination that gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.



MADE FOR LIFE
by Spiccia Organics

MADE FOR LIFE



MADE FOR LIFE
by Spiccia Organics

Skin Solve
Balm

MADE FOR LIFE



ORGANIC THERAPY TO NOURISH THE SOUL

Radiance Facial

55 mins

A facial treatment designed to eliminate congestion, returning normal moisture to the skin. This treatment restores natural luminosity to the skin, leaving you looking and feeling radiant.

Lifting Facial

1hr 15 mins

Surrender your senses for the ultimate relaxation while the muscles in the face are re-trained by expert hands, invigorating the cells deep within the dermis for regeneration and repair. An intricate acupuncture inspired natural facelift to give visibly improved skin texture and tone. Uplift your mind body and soul.

Rebalancing Ritual

1hr 30 mins

A deeply relaxing back, head and facial treatment combining beautifully fluid and soothing massage movements with a calming rhythm to surround you with a comforting harmony. This special treatment can be offered to people with cancer and is supported by Macmillan and the Mermaid Centre. (NHS Breast Cancer Centre, Cornwall).

Relax into Radiance Face and Body Ritual

1hr 30 mins

Warmed oils are slowly, gently and rhythmically massaged into the entire body. Continuing with the flowing movements the body is buffed and exfoliated with an organic sugar scrub to leave the skin satin soft and smooth. Whilst cocooned, relax while having a facial and head massage. A truly holistic organic experience.

Mindful Moments Ritual

1hr

Your treatment journey starts with a calming mindful meditation and cleansing foot ritual with organic rose buds. A warming back massage together with a head, shoulder and neck massage. Let your senses be soothed and your mind be healed.

HANDS

Essential Manicure

40 mins

Perfect for maintenance of the hands and nails. Includes: soak, cut & file, exfoliate, cuticle work, hand massage & polish.

Intensive Manicure

55 mins

Hands are treated to a deeply nourishing treatment combined with heated mitts to repair and condition the hands and nails. Includes: soak, cut & file, exfoliate, cuticle work, mask, heated mitts, hand massage & polish.

FEET

Essential Pedicure

55 mins

Perfect for maintenance of the feet & nails. Includes: soak, cut & file, exfoliate, hard skin removal, cuticle work, foot massage & polish.

Intensive Pedicure

1 hr 10 mins

Rejuvenate your feet with this intensive pedicure. Combining deeply nourishing products with heated booties. Feet are soothed and replenished. Includes: soak, cut & file, exfoliate, hard skin removal, cuticle work, mask, heated booties, foot massage & polish.

Shellac Polish

Say goodbye to chipped, scratched and smudged nails and say hello to gorgeous nails.

On like polish, wears like gel, off in minutes. Shellac polish dries instantly to give you high gloss, mirror finish fabulous nails.

Shellac Colour hands/feet

Shellac French hands/feet

Soak off (Shellac polish only)

(Complimentary when Shellac was applied in the spa)

Soak off with New Set hands/feet

BROWS

Eyebrow Shaping

Eyebrow Tinting

Eyelash Tinting

Eyebrow Shape, Eyelash & Eyebrow Tinting

**Treatment requires a 24-hour patch test prior to first treatment*

WAXING (FACE)

Chin

Lip

Lip and Chin

**Treatment requires a 24-hour patch test prior to first treatment*



HYDROTHERAPY SUITE

Relax, unwind and indulge your senses in a variety of experiences in the Hydrotherapy Suite:

- **Steam room**
- **Herb sauna**
- **Jacuzzi**
- **Adventure showers**
- **Lifestyle showers**
- **Foot spas**
- **Salt grotto**
- **Ice fountain**

Guests who have booked treatments of 55 minutes or more per person have complimentary use of the Hydrotherapy Suite during the day of their treatments.

Exotic Steam Temple

A traditional Arabian cleansing ritual under a thousand stars to exfoliate, detox and hydrate your skin. Begin with a salt scrub before applying a selection of therapeutic muds to specific areas of your body. Sit back, relax and enjoy the aromas while cleansing your respiratory system and detoxing your body. The ritual culminates under a tropical rain shower to wash away the mud and all your stresses. Finish your experience with a sublime body moisturiser. Lovely to enjoy with a few friends or as a couple.

(Pre-booking of the Exotic Steam Temple is required. Includes use of the hydrotherapy suite).

SPA GUIDE

About your Visit

Scheduling an Appointment

Please contact our spa reservations team via telephone +353 (0)49 9526444 or email ciuinspa@slieverussell.ie

Arrival

Please arrive 30 minutes before your treatment to allow sufficient time to prepare for your treatment. Late arrivals may result in a reduction of treatment time; however the full treatment price will still apply.

Treatment

Please note that the allocated treatment time includes time for consultation and aftercare advice.

Hydrotherapy Suite

Guests who have booked treatments of 55 minutes or more per person have complimentary use of the Hydrotherapy Suite during the day of their treatments.

Medical Questions

It is very important that you advise us when making your reservation if you are pregnant, breast feeding, have any health conditions, allergies, injuries, skin complaints or infections. All treatments/spa packages and use of the hydrotherapy suite is subject to medical status.

Please note the first trimester needs to have been passed before having spa treatments. Use of the hydrotherapy suite is not permitted during pregnancy

What to Wear

Towels, robes and spa footwear will be provided. If your treatment includes use of the Hydrotherapy Suite, please bring swimwear.

Prices

Please note all prices are quoted in Euros and subject to change at any time without prior notice.

Payment

Credit/debit card details will be required to secure all bookings.

Cancellation Policy

Please allow 24 hours' notice to change or cancel your appointment. A 100% charge will apply if you do not attend your booking. The charge will be applied to the card provided on booking or on to your hotel room bill should you be a resident guest.

Valuables

The Slieve Russell Hotel does not accept any responsibility for loss or damage of personal items.

Gift Vouchers

Ciúin vouchers are the perfect gift for someone special.

**All brochure content is correct at time of going to print. The management reserves the right to alter or amend any aspect of the content at any time without prior notice.*

For full details of our spa guide and opening times please visit www.slieverussell.ie





Slieve Russell Hotel

Golf & Country Club

Ciúin Spa & Wellness Centre
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