



THE RETREAT SPA

Aphrodite Hills
by Atlantica



luxury

serenity

vitality



WELCOME 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 company 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 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, 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 RITUALS 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

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



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, the Therapist can help to rebalance the system and obtain harmony to body and mind.

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.

90 minutes €190 / 60 minutes €130

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 PRO-GLOW+ FACIAL

Bespoke Skin Wellness Powered By ELEMIS



PRO-GLOW RENEWAL FACIAL

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.

60 minutes €115 / 30 minutes €65

PRO-GLOW SMOOTH

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.

60 minutes €130 / 30 minutes €70

PRO-GLOW RESURFACE

RESURFACING FOR STUNNING 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 minimizes the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

60 minutes €130 / 30 minutes €70

PRO-GLOW MEN'S FACIAL

THE WELL-AGING FACIAL FOR MEN'S SKIN

This is the hard-working facial for aging, stressed, dehydrated skin and tired eyes. An energizing treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massages deeply relax.

60 minutes €120 / 30 minutes €65

PRO-GLOW BRILLIANCE

YOUR RECIPE FOR RADIANCE

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Super foods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy

60 minutes €120 / 30 minutes €65

PRO-GLOW GENIUS FACIAL

YOUR LINE-FIGHTING SUPERHERO FACIAL

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will appear visibly smoother, resilient and firmer-looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

75 minutes €150

PRO-GLOW WORKOUT FACIAL

THE TOOLS WORKOUT FOR YOUR SKIN

This is a cardio session for your face, that tones, tightens and sculpts the facial contour. Using ELEMIS Sculpting wands we help encourage micro-circulation all over the face and at the same time help penetrate the ELEMIS active ingredients to the deeper levels of the epidermis. The Ultra Smart Eye Tools target puffiness and dark circles around the eye contour area and then we perform the ELEMIS Jowl & Chin Signature massage that helps firm and tighten the area around the chin, after we've applied the Jowl & Chin mask, that is infused with plant stem cells to help your skin's cellular matrix produce elastin for a firmed and lifted effect.

60 minutes €110



PRO-GLOW+ & FACIAL

Bespoke Skin Wellness Powered by ELEMIS



The ELEMIS Pro-Glow+ & Facials harnesses the revolutionary power of advanced facial aesthetic methodology with Ultrasonic, Advanced Light Therapy, Micro current, Galvanic and oxygen Infusions. In just one treatment, skin is visibly rejuvenated, refreshed and radiant. Discover the power of hands-on therapy in combination with the most advanced skin technologies in one facial.

PRO-GLOW+ RENEWAL

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. Highly effective resurfacing technology with super-hydrating, skin-kind formulas, and nutrient-rich Superfoods nourish and protect the skin, whilst helping the skin's microflora to maintain a healthy balance. After just one treatment, skin looks visibly refreshed and rebalanced. Supercharged with ELEMIS BIOTEC 1.0 Ultrasonic Resurfacing

60 minutes €130 / 30 minutes €70

PRO-GLOW+ RESURFACE

REVEAL STUNNINGLY SMOOTH SKIN

With a spotlight on minimizing pore size and blemishes, this revolutionary facial powered by patented Tri-Enzyme technology transforms the skin's texture whilst minimizing the look of uneven tone, fine lines, and pigmentation. Supercharged deep cleansing and powerful ultrasonic peel technology eliminate 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. Clinically proven formulas accelerate skin's cell turnover to improve clarity, revealing more flawless, luminous skin. Optimal skin wellbeing is boosted by hydration and our multi-dimensional light therapy, known to soften the appearance of pigmentation and rejuvenate the skin. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear. Supercharged with ELEMIS BIOTEC 1.0 Ultrasonic, LED Light Therapy & Galvanic.

60 minutes €140 / 30 minutes €80

PRO-GLOW+ SMOOTH

THE ULTIMATE HIIT WORKOUT FOR YOUR SKIN

Improve skin fitness and firmness whilst significantly reducing the appearance of expression lines and wrinkles. Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting micro current technology, targeting lines and wrinkles for more radiant, youthful-looking skin. Clinically proven formulas and signature skin-lifting massage techniques re-energize and plump, whilst a supercharged air massage breathes life into the skin. Skin will appear more vibrant, with an improved feeling of firmness and elasticity. Supercharged with ELEMIS BIOTEC 1.0 Ultrasonic, Micro current & O 2 Infusion.

60 minutes €140 / 30 minutes €80

PRO-GLOW+ BRILLIANCE

YOUR RECIPE FOR RADIANCE

Awaken dull, lackluster skin with this brilliance-boosting facial; a glow-getting, nutrient-rich treatment serving you a daily boost of skin wellness. Experience our ultrasonic peel technology and brightening enzymes to deeply cleanse 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 supercharged 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 1.0 Ultrasonic, O2 Infusion & Galvanic.

60 minutes €135 / 30 minutes €75

PRO-GLOW+ GENIUS FACIAL

THE ULTIMATE AGE-DEFYING EXPERIENCE

An expert fusion of adapt genic actives, line-fighting technologies and a triple-level approach to skin hydration deliver immediate and transformative anti-aging results. Harnessing the powerful benefits of all 5 ELEMIS BIOTEC 1.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration.

Powerful resurfacing technology smooths visible dryness and fine lines, transforming the skin's texture, with our clinically proven formulas minimizing uneven tone, pigmentation, and enlarged pores. Skin-fitness and firmness are improved, reducing the appearance of fine lines and deeper wrinkles with highly effective micro current technology, whilst sub-zero cold therapy and Pro-sculpt Facial Method deliver a visibly lifted skin-defining appearance. The recharging power of multi-dimensional light therapy and a supercharged air massage breathe life into the skin. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

Supercharged with ELEMIS BIOTEC 1.0 Ultrasonic, Micro current, Galvanic, Light Therapy & O2 Infusion

75 minutes €180



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.

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

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.

90 minutes €140 / 60 minutes €110

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.

90 minutes €140 / 60 minutes €110

POULTICE POWERED MUSCLE RELEASE MASSAGE

An invigorating and deeply releasing treatment, ELEMIS Poultice Powered Muscle Release Massage works on sore, aching muscles. Using a uniquely designed Amber and Quartz poultice (bolus), and combining the power of Eucalyptus and Juniper, it specifically targets and re-mineralizes with vibrational energy each area of tension. Painful knots are eased, tension is dissolved. Completed by a restorative facial massage, the Amber and Quartz in the Poultice talks to the active ingredients in the products, a powerful mineral connectivity that invigorates the body and elasticizes the skin.

60 minutes €130

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

FRANGIPANI HEAD & SCALP MASSAGE WITH BACK MASSAGE

This scalp Massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. Bonus the amazing Frangipani Monoi Head & Scalp Mask.

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 relive 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: Scrubs, Wraps, Detox, Cleanse, Cellulite Treatments



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 - 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

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.

90 minutes €140 / 45 minutes €70

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

BACK CLEANSING TREATMENT

Cleansing, exfoliating, and purifying are the pillars of this back treatment. Targeting clogged pores and working on back acne and oiliness. This treatment will help with inflammation, itchiness, dryness and let you achieve a healthier skin on your back.

45 minutes €105

ELEMIS
Bath Treatments



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



PHYTOMER THERAPIES

PHYTOMER

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

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 Therapies

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

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, notable 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 concentrate the exceptional slimming 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

PHYTOMER

VIE

Face Treatments



3D WRINKLE-TARGETING TREATMENT

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

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

Hand Treatments

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.

60 minutes €62

MINI MANICURE

Shape, scrub, cuticle work and varnish of your choice.

45 minutes €40

FRENCH MANICURE

A full Spa Manicure followed by an application of French nail polish

70 minutes €65

HANDS & FEET

Feet Treatments

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, mask with 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.

45 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 hr, 25 minutes €55

ADD SHELLAC GEL TO ANY OF THE ABOVE TREATMENTS FOR EXTRA €25

(Further 30 minutes on top of treatment)



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 €320

- Make-up & Trial
- Bridal Hair & Trial
- Hands & Feet, Nail polish of your choice

WEDDING PARTY ESSENTIALS €120

- Make-up
- Wash & Blow Dry
- Hands & Feet, Nail polish of your choice

BRIDAL HAIR

- Brides Hair €160
- Brides Hair Trial €55
- Brides Hair with Trial €200
- Bridesmaids Hair €70
- Bridesmaids Hair Trial €50
- Bridesmaids Hair with Trial €120

MAKE UP €150

- Bridal Make-up (includes Trial)

HEN'S PARTY RETREAT DAY €75 PER PERSON

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 30 minutes
- ELEMIS Face Touch 30 minutes

HONEYMOON RETREAT DAY €465 PER COUPLE

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.

Includes:

- ELEMIS Life Elixirs Mindful Massage (performed in couple's treatment room) 60 minutes
- ELEMIS Face Touch (performed in single treatment rooms) 60 minutes
- Lovers Retreat Lunch

HAIR SERVICES

Just like your skin, your hair and scalp require expert advice and attention to enhance its natural beauty. Allow our expert Hairdresser to diagnose and prescribe the perfect hair care regime, style or service for you.

LADIES

Hair Cut	€35
Blow Dry - Short Hair	€27
Blow Dry - Long Hair	€30
Hair Curl	€40
Hair-Up	€70
Full Head Colour	€55
Full Head Root Tint	€47
Full Head Highlights	€125
Full Head Highlights - Long Hair	€140
Half Head Highlights	€90
Half Head Highlights - Long Hair	€100
Colour Remover	€110

GENTS

Gents Shampoo & Cut	€25
Gents Cut Dry	€20

KIDS CUT (UNDER 10 YRS OLD)

Cut & Style	€20
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HAIR REPAIR & SCALP TREATMENTS 30 MINUTES €40

- 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

DAVINES KERATINE 60 MINUTES €100

To reconstruct your damaged hair with strand-building proteins

*Please advise in advance if you have hair extensions as an additional charge of €10 may apply.
*Sunday appointments available with extra charge of €10 per person

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 Thermal 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.

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.
- Full prepayment is required at time of booking





ATLANTICA
HOTELS & RESORTS



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