

CIÚIN
spa & wellness centre



Hydrotherapy Suite

Guests have full use of the Hydrotherapy Suite when purchasing treatments with a minimum value of:

€130 per person on Sunday – Friday

€150 per person on Saturday

Alternatively, there will be a charge of €30 per person to use the facilities.

Flotation Therapy	30 mins	€30
Rasul Chamber 1-2 persons	45 mins	€40 pps
Rasul Chamber 3-4 persons	45 mins	€30 pps

Exclusive Signature Treatments

Ciúin Signature Body Treatment	55 mins	€120
Ciúin Signature Facial	55 mins	€100

Facials

Elemis Advanced Anti-Ageing Facials

Pro-Collagen Quartz Lift Facial	70 mins	€95
Visible Brilliance Facial	70 mins	€95
Tri-Enzyme Resurfacing Facial*	55 mins	€95

* A patch test is required 24-hours prior to your first treatment at Ciúin Spa & Wellness Centre.

Elemis Skin Solutions Facials

Oxygen SkinCalm Facial	70 mins	€85
S.O.S Purifying Facial	70 mins	€85

Elemis Skin Specific Facials

Fruit Active Glow	55 mins	€65
Exotic Moisture Dew	55 mins	€65
Herbal Lavender Repair	55 mins	€65
Taster Facial	25 mins	€45

Body Treatments

Body Massage

Elemis Deep Tissue Muscle Massage	55 mins	€85
Elemis Deep Tissue Back Massage	25 mins	€45
Elemis Aroma Stone Therapy (includes face & scalp)	70 mins	€120
Hot Stone Back Massage	25 mins	€50
Hot Stone Body Massage	55 mins	€110
Head, Neck & Scalp Massage	25 mins	€40

Elemis Body Therapy

Absolute Spa Ritual	110 mins	€160
Elemis Musclease Aroma		
Spa Ocean Wrap	75 mins	€85
Ceremony of the Sun		
Total Glow Self Tanning Treatment	50 mins	€60
Elemis Face and Body Sensation	55 mins	€95

Elemis Exotic Therapy

Exotic Lime & Ginger Salt Glow	30 mins	€50
Exotic Coconut Rub & Milk Ritual Wrap	45 mins	€80
Exotic Frangipani Body Nourish Wrap	45 mins	€80

Elemis Hands & Feet Therapy

Pro-Collagen Hand & Nail Treatment	25 mins	€50
Sole Delight Foot Treatment	25 mins	€50

Elemis Detox Therapy

Body Sculpting Cellulite and Colon Therapy	50 mins	€100
Cellutox Aroma Spa Ocean Wrap	75 mins	€85

Holistic Therapies

We offer a range of holistic therapies that are subject to availability, please ask the spa reception for more information.

Specialised Treatment

Ultra-Peel Microdermabrasion		
Face & Body Skin Care Treatment	25 mins	€75
	55 mins	€99
(6 x 55 mins treatment course)		€450

Men's Treatments

Elemis Facials

Skin IQ Facial	70 mins	€90
Urban Cleanse Facial	70 mins	€80

Grooming

Men's Manicure	25 mins	€27
Men's Pedicure	40 mins	€47

Body Treatments

Elemis Total Time Out	110 mins	€160
Elemis Deep Tissue Muscle Massage	55 mins	€85
Elemis Deep Tissue Back Massage	25 mins	€45
Elemis Aroma Stone Therapy (includes face & scalp)	70 mins	€120
Elemis Musclease Aroma Spa		
Ocean Wrap	75 mins	€85
Hot Stone Back Massage	25 mins	€50

Spa Rituals

Full Day Spa Rituals

Detox Day	130 mins	€190
Beauty Retreat Day	165 mins	€240
Holistic Retreat Day	135 mins	€255

Half Day Spa Rituals

The Escape	80 mins	€135
The Gentle Retreat	85mins	€140
Friends Special Time	110 mins	€140
Bridal Time	125 mins	€165

Mums-to-be

Elemis Body Treatments

Elemis Nurturing Back Massage	25 mins	€45
Elemis Nurturing Full Body Massage	75 mins	€100
Exotic Frangipani Body		
Nourish Wrap	45 mins	€80
Sole Delight Foot Treatment	25 mins	€50
Pro-Collagen Hand & Nail Treatment	25 mins	€50

Elemis Advanced Anti-Ageing Facials

Tri-Enzyme Resurfacing Facial*	55 mins	€95
Visible Brilliance Facial	70 mins	€95
Pro-Collagen Quartz Lift Facial	70 mins	€95

* A patch test is required 24-hours prior to your first treatment at Ciúin Spa & Wellness Centre.

Elemis Skin Solution Facials

Oxygen SkinCalm Facial	70 mins	€85
S.O.S Purifying Facial	70 mins	€85

Elemis Skin Specific Facials

Fruit Active Glow	55 mins	€65
Exotic Moisture Dew	55 mins	€65
Herbal Lavender Repair	55 mins	€65
Taster Facial	25 mins	€45

Hands & Feet

Hand Therapy

OPI Manicure	40 mins	€32
Ciúin Dream Manicure	55 mins	€42
Shape & Paint	15 mins	€15
Nail Gems available		from €5

Foot Therapy

OPI Pedicure	55 mins	€55
Lavish Foot Spa	70 mins	€68
Shape & Paint	15 mins	€15
Nail Gems available		from €5

Finishing Touches

Make-Up

Cleanse and make-up application	40 mins	€35
Cleanse and make-up trial	55 mins	€52

Eye Treatment

A patch test is required 24-hours prior to your first treatment at Ciúin Spa & Wellness Centre.

Eyelash Tint	€15
Eyebrow Tint	€10
Eyebrow Shape	€12
Eyelash, Eyebrow Tint and Shape	€30

Waxing

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Full Leg & Bikini	€44	Full Leg	€34
Half Leg	€23	3/4 Leg	€28
Underarm	€18	Bikini Line	€18
Eyebrow	€12	Lip	€11
Lip & Chin	€18		


Tanning Treatments

Fake Bake	Half Body	€29
Fake Bake	Full Body	€44

Elemis Devil Mint Full Body Exfoliation* €38

* This treatment is in conjunction with the Fake Bake tanning treatment only.





Guide to using Ciúin Spa & Wellness Centre at the Slieve Russell Hotel Golf & Country Club

Opening Hours

The Spa is open from Monday to Friday – 9am to 8pm,
Saturday – 9am to 7pm, Sunday – 10am to 6pm.

Special Considerations

If you have high blood pressure, heart conditions, allergies or other medical complications we advise that you consult your doctor before booking any spa treatments. If you have a medical condition and would like to know what treatments you can avail of, please ask our staff who will be happy to help.

Contraindications

All treatments are carried out subject to completion of our questionnaire, which you will be required to complete on arrival. If you have any medical conditions there may be restrictions on the treatments you can avail of. You are asked to contact us or your GP prior to arrival (with a doctor's note if applicable). If any treatment is found to be unsuitable, a qualified therapist will recommend, where possible, an alternative treatment, subject to availability.

Therapist requested: If you request a particular therapist we endeavour to deliver but this is not always possible.

Pregnancy

Please advise us if you are pregnant or nursing as some treatments during this special time are not recommended. We have a range of treatments that have been specially selected to help with all your needs during this magical time and will be happy to recommend these treatments.

Arrival Time

Please arrive to the Spa 15 minutes prior to your appointment time.

Spa Attire

As this facility is for both genders, please ensure that swim-wear is worn at all times.

Day Spa Guests

For your comfort you will be provided with a locker, robe, towel and slippers.

Etiquette

Ciúin Spa & Wellness Centre is a retreat for the mind, body and spirit. Out of consideration for others, we request that visitors keep noise to a minimum. Mobile phones and electronic devices must be switched off before entering the Spa. Treatments and spa facilities are only available to persons aged 16 years and over.

Home Care

To continue your spa journey at home all products can be purchased at the Spa reception and staff will be happy to assist.

Individual/Group Bookings

To secure your booking a credit card number will be required upon booking your appointment or package or alternatively a 75% deposit. We also recommend that you book in advance of your arrival to the Spa in order to secure your preferred date and time of treatments.

Cancellation Policy – Individual Bookings

Twenty-four hour notice is required, otherwise a 50% cancellation fee will be incurred on the given credit card or the deposit forfeited. If less than four hours notice is given, a 75% cancellation fee will be incurred. Full charge will be imposed for a 'no show'.

Cancellation Policy – Group Bookings (4 people +)

Fourteen days notice is required; otherwise a 50% cancellation fee will be incurred. If less than seven days prior to arrival a 75% cancellation fee will be incurred. Full charge will be imposed for a 'no show'.

Payment

We accept cash, all major credit cards and hotel guests can charge to their room. All prices are quoted in Euro and are subject to change without prior notice.

Refund Policy

Treatment packages are non-refundable or non-transferable.

Weddings

It is Ciúin Spa & Wellness Centre policy to have a make-up trial prior to your wedding day for the bridal party.

If Late for an Appointment

Appointment times must be adhered to. Should you arrive late, your treatment will end at the appointed time and full payment must be made.

Valuables

We recommend that no jewellery be worn at the spa. Hotel residents should leave all valuables in a safety deposit box either in your bedroom or situated at reception. The management accepts no responsibility for the loss of valuables brought onto the spa premises.

Rates

These rates are valid until 1st April 2010.