



CIÚIN
spa & wellness centre





Welcome to Ciúin Spa and Wellness Centre at the Slieve Russell Hotel Golf and Country Club. Set amongst rolling hills and beautiful lakes it's the perfect place for relaxation and to re-charge. Enter into a world of luxury through the senses. A world of colour, texture, therapeutic lighting, gentle piped music and inhalation of aromatic oils. Experience the latest beauty and holistic therapies from all over the world, allowing the mind and body to rebalance and revitalise through the human touch. Indulge in the various spa facilities and experience the journey essential for health and well-being.

Recharge





Hydrotherapy Suite

The ultimate experience awaits you in our Hydrotherapy Suite. You are taken on a journey through hot and cool therapies that use light and aromas to cleanse, relax and soothe tired muscles, and rejuvenate the body and mind. The Hydrotherapy Suite is a wonderful experience designed to prepare the body to ensure you get maximum benefit from your chosen treatments, by warming the muscles, opening the pores and de-stressing the body and mind.

The Hydrotherapy Suite includes:

Hamam

A traditional Turkish steam bath with high humidity, light therapy and infused with uplifting essential oils. The heat, light and aromas induce relaxation and cleansing of the body and mind.

Herb Sauna

Awaken your senses with aromatic essences and light therapy. Dry heat and high humidity help to cleanse the body of toxins, increase circulation and relax the muscles.

Salt Grotto

The salt grotto is filled with a mist containing mineral salts and aromatic essences. Through inhalation of the salts and aromas the breathing is helped and the metabolism is increased. This treatment is beneficial for people with respiratory difficulties.

Foot Spa

Revitalise your feet in a foot spa while you sit back and relax on the warmed seats.

Rasul Chamber

Duration: 45 mins, 1-2 or 3-4 people, additional charge

This is a traditional Eastern method of exfoliation using a selection of muds applied over the body by your own hands. The Rasul Chamber is hot and soothing with herb infused warm steam falling from the sky. A warm tropical rain shower falls from the stars washing the muds from the skin, leaving your skin radiant and rejuvenated.

Flotation Therapy

Duration: 30 mins, additional charge

The salts in the water allow the body to float on the surface of the water inducing a deep state of physical and mental relaxation. It is the ultimate in total body relaxation.

Hydrotherapy Spa

This luxurious heated spa concentrates on massaging the neck and back, helping to reduce stress and tension whilst soothing tired and aching muscles and joints. After this invigorating therapy relax and unwind on the heated spa relaxation chairs.

Adventure and Health Showers

These state-of-the-art showers awaken your senses through aromatic essences and a spectrum of light and colour therapy. Each setting is designed to stimulate various parts of the body with pulsating jets. Ideal to use in between each of the hot and cold therapies, they enhance vitality and well-being.

Ice Fountain

Cooling flakes of ice can be used to cool and revitalise your body between heat experiences.

Usage Fees

There is a fee to use this facility. Please see the rate card for details.

Spa Therapies

Elemis Range

Each spa therapy has been developed by a specialised team, headed by Noella Gabriel, using extensive clinical and scientific studies to ensure every therapy shows real results.

Designed to respect the body's complex physiology, Elemis spa therapies 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.

Experience Elemis around the world, from Elemis's own flagship day spa to some of the most prestigious destination spas, cruise liner spas and exclusive salons.

Elemis

Gifts

Treats for You

We have a wide range of products so that you can take away a memory from the day.

Gift Voucher

The ideal gift for any occasion, Birthdays, Valentine's Day, Mother's Day or Father's Day, for an experience they will never forget! Gift vouchers are redeemable against any treatment, spa package or retail products. Gift vouchers must be used within 12 months from the date of purchase.

Exclusive Signature Treatments

Ciúin Signature Body Treatment

Duration: 55 mins

This exclusive treatment to Ciúin Spa & Wellness Centre is the ultimate in relaxation. Using the power of body massage, aroma and combining hot basalt stones, this treatment brings total harmony to your body, mind and soul. It begins with gentle body brushing followed by hot basalt stone massage over the back releasing the warmth and vitality of the stones deep into the muscles. Continue with full body massage using the therapist's hands, warm aromatic oils are used with firm rhythmic movements, designed to melt away tension and soothe tired muscles. Concluding with a hot stone facial massage and soothing scalp massage, this treatment excites the senses and provides a unique aromatic journey for the soul.

Recommended: One treatment every two weeks.

Ciúin Signature Facial

Duration: 55 mins

Exclusive to Ciúin Spa & Wellness Centre, this therapeutic facial utilises the power of absolutes within skincare and true premium grade essential oils. Elemis have combined the magic of these essences with the most carefully selected, specialised Eastern massage techniques to oxygenate the skin and bring the body and mind back into balance. Specific to your needs, this facial will cleanse and replenish, leaving the skin radiant and glowing.

Recommended: One treatment every two weeks.



Facials

Elemis Advanced Anti-Ageing Facials

Pro-Collagen Quartz Lift Facial

Duration: 70 mins

This exceptional face and eye treatment helps slow down the visible signs of ageing, and reduces the appearance of fine lines and wrinkles. Using specialised massage techniques combined with a unique anti-ageing Japanese Silk Mask, your skin is hydrated with a youthful glow.

Visible Brilliance Facial

Duration: 70 mins

This anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisture levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment. This will leave your skin smooth and restore its radiance.

Tri-Enzyme Resurfacing Facial

Duration: 55 mins

This ground breaking facial visibly resurfaces by up to 75% and increases skin smoothness by up to 32% after just one treatment. The advanced resurfacing technique is perfect for blemishes, uneven skin tone, superficial facial scarring and fine lines. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion. A patch test is required 24-hours prior to your first treatment at Ciúin Spa & Wellness Centre.

Elemis Skin Solutions Facials

Oxygen SkinCalm Facial

Duration: 70 mins

This superior face and eye treatment uses gentle massage techniques combined with a calming unique Japanese Silk Mask to rebalance delicate, fragile and sensitive complexions, while relieving redness and offering immediate comfort to stressed and irritated skins.

S.O.S Purifying Facial

Duration: 70 mins

This powerful face and eye treatment uses purifying massage techniques combined with a unique Japanese Sulphur Mask to help regulate and balance the function of the skin. It absorbs sebum, calms irritation and rebalances oil-rich pores, leaving a beautiful matt complexion.

Elemis Skin Specific Facials

Fruit Active Glow

Duration: 55 mins

For a powerful skin recharge, this facial will bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance to the skin.

Exotic Moisture Dew

Duration: 55 mins

Treat your skin to a moisture boost facial. Skin is deeply cleansed and following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair

Duration: 55 mins

For perfect restoration of skin balance, this facial helps to heal and repair oily, problem and congested skin. Deeply cleansing to draw out skin impurities, this facial helps to reduce unwanted shine, refine the pores and treat skin breakouts.

Taster Facial

Duration: 25 mins

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





Body Treatments

Body Massage

Elemis Deep Tissue Muscle Massage

Duration: 55 mins

This deep rhythmic pressure massage gives the whole body a vigorous workout by focusing on relieving specific stress, easing aching muscles and reviving the senses.

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.

Elemis Deep Tissue Back Massage

Duration: 25 mins

This deep rhythmic pressure massage is a stress buster, relieving tension specifically targeting the back, shoulders and neck area where you need it most, using dynamic blends of essential oils to suit your individual needs.

Elemis Aroma Stone Therapy

Duration: 70 mins

Hot basalt stones melt away tension and therapeutic heat is slowly released deep into the muscles for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation, ending with a hot stone face and scalp massage.

Hot Stone Back Massage

Duration: 25 mins

Hot basalt stones and warmed oil is used to massage away the stress and tension from deep within the muscles.

Hot Stone Body Massage

Duration: 55 mins

Hot basalt stones and warmed oil is used to massage away the stress and tension from deep within the muscles helping to relax and rebalance the body and mind.

Head, Neck & Scalp Massage

Duration: 25 mins

Using a combination of therapeutic massage techniques to relieve stress and tension. A wonderful experience!

Elemis Body Therapy

Absolute Spa Ritual

Duration: 110 mins

From the soles of the feet to the crown of the head this is the ultimate skin-body therapy. Choose one of the 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 bliss and relaxation with dramatic results.

Elemis Musclease Aroma Spa Ocean Wrap

Duration: 75 mins

A powerful seaweed wrap that detoxifies the body. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp massage. A warming blend of essential oils help ease all aches and pains.

Ceremony of the Sun

Total Glow Self Tanning Treatment

Duration: 50 mins

Light body brushing and full body exfoliation prepares the skin for its transformation to a natural honey golden glow. The Elemis Total Glow Self Tanning Treatment mimics the skin's natural colour and gives the skin a warm radiant glow within 2-3 hours. *Recommended: One treatment for a natural golden glow. Subsequent applications will result in a deeper tan.*

Elemis Face and Body Sensation

Duration: 55 mins

The ultimate all-over body experience, a sensational massage combined with a prescribed anti-ageing facial. Choose from the Re-Energiser (ice cool thermal muscle massage) or Tranquillity Massage (combines warm oils and hot stones to induce a deep level of relaxation), adapted by your therapist to target specific problem areas, whilst alleviating stress and easing aching muscles.

Elemis Exotic Therapy

Exotic Lime & Ginger Salt Glow

Duration: 30 mins

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

Exotic Coconut Rub & Milk Ritual Wrap

Duration: 45 mins

A ceremony of pure sensuality to tantalise and delight the senses. This opulent exotic therapy is excellent for skin smoothing and softening. Warmed milk bath is drizzled over the body before being cocooned in a comforting foil wrap whilst having a pressure point facial massage and a de-stress scalp massage.

Exotic Frangipani Body Nourish Wrap

Duration: 45 mins

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi oil which is warmed and poured all over the body. Whilst in a nourishing foil wrap you will receive a pressure point facial massage and de-stress scalp massage. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Elemis Hands & Feet Therapy

Pro-Collagen Hand & Nail Treatment

Duration: 25 mins

Pampering for your hands and nails to restore beauty and suppleness. Cuticles and nails are nourished with warmed aromatherapy oils, the Elemis Skin Nourishing Milk Bath combined with the Pro-Collagen Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful hands.

Sole Delight Foot Treatment

Duration: 25 mins

A sensory experience for your feet. Warmed aroma-therapeutic oils nourish and condition your feet, nails and Cuticle. Warmed Skin Nourishing Milk Bath and Exotic Frangipani Monoi Moisture Melt lavish a rich healing action on tired feet.

Elemis Detox Therapy

Body Sculpting Cellulite and Colon Therapy

Duration: 50 mins

Redefine and smooth your silhouette with the clinically proven Elemis Body Sculpting System. 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 applied and combined with specialist massage techniques to cleanse the body's systems at the deepest levels, 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.

Cellutox Aroma Spa Ocean Wrap

Duration: 75 mins

A powerful seaweed wrap that detoxifies and deep cleanses the body inside and out. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp massage. This wrap is excellent at improving the appearance of cellulite and reducing fluid retention.

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

Duration: 25 mins, 55 mins, 6 x 55 mins

A jet of fine crystals are vacuumed across the skin removing the dead and damaged skin cells. Your therapist will advise you on the treatment suitable for your skin, leaving you with a blemish free, soft, smoother, younger and brighter complexion. A single treatment will freshen the epidermis and a course of 4 to 5 sessions can dramatically diminish skin concerns such as fine lines and wrinkles, dull, congested, blemished skins, stretch marks, active acne and acne scarring, scar revision, hyper-pigmentation and sun damaged skin. The benefits are endless!

Recommended: A single session will freshen the surface of your skin and a course of 5 to 6 sessions is recommended.





Men's Treatments

Elemis Facials

Skin IQ Facial

Duration: 70 mins

The ultimate overhaul for male skin, this anti-ageing treatment helps to calm irritation and minimises the signs of ageing. Protecting against the harsh, ageing effects of shaving and environmental damage, moisture levels are proven to increase by up to 38% and elasticity by 28% after just 1 hour.

Urban Cleanse Facial

Duration: 70 mins

This super-grooming deeply cleansing facial works over time to eliminate blocked pores, neutralise impurities and rapidly accelerate skin repair. Fast acting ingredients reduce sensitivity and provide long-lasting defence against daily pollutants, leaving the skin visibly clear and squeaky-clean.

Grooming

Men's Manicure

Duration: 25 mins

Men's Pedicure

Duration: 40 mins

Body Treatments

Elemis Total Time Out

Duration: 110 mins

The ultimate skin and body therapy for men. Select either the Anti-Ageing Elemis Skin IQ or the Urban Cleanse Facial combined with the dynamic Elemis Deep Tissue Muscle Massage.

Elemis Deep Tissue Muscle Massage

Duration: 55 mins

This deep rhythmic pressure massage gives the whole body a vigorous workout by focusing on relieving specific stress, easing aching muscles and reviving the senses.

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.

Elemis Deep Tissue Back Massage

Duration: 25 mins

This deep rhythmic pressure massage is a stress buster, relieving tension specifically targeting the back, shoulders and neck area where you need it most, using dynamic blends of essential oils to suit your individual needs.

Elemis Aroma Stone Therapy

Duration: 70 mins

Warm basalt stones melt away tension and therapeutic heat is slowly released deep into the muscles for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation, ending with a hot stone face and scalp massage.

Elemis Musclese Aroma Spa Ocean Wrap

Duration: 75 mins

A powerful seaweed wrap for complete muscle relaxation. Drift away whilst in a comforting foil wrap, you will receive a pressure point facial massage and de-stress scalp massage, a warming blend of essential oils help ease muscular spasm and fatigue.

Hot Stone Back Massage

Duration: 25 mins

Hot basalt stones and warmed oil is used to massage away the stress and tension from deep within the muscles.

Full Day Spa Rituals

All packages include full use of the Hydrotherapy Suite, locker, luxury robe, slippers, towels, complimentary refreshments and a light lunch. (Please note there is an additional charge for using the Rasul and Flotation Tank).

Detox Day

Treatment Time: 130 mins

To achieve total body detoxification, this experience begins with time in the Hydrotherapy Suite where your body starts to detox. This is followed by a Elemis Cellutox Aroma Spa Ocean Wrap which detoxifies the body from the inside out. After a light lunch continue with a Elemis Deep Tissue Muscle Massage to leave your body re-energised and re-awakened.

Beauty Retreat Day

Treatment Time: 165 mins

Start your journey off relaxing in our Hydrotherapy Suite, this is followed by a Hot Stone Back Massage, where warmed basalt stones help to melt away tension. Continue your day with a Elemis Visible Brilliance Facial, which will re-awaken your skin and leave you looking radiant. After a light lunch, enjoy a Lavish Foot Spa – the perfect end to a perfect day!

Holistic Retreat Day

Treatment Time: 135 mins

To obtain total harmony and balance, the Holistic Retreat is the perfect way to relax. Your day will begin in the Hydrotherapy Suite followed by a Hot Stone Body Massage, where warmed basalt stones help to melt away tension, and luxuriously warmed oils are massaged deeply into the body for maximum relaxation. Enjoy a light lunch followed by a Elemis Skin Specific Facial ending your day with a Elemis Sole Delight foot treatment. You will be left floating into the evening!

Half Day Spa Rituals

All packages include full use of the Hydrotherapy Suite, locker, luxury robe, slippers, towels and complimentary refreshments. (Please note there is an additional charge for using the Rasul and Flotation Tank – with the exception of the Friends Special Time Package and the Bridal Time Package).

The Escape

Treatment Time: 80 mins

Relax with a Elemis Deep Tissue Muscle Massage, followed by a Elemis Taster Facial which will leave you feeling completely revitalised.

The Gentle Retreat

Treatment Time: 85 mins

The ultimate in restoring mind, body and spirit with an Elemis Exotic Lime and Ginger Salt Glow, followed by a Elemis Skin Specific Facial.

Friends Special Time

Treatment Time: 110 mins

Catch up with special friends at the Ciúin Spa and Wellness Centre to relax and unwind while being pampered from top to toe. This is the perfect way of spending quality time with friends, while relaxing and recharging.

Begin the day relaxing in the Hydrotherapy Suite, followed by a spell in the Rasul Chamber where you apply a selection of muds to your body. While the muds dry sit back and catch up. This is followed with a Elemis Deep Tissue Back Massage, Elemis Taster Facial and finish your special time with a shape and paint (hands or toes).

Bridal Time

Treatment Time: 125 mins

Begin the day relaxing in the Hydrotherapy Suite, followed by a spell in the Rasul Chamber where you apply a selection of muds to your body. While the muds dry sit back and catch up. This is followed by an Elemis Skin Specific Facial, Elemis Pro-Collagen Hand & Nail Treatment and finish your special time with a light lunch and a small gift to take home.



Rituals





MARC JACOBS
ESSENCE



Mums-to-be

We know what a special time this is for you and your baby so we have put together spa treatments for you to enjoy. You can be confident that the treatments you have will put you and your baby's needs first, ensuring total well-being, relaxation and harmony to both mother and baby.

All of the treatments listed can be enjoyed in the second and third trimester and are designed to care for you and your baby's needs during your pregnancy. The treatments recommended for pregnancy will also apply to if you are currently breast feeding your baby.

Elemis Body Treatments

Elemis Nurturing Back Massage for Mum-to-be

Duration: 25 mins

This unique back massage has been specially designed to relieve tension in the back during pregnancy, a must for any mother-to-be.

Elemis Nurturing Full Body Massage for Mum-to-be

Duration: 75 mins

This inspiring massage connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on a beanbag ensures the ultimate safety, comfort and relaxation for both mother and baby. This unique massage helps to relieve tension in the back and alleviate swelling in the hands and feet, a must for any mother-to-be. *Recommended: One treatment every week in the second and third trimester.*

Exotic Frangipani Body Nourish Wrap

Duration: 45 mins

This treatment can be experienced in the second trimester only, due to comfort reasons in the third trimester.

Sole Delight Foot Treatment

Duration: 25 mins

Pro-Collagen Hand & Nail Treatment

Duration: 25 mins

Elemis Advanced Anti-Ageing Facials

Tri-Enzyme Resurfacing Facial

Duration: 55 mins

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

Visible Brilliance Facial

Duration: 70 mins

Pro-Collagen Quartz Lift Facial

Duration: 70 mins

Elemis Skin Solution Facials

Oxygen Skin Calm Facial

Duration: 70 mins

S.O.S Purifying Facial

Duration: 70 mins

Little Extras

We also offer a range of finishing touches including manicures, pedicures, tinting, brow shaping, make-up and waxing.

Elemis Skin Specific Facials

Fruit Active Glow

Duration: 55 mins

Exotic Moisture Dew

Duration: 55 mins

Herbal Lavender Repair

Duration: 55 mins

Taster Facial

Duration: 25 mins

These treatments are recommended during pregnancy, however if you are unsure whether your pregnancy would allow for these treatments please check with your own GP prior to making a booking. Please be advised that during pregnancy we do not allow the use of the Hydrotherapy Suite.

Please refer to the face and body pages for complete descriptions.

Hands & Feet



Hand Therapy

OPI Manicure

Duration: 40 mins

Using OPI luxurious products to exfoliate, revitalise, renew and protect the hands and nails.

Ciúin Dream Manicure

Duration: 55 mins

Turn back time with this luxurious manicure using OPI Avoplex anti-ageing products to exfoliate, rejuvenate and feed the hands and nails. The hands are placed in warm mitts to give the hands a deep moisturising treatment, leaving you with softer, smoother, younger looking hands.

OPI Axxium Soak-Off Gel Nails

Your nails only better, with the new Axxium soak-off gel nails by OPI, these gels are virtually weightless and the finish lasts for up to 3 weeks. Smooth, flawless results with a high shine, perfect for busy professional women, special occasions, extended vacations - any occasion that demands long-lasting colour.

Shape & Paint

Duration: 15 mins

Nail Gems

Available

Foot Therapy

OPI Pedicure

Duration: 55 mins

Using OPI luxurious products to exfoliate, revitalise, renew and protect the feet and nails.

Lavish Foot Spa

Duration: 70 mins

This is a luxurious foot treatment beginning with an OPI pedicure, then a soothing foot mask and warm booties are placed on the feet to help soothe and nourish the skin. This is followed by a foot and lower leg massage, which will leave your feet refreshed and floating on cloud nine.

OPI Axxium Soak-Off Gel Nails

Your nails only better, perfect for special occasions, vacations also excellent for broken nails on feet to protect nails as they grow out.

Shape & Paint

Duration: 15 mins

Nail Gems

Available

Finishing Touches

Make-Up

Cleanse and make-up application

Duration: 40 mins

Available during the day or by evening

Cleanse and make-up trail

Duration: 55 mins

Make-up trial including application on the day

Eye Treatment

Eyelash Tint

Tinting defines even the fairest of eyelashes and the effects can last for up to four weeks. Ideal for holidays, swimming or those who have problems wearing mascara. A patch test is required 24-hours prior to your first treatment at Ciúin Spa & Wellness Centre.

Eyebrow Tint

Tinting defines even the fairest eyebrows and the effects can last for up to four weeks. Ideal for holidays, swimming or just to define your eye area. A patch test is required 24-hours prior to your first treatment at Ciúin Spa & Wellness Centre.

Eyebrow Shape

Helps to tidy the eyebrows and lift the eye area.

Eyelash, Eyebrow Tint and Shape

All of the above eye treatments as a package.

Waxing

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

Full Leg & Bikini

Full Leg

Half Leg

3/4 Leg

Underarm

Bikini Line

Eyebrow

Lip

Lip & Chin

Tanning Treatments

Fake Bake

Organic spray on tan that gives a sun-kissed glow. There is a half body and a full body treatment available. For best results avoid applying any moisturiser and deodorant on the day prior to application. Also remove make-up if you require your face to be included. It is advisable to have a full body exfoliation prior to this treatment to achieve a smooth even tan.

Elemis Devils Mint Full Body Exfoliation

An optional treatment before your Fake Bake is to get an all over exfoliation to ensure an even and long lasting tan. This treatment is in conjunction with the above tanning treatment only.



Guide

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.

Reservations & Directions



Reservations

Ciúin Spa & Wellness Centre

Slieve Russell Hotel Golf & Country Club
Ballyconnell, Co. Cavan, Ireland

Tel: +353 (0) 49 952 6444

Fax: +353 (0) 49 952 6046

Directions

From Dublin

Follow the N3 through Navan, towards Cavan. At the roundabout just outside Cavan town, take the N3 to Enniskillen and at the roundabout after Belturbet take the left (N87) for Ballyconnell town. The Slieve Russell Hotel is situated approximately 5 miles from Belturbet on the left hand side (before you reach the town of Ballyconnell).

From Belfast

Follow the M1, leading to the A4, through Fivemiletown, Maguiresbridge, Lisnaskea, Derrylin and Ballyconnell. In Ballyconnell, take the road to your left at the end of the main street (signposted for Cavan). The Slieve Russell Hotel is situated 1 mile past Ballyconnell on the right hand side.

From Galway

Take the N6 to Athlone, turn left onto N55 – take N55 through Ballymahon, Edgeworthstown, Granard to Cavan. At the roundabout at Cavan town, take the N3 to Enniskillen and at the roundabout after Belturbet take the left (N87) for Ballyconnell town. The Slieve Russell Hotel is situated approximately 5 miles from Belturbet on the left hand side (before you reach the town of Ballyconnell).

Ciúin Spa & Wellness Centre
Slieve Russell Hotel Golf & Country Club
Ballyconnell, Co. Cavan, Ireland

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