

Beauty Suite

Waxing

- Full Leg Wax €35.00
- 3/4 Leg Wax €30.00
- 1/2 Leg Wax €25.00
- Bikini Wax €18.00
- Under Arm Wax €18.00
- Arm Wax €25.00
- Lip Wax €12.00
- Chin Wax €12.00
- Lip & Chin Wax €20.00
- Eye Brow Wax & Trim €10.00
- Lip & Chin Wax & Eye Brow Trim €25.00
- Full Leg & Bikini Wax €50.00
- 3/4 Leg & Bikini Wax €45.00
- 1/2 Leg & Bikini Wax €38.00
- Brazilian Wax €45.00
- Hollywood Wax €50.00
- Back wax 1/2 back / full back from €30.00

Tinting

- Eye Brow Tint €10.00
- Eye Lash Tint €15.00
- Eye Lash Tint & Eye Brow Trim €18.00
- Eye Lash Tint & Eye Brow Tint €20.00
- Eye Lash Tint & Eye Brow Trim & Tint €30.00

Make Up

- Cleanse & Make Up €30.00

Electrolysis

- 1/4 hour €25.00
- 1/2 hour €30.00

Tanning

SunFx Airbrushing Tan

- **Full Body** including top up next day €60.00
- **Half Body** including top up next day €45.00
- **Weekly Top Up** Full Body €35.00 Half Body €25.00

Yon-Ka Auto Bronzant

- **Full Body** €50.00
- **Half Body** €40.00

Day Rituals

Diamond - €250.00

- YonKa Le Grand Classique Facial
- Lu'Lur Mandi Susu Bath Soak
- Lunch in Gallery Restaurant
- Lu'Lur Hibiscus & Jasmine Body Scrub
- Lu'Lur Coco Cream Nourishing Massage & Body Wrap
- Relaxation Time with fresh smoothies/juices

Ruby - €160.00

- Lu'Lur Luxury Foot Spa
- Lu'Lur Balinese Massage
- Lu'Lur Hibiscus & Jasmine Body Scrub including China Rose Hair Mask
- Mandi Susu Aromatic Creamy Bath of Rose Petals & Yogurt
- Lu'Lur Moisturising Body Wrap
- Relaxation Time with fresh smoothies/juices

Opal - €150.00

(Available Monday - Thursday only)

- Indian Head Massage
- Lu'Lur Luxury Foot Spa & Pedicure
- Lu'Lur Luxury Hand Ritual & Manicure
- Relaxation Time with fresh smoothies/juices

Sapphire - €210.00

- Use of Award Winning Leisure Centre
- Seaweed Wrap
- Seaweed Bath
- Lunch in Gallery Restaurant
- Well Being Back Massage
- YonKa Le Grand Classique Facial
- Relaxation Time with fresh smoothies/juices

Emerald - €200.00

(Available Monday - Thursday only)

- Use of Award Winning Leisure Centre
- YonKa Bath
- YonKa Detox Herbal Wrap
- Lunch in Gallery Restaurant
- YonKa Le Grand Classique Facial
- Relaxation Time with fresh smoothies/juices

Pearl - €125.00

(Available Monday - Thursday only)

- YonKa Hot Stone Massage
- Lu'Lur China Rose Hair Mask
- Relaxation Time with fresh smoothies/juices

Mens Retreat

Just For Him - €160.00

- Use of Award Winning Leisure Centre
- Seaweed Bath
- Well Being Back Massage
- YonKa Skin Fitness Facial
- Eyebrow Trim
- Relaxation Time with fresh smoothies/juices

Gentleman's Treat - €125.00

- YonKa Bath with essential oils of rosemary, cypress, thyme, lavender and geranium.
- Aromatherapy Massage using essential oils for therapeutic purposes.
- Relaxation Time with fresh smoothies/juices.

Terms & Conditions

Booking

To make a booking, you may contact our spa directly on 021 4890700 between 9.00am and 7.00pm Monday – Wednesday, between 9.00am and 9.00pm Thursday & Friday and between 9.00am and 6.00pm Saturday. You can also email us at info@rochestownpark.com. We advise that you book well in advance to secure your preferred date and time. Credit card details will be required to secure appointments for groups of four or more.

Spa Etiquette

The spa environment is one of relaxation and tranquillity. Please turn off mobile phones while in the spa. Please arrive 15 minutes prior to your appointment time to ensure that you receive your full scheduled time. The Thalassotherapy Centre is strictly not available for anyone under 16 years of age. Children are not allowed access to any area of the spa.

Payment & Cancellation:

Should a need to cancel arise please let us know 24 hours prior to arrival to avoid a 50% cancellation fee. If you are going to be late for an appointment, please inform the spa directly as provisions may need to be made to accommodate your booking. All payments can be made by cash, cheque, credit card, Laser or Gift Voucher. The management reserves the right to alter prices without prior notice at their own discretion.

Health Conditions

Kindly advise of any health conditions which could affect your treatment when making your appointment.

Pregnancy

For the first 14 weeks of pregnancy, the only treatments available are manicure, pedicures, tanning, waxing and tinting.

Between 14 weeks and 40 weeks

Treatments available are facials, manicures, pedicures, waxing, tanning and tinting. We are unable to treat anyone who is breastfeeding.

We regret we are unable to treat anyone who is undergoing treatment for cancer and are unable to do so for up to 2 years after. We would require a doctors letter with regard to same. This also applies to anyone who has had an operation in the last six months.

Gift Vouchers

Gift Voucher Purchase

Gift Vouchers make an excellent gift for that special person. Vouchers can be purchased on line at www.rochestownpark.com. They can also be purchased directly from the spa or by post to credit card holders.

Gift Voucher Redemption

Gift Vouchers must be presented at the time of treatment. Vouchers are non refundable. Please treat your voucher as a valuable document. Vouchers cannot be used for the purchase of products or another voucher. Vouchers cannot be exchanged for cash and can only be used for goods and services in the centre.

The Day Rituals

All treatments in these rituals are set and individual treatments cannot be altered. extra treatments can be added to the rituals and you will be charged accordingly.

SunFx Tanning Preparation

For best results, exfoliate well before the treatment. Paint your fingernails and toenails to avoid discolouration. We recommend two applications. Do not moisturise, shave or wax on the day of the treatment.

What to Bring with You

Towels, robes and lockers are supplied however we request that guests bring suitable swimwear and footwear for all body treatments. Please do not bring valuables to the centre, as we do not accept liability for any items lost, stolen or damaged. Please return robes with locker key to reception on completion of treatments. We suggest you arrive approx. 15 minutes prior to appointment, this is to ensure all treatments may be properly facilitated.



Rochestown Park Hotel

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Rochestown Park Hotel
Thalassotherapy Centre

YONKA
PARIS

Hydrotherapy / Algotherapy

Hydrotherapy is excellent for circulatory problems such as water retention, heavy legs and very helpful to those who wish to slim down. The Thalassotherapy Centre bases all its treatments on the use of seaweed in baths and body wraps.

Algotherapy is extremely effective in alleviating the symptoms of stress such as fatigue, insomnia, aches and pains.

The healing power of the sea restores the balance that our bodies need to promote general well being and vitality.

Balneotherapy - Seaweed Bath €40.00

Multijets and computerised massage bath, according to your needs using seaweed for slimming, toning and relaxing.

Algotherapy - Seaweed Wrap €50.00

Body wrap with micronised heated seaweed, for slimming, revitalising, toning, pain relief and relaxation.

Cryotherapy €20.00

Cotton stockings soaked in a dilute marine algae preparation which helps to activate the blood circulation and fight against water retention.

Seaweed Wrap and Face Mask €70.00



Our selection of face treatments with the use of essential oils and botanical extracts is an invitation to journey with **The Thalassotherapy Centre** and **Yonka**. This journey will take you to a world of gentleness, of scents and sensations that draw their strength from nature. Each **Yonka** facial is tailored-made to your skins requirements and to enhance your inner beauty.

Le Grand Classique Facial €75.00

A personalised facial, deep cleansing, restoring and relaxing. The use of aromatherapy based oils, creams and masks leave the skin nourished and revitalised, thus promoting a feeling of well being.

Hydralessence Facial €80.00

Deeply hydrating, eliminates signs of stress and comforts irritated and sensitive skin. Deep massage and a unique fruit mask with added hydrating ingredients is followed by the application of intensive moisturisers.

Optimiser Facial €85.00

Encourages perfect tone, redefined contour and replenished radiance. Ideal for mature or tired skin. Lines are visibly reduced while significantly improving the skin's resiliency.

Alpha Vital €90.00 (Course of 4 - €330.00)

Regenerating and resurfacing AHA facial, suitable for fine lines or surrounding skin, leaving skin softer and firmer. A course of 4 treatments is recommended during spring or autumn.

Eclat Contour €50.00 (Course of 4 - €180.00)

Specific eye treatment to relieve puffiness, dark circles and fine lines leaving eyes fresher and brighter.

Escale Beauty €40.00

Citrus scent combined with the true Lavender fragrance of french Provence to re-energise and stimulate, while a selection of botanical extracts replenish the skin revealing a soft, dedicated soothed complexion.

YONKA PARIS Yon-Ka Body Treatments

Designed to bring purity and balance to the skin, the Yonka body treatment will focus on cleansing, skin exfoliation and detoxing to nurture a vibrant and radiant glow.

Soin Velours €70.00

Invigorating body polish to exfoliate dry skin, then unwind in a soothing lavender, geranium and rosemary wrap. Leaves your skin glowing and radiant.

Detox Herbal Wrap €90.00

Using a blend of sage, petitgrain, and lavender to detox and decongest in a comforting foil wrap. Perfect to unwind and drift away.

Deep Back Cleanse €45.00

This is a therapeutic deep cleansing and nourishing treatment to encourage a vibrant & radiant glow.

Yon-Ka Bath €55.00

Feel the tension ease away with the combination of rosemary, cypress, thyme, lavender and geranium.



Therapeutic and Holistic Treatments

Massage Therapy assists in restoring the normal functioning of the muscle, nerve, circulatory, skin, connective tissue, digestive and lymphatic system enabling your body and mind to heal itself.

Hot Stone Massage €110.00

Unwind to a deeper dimension of relaxation, health and wellbeing by a combination of therapeutic massage and thermotherapy. With the use of hot basalt stones in massage, it will encourage deep tissue healing as well as promoting deep relaxation.

Well Being Back Massage €45.00

Helps ease tension from tired aching muscles in the back and shoulder area.

Reflexology €55.00

Holistic foot treatment, massaging points on the feet that correspond to the body. Brings about relaxation and balance.

Aromatherapy Massage €80.00

Aromatherapy is the use of essential oils for therapeutic purposes. A blend of essential oils will be chosen to suit the needs of each person. Each treatment will include a 15 minute consultation with your therapist to ensure you get the most out of your treatment. Also included is an aromatherapy foot compress at the end of each treatment.



Well Being Massage €65.00

Enjoy a relaxing or energising massage incorporating an aromatherapy foot compress.

Indian Head Massage €50.00

Massage on the head, neck and shoulders using relaxing movements and pressure points to relieve tension and migraine.

Head & Neck Massage €35.00

Helps ease tension from stressful areas such as head & neck.

HOPI Ear Candling €45.00

This natural American Indian therapy creates a feeling of wellbeing whilst relieving sinusitis, headaches and ear blockages.

Platinum Detox €45.00 (Course of 6 - €225.00)

This is the latest state of the art detoxification unit. It reduces toxins in your body, which improves general body balance, metabolism, weight loss etc.

Nail Care / Male Grooming

Lu'Lur Luxury Hand Ritual & Manicure €60.00

A treat for dry chapped hands. Feel the tensions of the day disappear as your hands are immersed in a luxurious warm Rose Petal & Yogurt Mandi Susu soak. A delicate Hibiscus and Tumeric scrub is then applied, followed by traditional Hawaiian dry oil for cuticles. A fragrant heated Coconut & Vanilla cream is applied to your hands and you relax in warm mitts while the nourishing cocktail works its magic resulting in brighter nourished skin and nails.

Lu'Lur Luxury Foot Spa & Pedicure €70.00

A pampering treat for tired under nourished feet. A warm fragrant Rose Petal foot soak is prepared and your feet are placed on heated stones. A delicate Hibiscus & Tumeric scrub is then applied, followed by Camellia & Marigold cuticle oil. A fragrant heated Coconut & Vanilla cream is applied and you relax in warm booties whilst the nourishing cocktail works its magic resulting in light, smooth and well nourished feet.

Spa Manicure €40.00

Using hot mitts to ensure the penetration of therapeutic creams to strength nails and soften skin.

Spa Pedicure €50.00

Ideal for softening and nourishing hard skin while pampering tired feet.

Fingertip Treatment €20.00

A quick boost for the nails including a nail file & polish.

French Polish €10.00 extra on all nail treatments

Male Grooming

Designed to meet the particular needs of men's skin care, our Yonka facials include therapies to reduce oiliness, flaking, redness and irritation from shaving. They promote smooth hydrated skin and a relaxed mind.

Yonka Facials			
L'Anti -Age Facial	€90.00	Power Moist Facial	€80.00
Skin Fitness Facial	€75.00		
Therapeutic Massage			
Hot Stone Massage	€110.00	Well Being Massage	€65.00
Well Being Back Massage	€45.00	Indian Head Massage	€50.00
Reflexology	€55.00	Head & Neck Massage	€35.00
Aromatherapy Massage	€80.00	All spa treatments available to our male clientele.	

