



MOUNT  FALCON  
ESTATE

THE SPA



## Welcome

Unwind and relax and leave your thoughts behind you as you escape to Mount Falcon's Spa. The Elemis Spa at Mount Falcon is the centre piece for relaxation and rejuvenation.

This unique spa experience deals with both the physical requirements by applying specialised treatments, as well as healing the mind by creating a quiet, warm and relaxing environment.

This journey will leave you totally pampered, soothed and relaxed.



# Face

## BIOTEC

Discover how our professional high potency ACTIVES, ELEMIS' unique Skin Lift TOUCH and science of 5 in 1 advanced bio-electric TECHNOLOGY work in perfect synergy with the skin's natural bio-electric field.

## BIOTEC Anti Ageing

### Line Eraser

€99

1hr

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven\* facial treatment that effectively irons out wrinkles and fills out lines. *\*Independent Clinical Trial.*

### Firm-a-Lift

€99

1hr

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

### Skin Resurfacer

€99

1hr

This revolutionary clinically proven\* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. *\*Independent Clinical Trials.*

## BIOTEC Skin Solutions

### Radiance Renew

€99

1hr

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

### Blemish Control

€99

1hr

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

### Sensitive Skin Soother

€99

1hr

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

## Touch Anti-Ageing

### ProCollagen Age Defy

€90

1hr

Tackle fine lines and wrinkle 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. *\*Independent Clinical Trials.*

### ProDefinition Lift and Contour

€90

1hr

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

€90

1hr

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. *\*Independent Clinical Trials*

## Touch Skin solutions

### Superfood ProRadiance

€80

1hr

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*

### Sensitive Skin Soother

€80

1hr

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.

### AntiBlemish Mattify and Calm

€80

1hr

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.

### Elemis Taster Facial

€50

25mins

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

## Face and Body Combinations

### Face And Body Sensation

€99

1hr

The perfect Elemis treatment duo, a sensational hot stone back massage combined with a prescribed booster anti-ageing facial. 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.

### Absolute Spa Ritual

€150

2hrs

The ultimate skin and body therapy for maximum results. Choose from one of the unique Elemis Touch Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Freestyle Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results.



# Body

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

## Massage

### Freestyle Deep Tissue Massage

€50/€90

25mins/1hr

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

### Stress Release Relaxation Massage

€45/€85

25mins/1hr

Drift away with this light to medium pressured massage, ideal for those looking for ultimate relaxation whilst also reaping the benefits of this gentle massage.

### Deeper Than Deep Hot Stone Massage

€55/€99 25mins/1hr 10mins

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

### Poultice-Powered Muscle Release

€99

1hr 10mins

A tension taming treatment that is deeply nurturing. Body and mind are rebalanced, skin feels invigorated and alive. The unique Amber poultice dissolves tensions and elasticises the skin.

### Peaceful Pregnancy Massage

€99

1hr 10mins

This unique pregnancy massage is profoundly nurturing and tranquil. Mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby.

## Scrubs & Wraps

### Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani Wrap

€65

40mins

The velvety texture of the Monoi Oil offers superhydration, quenching a thirsty skin. You are kept cocooned and warm while the moodbalancing aromatics and skin conditioning oils do their work.

### Intensely Cleansing Salt Scrub – Lime & Ginger or Frangipani

€50

40mins

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.



## Detox

### Thousand Flower Detox Wrap

€85

1hr

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

### Targeted Toning Tightener

€90

1hr 10mins

Tightening and toning are the pillars of this treatment. 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.

## Time For Men

Most of our menu is suitable for male guests, however, these high performance therapies are designed specifically for male skin.

### High Performance Skin Energiser for Men

€90

1hr

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

### SuperCharger for Men

€99

1hr

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

### Poultice-Powered Muscle Release

€99

1hr 10mins

A tension taming treatment that is deeply nurturing. Body and mind are rebalanced, skin feels invigorated and alive. The unique Amber poultice dissolves tensions and elasticises the skin.

## Alternative Therapies

### Indian Head Massage

€65

40mins

This 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. Head Massage is also used to aid the condition and health of the hair.

### Reflexology

€70

50mins

Reflexology is a natural healing Therapy based on the belief that there are reflexes in the feet which correspond to every part, gland and organ of the body. Working on predefined pressure points it is believed that reflexology helps strengthen the immune system, detoxifies the body and brings about total relaxation.



# Body and Mind

## Neom Organics Wellbeing Treatments

Neom Wellbeing Treatments have been created to provide true therapeutic benefits to relieve stress, calm and relax, aid sleep, boost your energy or lift your mood. Drawing together the most effective of 6 therapies - meditation, shiatsu, cranio, Thai massage, trigger point and reflexology. Neom's promise: 100% natural fragrances for the mind & body, made from ethically sourced, sustainable origins, only natural & organic ingredients, no petrochemical paraffin or mineral wax, no artificial perfume only pure essential oils and no harsh preservatives.

### Neom Sleep Treatment

€109

1hr 30mins

Prepare to be lost in a blissful state, ready for a deep night's sleep. Throughout the treatment, we drizzle the Neom Intensive Skin Treatment Candle oil over the skin, and massage every inch of the body, including key stress relieving points on the head, face, neck and back.

### Neom De-Stress Treatment

€109

1hr 30mins

This treatment allows tension to drift away and for a calm new you to be uncovered. Throughout, we drizzle the Neom Intensive Skin Treatment Candle oil over the skin, and provide specialist massage to key stress relieving points of head, face, neck and back.

### Neom Energise Treatment

€109

1hr 30min

This treatment allows you to stop, unplug and then reboot. Your senses will be awakened and your body and mind will be given a boost of natural energy. This treatment begins with the Neom Full Body Scrub. You will then be fully enveloped in the Neom energising cream clay wrap where the stimulating essential oils penetrate the skin and allow for detoxification. Whilst you're wrapped you'll face and scalp pressure point massage plus specialist reflexology techniques.

### Neom Happiness Treatment

€109

1hr 30mins

This purposeful combination of thoughtful touches will lift your spirits and leave you feeling like the best version of you. Your skin will be lightly buffed head-to-toe using Neom Body Scrub. Then by applying purposeful techniques of shiatsu, cranio, Thai massage and trigger point touch to the back, shoulder, face and scalp we work to decrease stress levels and release endorphins, leaving you feeling relaxed and happier.



## Hands & Feet

### Luxury Spa Manicure

€45

50mins

Your therapist will tidy your cuticles and file your nails to your desired shape before using a rich moisturising cream and massaging it in to relax your hands and ease away tension. We will finish with your colour of choice to leave your hands and nails hydrated, refreshed and looking healthy, nails you are proud to show off.

### Luxury Spa Pedicure

€50

55mins

Tired feet are left revitalized and softened prior to the application of your chosen polish. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin. Don't forget your flip flops!

### Gelish

€35

45mins

This Gel Polish comes in an array colours. It is applied like a polish and cured in a LED lamp. Cuticles are tidied and nails are filed before the application. Gelish stays on the nails for up to 3 weeks with no chipping or peeling, and soaks off in only 15mins.

### File & Paint

€15

25mins

## Make-Up & Tan

### Make Up Application

€30

40mins

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 alloccasions

### Make-Up with individual lashes

€38

50mins

### Tanning By Fake Bake or Bellamianta

€30

30mins

This Air Mist tan will leave you with an amazing natural looking, long lasting tan. Fantastic for every day or for those special occasions.



## Finishing Touches

|                        |     |        |
|------------------------|-----|--------|
| Full Leg Wax           | €30 | 45mins |
| Half Leg Wax           | €20 | 30mins |
| Under Arm Wax          | €12 | 15mins |
| Lip Wax                | €10 | 10mins |
| Chin Wax               | €10 | 10mins |
| Bikini Wax             | €15 | 15mins |
| Californian Wax        | €25 | 30mins |
| Brazilian Wax          | €35 | 45mins |
| Hollywood Wax          | €40 | 50mins |
| Eyebrow Wax            | €12 | 15mins |
| Eyebrow Shape          | €12 | 15mins |
| Eyebrow Tint           | €10 | 15mins |
| Eyelash Tint           | €12 | 20mins |
| Eyebrow Shape and Tint | €25 | 40mins |

### **3D Browz**

**€30**

**40mins**

3D Browz is a high-precision procedure that transforms even the most over plucked, mis-shaped or over waxed brow into its perfect shape, dramatically enhancing your facial features. \*6 weeks on hair growth is required for the best results.



## Spa Packages

### Deep Relax

€99

1hr 10 mins

Indulge in Specific treatments that are designed to help you unwind and relax. Enjoy the sublime sensation of an Indian Head Massage followed by a luxury Elemis Booster Facial, finish with complementary Light afternoon tea.

### Targeted Detox

€145

2 hours

Two treatments chosen to detoxify and deep cleanse the body inside & out. Begin with the nutrient rich Thousand Flower Detox Wrap using the deeply nourishing Green Tea balm for a system that fires on all cylinders followed by Dynamic Resurfacing Precision Peel facial to target dull skin tone and the signs of ageing .

### Ultimate indulgence

€190

2 hours 30 mins

Two and a half hours of ultimate heaven are wrapped up in this package. Begin with a deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. Then experience the powerful effects of the Elemis Freestyle Deep Tissue Muscle Massage finish with your choice of a unique Elemis Touch Anti-Ageing Facial.

### Beautiful Bride

€170

2 hours 30 mins

Glowing skin from head to toe for the beautiful bride to be. Begin with a deeply cleansing salt scrub to encourage cell regeneration for the softest, smoothest, most nourished skin. Then our Elemis BIOTEC Radiance renew facial is the powerful antidote to tired and sluggish complexions for instantly visible radiance to finish enjoy our Luxury spa pedicure.

# General Information

## Opening Hours

Treatments available from 9am seven days a week.

## Reservations

Tel: 096 23109 direct or dial Ext 609 from your bedroom. Email: [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 hats required for the Pool. Swim Hat must be worn in the pool, they are available to purchase at the leisure centre reception for €2.50.

## Spa Arrival

We recommend that you arrive 10 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

Credit cards details are required at the time of booking to confirm your reservation. All other treatments must be paid for on departure.

## Cancellations

If you 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, less than 24 hours notice of a cancellation/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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