

the spa

Tullamore Court Hotel







A SPACE OF PEACE

Enter a world of complete relaxation at The Spa at Tullamore Court Hotel. From the moment you arrive at the The Spa, you will be taken on a unique and wonderful journey created especially for you. A secure haven of warmth, comfort and peace. At The Spa we focus on your health & wellbeing being offered through a range of carefully selected Elemis facials and body treatments.

Elemis is a wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results. Elemis focuses on delivering proven results with feel good skin care products. The Elemis award winning portfolio includes face and body skincare products with revolutionary formulas, spa treatments supplements and more.

Begin your journey at The Spa with use of the pool, steam room, sauna and jacuzzi. Continue to The Spa by taking our stairway to a haven of tranquillity and immerse yourself in pure relaxation. Should you also wish to bring a loved one, our Couples Suite allows you to enjoy treatments side by side. Following your treatment enjoy some time in our relaxation suite with some light refreshments and herbal teas.

PRO-GLOW FACIAL MENU

Bespoke skin wellness powered by elemis

Renewal

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

50 minutes | €90

Smooth

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

50 minutes | €90

Resurface

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

50 minutes | €90

Brilliance

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

50 minutes | €90



Elemis Skin Solutions Facial

Ideal for sensitive or congested skin that requires some much-needed care. Your Elemis expert will adapt this facial for your skin's specific needs ensuring maximum results ensuring calming and soothing yet glowing results.

50 minutes | €90

Skin Boosting Facial

A quick and instant pick-me up for dull, lifeless skin with maximum results in minimum time. This perfect introduction to the brand includes a short Indian Head Massage.

25 mins | €60

ELEMIS ALTERNATIVE THERAPIES

Intensely Cleansing Salt Scrub

Exotic 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. Conclude the treatment with shea butter massaged into the skin for optimum results.

€70 | 40 minutes

Healing Hands Ritual

This is the ultimate treatment for dried and ageing hands. Conditions, restores and revives. Targets dryness and anti-ageing.

€60 | 25 minutes

Indian Head Massage

Experience the ancient healing art of Ayurvedic techniques to release tension on the naturally firm stressed skin. This is one of the most widely practised complimentary holistic therapies in the west and involves massage of the face, neck, shoulders and upper back. Elemis Hot Oil Pressure Point Scalp Massage

€70 | 40 minutes

Elemis Best Foot Forward

Take a load off with this tension releaser. Lower legs and feet are bathed and massaged. Feet are left nourished soft and smooth.

€60 | 25 minutes

MASSAGE & BODY

Deep Tissue Muscle Massage

Your therapist will select an Elemis 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 and is one of our most popular massage therapies.

Full Body €90 | 55 minutes
Back, Neck & Shoulders €60 | 25 minutes

Swedish Massage

Calm your mind with this classic massage to alleviate fatigue, ease muscle stiffness and boost circulation. Pressure can be altered to your requested intensity with some deeper work on area specific muscular tension. A great choice for someone's first spa experience.

Full Body €90 | 55 minutes
Back, Neck & Shoulders €60 | 25 minutes

Elemis Aroma Hot Stone Therapy Massage

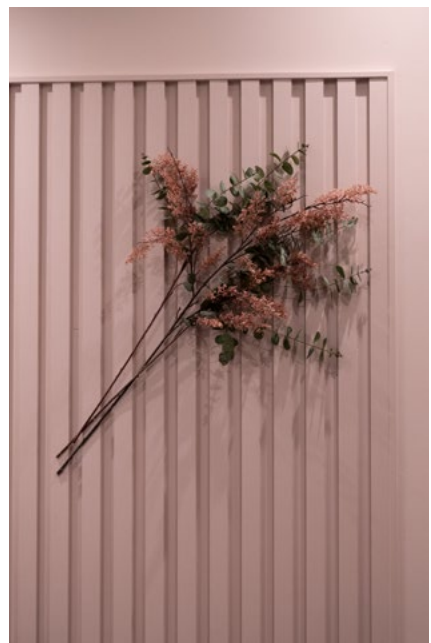
Specially selected basalt stones are heated & anointed with exotic, sensual aromas and placed on key energy points of the body. The deep penetrating heat is used to massage using traditional techniques.

Full Body 70 minutes | €110
Back 40 minutes | €70

Mum To Be Pregnancy Massage

Settle in to a cushioned treatment bed that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby. Includes time in our Relaxation Suite where refreshments are also provided.

70 minutes | €110



THE SPA COLLECTION

Double Decadence

Choose any 2 of the following
Treatments....55mins...€90

Triple Tranquillity

Choose any 3 of the following
Treatments for...80mins...€130

- Full Body Exfoliation
- Elemis Skin Specific Facial
- Hand & Arm Ritual
- Leg and Foot Ritual
- Scalp Massage

Bumps a Daisy Ritual

Designed specifically for the mom to be. Enjoy a lower leg and foot ritual, facial cleanse followed by a face, neck, shoulder and scalp massage

€90 | 55 minutes

Couples Moments

Our double treatment room at The Spa offers a unique experience having treatments side by side, be it with your other half, or friends. Therapists work in unison to offer the ultimate treatment for unity and relaxation.

Choose any 2 Full Body Massages

€160 | 55 minutes

Full Body Massage & Facial for 2 people

€320 | 110 minutes

Ultimate Renewal Ritual

Nurture your body and soul with The Spa's ultimate package, immerse yourself into a state of tranquillity leaving everything else at the door ready to rebalance and renew. Tailor your package with a choice of Cleansing Salt Scrub, a customised Full Body Massage, and a recommended choice of ELEMIS Pro-Glow Facial including a pressure point scalp massage.

2hr 25mins | €230

BEAUTY

24 Hour patch test required for all tinting and waxing

Eye Treatments

Eye Lash Tint	€12
Eyebrow Shape	€12
Eyebrow Tint	€12
Trio Treat	€30

Waxing

Eyebrow Wax	€12
Lip Wax	€12
Chin Wax	€12
Lip & Chin Wax	€20
Arm Wax	€15
Underarm Wax	€15
½ Leg Wax	€20
Full Wax	€30
Bikini Wax	€20
½ Leg & Bikini	€35
Full Leg & Bikini	€45
Full Leg, Bikini & Underarm	€55

Nails

Luxury Pedicure (Includes Polish)	€60
Luxury Manicure (Includes Polish)	€60
Mini Mani	€35
File & Polish	€20
File & Toe Polish	€20
French Polish Extra	€10



GIFTS & AT HOME

The Spa products

Elemis brings you the riches of the natural world with an advanced scientific range of medicinal and therapeutic plant extracts and essential oils.

GROUND Handmade in small batches, all our products are natural, vegan & never tested on animals. GROUND allows you to adopt simple therapeutic rituals encouraging peace & inner-strength. GROUND are a wonderful additional to our oncology treatments offered at The Spa.

Gift Vouchers

The perfect way to spoil someone special is a gift of "The Spa" at Hotel. Tullamore Court Hotel & Spa. Ideal for birthday gifts, Christmas presents, wedding gifts and special occasions. Our dedicated Spa team will help you decide on the gift voucher to suit you. Create a memorable experience by combining 1 night of accommodation with a Pamper Package at The Spa and dinner at The Brasserie.



GROUND
BARRÓG

GROUND
BARRÓG

SOOTHE
HAND & FOOT BALM

180ml e

GROUND
BARRÓG

REGROWTH
SCALP RELIEF OIL
ROSEMARY & AVOCADO

100ml

GROUND
BARRÓG

PROTECT
NAIL & CUTICLE OIL
LICORICE & WHITE TEA



THE SPA ETIQUETTE

The Spa is designed for your total relaxation and is a haven from the outside world. We request that all guests keep noise to a minimum and switch off all mobiles and electronic devices before entering the spa. Please arrive 15 minutes prior to your scheduled appointment. Late arrival will result in a shortened treatment in order to accommodate other clients. Children under 16 are strictly prohibited from availing of spa treatments or access to The Spa.

Attire

Bathrobes and slippers will be provided on arrival. Swimwear & swimming hats are required for use of the pool. May be purchased from the leisure centre if required. Disposable undergarments are provided for specific treatments.

Special Considerations

If you have high blood pressure, heart conditions, allergies or any other medical complications, we advise that you consult your doctor before signing up for any spa treatments. Please inform your therapist of any medical conditions.

Before your treatment

It is advised to avoid the consumption of alcohol or heavy meals 2 hours prior to or following spa treatments.

Reservations & Cancellations

Advanced booking advisable. A credit card is required at the time of booking. A cancellation period of 24 hrs applies. A full fee will be charged for any treatments cancelled less than 24 hours prior notice or for a 'no-show'.

Payment & Gift Vouchers

We accept cash, credit cards and iNua Hotel Gift Vouchers. Payment can also be charged to the rooms of hotel residents. All prices are quoted in euros and are subject to change. Vouchers are available for use against any spa treatments or packages or retail products.

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