



*At Lir Spa & Wellness Centre, we believe in using products of the highest standard giving the best possible results. Pevonia Botanica Spa care believes everyone deserves to look youthful and feel healthy, reflecting one's own alluring skin radiance. Offering a complete line of spa care products containing the finest natural marine and botanical ingredients to deliver outstanding results. Protecting and preserving the planet is a global responsibility. Pevonia's packaging is fully post-consumer recyclable and fully biodegradable. Pevonia maintains its solid stance against any form of animal testing. The comprehensive Pevonia brand includes an extensive line of spa face and body home care programmes and in-spa face and body treatments for all skin types.*

#### CONTRA-INDICATIONS

Please note that all treatments and packages are booked subject to medical status. There are specific contra-indications beside each treatment listed. It is imperative that you state any conditions from which you suffer, on your consultation form, which will be re-confirmed by your therapist before treatment commences. If the treatment you have chosen is unsuitable, your therapist will endeavour to offer an alternative. If you are unsure about any of the contra-indications, please consult your doctor.

[PG] Pregnancy  
[HT] Heart Problems  
[BP] High or Low Blood Pressure  
[EP] Epilepsy  
[DB] Diabetes  
[MB] Mobility Problems

[TR] Thyroid Problems (over or under active)  
[SD] Skin Diseases or Disorders  
[CN] Cancer  
[SR] Surgery in past 6 months  
[CL] Claustrophobia  
[EY] Eye or ear infections

[MP] Metal plates or pins  
[NW] Nut or wheat allergies  
[SS] Seafood or shellfish allergies  
[ID] Iodine Allergies  
[FI] Fungal Infection

# *luxurious thermal suite therapy*

Relaxation and vitality customs have been practiced throughout the world by every culture since the beginning of time. The Lir Spa experience has been inspired by these rituals and philosophies derived from the technique of heating and cooling the body combined with sophisticated water-based rituals to heal, relax and rejuvenate.

Relax and un-wind in Lir Spa's luxurious Thermal Suite. This two hour 'experience' includes the use of the following fabulous facilities: Herbal Sauna, Hydrotherapy Pool, Pedi-Spas, Ice Fountain, Monsoon Showers and Relaxation Room. Clients have use of the luxury Thermal Suite [excluding Rasul] when spending a minimum of €200 per person on treatments. Otherwise, there is a charge. You can upgrade your Lir Spa Experience to include the Rasul [please see price list]

[PG, HT, BP, EP, DB, CN, CL, MB]

## *heat experience*

### **RASUL**

The Rasul 'ritual' is an experience not to be missed and involves the combination of heat, steam, natural aromatherapy essences and mineral mud. The Mud is applied by you onto your skin and the room infused with steam and natural aromatherapy oils, as stars twinkle from the ceiling in the darkened chamber. Mineral mud is excellent for drawing out toxins and absorbing waste materials from the skin, whilst also exfoliating the skin to leave it silky smooth. Treatment concludes with a tropical rainfall cascading from the ceiling, cleansing the skin of mud residue. The Rasul can be used alone or with up to four people together – the choice is yours.

### **HERBAL SAUNA**

A heat treatment, using high temperatures and high levels of humidity to cleanse and revitalize the body. Liquid fragrances, fresh herbs and essences are added to water which is sprinkled over sauna stones, adding scent to the air and flushing out toxins through sweat from the pores. The herbal essences are inhaled through the lungs to rejuvenate the body from within, whilst the soft moist heat aids breathing.

## *hydro experience*

### **HYDROTHERAPY POOL**

This involves the use of heat and pressure exerted by the water to gently massage the whole body, relieving muscular tension and stress. This invigorates the circulation and encourages blood flow while the feeling of weightlessness relieves pressure on tired limbs.

### **PEDI SPAS**

Bubbling jets of water gently massage the feet relieving tired muscles. The cuticles are softened and soles smoothed making it easier to remove rough skin. Feet feel revived and refreshed - like waking on air!

## *cooling experience*

### **MONSOON SHOWERS**

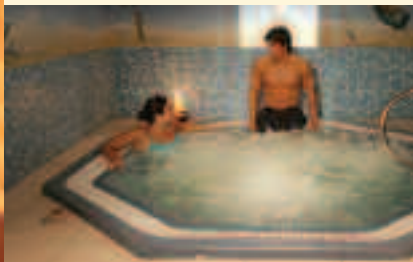
Combine hot and cold treatments with these unique shower experiences. Refreshing cold rain showers mixed with heat for stimulating and toning the body. The strong body jets are particularly stimulating and excellent for poor circulation. Feel the water all over your body as it drenches you in soothing tropical rain in huge droplets from the shower head, while essential oils are infused in the air. There are two 'experience showers' in Lir Spa, one being a unique 'whale-tail shower'.

### **ICE FOUNTAIN**

A decorative ice fountain that produces cold ice flakes. They are rubbed over the body which stimulates the circulation, the lymphatic and immune systems, and is a great stress-reliever. This treatment is best used after the warming effects of the heat experience.

### **RELAXATION ROOM**

Finish your experience by taking a relaxing breather and enjoy a cold drink in the tranquil surroundings of the relaxation room. This will help you to unwind further and you may even catch 40 winks!





## facials

### SKIN DIAGNOSIS & SKIN CARE LESSON

**Results - Knowledge** 25 minutes

Truly understand your skin and learn how best to treat it in order to achieve long-term visible results. This lesson includes a mini cleanse and a professional skin diagnosis using the Skin Scanner.

### PRESCRIPTIVE FACIAL [SD, NW]

**Personalised - Introduction** 55 minutes

A universal treatment for all skin types. This facial is personalised and tailored to accommodate the needs of your skin. Includes professional skin diagnosis, deep cleansing, ampoule, massage and mask.

### AROMATHERAPY FACIAL [PG, SD, SS]

**Relax - Unwind** 55 minutes

A relaxing facial that treats the skin with a holistic approach, via a deeply relaxing pressure point massage. An Anti-Stress treatment that aids fatigue.

### LYMPH AROMA FACIAL [PG, SD, CN, NW]

**De-Stress - Boost Circulation** 55 minutes

This facial is the ultimate answer in aiding stress. It combines a unique massage technique which encourages improved circulation to the head, neck and décolleté.

### REVIVER [PG, SD, CN]

**Revitalise - Oxygenate** 25 minutes

This facial offers a phenomenal visual result. Instantly hydrating, softening and brightening, leaving the skin looking fresh, clear and truly radiant. Ideal for all occasions where the skin needs an instant boost. Not suitable for Sensitive or Acne skin types.

### PLANTOMER MASK [TR, SD, SS, ID]

**Refreshing - Hydration** 55 minutes

Visibly enhance your skin's texture and maximise hydration. This refreshing, soft lift-off mask offers the hydrating benefits of Seaweed, the ocean's finest resource. It is soothing, nourishing and calming, and renders the skin undeniably radiant with highly visible results. Good for all skin types. Excellent for Sensitive, Eczema and Psoriasis prone skin types.

### Brightening - Renewal

55 minutes

This facial with Vitamin C, Seaweed and Squalane Oil is ideal for reducing fine lines, strengthening elasticity and providing relief for dull, sun-damaged skin. Recommended to delay the signs of ageing and to lighten and brighten a dull skin and give a luminous effect.

### ANTI FREE RADICALS MASK [PG, EP, SD, CL, CN]

**Renew - Radiance** 55 minutes

Repair your skin while deeply nourishing and replenishing the complexion. This effective clay thermal mask first warms, then cools to seal the rejuvenating benefits. Maximises your skin's protection against premature ageing. Your complexion feels velvety-smooth and deeply hydrated. Excellent for dry, dehydrated skins.

### RS2 CALMING MASK [PG, TR, EP, SD, NW, SS, ID]

**Soothe - Sensitivity** 55 minutes

This treatment is excellent for those suffering from severe sensitivity, broken capillaries, Rosacea and Acne Rosacea. This thermal clay mask provides soothing relief and visible results to dilated capillaries, blotchiness, and irritability. Includes comforting and healing ingredients such as: Rose, Green Tea, Chamomile and Liquorice.

### ELASTO-FIRM MASK [SD, CN]

**Strength - Elasticity** 55 minutes

A firming facial rich in Elastin, rebuilds the skins strength and ability to spring-back, leaving the surface intensely firmed and tightened offering a hydrated, radiant and youthful complexion. A perfect enhancement to an anti-ageing regime and the ultimate answer to supple skin.

### OXY-VITAL MASK [SD, CN]

**Anti-inflammatory - Calming** 55 minutes

Rich in Aloe Vera, this mask desensitises, hydrates and heals the skin. Good for sensitive and super-sensitive skin.

### SKINFIT FACIAL 'FOR HIM' [TR, SD, SS, ID]

**Youthful - Vitality** 55 minutes

This treatment introduces the latest proven-effective anti-ageing discovery specifically formulated for male skin. This unique tri-phase facial combines rejuvenating Caviar to replenish the skin while counteracting the signs of ageing, razor burn, folliculitis and sensitivity. Results are visible and will promote a healthy, youthful skin with a rejuvenated appearance.

# facial treatments

Pevonia De-Stress Eye Treatments for smoothing fine lines and alleviating puffiness and dark circles on the fragile eye zone.

You can also incorporate either De-stress Eye Treatment in to any Pevonia facial for an extra charge.

All Lir Spa products are available for purchase at reception. We also offer a complimentary skin scan and can recommend the best products for you.

## *eye treatments* [SD, EY, SS, NW]

### DE-STRESS EYE TREATMENT – WRINKLES

25 minutes

A Cryo-Collagen Treatment with 100% pure freeze-dried collagen to repair the delicate eye contour. Intensely hydrates and plumps the skin reducing the appearance of fine lines, wrinkles and crepiness.

### DE-STRESS EYE TREATMENT – PUFFINESS

25 minutes

This refreshing eye treatment utilises Ginkgo Biloba to drain excess fluid, thus reducing the appearance of puffiness. Vitamin C works in synergy as it lightens and brightens the eyes, alleviating dark circles.

## *eyes, lips, neck and bust treatments*

### YOUTHFUL LIP SMOOTHING TREATMENT [SD]

Define - Smooth - Plump

25 minutes

Incorporating Retinol using time-release technology, this treatment visibly smoothes expression lines and wrinkles around the mouth and lip contour; your lips are rendered smooth, plump and youthful.

### ESTHÉBUSTE TREATMENT [EP, SD, CL, NW, CN]

Age- Defy

55 minutes

This remarkable repair therapy restores neck and bust skin elasticity. As this thermal clay mask is removed, skin appears firmer and tighter thus enabling you to confidently reveal a youthful neck and décolleté.

### ANTI-AGEING TRIO – EYES/LIPS & DÉCOLLETÉ [EP, SD, CL, SS]

Firm - Contour

70 minutes

A triple treatment combining Eye, Lip and Bust Treatments. Reduces wrinkles and puffiness from the eyes; redefines the lip contour, smoothes wrinkles and increases plumpness. Also improves the bust contour, lift, tone and texture.

*dream, indulge  
and revive*





## body polishes, peels and scrubs

Keep your skin looking its absolute best and of peak radiance with a choice of Pevonia exfoliation treatments. By exfoliating the skin you will remove all dead skin cells and surface impurities resulting in a smooth, bright, radiant complexion. These wondrous body polishes are an ideal combination with manicures and pedicures, massages, wraps and beauty-enhancing facials. Also ideal as treatments on their own or in conjunction with any Pevonia body treatment or wrap.

### BODY POLISH

#### Smooth – Hydrate

25 minutes

A rich, creamy-textured skin refining body scrub to remove impurities and rough skin. Gentle and deep-cleansing, Pevonia's Body Polish leaves skin soft, silky and smooth.

### AROMA SALT GLOW [PG, NW]

#### Silky – Hydrate

25 minutes

A holistic approach to silky, smooth skin. Not only does this treatment offer the benefits of a deep cleansing and exfoliating body treatment, but the blend of aromatic salts and mineral salts are enriched with essential oils. As these delightful aromas entice the senses, the body is gently massaged removing impurities and dead skin cells whilst stimulating circulation, bringing skin back to superb radiance. This luxurious treatment leaves skin feeling and looking soft, smooth, silky and hydrated. Available in two blends; Contour and Anti-Stress.

### LITHO-CAL SEAWEED BODY PEEL [PG, TR, SS, ID]

#### Re-mineralise – Soften

25 minutes

The ultimate detoxifying, mineralising, exfoliating seaweed body treatment. This creamy body peel polishes with seaweed granules, which are gently massaged into the skin. Skin is then bathed in calcium, iron, zinc and magnesium leaving you feeling stimulated, energised and vibrant.

### BACK RITUAL

#### Deep Cleanse – Relax

55 minutes

A complete treatment to aid all back complaints. A facial for the back, shoulders and upper arms. Skin will be deep cleansed and polished smooth and tight muscles relaxed via a massage.

## wraps

Pevonia Botanica has created these magnificent therapies to renew the body and calm the mind. Created by drawing on health rituals from around the world these wondrous therapies incorporate the most exotic and revered ingredients available today.

### AROMATHERAPY COCOON [PG, HT, BP, EP, CN, CL, NW]

#### De-stress – Unwind

45 minutes

Breathe in tranquillity as your body relaxes and stress gently slips away. Natural essential oils soothe your senses as they are applied warm, to stimulate your body's ability to release stress. Your entire being is nestled in a delightful cocoon and transported to a state of divine relaxation. A sensory, aromatic wrap ideal for those needing to relax their mind, de-stress and restore peace and well being to the mind, body and soul.

### DESERT HEAT [PG, HT, BP, EP, CN, CL]

#### Energise – Rejuvenate

55 minutes

Experience this warm, soothing, bubbly wrap, formulated to overcome fatigue and stress. Delivering golden Arizona Desert Mud, enriched with Copper, Magnesium and Zinc to promote perfect health and mental balance, offering a profound sense of relaxation and well-being. As healing and nourishing minerals penetrate the skin, every inch is relieved and renewed resulting in a fatigue-free, mineralised body.

### AROMATIC MOOR MUD WRAP [PG, HT, BP, EP, CN, CL]

#### Renew – Fit For Life

55 minutes

This unique holistic, healing black magma dates back over 40,000 years. As warm Aromatic Moor Mud is generously applied to the entire body, sore muscles, aches and pains are alleviated. It is renowned for relieving pain from rheumatism and arthritis, helping to control cramps and boosts the body's immune system. This superb mud, offers a gentle thermal action which stimulates and invigorates the body bringing a state of deep relaxation and well being. Upgrade your massage treatment with this full body wrap.

### BACK WRAP WITH AROMATIC MOOR

[PG, HT, BP, EP, CN, CL]

#### Upgrade – Pre-Massage

40 minutes

A luxurious back treatment incorporating the wonderful, results-driven Aromatic Moor Mud. As this thermal mud aids muscular tension, aches and pains, escape into a state of deep relaxation as we perform the highly relaxing cocoon massage techniques. Upgrade your back, neck and shoulders massage, with this Moor Mud Back Wrap.

# body treatments

[PG, HT, BP, EP, CN, MB, CL] 25 minutes  
A deeply relaxing float on a warm water-filled bed, creating a feeling of weightlessness, inducing tranquillity and harmony in the mind and body. This heat treatment allows you to reap the benefits of floatation without getting wet. This treatment can be used on its own or in conjunction with another body treatment, choice as follows:

**Algae Purge**- a purifying algae body treatment to cleanse the body of dead skin cells and toxins

**Choco Body Choice** - a rejuvenating body treatment which effectively nourishes the skin

**Cleopatra Bath** - a moisture boosting treatment nourishing and mineralising upper layers of the skin

**Goat Butter Crème Bath**- a soothing and hydrating treatment leaving the skin feeling soft and moist

## wraps continued

### MOROCCAN COCOON WITH RASUL MUD [PG, HT, BP, EP, CN, CL]

#### Moroccan Magic-Healing

55 minutes

A Moroccan journey to ultimate beauty and wellness. This extraordinary mud comes from the warm fertile valleys of Morocco. Renowned for its ability to heal sensitivity, rasul smooth rough and scaly skin. The warm mud is generously applied to your entire body thus stimulating the release of impurities. Recommended for sensitive skins, dermatitis, eczema and psoriasis.

### WATER LILY AFTER-SUN SOOTHING WRAP [HT, BP, CL]

#### Alleviate – Ease

40 minutes

Immediately relieve sun damaged skin with this soothing wrap. Cooling and desensitising Water Lily, Green Tea, and Chamomile, relieve the discomfort of over exposed skin and alleviate skin's burning and stinging sensation. Combine with an Oxy-Vital Mask for the face to repair and strengthen.

## pevonia slimming programmes

*Pevonia Botanica has developed a remarkable series of treatments that are scientifically formulated to decrease cellulite.*

### DETOX AROMATIC SEAWEED WRAP [PG, HT, BP, TR, CN, CL, NW, SS, ID]

#### Mini – Detox

40 minutes

A detoxifying and diuretic full body wrap that blends seaweed with aromatherapy essential oils to offer a mini-detox treatment. Incorporating Exfoliation, this is also an ideal maintenance treatment when part of a weight loss programme. Recommended in a course of treatments set out by your Pevonia Skincare Specialist.

### DETOX THALASSO WRAP [PG, HT, BP, TR, CN, CL, NW, SS, ID]

#### Detoxify – Replenish

55 minutes

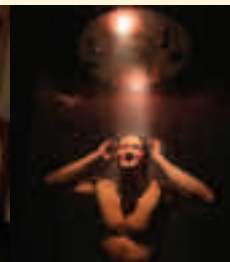
Wrap yourself in Seaweed Therapy! A remarkable treatment for body contouring, this blend of the finest seaweed, is renowned for its therapeutic properties. This effective treatment detoxifies and re-mineralises dry skin whilst the body is covered with warm micronised seaweed and gently wrapped. As stress and toxins are eliminated, the entire body is replenished with 104 vitamins, minerals and enzymes.

### GREEN COFFEE BODY WRAP FOR CELLULITE [PG, HT, BP, EP, DB, CN, CL]

#### Cellulite

55 minutes

The ultimate answer to effectively treat cellulite. Slim and tone your body with this cutting-edge treatment. This wrap stimulates your body's ability to break down fat and transform it into energy, increase metabolism and eliminate water retention. 100% pure micronised Green Coffee and naturally rich in essential oils, this will smooth and enhance the skin's overall texture thus visibly reducing spongy, dimply, cellulite areas.





## massage therapy

[PG, HT, BP, EP, CN, SR, MP, NW]

*Known for therapeutic benefits, the art of massage is a centuries-old healing technique, which is used to help the body heal itself and increase well-being. After a massage, the body feels much more relaxed and revitalised. It also helps to clear the mind and improve concentration.*

### FULL BODY

#### SWEDISH MASSAGE

55 minutes

Relaxing muscle massage based on Swedish techniques, using various oils, this treatment also includes a soothing foot massage. Restores lost energy and de-stresses the body.

### SWEDISH BACK MASSAGE

25 minutes

Relaxing back massage to relieve tired and aching muscles and helps to prevent muscle fatigue and headaches.

### FULL BODY

#### AROMATHERAPY MASSAGE

55 minutes

This relaxing massage uses essential oils which are absorbed through the skin with the aromatic effects of each blend, helping to balance the mind and body.

### PEVONIA FULL BODY AROMA MASSAGE

#### De-stress – Relax

55 minutes

A therapeutic massage for complete relaxation using a blend of the highest quality essential oils. Available in two different blends: Relaxing and Soothing or Contouring and Detoxifying. Recommended after the Aromatherapy Cocoon Body Wrap or Aroma Salt Glow.

### PEVONIA AROMA BACK MASSAGE

25 minutes

Deep relaxation back massage using a blend of essential oils.

### DUO MASSAGE

55 minutes

Chat and Relax. A massage for a couple or two friends to enjoy in the same treatment room. Each person has their own therapist.

### SPORTS MASSAGE – FULL BODY

75 minutes

As Below.

### SPORTS MASSAGE – UPPER OR LOWER BODY

45 minutes

These 'firm' massages relieve tight muscles, eliminate knots and release a build-up of toxins from muscle and tissue, helping to prevent injuries.

## pevonia stone spa therapy

[PG, HT, BP, EP, DB, SD, CN, SR, MP, NW]

### PEVONIA STONE REFRESH

45 minutes

This combination offers a short introductory treatment. Includes a spinal layout and front placement, using the warm, basalt stones along with a facial, scalp, foot and hand massage. A great way to refresh the mind, body and soul.

### PEVONIA STONE RELAX

90 minutes

This combination focuses on massage and stone placement to offer a complete holistic approach and sensory journey. Stimulates the body's own ability to release stress and restore peace, bringing about a state of deep relaxation.

### PEVONIA STONE REJUVENATE

120 minutes

This combination involves a complete cleansing and massage ritual. It includes a facial, body polish, massage and stone placement. The skin will be left cleansed, glowing with health and vitality whilst the body's tension has melted away.

*the little  
extras*

## *waxing*

Full Leg [excl bikini], Half Leg, Bikini, Californian [very neat], Brazilian [landing strip], Hollywood [nothing left], Under Arm, Full Arm, Half Arm, Chest, Chest & Abdomen, Back & Shoulders, Upper Lip, Chin, Sides, Eye Brows.

## *hand, foot and nail care*

### SPA HAND THERAPY [FI, SD]

#### OPI REPLENISHING MANICURE

40 minutes

Revitalises, renews and protects hands with sumptuous ingredients that will help put a stop to those wrinkles! Manicure includes cuticle work, nail filing and hand and arm massage.

#### FILE & PAINT

#### FILE & FRENCH PAINT

#### NAIL ART

### FALSE NAILS

30 minutes

Glue-on false nails for that special occasion.

### SPA FOOT THERAPY [FI, SD]

Be Sweet to your Feet and give them a Treat!

### SPA PEDICURE

#### Foot Therapy – Callous-Free

55 minutes

If you want great feet, look no further. The Pevonia Spa Pedicure is more than a treatment – it is spa therapy for feet. Provide your feet with the care and attention they deserve, to reveal fresh, silky-soft, hydrated feet. Nail paint costs extra.

### OPI REPLENISHING PEDICURE

50 minutes

Renews, refreshes and restores the spirit and mind, as well as the feet, re-energises while setting your feet on a path to perfection! Pedicure includes cuticle work, sole smoothing and foot and lower leg massage and nail paint.

## *make-up*

### BRIDAL, DEBS, DAY-TIME AND EVENING

Make-up application using the renowned Jane Iredale Skin Care Make Up range. These are natural mineral cosmetics so there is minimum allergy risk as they contain no fragrance, synthetic dyes or preservatives. Jane Iredale Cosmetics are not tested on animals.



the little  
extras



## *brows and lashes*

Brow Shape [Wax or Tweeze], Brow Tint, Lash Tint.

## *sun-bed sessions*

Available in single sessions or in packages of 6 or 12.

## *safe sun therapy*

*Direct or indirect daily sun exposure can cause irreparable skin damage. Avoid the sun's harmful effects without restricting your active lifestyle, by properly protecting your skin from damaging UVA and UVB rays.*

## PEVONIA'S SELF TAN [SD]

Safe Tanning - Glow

50 minutes

A sunless tanning delight! A sun kissed colour is achieved with our new self-tanning emulsion with its creamy formula that hydrates the skin leaving a non-streaky finish. A Full Body Polish is performed prior to this tanning treatment to ensure a smooth application. The tan develops gradually over a 12 hour period. Ideal for weddings as it provides a natural colour. Available for Full Body or Half Body.

## COCO BAY SPRAY TANNING [SD]

15 minutes

State of the art manual spray tanning booth, providing 5 different self tanning solutions catering for all skin types and tanning desires. Full Body, Full Body with top-up, Half Body, Half Body with top-up [Note: Skin MUST be exfoliated prior to spray tanning. Failure to do so will result in disappointing coverage. Exfoliation can be done at home or by a therapist and is not included in tanning price].

## *hair at hillgrove*

### LADIES AND GENTS

Colours, cuts, curls, styling, tints, sets and blowdrys

Hairdressing facilities are available. Please ask at Spa or Leisure Club reception for details.

For hair at Hillgrove Salon, Tel 047 73266 or from your room dial 1070 or Email [hair@hillgrovehotel.com](mailto:hair@hillgrovehotel.com)

## *alternative therapy* [PG, HT, BP, EP, CN]

### REFLEXOLOGY [PG, HT, CN] 55 minutes

Reflexology is used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore it's own healthy balance.

### INDIAN HEAD MASSAGE

40 minutes

Ancient Indian Therapy using deep but gentle pressure-point massage to the upper back, neck, shoulders, scalp and face. Heavenly!!

### REIKI

55 minutes

A Japanese treatment. Reiki heals by restoring the balance of the energy flow.

## *non-surgical cosmetic procedures*

Lir Spa will hold monthly clinics for those who would like to avail of the following non-surgical cosmetic procedures. Further information is available on request:

### TEETH WHITENING Clinics Monthly

Lazer teeth whitening

### ANTI-WRINKLE INJECTIONS

LIFTING LINES AND FOLDS [Restylane, Perlane & Teosyal]

LIP ENHANCEMENT [Restylane & Teosyal Kiss]

CHEEK IMPLANTS [Perlane]

TREATMENT FOR HYPERHIDROSIS

[Excessive Sweating]

SKIN RESURFACING MEDICAL PEELS

THREAD VEIN TREATMENT [legs only]

SKIN REJUVENATION INJECTIONS

[Restylane, Vital & Teosyal Meso]

NEUROMUSCULAR THERAPY

## perfect pampering

### half day

All Half Day Packages include Tea, Coffee and Mineral Water

### full day

All Full Day Packages include Tea, Coffee, Mineral Water and a Light Lunch



## mini packages

### REFRESHER (PG, HT, EP, BP, SD, CN)

Feel revived and refreshed with a Prescriptive Facial designed just for you, with a relaxing Massage and Skin Type Mask. Detox and exfoliate your skin in the Thermal Suite and finish off with a fabulous Mud Rasul.

### PICK ME UP (PG, HT, EP, BP, SD, CN)

Unwind in a state of total relaxation during a Full Body Massage including feet and scalp. Then revitalise in the Thermal Suite with Hydrotherapy Pool and Ice Fountain. Just when you thought you couldn't feel any better, immerse yourself in mud therapy with a re-energising Rasul.

### RELAX A WHILE (PG, HT, EP, BP, SD, CN)

Give your skin instant radiance with a Reviver Facial. Just turn over and feel the warm sensation of a relaxing Back Massage easing the muscles and tension in your shoulders. Then fall into a gentle sleep by candle light on the Dry Floatation Bed.

### UNWIND ((PG, HT, EP, BP, SD, CN)

Give your skin a holiday from all the stresses and pollution of every day life with an Anti Free Radicals Facial. During a Full Body Massage, feel the warmth of your therapists' hands kneading and relieving your stressed body followed by some 'you time' in the calmness of the Dry Float.

*Each of the Mini Packages includes a choice of Thermal Suite or Dry Float.*

## half day perfect pampering packages

### SOON TO BE YUMMY MUMMY [SD, NW]

90 minutes

Enhance the experience of being pregnant with this wonderful treatment package. Pevonia's time for mum treatment is specifically tailored to safely care for mothers-to-be needs. This treatment combines a Pevonia Signature Massage with a prescriptive Facial and Hand and Foot Treatment. Addressing the psychological changes associated with pregnancy.

### FUN FOR FRIENDS [PG, HT, BP, ED, CN, SR, MP, NW, SS, SD, CL, ID]

115 minutes

This package is designed for two people in the same treatment room with individual therapists. It includes a deep cleansing Prescriptive Facial with Mask and Facial Massage, an Aroma Back Massage, finished off with a fabulous Mud Rasul. Catch up on all the latest gossip whilst being pampered!

### DELIGHTFUL DETOX [PG, HT, BP, TR, CN, CL, NW, SS, ID, SD]

110 minutes

Wrap yourself in Seaweed Therapy! Includes a Lymph Aroma Facial, which will help you de-stress, followed by a replenishing De-tox Thalasso Wrap.

### LIR BABY SKIN [TR, SD, SS, ID, PG, CL, HT, BP, EP, MB]

110 minutes

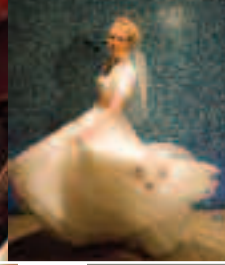
Achieve baby soft skin with this hydrating ritual. The Luminous 'C' and 'Sea' Mask Facial is ideal for reducing fine lines and strengthening skins elasticity. Followed by a rich, creamy-textured Skin Refining Body Scrub and Deep-Cleansing Body Polish, leaves skin feeling soft, silky and smooth. For the grand finale relax and unwind in the calmness of our Dry Float.

### GIRLS NITE OUT [SD]

100 minutes

Perfect Pampering before you hit the town! This little treat will leave you looking and feeling gorgeous head to toe. Incorporating an OPI Replenishing Manicure, with a choice of fab nail colours, followed by an OPI Pedicure, to get those feet revved up for dancing. Finish off with a Full Body Coco Bay Spray tan. Looking Good Girl!!

*perfect  
pampering*



*full day perfect  
pampering packages*

### RELAXATION RITUAL

[PG, HT, BP, EP, MB, CN, CL, SD, SS, ID]

170 minutes

This indulging and relaxing ritual should not be missed. Starting with an anti-stress aromatherapy facial with a holistic approach. A luxurious Choco Choice Body Treatment, then top it all off with a replenishing manicure and a Rasul. You will just want to sleep, so feel free!

### ANGEL FACE & HEAVENLY BODY

[PG, HT, BP, EP, MB, CN, SD, CL, NW]

185 minutes

Indulge your skin with a prescriptive facial, indulge your body and mind with a Goat Butter Crème Bath followed by a relaxing dry float. Just when you thought you were already in Heaven, you are then treated to a luxury Rasul. And don't forget those wee toes, let us treat them to a Lir Spa Pedicure.

### FUN FOR FRIENDS

[PG, HT, BP, EP, CN, CL, SR, MP, NW, SS, MB]

145 minutes

This package is designed for two people in the same treatment room with individual therapists. It includes a deep cleansing prescriptive facial with mask and facial massage, followed by a full body polish. Then relax with a back massage, finished off with a fabulous Mud Rasul. Catch up on all the latest gossip whilst being pampered.

### HOLIDAY FEELING

[PG, SD, SS, HT, BP, EP, MB, CN, CL]

210 minutes

Beginning with a relaxing aromatherapy facial, followed by a Choco Choice Body Treatment with Rasul, you will feel beautiful inside and out. Treat hands and feet with a replenishing manicure, including hand and arm massage and spa pedicure to make your feet feel precious. Top it all off with a full body Coco Bay spray tan which will have you looking beautiful too! You will look and feel like you've just come back from a tropical holiday!

### PRE-WEDDING RITUAL

[PG, TR, SD, SS, ID]

185 minutes

The most important day of your life is approaching and you have been so busy preparing to ensure everything is perfect. Your husband to-be knows you are the Perfect Bride, so treat yourself to a Perfect Pampering Day at Lir Spa. Starting with a radiating and smoothing Plantomer Mask Facial. A body polish to remove impurities and rough skin, leaving your skin silky and smooth. As all eyes will be on the Bride, a Spa Pedicure and Replenishing Manicure are a must, followed by a Full Body Coco Bay Spray Tan.

### GOLFERS 19TH HOLE

[PG, HT, BP, EP, CN, CL, SR, MP, SD, NW, SS, MB]

125 minutes

Hard day on the course? Treat yourself to a Skinfit Facial to re-hydrate your skin. Improve your swing with a de-stressing Full Body Aroma Massage and then relax and revitalise your body in the Rasul. Don't forget to finish off at the 20th Hole – PK's Bar!!

### YUMMY MUMMY

[SD, NW]

125 minutes

You have been busy, so now it's 'you time'. Your baby would love nothing more than to know that Mummy is being looked after too and you 'SO' deserve it. Starting with a hydrating prescriptive facial. Followed by OPI replenishing manicure and pedicure and topped off with a fabulous Coco Bay Spray Tan. Looking every bit the Yummy Mummy!!

### ONE FOR THE BOYS

[HT, BP, EP, CN, SD, TR, SS, ID, CL]

160 minutes

Men need pampering too, so we have put together this invigorating, refreshing and relaxing package, to suit every man's needs. Starting with an anti-ageing Skinfit Facial, followed by a Back Wrap with Aromatic Moor, which will stimulate and invigorate the body, bringing it to a state of deep relaxation. A Rasul and Aroma Back Massage are also included in this package.

### EXECUTIVE TIME-OUT

[TR, EP, SD, SR, NW, PG, HT, BP, CN, MP, SS, ID]

110 minutes

You may have been concentrating at a Conference in the Hillgrove's state-of-the-art Conference Centre & Business Wing or on the road all day visiting your customers. Either way, beat the Executive Stress with our Executive Time-Out. Enjoy a Skinfit facial for him or a Luminous 'C' and 'Sea' Mask Facial for her, followed by a relaxing Full Body Swedish Massage. This re-energising package will leave your mind razor sharp for the week ahead!

# *lir spa* *guide*

## BOOKING INFORMATION

It is recommended that you book packages and treatments in advance, to avoid disappointment, as demand for the Spa is high. For bookings please call 00 353 47 72929 or internal extension no 1060 or e-mail: [spa@hillgrovehotel.com](mailto:spa@hillgrovehotel.com). A credit card number is required to secure bookings

## GIFT VOUCHERS

Treat a friend or loved one to a gift they will never forget. Gift vouchers can be purchased for all Lir Spa treatments and packages.

## CANCELLATION POLICY

At least 72 hours notice should be given if you wish to alter or cancel your appointment. There is a 50% cancellation fee if the treatment is cancelled less than 72 hours prior to booking. If an appointment is not cancelled, or is cancelled on the day of the booking, 100% of the treatment price will be charged.

## ARRIVAL TIME

It is recommended that you arrive at least 30 minutes before treatment time, to book in, relax and enjoy the tranquillity of the surroundings. If clients are late for their appointment, the time will be deducted from their scheduled treatment time. Prior to treatment, your therapist will help you to complete your consultation form. It is obligatory to note any medical conditions from which you suffer. You will find a list of diseases and disorders under CONTRA-INDICATIONS. The specific contra-indications for each treatment are listed - you must not have this treatment if you suffer from any of these conditions.

## WHAT TO WEAR

All spa users will be supplied with a luxury robe, towel & slippers on arrival. Swimwear/ underwear is mandatory in the thermal area at all times. If you are using the Rasul with friends, swimwear/ underwear is optional. During treatments such as body wraps, disposable underwear will be provided, or if you feel more comfortable you can wear your own. Please note, due to the products used underwear may become discoloured, so if wearing your own you may want to choose dark colours. It is recommended that you do not wear jewellery during treatments. If you would like to use the Vettriano Restaurant or PK's Bar for lunch, we ask that you are fully dressed. If however, you would like to remain in your robe, you may use the coffee dock in the main Leisure Club reception.

## PREGNANCY

Lir Spa offers treatment especially designed for expectant mothers. Please ask your therapist for details. We have the added facility of a pregnancy couch which allows the client to lie on her front without putting pressure on the bump!

## POST TREATMENT CARE

After all treatments we recommend that you relax and drink plenty of fresh water. This will also help with the detoxifying effects of some treatments. If there are any specific after care instructions for the treatment you have chosen or a product you have purchased, these will be explained by your therapist at the end of treatment.

## SPA ETIQUETTE

As a courtesy to other guests and to preserve the ambience of the spa, mobile phones and pagers are prohibited. We want you to enjoy your experience at Lir Spa therefore request that you respect the privacy and wishes of others. Please speak quietly when in the Thermal Suite and Relaxation Room and enjoy the calm tranquil surroundings we have created. Alcohol is strictly prohibited in Lir Spa. Anyone under the influence of alcohol will be refused entry and charged in full for any treatments they have pre-booked. Any behaviour deemed inappropriate towards any person or property, will result in you being asked to leave, paying in full for your treatment. Due to the tranquil surroundings and use of water and heat, Spa users must be a minimum of 16 years of age. There is a crèche available to children over the age of 2 years. Hillgrove Hotel Lir Spa & Wellness Centre takes no responsibility for loss or damage to property on or about the premises. All prices and treatments are subject to change without prior notice.

*indulge & enjoy*