



T H E R A P I E S   M E N U



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Open Seven Days a Week

- Daily 9am-6pm
- Friday - 9am-8pm

Lir Spa 2



# *Welcome to the Lir Spa*

The Hillgrove Hotel's luxurious Lir Spa is the ultimate haven in luxury and sheer relaxation and an ideal place to spend time unwinding. It provides the perfect location to ease away those everyday stresses. In an increasingly hectic world, you can look forward to being pampered from head to toe in expert hands.

Embark on a journey of tranquillity and relaxation. The exquisite design, silence and subdued lighting of the Spa compliments the blissful indulgence of our treatments. With its soothing organic colours and textures, Lir Spa remains a haven of quiet and luxury. Surrender to the holistic, calming techniques of your treatment and be transported to a sanctuary of self-reflection and discovery.



# *Spa Facilities*

## *Lir Spa Thermal Suite Therapy*

This two hour experience includes the use of the following fabulous facilities. Herbal Sauna, Hydrotherapy Pool, Pedi Spas, Ice Fountain, Monsoon Showers, Out-door Hot tub and Relaxation Room. You can upgrade your Lir Spa experience to include the Rasul. Please bring your swimwear & flip-flops for use in our Thermal Suite.



# Heat Experience

## Rasul Treatment

The Rasul 'Ritual' is an experience not to be missed and involves the combination of the heat, steam and the choice of Detoxifying Mineral Mud or Dead, Sea Salt. The product is applied by you onto your skin and the room infused with steam. Detoxifying Mineral Mud is excellent for drawing out toxins and absorbing waste materials from the skin, whilst the Dead Sea Salt is excellent for exfoliating the skin to leave it silky smooth. Treatments conclude with cleansing the skin. The Rasul can be used alone or with up to four people together - the choice is yours.

When using Mud Rasul you are advised not to wear jewellery and please wear dark swimwear as mud may stain.

## Herbal Sauna

A heat treatment, using 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 the 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 walking 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.

## 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 in our relaxation room and enjoy a cold drink in the tranquil surroundings. This will help you to unwind further and you may even catch 40 winks!



# Facials

## **Elemis Pro-Collagen Age Defy**

*55 min*

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

## **Elemis Pro-Definition Lift & Contour**

*55 min*

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.

## **Elemis Dynamic Resurfacing Precision**

### **Peel**

*55 min*

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.

## **Elemis Superfood Pro-Radiance**

*25 min / 55 min*

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.

## **Elemis Sensitive Skin Smoother**

*25 min / 55 min*

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed comfortable and calm.

## **Elemis Anti-Blemish Mattify and Calm**

*25 min / 55 min*

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

## **Skin Booster Thavma “Miracle” Therapy**

*75 mins*

You don't have to resort to Botox! This treatment erases expression lines without the use of surgical intervention using cutting edge technology EFFECTOX, a cocktail of peptides which reduce muscle contractions and hydrate your skin, leaving you with smoother, younger looking skin without the use of a needle.

## **Skin Booster Chronos “Time” Therapy**

*75 mins*

The Chronos Therapy provides deep skin hydration to combat signs of ageing with unbelievable results of increasing collagen production by up to 382% over a 4 week period. Suitable from 45 years and over.



## **Skin Booster Opsi “Look” Therapy**

*75 mins*

This treatment is a specific eye contour repair therapy suitable for all ages. The benefits of this therapy include DNA repair, DNA protection and anti-odema, while clearing away dark circles, crow’s feet and eye bags. Ideal treatment for Bride to be!

## **Skin Booster Diamond Therapy**

*55 min*

This therapy incorporates a mask with real diamond powder and 32 anti-aging active ingredients for instant skin regeneration and radiance. It is rich in vitamins A,C and E which brightens the skin, fight free radicals and leave the skin illuminated. The main ingredient Gutuline inhibits facial muscles thus preventing further deeper wrinkle formation.

## **Vitamin C Therapy**

*25 min / 75 min*

An anti-oxidant treatment that enhances the defense system of the skin and improves skin pigmentation. This facial will leave your skin glowing and more luminous from using Vitamin C and two highly active face masks to give maximum results.

## **Microdermabrasion Therapy**

*55 min*

Microdermabrasion is a form of deep exfoliation which propels microcrystals across the skin to remove dead skin cells and improve the texture and smoothness of the skin, prompting the production of fresh collagen and cells as well as creating a youthful glow. It can be used to treat a wide range of skin problems including: wrinkles, fine lines, sun damage, flaking skin, enlarged pores, acne scars, pigmentation, problematic skin, age spots, stretch marks and cellulite.



# Body Treatments

## Elemis Intensely Cleansing Salt Scrub

35 min or 55 min

(including Shoulder & Back Massage)

Frangipani or Lime & Ginger 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. Treatment benefits include increased blood and lymphatic circulation while softening and brightening the appearance of the skin.

## Elemis Body Nourishing Wrap

55 min

Frangipani or Sweet Orchid Oil offers super hydration, quenching a thirsty skin. You will be kept cocooned and warm while the mood balancing aromatics and skin conditioning oils do their work. Treatment Benefits: Excellent for dehydrated skin while promoting skin elasticity and condition.

## Elemis Detox Targeted Toning Tightener Wrap

90 min

A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari Slat deeply cleanses followed by a targeted sculpting massage to boost circulation. A cooling rubberised mask rich in super detoxing caffeine and green clay is applied to problem areas. The result is an airbrushed body that looks and feels intensely toned and refreshed.

## Elemis Detox Thousand Flower Wrap

55 min

This nutrient - rich Detox Wrap uses deeply nourishing Omega rich Green Tea Balm to encourage super skin health and powerful detoxification. The super nutritious earth wrap encourages the body to surrender its toxins and restore equilibrium to leave you feeling completely reinvigorated.

## Lir Himalayan Salt Glow

25 min Scrub or 55 min

(including Shoulder & Back Massage)

This Himalayan pink salt scrub offers the benefits of a deep cleansing and exfoliating body treatment with the blend of 84 aromatic salts and mineral which are infused with natural aromas & Vitamin E. These minerals help to balance electrolytes, support proper nutrient absorption, eliminate toxins, balance the body's pH, normalise blood pressure and increase circulation and conductivity.

## Lir Detoxifying Mud Wrap

55 min

Deep Muscle Gep Wrap with added Aloe Vera to fully hydrate, nourish and replenish the skin. Your entire being is nestled in a delightful cocoon and transported to a state of divine relaxation. An aromatic wrap ideal for those needing to relax their mind, de stress muscles and restore peace and wellbeing to the body.

## Reflexology 50 min

Based on the feet, this ancient pressure point therapy, concentrates on a miniature map of the body's organs and structures. This technique helps the body's healing process and relaxes both mind and body.

# Massage

## **Elemis Freestyle Deep Tissue Massage**

*25 min / 45 min / 55 min*

This is a vigorous workout for the body perfect to alleviate high stress levels and tailored entirely to your needs. An aromatic oil will be selected according to your concerns be it muscle pain, stress relief, relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

## **Elemis Deeper Than Deep Hot Stone**

**Massage** *25 min / 45 min / 60 min*

Stone massage known for its therapeutic benefits the art of massage is a centuries old healing technique. Bathed in the intensely moisturising Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. This treatment includes a Spinal layout using the warm basalt stones around the neck, shoulders and back. A great way to refresh the mind, body and soul. An ideal treatment for those suffering with deep tissue/ muscular or arthritic problems.

## **Lir Swedish Well Being Massage**

*25 min / 40 min / 55 min*

This massage is an ideal treatment to relieve tired aching muscles and helps to prevent muscle fatigue and tension. Tailored to your own needs specializing in tension areas.

## **Lir Aromatherapy Massage**

*25 min / 40 min / 55 min*

An aromatherapy massage for complete relaxation using a blend of essential oils derived from plants to achieve therapeutic benefits. An effective treatment to boost well-being, relieve stress and help hydrate your body.

## **Lir Tension Head, Shoulder & Neck**

**Massage** *25 min / 40 min*

By focusing on the pressure points this treatment stimulates the marma (energy points) of the upper body. It is excellent for anyone experiencing emotional stress, headaches, migraines and insomnia. It can also improve circulation in the head, enhances your senses, improves memory and promotes clear thinking. Well-being, relieve stress and help hydrate your body.

## **Hopi - Ear Candling with Lymphatic**

**Face Massage** *45 min*

This century's old treatment has been used throughout North America & Asia to relieve migraines, headaches, congestion and treat ear problems. Combined with a lymphatic facial massage this treatment will help the body to heal and increase well-being.

## *Signature Combinations*

**Any Elemis 25 min Facial & 25 min Massage**

**Lir Facial & Massage Sampler** *45 min*

**Lir Customized Facial** *25 min / 55 min*

**Lir Teenage Facial** *25 min*

# Pregnancy Collection

*Pregnancy chair available*

## **Pregnancy Relaxing Massage**

*25 min / 40 min / 55 min*

## **Pregnancy Facial with Lymphatic Massage**

*Massage 40 min/ 55 min*

## **Pregnancy Head, Neck & Shoulder Massage with Lymphatic Face Massage**

*40 min*

## **Pregnancy Reflexology**

*50 min*

## **BUMPS A DAISY MATERNITY RETREAT**

Before or after Mummy time, "you so deserve it".

Lir Spa's time for mum treatment is specifically tailored to safely care for mothers-to-be needs. Deluxe OPI Pedicure with a Hydrating polish and skin smoother for back, arms and legs. Lir 25 min Customized facial followed by a well-earned one hour in our Relaxation room.

## **PREGNANCY**

Lir Spa offers treatment especially designed for expectant mothers. Please ask your therapist for details. We have the added facility of a pregnancy chair which allows the client to sit up-right without putting pressure on the bump!

# Day Packages

## **TOTAL TIME OUT** *(Duo suite for 2 persons)*

Feel revived and stress free together with a Hot Stone Back massage, Tension relief foot massage or 25 min customised Facial & 2 hours in our Thermal Suite with out-door hot tub.

## **GLOWING BEAUTY**

Reinvigorate your skin with a Full Body polish, 45 min Lir well being Massage & 25 min Facial. Relax for 2 hours in our Thermal Suite.

## **EXPRESS SPA DAY**

*Need your Beauty Fix Fast?*

Our Express Spa Day is a great pre-pamper.

*Your Express Spa includes:*

- 2 hour Thermal Experience with out-door Hot Tub
- File & Polish on Hands & Toes
- Choice of Reviver Facial or Head, Neck & Shoulder Massage.

## **PICK ME UP.....** *Rebalance in Total Relaxation*

- 2 hour Thermal Experience with out-door Hot Tub
- Full Body Polish
- Lir Detoxifying Mud Wrap
- Head, Neck & Shoulder Massage

# Time for Men

## **Elemis Mens High Performance Skin Energiser**

*55 min*

This multi-dynamic facial maximises cell regeneration and is perfect for ageing, dehydrated skin and tired eyes. The facial massage techniques boost circulation, whilst scalp and foot massage have you deeply relaxed.

## **Elemis Deeper Than Deep Hot Stone Massage**

*25 min / 45 min / 60 min*

Stone massage known for its therapeutic benefits the art of massage is a centuries old healing technique. Bathed in the intensely moisturising Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. This treatment includes a Spinal layout using the warm basalt stones around the neck, shoulders and back. A great way to refresh the mind, body and soul. An ideal treatment for those suffering with deep tissue/ muscular or arthritic problems.

# Lir Spa Beauty Room

## EYES

- Eyebrow Tinting
- Eyebrow Shaping (wax or tweeze)
- Eyelash Tinting
- Eye-Trio: Brow Wax & Tint & Lash Tint

## NAILS

- OPI Prompt Paint on Fingers / OPI Gel Polish
- OPI Mini Manicure with cuticle work
- OPI Deluxe Manicure with Exfoliation & Mask or Hot Paraffin

## FEET & TOES

- OPI Prompt Paint on Toes / OPI Gel Polish
- OPI Mini Pedicure (File, Buff, Cuticle's & Polish)
- OPI Deluxe Pedicure with Callus Removal or Paraffin Wax
- Treat for the Feet:
- Exfoliation & Massage of the Feet 25 min

## Reflexology *50 min*

Based on the feet, this ancient pressure point therapy, concentrates on a miniature map of the body's organs and structures. This technique helps the body's healing process and relaxes both mind and body.

## WAXING

### FEMALE

- Full Leg, 3/4 Leg or Half Leg • Bikini, Californian, Brazilian or Hollywood • Abdomen • Chin • Under Arm
- Arm • Upper Lip

### MALE

- Back • Chest • Chest & Abdomen

## MAKE UP

Full Make up and Bridal Make Up Application  
available Brands used include: Jane Iredale

## TANNING

Full Body Organic Tan

## LIVING WELL LEISURE CLUB

Living Well Leisure offers a complete experience, this spacious and bright environment is both relaxing and invigorating. With a luxurious 20 meter heated swimming pool, Jacuzzi, Sauna and Steam Room, Out Door Hot Tub & Heated Pool Side Loungers

## HAIR @ HILLGROVE

*Hair@Hillgrove is the fantastic Hair Salon at Hillgrove Hotel*

The Hair@Hillgrove salon is open to everyone, whether you are staying in the Hotel or not. It is situated in the Hotel's Leisure Club. Customers have the convenience of the 'Living Well' Coffee Dock, just outside the Salon, so you needn't go hungry or thirsty while you get pampered!

Hair@Hillgrove caters for everyone, young and old, ladies and gents, whether you want your hair cut, a perm and set, colour, hi-lights, up-style, or even a wash & blow-dry. Only the best products are used in the salon and include Loreal, Tigi, Catwalk and Kerastase .

# Important Information



## **SPA ETIQUETTE**

As a courtesy to other guests and to preserve the ambiance of the spa, mobile phones 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. 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.

## **CANCELLATION POLICY**

At least 48 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 48 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 10 minutes before treatment time, to book in, relax and enjoy the tranquility 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.



## **WHAT TO WEAR**

If you are using the Rasul or Thermal Suite, swimwear and flip-flops are essential so please bring these with you. 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 Vetriciano 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.

## **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.

*Indulge & Enjoy...*



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