



Treatment Menu

Choose from a selection of treatments, whether you're looking for relaxation, skin rejuvenation or dazzling nails there is something for everybody

Your treatment will be in a private treatment suite

FACIALS

SKINthings Radiance Facial - 30 mins €58.00

Using results driven skin care including an enzyme peel and Bio-Cellulose Mask (Biotox or Soother) and technology. Delivering exceptional hydration using plant and marine stem cells where your skin needs it most, leaving skin smoother and radiant.

SKINthings Refiner Facial – 30 mins €58.00 / 1hr €88.00

The award winning non-invasive Skin Refiner Nano delivers different sized hyaluronic acid combined with powerful active ingredients where your skin needs it most to hydrate your skin at different depths. The smaller ones go deeper into your skin while the larger ones work nearer the surface. Helps stimulate collagen for the best anti-ageing effect, with no downtime leaving skin smoother, plumper and glowing.

Redness – Pigmentation – Acne - Spots - Anti-Ageing

Choose from: Anti-ageing, Purifying & Clearing, Pigment Reducer and Redness Reducer

- No Downtime
- For Every Skin Type
- Gentle, Safe, and hygienic with disposable Silicone tip
- Skin Refiner Nano increases the absorption of products into your skin from approx. 30% without, up to 70% when combined with products

Elemis Pro-Collagen Age Defy Facial – 1hr €89.00

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.

*Please note the first trimester needs to have passed

Elemis Superfood Pro-Radiance – 1hr €89.00

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.

*Please note the first trimester needs to have passed

Elemis Biotec Exchange Facial – 45 mins €63.00

In just three simple steps; the ELE-essential, ELE-vators and SUPERCHARGERS require just 15 mins each, using scientifically proven skin solutions specifically tailored to your individual needs. Instant, visible maximum results in minimum time.

Step 1 - essential - Step 2 x 1 elevator - Step 3 X 1 Supercharge

*Please note the first trimester needs to have passed

FACE and BODY COMBINATIONS

Couture Express – 1hr €102.00

Combine a personalised 30-minute Elemis Facial with a 30-minute hands on back massage.

BODY

Reflexology – 1 hr €88

Reflexology is based on the ancient Chinese belief that energy flows around the body. This energy or life force is known as Chi and when the energy is flowing freely around the body we are well, balanced and in harmony with our environment physically, mentally and emotionally. If this energy becomes blocked illness may result, unblocking this energy will mean the energy will flow freely so healing can take place.

Reflexology stimulates the body's own healing powers in a natural and safe way.

Wherever there is an imbalance or illness in the body the corresponding area in the foot may be tender or painful. Crystal deposits may be found in the hand and feet. Gently working over these areas with the thumbs and fingers will help to break down and get rid of the built up, helping to restore the energy flow.

*Please note the first trimester needs to have passed

Indian Head Massage and Facial Duo – 1hr €102.00

Enjoy a personalised facial combined with an Indian Head Massage. A wonderfully relaxing duo.

*Please note the first trimester needs to have passed

Frangipani Nourishing Body Wrap – 1hr €79.00

The velvety texture of the exotic Monoi Oil offers super-hydration, quenching a thirsty skin. Leaves skin beautifully soft and glowing.

Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani – 30 mins €60.00

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves skin beautifully smooth and soft with a wonderful aroma.

Hot Mineral Body Boost Massage – 1hr €92.00

A combination of essential oils and massage movements help relax the body to alleviate muscular aches and remove toxins. This is a revolutionary, minerally-charged, skin conditioning, metabolic balancing and energising wellness massage.

Life Elixir Mindful Body Massage – 1hr €92.00

Tune in to you with this massage tailored entirely to your needs. Whether you seek to feel soothed, focused, grounded, uplifted or relaxed, there's a LIFE ELIXIR blend for you.

Rose Restore Body Massage – 1hr €92.00

Take a walk through a beautiful fragrant rose garden with this relaxing and beautifully hydrating body massage. The unique blend of oils leave skin exquisitely moisturised and delicately scented.

Freestyle Body Massage – 1hr €92.00 (Back Massage 30 mins €55.00)

Your therapist will select aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage encourages optimum circulation and relaxation.

Scalp Massage – 30 mins €55.00

A relaxing scalp massage designed to help ease tension.

*Please note the first trimester needs to have passed

PREGNANCY

Peaceful Pregnancy Massage – 1hr 15 mins €100.00

Wonderfully intuitive and relaxing massage hydrates skin using the wonderful Camilla oil

*Please note the first trimester needs to have passed

MADE FOR LIFE ORGANICS

Radiance Facial – 1hr €89.00

A facial treatment designed to balance skin while restoring moisture to the skin. This treatment restores natural luminosity to the skin, leaving skin looking radiant.

*Please note the first trimester needs to have passed

CANCER CARE TOUCH

Especially for those living with and beyond cancer, safe in the hands of specialist therapists tailoring your treatment to your own personal health needs.

Soothe & Nurture Organic Facial – 30 mins €55.00

100% certified organic balms and oils nourish, cleanse and return natural balance to the skin. A deeply relaxing face and scalp massage calm the mind.

Catch the Breath Back & Head Treatment - 30 mins €55.00

Slow, rhythmic massage on the upper back, shoulders, neck and head using 100% certified organic balms and oils for complete tranquillity and relaxation.

Hand on Heart, Back, Face & Scalp Treatment – 1hr €88.00

Hand on heart is a holistic treatment focusing on the upper back, head and face using a slow and gentle touch.

MEN

High Performance Skin Energiser Facial for Men – 1hr €89.00

The hard-working facial for ageing, dehydrated skin. It maximises cell regeneration. Multi-dynamic facial massage sequences boost circulation, whilst a scalp massage deeply relaxes.

Men's Manicure – 30 mins €27.00

Includes: Cut & file, exfoliate, cuticles and hand massage.

Men's Pedicure – 40 mins €41.00

Includes: Cut & file, exfoliate, hard skin removal, cuticles and foot massage.

Hot Mineral Body Boost Massage – 1hr €92.00

A combination of essential oils and massage movements help relax the body to alleviate muscular aches and remove toxins. This is a revolutionary, minerally-charged, skin conditioning, metabolic balancing and energising wellness massage.

Freestyle Body Massage – 1hr €92.00

Your therapist will select aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage encourages optimum circulation and relaxation.

OPI FINGERS and TOES

OPI Signature Manicure 1hr €47.00

Known as the 'can't live without' OPI nail treatment. You will experience the quintessential OPI Pro Spa products combined with a relaxing massage and finished with OPI Infinite Shine Polish.

Upgrade to include OPI Gel Colour €12.00

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OPI Signature Pedicure - 1hr €47.00

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GELCOLOUR

OPI Gel Colour Hands – 45 mins €30.00

OPI Gel Colour Feet – 45 mins €30.00

OPI Gel Colour Removal (Hands OR feet) – 30 mins €22.00

OPI Gel Colour Removal and New Gel Colour Application Hands – 1hr €42.00

OPI Gel Colour Removal and New Gel Colour Application Feet – 1hr €42.00

*Please note the first trimester needs to have passed

OPI GelBreak - 15 mins €17.00

OPI's 3 step restorative system enriched with vitamins and bamboo extract specially designed to beautifully restore and rejuvenate your nails.

***If you currently have gel polish, additional time will be required to be booked to remove this before your treatment can begin (please inform us of this when making your booking)**

*Please note the first trimester needs to have passed

JUNIOR TREATMENTS

Professional Treatments for 13-16 year olds

Junior Facial – 30 mins €43.00

A facial personalised just for you.

OPI Junior Manicure – 30 mins €27.00

A treat for your nails, includes nails being shaped, cuticles conditioned and nails polished.

OPI Junior Pedicure – 30 mins €27.00

A treat for your nails, includes nails being shaped, cuticles conditioned and nails polished.

TINTING

Mii Tidy and Tint - 30 mins €29.00

Enhance your eyebrows with a semi-permanent tint. Your therapist will expertly blend shades to achieve the perfect colour and TWEEZE any unwanted hairs

*A patch test is required 24 hours prior to your first treatment

*Please note the first trimester needs to have passed

We look forward to welcoming you to the Ciúin Spa safely and comfortably

What you can expect:

*You will be required at least 48 hours prior to arriving to the spa to have completed an online medical question (including a covid declaration). You do this by clicking on the link provided on your email confirmation if you have booked your treatment online via the website. Or on the link in the email you receive from the spa if booking over the phone with the spa. Follow the steps to set up your profile and click on the blue medical questionnaire button, complete in full, sign and submit.

<https://online.premiersoftware.co.uk/ClientPortal/?i=288c97b60b12c9e4de7fbc8a2a3721>

*Therapists will be wearing face masks and visors during all treatments as an enhanced safety measure. A number of disposable, biodegradable items will be used during treatments.

*Your treatment will be in a private treatment suite, please arrive to the spa reception area on the fourth floor of the hotel located at room 418 five minutes prior to your treatment time.

*Our thermal suite, changing areas & relaxation suites will remain closed until further notice.

What we ask of you and our guests/customers:

*We would like you to relax during your visit. For this reason, we have taken extra measures to safeguard our guests prior to arrival. We kindly ask the following: For the safety of our guests and employees, if you or a member of your household or close contact has developed any of the following symptoms; cough, fever, breathlessness, sore throat, headaches, loss of taste or smell

within the last 7 days please contact the spa prior to arrival to cancel your appointment and refrain from visiting the spa.

*Refrain from visiting the spa if you are under an isolation, lockdown, restricted movement or quarantine order/directive.

*Respect the spa's sanitation and hygiene standards and processes posted within the spa and shared by employees.

*We recommend our guests wear face coverings when arriving and leaving the Ciúin Spa and during reflexology, manicures, pedicures and tinting treatments.

The full spa guide can be viewed here
<https://www.slieverussell.ie/ciuin-spa-guide.php>

*All treatments are subject to medical status. Some medical conditions may require a Doctor's note (please contact the spa prior to your appointment to discuss any medical conditions).

*The first trimester needs to have passed for treatments during pregnancy.

**If you have any questions please do not hesitate to contact us at +353 (0)49 9526444 or
spa.ciuin@slieverussell.ie**