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# relax · revive · restore

River Spa is located in the Falls Hotel & Spa, Ennistymon, which has offered generations of guests a warm welcome and an enjoyable time during their stay.

## **With our Compliments**

Complementary for all spa guests are the River Spa's own relaxation room, overlooking the scenic river Inagh, the thermal suite with steam room and Finnish sauna, as well as all leisure facilities in the Aqua & Fitness Club. If you wish to spend more than an hour in our relaxation room, there will be a €15 hourly charge thereafter.

## **Spa Treatment Hours and Booking Conditions**

The spa is open from 9.30am to 7pm daily. Appointments outside these hours may be available on request.

### ***Please note that:***

- ☐ Your credit card or laser card will be required when booking a spa appointment. Your card will be billed accordingly for cancellations made 24 hours prior to your appointment
- ☐ By submitting your credit or laser card details to the River Spa and proceeding with booking your treatment, you are authorising the above charge should a cancellation become necessary on your behalf.
- ☐ Please be advised that late arrivals may result in reduction of treatment time
- ☐ Guests aged between 16 and 18 years must be accompanied to the spa by an adult



# facials

River Spa provides a broad range of holistic facials by Elemis and VOYA. Elemis products are based on organic active plant ingredients from all over the world.

Our signature facial is by the leading luxury skincare brand, VOYA, from the wild Atlantic coast of Ireland. Using hand harvested organic seaweed and its benefits, VOYA brings the full power of nature in its purest form to its range.



# river spa signature facial

## VOYA Organic Anti-Aging Restorative Facial - 55 mins / €100.00

This treatment is suitable for all skin types, particularly for those in search of anti-ageing results. The anti-ageing restorative facial is designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes with a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles.

## VOYA Skin Renewal Facial - 55 mins / €100.00

This new treatment features VOYA's newly launched Advanced Serum range which has been formulated with certified organic antioxidants and clinically proven biotech actives, that are now combined with the sonic pulse technology of the Haumea Facial Brush. This skin renewing treatment will target various skin concerns for optimal skin health.



# elemis biotec

BIOTEC is the next generation in non-invasive skincare combating a wide range of skin issues you may be having such as ageing, discolouration or dehydration. Lifestyle, UV light, stress and hormones can cause a breakdown in cellular energy and communication, resulting in a weakened skin structure and unbalanced complexion. BIOTEC uses a fusion of Actives, Touch and Bio-electric Technology to tackle these issues. And best of all, the treatments are prescribed on an individual basis, for individual skin care needs.

The BIOTEC system uses 5 technologies in just 1 machine, plus powerful biological actives combined with wonderful aromatics. BIOTEC facials are scientifically proven to increase cell energy, for optimum skin function.

All of the treatments in Elemis' Pro-Glow Facial Menu can be either hands on or BIOTEC, except CryoO2 Sculpt.

# elemis pro-glow+ facials

## Pro-Glow Brilliance – 55 min / BIOTEC €120.00 / Hands on €100.00

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin.

## Pro-Glow Smooth – 55 min / BIOTEC €120.00 / Hands on €100.00

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin.

## Pro-Glow Resurface – 55 min / BIOTEC €120.00 / Hands on €100.00

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion.

## Pro-Glow CryoO2 Sculpt – 55 min / BIOTEC €120.00

An ELEMIS first, harnessing the power of sub-zero Cryotherapy, known to tighten. With a triple level approach to skin hydration, reveal a visibly lifted appearance and improve the look of deep-set lines, firmness and elasticity for instant skin-smoothness





# elemis relaxing dry float treatments

Experience River Spa's ultimate pamper treatment! Our Dry Floats supply warm water flooded treatment beds which let you lift off in weightless relaxation. Choose from our range of seaweed based mud or the more exotic frangipani application. All treatments contain an introductory dry body brushing, a foil wrap and mini scalp massage.

## Body Nectar Nourishing Wrap - Frangipani - 60 min / €85.00

Experience the ultimate tropical feeling! This skin soothing, moisturizing wrap combined with luxurious flower ingredients relaxes the body and mind and will leave you with soft and glowing skin.

## Muscle Ease Seaweed Mud - 60 min / €85.00

Soothes aching joints and muscles with a warming blend of seaweed, pine and rosemary.

*Please note: If you do not feel comfortable on our dry float beds you are very welcome to substitute the float with a wrap instead.*



# body scrubs



## Traditional Hamman Exfoliation 50 mins / €85.00

Relax and unwind in the warmth of the Hamman, an ancient Moroccan tradition. Indulge in the black soap preparing your skin for exfoliation, cleansing your pores of impurities and eliminating dead skin. This is followed by a rejuvenating scalp massage. Your treatment finishes with an all over application of pure liquid gold argan oil. Extracted from the nut kernels of Argan trees in Agadir, Morocco, this luxurious oil reduces dryness, encourages moisture retention and protects your skin from pollutants, chemicals and sun damage.

## VOYA Organic Hydrating Body Scrub - 30 min / €55.00

Our dual action lathering body buff exfoliates with finally ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts. Our gentle yet effective formula removes rough and lifeless looking skin cell, to reveal much more refined softer. Silky smooth skin.

## Intensely Cleansing Salt Scrub - Lime & Ginger - 30 min / €55.00

Indulge in Frangipani body oil, followed by an uplifting and warming Lime, Ginger and sea salt scrub, nourishing and deeply cleansing your skin all at the same time. This luxurious Elemis exfoliation treatment contains only the highest quality essential oils indulging your body and mind.



# our rasul chamber



A Rasul is a chamber where a traditional Arabic body treatment involving steam and mud takes place. Using mud of various colours, ingredients and minerals, you sit in a tiled steam room for approximately 50 minutes. The steam opens your pores and allows the detoxifying and healing properties of the mud to penetrate the skin. Afterwards, the star studded ceiling expels a tropical rain to gently add moisture to the mud to soak into the skin to reap the full benefits.

## Rasul Mud Treatment - 30 min - Min two people €45.00 per person sharing / €50 Single

Experience this exotic treatment with a partner or friend (up to four) or alone. After the self application of organic mud that helps exfoliate and nourish the skin, you enter the herbal steam room. Herb infused steam fills the chamber culminating in a tropical rain shower, inducing pure relaxation and complete exfoliation.

## Couples's Hammam - 60 min / €55.00 per person sharing

Enjoy this self-administered Hammam Ritual with your partner. Relax and unwind in the warmth of the Rasul; indulge in the black soap preparing your skin for exfoliation, followed by a rejuvenating scalp cleanse, washing each other ready for full face & body rhassoul clay mask, then massaging with pure liquid gold argan oil.

## Signature Hammam Ritual - 90 min / €145.00

Experience a traditional Hammam ritual. Enjoy the warmth of the steam room with aromatic senses, relish in our black soap, discover a traditional vigorous body detox exfoliation. Relax in a deep nurturing and rejuvenating scalp cleanse, followed by a face and body mask with nourishing rhassoul clay from the deep Atlas Mountains of Morocco. Experience being moisturised with pure liquid gold, argan oil. This ritual restores balance, nourished and deep cleanses the body while nurturing the soul.



# massage

Massage therapy is known as the oldest form of healing in the history of mankind. The combination of therapeutic stretching and kneading movements improve circulation, cleanses and nourishes your muscles tissue, while organic plant oils provide active ingredients to your body.



# river spa signature massage

**VOYAGER Total Massage Journey - 85min / €140.00**

A complete top to toe relaxation journey, incorporating scalp massage, face massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements.

The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

**Choose from:**

Uplift – Angelicus Serratus

Relax- Mindful Moments

Muscle – Ginger Chai



### **Aroma Hot Stone Therapy - 55 min / €120.00 or 75 mins / €140.00**

This is an ancient holistic massage treatment, where you will benefit from the healing and detoxifying effect of the heated basalt stones.

The stones are placed on your body's key energy points and are used to loosen up even the deepest muscle tension. You will experience pure relaxation. Warming up your joints and muscles and indulging your senses with essential oils, the Aroma Hot Stone Therapy is the ideal treatment if you are suffering from Rheumatism or Arthritis.

### **Hot Mineral Body Boost - 55 mins/€100.00**

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

### **Couture Touch - 55 mins/€100.00**

Condition your skin and muscles with this all embracing experience. Combine an Elemis anti aging facial with your personalised massage.

### **Freestyle Deep Tissue Massage - 55 min / €110.00**

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





# bathing ceremonies

As the origin of all spa rituals lie in the bath itself, our bathing ceremonies will add an essential part to your wellbeing. We only use bathing supplements of the highest quality in our River Spa Bathing Ceremonies, such as Irish seaweed extracts, pure essential oils, milk and herbal blends.

Enjoy your bathing ceremony either by yourself in our relaxing bath tubs, or with a friend or partner in our luxurious copper bath tub.



# river spa VOYA signature bathing ceremonies

## Lazy Days Detox Seaweed Bath - 35 min / €75 for two, €45 for one

Submerge your body into a bath of organic, hand-harvested Atlantic seaweed (Fucus Serratus) to remove unwanted toxins and alleviate aches and pains. This bathing ritual is the simplest and purest of all organic treatments! With its organic status approved by the IOFGA, Lazy Days utilises the natural power of organic hand-harvested seaweed to deeply moisturise the skin, increase circulation and promote healing. The renowned “Sailors Cure”.

## Organic Warmed Spiced Mud Bath - 35 min / €75 for two, €45 for one

A peat water bath was traditionally used for a variety of skin and rheumatic conditions. It offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from Irish peat. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite and combats the signs of ageing. This dark deep relaxing bath can also soothe muscular aches and pains, relieve stress and fatigue, energise mind and soul.



# men's treatments

Reload your energy with our range of men's treatments which are specifically designed for our male guests. You are welcome to combine all men's treatments with all the other treatments available in the Spa, feel free to choose from our broad range to enhance your relaxing spa experience.

## River Spa Signature Men's - Facial 55 min / €100.00

This intelligent Anti Ageing Facial protects your skin and prevents ageing effects caused by daily shaving and environmental influences. With soothing oils, uplifting massage techniques and skin boosting masks this energising facial will leave you with nourished, younger looking skin.

## Handy Man Manicure - 45 min / €60.00

This manicure treatment, specifically created for men, contains a mild scrub, hand, arm and scalp massage, a moisturising mask and nail filing.



# river spa rituals

All our River Spa Rituals are designed for an ultimate pampering experience. They offer you a wonderful wellness journey through our spa...

## **River Spa Fabulous Facial Ceremony - 55 mins / €85**

Arrive for your ceremony which begins with time to yourself in our heat chamber. Next choose between either a relaxing bathing ceremony or a pampering float treatment. Now, lie back, relax and enjoy a refreshing 25 min Elemis facial. Finally, blissfully have some time in our relaxation room!

## **River Spa Float Experience - 55 mins / €85**

Arrive for your experience which begins with time to yourself in our heat chamber, followed by a pampering dry float treatment. Then choose between a relaxing foot massage or a head, neck and shoulder massage. Finally, blissfully enjoy some time in our relaxation room!



### River Spa Journey - 55 mins / €85

Immerse yourself in our River Spa for your wonderful journey. Begin with some time to yourself in our heat chamber, followed by a relaxing mineral salt bath. After this choose between a relaxing foot massage or a head, neck and shoulder massage. Finally, blissfully enjoy some time on our relaxation room!

### River Spa Glo Ritual - 55 mins / €85

Your wonderful Glo Ritual begins with time to yourself in our soothing heat chamber. Next choose between either a relaxing bathing ceremony or a pampering float treatment. Now you are ready to enjoy a nourishing 20 minute body scrub! This starts with your chosen oil and salt for an invigoration scrub. Finally, enjoy some time in our relaxation room!





# for all mums to be

Get the pampering you deserve with our range of maternity treatments. You can enjoy our maternity massage treatments and bathing ceremonies from 13 weeks right up until full term.

### **Peaceful Pregnancy Massage - 55 min / €100.00 - 75 mins / €140.00**

Enjoy the relaxing pampering while you are comforted in a sideward position supported by pillows and cushions. Using Japanese Camellia oil, preventing and soothing stretch marks and dry skin, you can slumber in this exclusive massage treatment which focuses on your legs and upper body area relieving muscle pain and improving your circulation.

### **River Spa Facial Range**

All River Spa Facials are suitable during pregnancy. Choose your favourite from our facials menu!

### **Elemis Exotic Enriching Milk Bath - 20 min / €45.00**

Feel like Cleopatra in this ultimate moisture bathing ceremony! Relax in this exclusive soak of Elemis Nourishing Milk Bath, blended with luxurious donkey's milk leaving your skin silky and smooth.



# beautiful brides

You want to be looking your very best for one of the most important days in your life. River Spa has a range of packages that are ideal for preparing your skin, leading up to your wedding day, and revitalising treatments for after your big day.

## Before your Wedding Day

- €190.00 per person

Pro Collagen Age Defy Facial

Hot Mineral Boost Massage

## After your Wedding Day - €100.00

VOYA Bathing Ceremony

Sole Delight Foot Treatment or

Express Taster Facial

Deep Tissue Back Massage

Plenty of Chilled Water

## 1-2 Days Prior to your Wedding

Day - €125.00

Full Body Spray Tan

Sole Delight Pedicure with Shellac

Exotic Hand Manicure with Shellac



# river spa beauty

Browse through our beauty menu of tanning, tinting, waxing and choose your favourites!

## Hands & Feet

### Elemis Best Foot Forward Pedicure - Colour €65.00

The ultimate treat! An uplifting pedicure that includes exfoliation, massage, moisture mask, cuticle work and file. This will leave you walking on cloud nine. Please choose from our broad range of OPI Colours

### Elemis Exotic Hands Manicure - Colour €65.00

Pure pampering for your hands and nails! Indulge in this luxurious ritual with its nourishing milk bath mitts, exfoliation, relieving hand and arm massage, moisture mask, cuticle work and file. Please choose from our broad range of OPI Colours

### Shellac File & Polish - €25



## Tanning

St Tropez 2 hour Express Tan / Half Body - €20.00 / Full Body- €30.00

## Tinting & Waxing

*(24 hour patch test recommended)*

Eyelash Tint	€15.00
Eyebrow Tint	€15.00
Eyelash & Eyebrow Tint	€22.00
Eyebrow Wax	€10.00
Eyebrow Tint & Shape	€18.00
Eyelash Tint, Eyebrow Tint & Shape	€30.00
Full Leg Wax	€28.00
1/2 Leg Wax	€20.00
Full Leg & Bikini Line Wax	€38.00
Under Arm Wax	€15.00
Full Arm Wax	€20.00
Lip & Chin Wax	€18.00
Lip Wax	€10.00
Chin Wax	€10.00



# before your treatment

We like to create a very special, relaxing spa experience for you, which you can enjoy from the minute you arrive to the Spa. Therefore we recommend an arrival at River Spa at least 30 minutes prior to your appointment time, to give you enough time to check in, fill out the compulsory consultation card and get changed into the robe and slippers provided.

## Etiquette

The spa is a place to relax, revive and restore your body, mind and spirit. Out of consideration for others, we request that visitors keep noise to a minimum. Dedicate your time at our spa to complete relaxation. Switch off mobile phones and other electronic devices while in our spa.

*Please note that:*

- ☐ It is important to inform your therapist, about any medical conditions or any personal concerns which could interfere with your chosen treatment.
- ☐ Do not wear jewellery or make-up to your treatment as this will disrupt the flow of your treatment.
- ☐ We are always interested in improvement. Please give us your feedback about your River Spa experience.

### **Lunches and Afternoon Tea**

You are welcome to enjoy a light lunch or afternoon tea upstairs in our Dylan Thomas Bar. Please book your dining time in advance with our reservations team.

### **Gift Vouchers**

There is always an occasion for an indulging Spa Day, so treat your loved ones with a River Spa Gift Voucher.

If you like to purchase a Gift Voucher by phone or online we will need to take your credit or laser card details, a contact phone number and your own or the recipient's address. River Spa Gift Vouchers are valid for five years from the date of purchase. They are non transferable and non refundable.

### **River Spa Products**

A full range of Elemis & Voya products are available for purchase at any time from the spa reception. Advice and recommendations on the products that would suit your needs and skin type is available.