



r a i n

spa & wellness clinic

at the Radisson Blu Hotel & Spa, Limerick



## spa etiquette

The Rain experience offers you time for reflection so to ensure you enjoy your time with us and as a courtesy to other clients please ensure that you switch off your mobile phone when entering the spa. Keep noise to a minimum & show respect and consideration at all times.

- Advanced booking is recommended to secure your preferred date and time of treatment. A credit card is required at time of booking.
- Please arrive suitably attired. We recommend for ladies a swimsuit or appropriate underwear and for gentlemen shorts or togs. Robe, towel and slippers are provided.
- Please arrive at least 15 minutes prior to your scheduled treatment. A late arrival will result in a shortened treatment time in order to accommodate other appointments.
- If you are pregnant, have high blood pressure, heart conditions, allergies or other medical complications, we advise you consult your doctor before signing up for any spa treatments. Please also inform your therapist of any medical conditions.
- Smoking and alcohol consumption is not permitted within the spa area.

## terms & conditions

*As a courtesy to other clients, please give at least 24 hrs notice if you need to cancel your booking.*

*There is a cancellation fee of 50% if the cancellation is made less than 24 hours prior to the booking. No shows on the day will be charged 100% of the treatment price.*

*If you have a medical condition, and would like to discuss what treatment options are available to you, please discuss this with our highly trained staff who will be delighted to offer assistance.*

*Prices are per person and correct at time of print, and subject to availability. Management reserve the right to adjust prices and descriptions.*

for all bookings call 061 456 299  
or email [info@rainspawellness.ie](mailto:info@rainspawellness.ie)

# welcome to rain

Welcome to the **Rain** experience at Radisson Blu Hotel & Spa, Limerick, where through relaxing surroundings and treatments, we offer time for reflection and a chance to rejuvenate mind, body and soul. At **Rain** we believe that life is an experience that needs to be reflected upon to be truly appreciated. Come to us mindful of where you have been, spend time with us in complete relaxation and leave with a new lease of life.

## elemis at rain

Enjoy a collection of treatments based on exotic rituals of celebration, capturing the essence of the Elemis touch - sensuality, simplicity and vibrancy. All treatments involve caressing touch, exquisite aroma and a sense of ceremony to create sensory heaven. Indulge, detox & de-stress.

## shop online

Now you can shop for all your favourite Elemis Retail Products, Rain Treatments and Spa Gift Vouchers online, from the comfort of your own home... the perfect way to treat yourself or as an alternative gift idea. Visit our website at [www.rainspawellness.ie/store](http://www.rainspawellness.ie/store) and remember that all items can be delivered straight to your doorstep.

## gift vouchers

A Rain Gift Voucher is the ideal gift for that someone special in your life. Vouchers are available in monetary denominations which can be put towards any treatment, retail product or package.

## opening hours

Rain is open seven days a week at the following times

Monday to Saturday - 10am to 8pm

Sunday - 9.30am to 5.30pm



for the body

### exotic coconut rub and milk ritual wrap

A traditional Balinese ceremony of pure sensuality to tantalise and delight!  
This opulent exotic wrap is excellent for skin smoothing & softening, combined with a facial pressure point massage and de-stress scalp treatment to stimulate the senses.

55 minutes €80

### exotic frangipani body nourish wrap

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 Monoi used in this wrap, providing radiance, vitality and all over body glow.

55 minutes €80

### elemis aroma spa ocean wraps

Seaweed wrap treatments detoxify and deep cleanse the body inside and out. Let your thoughts drift away while cocooned in a comforting foil wrap and enjoy a pressure point facial massage & de-stress scalp treatment.

#### Musclease Aroma Spa Ocean

*A warming blend of Pine & Rosemary helps to ease the pains of rheumatism, arthritis & fatigue.*

#### Cellutox Aroma Spa Ocean

*A detoxifying blend of Juniper & Lemon to decongest and stimulate the body's systems.  
Improves the appearance of cellulite and reduces fluid retention.*

70 minutes €80

### elemis devils mint body polish

Face, back and body benefit from this total deep cleansing ritual, with amazing results... the perfect boost for sluggish, dull skin.

25 minutes €50

### exotic lime and ginger salt glow

An exotic exfoliation ritual to invigorate & revitalise the body.  
This treatment deep cleanses, polishes & softens to perfection, then Exotic Island Flower Body Lotion leaves the skin glowing and vibrant.

25 minutes €50

Providing perfect skin maintenance, Elemis Facials use exceptional skin conditioning plant actives to deeply cleanse, renewing radiance and stimulating the skin for long-lasting, proven results. Each superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

### elemis advanced anti-ageing

#### visible brilliance facial

*Instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles around the eye. After just one treatment, moisture levels of the skin are proven to increase by up to 38% and elasticity by 28%.*

70 minutes €100

#### pro-intense lift effect facial

*Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin.*

55 minutes €100

#### pro-collagen quartz lift facial

*Optimises cellular respiration and regeneration for a firmer, more youthful looking appearance. Clinically proven to reduce wrinkles by up to 94% & improve firmness by up to 57%, after just one treatment.*

70 minutes €100

### elemis advanced performance facials

#### oxygen skin calm facial

*This face and eye treatment helps rebalance delicate, fragile and sensitive skins, reducing redness and offers immediate comfort to stressed skin.*

70 minutes €90

#### s.o.s. purifying facial

*A powerful purifying face & eye treatment helps to absorb excess sebum, regulate and balance skin function and repair scarring, leaving a beautiful matt skin.*

70 minutes €90

#### tri-enzyme resurfacing facial

*Safely & effectively removes the thickening layer of epidermis. Leaves clean, smooth & radiant skin with renewed levels of evenness and clarity after just one facial.*

55 minutes €90

### elemis taster, modern skin and skin specific facials

#### elemis taster facial

*This introductory taster facial will give a quick and instant pick-me up for dull, lifeless skin as well as an excellent pre make-up facial for special occasions.*

25 minutes €45

#### skin specific facials

*Choose from one of our three skin specific facials each tailored to suit your specific skin type. Choose from Fruit Active Glow, Exotic Moisture Dew or Herbal Lavender Repair*

55 minutes €70

#### modern skin facial

*Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove toxins, regenerates cells and rebalances sebum for remineralised and renewed skin.*

55 minutes €80

### microdermabrasion

A jet of fine crystals is used to gently exfoliate the upper layer of the epidermis leaving a silky smooth finish. The treatment is totally painless and accelerates the production of collagen and elastin. Microdermabrasion reduces the appearance of fine lines, mild scarring, blackheads, sun damage and uneven skin tones. An excellent treatment for brightening tired, dull skin.

55 minutes €100

### rain revitalizing eye rescue

Eyes are cleansed and a pressure point eye massage followed by a silk mask is applied to the eye contour, firming, toning and diminishing fine lines. An absolute eye mask to reduce puffiness and sooth tired eyes is applied followed by an eye serum to leave eyes rejuvenated

25 minutes €40



for the face

# elemis massage therapies

Life giving rituals & massages have been practised in every culture since the beginning of time. Ancient people have lived in balance with the rhythms of nature and have understood that each person is a unique combination of elements with individual needs at different times.

## elemis deep tissue back massage

Maximum tension-relieving results for those with minimal time. Specifically targeting the shoulders, neck and back areas, this powerful massage is focused where you need it most.

25 minutes €50

## elemis deep tissue muscle massage

A vigorous workout of deep rhythmic pressure, focused on relieving specific stress and muscle tension. This powerful, customised massage, uses dynamic blends of essential oils to suit your needs.

55 minutes €90

## swedish back, neck & shoulder massage

A therapeutic massage to release any aches, pains or tension in the back, neck & shoulders using aromatherapy oils.

25 minutes €50

## elemis aroma stone back, neck and shoulder massage

All the wonders of the aroma stone therapy massage but concentrating on the back, neck & shoulder.

25 minutes €50

## elemis aroma stone therapy

Harnessing ancient healing powers for a completely new body experience. Hot Basalt stones are placed on key energy points, while signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body.

1 hour 15 minutes €100

## maternity massage

Combines tried & tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning on customised treatment beds is used to ensure the ultimate in comfort and relaxation, relieving tension in the back and alleviating swelling in the hands and feet. We recommend a treatment every 2 weeks in the 1st & 2nd trimesters and 1 a week in the 3rd trimester.

55 minutes €100

# elemis for men

These treatments help to revive  
and boost energy levels by  
easing away aches and pains and  
are specifically geared at men.

## elemis deep tissue muscle massage

Submit your body to a vigorous workout of deep rhythmic pressure massage focused on relieving specific stress & muscle tension, using a dynamic blend of five essential oils

55 minutes €90

## elemis aroma spa ocean wraps

Seaweed wrap treatments detoxify and deep cleanse the body. Let your thoughts drift away, whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage & de-stress scalp treatment. Choose from Musclease Aroma Spa Ocean or Cellutox Aroma Spa Ocean

70 minutes €80

## elemis aroma stone therapy

Hot Basalt stones are placed on key energy points, while signature massage techniques are combined with warmed oils to deeply relax and rebalance the mind & body.

1 hour 15 minutes €100

## elemis aroma stone back, neck and shoulder massage

Aroma stone therapy massage concentrating on back, neck & shoulders.

25 minutes €50

## swedish back, neck & shoulder massage

A therapeutic massage to release aches, pains or tension using aromatherapy oils.

25 minutes €50

Follow with a 25 minute Sole Delight Foot Treatment to nourish and condition feet and nails for + €40

## elemis skin IQ facial

Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for male skin.

70 minutes €70

## elemis urban cleanse facial

This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and reduce sensitivity.

70 minutes €70

## traditional hot towel shave

The ultimate traditional shave using hot aromatic facial compresses. This long lasting twin shave leaves the skin feeling soft and supple and helps to alleviate dry skin conditions.

45 minutes €45

## waxing for men

Back €30 Chest €35 Full Leg €30

# alternative therapies

Therapies designed to stimulate all five senses and release latent energies to rebalance the physical and mental being. Rituals redress imbalance, purifying the body to create peace of mind and tranquility of spirit.

## reflexology

An ancient art of healing body and mind. Gentle pressure is applied to specific points on the feet to stimulate energy lines within the body encouraging your own healing system. Designed to benefit, calm and relax your entire system.

55 minutes €80

## indian head massage

Based on the ancient Ayurvedic healing techniques, this is one of the most widely practised complementary therapies in the west and involves massage of the face, neck, shoulders & upper back.

45 minutes €60

## rain hot oil pressure point massage

Frangipani Monoi Melt Oil is drizzled over the scalp while different massage techniques are combined with the richness of the oil to help hydrate the scalp leaving a nourishing sheen. The treatment finishes with a hot compress leaving you totally relaxed.

25 minutes €45

## elemis body sculpting and colon therapy

Refine your silhouette with the new clinically proven Elemis Body Sculpting System using Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream. Designed to target cellulite and sagging skin with four effective actions to achieve visible, rapid results.

60 minutes €90

## elemis face and body sensation

Experience the luxurious hot and cold sensations of this treatment. Your therapist will adapt this unique massage to target your specific problem areas, alleviate stress and ease aching muscles. You will then be treated to your choice of our Advanced Anti Ageing Facials, designed to smooth out wrinkles and restore youthful radiance.

55 minutes €90

## elemis bathing experiences

Tired and aching muscles will melt away as you float into another world. Specially chosen bath blends will awaken your senses to the pure aromas of nature's botanical ingredients.

Choose Detox Ocean, Exotic Enriching Milk Bath or Warming Ocean Bath

25 minutes €40

# rain finishing touches

We are delighted to offer this selection of beauty treatments to complement our extensive list of Elemis Therapies. At Rain we believe that life is an experience that needs to be reflected upon to be truly appreciated and we invite you to spend time with us.

## hand and foot treatments

Luxury Manicure or Pedicure €50

OPI File & Polish €15

OPI File & French Polish €18

OPI 2 Week Gel Nail polish €25

## sole delight foot treatment

A sensory experience to leave you walking on cloud nine! Warm aromatherapy oils nourish and condition your feet and nails, leaving a rich and healing action on your skin.

25 minutes €45

*Or including Luxury Pedicure 60 minutes €70*

## exotic hand ritual

Pure pampering for your hands and nails to restore beauty and suppleness.

Cuticles and nails are nourished with warmed aromatherapy oils, whilst the sublime sensation of the Elemis Skin Nourishing Milk Bath lavishes its richness.

25 minutes €45

*Or including Luxury Manicure 60 minutes €70*

## medi pedicure

Removes calluses, corns, cracked heels, rough and dry hard skin and any fungal or bacterial infections. The Danné alkaline foot treatment is 100% hygienic, safe and effective, achieving a superior result to aggressively blading or rasping skin. Visible changes after just one treatment.

70 minutes €65

## rain make-up

Make up application Day or Evening including cleanse and tone

€30

## rain beauty shape and tints

All tints require a patch test 24 hours prior to the treatment.

Eyebrow Shape or Tint €10

Eyelash Tint €14

Eyelash & Brow Tint €20

Lash Tint, Brow Tint & Shape €28

### intense pulsed light (ipl)

Using Medflash II Laser Therapies this safe treatment uses light to permanently reduce unwanted hair & perform skin rejuvenation. A free consultation and patch test is required prior to treatment.

Prices on request.

### skin rejuvenation therapy

A course of 3 to 8 treatments normally required

Consultation and Patch Test €20

Skin Rejuvenation €100

Course of 6 €500

### tanning

Our moisture rich tanning treatment gives a long lasting, luxurious self tan. Enjoy a Devils Mint face & body polish and exfoliation before for a supplement of €20.

Full Body €30

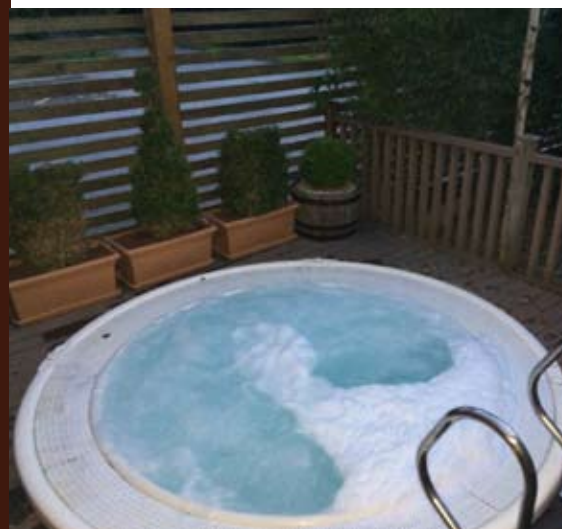
Half Body €20

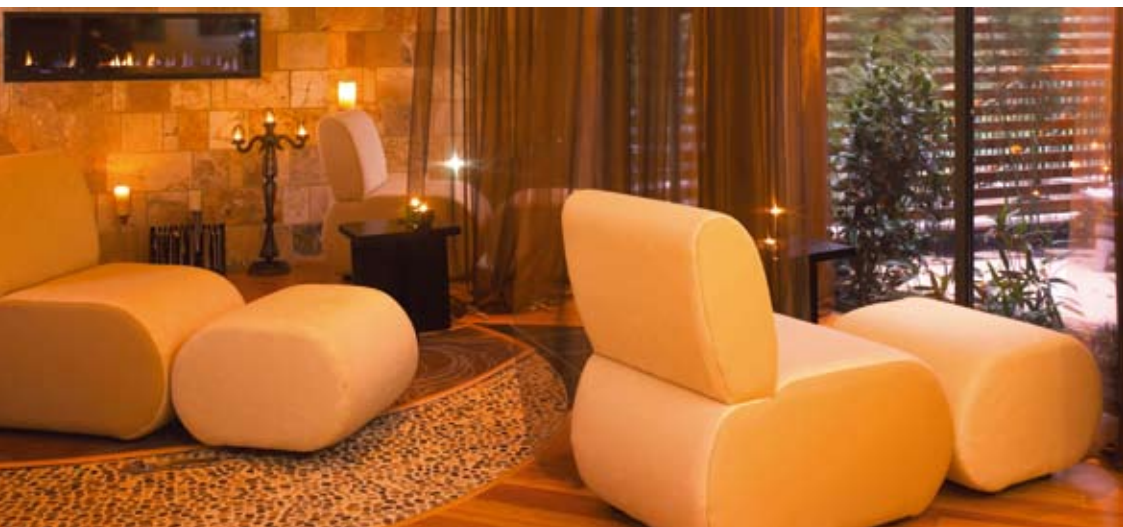
### lycon precision waxing

A choice of hot, strip and the unique Lycojet waxes, complemented by Lycon's harmonising pre and post waxing lotions all using only the finest resins, natural ingredients and aromatherapy oils.

*Please note that all waxing requires a patch test 24 hours prior to the treatment*

Lip	€10	Half Leg & Bikini Line	€25
Chin	€10	Abdomen	€10
Lip & Chin	€15	Arm	€20
Sides of Face	€15	Under Arm	€15
Full Leg	€30	Bikini Line	€15
Full Leg & Bikini Line	€40	Extended Bikini	€20
Full Leg, Under Arm & Bikini	€50	Californian	€30
Half Leg	€18	Brazilian	€45
3 / 4 Leg	€23	Hollywood	€50





# rain packages

## drift away

Enjoy an Elemis Taster facial and combine it with an Elemis Deep Tissue Back massage, followed by a file and polish. Includes a €15 Lunch voucher.

1 hour 15 minutes €110

## elemis absolute spa ritual

From the soles of the feet to the crown of the head, this is the ultimate skin therapy. Choose an Elemis Advanced Anti-Ageing or Advanced Performance Facial followed by an Elemis Deep Tissue Muscle Massage. For dramatic results instantly!

Includes a €15 Lunch voucher.

2 hour 5 minutes €175

## for ladies

Escape & be pampered with our exclusive ladies package.

Experience a Lime and Ginger Body Scrub followed by an Elemis Deep Tissue Back Massage, an Elemis Skin Specific Facial and an Elemis Sole Delight Foot treatment.

Includes a €15 Lunch voucher.

2 hours 30 minutes €190

## mothers to be

Tried and tested massage techniques adapted to each stage of pregnancy, to relieve tension in the back, alleviate swelling in the hands and feet and leave you feeling rejuvenated. Enjoy a Maternity Massage, Advanced Anti-Aging Facial and Luxury Pedicure.

Includes a €15 Lunch voucher.

3 hour 10 minutes €199

## ultimate rain reviver

Exfoliate, invigorate and revitalise the body with an Elemis Exotic Lime & Ginger Salt Glow followed by an Elemis Deep Tissue Muscle Massage and an Elemis Advanced Anti Ageing or Advanced Performance Facial to plump up skin and increase moisture.

Includes a €15 Lunch voucher.

2 hours 45 minutes €230

*All our packages & special offers include unlimited use of rain leisure and our Thermal & Relaxation Suites. Refreshments are also provided.*



Rain Spa & Wellness Clinic at the Radisson Blu Hotel, Ennis Road, Limerick, Ireland  
call 061 456 299 fax 061 327 418 email [info@rainspawellness.ie](mailto:info@rainspawellness.ie) visit [www.rainspawellness.ie](http://www.rainspawellness.ie)

