



THE SPA | MOUNT FALCON





# FACE

## ELEMIS ADVANCED ANTI-AGEING FACIALS

### Tri-Enzyme Resurfacing Facial

1 hr

€95.00

Peel away the years for smoother, more radiant skin

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

Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

### Visible Brilliance Facial

1 hr 15 mins

€95.00

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this Anti-Ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just 1 treatment.\* Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

### Pro-Collagen Quartz Lift Facial

1 hr 15 mins

€95.00

ONE Anti-Wrinkle Facial with Proven Results

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

## ELEMIS SKIN SOLUTIONS FACIALS

### Oxygen SkinCalm Facial

1 hr 15 mins

€85.00

Pure soothing heaven for sensitive skin.

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

### S.O.S. Purifying Facial

1 hr 15 mins

€85.00

A purifying treatment for congested skin.

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

## ELEMIS SKIN SPECIFIC FACIALS

### Fruit Active Glow

1 hr

€70.00

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.

### Exotic Moisture Dew

1 hr

€70.00

Treat your skin to a moisture boost.

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

1 hr

€70.00

For perfect restoration of skin balance.

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

### Elemis Taster Facial

30 mins

€50.00

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



## ELEMIS FACE AND BODY THERAPY

**Absolute Spa Ritual** 2 hrs €150.00  
 The ultimate skin and body therapy for maximum results.

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

**Face And Body Sensation** 55 mins €99.00

The perfect Elemis treatment duo, a sensational hot stone massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser - an ice-cool thermal massage to relieve stress tension and ease aching muscles, or Tranquillity - a thermal-soothing massage to induce a deep level of relaxation and calm your mind. You will be treated to your intensive booster anti-ageing facial designed to smooth out wrinkles & restore youthful radiance.

## BODY MASSAGE

**Deep Tissue Muscle Massage** 1 hr €80.00  
 Deep rhythmic pressure massage.

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

**Choose from:**

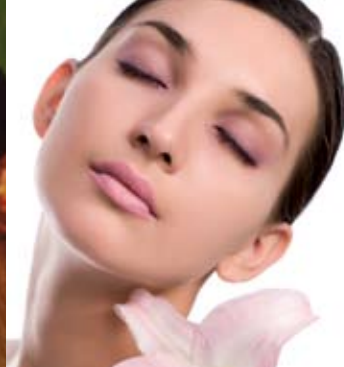
- **Stress-a-Way:** Wind down and release the tension of the day.
- **Spirit Reviver:** A powerful surge to invigorate and recharge.
- **Muscle Melt:** Relax and re-energise a tired and aching body.

**Deep Tissue Back Massage** 30 mins €50.00  
 Minimum time, maximum tension-relieving results.

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

**Aroma Stone Therapy** 1 hr 15 mins €100.00  
 Warm Basalt stones to melt away tension.

Therapeutic heat is slowly released into the belly of the muscle 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.



## BODY SCRUBS & RUBS

**Musclease Aroma Spa Ocean Wrap** 1 hr 15 mins €85.00  
Powerful seaweed wrap for complete muscle relaxation.

Drift away whilst you are cocooned in a comforting foil wrap and be treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

**Exotic Lime and Ginger Salt Glow** 30 mins €50.00  
Invigorated, cleansed and polished to perfection.

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

**Exotic Coconut Rub and Milk Ritual Wrap** 45 mins €70.00  
Pure sensuality to enliven the senses.

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap or unique dry float. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

**Exotic Frangipani Body Nourish Wrap** 45 min €70.00  
For immediate softness and suppleness.

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

## MUMS TO BE

**Nurturing Massage for Mums-to-Be** 1 hr 30 mins €100.00  
Massage adapted to each stage of pregnancy.

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit. Your skin will be left radiant after an intensive booster anti-ageing facial, designed to smooth out wrinkles & restore youthful radiance.

# DETOX THERAPY

**Body Sculpting Cellulite and Colon Therapy**      1 hr      €100.00  
 Redefine and smooth your silhouette.

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

**Cellutox Aroma Spa Ocean Wrap**      1 hr 15 mins      €85.00  
 A deeply detoxifying blend to decongest and stimulate the system.

Let thoughts drift away whilst being cocooned in a comforting foil wrap and be treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

# ALTERNATIVE

**Indian Head Massage**      30mins      €55.00  
 Indian Head Massage is a treatment based on techniques involving work on the upper back, shoulders, neck, scalp and face. A variety of message movements are used to relieve accumulated tension, stimulate circulation and restore joint movement. HM is also used to aid the condition and health of the hair.

**Reflexology**      1 hr      €70.00  
 Based on the feet, this ancient pressure point therapy concentrates on miniature map of the body's organs and structures. This technique helps the body's natural healing process and relaxes both mind and body.

**Ear Coning**      1 hr      €60.00  
 Established by the Native American Indians - Ear Coning is carried out with beeswax cones that are specially hand prepared in the original way. A gentle vacuum is created by lighting the cone which draws impurities and accumulated debris from the ears. Some beneficial effects that have been experienced are:- Reduced Stress Tension, Cleared Sinus area and Nasal Passages, Relieved Allergy Symptoms, Headaches, Improved Smell, Taste & Vision, Hearing, Relieved itchiness, Swimmers Ear and Eased Tinnitus & Vertigo. Ear Coning is not a substitute for medical treatment.

# HANDS & FEET

<b>Exotic Ritual Grooming for Hands</b> Pure indulgence for hands. Cuticles and nails are nourished with warmed aroma-therapeutic oils, whilst the sublime sensation of the Elemis Skin Nourishing Milk Bath lavishes its richness for beautifully smooth, soft and supple hands.	<b>30 mins</b>	<b>€45.00</b>
<b>Sole Delight Grooming for Feet</b> A total sensory experience for your feet. Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.	<b>30 mins</b>	<b>€45.00</b>
<b>Luxury Spa Manicure</b> The Luxury Spa Manicure includes nail re-shape, cuticle tidy, hand massage, nail analysis and application of nail oils prior to the application of your selected polish.	<b>55mins</b>	<b>€50.00</b>
<b>Luxury Spa Pedicure</b> Tired feet are left revitalised and softened prior to the application of your chosen polish.	<b>55mins</b>	<b>€55.00</b>
<b>File &amp; Paint (Choice of colours)</b>		<b>€25.00</b>

# JUST FOR MEN

<b>ADVANCED ANTI-AGEING FACIAL FOR MEN</b> <b>Skin IQ+ Facial</b> Anti-Ageing booster for tired, stressed skin. Charged with the clinically proven*, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.	<b>1 hr 15 mins</b>	<b>€95.00</b>
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<b>ADVANCED PERFORMANCE FACIAL FOR MEN</b> <b>Urban Cleanse Facial</b> Deep cleanse and complete skin detox. This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.	<b>1 hr 15 mins</b>	<b>€95.00</b>
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<b>ELEMIS FACE AND BODY THERAPY FOR MEN</b> <b>Total Time Out</b> 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 and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out!	<b>2 hrs</b>	<b>€150.00</b>
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# MAKE-UP & TAN

## Make-Up ARTDECO

€40.00

Professionals in photographic and catwalk make-up. The therapist will ensure that your make up looks beautiful and natural. So whether its bridal, or Saturday night out, we provide a professional look for all occasions.

## Individual Eyelashes

Full Set

€15.00

Full Set with Make Up

€10.00

## Elemis Taster Facial & Make Up Application

€70.00

This creates the perfect base for your professional make-up.

## Your Wedding Day Make-Up

€40.00

Look amazing on your wedding day. Our professional therapists will create your perfect look.

## Make-Up Lesson

Enjoy a make-up lesson either one to one or with a group of friends. €60.00 per person, Group rates available.

## Tanning Air Mist Tan

In just a few minutes you can have an amazing natural looking, long lasting tan. Fantastic for every day or for those special occasions.

## Choose From Sun FX, Fake Bake

Full Body

€45.00

Half Body

€35.00

# FINISHING TOUCHES

Full leg wax	€35.00
Half leg wax	€22.00
Bikini wax	€18.00
Underarm wax	€15.00
Lip wax	€12.00
Chin wax	€12.00
Eyebrow wax	€15.00
Eyebrow shape	€15.00
Eyebrow Tint	€10.00
Eyelash Tint	€15.00
Eyelash tint, eyebrow tint & shape	€30.00

## Men's waxing and Specialised Waxing Available



# GIFT CERTIFICATE

## A GIFT TO SHARE

Whether you are buying for Family, Friends, Colleagues or Clients, A Gift Certificates for Mount Falcon is the an ideal gift that will Surprise and delight all.

Redeemable against Champagne Afternoon Tea, Dinner in the famous 2AA Rosette 'Kitchen Restaurant', Treatments in the Spa at Mount Falcon, Overnights Stay in the Hotel, Clay Pigeon Shooting or Trout Fishing on our Lake and much, much more.

To Purchase your Mount Falcon Gift Certificate you can call the Hotel Reception Desk or mail order by phone or on line at [www.mountfalcon.com](http://www.mountfalcon.com)

## SPA PACKAGES:

### SENSATIONAL SPA PACKAGE

- Elemis advanced performance facial
- Deep tissue back massage
- Open use of the gym, swimming pool, Jacuzzi, steam room and sauna
- Robes, slippers and towels provided
- Light lunch
- €150.00 per person

### ULTIMATE SPA PACKAGE

- Elemis advanced performance facial
- Deep tissue muscle massage
- Elemis lime & ginger salt glow
- Open use of the gym, swimming pool, Jacuzzi, steam room and sauna
- Robes, slippers and towels provided
- Light lunch
- €225.00 per person

**Bespoke Treatments for Full Day  
or Half Day Experiences are available.  
Please Call Laura whom will be delighted to advise you on the best  
treatment suitable to you.**

# GENERAL INFORMATION

## **Opening Hours**

Treatments available from 9.00am - 8.00pm, seven days a week.

## **Reservations**

Please phone 096 23109 or dial 609 from your Hotel bedroom or lodge. To email your request, please forward to [leisure@mountfalcon.com](mailto:leisure@mountfalcon.com)

## **Credit Card Details**

Credit card details will be required to secure your appointments.

## **Spa Etiquette**

To avoid disappointment we recommend that you make your reservation at least two weeks in advance, in order to reserve your preferred date and time. For a late request we will endeavour do our best to meet your requirements. Treatments are available to adults over 16 years of age.

## **Health**

Please advise us of any health conditions that you may have. You will be required to complete a medical questionnaire which is confidential and for your own safety.

## **Clothing**

Swim wear is required for the pool, Jacuzzi, Sauna and Steam room and Swim Hat must be worn in the pool.

## **Spa Arrival**

We recommend that you arrive 15 minutes before your first appointment. This allows you time to relax and familiarise yourself with our surroundings and complete your consultation before your treatment commences. Late arrival could result in your treatment time being shortened as all treatments will end at the scheduled time.

## **Hotel Residents**

Bathrobes & Slippers are provide in your hotel bedroom. Please feel free to wear these to the spa. We encourage you to leave valuables safely in your room, however, should you require them, lockers are available. Please note that management will not take responsibility for any items left in any area of the spa at any time, including a secure locker.

## **Payment**

Full and half day spa experiences are to be paid in full at the time of booking to confirm your reservation. Whilst treatments, rituals & retreats require credit card details.

## **Cancellations**

If you must reschedule or cancel an appointment, please notify us 24 hours in advance to avoid being charged. Changes/amendments to bookings may be made 24 hours in advance without incurring a charge, however, less than 24 hours notice of a cancellation or rescheduling of an appointment will result in a 100% charge. No shows will also incur a 100% charge.

## **Mobile Phones**

In order to maintain a calm and relaxed atmosphere, use of mobile phones is not permitted in any area of the spa at any time. Please ensure that all mobile phones are switched off prior to arrival at the spa.



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