



Pearl spa

## PEARL SPA TREATMENT MENU

POWERED BY **ELEMIS**



## WELCOME TO PEARL SPA

Escape from the pressures of everyday life and transport yourself to the tranquil surroundings of the Pearl Spa where time is left at the door.

Pearl Spa Elite therapists make it personal. They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever evolving rhythm of your life and the ever-changing nature of your skin.

Discover the ELEMIS Experience with treatments designed to respect the body's complex physiology. Revolutionary Spa therapies that work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

With ELEMIS, every ground breaking formula is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skin-care experts. Encompassing the most powerful biological actives available from both 'above and below' the earth's surface, ELEMIS' meticulous attention to detail, pioneering formulas and remarkably transformative results are what truly sets our skincare apart

# PEARL SIGNATURE SPA CEREMONIES

## **AQUA THERMAL JOURNEY**

Allow yourself to be guided through a sequence of different heat and water experiences, letting your body and mind discover new sensations and the true benefits of relaxation and rejuvenation. We recommend that you follow this journey prior to any spa therapy to optimise results.

## **SANARIUM**

A sanctuary of low heat and humidity helps to slowly warm the body to initiate the detoxifying process.

## **THALASSO POOLS**

Seawater pool with high density content allows the body to float freely thus inducing deep relaxation. The effect of seawater simultaneously regenerates the circulation and remineralises to maximise bodily function and relieves ailments of muscular & joint pain.

## **INVIGORATING SHOWERS**

A sequence of cooling showers with different jets & spray leaves the body feeling refreshed and rejuvenated between heat rooms.

## **STEAM BATH**

Encapsulated with high levels of humidity, an infusion of aroma essences aid the respiratory system and assist further elimination of toxins, whilst softening the skin.

## **SNOW CHAMBER**

A snow filled cocoon provides a contrast of icy temperatures to cool the body. The effect on the circulation induces anti-inflammatory & regenerative properties, leaving the body feeling toned and refreshed.

## **SAUNA**

A classic Finnish sauna heated by olivine stones provides a dry rustic warming sensation to deeply heat the body, inducing relaxation and softening the muscles.

## **RELAXATION ROOM**

To complete the Aqua Thermal Journey, recline in cosy loungers letting time slip away, discovering peace and a new found equilibrium.

75 minutes €25

## SPA PACKAGES

This range of expertly curated ELEMIS packages is designed to deliver focused results, relaxation and restoration.

Each package speaks to whatever you need, whenever you need it.

### **Deep Relax** 2hours 30 minutes €250

- ELEMIS Body Nectar Frangipani Nourishing Wrap
- ELEMIS Garden of England Rose Restore Relaxing Massage
- ELEMIS Pro-Glow Hands-On Facial of your choice 60 minutes

### **Skin Fitness** 2hours 30 minutes €270

- ELEMIS Intensely Cleansing Salt Glow
- ELEMIS Warm Up/Cool Down Deep Tissue Massage
- ELEMIS Pro-Glow Smooth+, Tech Facial

### **Targeted Detox** 1hours 30 minutes €130

- ELEMIS Thousand Flower Detox Wrap
- ELEMIS Targeted Toning & Slimming Treatment (choose between arms, thighs or abdomen)

### **For Her & For Him** 2hrs €180 (per person)

- ELEMIS Warm Up/Cool Down Deep Tissue Massage (60 minutes)
- ELEMIS Pro-Glow Brilliance Hands-On Facials (60 minutes)

\*Aqua Thermal Journey included in all packages

## PEARL SIGNATURE TREATMENT

### **PEARL BOTANICAL RASUL RITUAL**

This complete cleansing and detoxifying ritual begins with a gentle exfoliation on the face and body. A hydrating mask is applied to the face along with a deeply nourishing hair milk. The body is coated with different therapeutic oils all over the body, allowing absorption within a soothing steam room. This helps to release stress, detoxify the body and hydrate the skin. The ritual is completed with a relaxing 55min full body massage, sending you into a state of tranquillity.

**1 Person 2hours €150**

**2 People 2hours €240**



## ELEMIS PREGNANCY

### **ELEMIS 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.

**60 minutes €115**

### **ELEMIS Peaceful Pregnancy Face & Body Experience**

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

**2 hours €195**



## ELEMIS MASSAGE

### **ELEMIS 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.

**30/60/90 minutes €65/€110/€135**

### **ELEMIS Garden of England Rose Restore Relaxing Massage**

Take a walk in an English rose garden with this lavishly hydrating body massage. The unique trio of Rose, Camelina and Poppy Seed Oils maintain and restore elasticity, whilst encouraging skin renewal. The skin is anointed with nourishing oils whilst a nurturing Rose Balm and bespoke massage comfort the skin, and ground the spirit. Skin is left exquisitely moisturised, intensely supple and deliciously scented.

**60/90 minutes €110/€135**

### **ELEMIS 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.

**60/90 minutes €110/€135**

### **ELEMIS Frangipani Head & Scalp 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.

**60 minutes €90**



# ELEMIS BODY THERAPY

## BODY EXFOLIATION

### **ELEMIS Intensely Cleansing Salt Scrub (Lime and 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.

**40 minutes - €85**

## DETOX & CELLULITE & BODY TIGHTENING

### **ELEMIS Thousand Flower Detox Wrap**

Enriched by Somerset soil, packed with tree, flower and grass rich nutrients, this treatment provides super skin-health and powerful detoxification, helping to stimulate the elimination process and restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins and Omegas – the superfoods of the skin – is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders.

**60 minutes - €95**

### **ELEMIS Cellutox Aroma Spa Ocean Wrap**

This seaweed treatment detoxifies and deep cleanses the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives.

Excellent for improving the dimpled appearance of cellulite and reducing fluid retention. A warm seaweed body mask combined with a detoxifying blend of Juniper and Lemon essential oils is applied to the body, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.

**75 minutes - €120**

### **ELEMIS Targeted Toning & Slimming Treatment**

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. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed.

(You can choose a localised treatment: Arms, Hips & Thighs, or Abdomen)

**30/90minutes - €70/€140**





# PRO-GLOW HANDS-ON FACIALS

## **Pro-Glow Genius Facial**

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by the ELEMIS 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

**75 minutes €150**

## **Pro-Glow Smooth**

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**

## **Pro-Glow Resurface**

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.

**30/60 minutes - €70/ €130**

## **Pro-Glow Brilliance**

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 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.

**30/60 minutes - €70/ €120**

## **Pro-Glow Feast Your Eyes Add-On Treatment**

Give puffy eyes their marching orders with this instantly reviving eye treatment. A warm Rosewood compress, and intensive eye mask rehydrate, soothe and lift, while you zone out with a de-stressing hand & arm massage. See the world through new eyes.

**15 minutes €30**



## PRO-GLOW + TECH FACIALS

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the ELEMIS BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy and energised skin.

### **Pro-Glow Genius Facial+, the Ultimate Age-Defying Experience**

Harnessing the powerful benefits of all 5 ELEMIS BIOTECH 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 the ELEMIS clinically proven formulas minimising uneven tone, pigmentation, and enlarged pores. Skin-fitness and firmness are improved, reducing the appearance of fine lines and deeper wrinkles with highly effective microcurrent technology, whilst Oxygen 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 BIOTECH 1.0 Ultrasonic, Microcurrent, Galvanic, Light Therapy & O2 Infusion.

**75mins - €190**

### **Pro-Glow Resurface+, Reveal Stunningly Smooth Skin**

With a spotlight on minimising pore size and blemishes, this revolutionary facial powered by patented Tri-Enzyme technology transforms the skin's texture whilst minimising 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 BIOTECH 1.0: Ultrasonic, LED Light Therapy & Galvanic.

**60 minutes €140**

### **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 microcurrent 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' BIOTECH 1.0: Ultrasonic, Microcurrent & O2 Infusion.

**60 minutes €140**

### **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, makeup, 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 BIOTECH 1.0: Ultrasonic, O2 Infusion & Galvanic.

**60 minutes €130**



# ELEMIS MEN

## FACE TECHNOLOGY

### **Pro-Glow+ Men's Facial**

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution.

60 minutes €130

## FACE TOUCH

### **Pro-Glow Mens's Facial**

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration, whilst steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax. Finally the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalised skin for a vibrant and energised result.

60 minutes €120

## MEN'S BODY FAVOURITES

### **ELEMIS Warm Up/Cool Down 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.

30/60/90 minutes €65/€110/€135

### **ELEMIS 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



## SPA ESSENTIALS- HANDS & FEET

Don't forget to add your final touches to your day at the Spa. Let our qualified and professional team take care of your essential needs so that you look and feel your absolute best.

### **ELEMIS Garden of England Rose Restore Hand Treatment**

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. Including cuticle and nail procedure.

55 minutes €40

Plus Shellac Polish €15

### **ELEMIS Best Foot Forward**

Take a load off with this foot focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. This treatment softens and smoothes the skin to leave feet as supple and fragrant as a Rose. Including cuticle and nail procedure.

75 minutes €50

Plus Shellac Polish €15

# PEARL SPA ETIQUETTE

## General

- The Spa and its environs are strictly NO SMOKING areas.
- We do not allow mobile phones in the Spa areas, please leave them switched off in your locker. This is the time for your body and mind to release the worries and stresses of the day.
- Please conduct all conversations at levels consistent with a relaxing Spa environment.
- The Spa & its facilities are open to persons aged 16 and over.
- Shower towels can be found in your lockers, please do not take shower towels outside.
- Please leave all items of value in your locker. The Spa is not responsible for loss of or damage to a guest's personal belongings.
- Always shower before using pool facilities and between sauna and steam rooms. A robe & slippers should be worn in all spa areas.
- Swimwear is compulsory in Steam, Sauna and pool areas.
- A towel should always be placed on sauna and steam room benches between you and the bench.
- Please do not leave toiletries in showers or wet vanity areas.
- Shaving is permitted in the male changing rooms. However, please ensure that wet vanity areas are left clean. Razors should not be placed in any of the waste bins and shaving is strictly prohibited in the saunas and steam rooms.
- Please do NOT add oils or other products to the sauna bucket water without first speaking to a member of staff.
- Please ensure that you drink plenty of fluids to rehydrate after use of the sauna and steam rooms.
- Please place all used towels in the baskets provided.
- Food & drink should not be brought into the Spa for consumption during your visit. Refreshments are available in the relaxation areas and the Hotel Restaurant.
- All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival prior to entrance to the spa facilities.
- If you have a gift voucher please remember to bring this with you on the day to hand to Reception
- All facilities are subject to availability.





For the comfort, safety and relaxation of all our guests we ask that the following guidelines are followed at all times:

### **When Taking a Treatment**

- 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 THROUGH 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 will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times.
- During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.
- If you have a particular injury or physical condition, please explain it to the therapist. They can suggest appropriate adjustments to the treatment for your comfort and enhancement.
- There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet they will be too.
- We hope you enjoy this interlude of pampering and relaxation.
- Your comments are always welcome.

### **Spa Tours**

- Spa Tours are by appointment only and can be conducted outside of the Spa's operating hours.

### **Cancellation Policy**

- Please note 24 hours, cancellation notice is required for all bookings and services otherwise, 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.

SUNRISE  PEARL  
Hotel&Spa

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