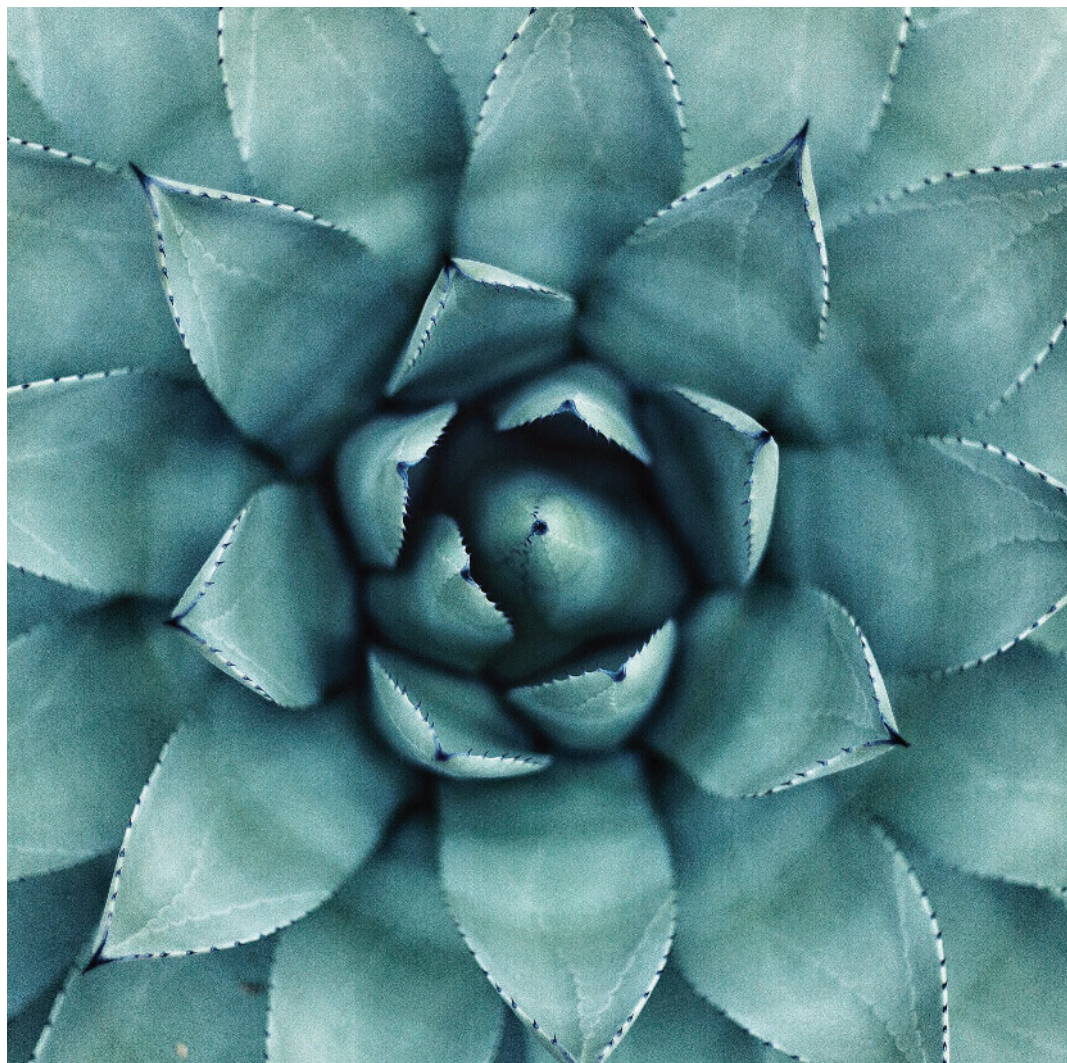


THE  
SPA  
PORTMARNOCK



# 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 by the shores of the Velvet Strand.

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 need

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# ELEMIS EXPRESS TREATMENTS

Elemis, is a skin wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results and belief in 'truth in beauty.'

Elemis are passionate about taking care of your skin. Their focus is on delivering proven results with feel-good skincare products combined with cutting-edge patented technology. Elemis' award-winning portfolio includes face and body skincare products with revolutionary formulas and spa treatments.

Nature powers both Elemis products and treatments: by sourcing natural extracts that catalyse each other and harnessing the power of nature's finest active ingredients, that deliver results you can see and feel, both inside and out.

## **Express Facial** (30 minutes)

All of our Pro-Glow facials can also be enjoyed as a taster treatment.

## **Express Massage** (30 minutes)

All of our Massages can be enjoyed as a taster treatment.





# SPA PACKAGES

All of the SPA packages include a lunch voucher to be used in our wonderful resort.  
Available Sunday - Friday subject to availability.

Our specialised packages have been designed to create the optimum experience for everyone. The perfect way to indulge, unwind and immerse yourself in the perfect blend of relaxingly bespoke treatments and life-giving skincare to restore the body, mind, and soul.

All our packages can be tailored for expectant mothers who are past their first trimester of pregnancy.







# SPA PACKAGES

*Packages are available Monday – Friday*

## **The Ultimate Face and Body Experience** (3 hours)

This head to toe treatment begins with a full-body scrub to refine the skin and remove dead skin cells followed by a full-body wrap. Your therapist will perform a soothing scalp massage while you are wrapped. You will then enjoy a full body massage using heated lava shell stones which will leave you feeling completely relaxed. To complete your experience you will be treated to our Elemis Superfood Facial leaving your skin super hydrated and radiant.

*This package includes a €13 lunch voucher to be used in our resort.*

## **Couples Day Out** (90 minutes)

Full body Signature Massages followed by an Indian Head Massage (90 minutes).

Enjoy a head-to-toe experience, with a full-body signature massage where our highly skilled therapists will personalise the treatment down to your specific needs. They will then finish with a traditional Ayurveda inspired Indian head massage. (Please note, treatments are at the same time but in different rooms.)

*This package includes a €13 lunch voucher to be used in our resort.*

## **Half-Day Haven** (90 minutes)

Our Half Day Package is a bespoke back massage and personalised results driven facial with advanced light therapy mask.

*This package includes a €13 lunch voucher to be used in our resort.*

### **Mother to Be (2 hours)**

This comforting face and body treatment includes a full body maternity massage. Areas treated include the back, legs, hands and arms. There will also be an option to have your bump massaged. Moving onto the face you will receive a facial cleanse and relaxing face and scalp massage. Mums are offered this treatment from the second trimester onwards.

*This package includes a €13 lunch voucher to be used in our resort.*

### **Pampernoon Half Day Spa (2 hours)**

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

*This package includes a €13 lunch voucher to be used in our resort.*

### **Detox Seaweed Wrap & Facial (90 minutes)**

Our Detox Seaweed Wrap treatment helps eliminate toxins and excess water that builds up within your body. Seaweed body wraps contain sea salt, seaweed, amino acids and vitamins that are essential to good skin care and skin maintenance.

*This package includes a €13 lunch voucher to be used in our resort.*

# PRO-GLOW + BIOTEC FACIAL TREATMENTS

## **Firm & Lift Pro-Glow Biotec Facial - For a Healthy Gorgeous Glow (50 minutes)**

Elemis' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. Skin looks visibly refreshed and rebalanced after just one treatment.

*Supercharged with ELEMIS' BIOTEC 1.0: Ultrasonic Resurfacing*

## **Radiance Renew Pro-Glow Biotec Facial - The HIIT Workout for Your Skin (50 minutes)**

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. Skin's complexion looks firmer, supremely smooth and rejuvenated after just one treatment.

*Supercharged with ELEMIS' BIOTEC 1.0: Ultrasonic, Microcurrent & o2 Infusion*

## **Skin Resurface Pro-Glow Biotec Facial – Resurfacing for Stunningly Smooth Skin (50 minutes)**

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

*Supercharged with ELEMIS' BIOTEC 1.0: Ultrasonic, LED Light Therapy & Galvanic*

### **Sensitive Skin Pro Glow Biotec Facial - Your Recipe for Radiance** (50 minutes)

Experience our ultrasonic peel technology and brightening enzymes to deep clean 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 super-charged 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*

### **Line Eraser Pro Glow Biotec Facial – Your Line-Fighting Superhero Facial** (75 minutes)

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, the skin will be visibly smoother, resilient, and firmer. An unsurpassed, line-fighting facial experience, the skin will appear immediately firmer and more radiant after just one treatment.

*Supercharged with ELEMIS' BIOTEC 1.0: Ultrasonic, Microcurrent, Galvanic, Light Therapy & Oxygen Infusion*

### **Supercharger Pro Glow Biotec facial for Men** (60 minutes)

This facial is to destress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling and galvanic current deliver a deep clean for a multi-tasking solution.

*All our Pro-Glow Facial Treatments can be tailored for expectant mothers who are past their first trimester of pregnancy.*

# MASSAGE TREATMENTS

## **Elemis De Stress Massage** (60 minutes)

Leaving you in a complete state of serenity and relaxation through a combination of aromatherapy massage, traditional Swedish massage and lymphatic drainage. This massage removes all traces of muscle tension and helps to re-balance and energise the body.

## **Elemis Deep Tissue Massage** (60 minutes)

Following an in-depth consultation, your therapist will select an aromatic oil according to your body's needs, including muscle pain, stress relief, relaxation, or balance. The intensely deep and powerful flow of the massage works deep into the tension using customised techniques including stretching and localised mayo-facial release encouraging optimum circulation to help heal tired aching muscles.

## **Lava Shell Relax Massage** (60 minutes)

Self-heated porcelain shells bathed in Frangipani Monoi Body Oil are then worked deep into the muscles alongside the use of traditional manual movements, targeting areas of tension otherwise unreachable without the use of the heat from the shells. Balancing the body's chakras opens up energy pathways, easing out tension and reducing aches and pains as well as leaving the skin intensely hydrated.

### **Sports Therapy Massage** (60 minutes)

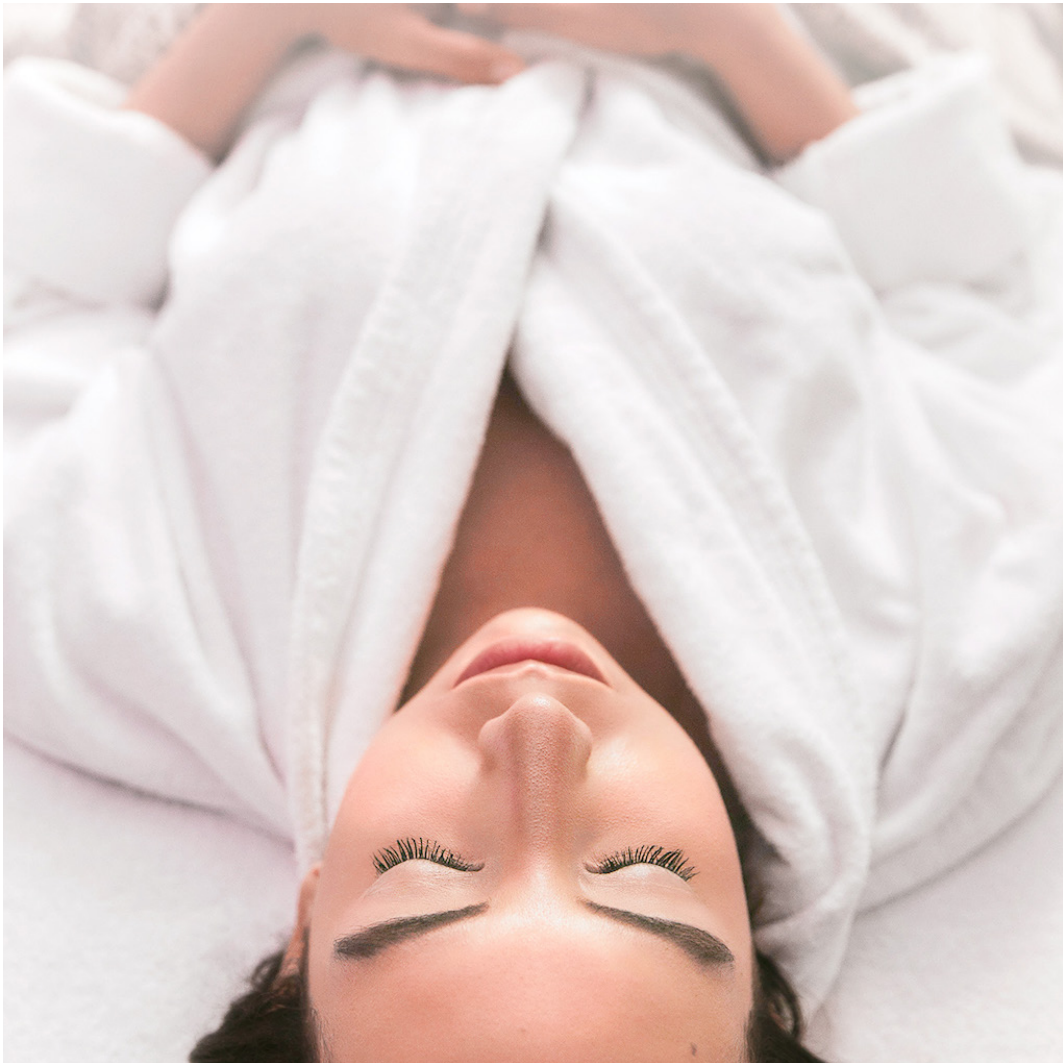
Powerful, deep, and specifically selected techniques are customised for each step throughout our pre-event, post-event, and maintenance massages. Completely bespoke to each individual client your therapist will use an in-depth consultation to create a treatment that will aid the body's potential to eliminate lactic acid and relief the body from tight ligaments and muscles, strengthening the body's optimum performance.

### **Swedish** (60 minutes)

This treatment includes the use of long, medium and kneading strokes as well as fast movement tapping techniques to leave you feeling refreshed, uplifted and full of energy. (Medium pressure)







# ELEMIS FACIAL TREATMENTS

## **Elemis Dynamic Resurfacing Facial** (30 minutes / 60 minutes)

This treatment targets signs of ageing, uneven skin tone, and pigmented, congested skin types. Powerful enzymes are used for intensive exfoliation. A new start for clear, smooth and younger-looking skin.

## **Elemis Pro Collagen Facial** (30 minutes / 60 minutes)

Tackle fine lines and wrinkles with the clinically proven age-defying ingredients of marine charged Padina Pavonica. A targeted massage using lifting and firming techniques encourages cellular turnover for younger looking skin.

## **Elemis Superfood Pro Radiance Facial** (30 minutes / 60 minutes)

A nutritional boost rich in superfoods and essential minerals will revitalise dull lacklustre skin. These superfoods will leave the skin appear more radiant, plumped and refreshed.

## **Elemis Visible Brilliance Facial** (30 minutes / 60 minutes)

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.

# BODY TREATMENTS

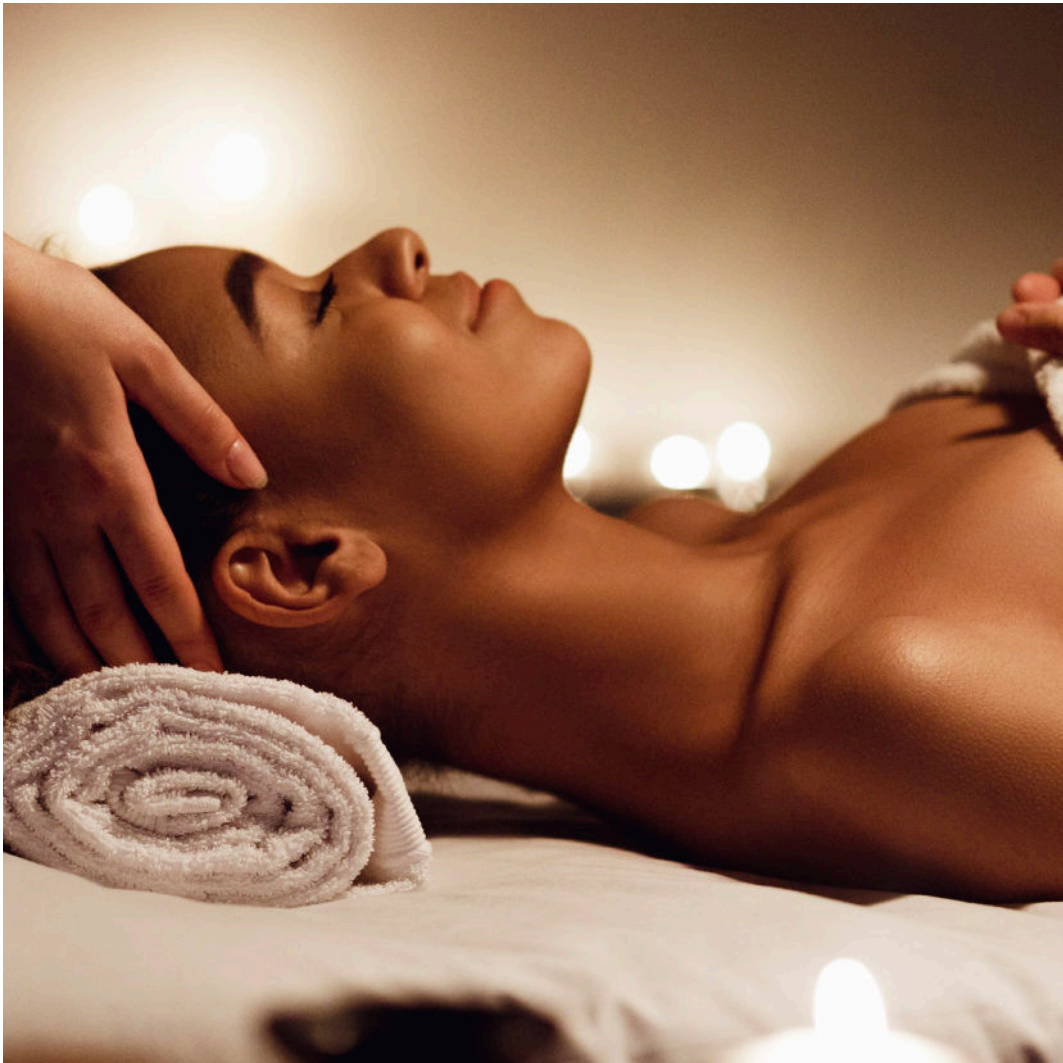
## **Intensely Cleansing Salt Scrub** (30 minutes)

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## **Frangipani Body Nectar Nourishing Wrap** (60 minutes)

The velvety texture of Monoï Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic.

*All our Body Treatments can be tailored for expectant mothers who are past their first trimester of pregnancy.*



# PRE & POST NATAL MASSAGES

## **Pregnancy Massage** (60 minutes)

We start the body massage on the back (you will be lying on your side for extra comfort) followed by the front and back of the legs, hand and arms. Aromatics are specially selected for optimum wellness and deep calm. This massage is offered to Mums from the second trimester onwards. (Light to medium pressure)

## **Mother to Be** (2 hours)

This comforting face and body treatment includes a full body maternity massage. Areas treated include the back, legs, hands and arms. There will also be an option to have your bump massaged. Moving onto the face you will receive a facial cleanse and relaxing face and scalp massage. Mums are offered this treatment from the second trimester onwards.

*This package includes a €13 lunch voucher to be used in our resort.*



# HOLISTIC TREATMENTS

## **Glacial Shell Detox Treatment** (2 hours)

Tackling abdominal congestion in both the small and large intestine and stimulating the lymphatic system to encourage the body's own natural purification, this invigorating treatment eliminates toxins, and fluid retention and improves the functioning of the digestive system.

## **Hopi Ear Candle** (30 minutes)

Practised for centuries, Hopi ear candling is a gentle and relaxing therapy that encourages natural healing and mental clarity. Infused with honey, natural essential oils and beeswax to help break down and extract impurities, wax and other debris from the ear. This treatment is perfect for those who suffer from excessive earwax, congestion, migraines, headaches, sinusitis, hay fever etc.

## **Indian Head Massage** (30 minutes)

Our warmed Frangipani Monoi Oil is applied with a deeply relaxing head, neck and shoulder massage designed to focus on specific pressure points and relieve built-up stresses and tensions. Particularly beneficial to those who suffer from tension headaches, migraines, and insomnia.



### **Reflexology** (60 minutes)

Your reflexologist will tailor this powerful health therapy by applying ancient techniques and practices with the use of natural oils to the reflexes in the feet and hands, encouraging the body to naturally heal itself and maintain a balanced state of health and well being. This gentle and relaxing treatment eases stress, and anxiety boosts circulation, aids fatigue and treats other known ailments.

### **Holistic Healing Therapy** (90 minutes)

Combining the powerful health therapies of both massage and reflexology alongside the healing properties of our naturally powerful oils encourage the body to naturally heal itself and maintain a balanced state of health and well being. Your therapist will create a bespoke 60-minute massage tailored to your every need finished off with 30 minutes of reflexology using ancient techniques and practices to ensure the mind, body and soul reaches optimum equilibrium.

### **Frangipani Foot Scrub and Mask followed by Reflexology** (45 minutes)

Luxurious foot treatment incorporating an Elemis Frangipani foot scrub and Frangipani Monoi Oil foot massage. Concludes with an Elemis Frangipani mask & body cream leaving your feet feeling pampered and refreshed.



# WAXING

## Body

Lip or Chin (10 minutes)

Lip & Chin (10 minutes)

## Eyes and Brows

Eyebrows (15 minutes)

Eyebrow Tint (10 minutes)\*

Eyelash Tint (20 minutes)\*

Eyebrow Wax and Tint (20 minutes)\*

Eyebrow & Eyelash Tint (25 minutes)\*

Eyebrow Wax & Tint/Eyelash Tint  
(35 minutes)\*

*\*Require a patch test at least 48 hours  
prior to appointment time for new clients  
and those who have not been regularly  
within a 6-month period.*



# SPA ETIQUETTE

## **Arrival Time**

We kindly ask that you arrive 15 minutes prior to your treatment time to complete our health questionnaire. Please be aware that late arrival will shorten your treatment time.

## **Cancellation Policy**

A 100% charge will be incurred for treatments not cancelled within 24 hours of your scheduled treatment time. There is a 14-day cancellation policy for group bookings of 4 or more, as well as our spa packages. Credit Card details are needed for all appointments and a 50% booking fee will apply to all bookings.

## **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 or have underlying health conditions or injuries that are not discussed at the time of booking, this could possibly lead to a change of treatment or cancellation.

## **Age Restrictions**

A minimum age requirement for access to Signature Spa facilities and to experience treatments is 16 years old.

## **Use of Mobile Phones**

Please be mindful of other guests' rights to privacy, peace and tranquillity and refrain from using mobile phones within the spa.

# EXTRAS

## **Gift Vouchers**

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

## **Valuables**

The SPA at Portmarnock Hotel & Golf Links accepts no responsibility for loss/damage of valuables and jewellery at any time whilst on the premises.

## **Courses**

We offer courses on all our treatments as follows:

**A course of 4 – 15% Discount**

**A course of 6 – 20% Discount**

All courses must be paid in full at the time of purchase and used within 12 months. Courses include full price treatments only and exclude all packages and any offers or promotions. Courses are non-transferable and non-refundable. Please ask your therapist or at reception for more information.



THE  
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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**