

NEW TO SÓLÁS

LAVA SHELL TREATMENTS

LAVA SHELL MASSAGE

The Lava Shell massage offers a seamless massage of heat and touch, providing comforting warmth whilst easing any muscle aches and pains. The radiating heat from the shells releases tension and leaves you feeling instantly stress free, relaxed and rejuvenated

Full Body €85 Back, Neck & Shoulder €49

MICRODERMABRASION

SKIN BASE MICRODERMABRASION

This is a non-invasive treatment which stimulates the production of collagen by using a vacuum action. In this treatment a fine jet of abrasive crystals is used to remove dead skin cells layer by layer. This stimulation works to improve our skin's surface and helps to target aging skin, stretch marks, pigmentation, cellulite, dry and dehydrated skin and acne scarring. No matter what your skin type Microdermabrasion will help to beautify your skin and in fact over 80% of us will have profound results after one treatment!

€59

OPENING TIMES

Monday 10am-7pm

Tuesday 10am-7pm

Wednesday 10am-8pm

Thursday 10am-8pm

Friday 10am-8pm

Saturday 9am-7pm

Sunday 10am -6pm.



SPA TREATMENTS



Solas Spa & Wellness Centre
at the Radisson Blu Hotel & Spa, Sligo
T: +353 71 919 2442, E: solas.spa@radissonblu.com
visit solasspa.com [facebook.com/solasspasligo](https://www.facebook.com/solasspasligo)



AT THE RADISSON BLU HOTEL & SPA, SLIGO

ELEMIS FACIAL THERAPY

PRO INTENSE LIFT EFFECT FACIAL	€89
PRO COLLAGEN QUARTZ LIFT FACIAL	€89
VISIBLE BRILLIANCE FACIAL	€89
TRI ENZYME FACIAL	€79
OXYGEN SKIN CALM FACIAL	€79
SOS PURIFYING FACIAL	€79
ELEMIS SKIN SPECIFIC	€69
ELEMIS BOOSTER FACIAL	€45

ELEMIS BODY THERAPIES

DEEP TISSUE BODY MASSAGE	€79
DEEP TISSUE BACK MASSAGE	€49
AROMA STONE FULL BODY MASSAGE	€89
AROMA STONE BACK MASSAGE	€55
MUSCLE EASE AROMA SPA OCEAN WRAP	€75
CELLUTOX AROMA SPA OCEAN WRAP	€75
MOTHER TO BE PREGNANCY MASSAGE	€89

ELEMIS EXOTICS

LIME AND GINGER SALT GLOW	€45
EXOTIC COCONUT AND MILK RITUAL WRAP	€70
EXOTIC FRANGIPANI NOURISH WRAP	€70

HOLISTIC/MASSAGE TREATMENTS

HOT LAVA SHELL BODY MASSAGE	€85
HOT LAVA SHELL BACK MASSAGE	€49
SWEDISH FULL BODY MASSAGE	€70
SWEDISH BACK NECK & SHOULDER MASSAGE	€45
REFLEXOLOGY	€65
INDIAN HEAD MASSAGE	€55
EARCONING	€55

TIME FOR MEN

ELEMIS FACIALS	FROM €79
TOTAL TIME OUT	€135

SOLAS BEAUTY EXPRESS BAR

WAXING & TINTING

Lycon Precision Waxing offers a choice of hot, strip & Lycojet Wax, with Lycons harmonising pre & post wax solutions.

Lip or Chin	€10	Underarm	€15
Lip & Chin	€15	Half Leg Wax	€18
Full Leg Wax	€30	3/4leg	€23
Full Leg & Bikini	€40	Half Leg & Bikini	€25
Full Leg Underarm & Bikini	€50	Bikini Line	€15
		High Bikini	€25

EYE TREATMENTS*

Eyebrow Shape	€12
Eyebrow Tint	€10
Eyelash Tint	€14
Lash Tint, Brow Tint & Shape	€30

**treatment requires patch test 24 hours before treatment*

KISSED BY MII TAN

Full Body Spray Tan	€25
Half Body	€20

MII MAKE UP

Make Up Application	€30
Bridal Make Up Application including Trial	€55

SOLAS LUXURY PEDICURE	€49
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SOLAS LUXURY MANICURE	€39
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SOLAS EXPRESS PEDICURE	€30
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SOLAS EXPRESS MANICURE	€30
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SHAPE AND PAINT	€20
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SHELLAC COLOUR	€25
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SHELLAC FRENCH	€30
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THERMAL SUITE

THERMAL SUITE	€15
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THERMAL AND LUXURY RAZUL	€30
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HYDRO THERAPY BATH	€25
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DRY FLOATATION	€25
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SÓLÁS SPA PACKAGES

All packages include 1 hour in our Thermal Suite and time in Healthstyles Leisure Club. Include a light lunch for €10 extra.

SÓLÁS YUMMY MUMMY

Elemis Nurturing Mother-to-be Massage
Skin Specific Facial
€140

ELEMIS FACE & BODY SENSATION

Elemis Booster Anti Ageing Facial
Elemis Re-energiser or Tranquility Massage
€79

ELEMIS ABSOLUTE SPA RITUAL

Elemis Anti Ageing or Skin Performance Facial
Elemis Deep Tissue Muscle Massage
€135

A LITTLE TASTE OF SÓLÁS

Choose 2 of these mini treatments

Lime & Lemongrass Full Body Scrub
Back, Neck & Shoulder Massage
Elemis Taster Facial
Foot & Leg Treatment
Mini Manicure
Mini Pedicure

€69 (add a third for an extra €21)

LUXURY BACK FACE AND SCALP

Warm Oil Back Neck & Shoulder Massage
Elemis Skin Specific Facial
€95

HONEYMOON BLISS

Thermal Suite With Razul
Welcoming Foot Ritual
Back Neck, Shoulder & Head Massage
Light Lunch and a glass of Champagne

€200 per couple

RELAX PACKAGE

Welcoming Foot Ritual
Swedish Back Neck & Shoulder Massage
Elemis Skin Specific Facial
Pressure Point Head Massage
Dry Float

€125

REVITALIZE PACKAGE

Welcoming Foot Ritual
Hydrotherapy Bath
Swedish Full Body Massage
Elemis Taster Facial

€125

for more information on our spa packages visit solasspa.com