



CIÚIN
spa & wellness centre

WELCOME

The Ciúin Spa is the perfect place to relax, unwind and leave all your stresses behind. Our team of highly qualified therapists provide transformative treatments personalised to you. We use only the finest products

The ultimate pampering journey to soothe your soul and recharge your body and mind



SKINthings

Premium range of skincare products harnessing the power of nature, exceptional results driven skincare of absolute purity. Suitable for all skin types even the most sensitive skin

Elemis

Transformative treatments are personalised to respond to the ever-evolving rhythm of your life and ever-changing nature of your skin

Made For Life Organics

Create artisan luxury organic skincare alongside beautifully curated spa rituals that will calm, soothe and uplift you with their beautiful scents

Mii Brows

Bespoke treatments tailored to you

OPI

Developed with renowned dermatologists OPI is the ultimate range for your hands and feet

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THE SKIN REFINER FACIAL

The award winning non-invasive Skin Refiner Nano helps stimulate collagen for the best anti-ageing effect, leaving skin visibly smoother, firmer and glowing with hydration

The Skin Refiner Nano delivers hyaluronic acid combined with powerful active ingredients into the skin by using different sized hyaluronic acid molecules to hydrate your skin at different depths. The smaller ones go deeper into your skin while the larger ones work nearer the surface for beautifully plumper, radiant skin

- No Downtime
- For EVERY Skin Type
- Radiant/Plumper Skin
- Gentle, Safe and Hygienic With Disposable Silicone Nano Tip
- Pleasant and Painless
- Increases the absorption of products into your skin from approximately 30% up to 70%

The powerful active ingredients help to visibly reduce lines and wrinkles, redness and pigmentation, balancing the skin, refining pores and stimulating natural collagen production

Silicone Nano Tips

In comparison to classic micro needling, tiny silicone Nano tips, each one a third the size of a strand of hair, form invisible Nano channels to allow the powerful active ingredients to pass into the skin, resulting in a wonderful glowing complexion without any downtime



The Skin Refiner Facial uses the SKINthings premium range of skincare products harnessing the power of nature. Developed in Germany by specialists with over 30 years' experience in making exceptional results driven skincare

All products are vegan, gluten free, not tested on animals, free of mineral oils, chemical fragrances, microplastics, harmful emulsifiers, dyes and artificial preservatives

Skin Refiner Express

30mins | €55.00

Skin Refiner Facial

55mins | €85.00

GET UNDER YOUR SKIN

Experience the fantastic Elemis Skin Reveal Analysis

Your lifestyle shapes and moulds your skin daily and lifestyle is ever changing just like your skin

Let our skin experts at the Ciuin Spa help you understand what's really happening with your skin on the surface and beneath with a 3D picture of your skin to look at anti-ageing, pigmentation, texture, moisture, sensitivity and more

It includes a colour printout of your skin to take home along with expert advice from our skin specialists on the best ways you can achieve your skins goals and maintain them through a personalised skincare routine and professional treatments

€15 pp (Redeemable on Elemis products)

**Complimentary with all Elemis Facials (Excluding booster facials)*



ELEMIS FACIALS

Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing facials for instant results

ANTI-AGEING

Pro-Collagen Age Defy

55mins | €86.00

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin

Pro-Collagen Definition Lift And Contour

55mins | €86.00

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect

Dynamic Resurfacing Precision Peel

55mins | €86.00

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin. *(Treatment requires a 24-hour patch test prior to first treatment)*

SKIN SOLUTIONS

Peptide 24/7 Skin Sync

55mins | €86.00

Target tired skin with this radiance-restoring Peptide 24/7 Facial. Powerful botanical formulations, exclusive to Elemis, are combined with specialist massage techniques to replenish skin with a well-rested glow

Superfood Pro-Radiance

55mins | €86.00

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health

**Independent Clinical Trials*

BIOTEC FACIALS

Your skin is as unique as you are, which is why the new
ELEMIS SKIN EXCHANGE
allows you to create your own personalised facial

In three simple steps; the ELE-essential, ELE-vators and SUPERCHARGERS require just **15 minutes** each, using scientifically proven skin solutions specifically tailored to your individual needs. Instant, visible maximum results in minimum time

STEP 1: The ELE-ssential

€20.00

The complete ELEMIS facial base; cleanse, exfoliate, treat and hydrate for flawless skin in a flash

Your treatment will begin by cleansing the skin of all impurities, before buffing away dead skin cells with exfoliator. Skin is then activated with serums and masks, and finally hydrated with moisturiser, leaving skin fully prepared for ELE-vators

- Cleanse - Prep the Skin
- Polish - Refine with Exfoliation
- Charge - Activate with Serums and Masks
- Hydrate - Moisturise to Plump

STEP 2: The ELE-vators

€20.00 (PER ELE-vator you choose)

Personalise your facial with a selection of BIOTEC bespoke skin solutions tailored to your skin concerns

Using scientifically proven BIOTEC advanced technology, choose from a menu of bespoke skin facial solutions for instant, visible results. Each ELE-vator can be used alone or combined together to target individual skin concerns

SMOOTH THE LINES A powerfully rejuvenating clinically-proven anti-ageing treatment using microcurrent pulses and red light therapy combined with award-winning heroes from our Pro-Collagen range to effectively iron out wrinkles and fill in lines

ALL THE GREENS Combining galvanic currents to decongest, light therapy to balance and re-energise, and Super Food Oil to restore moisture and vitality, this facial treatment leaves skin visibly clearer, brighter and more radiant

RESURFACE. RENEW. REVEAL This antidote for dull and tired skin harnesses the power of ultrasonic peeling to gently exfoliate surface impurities and pigmentation. Paired with a trio of purifying enzymes and skin-calming light therapy, it will reveal smoother, revitalised skin

CHIN UP Rediscover the architecture of your face with this ground-breaking blend of microcurrent sculpting technology and jowl massage, restoring skin elasticity and muscle memory for a contoured complexion that is remarkably lifted and tightened

ENERG'EYES Wake up tired eyes with this treatment that harnesses microcurrent technology, oxygen infusion therapy and rehydrating eye masks to gently stimulate, replenish and tighten delicate skin around the eyes, reducing the appearance of fine lines

STEP 3: SUPERCHARGERS €20.00 *(PER SUPERCHARGER you choose)*

For best results, finish your facial with a BIOTEC advanced technology boost of oxygen infusion, ultrasonic peel or LED light therapy to switch on and turbo-charge skin

OXYGEN INFUSION Reveal radiant skin with an infusion of pure oxygen and active skincare ingredients that visibly plump and smooth skin, improving firmness and rapidly restoring hydration

LED LIGHT THERAPY A powerful combination of red and blue light therapy helps to stimulate skin renewal and smoothness and treat blemishes with its anti-bacterial and skin-calming benefits

ULTRA PEEL Highly effective vibrational energy exfoliates and stimulate the removal of impurities and dead skin cells, revealing purified, remarkably smooth skin

FACE AND BODY COMBINATIONS

Perfect spa-therapy treatments for face and body, tailored to your needs

Couture Deluxe

1hr 50mins | €149.00

Time to switch your skin back on. Combine any 1 hour Elemis Technology BIOTEC Facial with 50-minute personalised Elemis Hands on Body Massage

Couture Touch

1hr 50mins | €145.00

Combine a 55-minute Elemis Facial with 55-minute personalised Elemis Hands on Body Massage

Couture Express

55mins | €99.00

Combine a 30-minute Elemis Facial with 25-minute personalised Elemis Hands on Back Massage



BODY | WRAPS AND SCRUBS

Cleansing mineral salts, oil blends rich in actives and transportative aromatics for healthy, revitalised skin

Body Nectar Nourishing Wrap - Frangipani

1hr | €76.00

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work

Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani

30mins | €56.00

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil

BODY | DETOX

Cleansing blends rich in actives and transportative aromatics are combined for an unparalleled level of detox

Thousand Flower Detox Wrap

1hr | €86.00

This nutrient-rich detox wrap uses the deeply nourishing Amber Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated

BACK TREATMENT

Back Treatment

40mins | €65.00

A wonderful back treatment to deep cleanse and rejuvenate your back. This facial for your back includes, cleanse, exfoliation and mask along with a relaxing scalp and back massage

TIME FOR MEN

Men's skin behaves differently to women's. Shaving, fatigue, sport and screen time all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin

FACE | TOUCH

High Performance Skin Energiser

55mins | €86.00

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax

FACE | TECHNOLOGY

Biotec Super-Charger for Men

1hr | €90.00

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution

BODY

Hot Mineral Body Boost

55mins | €89.00

An exceptional conditioning and re-invigorating body treatment helping alleviate muscular aches

Poultice Powered Muscle Release

1hr | €90.00

The unique Amber poultice dissolves tensions and elasticises the skin

Back Treatment

40mins | €65.00

A wonderful back treatment to deep cleanse and rejuvenate your back. This facial for your back includes, cleanse, exfoliation and mask along with a relaxing scalp and back massage



BODY MASSAGE

High performance therapies to relax

Life Elixir Mindful Massage

Deluxe Body, Face and Scalp

1hr 20mins | €110

Body

55mins | €89.00

Tune in to you with this massage tailored entirely to your needs. Whether you seek to feel soothed, focused, grounded, uplifted or relaxed, there's a LIFE ELIXIRS blend for you.

Leaves the body and mind feeling fully rejuvenated

Hot Mineral Body Boost

Deluxe Body, Face and Scalp

1hr 20mins | €110.00

Body

55mins | €89.00

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness

Poultice-Powered Muscle Release

Deluxe Body, Face and Scalp

1hr 20mins | €110.00

Body

1hr | €90.00

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions

Rose Restore Massage

Deluxe Body, Face and Scalp

1hr 20mins | €110.00

Body

55mins | €89.00

Take a walk in a rose garden with this lavishly hydrating body massage. The unique blend of oils leave skin exquisitely moisturised, intensely supple and delicately scented



Hot Stone Massage

Deluxe Body, Face and Scalp

1hr 20mins | €110.00

Body

55mins | €89.00

Back

25mins | €52.00

Balinese stones bathed in the Frangipani Monoi Body Oil are massaged over the body to soothe and relax. The result is sparkling vitality with the added bonus of intensely hydrated skin

Freestyle Massage

Deluxe Body, Face and Scalp

1hr 20mins | €110.00

Body

55mins | €89.00

Back

25mins | €52.00

Your therapist will select aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage encourages optimum circulation and relaxation

Lava Shell Relax

Body Massage

55mins | €89.00

Back

25mins | €52.00

This indulgent massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind

PREGNANCY

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich tapestry of pregnancy

Peaceful Pregnancy Face and Body Experience

1hr 50mins | €149.00

A relaxing treatment combination gently addresses any visible effects of hormonal changes on your skin and supports it as it accommodates your baby

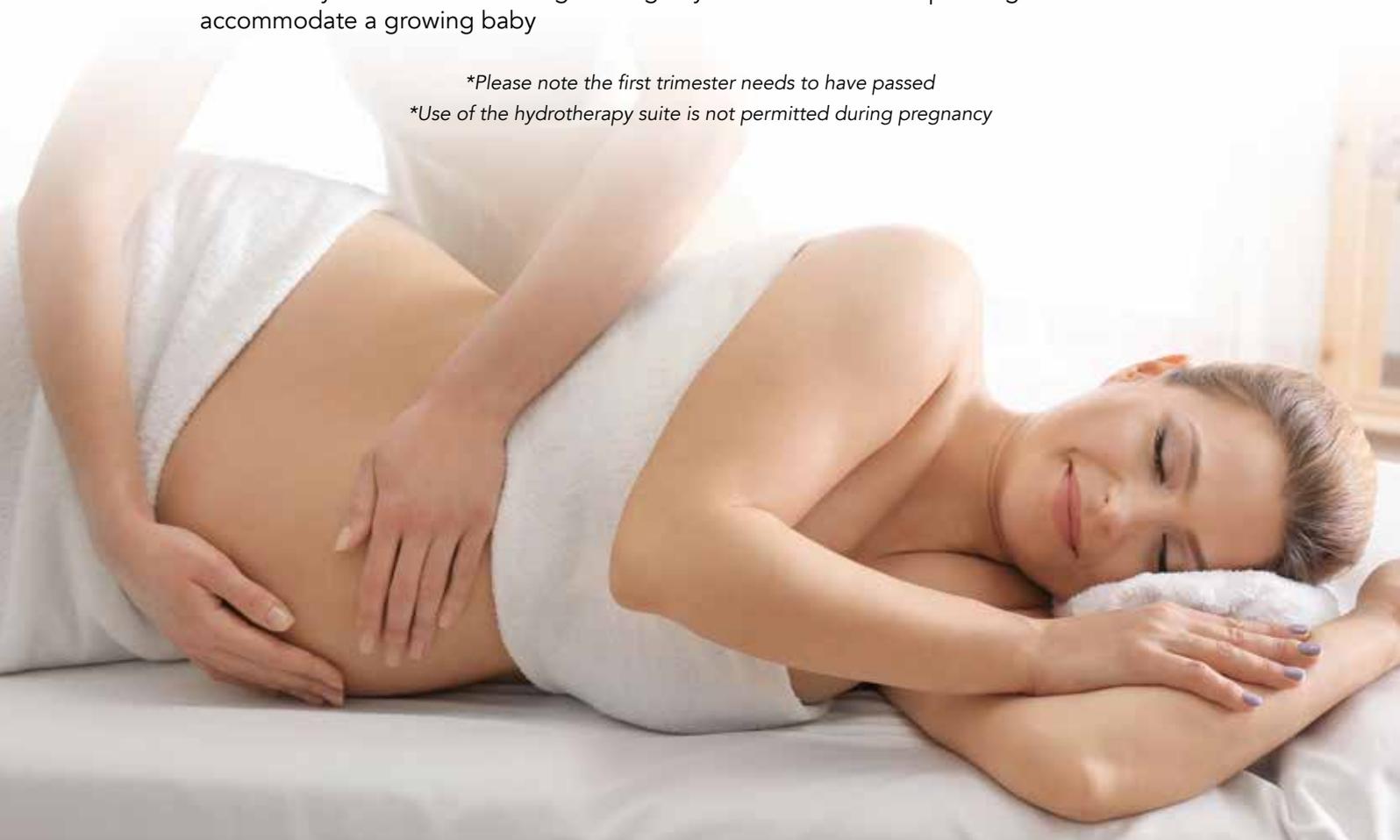
Peaceful Pregnancy Massage

1hr 15mins | €97.00

Wonderfully intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby

**Please note the first trimester needs to have passed*

**Use of the hydrotherapy suite is not permitted during pregnancy*



MADE FOR LIFE ORGANICS

100% Organic

MADE FOR FACE

Radiance Facial

55mins | €86.00

A facial treatment designed to eliminate congestion, returning normal moisture to the skin. This treatment restores natural luminosity to the skin, leaving you looking and feeling radiant

MADE FOR WELLBEING

Mindful Moments

1hr | €89.00

A beautiful nurturing meditation experience with a calming foot ritual, head, neck, shoulder and back massage. Clear your mind and soothe your soul

Relax Into Radiance

1hr 30mins | €97.00

Feel completely invigorated yet relaxed, with this all-encompassing treatment. Smooth and soothing strokes are carried out to detox and prepare the body for an enlivening head to toe exfoliation. Tensions melt away from over-worked muscles and joints, leaving the body feeling relaxed, skin pristine and polished. The treatment concludes with a mini facial to cleanse and hydrate, while a head massage clears and calms the mind



CANCER CARE TOUCH

Especially for those living with and beyond cancer, safe in the hands of specialist therapists tailoring your treatment to your own personal health needs

Hand on Heart, Back, Face & Scalp Treatment

55mins | €85.00

Hand on Heart is a holistic treatment focusing on the upper back, head and face using a slow and gentle touch. The nurturing movements and slow rhythmic touch quieten the body and mind

Soothe & Nurture Organic Facial

25mins | €52.00

100% organic Spiezia balms and oils nourish, cleanse and return natural balance to the skin. A deeply relaxing face and scalp massage calms the mind and soothes the soul

Catch the Breath, Back & Head Treatment

25mins | €52.00

Slow, rhythmic massage on the upper back, shoulders, neck and head using 100% certified organic Spiezia products for complete tranquility and relaxation



OPI FINGERS AND TOES

OPI Signature Manicure or Pedicure 55mins | €45.00

Known as the 'can't live without' OPI nail treatment. You will experience the quintessential OPI Pro Spa products combined with a relaxing massage and finished with OPI Infinite Shine Polish. This signature experience will put the 'Ahhh' back in Spa

Upgrade to include OPI Gel Colour €12.00

OPI Pamper Manicure or Pedicure 70mins | €52.00

Soothe, relax and pamper with the ultimate OPI experience. The crème de la crème you will benefit from unparalleled exfoliation, moisture and protection, while revelling in a combination of massage techniques designed to reduce stress and relieve tension. The treatment is finished with OPI Infinite Shine Polish. *(Includes: intensely hydrating mask and heated mitts/booties)*

Upgrade to include OPI Gel Colour €12.00



GELCOLOUR

OPI GelColor Hands/Feet	40mins €28.00 (French €30.00)
OPI GelColor Hands/Feet <i>(Including soak off)</i>	55mins €40.00 (French €42.00)
OPI Gel Removal Hands/Feet	25mins €20.00

OPI GelBreak 25mins | €15.00

Do your nails need a GelBreak? OPI's 3 step restorative system enriched with vitamins and bamboo extract is specially designed to beautifully restore and rejuvenate your nails

**If you currently have gel polish, additional time will be required to be booked to remove this before your treatment can begin (please inform us of this when making your booking)*



Mii BROWS

Whether you require a quick tidy or total transformation, Brow by Mii offers a bespoke treatment tailored to you

Mii Shape*

10mins | €15.00

Our expert therapist will define and shape your brows using Mii's professional sculpting wax

Mii Tidy and Tint*

25mins | €29.00

Enhance your eyebrow with a semi-permanent tint. Your therapist will expertly blend shades to achieve the perfect colour and tweeze any unwanted stray hairs

Mii Express*

25mins | €29.00

This service includes specialist tint, wax and shape for an express brow transformation

Mii Design*

40mins | €39.00

This bespoke eyebrow treatment begins with an in-depth consultation, followed by tinting, waxing, shaping and finishing. Whether your eyebrows are in need of nurturing, refining or just a little TLC, Brow by Mii is the perfect treatment to achieve the look you desire

Mii Maintain*

25mins | €29.00

The ideal treatment to maintain perfect brows following a Design Mii treatment includes consultation, tinting, waxing, shaping and finishing

WAXING (FACE)

Lip*

10mins | €11.00

Chin*

10mins | €11.00

Lip and Chin*

15mins | €14.00

EYELASH TINTING

Eyelash Tinting*

10mins | €14.00

**It is extremely important that you have had a tint patch test 24 hours before your treatment*

HYDROTHERAPY SUITE

Hydrotherapy Suite

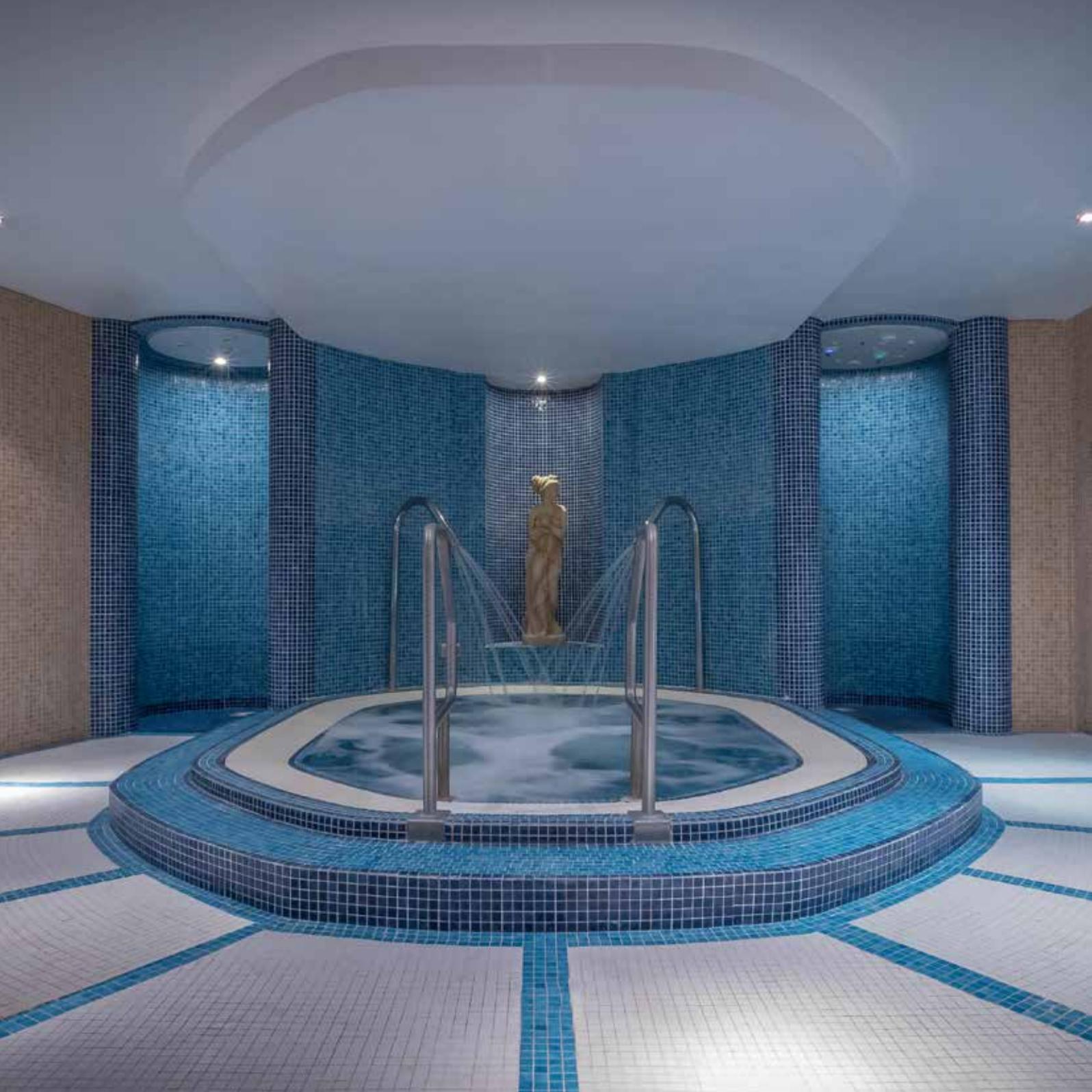
1 person | €20.00

Relax, unwind and indulge your senses in a variety of experiences in the Hydrotherapy Suite:

- Steam room
- Lifestyle showers
- Herb sauna
- Foot baths
- Jacuzzi
- Ice fountain
- Adventure showers
- Heated Loungers
- Salt grotto

**Guests who have booked treatments of 55 minutes or longer per person have complimentary use of the Hydrotherapy Suite during the day of their treatments*





PERSONALISED RASUL EXPERIENCE

Enjoy time together as a couple or with your friends,
in your own personal Rasul Suite

THE JOURNEY STARTS: Choose **YOUR** fragrance

1. **APHRODISIAC** - Decadent chocolate aroma to indulge and luxuriate
2. **PEACEKEEPER** - Soothing Lavender aroma to calm and relax body and mind
3. **MOOD BOOSTER** - Fresh, zingy aroma to invigorate and revive
4. **SPIRIT RAISER** - Uplifting fruity aroma to help boost
5. **KEEP IT CLEAN** - Clean floral aroma to restore and nourish

CLEANSE & EXFOLIATE - Using a Fig & Vanilla Salted Body Crush

RASUL - Apply your fragranced mud

SALT BLAST - Scrub with salt to buff away remaining mud

CLEANSE - Rinse away the mud

MOISTURISE - Using a hydrating body lotion

€50pp

(Minimum 2 people-Maximum 4 people / limited availability on weekends)



JUNIOR TREATMENTS

Professional Treatments for 13-16 year olds

Junior Facial

A personalised facial just for you

25mins | €40.00

OPI Junior Manicure

Nails are shaped, hands and cuticles conditioned and nails polished

25mins | €30.00

OPI Junior Pedicure

Nails are shaped, feet and cuticles conditioned and nails polished

25mins | €30.00

T&C's apply

Access to the spa changing areas, relaxation suites and hydrotherapy suite is restricted to over 16's

Guests between the ages of 16-18 must be accompanied by an adult at all times



SPA GUIDE

About your Visit

Schedule an Appointment

To schedule an appointment, please contact our spa reservations team via telephone +353 (0)49 9526444 or email spa.ciuin@slieverussell.ie
Advanced booking recommended

Arrival

Please arrive 30 minutes prior to your treatment to allow sufficient time to complete your medical questionnaire and prepare for your treatment. Late arrival may result in a reduction of treatment time; however the full treatment price will still apply

Treatment

Please note that the allocated treatment time includes time for consultation and aftercare advice

Treatment Courses

When booking a course of three treatments, you will receive a complimentary fourth

Spa Packages

Treatments that are part of a package cannot be exchanged or taken by another person/s. All treatments included in spa packages are subject to availability. Treatment timings may be subject to change without prior notice

Hydrotherapy Suite

Guests who have booked treatments of 55 minutes and over per person have complimentary use of the Hydrotherapy Suite during the day of their treatments (Swimwear is required for the Hydrotherapy Suite)

Hydrotherapy Suites last entry times: Monday-Saturday 5:30pm and Sunday 4:30pm (Hydrotherapy Suite facilities close 30mins prior to the spa closing time)

What to Wear

Luxurious towel and robe is provided for your spa day. Suitable foot wear is required

Junior Guests

The Ciuin Spa is delighted to offer our young guests a junior menu from 13-16 years old. Access to the spa changing areas, relaxation suites and hydrotherapy suite is restricted to over 16's. Guests between the ages of 16-18 must be accompanied by an adult at all times. We regrettably cannot accommodate babies or children in the treatment rooms, relaxation suites or waiting areas

Medical Questions

It is very important that you advise us when making your reservation if you are pregnant, breast feeding, and have any health conditions, allergies, injuries, skin complaints, or infections. All treatments/spa packages and use of the Hydrotherapy suite is subject to medical status. Some medical conditions may require a doctor's note. Upon arrival at the spa you are asked to complete a pre-treatment/spa facilities medical questionnaire to confirm suitability. If reservations are found to be unsuitable we will endeavour to offer alternatives, where possible

Prices/Gratuities

Please note all prices are quoted in Euros and subject to change at any time without prior notice. Gratuities are not included and are welcome at your discretion

Payment

Credit/debit card details will be required to secure all bookings. Specific package or treatment vouchers are non transferable to another package or treatment. No change will be given from gift vouchers. If you are paying by gift voucher please remember to bring it with

you on the day or an alternative method of payment will be required

Cancellation Policy

Please allow 24 hours' notice to change or cancel your appointment. A 100% charge will apply if you do not attend your booking. The charge will be applied to the card provided on booking or on to your hotel room bill should you be a resident guest. Deposits relating to full and part day spa packages are strictly non-refundable. They are transferable to another date provided at least 5 days' notice of the original date is given

Valuables

We recommend you do not bring valuables into the Ciúin Spa. The Slieve Russell Hotel/Ciúin Spa does not accept any responsibility for loss or damage of personal items

Spa Etiquette

The Ciúin Spa is designed to be a quiet, relaxing environment for all our guests. We ask that you talk quietly in all areas to respect other guests relaxation. Images/videoing is prohibited in all areas of the Ciuin Spa, NO electronic devices are permitted to be used in the Hydrotherapy Suite/changing areas. We also ask you to respect other spa guests privacy

Gift Vouchers

Ciúin vouchers are the perfect gift for someone special

**The management reserves the right to close any area of the Hydrotherapy Suite without prior notice for essential maintenance*

**The management reserves the right to alter or amend any aspect of the contents of the Ciuin web pages at any time without prior notice*



Slieve Russell Hotel

Golf & Country Club

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

Tel: +353 (0) 49 952 6444
Email: spa.ciuin@slieverussell.ie

Book online: www.slieverussell.ie

