



Serenity
SPA

ELEMIS





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.

Serenity by name, Serene by nature,

Serenity Spa Team

ELEMIS





Serenity SPA

Signature Treatment

Decadent Rose Escape

80 minutes

€155

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.

ELEMIS EXPERT™ Tech Facials

Your Skin Is Our Expertise

ELEMIS EXPERT™ RADIANCE + REVIVE FACIAL

Rebalance, Nourish & Glow

55 minutes

€129

Revive tired skin with our advanced Ultrasonic Peel technology teamed with Oxygen Infusion to plump and Galvanic to nourish leaving your skin rebalanced, nourished and radiant.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Oxygen Infusion to plump the skin
- Galvanic technology to restore the skin

ELEMIS EXPERT™ SMOOTH + POLISH FACIAL

Reset, Resurface & Brighten

55 minutes

€129

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic to nourish, revealing bright, polished and smooth skin.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- LED Light Mask to re-energise the skin
- Galvanic technology to restore the skin



ELEMIS EXPERT™ LIFT + REJUVENATE FACIAL

Renew, Plump & Tone

55 minutes

€129

Restore your skins vitality our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate and Oxygen infusion to plump. Skin will appear renewed, toned and firmer.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin

ELEMIS EXPERT™ SCULPT + FIRM FACIAL

Revitalise, Strengthen & Define

55 minutes

€129

85 minutes

€165

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined.

BIOTEC Technology:

- Cryotherapy for skin sculpting
- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin
- LED Light Mask to re-energise the skin
- Galvanic technology to restore the skin

ELEMIS EXPERT™ Touch Facials

ELEMIS EXPERT™ TOUCH NOURISH FACIAL

Cleanse, Rebalance & Revive

55 minutes

€110

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

ELEMIS EXPERT™ TOUCH REVEAL FACIAL

Resurface, Smooth & Glow

55 minutes

€110

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

ELEMIS EXPERT™ TOUCH RENEW FACIAL

Hydrate, Lift & Firm

55 minutes

€110

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

ELEMIS EXPERT™ TOUCH DEFINE FACIAL

Energise, Rejuvenate & Sculpt

55 minutes

€110

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.



ELEMIS EXPERT™ Body Treatments

ELEMIS EXPERT™ TARGETED TIGHTENING BODY TREATMENT

Tighten, Tone & Smooth

55 minutes

€130

85 minutes

€160

A powerful blend of minerals and seaweeds join forces to target cellulite and promote a smoother silhouette with our focused sculpting massage, for skin that looks and feels intensely tightened, toned and smoothed.

- *55min choose from: Thighs or Abdomen*
- *85min treats: Thighs, Abdomen and Arms*

CLEANSING SALT SCRUB AND FRANGIPANI BODY WRAP

55 minutes

€130

An exotic ritual to invigorate and bring vitality to the body. Warm oil is dripped over the body, frangipani salt glow cleanses and polished the skin. Drench yourself in moisture and bathe in this comforting wrap. A final application of frangipani body cream is applied, leaving the skin glowing, vibrant, replenished and flawless looking.

ROSE RESTORE RITUAL

70 minutes

€145

A lavish hydrating massage to nourish the mind and body. Your treatment will commence with a foot cleanse and follows into a gentle rhythmical full body massage and then cocooned before completing with an indulgent relaxing scalp massage and hair wrap.

SKIN NOURISHING MILK WRAP

55 minutes

€130

A full body soothing wrap, nourishes the skin and also transports the senses with comforting aromatics of Starflower and Camellia tea. A decadent skin pampering experience. Ideal for those with excessively dry or sensitised skin. Enveloped whilst enjoying the benefits of a Japanese camellia oil scalp massage.

ELEMIS EXPERT™ BALANCED BODY MASSAGE

30 minutes

€70

55 minutes

€110

85 minutes

€160

This therapeutic massage is designed to help your body and mind unwind from tension and everyday pressures. The therapist will focus on areas where tension tends to build up. This treatment will help you feel a deep sense of calm and overall balance to mind and body.

Your therapist will select an aromatic oil according to your concerns, Be they muscle pain, stress relief, relaxation, Sleep deprived, Anxiety, Grief. Your therapist will select an aromatic oil according to your concerns, and tailor the treatment to your needs, restoring balance and promoting overall well-being.

ELEMIS EXPERT™ DEEP TISSUE TENSION-EASE MASSAGE

Renewed, Grounded & Focused

30 minutes

€70

55 minutes

€110

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

ELEMIS EXPERT™ TRANSFORMATIVE HOT STONE MASSAGE

Soothe, Relax & Relieve

55 minutes

€120

90 minutes

€160

This deeply transformative treatment incorporates heated volcanic stones which are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

ELEMIS EXPERT™ PEACEFUL PREGNANCY MASSAGE

Nurture, Restore & Calm

55 minutes

€130

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics which are safely formulated to be used during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.



Massage

Indian Head Massage

55 minutes
30 minutes

€110
€70

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

€70

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.



Afternoon Delight Package

Day Spa Escapes

An indulgent day for you, either for some me time or share with a friend or loved one.

On arrival you will be escorted to our changing facilities where your fluffy robe awaits, make your way to our heat experiences, before your therapist then guides you through your chosen day spa escape, and your journey is completed in our Relaxation Suite with some light refreshments.

Couture Touch

1 Hour 50 minutes

€190

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

ELEMIS EXPERT™ ABSOLUTE FACE + BODY RITUAL

Restored, Rejuvenated & Renewed

85 minutes

€165

Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatment, or let your therapist prescribe the perfect treatment to leave you feeling restored from head to toe.

Body Reviver

1 Hour 20 minutes

€150

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

Afternoon Delight Package

(Monday -Wednesday only)

1 x 30-minute treatment and afternoon tea

€85

Afternoon Delight Package

(Monday -Thursday)

2 x 30-minute treatments and afternoon tea

€130

Choose from

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

Afternoon Tea is served in Rós Buí Terrace daily from 2pm-4pm

Please advise of any dietary requirements in advance

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

€145

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*



Hands & Feet

Vynylux File & Polish, Hands or Feet	€35
Shellac File & Polish, Hands or Feet	€45
The Ultimate Lux Manicure 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.	€60
The Ultimate Lux Pedicure 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.	€70
Shellac removal	€10
Shellac Finish to manicure or pedicure	<i>additional €10</i>

Beauty & Brows

Eyebrow wax or tweeze	€18	Eyebrow Tint	€18
Eyelash Tint	€18	Lip or Chin Thread	€18
Eyebrow Thread & Tint	€30	Eyebrow Thread	€24
Eyelash & brow tint & eyebrow shape			€40



Lycon Waxing

Lip or Chin	€16	Sides of face	€18
Underarm	€18	Arms	€18
Chest or Back	€35	Abdomen	€35
Bikini	€28	Extended bikini	€28
½ Leg Wax	€28	¾ leg	€36
Full Leg Wax	€35	Full Leg & Bikini Wax	€55
Hollywood /Brazilian	€48		



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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

Serenity Spa is open daily
(excluding Tuesdays)

Book your Spa treatment on line
www.therosehotel.com/online-spa-bookings.html



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