

THE  
SPA  
PORTMARNOCK



ESCAPE AT PORTMARNOCK  
HOTEL & GOLF LINKS

With a Unique Spa Experience



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Hidden away in its own quiet sanctuary within the hotel, The Spa at Portmarnock is an inviting cocoon designed as a peaceful retreat with a full range of leading spa product lines.

Our team of experts are on hand to help you select an experience that's right for you; whether it's an invigorating massage or a relaxing facial – our bespoke treatments are tailored to all tastes and needs, inspired by our location, by the sea.

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# SPA PACKAGES

*Available Monday - Friday*

## **Full Day Spa Package** (2.5 hours) - €240

This is the ultimate day spa package. Firstly, you will receive an Elemis salt glow body ritual to invigorate and revitalise the body, your skin will be prepared for the next steps which will include a full body wrap to help eliminate any toxins through perspiration. You will be cocooned to let the mask work its magic and your therapist will perform a scalp massage. Following the scrub and body wrap you will be treated to a head-to-toe full body massage using heated lava shell stones which will simply leave you floating out of the treatment room.

*This package includes lunch at Portmarnock resort.*

## **Pampernoon Half Day Spa** (2 hours) - €150

Elemis Visible Difference Facial will instantly rejuvenate, plump and firm the skin whilst increasing moisture levels by 40% just after one facial. While the mask is on, enjoy a wonderful arm and leg massage using heated lava shell stones which enables muscle relaxation and aids the relief of muscle pain.

*This package includes lunch at Portmarnock resort.*





**Half Day Heaven** (1.5 hours) - €100

Enjoy an Elemis bespoke taster facial followed by a relaxing back and head massage and to finish, your choice of a file and polish on the hands or feet.

*This package includes lunch at Portmarnock resort.*

**The Absolute Mother-to-be Experience** (2 hours) - €130

This specialised package is offered from the 2nd trimester onwards. It includes a nurturing massage combined with a nourishing facial, the perfect package during that special time when your skin needs extra care. Hormones can play havoc with your skin during pregnancy so combine a nurturing massage with a professionally customised skin facial for true relaxation and pampering.

*This package includes lunch at Portmarnock resort.*

# MASSAGE TREATMENTS

## **The Lava Shell Relax Body Massage** (60 minutes) - €95

The world's first self-heating massage tool. A unique innovation in warming spa therapies that induces deep relaxation whilst easing muscles, joint aches and pains. Deep tissue work allows us to ease away all muscle tension, knots and stress points, unblocking energy flow and releasing a sense of balance to the entire body and mind.

## **Swedish Massage** (60 minutes) - €85

Our therapists will use long, soft kneading strokes, as well as fast movement tapping techniques to leave you feeling both relaxed and energised.

## **Elemis Deep Tissue Massage** (60 minutes) - €90

This treatment involves a firm to deep pressure to focus on deep layers of muscle tension. The treatment will include stretching, leaving you feeling light and invigorated. A fantastic treatment for gym goers or someone who would like to focus on specific muscle needs.

## **Reflexology** (60 minutes) - €80

An ancient art of healing the body and mind. Gentle pressure is applied to specific points on the feet to establish a healthy flow of energy within the body and to encourage your body's own natural healing system. A beautiful, relaxing and calming treatment that is beneficial to your entire system.



**Back and Head Massage** (60 minutes) - €80

A relaxing personalised back, neck and shoulder massage with a soothing scalp massage.

**Back, Neck and Shoulder Massage** (30 minutes) - €65

A relaxing bespoke treatment which can be tailored to suit your main concerns of tension or stress. Areas worked will include your back, neck and shoulders.

**Indian Head** (30 minutes) - €50

Based on Ayurvedic principles of healing, this stress relieving massage has been practiced in India for thousands of years. Perfect for releasing stress and tension in the head, neck and shoulder area.

This ancient massage is also renowned for relieving fatigue, insomnia and headaches.

**Pregnancy Massage** (60 minutes) - €80

This is a specialised maternity massage which is offered from the second trimester onwards. It includes a full body nurturing massage.

**Hand and Arm Massage** (30 minutes) - €40

**Foot and Ankle Massage** (30 minutes) - €40

**Face and Scalp Massage** (30 minutes) - €40



# BODY TREATMENTS

## **Elemis Cellutox Wrap** (60 minutes) - €95

Detoxifying blend of juniper and lemon which decongests and stimulates the body's systems. Excellent for reducing cellulite and fluid retention.

## **Elemis Musclease Wrap** (60 minutes) - €95

A warming blend of pine and rosemary essential aims to help ease the pains of rheumatism, arthritis, muscular spasms and fatigue.

## **Elemis Exotic Coconut Rub and Milk Ritual** (60 minutes) - €90

Balinese ritual that indulges the senses and drenches your skin in moisture, leaving the skin smoother, softer and conditioned.

## **Elemis Salt Glow Ritual** (30 minutes) - €60

An exotic exfoliating ritual to invigorate and revitalises the body.





# ELEMIS FACIAL TREATMENT

## **Elemis Pro Collagen Facial** (60 minutes) - €100

This exceptional face and eye treatment helps slow down the signs of pre-mature aging; reducing the appearance of fine lines, wrinkles and expression lines on the face

## **Elemis Visible Brilliance Facial** (60 minutes) - €100

Excellent for aging, tired and stressed skin. This anti-aging face and eye treatment instantly tones and firms with a deep tissue face massage to rejuvenate and plump your skin.

## **Elemis Dynamic Resurfacing Facial** (60 minutes) - €90

Resurfacing and rejuvenating facial suitable for all skin types. Ideal for reducing fine lines and wrinkles, works to improve skin tone and scar tissue.

## **Elemis Superfood Facial** (60 minutes) - €90

Bespoke facial suitable for all skin types addressing your individual needs and desired effects.

## **Taster Facial** (30 minutes) - €65

If you simply don't have the time and need a quick, bright and fresh look this facial is for you. This is the perfect treatment for those who are on the go and want instant results.



# ÉMINENCE ORGANIC SKIN CARE TREATMENTS

Eminence Organic Skincare was founded in 1958 and originates from the beautiful countryside of Hungary. Eminence have been using sustainable farming and green practices to create natural, organic, and Biodynamic® products. Their results driving products and treatments are targeted to treat all skin concerns.

## **Eminence Prescriptive Facial** (60 minutes) - €90

Eminence peels are designed to treat the skin, whether you're looking to erase age spots and hyperpigmentation, reduce redness, clear away hormonal or cystic acne or diminish the visible signs of ageing, our advanced prescriptive facial will be perfect for you. While targeting your skin concerns you will also receive a highly effective Hungarian facial massage to deeply relax muscles.

## **Eminence Taster Prescriptive Facial** (30 minutes) - €70

This treatment is great if you have a busy lifestyle and are on the go. We aim to meet all your needs during this 30 minute bespoke facial.

We recommend a course of 3- 6 Eminence Organic Skincare Treatments and an at home skincare routine for you to see the best possible skin care results. Your therapist will be happy to discuss this with you on the day of your treatment.





# NAILS

## MANICURE

Full Manicure (60 minutes)	€50
Mini Manicure (30 minutes)	€30

## PEDICURE

Full Pedicure (60 minutes)	€55
Mini Pedicure (30 minutes)	€35

## NORMAL POLISH

File and Polish (20 minutes)	€15
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## SHELLAC POLISH

Shellac Application (30 minutes)	€25
Shellac Manicure (45 minutes)	€40
Shellac Pedicure (45 minutes)	€45
Shellac Removal (15 minutes)	€5

## WAXING

Full Leg Wax	€40
Full Leg and Bikini	€50
Half Leg	€30
Under- arm	€20
Abdomen	€25
Standard Bikini	€35
Forearm	€20
Hollywood	€60
Brazilian	€50
California	€40
Lip	€12
Chin	€15
Lip and Chin	€20

## EYES

Eyebrow Shape	€12
Eyelash Tint	€20
Eyebrow Tint	€15
Eye Combo (includes brow shape and tint )	€30

A patch test is required 24 hours prior to tinting treatments





# SPA ETIQUETTE

## **Cancellation Policy**

A 100% charge will be incurred for treatments not cancelled within 24 hours of your scheduled treatment time. Late arrival will shorten your treatment time. Credit Card details are needed for all appointments.

## **Arrival Time**

There are limited numbers allowed in the spa at one time, so we kindly ask you to arrive on the time of your appointment. Guests will be required to fill out a covid-19 declaration form prior to treatment

## **Health Conditions or Pregnancy**

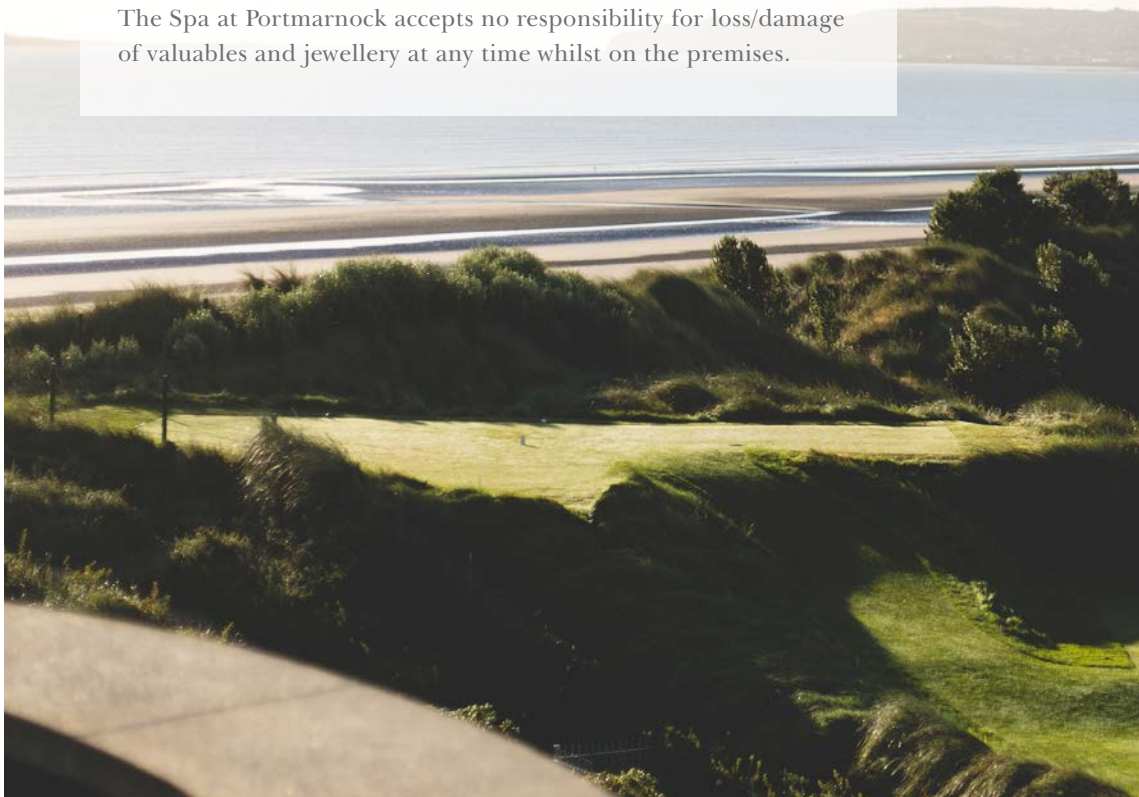
We ask you kindly to advise us of any health conditions and injuries or pregnancy when booking your treatment. If you are taking medication, have underlying health conditions or injuries that are not discussed at the time of booking, this could possibly lead to change of treatment or cancellation.

### **Gift Vouchers**

Gift vouchers are available from the Spa reception, the main hotel reception, online or over the phone.

### **Valuables**

The Spa at Portmarnock accepts no responsibility for loss/damage of valuables and jewellery at any time whilst on the premises.





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**Opening Hours**

We are open everyday 7 days a week from 10am to 6pm (subject to change),  
our last treatment booking is 5pm

*All subject to availability.*

[www.portmarnock.com](http://www.portmarnock.com)

**Spa Direct Line: 353 (0)1 8666564 | Hotel Line: 353 (0) 1 846 0611**