

the spa

Radisson Blu Hotel, Cork



Welcome

The Spa at Radisson Blu Hotel, Cork offers an array of specialised Elemis treatments including essential oils with botanical science to create incredibly beneficial products used in therapeutic treatments.

Enter a world of complete relaxation. 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. The Spa offers a range of luxurious Elemis treatments and relaxation suites.

We believe that you will experience the most memorable spa treatments with the results to match. Your skin, your body and your wellness lie at the heart of Elemis.

The Spa and The Fitness Club is equipped with a state of the art gym, hydrotherapy treatment pool, sauna and steam room & nine spa treatment rooms. The Spa and The Fitness Club is the ideal haven for relaxing and rejuvenating. Let our fully qualified therapists take care of you, as you deserve to be treated.

The Spa is also your one stop beauty shop for all things beauty. Avail of a range of waxing services in our private treatment room, hand and foot treatments at the nail bar, eyelash and eyebrow tinting in our brow bar.



Beauty Treatments

Tanning

Lycon Rapid Bronze

Half Body **€15** | Full Body **€25**

Sunbed

Per min **€0.75** | 60 mins **€45** | 90 mins **€67.50** 120 mins **€90** | 160 mins **€120**

Eyes

Eyebrow Tint **€10** | Eyelash Tint **€15**

Eyebrow & Eyelash Tint **€20**

(Patch test is required 24 hours before)

Hands & Feet

Gelish File & Paint

Colour or French on Fingers or Toes

Colour **€25** | French **€30**

Opi File & Paint

Colour on Fingers or Toes **€25**

French on Fingers or Toes **€30**

Mini Manicure **€30** | Mini Pedicure **€30**

Callus Peel

Four step system including skin softening patch wrapped around the area to be treated to soften the skin. A special scraper is used to 'peel' off the dry skin/calluses, followed by buffing away of the remaining calluses with the foot file. The treatment is finished by applying moisturising cream.

€30 (add a Gelish/OPI finish for +€15)



Beauty Treatments

Lycon uses only the finest natural ingredients, resins and aromatherapy oils to deliver superior performance, removing stubborn hair as short as 1mm. At the same time the low temperature and pliable waxes provide a nurturing and skin conditioning treatment for extra comfort.

Standard Bikini 🌿

As far as a normal panty line to the front.

€20

Californian 🌿

High panty line to the front and underneath.

€25

G-String 🌿

Thong shaped to the front and close cropped underneath.

€30

Brazilian 🌿

All hair is removed with exception of a landing strip to the front.

€40

Hollywood 🌿

All hair is removed.

€40

Full Leg | €30 🌿

Half Leg | €20 🌿

3/4 Leg | €25 🌿

Half Leg & Basic Bikini | €35 🌿

Full Leg & Bikini | €45 🌿

Underarm | €15 🌿

Arm | €15 🌿

Chest or Back | €25 🌿

Lip | €10 🌿

Chin | €10 🌿

Lip & Chin | €15 🌿

Eyebrows | €10 🌿



Facials

Our Therapists will help you choose a facial for your skin's needs. You will receive a skin consultation and homecare advice with each facial to allow you to maintain results of your facial at home. We recommend repeat facials every 4-6 weeks.

Elemis Anti-Ageing Facials

Superfood Pro Radiance

A nutritional boost rich in superfoods & essential minerals to pack stressed, dull skin with energizing, detoxifying actives. Clinically proven to leave skin plumper and more radiant.

€95 | 60 minutes

Pro Collagen Age Defy

Clinically proven to reduce the number of wrinkles by 94% & improve skin firmness by 57% after just one treatment. Helps to protect against the signs of ageing, reducing the appearance of fine lines & wrinkles on the face & reconstructing the eye contour.

€95 | 60 minutes

Dynamic Resurfacing

Clinically proven after just one treatment up to 75% resurfacing & up to 32% increased skin smoothness. Targets skins fine lines & wrinkles, pigmentation, sun spots, acne scars, age spots and uneven skin tone.

€95 | 60 minutes

Skin Specific Facials

Exotic Moisture Dew

For dry skin in need of a super saturation moisture boost, this thirst-quenching facial is perfect.

€70 | 50 minutes

Herbal Lavender Repair

For combination & oily skin. Helps to heal & repair oily, problem & congested skin, restoring balance.

€70 | 50 minutes



Signature Treatments

Our very own signature treatments designed by our spa team & exclusive to The Spa.

Retreat Ritual

Enjoy a hot stone back massage with our specially anointed basalt stones to send you into a deep state of relaxation, followed by a tailor-made Elemis Facial to target your skin's requirements and personal skin concerns, a De-Stress Scalp Massage & Foot Massage complete this unmissable treatment experience, you leave feeling renewed, revived and completely relaxed.

€100 | 75 minutes

Island Experience

Detox, unwind & rejuvenate with a full body detoxifying body polish, after which you will be cocooned in a hydrating body wrap while receiving a tailor-made Elemis Facial to target your skin's requirements and personal skin concerns, leaving you feeling renewed, revived and completely relaxed.

€90 | 70 minutes

Massage & Body

Garden of England Rose Restore

Lavishing hydrating massage & micro wrap. The unique trio of Rose, Camelina & Poppy seed oils leave skin moisturised, supple & delicately scented.

€110 | 60 minutes

Elemis Detox Target Toning Tightner

Redefine and smooth your silhouette. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen & backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. (Areas include - Abdomen, Arms or Thighs)

All Areas | €110 | 90 minutes

One Area | €50 | 30 minutes

Ear Candling

Hopi Ear Candles are used to ease away the stresses of our Western culture and to address problems relating to the ear, neck and face areas. Excellent for relief of sinus pressure.

€45 | 35 minutes

Hot Mineral Body Boost

Hot Mineral Body Boost stimulates every cell in the body, to alleviate muscular pain & remove toxins. A revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness.

€110 | 60 minutes

Thousand Flower Detox Body Wrap

Provides super skin-health & powerful detoxification, helping stimulate the elimination process & restore equilibrium process & the body firing on all cylinders. Omega-rich green tea seed oil is massaged into the skin, followed by the thousand flower, vitamin-packed, super nutritious earth wrap. A nourishing Green Tea balm rich in minerals, proteins & omegas is the final touch, leaving you feeling completely reinvigorated

€75 | 60 minutes

Pregnancy Massage

Relieve tension in lower back, alleviate swelling in the hands and feet while uplifting your spirit.

€110 | 60 minutes

Indian Head & Shoulder Massage

A traditional head massage providing instant relief from tension and stress, therapeutically based on acupressure massage on the face, neck & shoulders.

€50 | 25 minutes

20•20•20

Relax & unwind with 20 minute Back Massage, 20 minute Elemis Mini Facial and 20 minute Scalp Massage.

€95 | 60 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 **€100 | 75 minutes**

Back **€50 | 25 minutes**

Deep Tissue Massage

Full Body **€90 | 55 minutes**

Back, Neck & Shoulders **€50 | 25 minutes**

Swedish Massage

Full Body **€80 | 55 minutes**

Back, Neck & Shoulders **€50 | 25 minutes**





For Men

The following treatments are especially designed for men's skin and bodies.

Men's Deep Cleansing Facial

Deep cleanse and complete skin detox. This super-grooming facial decongests the skin, working to eliminate blocked pores and accelerate skin recovery. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the effects of daily pollutants, leaving the skin clean and clear.

€75 | 50 minutes

Back Facial

Includes a relaxing back massage and back scrub. Once the mask is applied, you will enjoy a relaxing back of legs massage.

€60 | 40 minutes

Deep Tissue Full Body Massage

Focusing on relieving specific stress and muscle tension, a deeply rhythmic pressure massage to give a vigorous workout. Tailored and combined with specially blended massage oils.

€90 | 55 minutes

Deep Tissue Back Massage

Maximum tension relieving results in minimal time. Concentrating on the back, neck & shoulder region with Swedish or Deep Tissue massage techniques to alleviate stress & tension.

€50 | 25 minutes

Deep Tissue Leg Massage

€30 | 20 minutes



Natural Spa

The Natural Spa Factory use botanically sourced ingredients derived from nature like herbs, plants and flowers. All the products are free from Parabens, SLS, MCI and Methylisothiazolinone. The result is a collection of natural and beautiful products that inject goodness and wholesome nourishment into your body and skin; boosting you from the outside in.

Full Body Exfoliation

€35 | 20 minutes

Full Body Wrap

€40 | 20 minutes

Hydrotherapy Light Therapy Bath

Infused with detoxifying & skin nourishing bath salts

€35 | 20 minutes

Mix & Match

2 treatments €65

3 treatments €90



Spa Parties

The Spa can cater for large groups and parties, perfect for all occasions - Hen Parties, Birthdays, Baby Showers or simply a girly getaway.

We also offer lunches and cocktails which we can include in a tailor made package to suit any budget - the perfect way to celebrate any occasion.

The Spa Collection

These packages include unlimited use of our hydrotherapy treatment pool, gym, relaxation suite, bathrobes & slippers and refreshments in the relaxation suite.

Retreat & Rejuvenate | €150

Full body relaxation massage | Elemis Aromapure Skin Specific Facial | Light Therapy Bath
Lunch in our Banks Bar

Girls Day Out | €115

Swedish Back, Neck & Shoulder Massage | Taster Facial | Opi File & Paint on hands OR feet
Lunch and a house Cocktail in our Banks Bar

Spa & Lunch | €109

Elemis Aromapure Facial | Swedish Back, Neck & Shoulder Massage
Lunch in our Banks Bar

The Sweet Retreat | €100 *(must be booked 24 hrs in advance)*

Choose two of the following mini treatments

Swedish Back Massage | Mini Facial | Indian Head Massage | Full Body Scrub | Full Body Wrap | Followed by Afternoon Tea in Maestros Restaurant



Gift Vouchers

The perfect way to spoil someone special is a gift of “The Spa” at Radisson Blu Hotel. Ideal for birthday gifts, Christmas presents, wedding gifts and special occasions. Our dedicated Spa team will help you decide on the a 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 Maestros Restaurant. Spa gift vouchers are also available for massages, facials and Elemis treatments.

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.

The Natural Spa Factory use botanically sourced ingredients derived by nature like herbs, plants and flowers, all products are paraben free.

Lycon Wax uses only the resins, natural ingredients and aromatherapy oils, Lycon delivers superior performance, removing stubborn hairs as short as 1mm.

Gelish is a durable nail laquer that will give you a longer lasting finish.

OPI the world leader in professional nail care.



The Spa Etiquette

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. There are no children allowed in the spa at any time. 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.

Spa Attire

Bathrobes and slippers will be provided on arrival. Swimwear & swimming hats are required for use of the pool. 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. It is advised that pregnant women do not avail of any water based treatments, however there are a number of risk free treatments available.

Pregnancy Safe treatments are marked with the following symbol: 

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 Radisson Blu Hotel & Spa, Cork gift cards. 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 but cannot be redeemed against the purchase of products. Vouchers are non-refundable and must be produced at time of treatment. Treatment packages are non-refundable. Unused portions of packages are non-transferable for another item.

Enjoy

Please contact a member of staff if you have any further queries.

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