



Serenity
SPA





Welcome

Welcome to Serenity Spa at The Rose Hotel, your Spa experience begins now. Amidst the beautiful surroundings of our hotel we have created this tranquil Spa where you can nurture and nourish mind, body and soul.

Serenity Spa boasts bespoke treatment rooms each with special design features and mood lighting to create a calm & soothing experience. The Spa journey continues with time in our relaxation room where you can relax and unwind before or after your treatments. Enjoy some time in our steam room & sauna if you wish, or maybe linger just a little bit longer in the beautiful surroundings.

ELEMIS Skincare Therapy is our chosen Spa product – “Where the science of nature meets the science of skin”. Our professionally trained Spa therapists will use their expertise to advise you on the products and therapies best suited to you. Our goal is to provide you with a memorable experience at Serenity Spa and leave feeling nurtured and cared for.

If you have any queries about any of our treatments please do not hesitate to ask, we look forward to welcoming you to Serenity Spa.

Fiona Collins
Serenity Spa Manager

ELEMIS





Serenity SPA

Signature Treatment

Decadent Rose Escape

80 minutes

€145

Let us take you on the Serenity Rose journey. After a thorough consultation, relax and restore your body with a Rose infused 25-minute Swedish massage to release those tense areas.

Following the massage your expert therapist will select a 55-minute hands on ELEMIS Rose infused facial to target exactly what your skin needs. Your skin will soak in the delicate product resulting in renewed and refreshed skin.

BIOTEC Pro-Glow+ Facial Treatments

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result?* visibly healthy, nourished and energised skin.



Following a thorough consultation, your expert BIOTEC therapist will provide anti-aging and skin solution treatments to meet your skin concerns using BIOTEC technology:

BIOTEC Pro-Glow Smooth Facial+

55 minutes
85 minutes

€119
€155

THE ULTIMATE HIIT WORKOUT FOR YOUR SKIN

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

BIOTEC Pro-Glow Resurface Facial+

55 minutes

€119

REVEAL STUNNINGLY SMOOTH SKIN

Super-charged deep cleansing and powerful ultrasonic peel technology eliminates visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.



BIOTEC Pro-Glow Renewal Facial+

55 minutes

€119

FOR A HEALTHY, GORGEOUS GLOW

ELEMIS' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced.

BIOTEC Pro-Glow Brilliance Facial+

55 minutes

€119

YOUR RECIPE FOR RADIANCE

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin.

Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing.

BIOTEC Eye Treatment

25 minutes

€50

Tighten the delicate eye area with targeted technology.

(independent clinical trials).*

Elemis Pro-Glow Facial Menu

Following a thorough consultation your expert therapist will choose one of the following facials to meet your skin concerns.

Pro-Glow Smooth Facial

55 minutes

€100

THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Pro-Definition Lift & Contour

55 minutes

€100

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.

Pro-Glow Brilliance Facial

55 minutes

€100

25 minutes

€65

YOUR RECIPE FOR RADIANCE

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing. Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, O2 Infusion & Galvanic.



Pro-Glow Resurface Facial

55 minutes

€100

RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Pro-Glow Renewal Facial

55 minutes

€100

FOR GORGEOUS GLOWING SKIN

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.





ELEMIS Body Treatments

Rose Garden Body Treatment

55 minutes

€110

A lavish hydrating massage. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

Intensely Cleansing Salt Scrub

Lime & Ginger or Frangipani

25 minutes

€60

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

Thousand Flower Detox Wrap

55 minutes

€110

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

Hot Mineral Body Boost

55 minutes

€110

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineraly-charged experience of skin conditioning, metabolic balancing and energising wellness.

Massage

Swedish Massage	<i>75 minutes</i>	€120
	<i>55 minutes</i>	€100
	<i>25 minutes</i>	€60

A reward to your hard-working body. Enjoy a deeply relaxing massage for the entire body providing a sense of well-being, improving flexibility to ease tension & reduce stress.

Freestyle Deep Tissue Massage	<i>55 minutes</i>	€110
	<i>25 minutes</i>	€65

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Deeper Than Deep Hot Stone Massage	<i>55 minutes</i>	€110
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Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The heat will soothe your muscles and warm your body. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Bamboo Massage	Full body	<i>55 minutes</i>	€110
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An innovative way to provide Swedish or deep tissue massage using heated bamboo sticks to roll and knead the tissue to create an extreme sensation of relaxation and well-being.





Afternoon Tea in The Rose Room

Mother-to-be Massage

1 Hour 10 minutes

€120

Cocooned by pillows a gently nurturing, specially formulated massage for mothers-to-be that deeply relaxes and soothes the body, a special time for baby and you.

Indian Head Massage

55 minutes

€100

25 minutes

€60

Put your head in our hands. An ancient Indian technique, concentrating on the upper back, arms, face & scalp. This gives instant relief from tension & stress while promoting well-being.

Luxury Leg and Foot Massage

25 minutes

€60

Perfect for tired aching legs and feet, working on the feet and lower leg, leaving to relaxed and feeling like you are walking on air.

19th Green Massage

1 Hour 10 minutes

€130

Give your golf muscles this Swedish massage it deserves. Targeting your arms, legs and back this massage will remove the lactic acid build up from a day's golf. No guarantee we can improve your swing but you will leave relaxed and revived and ready for more golf.

Hands & Feet

Manicure	<i>25 minutes</i>	€30
Serenity Spa Luxury Manicure	<i>55 minutes</i>	€55
Hands are soaked, exfoliated and wrapped in heated mitts for intense moisturisation, followed by a hand and arm massage. Nails and cuticles are tidied before an application of colour polish of your choice to finish.		
Pedicure	<i>40 minutes</i>	€45
Serenity Spa Luxury Pedicure	<i>55 minutes</i>	€65
Feet are soaked, exfoliated and rasped. Feet are then wrapped in heated booties for intense moisturisation and followed by a relaxing foot massage. Nails and cuticles are tidied before an application of colour polish of your choice to finish.		
Shellac		
CND Shellac Manicure	<i>40 Minutes</i>	€35
Shellac Pedicure	<i>55 Minutes</i>	€60
Shellac removal		€10
Vinylux		
File & Polish, Hands or Feet	<i>20 Minutes</i>	€25
Additional cost for French Polish on any treatment		€5



Day Spa Escapes

Couture Touch *1 Hour 50 minutes* €180

Combine any 55-minute ELEMIS hands on facial with a choice of a full body Swedish or deep tissue massage.

Body Reviver *1 Hour 20 minutes* €140

A full body exfoliation with fragranced salt preparing your skin to absorb the delicate body oil for your full body massage.

Peaceful Pregnancy *2 Hours 30 minutes* €235

Treat yourself to this head to toe indulgence. Relax with a mother-to-be massage, enrich your skin with a Superfood Pro-Radiance Facial & take the pressure from your feet with an ELEMIS best foot forward treatment.

Afternoon Delight Package (*Monday -Thursday*)
1 x 25-minute treatment and afternoon tea €70

Afternoon Delight Package
2 x 25-minute treatments and afternoon tea €120

Choose from

- Swedish Back Massage
- Indian Head Massage
- Express ELEMIS Facial
- Full Body Exfoliation

Afternoon Tea is served in the Rose Room daily from 2pm-4pm

Reconnect Package *1 Hour 30 minutes* €145

Indian Head Massage with a Superfood Radiance Facial

Pamper & Processco *(Minimum 3-4 Guests)*

€135

Make memories and enjoy a special day out with friends or loved ones in Serenity Spa. Upon arrival relax and unwind in our Sauna and Steam room heat experience.

Choose any 1 x 55 minute treatment* from our menu
Or

1 Mini Manicure & Pedicure

Afterwards enjoy prosecco in our relaxation suite.

Complete your day with a 2 course lunch in Dott's Bar

** Biotec Facials are not included*



Grooming

Eyebrow wax or tweeze	€15	Eyebrow Tint	€15
Eyelash Tint	€18	Lip or Chin Thread	€15
Eyebrow Thread & Tint	€28	Eyebrow Thread	€21
Eyelash & brow tint & eyebrow shape			€38

Lycon Waxing

Lip or Chin	€15	Sides of face	€15
Underarm	€15	Arms	€15
Chest or Back	€23	Abdomen	€23
Bikini	€23	Extended bikini	€28
½ Leg Wax	€23	¾ leg	€33
Full Leg Wax	€33	Full Leg & Bikini Wax	€48
Hollywood /Brazilian	€43		

Vita Liberata Tan Application

Full Body	€30
Half Body	€20

Hotel Spa Breaks

Why not choose one of our Hotel Spa Breaks? Combining a relaxing hotel stay including breakfast and dinner with rejuvenating spa treatments.

We have a variety of packages to choose from, you can view and book our packages online, visit **www.therosehotel.com** or call our reservations team, + 353 (0) 66 7199100.



In preparation for your visit

- Please arrive 15 minutes prior to your appointment. Your therapist will provide you with robe, towel & slippers for your added comfort.
- Your visit includes access to our Steam Room & Sauna please bring your own swim wear. If you wish to use our steam room & sauna prior to your Spa Treatment please arrive 30 minutes prior to your appointment.
- A patch test is required for waxing and tinting. Please book patch test at least 24 hours prior to your appointment.
- Guests must be over 18 to use our facilities.
- Please advise of any medical conditions, as consultation with your doctor may be required in advance of specific treatments. Please advise if you are pregnant.
- If you have a Gift Voucher please present on arrival.
- We want to provide a relaxing and tranquil experience for all our guests and we respectfully request all visitors to observe this. We request you switch off your mobile phone & dedicate sometime to yourself!
- Credit card details will be required to secure booking.

Relaxation Suite

30-minute Complimentary use with all treatments over 55 minutes.



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Lateness Policy

Please be advised that if you arrive late for your appointment, we may need to do a reduced service but the full-service charge will still apply. If you are more than 15 minutes late for your appointment, we may need to refuse the treatment but full charge will apply.

Cancellation policy

24 hours' notice is required to cancel an appointment & we will endeavour to rebook another time to suit you. Any cancellation within 24 hours will incur a 50% charge or 75% within four hours of cancelling. A no-show will incur full charge.





Serenity SPA

GIFT CARDS

Gift Cards are available from the Spa or Hotel Reception for any of our Spa Treatments or monetary value, and can also be redeemed against products sold at Serenity Spa including:

- ELEMIS
- Vita Liberata

Serenity Spa is open daily
(excluding Tuesdays)

Book your Spa treatment on line

CLICK HERE



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