

Solas Croí Eco Spa at *The Brandon House Hotel*



Opening Times

Monday	10am – 6pm
Tuesday	10am – 6pm
Wednesday	10am – 6pm
Thursday	10am – 6pm
Friday	10am – 7pm
Saturday	10am – 7pm
Sunday	10am – 4pm

The Thermal Suite closes 30 min before the Spa.



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Tri Dasha Ayurvedic Treatments

Ultimate Ayurvedic Experience

180mins €180

Yoga for Your Mind, Ayurveda for Your Body. Tri-dosha's Eastern Experience promises to send you on a true Ayurvedic journey. This ritual includes a full body and facial massage, followed by Ayurveda's sacred therapy – Shirodhara – sending you into a completely blissful state. ♥

Marma Abhyanga Snanam

1 20mins €145

Marma Abhyanga with an herbal steam infusion and cleansing with a traditional Ayurvedic powder. ♥

Marma Abhyanga

90mins €115

Flowing strokes and pressure to marma points, this relaxation and detoxifying ancient oleation therapy relieves fatigue, anxiety and skin complaints. ♥

Samvahana

55mins €140

This classical synchronized four hand oil massage stimulates the circulatory system and will cleanse, heal, restore and balance your body's energy flow. ♥

Shirodhara

55mins €95

Sheer bliss. Warm oils are gently poured in a slow dynamic movement over the forehead marma (third eye). Relieves colds, sinusitis, insomnia, anxiety, tension and stress.

Pinda Sweda

55mins €95

A herbal powder compress massage. A bolus of therapeutic herbs is warmed in oil and when applied, rejuvenate, strengthen and nourish.

Garshan

55mins €90

Ayurvedic Raw silk gloves, dry brushed towards the heart followed by smoothing oil massage. This lymphatic detox massage helps with elimination. ♥ ✕

Udvartana

45mins – 1 session €75 45mins – 7 sessions €450

Kolakula detox scrub + exfoliation. Improves poor blood circulation, obesity-related problems, cellulite. ♥ ✕

Mukhabhyanga

55mins €80

A detoxifying treatment will deeply cleanse, hydrate and rejuvenate the skin and includes a marma point massage to relax and revive stress lines. ✕

Shirobhyanga

25mins €45

Ayurveda's head, neck and arm massage.

Relieves Stress, strain, migraines, and improves hair condition.

Padabhyanga

25 min €45

Ayurveda's lower leg + foot treatment. Excellent for fluid retention during pregnancy and poor circulation

Agadhi Dhatu New!!

90mins €115

Ayurveda's Full Body deep tissue. ♥

Couples Massage New!!

55mins €90

The couple is driven by the therapist.

Elemis – Facial Treatments

Elemis Advanced Anti-Ageing Facials

Visible Brilliance Facial

70mins €110

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance. P

Pro-Collagen Quartz Lift Facial

75mins €110

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance. P

Tri-Enzyme Resurfacing Facial

55mins €95

This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75%* and increase skin smoothness by up to 32%* after just 1 treatment, this unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin. X

Elemis Skin Solutions Facials

Oxygen Skin Calm Facial

70mins €95

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask infused with Absolute Skin Calm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin. P

S.O.S. Purifying Facial

70mins €95

A purifying treatment for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion. X P

Modern Facial

55mins €70

Designed for challenging skin that is reacting to the stress of modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. P

Elemis Skin Specific Facials P

55mins €70

One hour facials consisting of cleanse, tone, massage, exfoliation, mask and moisturizer to choose from:

- **Fruit Active Glow**
- **Exotic Moisture Dew**
- **Herbal Lavender Repair**

Taster Facial

25mins €45

This introductory facial provides a quick and instant pick-me-up for any occasion. P

Body Treatments

Massages

Elemis Aroma Stone Therapy

70mins €135

The stones give up their power and warmth to tired and tense muscles, promoting inner peace and releasing muscular tension. A treatment which excites every sense and provides a unique aromatic journey for the soul. ♥

Elemis Deep Tissue Full Body Massage

55mins €85

This deep customised rhythmic massage alleviates stress, eases aching muscles & revives the senses, using specially selected oil. Also ideal for those involved with sport.

Oils to choose from: De-Stress, Cellutox or Musclease. ♥

Elemis Deep Tissue Back Massage ♥

25mins €50

Specifically targeting the back, shoulders and neck areas, where you need it most.

What Oils to choose from:

- Stress-a-Way: Wind down and release the tension of the day.
- Spirit Reviver: A powerful surge to invigorate and recharge.
- Muscle Melt: Relax and re-energise a tired and aching body.
- Chakra Balancing: Reconnect your mind, body and soul.

La Stone Massage

Full Body Massage

90mins €90

½ Body Massage

45mins €60

LaStone Therapy is the application of Geo-Thermotherapy that is the application of either heated or chilled stones to the body for the purpose of changing the physiological responses that are going on the body to promote healing. When using heated stones you are increasing the blood flow and by using chilled stones to an inflamed area you are facilitating the removal of toxins and inflammation, encouraging a healing response deep within the body's systems. ♥

Full Body Swedish Massage

55mins €70

Back, Neck and Shoulder Massage

25mins €45

Lower Body Massage

25mins €45

Indian Head Massage P

25mins €45

Dry Float Relaxer P

25mins €20

Experience a weightless state while your body is massage by jets of water without the inconveniences of getting wet.

Hydro bath Soaks

Atlantic Pure Seaweed Bath

25mins €45

Fantastic for dry skin, relieving aches and pains through detoxification with the help of vita,in E, Sulphur and iodine. ♥

Elemis Exotic Enriching Milk Bath

25mins €45

Just as Cleopatra loved to bath in Milk, now you can indulge to. This bath releases the toxins that build up in the body, leaving you feeling totally refreshed. P

Cellutox Herbal Bath

25mins €45

Cellutox herbal bath is a potent blend of detoxifying Algae and pure essential oils. This herbal bath powerful combination works to help break down cellulite and combat the build-up of toxins. ♥

Musclease Herbal Bath

25mins €45

Elemis Musclease herbal bath is a blend of warming Maritime Pine, Rosemary essential oil and mineral rich algae. It might be used as part of a fitness programme to help ease muscle spasms, stressed joints and tense neck and shoulders.

Elemis – Body Wraps

55mins €70

Cellutox Aroma Spa Ocean Wrap/Float

70mins (Inc. float) €90

A deeply detoxifying blend to decongest and stimulate the system. Let thoughts drift away whilst you are cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth. ✕ ♥

55mins €70

Musclease Aroma Spa Ocean Wrap/Float

70mins (Inc. float) €90

Powerful Seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles. ✕ ♥

55mins (Inc. float) €85

Elemis Frangipani Body Nourish Wrap /Float

45mins €70

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic, aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi used in this wrap, providing the ultimate in radiance, vitality and all over body glow.

55mins (Inc. float) €85

Elemis Exotic Coconut Rub and Milk Ritual Wrap /Float

45mins €70

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap, or unique Dry Float. It is excellent for Skin smoothing an softening all combined with a pressure point Facial Massage and de-stress scalp treatment.

Elemis Body Sculpting Cellulite and Colon Therapy

55mins €100

The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out. ♥✕

Elemis Exotic Therapy

Exotic Lime and Ginger Salt Glow

45mins €55

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless. ✕ ♥

Elemis Sole Delight Foot Therapy

25mins €45

A sensory experience for your feet, which promises to leave you walking on cloud nine. Warmed aroma-therapeutic oils nourish and condition your feet and nails. This therapy has a rich and healing action on your skin. Ideal as an addition to a facial or massage

Exotic Hand Ritual P

45mins €50

Frangipani Monoi Oil feed the hands and nails whilst the decadence of milk lavishes its' richness and healing action on your Skin.

Mama Mio Maternity Treatments P

The Smoothie

70mins €75

Rejuvenate your skin and clear your mind in preparation for your pending arrival. The Mama Mio Smoothie will exfoliate your skin oh so gently followed by the most moisturising massage to hydrate and elasticise your skin. A luxurious scalp massage will sweep away your stress, leaving you with skin to rival your baby' bottom

Mellow Mama

55mins €75

A Complete Full Body Massage to help relax, increase circulation, alleviates tired muscles and reduces water retention.

The Yummy Tummy

45mins €65

This treatment begins with a gentle skin brushing to increase circulation, gently exfoliate and improve the tonicity of the skin. A serum and treatment mask will be applied to soothe and moisturise the abdomen, while this is taking effect the client will enjoy a lower leg and foot massage

Free Loader

45mins €55

A wonderful lower back massage designed to release tension and muscle fatigue as a result of carrying extra weight. This treatment focuses on the muscles that support the pregnant tummy.

Free your Mind

45mins €45

A treatment designed to ease you of the stresses associated with pregnancy. A cooling eye compress is applied, followed by a pulse point massage. The client will be encouraged into yoga breathing. A gentle face and head massage will release tension and followed by a deep neck and shoulder massage

Lighten Up Foot Treatment

25mins €40

A warm, fragrant salt foot soak to energise, reduce swelling and stimulate circulation. It also includes a gentle hand, lower leg and foot massage

4th Trimester Healing hour

55mins €75

Those early months of motherhood can be exhausting. This treatment is designed for the 4th trimester; a relaxing top to toe massage to help realign and restore your body as it naturally adapts and returns to being one person again. This is the healing hour- and you've earned it.

Complimentary Therapies

Solar Healing

€70 per session

Healing for physical and spiritual growth

Ear candling

55min €70

To experience a feeling of warmth and a sooth within the ear, balancing pressure in the ears and sinuses and relieving pain, better hearing, clearer breathing, and a heightened sense of smell after treatment.

Reflexology P

55mins €55

Reflexology Deluxe with a paraffin dip P

55mins €70

Reiki

55mins €70

Cosmetic Therapies P

Jessana Manicure

55mins €55

Jessana Rejuvenating hand treatment

55mins €75

Jessana Zen Spa pedicure

55mins €55

Jessana Finger Tip Treatment

25mins €25

Brandon mans manicure

45mins €50

Brandon mans pedicure

45mins €50

Nail Art

from€3 per nail

Shellac Nails New!! They last up to 2 weeks without chipping!!!!

45min €30

Waxing ✕

Full leg & Bikini	€35	½ leg & Bikini	€27
½ Leg	€20	Underarm	€15
Eyebrow, lip or chin	€10	Eyebrow, lip and chin	€20
Advance waxing	€35		

Make up P

Cleanse and make up	€30	Make up lessons	€40
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Eye treatments P

Eyelash tint	€10	Eyebrow tint	€10
Eyelash and brow tint	€18	Eyebrow tint and trim	€18
Eyebrow and lash tint and trim	€20		

Tan P

Velocity Full body	€60	Velocity ½ Body	€40
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False lashes P	€15		
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Gentlemen's Corner

Gentlemen's Time Out 115mins €125

Brisk Exfoliation with Lime and Ginger Scrub, Muscle Super Soak Bath, and followed by a Musclease Massage or Elemis One Hour Facial. Relaxation time while enjoying our refreshing juice of the day. (Facilities can be used prior to treatments.)

Skin IQ Facial 70mins €90

Anti-ageing booster for tired, stressed skin

This treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results

Urban Cleanse Facial 70mins €90

This super grooming Facial will help to eliminate blocked pores, rapidly accelerate skin repair, and neutralise impurities, reduce sensitivity and provide long lasting defence against the damaging effects of daily pollutants.

Spa Packages

Elemis Face & Body Sensation. 55mins €99

Experience the ultimate Elemis duo, a sensational massage combined with a prescribed anti-ageing facial. Choose from the Re-energise or Tranquillity massage, adapted by your Elemis therapist to target specific problem areas, whilst alleviating stress and easing aching muscles. You will then be treated to a prescribed anti-ageing facial (Pro-Collagen Quartz Lift, Try-Enzyme Resurfacing, Visible Brilliance or Skin IQ Facial) ♥

A Treat for you 115mins €99

One Hour Facial, Back, Neck and Shoulder Massage and File and Paint or Dry Float Relaxer Relaxation time while enjoying our refreshing juice of the day

Exotic Delight 85mins €110

Exotic Lime and Ginger Salt Scrub, followed by a Warm Frangipani or a Japanese Camellia Oil Massage, and a Scalp and Foot Treatment. Relaxation time while enjoying our refreshing juice of the day ✕

A Taste of the Exotics 55mins €75

Exotic Lime and Ginger Salt Scrub, followed by a Warm Frangipani or a Japanese Camellia Oil Application. Relaxation time while enjoying our refreshing juice of the day. ✕

Ladies Time Out

115mins €125

Brisk Exfoliation with Lime and Ginger Scrub, Muscle Super Soak Bath, and followed by a Musclease Massage or Elemis One Hour Facial. Relaxation time while enjoying our refreshing juice of the day. ✕

Absolute Spa Ritual

115mins (Inc Anti-Ageing facial) €180

115mins (Inc Specific Skin facial) €140

The ultimate skin and body therapy for maximum results.

Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results!

Thermal Suite (4 Hours)

€35

The ultimate in indulgence and relaxation. Facilities include our outdoor hydrotherapy pool, Jacuzzi, sauna, sanarium, steam room, foot baths, ice and hot showers, award winning alpha beds and Ireland's first reflexology stimulating Via Sensus Japanese Stone walk. ♥ P

Membership

6months €350

12months €650

Unlimited use to the Thermal Suite and Complementary personalized bathrobe, slippers and locker.

Legend

P Suitable for pregnancy

♥ Not recommended with high/low blood pressure

✕ Not recommended with sensitive skin

Before coming to the Solas Croí Eco Spa, please check with your doctor in case of:

High/low blood pressure

Pregnancy

Recent surgery, illness or accident.

Heart/circulatory condition

Epilepsy.

Asthma

Allergies

Solas Croí Eco Spa is an adult only facility. It is essential to arrive 15min prior to your appointment. Lateness on your part will result in reduced treatment time and the full listed price. We recommend coming 1 hour prior to the appointment to enjoy the use of the Thermal Suite and allow time after the treatment to use the Relaxation Room. Each Guest can avail of Complimentary use of the Thermal Suite 1h prior to treatments when the treatments is over €35. We ask you to please use the facilities quietly as there may be treatments in progress. Swimwear is required as the Thermal Suite is a unisex facility. You will be provided with robes, slippers and towels. All personal belongings are to be stored in lockers provided. Solas Croí Eco Spa accepts no responsibility for loss or damage to personal property. Bookings will be only confirmed on receipt of credit card details or deposit. Cancellation policy 24h notice is required for all cancellations. No shows and late cancellations may be charged to the full amount to your credit card/ deposit

Guided tours only by appointment