

CLOISTERS SPA RITUALS

ESCAPE TO THE LAKES

2 HRS 30 MIN € 250

Relax, Revive and Rejuvenate.

Start with the **Lomi Lomi unique healing massage**. Lomi Lomi helps release the blockages, whilst at the same time giving the energy new direction. Erase the time marks from your face with the **Dr. Perricone non – surgical facelift** to immediately lift and brighten your complexion. Finish by feeding your face with **Dr. Perricone prescription lunch** and begin a life changing diet.

A WALK IN THE PARK

2 HRS € 190

Ease away the day's stresses and strains and bring body and mind back into balance.

Enjoy a **back, neck and shoulder massage** to eliminate stress and tension after a hard day. Pamper yourself with our **Anti-Aging Rose Facial** for thirst quenching results with visible brightness and experience a calming yet energizing **scalp massage**.

ULTIMATE TORC REVIVER

1 HR 45 MIN € 165

A truly invigorating **body exfoliation** using purifying sea salts from the Andaman Sea to stimulate circulation, nourish and protect the body. Follow with a luxurious **Hot Stone Massage** to release stress, pain and toxins from your body. The heat from the stones is blissful and brings balance and harmony to both mind and body.

MONKS RITUAL

1 HR 30 MIN € 150

Submit your body to an in-depth cleansing and stress relieving treatment.

Begin with an exhilarating **body exfoliation** followed by a **long back massage** using aromatic oils to relieve specific stress and muscle tension. Let your thoughts drift away as the body is cocooned in a **warm sauna mask**. Receive a **super grooming facial** to deep cleanse, neutralize impurities and reduce sensitivity. Finish with an energizing scalp massage.

SIGNATURE TREATMENTS

MAJESTIC GOLDEN OR PRIVILEGE PEARL BODY TREATMENT 80 MIN € 125

A treatment that hydrates, smoothes, firms and covers the skin with beautiful pearly reflections. Start your treatment with *an aromatherapy ritual* to calm the body and mind. A unique *golden sea alga* known for its anti-ageing properties is carefully applied to the body, which is then cocooned for 20 minutes. During this time, enjoy a continuous *Thai massage*. The golden algae is then removed with heated toweling gloves and the final touch is *re-mineralizing golden nectar*, enriching the skin to prevent ageing, restore tone, vitality and elasticity.

Why not avail of our *Cleopatra milk bath* as a beauty enhancement (€ 25 with this treatment only)?

AROMATHERAPY ASSOCIATES ROSE HYDRATING COCOON € 100

Nourishing and a thoroughly moisturizing treatment.

Rich oils and creams with *Damask Rose* are layered into freshly *exfoliated* skin using Andaman sea salts leaving it glowing, silky soft and revitalized.

Recommended as a pre- and post -natal treatment.

Help your body back into shape with specially chosen nurturing essential oils to restore your skin condition and refine stretch marks after the stresses of pregnancy.

Rose Petal bath available with this treatment only € 35.

COUPLES DECADENT SPA RITUAL 80 MIN €150

Endorphins produced by Cocoa stimulate the senses, release tension and produce a sense of well being. This decadent treatment begins with a *chocolate body exfoliation*, followed by the deluxe *Chocolate Body wrap*, and finishes by slipping into a *Red Wine bath* complete with *champagne and strawberries*.

CLOISTERS EXPERIENCE 2 HRS € 50

Enjoy the facilities of the Vitality Pool and Thermal suite with Jacuzzi, Herbal Sauna, Herbal Steam, Salt Grotto, Ice Fountain & Themed Showers, Thermal Loungers and River Relaxation Room.

The Cloisters Experience is complimentary with all packages.

BODY TREATMENTS

GERMAINE DE CAPUCCINI CHOCOLATE INDULGENCE 80 MIN € 115

Your Chocolate indulgence begins with the hydrating benefits of a *milk hydro bath*, just like Cleopatra. An invigorating *chocolate chip whole body exfoliation* where after your body is cocooned in a *wrap of chocolate butter* and *Ice mask*, leaving your skin nourished, hydrated and velvet to touch.

OCEAN RADIANCE PEARL GLOW BODY EXFOLIATION 40 MIN € 60

A refreshing *scrub* containing crushed *pearl powder* which helps to re-mineralize and invigorate the mind and soul. A soothing veil of moisture is then applied to re-hydrate the skin.

Liquid Ice Mask anti-aging and lifting effecting in facial glow only €25 with this treatment.

ARABIC RASUL MUD FOR 2 PEOPLE 60 MIN € 200

Ancient Arabic *cleansing bathing ritual* that uses *mineral-rich mud*, heat and steam, giving you radiant revitalized skin.

The steam drives the toxins out and the mud allows the moisturizing minerals to seep into your skin detoxify the body. It is followed then by a replenishing foot soak and scrub.

TREATMENT ENHANCEMENTS

CLEOPATRA BATH 20 MIN € 40

A nourishing bath infused with aromatherapy oils soothes dry skin and tired muscles.

RED WINE LUXURY 20 MIN € 40

This red wine contains crushed red grape extract. It is rich in natural antioxidants and vitamins to increase skin moisture and fight ageing with an immediate effect on the skin. It also relaxes the body and relieves stress.

MASSAGE TREATMENTS

LOMI LOMI 50 MIN € 100

Traditional Hawaiian Massage, called 'lomi' meaning "to rub, press, squeeze, massage; to work in and out". This deeply relaxing, nurturing and energizing massage seeks to rid the body of physical and mental stresses, and free up the energy flow using palm and elbow touch over the back of the body.

THE WARM SEA SHELL MASSAGE 50 MIN € 100

This relaxing treatment offers pain relief for achy muscles and also has a therapeutic effect. Using the hot shells will increase blood circulation which will have a ripple effect on the lymphatic system ridding the body of toxins and helping with circulatory problems.

AROMATHERAPY DE-STRESS MUSCLE RELEASE 50 MIN € 100

Aromatherapy Associates deep and meaningful, all over body massage designed to work on stiff, tight and fatigued muscles and joints after sports or a day of physical stress and strain.

THE REAL AROMATHERAPY EXPERIENCE 50 MIN € 100

Ease away the day's stresses and strains and bring body and mind back into balance. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body.

PRENATAL MASSAGE 50 MIN € 100

MASSAGE WITH HOT STONE 50 MIN € 115

Prenatal massage reduces pregnancy discomforts and enhances the physiological and emotional well-being of both mother and fetus. It calms many of the aches and pains associated with pregnancy, improves physical discomforts by encouraging circulation and by stretching the muscles and joints to their full range of motion to improve skin elasticity and body tone.

It is not recommended during the first trimester. Please consult a physician before your first massage.

CLOISTERS HOT STONE FULL BODY MASSAGE 80 MIN € 135

A truly holistic experience brings harmony to both mind and body. It helps to release stress, pain and toxins from your body, improves circulation and creates a feeling of peaceful and spiritual well being.

SWEDISH MASSAGE 50 MIN € 100

Using traditional stimulating, medium pressure massage, releases tension in the muscles and improves circulation throughout the body.

DEEP TISSUE MASSAGE 50 MIN € 110

This is a deep penetrating massage to target the deeper muscle fibers, ideal for athletes or those suffering from muscular aches and pains.

BACK, NECK AND SHOULDER MASSAGE 35 MIN € 65

The ideal massage to ease away discomfort and tension, literally taking the weight off your shoulders!

FACIAL TREATMENTS

AROMATHERAPY RENEW ROSE RADIANCE FACIAL 60 MIN € 100

Aromatherapy Associates' beautifying and luxurious Renew Rose Facial softens moisturises and nourishes, using natural *Damask Rose Water* to support circulation and purify your skin.

AROMATHERAPY RENEW ANTI-AGE FACIAL 80 MIN € 115

This luxurious facial includes *hydrating and rejuvenating gel* and *mud mask* interspersed with a relaxing yet firming *facial massage* that concentrates on the areas most affected by the aging process. Your skin is left conditioned and toned and your spirits uplifted.

AROMATHERAPY DEEP CLEANSING FACIAL 50 MIN € 90

This treatment is tailored for oily combination skin, also ideal for men.

This Aromatherapy Associates, *pore refining facial* works deep down using the natural antiseptic properties of lavender and tea tree to condition the skin and balance the skin's natural oils. Your skin is left feeling fresh, soft and super clean.

SKIN CLINIC

DR. PERRICONE INSTANT FACELIFT 50 MIN € 150

This cosmetic facial was specially designed for aging, pigmented, scarred skin, imbalances with oil or dryness within the skin. High concentrations of exclusive, patented technologies work with additional dynamic ingredients to generate significant results and transform the skin. The firming facial serum and the firming hydrating mask combined with the Neuropeptide Products provide the result of an instant lift and an instant clean bright colourful complexion.

MICRODERMABRASION 50 MIN € 120

Microdermabrasion is a cosmetic procedure in which the outermost surface of the skin is partially or completely removed by light abrasion. It is used to remove sun damaged skin and to lessen scars and pigmented spots. The result is clear, healthy and renewed skin.

BALANCE

REFLEXOLOGY 35 MIN € 75

Acupressure is applied to zones on the feet that correspond to all parts of the body and organs. This treatment stimulates the body's own healing and balancing process.

HOPI EAR CANDLING 30 MIN € 65

The Hopi Native American Indians have been using ear candles as an effective natural therapy since ancient times. This treatment calms the mind and clears the head and ears.

INDIAN HEAD MASSAGE 35 MIN € 75

A deeply calming treatment which focuses on releasing tension from the head, neck and scalp.

BEAUTY

POWER PEDICURE 35 MIN € 30

Our pedicure includes cuticle repair, file, buff and replenishing moisturizer followed by a polish.

EXPRESS MANICURE 35 MIN € 25

This mini- manicure includes cuticle repair, file, buff and rejuvenating moisturizer followed by a polish.

REJUVENATING MANICURE 50 MIN € 65

An age-defying, luxury manicure will exfoliate, renew and protect hands and nails-for visibly younger looking hands.

PEDICURE RETREAT 50 MIN € 75

The ultimate pedicure experience. Includes a deep exfoliation of the feet followed by a luxurious foot massage using special oils and creams followed by a choice of polish.

MAKE-UP FOR THAT SPECIAL OCCASION 50MIN € 50

Full make-up application - flawless colours, professionally applied at our chic make up bar. By identifying your most striking features and accentuating them you will look and feel beautiful.

SPRAY TAN FULL BODY 35 MIN € 50

California Tan, sun kissed glowing tan

TEETH WHITENING 20 MIN € 75

FINISHING TOUCHES

WAXING

EYEBROW WAX	20 MIN	€ 15
LIP WAX	20 MIN	€ 15
LIP, CHIN & EYEBROW WAX	35 MIN	€ 35
FULL ARM WAX	35 MIN	€ 40
HALF ARM WAX	20 MIN	€ 25
UNDER ARM WAX	20 MIN	€ 25
BIKINI WAX	20 MIN	€ 25
FULL LEG WAX	40 MIN	€ 55
HALF LEG WAX	20 MIN	€ 30
FULL LEG & BIKINI WAX	50 MIN	€ 50
EYELASH TINT	30 MIN	€ 20
EYEBROW TINT	20 MIN	€ 15

A patch test is required 24 hours in advance of waxing and tinting treatments.

SPA ETIQUETTE

To ensure all guests escape into a world of pure indulgence and total relaxation, please note:

- ✓ Guests under 18 are not permitted in the Spa.
- ✓ Phones must be switched off on entering the spa and left in the locker.
- ✓ Noise must be kept to a minimum.
- ✓ Please ensure you arrive 15 minutes prior to your appointment. Should you arrive late, your treatment will end at the allocated time and full payment will be taken.
- ✓ 48 hours cancellation period is required to help us re-schedule your appointment.
- ✓ Please note that a credit card number is required to confirm all bookings.
- ✓ We recommend that you book treatments in advance.

EXCLUSIVE SPA DAYS

AWAKENING VENUS

€ 150

- Swedish Massage
- Make-up makeover
- Mini Manicure
- Mini Pedicure
- Glass of champagne

THE BRIDAL BLISS

€ 200

- Cleopatra rose Bath
- Light massage
- Light Facial
- Full body exfoliation
- Mini Manicure
- Mini Pedicure
- Lunch
- Glass of Champagne

THE POWER HOUR

€ 150

- Men on the run Facial
- Classic Manicure or Pedicure
- Relaxing back Massage
- Time to relax and recharge

ADVANCED PRESCRIPTION FACIALS

TIME EXPERT

ADVANCED CORRECTING PROGRAM FOR LINES AND WRINKLES

Inspired by micro- injections this treatment is a fast and effective solution especially for expression lines, using Germaine De-Cappuccini's unique peptide formula Micro-Dermoxide, this treatment corrects and fills expression lines, diminishing the depth and length of wrinkles to prevent further development

ADVANCED OXYGENATING TREATMENT

This first skincare treatment with Cytokines and oxygen that help defend the skin against environmental stress and signs of ageing

GLYCOLIC FACIAL WITH VITAMIN C

This advanced professional program renews the superficial micro-layers of the skin transforming the skins texture with a noticeable reduction in the appearance of fine lines, uneven skin tone or open pores.

HYDRATING FACIAL WITH 100% COLLAGEN

Using 100% marine collagen with plant extracts this treatment hydrates and protects the skin helping to restore the skins optimum water level for glowing skin.

PURE VITAMIN C ILLUMINATING TREATMENT

Illuminating treatment that helps to keep the skin youthful and regenerate, revitalizing skin cells makes even the dullest skin luminous.