

# Re-discover your senses... rest your mind

## Welcome

Walk into our Viva experience and indulge in complete sensory heaven, where there is time for reflection, restoration and enlightenment.

Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

## ELEMIS Touch Expert Facials

The hands of a highly trained ELEMIS therapist are profoundly effective tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

### ELEMIS Pro-Collagen Age Defy

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

**1hr €95**

### ELEMIS Dynamic Resurfacing Precision Peel

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.

**1hr €95**

### ELEMIS Superfood Pro-Radiance

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.

**1hr €85**

### ELEMIS Sensitive Skin Soother

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.

**1hr €85**

### ELEMIS Anti-Blemish Mattify and Calm

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, brighter skin.

**1hr €85**

## ELEMIS Touch Expert Facial for Men

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

### ELEMIS High Performance Skin Energiser

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

**1hr €90**

## Face and Body Combinations

Choose your own combination of facial and body massage, or let your ELEMIS therapist personally prescribe the perfect treatment to work with your skin, your mood and your needs.

### ELEMIS Couture Touch

Condition your skin and muscles with this all embracing experience. Combine any Touch Expert facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage. Choose between two express 30 minute treatments or indulge in the full 2 hour treatment.

**1hr €110 / 2hr €150**

## Scrubs and Wraps

### ELEMIS Intensely Cleansing Salt & Ginger Salt Glow

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.

**45 mins €60**

### ELEMIS Body Nectar Nourishing Frangipani Wrap

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

**1hr €75**

### ELEMIS Ocean Spa Wrap

Choose between the deeply muscle warming Musclease wrap and intensely detoxifying Cellutox Wrap and let the power of aromatherapy work to ease arthritis, fatigue and muscle spasm. A heated seaweed mask containing a warming blend of Pine and Rosemary Essential Oils is applied to your body before you are cocooned in a comforting foil wrap. Let your thoughts drift away, whilst you have a soothing face and scalp massage.

**1hr €95**

## Massage

### ELEMIS Freestyle Deep Tissue Massage

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.

30 mins €65 / 60 mins €90

### ELEMIS Deeper Than Deep Hot Stone Massage

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.

30 mins €65 / 60 mins €90

### Sports Massage

Sports massage is a deep tissue massage for pre and post sporting events to enhance your sporting performance and rehabilitate existing injuries, focusing on any area to relieve tension and aching muscles. The fundamental elements of the sports massage are experienced and tailored to your request.

30 mins €65 / 60 mins €90

## Holistic Therapies

### HOPI Ear Candles

This relaxing treatment originates from a Native American Indian tribe called the Hopis. A candle made from cotton, impregnated with beeswax, honey and therapeutic oils, is painlessly inserted into the ear to draw out impurities, relieve pressure in the head and sinuses, and aid hearing problems.

45 mins €40

### Indian Head Massage

Indian Head Massage is truly holistic treatment which leaves the client feeling revitalised and stress free. The relaxing massage of head, neck, shoulders and face promotes balance in mind, body and spirit.

45 mins €55

## Pregnancy

### ELEMIS Peaceful Pregnancy Massage

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates the skin that is expanding to accommodate a growing baby.

1hr 15 minutes €100

### ELEMIS Peaceful Pregnancy Face and Body Experience

Settle into the unique pear-shaped beanbag for this treatment combination that gently eases aching muscles whilst our expert facial targets hormonal changes in your skin.

2 hr 15 minutes €140

## Viva Beauty

### Tinting

Eyelash tint\*

€18

Eyebrow tint\*

€16

\*24 hr patch test required

### Waxing

Full leg

€30

1/2 leg

€25

Underarm

€15

Bikini

€18

Lip/Chin

€15

Eyebrow

€12

Back Wax

€25

Chest Wax

€25

## Kids Care

### Mini Manicure or Pedicure

A lesson in hand/foot care; consisting of a nail file, mini massage and polish application.

€18

### Mini Facial

An educational and tailored treatment to cleanse, massage and treat with a mask. Providing a great start for a continued skin care plan.

€30

## Hands & Feet

### OPI Manicure

This deep penetrating treatment exfoliates, revitalises, renews and protects your hands, treating them to the age-defying benefits of AHA's and anti-oxidant vitamins. Finishing with a luxurious deep moisturising massage and polish.

1hr €40

### OPI Pedicure

The ultimate spa experience includes customised callus reducing AHA treatment, exfoliation, hydrating foot mask and a feature length massage. A full hour of pure rejuvenating pleasure, with a nail polish.

1hr €45

### CND Shellac System

The Shellac system features a base coat, colour coat and top coat. Together with an LED lamp, they comprise the breakthrough in resilient colour that remains flawless for up to two weeks and removes in 10 minutes with zero drying time.

File & Paint €30

Manicure with Shellac finish €60

Pedicure with Shellac finish €65

Shellac Removal €15

The logo features the word "VIVA" in a large, bold, dark grey sans-serif font. A thin, dark grey line starts from the right side of the letter "A" and extends horizontally to the right, ending under the letter "A". Below "VIVA", the words "FOR YOU" are written in a smaller, dark grey sans-serif font.

## Viva Spa Therapy