

# THE SPA & SALON

AT THE SHELBOURNE

## OPENING HOURS

### *The Spa*

Monday – Sunday : 10am to 6pm

### *The Salon*

Monday – Sunday : 9am to 6pm

*By Appointment Only*



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## THE SPA

We have created The Spa at The Shelbourne to be a place of tranquility. Subtle lighting and hushed voices, the timeless beauty of this historic building and reassuring elegance and comfort of the modern fixtures, and above all, the atmosphere of unhurried calm. From the moment you step through these doors, your mind is free to drift and dream, your body can begin to unwind, and you can release any worries or tension you may have carried through the day.

## THE SALON

The subtle art of self-care.  
The understated power of glamour.  
The refined magic of a perfect manicure, a truly great haircut, or an unstoppable shade of lipstick. If you understand the importance of these things, you can take on anything.

## PRO-GLOW FACIAL TREATMENTS

### Pro-Glow Renewal

€140 (60min)

*FOR GORGEOUS GLOWING SKIN*

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

### Pro-Glow Smooth

€140 (60min)

*THE HIT 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.

### Pro-Glow Resurface

€140 (60min)

*RESURFACING FOR STUNNINGLY 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 minimises the look of uneven tone, texture, fine lines and pigmentation.

### Pro-Glow Brilliance

€140 (60min)

*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 skin. A fusion of Superfoods 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.

### Pro-Glow Genius

€165 (75min)

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

### Couture Touch

€140 (60min)

A personalised mini facial treatment tailored to help all skin concerns, followed by a relaxing back, neck and shoulder massage tailored entirely to your needs.

## BIOTEC PRO-GLOW+ FACIAL TREATMENTS

### BIOTEC - Pro-Glow Renewal Facial+

€160 (60min)

*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. After just one treatment, skin looks visibly refreshed and rebalanced. Supercharged with ELEMIS' BIOTEC 1.0: Ultrasonic Resurfacing

### BIOTEC - Pro-Glow Smooth+

€160 (60min)

*THE ULTIMATE HIT WORKOUT FOR YOUR SKIN*

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity

### BIOTEC - Pro-Glow Resurface+

€160 (60min)

*REVEAL STUNNINGLY SMOOTH SKIN*

Super-charged deep cleansing and powerful ultrasonic peel technology eliminates 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. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

### BIOTEC - Pro-Glow Brilliance+

€160 (60min)

*YOUR RECIPE FOR RADIANCE*

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.

### BIOTEC - Pro-Glow Genius Facial+

€185 (75min)

*THE ULTIMATE AGE-DEFYING EXPERIENCE*

Harnessing the powerful benefits of all 6 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. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

## MASSAGES & HOLISTIC THERAPIES

### Mindful Bespoke Massage

€140 (60min)

Tune in to yourself with this relaxing massage tailored entirely to your needs. Whether you seek to feel soothed, focused, grounded, uplifted or relaxed, there's a blend for you. Leaving the body and mind feeling fully rejuvenated.

### Elemis Deep Tissue Muscle Massage

€100 (30min) | €165 (60min)

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, be they muscle pain, stress relief, pure relaxation or emotional balance.

### Elemis Deeper than Deep Hotstone Massage

€100 (30min) | €165 (60min)

Relax your body and deeply hydrate your skin with this restoring muscle treatment. Balinese hot stones are bathed in exotic Frangipani Monoi body oil and worked deep into the muscles, loosening tension and reaching knots and areas of stress at a profound level. The result is radiant vitality, restored muscles and intensely hydrated skin.

### Candle Massage

€150 (60min)

Candle massages are extremely relaxing and will awaken your senses. Relax and calm your mind in a warm and intimate room, softly lit by the flame of the candle. The soothing aroma of the candle will take you on a journey of senses. A massage combining warm essences and expert movements that will leave you rejuvenated

### Invigoration & Toning Massage

€100 (30min)

The massage works to stimulate the tissues and promote drainage, boosting circulatory and lymphatic systems. It's a great way to target stubborn areas of cellulite that cannot be targeted through exercise, such as the inner knee and upper thigh.

### Soothing Head Massage

€125 (45min)

Warm and deeply conditioning Frangipani monoi oils are massaged into your hair and scalp. An ancient Polynesian tradition resulting in deep relaxation and healthy hair and scalp.

## BODY WRAPS & SCRUBS

### Lime & Ginger Intensely Cleansing Salt Scrub

€125 (45min)

An invigorating experience with the extraordinary cleansing, mineral-rich power of salt. Aromatic salt is used to gently slough away dead skin cells, encouraging the regeneration of skin and leaving the body smooth and responsive to oils and balms. Once thoroughly revived, the body is swept with beautiful oils for velvety-soft, conditioned skin.

### Frangipani Body Nectar Nourishing Wrap

€160 (60min)

A deeply grounding experience for skin that's never felt softer. Frangipani Monoi oil is swept over the body for super hydration, quenching thirsty skin and parched areas. The body is softly cocooned and warmed while the mood-balancing aromatics and skin conditioning oils do their work. Neck, shoulder and scalp massages ease you further into relaxation.

### Thousand Flower Detox Wrap

€160 (60min)

This nutrient-rich detox wrap, featuring deeply nourishing green tea balm is designed to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium, leaving you feeling completely reinvigorated.

## MATERNITY

### Elemis Peaceful Pregnancy Massage

€150 (60min)

This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a pear-shaped beanbag that moulds to every bump and supports everybody, mothers-to-be are lulled and restored to optimum wellness.

### Elemis Bespoke Facial

€140 (60min)

Pregnancy hormones can completely change your skin type and needs. Let our Elemis trained team create a bespoke facial for you designed to help your skin look refreshed during your second and third trimester.

### Bump & Me

€190 (75min)

Begin your ritual with a warm hydrating mask applied to your growing bump to hydrate and nourish. In the meantime slip into a state of bliss with a luxurious hand and foot massage, next, we concentrate on brightening the skin with a refresher facial, complete with a head massage to ensure that you reach a state of total relaxation.

## GROUND RITUALS

### The Sleep Ritual

€165 (60min) | €190 (90min)

Induce deeper breathing and surrender as you envelop yourself in the potent aromas of organic geranium and jasmine absolute to leave you feeling rested and restored. Sacred time for you to allow healing in. This treatment will provide you with the space and time to reconnect to source, to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. This ritual serves one purpose: to guide the mind and body into a peaceful, restful state.

### The Balance Ritual

€165 (60min) | €190 (90min)

Empowering and supporting through change: Perimenopause and Menopause.

Designed with women in mind, this hands-on approach to well-being is truly holistic. Each treatment commences with an aromatherapy foot bath and breathwork and uses Cold Stone Massage Therapy, Gua Sha, Reflexology and Lymphatic Drainage - this unique and purposeful ritual will bring alignment and balance when going through this change and experiencing the symptoms of menopause at any stage.

*Choose the 90 Minute option for an all-encompassing treatment that includes focus on: the back, face and feet.*

*Alternatively, the 60 Minute option allows you to choose your preferred 2 areas of focus from the following: the back, face, feet.*

## GROUND RITUALS

Handmade in Cork by Peigín Crowley, Ground Wellbeing offers 100% natural aromatherapy oils and balms for the face and body, Ground Rituals will include gentle breathwork, hands on rhythmical pressures and techniques and the compelling powers of aromatherapy oils. All these elements combine to create a mindful moment in time customised for you. A moment to be truly present in your body as you lean into relaxation and peacefulness.



## SPA EXPERIENCES

### The Holistic Spa Experience

€140 (60min)

Our Holistic Spa Experience provides a wraparound sense of well-being, beginning with a hot stone back massage, designed to melt away every trace of stress. Once you're feeling relaxed and supple, you'll enjoy an expertly targeted pressure point massage to release held tension throughout your feet, hands, and head. You'll leave the treatment room feeling as though you're walking on air: standing straighter, smiling wider, and ready to meet whatever the day has in store for you next.

- 30min Hot Stone Back Massage
- 30min Pressure Point Foot, Hand and Head Massage
- Use of Spa Facilities

### The Ultimate Spa Experience

€295 (150min)

With the Ultimate Spa Experience, you enter a world set apart. Your experience starts with a candle massage to soothe and regulate all your senses followed by a nurturing head massage using Frangipani conditioning oils. This deep hair treatment will continue to work during your Pro Radiance Elemis Facial. Finally, you'll enjoy a wash and blow-dry, leaving you fresh, glowing, and ready to face the world with confidence and joy.

- 50min relaxing Candle Massage
- 10min soothing Head Massage with Frangipani Conditioning Oils
- 60min Pro Radiance Elemis Facial
- Blow-Dry
- Use of Spa Facilities
- Glass of Prosecco

### The Celebratory Spa Experience

€225 (90min)

Whether it is a birthday, an anniversary or any special occasion the Celebratory Spa Experience is the perfect pampering treat. Enjoy a soothing back, neck and shoulder massage and a luxury bespoke Elemis Facial in our award winning spa. Celebrate with a glass of Champagne as you recline in our opulent relaxation room overlooking St. Stephen's Green. However you choose to fill your day, this break is the ideal opportunity to totally unwind.

### The Ultimate Grooming Experience

€225 (90min)

Just for him, the Ultimate Grooming experience banishes stress with this triple indulgent treatment. The experience begins with a soothing back scrub and massage, afterwards enjoy a luxury personalised facial and while the mask soaks in enjoy a pressure point foot massage.

### The Revitaliser Spa Experience

€250 (120min)

The Revitaliser Spa Experience begins with our focused Stress Buster Massage, designed to target the areas of the body where you habitually hold tension. It is both therapeutic and deeply relaxing, and that effect is multiplied by the expert pressure point foot massage which follows. Next, an Elemis facial of your choice will leave your skin renewed and radiant.

- 50min Stress Buster Massage
- 10min Pressure Point Foot
- 60min Elemis Facial of your choice
- Use of Spa Facilities

## MANICURES

### Regular Manicure

€45 (30min)

Detailed cuticle work along with shaping, finished with a polish of your choice.

### Two Week Manicure

€55 (45min)

Groomed cuticles and buffed nails finished with a two-week polish of your choice.

### Signature Manicure

€65 (45min)

Skin is exfoliated gently before a soothing massage is performed. Nails are then given detailed cuticle work along with being perfectly polished to finish.

### Bio Sculpture Manicure

€75

Nail prep and application.

### Bio Sculpture Removal

€20

### Shellac Removal

€15

## PEDICURES

### Regular Pedicure

€55 (30min)

Detailed cuticle work along with shaping, finished with a polish of your choice.

### Two Week Pedicure

€65 (45min)

Groomed cuticles and buffed nails finished with a two-week polish of your choice.

### Signature Pedicure

€75 (60min)

Soothe tired feet and lower legs with luxurious invigorating oil, followed by the warmth and vitality of a heated stone massage. This treatment is finished with groomed cuticles, buffed nails and a polish of your choice.

### Bio Sculpture Pedicure

€80

Nail prep and application.

### Callus Peel

€45 (30min)

Remove unwanted and stubborn hard skin leaving feet feeling soft and smooth. Treatment does not include nail grooming.

## HAIR & MAKE-UP

Make-Up Application	€60
Blow-Dry	from €37
Curly Blow-Dry	from €45
Ladies Hair Cut & Blow-Dry	From €75
Men's Hair Cut	€40
Up-Style	from €60
GHD Styling Curls & Waves	from €35

\*Supplement for hair extensions €20

### The Shelbourne Executive Blow-Dry

Offering busy executives  
maximum results in  
minimum time.

Take a stress-free moment early  
in the morning, and greet the day  
with a flawless wash and blow-dry.  
We'll treat you to a decadent pastry  
and tea or coffee, too.

Available Monday to Friday,  
7.00am - 11.00am.

€40

## BRIDAL HAIR & MAKE-UP

### The Bride

<b>Hair</b>	€150
Consultation, trial and styling on the day	
<b>Make-Up</b>	€150
Consultation, trial and application on the day	

### The Bridal Party

<b>Hair</b>	€50
Styling on the day	
<b>Make Up</b>	€50

Bridesmaids prices are based on a minimum  
of two, if less an additional €10 applies.

If services are required earlier than 8am  
or later than 6pm a supplement applies  
depending on the time and number of people,  
this will be discussed during the consultation.

## FINISHING TOUCHES

### Lashes

<b>Occasion Lashes</b>	from €20
Winged Effect or Full Set	
<b>Lash Enhancement - Yumi Lashes</b>	€75 (45min)
Designed to lift, curl and tint your natural lashes, adding volume and length. Incredible results which last for 8-10 weeks. (48 hour patch test required.)	
Upgrade your experience with an after lash care treatment for an additional €25.	
<b>Eyelash Tint</b>	€20

### Eyebrows

<b>Tint &amp; Wax</b>	€35
<b>Tint</b>	€25
<b>Tidy - Wax</b>	€25

### Waxing - Face

<b>Eyebrows &amp; Lip</b>	€25
<b>Lip &amp; Chin</b>	€25
<b>Sides of Face</b>	€15
<b>Chin</b>	€15
<b>Full Face</b>	€45

# HOW TO SPA

## How do I choose my treatments?

The Spa offers a full menu of treatments which will pamper, relax and revive the body, but knowing which one to choose can be a little overwhelming. Our highly trained team is here to help, and would be delighted to assist you in selecting the best treatments for your unique needs.

## Consultations

The professional team at The Spa offers a confidential and complimentary consultation which will be carried out prior to commencing any treatment. It is essential to let the therapists know of any allergies and specific medical conditions to allow treatments to be specially screened and tailored for your safety and comfort.

## On Arrival

The Spa kindly asks new clients to arrive 15 minutes prior to the first appointment in order to fulfil registration requirements and to complete consultation documentation. This is to avoid such formalities being carried out during the booked spa or treatment time.

## What shall I wear?

The Spa provides complimentary robes and slippers. On arrival, a therapist will explain what the treatment entails and will advise which items of clothing should be worn. During treatments the therapists will drape clients appropriately and respect privacy. A swim costume and swim hat should be worn using the wet spa and any of The Spa's Thermal experiences.

## Relaxation Room

Our relaxation room is there for you to enjoy after your Spa experience for up to one hour after your treatment. Unwind and enjoy the views of St. Stephen's Green with a complimentary refreshment plate of your choice. Please note that the use of our relaxation room is only available with selected treatments.

## Mothers to be

The Spa has a range of treatments which are designed to be safe for 'mums to be'. Please advise of pregnancy before booking so that we may advise you of which treatments are right for you at this special time. You must be a minimum of 12 weeks pregnant to book.

## Peace of Mind

The healing value of silence and tranquility cannot be overestimated. To maintain an atmosphere of calm, we ask that all our guests observe the quiet areas. We also request that mobile phones, iPhones, iPads etc. be placed in the locker on arrival, and remind clients that smoking is not permitted on the premises.

## Reservations and Cancellations

Please book spa appointments in advance in order to ensure that the full range of treatments are available at your chosen time. Credit card details are required to secure an appointment. Clients who wish to change or cancel an appointment are asked to give 24 hours notice, otherwise 50% of the treatment will be charged. Unfortunately, non-arrivals will be charged with the full treatment price. Always feel free to walk in, we may have a cancellation.

## And finally, a few Spa tips

A Spa experience is more than just a massage or facial. It should be a journey to another level of relaxation. To ensure the maximum benefit from a visit to The Spa, talk with your therapist beforehand to discuss preferences and any concerns you may have. Please feel free to ask questions at any point: we are here to make you feel comfortable and safe. Open communication will ensure that your treatment will not be just a wonderful and therapeutic experience, but a rewarding journey to your highest self.



THE  
SHELBOURNE