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APHRODITE HILLS
The Retreat Spa
by Atlantica



LUXURY, SERENITY, VITALITY





W E L C O M E —— to —— THE RETREAT SPA

The Retreat Spa offers a haven away from the chaos of the world. Fragrant gardens with dancing fountains - amazing views at every turn, scents and textures to delight the senses.

STYLISH, ELEGANT & PEACEFUL

In the belief that our surroundings contribute to our state of mind, the emphasis to cultivate a sense of tranquility was paramount when designing the Spa. Stylish, elegant and peaceful, the Spa complements its natural surroundings beautifully and calls upon ancient traditions and techniques to take you on a journey of discovery.

VARIETY OF INDULGENT, PAMPERING TREATMENTS

The Retreat Spa offers a variety of indulgent, pampering Treatments & Packages. In collaboration with the world-renowned spa brand - 'ELEMIS', our treatment journeys are designed to deliver true luxury and escapism. Utilizing only the most natural and effective products, treatments including Facials, Body Wraps, Exfoliations, Massages, Hydrotherapy, Stone Therapy, Manicures and Pedicures. All Retreat Spa Treatments can be prepared as a beautiful gift-wrapped voucher... making the perfect gift for all occasions.



Our Spa Brands

ELEMIS

ELEMIS

ELEMIS is the pioneering British skincare and spa brand that treats over 6.5 million people each year and has the single largest influence on trends and developments in the global skincare and spa industry. The successful combination of powerful, natural ingredients, cutting-edge formulation technology and proven clinical trials has enabled ELEMIS to bring to the market some of the most influential anti-ageing skincare products and professional spa therapies the beauty industry has ever seen. Your skin, your body and your wellness lie at the heart of ELEMIS.

Our Therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. ELEMIS scientifically controls every aspect of product formulation, ensuring quality, efficacy and exceptional integrity. From the seeds chosen and the type of soil used, to the selection of extraction process, ELEMIS ensures that all formulations have maximum therapeutic activity. A sublime sensory outcome. Personally prescribed. The experience is exceptional; the results are real.

PHYTOMER

PHYTOMER

PHYTOMER, meaning: plants of the sea, follows the principles of Thalassotherapy or 'Marine Therapy' in order to restore balance and beauty through innovative skin and body care treatments. The use of marine extracts brings about gentle and immediate results whilst fostering the long-term improvement and health of the tissues. For over 40 years, PHYTOMER has been the oceanic source of healing, balance, well-being and beauty.



VIE COLLECTION - ADVANCED COSMECEUTICALS

Directly inspired by aesthetic medicine, VIE Collection anti-aging solutions are marked by the influence of cosmeceuticals. VIE Collection treatment protocols and retail skin care products replace or supplement aesthetic medicine treatments. They echo the latest trends in the most commonly practiced dermatological rejuvenation and cosmetic procedures.



SIGNATURE RITUALS

SENSORY RITUAL OF AROMA

Embrace yourself in the scent of Mediterranean Body Exfoliation and escape to another realm. Our Signature Aromatic oils are applied to the body to renew and smooth your skin. Cleanse away the stress of the outside world before submitting to a full body Aromatic Massage. Warm Essential Oil and a mind-melting Head Massage conclude this aromatic ritual of Aroma.

90 minutes €135

FULL HAMMAM RITUAL

Within our ornate domed Hammam, this traditional steam bathing experience improves circulation, expels toxins, softens the skin and can be combined with our authentic Hammam Treatments for maximum benefits. The ultimate Hammam experience combining the benefits of Hammam steam bathing, the cleansing Retreat Spa 'Signature Loofah Soap' Scrub and a vigorous full body massage performed on a heated marble plinth; all guaranteed to make your skin glow and provide deep muscle relaxation.

* Please note swimwear is required for the above treatments.

90 minutes €130

INDIAN INDULGENCE RITUAL

A warm Foot Bath will soak away tension followed by a skin-smoothing Foot Exfoliation with warming Indian Spices. The journey continues with a decadent Massage with specially blended oils to relieve deep-seated stress from the tips of your toes to the ends of your hair! The treatment is concluded with the exotic mix of warmth, aroma and an indulgent Scalp Massage which allow you to drift into blissful relaxation.

90 minutes €150

INDIAN INDULGENCE

Indian Head Massage has been practiced for over 4000 years. Relieving tension from your shoulders, neck, head and face, the treatment is concluded with oiling of the hair, a traditional Indian practice to balance your hair, scalp and mind.

40 minutes €80

 - PREGNANCY  - COUPLES

SPECIFIC MASSAGE TECHNIQUES & ALTERNATIVE THERAPIES

REFLEXOLOGY

Reflexology works on the principle that all of our organs are represented in the feet. By working on these points with acupressure.

60 minutes €105

THAI MASSAGE

Performed on the floor, an ingenious system of movements, allows the therapist to manipulate, loosen and stretch the body, with techniques unique to this ancient massage. Working on the energy lines, which run throughout the body, it releases blockages, opens the chakras, increasing your energy and flexibility whilst inducing a peaceful mind.

60 minutes €130 / 90 minutes €190

ROYAL THAI MASSAGE

Using a relaxing blend of traditional Thai aromatic herbal oils, all tension is released from the body and mind with unique techniques to this sublime Oriental massage.

75 minutes €153

SWEDISH MASSAGE

This massage combines light-to-medium pressure which releases tension, improves circulation and eases aching muscles. It involves the use of hands, forearms or elbows to manipulate the superficial layers of the muscles to improve mental and physical health.

60 minutes €95 / 30 minutes €55

THERAPEUTIC MASSAGE

Incorporates a variety of advanced modalities that enhance the body's natural restorative functioning. Light to firm touch is used to release tension, relax muscles, increase blood and lymph circulation and impart a sense of calm.

60 minutes €105 / 30 minutes €60

ELEMIS FACE TOUCH

Anti-Ageing

PRO-COLLAGEN AGE DEFY

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine-charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. A targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

30 minutes €60 / 60 minutes €110

PRO-DEFINITION LIFT & CONTOUR

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines, this facial helps restore the architecture of the face. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix. The structure of the skin is boosted through a unique deep, muscle toning massage from the scalp to the décolleté. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

30 minutes €65 / 60 minutes €120

DYNAMIC RESURFACING PRECISION PEEL

This highly potent contour resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger looking skin, A new start for new skin that has never looked better.

30 minutes €60 / 75 minutes €110

WHITE BRIGHTENING PIGMENT PERFECTOR

This powerful treatment restores even skin tone, targeting unwanted areas of pigmentation, redness and freckles. A combination of delicate oils and lotions, packed with Peony Root and Blackcurrant Seeds, are applied to skin before being washed away in a milky emulsion, taking the melanin with them. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The complexion is lastingly colour-corrected and illuminated.

30 minutes €60 / 60 minutes €110



ELEMIS FACE TOUCH

Skin Solutions

SUPERFOOD PRO-RADIANCE 2

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements; Magnesium, Potassium, Zinc, Vitamins A & E, form a mineral army to jump-start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant - stress-free and lit up with good health. Please add: This is an ideal treatment before a wedding, a big event or when you want an instant glow.

30 minutes €60 / 60 minutes €100

ANTI-BLEMISH MATIFY & CALM 2

A deeply cleansing revelation for oily, unsettled, congested or hormonal skin. This mattifying facial helps combat oil and shine using the proven power of Lavender, packed full of blemish-banishing Linalyl Acetate. Lavender Cellular Recovery capsules, balancing toner and repair mask work in unison to regulate oil flow and calm the skin, while intuitive massage helps restore micro-circulation and re-oxygenate, improving tone and texture. A deeply detoxifying treatment for lastingly clear, bright skin.

30 minutes €60 / 75 minutes €100

SENSITIVE SKIN SOOTHER 2

Fragile skin needs special attention. A subtle, calming massage technique is used to help reduce the appearance of redness and strengthen the top layer of a delicate skin, protecting against daily stresses. The soothing properties of Moroccan Rose, Chamomile & Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are dramatically restored. Moisture levels are boosted. Skin is left supremely calm and confident.

30 minutes €60 / 60 minutes €110

ADD-ON

FEAST YOUR EYES 2

Give puffy eyes their marching orders with this instantly reviving eye treatment. A warm Rosewood compress, and intensive eye mask rehydrate, soothe and lift, while you zone out with a de-stressing hand and arm massage. See the world through new eyes.

15 minutes €35



ELEMIS FACE TECHNOLOGY

Anti-Ageing

ELEMIS BIOTEC THE UNIQUE FUSION OF ACTIVES, TOUCH & TECHNOLOGY

Discover how ELEMIS' professional high potency 'Actives', unique 'Skin Lift Touch' and science of '5-in-1 Advanced Bio-electric Technology' work in perfect synergy with the skin's natural bio-electric field.

This range of ELEMIS Facials bridges the gap between a hands-on client and those considering cosmetic or non-invasive procedures. The '5 technologies in 1' deliver dynamic skincare results with long-term benefits and 8 targeted Facial Treatments target specific skin needs.

Innovative, high-performance super activators, mineral balms and gel-mask technology re-boots cellular performance enhancing its ability to repair and rejuvenate, also rebalancing the micro-flora of the skin. Skin becomes visibly transformed to achieve new levels of beauty, health and radiance.

ELEMIS BIOTEC delivers an uncompromising experience and is clinically and consumer tested with proven results.

BIOTEC LINE ERASER

Wrinkles are targeted with firming and toning micro-current pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energising Amber balm. Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

Technologies: Micro-current, Light Therapy, Oxygen

60 minutes €130 / 90 minutes €155

BIOTEC FIRM-A-LIFT

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation stimulating Arjuna, Gardenia stem cells and Alaria Esculenta Seaweed are activated by micro-current pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

Technologies: Micro-current, Galvanic

60 minutes €130 / 90 minutes €160

BIOTEC SKIN RESURFACER

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion using a combination of Lactic and Hyaluronic Acids, Sandalwood, Thyme and Lemon Oils. Detoxify before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

Technologies: Ultrasonic Spatula, Light Therapy

60 minutes €120 / 90 minutes €155

BIOTEC ANTI-PIGMENT BRIGHTENER

This powerful, targeted skin-brightening treatment visibly illuminates the complexion, dynamically treating the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy is combined with a precision massage to help wash-out melanin and reduce dullness. A peel off mask of Vitamin C and Daisy extract reduces pigmentation, while mineral-rich Sea Algae intensely moisturises. The result is skin that is youthful, refined and naturally translucent.

Technologies: Ultrasonic Spatula, Light Therapy

60 minutes €120 / 90 minutes €155



ELEMIS FACE TECHNOLOGY

Skin Solutions

BIOTEC RADIANCE RENEW

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, while the galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated. Instantly clearer, visibly brighter and radiant.

Technologies: Ultrasonic Spatula, Galvanic

60 minutes €110 / 90 minutes €130

BIOTEC BLEMISH CONTROL

A deep cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator containing Salicylic Acid and inflammation-reducing Iris soothes and smoothes, while light therapy helps balance and clear the complexion, speeding up recovery.

Technologies: Ultrasonic Spatula, Galvanic, Light Therapy, Steamer

60 minutes €110 / 90 minutes €130

BIOTEC SENSITIVE SKIN SOOTHER

The anti-redness treatment that calms and soothes sensitive skin. Using an activator rich in Frankincense and natural anti-inflammatory Willow-herb, the skin is infused with oxygen to encourage cellular restoration, perfect balance and structural strength. Red light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

Technologies: Oxygen, Light Therapy

60 minutes €110 / 90 minutes €130

EYE DO

If the eye area will insist on being lazy and sluggish, it needs to be reminded who's boss. ELEMIS BIOTEC technology stimulates and tightens the delicate skin, but gently. Puffiness and dark circles are sent packing. Only vibrant eyes are left present and correct.

30 minutes € 55

SAVE YOUR NECK

Make sure your neck is running a tight ship with this targeted toning treatment. We will help the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring. People will wonder what you've done.

30 minutes € 55



ELEMIS MEN

FACE TOUCH

HIGH PERFORMANCE SKIN ENERGISER

This is the hard-working Facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration. Multi-dynamic Facial Massage sequences boost circulation, whilst targeted Scalp & Foot Massages deeply relax. Finally, the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalised skin for a vibrant and energised result.

75 minutes €110

DEEP CLEAN & DASH

Wake up and smell the low-investment high yield with this exfoliating, anti-fatigue number. From soothing shave oil and a refining Thai drainage massage to an instantly refreshing eye treatment - this is a shortcut to the new face of you.

15 minutes €30

FACE Technology

BIOTEC Super-Charger

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering-up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution.

Technologies: Ultrasonic Spatula, Galvanic, Oxygen

60 minutes €120 / 90 minutes €155

BIOTEC MAN MAINTENANCE

Real men get moisturised. And cleansed with Galvanic current. And blasted with energising Oxygen. They get smoothed with Kalpariane and hydrated with Samphire. De-aged, de-stressed and de-fatigued with massage. Real results for real men, you see.

Technologies: Galvanic, Oxygen

30 minutes €55



ELEMIS MASSAGE

FREESTYLE DEEP TISSUE MASSAGE

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your Therapist will select an aromatic oil according to your concerns, muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

30 minutes €65 / 60 minutes €110/ 90 minutes €140

LIFE ELIXIRS MINDFUL MASSAGE

Whether you seek to feel soothed, focused, grounded, uplifted or relaxed, there's a LIFE ELIXIRS blend for you. Leaves both body and mind feeling fully rejuvenated.

60 minutes €110/ 90 minutes €140

MUSCLE RELEASE HOT STONE MASSAGE

Nothing gets into the centre of the muscle like a hot stone. Bathed in the intensely moisturising Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

60 minutes €110/ 90 minutes €140

HOT MINERAL BODY BOOST ENERGISING MASSAGE

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

60 minutes €120



ELEMIS PREGNANCY

PEACEFUL PREGNANCY MASSAGE

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted - along with wisdom, empathy and respect.

90 minutes €120

PEACEFUL PREGNANCY FACE & BODY EXPERIENCE

The beautifully reviving Facial and specially formulated Massage take care of all your skin's needs during pregnancy. This treatment combination gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby - taking care of your ever-changing needs at this very special time. Just nurture, nourishment and tranquility.

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, whilst easing the mind and uplifting the spirit.

2 hours, 15 minutes €190

**Our 'Pregnancy Treatments' have been designed so that they are also suitable treatments for those customers who may be overweight, or for customers who require a gentle and soothing Spa treatment after surgery. Treatments are adapted to concentrate on the sides of the body, not on the abdomen area.*





ELEMIS BODY TREATMENTS

SCRUBS & WRAPS

INTENSELY CLEANSING SALT SCRUB - LIME & GINGER OR FRANGIPANI

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice 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. Delivers velvety soft, invigorated skin.

45 minutes €65

BODY NECTAR NOURISHING WRAP - SWEET ORCHID OR FRANGIPANI

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mud-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

60 minutes €90

DETOX & CELLULITE

THOUSAND FLOWER DETOX WRAP

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.

60 minutes €120

CELLUTOX AROMA SPA OCEAN WRAP

Let your thoughts drift away, whilst cocooned in a comforting wrap of rich Marine Algae and detoxifying Juniper and Lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

75 minutes €120

TARGETED TONING TIGHTENER

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. You can choose one localized treatment for 30 minutes: Arms, Hips & Thighs, or Abdomen or Full Body.

30 minutes €70/ 90 minutes €140

ENERGY BOOSTING & MUSCLEASE

MUSCLEASE AROMASPA OCEAN WRAP

The power of aromatherapy combined with the riches of the ocean. This beautiful, aromatic heated seaweed body mask containing muscle warming blends of pine and rosemary essential oils, helps ease the pain of arthritis, fatigue and aching muscles. Whilst cocooned, let your thoughts drift away.

75 minutes €120





ELEMIS BATH THERAPIES

ELEMIS CELLUTOX HERBAL BATH SYNERGY

A potent blend of detoxifying Algae, Sea-Buckthorn and Sea Fennel extracts with detoxifying pure essential oils of Juniper and Lemon. This powerful combination works to help break down cellulite and combat the build-up of toxins.

25 minutes €50

ELEMIS MUSCLEASE HERBAL BATH SYNERGY

This deeply soothing, spray-dried fusion of warming Maritime Pine, Rosemary essential oil and mineral-rich Algae help to ease muscle spasm, stressed joints and tense neck and shoulders.

25 minutes €50

ELEMIS SKIN NOURISHING MILK BATH

This award-winning formula has a rich Milk Protein base of nourishing vitamins, amino acids and minerals. Natural plant Collagen feeds the skin, whilst keeping it soft and supple. Excellent for sensitive and excessively dry skin.

25 minutes €50

AROMA BATH TUB JOURNEY WITH UNDERWATER MASSAGE

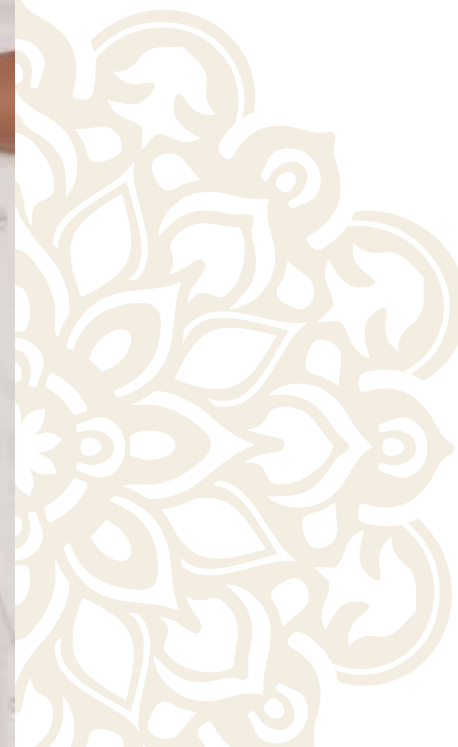
Choice of any of the above Bath Therapies with an Underwater Massage, a great way to achieve a deep massage all over the body. Helps improve circulation and leave the body invigorated and renewed.

For Detox & Cellulite choose: Cellutox Bath Synergy

For Muscle Aches & Pains choose: Musclelease Herbal Bath Synergy

For Nourishing & Hydration choose: Skin Nourishing Milk Bath

25 minutes €60





PHYTOMER FACE THERAPY

PIONEER TREATMENT FACE, LIPS & DÉCOLLETÉ YOUTH REVEALING

The ultimate biotechnological performance combined with an exceptional youth Massage for smoother, firmer skin that glows with new radiance.

75 minutes €115

ACNIPUR BLEMISH SOLUTION TREATMENT

A deep-cleansing program with proven effectiveness against blemishes for visibly healthier looking, clearer skin and a complexion that regains all of its freshness.

60 minutes €90

PHYTOMER TREATMENTS

DETOX BACK TREATMENT

A relaxing treatment to the back, scalp or feet, combined with detoxifying marine products. The back can become knotted with tension. In order to unpick these knots, this treatment combines deep cleansing exfoliation with a super-relaxing Back, Scalp or Foot Massage.

40 minutes €65

SEA HOLISTIC MASSAGE

An ultra-relaxing treatment with the gentle warmth and fragrant scent of Lavender flowers. Full Body Scrub with a relaxing Massage. A combination of light strokes, pressure and stretching; this very original Body Massage using Thai-inspired Sea Boluses, eliminates tension knots one-by-one and restores balance to the body. Exfoliation using Sea Salt Crystals and a radiance-boosting Facial treatment restore all the skin's natural luminosity and softness.

75 minutes €115

LEG REVIVAL

A targeted treatment to comfort and relieve tired legs, as well as help restore their appearance. Following exfoliation, this treatment is based on a technique of wrapping the legs in a refreshing gel which stimulates the elimination of tiredness, before carrying out a Massage to bring a sensation of lightness and relief. While your legs are wrapped, the Therapist will perform a Scalp Massage. Results - softer, lighter, beautiful looking legs.

35 minutes €70



PHYTOMER BODY WRAPS

MARINE BODY WRAPS

A choice of 3 high-performance Marine Body Wraps; contouring, detox or invigorating, to help eliminate toxins, break down fat or invigorate skin tissues.

60 minutes €110

FIRMING BODY WRAP

A highly active gel wrap is applied and then massaged in order to firm the skin, tighten tissues and combat skin slackening. Whilst wrapped, the Therapist will perform a Scalp Massage.

50 minutes €110

PHYTOMER BATH THERAPIES

PHYTOMER OLIGOMER® PURE

The art of modern Thalassotherapy in a Jacuzzi filled with marine ingredients, followed by a complete Massage to re-mineralize the body. This bath therapy will bring back the feelings of relaxation and ultimate well-being. Oligomer is a sodium reduced seawater concentrate; it contains all of the active components of seawater, notably 104 trace elements necessary for the balance and vitality of the skin. It delivers re-mineralising properties to strength the skin and recharge it with energy.

25 minutes €40

PHYTOMER OLIGOMER® SILHOUETTE

This bath treatment with Oligomer Silhouette is a true technological exploit by PHYTOMER and it concentrates the exceptional sliming properties of an ancient algae to eliminate excess fat stored in the skin. Helps reactivate the elimination of fat and stimulate lipolysis that promotes its breakdown. This excellent Bath Therapy works perfectly, before a Phytomer Contouring Body Treatment.

25 minutes €40

AROMA BATH TUB JOURNEY WITH UNDERWATER MASSAGE

Choice of any of the above Bath Therapies with an Underwater Massage, a great way to achieve a deep massage all over the body. Helps improve circulation and leave the body invigorated and renewed.

For Re-Balance choose: Oligomer Pure

For Remodelling choose: Oligomer Silhouette

25 minutes €60



VIE FACE THERAPY

3D WRINKLE-TARGETING TREATMENT 2

The 3D Wrinkle Treatment engenders exceptional youth results with three interventions, targeting three specific zones - the upper face, lower face and facial contour. It is inspired by Botox injections to 'relax' wrinkles, Hyaluronic Acid injections to fill them in, and surgical facelifts for their smoothing and toning effect. Wrinkles are reduced, the skin is smoothed and the facial contour is sculpted.

60 minutes €130

L-THERAPY PHOTO YOUTH TREATMENT 2

VIE COLLECTION has developed a cosmeceutical protocol that echoes rejuvenation techniques using light, which is inspired by the precision of the LASER to visibly act on localized uneven pigmentation and the benefits of LED to act on skin firmness, radiance and evenness. Targeting age spots, sun spots, hyperpigmentation and discoloration on the skin, this treatment will reveal a youthful bright complexion after one treatment.


60 minutes €130




HANDS & FEET

Hands


ELEMIS GARDEN OF ENGLAND ROSE RESTORE HAND TREATMENT No Polish 
Hand massages are alarmingly relaxing. And this is the last word in conditioning, restorative, anti-ageing hand treatments. Targeting age spots and dryness, you'll waft out with the softest little paws and a blissed-out smile on your face.
30 minutes €45

RETREAT SPA MANICURE 
A full Manicure Treatment including Exfoliation, Mask with cuticle work, a soothing Hand Massage followed by an application of nail varnish of your choice.
55 minutes €62


MINI MANICURE 
Shape, scrub, cuticle work and varnish of your choice.
40 minutes €40

FRENCH MANICURE 
A full Spa Manicure followed by an application of French nail polish.
70 minutes €65

Feet

RETREAT SPA PEDICURE 
A full Pedicure Treatment including a bubbling Spa Bath to soothe your tired feet, Exfoliation, Mask with cuticle work and a relaxing Foot Massage, followed by an application of nail varnish of your choice.
70 minutes €80

FRENCH SPA PEDICURE 
A full Pedicure Treatment including a bubbling spa bath to soothe your tired feet, exfoliation, cuticle work and a relaxing foot massage, followed by an application of French nail polish.
70 minutes €85

THERAPEUTIC PEDICURE - No Polish 
A Spa Bath will soften and soothe your feet before the removal of hard skin which can cause discomfort. An Exfoliation Mask Cream will smooth your skin followed by a relaxing Foot Massage.


*The Retreat Spa would like to apologize, as the Therapeutic Pedicure is not suitable for customers with Diabetes, due to the possibility the surface of the skin may be scratched during the removal of hard skin, which may result in minor bleeding.

60 minutes €80

ELEMIS BEST FOOT FORWARD TREATMENT - No polish 

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Warm Oil softens and smooths to leave feet as supple and fragrant as a Rose.

30 minutes €45

MINI PEDICURE 
Shape, scrub, cuticle work, hard skin removal and varnish of your choice.
40 minutes €40


RE_SHAPE & POLISH 
25 minutes €20

RE_SHAPE & FRENCH POLISH 
25 minutes €22

SOFT GEL POLISH 
55 minutes €40

SOFT GEL Removal 
25 minutes €15

REMOVE & RE-APPLY SOFT GEL 
1 hour, 25 minutes €55

SHELLAC 
Add Soft Gel to any of the above Manicure or pedicure treatments.
30minutes €25



ESSENTIAL BEAUTY TREATMENTS

TINTING & SHAPING

Eyebrow Tint
10 minutes €16

Eyelash Tint
25 minutes €20

Eyelash & Eyebrow Tint
25 minutes €25

Eyebrow Shape
10 minutes €16

WAXING

Full Leg Wax
40 minutes €40

Full Leg & Bikini Line
40 minutes €50

Half Leg Wax
25 minutes €35

Bikini Line Wax
10 minutes €18

Full Bikini Wax
25 minutes €35

Under Arm Wax
10 minutes €18

Upper Lip & Chin Wax
10 minutes €18

Back Wax
25 minutes €35

Chest Wax
25 minutes €30

Arm Wax
25 minutes €30

Eye Brow Wax
10 minutes €16

MAKE-UP

Day Make-Up
25 minutes €45

Day Make-Up Trial
25 minutes €30

Evening Make-Up
45 minutes €70

Evening Make-Up Trial
45 minutes €35

Make-Up Lesson
70 minutes €100



WEDDINGS AT THE RETREAT SPA

Let our qualified and professional team take care of your essential final touches, so that you look your absolute best on the day.

BRIDES ESSENTIALS

Make-up & Trial

Bridal Hair & Trial

Hands & Feet, Nail polish of your choice

€320

WEDDING PARTY ESSENTIALS

Make-up

Wash & Blow Dry

Hands & Feet, Nail polish of your choice

€120

BRIDAL HAIR

Brides Hair **€120**

Brides Hair with Trial **€170**

Bridesmaids Hair **€65**

Bridesmaids Hair with Trial **€110**

MAKE UP

Bridal Make-up (includes Trial) **€150**

HEN'S PARTY RETREAT DAY

Have your Hen Party at the award-winning Retreat Spa; the ultimate way to relax for the bride-to-be. Enjoy a day of fun and pampering with your closest friends and make it a special day to remember. Includes use of the Spa facilities, healthy lunch and delicious smoothie! Choose one Spa treatment from the following:

Back Massage Duration: **30 minutes**

ELEMIS Face Touch Duration: **30 minutes**

€75 per person

HONEYMOON RETREAT DAY

The Honeymoon Day is the ideal way for you to escape for some essential time together. The day is designed so that the two of you can enjoy the benefits of our tranquil Spa facilities, and enjoy the delights of our Couple's Suite, where you can submit yourselves to the capable hands of our specialised Therapists and indulge in simultaneous treatments.

ELEMIS Garden of England Rose Restore Relaxing Massage Duration: 90 minutes

ELEMIS Face Touch Duration: 60 minutes

Lovers Retreat Lunch

€465 per couple



PAMPER SPA 8-15 years old

Facials

SKIN SPARKLE FACIAL

A soft and gentle cleansing Facial which includes a Mini-Face Massage, a nourishing Face Mask, soothing Eye Pads and scalp massage.

30 minutes: €30

BEACH BOY FACE RESCUE

A gentle hydrating Facial which is perfect for rescuing and nourishing the skin of beach boys, surfers and outdoor adventurers. Gentle cleansing with rich Face Mask, Mini Face & Scalp Massage.

30 minutes: €30

'FACE IT' FACIAL

The perfect teen Facial for boys to rebalance and cleanse. Includes a gentle Exfoliation, Massage, Deep Cleansing Mask and steamed towels.

30 minutes: €40

CLEAN & REFRESH FACIAL

Including gentle Cleansing & Exfoliating, this Facial helps remove impurities from the skin leaving it looking and feeling refreshed and rebalanced.

30 minutes: €40

TEEN LUMINOUS FACIAL

A gentle cleansing Facial incorporating a Scalp Massage and hydrating Face Mask with soothing Eye Pads.

30 minutes: €40

At the award-winning Retreat Spa we understand that our younger guests also want to be pampered; therefore we have created exclusive Spa Treatments tailored for children

8 – 15 years old, whilst thoughtfully preserving the tranquillity for our adult guests.



PAMPER SPA 8-15 years old

Manicure & Pedicure:

FANCY FINGERS MANICURE

A file and polish to the hands, including a Mini-Hand Massage, followed by a polish from a choice of rainbow colours.

20 minutes: €25

TEEN SPA MANICURE

A file and polish to the hands, including a Mini-Hand Massage and choice of dazzling colours.

40 minutes: €35

TWINKLE TOES PEDICURE

Let us soak and scrub your feet before shaping and polishing your toes. Choose from a selection of tropical colours.

20 minutes: €25

SLEEPY FEET PEDICURE

Including a Foot Soak, Scrub, Foot Mask & Massage, this soothing Pedicure will leave your feet smooth and sleepy; perfect for boys or girls who do not want to add colour to their toes.

20 minutes: €25

TWO PEAS IN A POD MANICURE OR PEDICURE

Fancy Fingers Manicure or Twinkle Toes/Sleepy Feet Pedicure for two children.

20 minutes: €45

TEEN SPA PEDICURE

Let us soak, scrub and massage your feet in Zesty Mandarin & Mango before shaping and polishing your toes in a choice of glamorous colours.

40 minutes: €35

SOLE MAN TEEN PEDICURE

Including a Nail Trim, Foot Soak, Scrub, Foot Mask & Massage. This Pedicure will leave your feet looking and smelling like new!

40 minutes: €35

GEL POLISH – HANDS OR FEET

Long-lasting Gel Polish in a fabulous colour of your choice.

55 minutes: €40 *

GEL POLISH NAIL ART – HANDS OR FEET

Add some glitzy glam Nail Art on to your full Gel Polish.

15 minutes: €10 for 2 nails



PAMPER PACKAGES

PRINCESS FOR THE DAY

Twinkle Toes Pedicure
Fancy Fingers Manicure
Skin Sparkle Facial
'Smoothilicious' Spa Smoothie
70 minutes: €72

SUPER HERO

Sleepy Feet Pedicure
Beach Boy Face Rescue
'Smoothilicious' Spa Smoothie
50 minutes: €49

TEEN SENSATION

Teen Spa Manicure
Teen Spa Pedicure
Teen Luminous Facial
'Smoothilicious' Spa Smoothie
1 hour 50 minutes: €90

LAZY BOY

Sole Man Pedicure
Face It Facial
'Smoothilicious' Spa Smoothie
70 minutes: €67

Mother & Child Pamper Packages

Deepen the unique bond between mother and child... spending quality time together.

Mother & Child Express Spa Manicures **40 minutes: €60**

Mother & Child Express Spa Pedicures **40 minutes: €60**

Mother & Child Express Spa Facials **30 minutes: €70**

TIME FOR TWO PAMPER PACKAGE

Mother:

Express Spa Manicure
Express Spa Pedicure
Express Spa Facial
A glass of chilled Sparkling Wine

Daughter/Son

Express Spa Manicure
Express Spa Pedicure
Skin Sparkle/Beach Boy/ Teen Luminous/Face It Facial
Smoothilicious Spa Smoothie

1 hour 50 minutes: €175



HAIR SERVICES

LADIES

Hair Cut **€33**

Blow Dry Short Hair **€25**

Blow Dry Long Hair **€28**

Hair Curl **€37**

Hair Up **€65**

Full Head Colour **€47**

Full Head Root Tint **€40**

Full Head Highlights **€100**

Full Head Highlights **Long Hair €110**

Half Head Highlights **€70**

Half Head Highlights **Long Hair €80**

Hair Relaxer **€100**

Colour Remover **€100**

GENTS

Gents Shampoo & Cut **€25**

Gents Cut Dry **€18**

KIDS CUT

Cut & Style **€17**

HAIR REPAIR & SCALP TREATMENTS

Hydrate for dehydrated hair and scalp

Repair for damaged hair and split ends

Volumize to give volume to fine hair

Shine Define to enhance shine to dull hair

Clear Scalp for dandruff and flaky scalp conditions

Balance Scalp to soothe and calm sensitive scalps and help prevent hair loss

30 minutes €35

ALTERNA INTENSIVE HAIR THERAPY

Ten to transform hair from ordinary to extraordinary

30 minutes €55

Caviar Repair to reconstruct your damaged hair with strand-building proteins

60 minutes €100

Just like your skin, your hair and scalp require expert advice and attention to enhance its natural beauty. 'Alterna' Hair Care is Sulphate, paraben and phthalates free and offers truly personalised hair care to address your specific needs. Allow our expert Hairdresser to diagnose and prescribe the perfect hair care regime, style or service for you.

*Please advise in advance if you have hair extensions as an additional charge of €10.00 may apply.



FITNESS SERVICES

GYM MEMBERSHIP

Access to the Retreat Spa Fitness Centre. Membership includes an initial induction regarding the use of equipment, towels, water and access to the Recovery Relaxation Room.

1-Day Gym Entrance **€7**

1-Week Gym Membership **€35**

1-Month Membership **€50**

1-Month Membership - Couples **€90**

3-Month Membership **€125**

3-Month Couples Membership **€230**

6-Month Membership **€200**

6-Month Couples Membership **€360**

2-Week freeze period, 5% discount at Vitality Bar

12-Month Membership **€400**

12-Month Couples Membership **€700**

3-Week freeze period, 5% discount at Vitality Bar, 15% discount on Spa Treatments

FITNESS CLASSES

Scheduled Fitness Classes such as Interval Training, Zumba, Pilates, etc.

Each Class **€7**

Yoga **€15**

PERSONAL TRAINING

A complete tailor-made workout, guided by our Personal Trainer whose aim is to motivate you and ensure correct technique is being followed; maximizing results.

60-minute Session **€50**

45-minute Session **€45**

30-minute Session **€35**

FUNCTIONAL TRAINING

Using equipment such as TRX, Gymstick, or simply your own bodyweight.

Our Personal Trainer will use every minute of this 30-minute session to have you pushing yourself to the limit in a workout that confuses your muscles causing them to tone faster.

Functional training is about training your body to handle real life situations.

This session will burn a lot of calories and gets rapid results.

1 Session (30 minutes) **€35**

5-DAY PACKAGE

Nutritional Advice

5 x Healthy Choice Lunch at our Vitality Bar

5 x Fresh Juice

5 x Personal Training Sessions (45 minutes)

1 x Swedish Full Body Massage

Access to upper level facilities (pool, hydro-pool, sauna, gym)

Unlimited access to Classes **€350**



SPA ETIQUETTE

In the interest of the comfort, safety and relaxation of all our guests we ask that the following guidelines are followed at all times.

GENERAL

The Retreat Spa and its environments are strictly no smoking areas.

We do not allow mobile phones in our customer areas, please leave them switched off in your locker.

Please leave all items of value in your locker. The Retreat Spa is not responsible for any loss or damage of personal belongings.

Please conduct all conversations at levels consistent with a relaxing Spa environment.

The Retreat Spa and fitness facilities are available to persons aged 16 or over.

Always shower before using pool facilities and between Heat Rooms. A robe should be worn in all common areas and swimwear is compulsory in all Thermae Heat Rooms.

Spa guests are entitled to use the first level facilities only when a treatment is booked on the same day. This includes full changing facilities with locker service, gym, sauna and steam room, pool and sun deck.

ROOMS

Pool towels can be found in all appropriate areas, please do not take shower towels outside.

All facilities are subject to availability.

LOCKER ROOMS

In 'same sex' Heat Rooms, swimwear is not compulsory, but please consider the wishes of fellow guests.

A towel should always be placed on sauna benches between you and the bench.

Please do not leave toiletries in showers or wet vanity areas.

Please do not add oils or other products to the sauna bucket without first speaking to a Member of the Management Team.

Please place all used towels in the basket provided.

FITNESS AREAS

Please use the hand towels provided to wipe down equipment after use.

Outdoor shoes should not be worn in any fitness areas. Appropriate fitness attire and trainers are required at all times.

WHEN TAKING THE TREATMENTS

Please arrive in good time to enjoy the facilities and ensure that you are ready to be collected by your Therapist at the allotted time. TIME LOST DUE TO LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.

Underwear or suitable swimwear should be worn in the Treatment Room and during treatments.

For some treatments, you may be offered disposable underwear.

Your Therapist will use suitable towel coverage at all times.

CANCELLATION POLICY:

The cancellation fee is not applied for cancellations made 24-hours prior to the day of booking. Thereafter 50% of the total treatment price will be charged. In case of No-show the full cancellation fee will be charged.

Credit card details may be required in order to confirm a booking.



PAMPER SPA ETIQUETTE

Whilst you are waiting for your children to be pampered, you can:

Relax in the soothing surroundings of our Secret Garden – Free of charge.

Treatment of your choice from our Spa Menu – to be the same length or lesser time than the Pamper Treatment or Package – See Retreat Spa Menu

Use of Gym (sweat towel only) – €7

In order to preserve the tranquility of all our guests and ensure the safety of your children please take note of the following conditions:

A parent or guardian must be present in the Retreat Spa for the duration of the Spa Treatment or Package.

All Spa Treatments require signed consent by the parent and child and you must inform us if your child has any allergies or conditions which may prohibit from having a treatment.

Children are excluded from the use of all Spa facilities including relaxation areas, secret Garden, heat rooms and Pool.

Please ensure your child does not have any items of value on them. The Retreat Spa is not responsible for loss of or damage to your child's personal belongings.

Food and drink should not be brought into The Retreat Spa for consumption during your child's visit. Water is available on request and Spa Smoothies are included in some Pamper Packages.

Please arrive in good time to complete the Health & Lifestyle Questionnaire and ensure that your child is ready to be collected by their therapist at the allocated time. TIME LOST THROUGH LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.

Please note that at no time will we ask your child to remove any clothing to perform a treatment. Please ensure that your child has suitable attire with loose fitting trousers which can be rolled up to the knee for Pedicures and low cut or vest tops for Facial Treatments.

Lockers are only provided for Adult Spa Treatments when they are taken from our Adult's Spa Menu.

We do not allow mobile phones in any of our Spa areas – please leave them switched off.

Please ask your child to conduct all conversations at levels consistent with a relaxing Spa environment.

Children must be collected promptly at the end of their treatment.

A 100% additional charge will be applied for late collection of your child.

