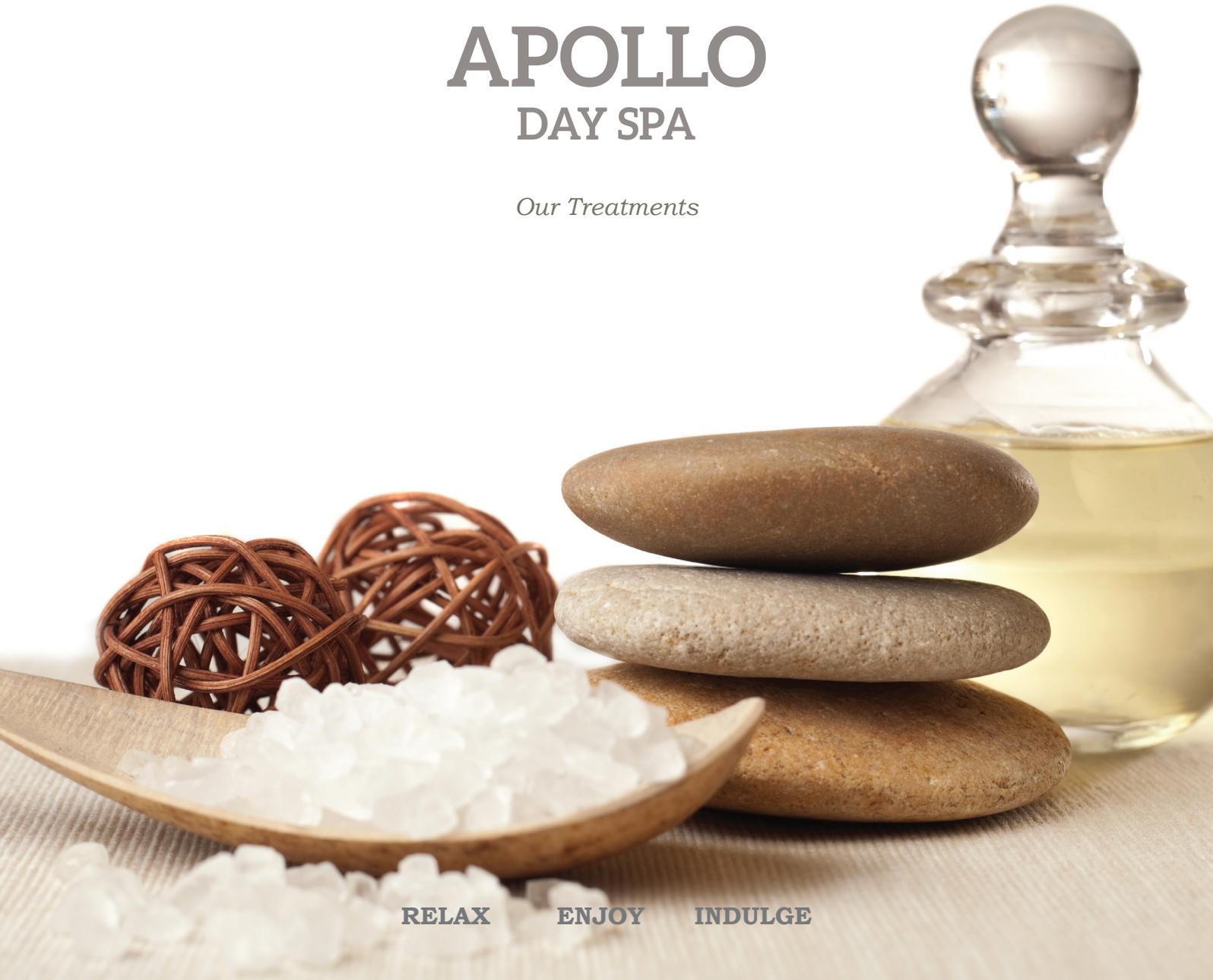


APOLLO

DAY SPA

Our Treatments



RELAX

ENJOY

INDULGE

Welcome

*Escape from the everyday at the
Apollo Day Spa and experience a
total renewal of mind, body & spirit...*



ELEMIS FACIAL TREATMENTS

After a facial treatment you'll feel relaxed, experience a deep feeling of well-being and your mind, body and spirit will feel totally rejuvenated. Truly divine.

PRO-RADIANCE – CLASSICAL FACIAL

€69 - 55MIN | €85 - 75MIN

A revitalising, energising and boosting facial that is recommended for all ages. Leaves skin, plumper, radiant and lit up with good health.

PRO-COLLAGEN - AGE DEFY

€75 - 55MIN

Thanks to the age-defying and regenerating action of marine-charged Padina Pavonica, Collagen and other active ingredients, your skin is left looking beautiful and relaxed.

PRO-DEFINITION - LIFT AND CONTOUR

€85 - 55MIN

Your opportunity for a deep-firming and lifting facial - Restore the architecture of your face with potent plant actives for a profoundly, sculpted youthful effect.

SENSITIVE SKIN SOOTHER

€75 - 55MIN

Fragile skin needs special attention. A soothing treatment that helps reduce the appearance of redness and protects the skin against daily stresses. Skin is left soothed, comfortable and calm. Excellent as an after-sun remedy.

DYNAMIC RESURFACING PRECISION PEEL

€85 - 55MIN

Clinically proven to target signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal.

HIGH PERFORMANCE SKIN ENERGISER FOR MEN

€75 - 55MIN

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

BOOSTER FACIAL

€49 - 30MIN

Short on time? This mini treatment will leave you with a nice glow in a short time.

THE MINI SPA EXPERIENCE

€75 - 50MIN

(25min Facial + 25min Back Massage)



MASSAGES

Every one of our treatments is hand-picked from centuries of therapies and techniques from around the world. They are performed by highly trained professionals.

AROMATIC ANTI-STRESS MESSAGE

The ultimate in deep relaxation. Our therapies provide a haven where the body and spirit will be nurtured, resulting in a state of total relaxation, emotional balance and beauty.

€75 - 55MIN | €95 - 75MIN

FREESTYLE THAI MASSAGE

Thai Massage – an old-age technique for relaxing the body and mind. This massage involves stretching and locating pressure points that are situated all over the body. This treatment can be performed on the floor or on the treatment bed.

€95 - 55MIN

CANDLELIGHT CARESS

As the candle slowly burns, warm aromatic oil is gently poured onto the body with slow massage movements providing a truly superb spa experience.

€99 - 55MIN | €125 - 75MIN

CRYSTAL

This is a truly unforgettable treatment, inspired by ancient rituals, which allows you to venture to the highest point of relaxation. The holistic benefits will bring you a deep sense of physical & mental relaxation, as well as a feeling of warmth & well-being.

€95 - 55MIN | €120 - 75MIN

HOTSTONE

This indulging massage will send your mind, body and spirit into a heavenly state. Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic basalt stones placed on key energy points of your body, you will simply drift into a world of pure bliss... must be experienced.

€95 - 55MIN | €120 - 75MIN

WARM BAMBOO

Using the warm bamboo to roll and knead the tissues and create an extreme sensation of relaxation and well-being, this massage, works at all levels to balance, calm and energise you physically, mentally and spiritually. It is also known for its healing properties.

€95 - 55MIN | €120 - 75MIN

PEACEFUL PREGNANCY MASSAGE

This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a pear-shaped beanbag that moulds to every bump and supports every body, mothers-to-be are lulled and restored to optimum wellness.

€75 - 55MIN | €95 - 75MIN

TETHA HEALING

A non-invasive alternative therapy using a meditative technique, proven to give amazing results.

€100 - 55MIN

DEEP TISSUE €49 - 25MIN | €85 - 55MIN

SPORTS MASSAGE €85 - 55MIN | €105 - 75MIN

LYMPHATIC DRAINAGE MASSAGE €49 - 25MIN | €85 - 55MIN

ANTI-CELLULITE & TONING MASSAGE €49 - 25MIN

REFLEXOLOGY €49 - 25MIN | €85 - 55MIN

ORIENTAL HEAD MASSAGE €49 - 25MIN

REIKI SESSION €85 - 55MIN

Advanced booking required

COUPLES MASSAGE

All our massages can be experienced together in our Couple's Room. Please refer to our Packages Menu.

ENHANCEMENTS TO YOUR MASSAGE

SCALP & HEAD MASSAGE €25 - 15MIN

EYE TREATMENT €25 - 15MIN

HAND REJUVENATION €25 - 15MIN

Hand Scrub & Pressure Point Massage

FOOT RECOVERY €25 - 15MIN

Foot Scrub & Pressure Point Massage



BODY WRAPS & SCRUBS

Most treatments include a relaxing foot massage or a de-stressing pressure point face and scalp massage. Take your time and enjoy.

MARINE BODY EXFOLIATION

Buff away dead skin cells, allowing subsequently applied products to penetrate, hydrate and treat effectively.

- With half body massage
- With full body massage

€45 - 25MIN

€75 - 50MIN

€105 - 75MIN

ELEMIS - EXOTIC LIME & GINGER SALT GLOW

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin.

- With half body massage
- With full body massage

€49 - 30MIN

€85 - 50MIN

€125 - 75MIN

ELEMIS - EXOTIC FRANGIPANI NOURISHING WRAP

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin.

- With half body massage
- With full body massage

€69 - 50MIN

€105 - 75MIN

€135 - 90MIN

ELEMIS - GARDEN OF ENGLAND ROSE RESTORE

Massage & Micro-Wrap - The skin is anointed with nourishing oils whilst a nurturing Rose balm and bespoke massage comfort the skin and ground the spirit. Skin is left exquisitely moisturised, intensely supple and delicately scented.

€79 - 60MIN

ELEMIS - HOT MINERAL BODY BOOST

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

€79 - 60MIN

AFTER SUN SOOTHING WRAP

A refreshing and energising wrap, with a calming and soothing action, which is also deeply regenerating and leaves the skin silky smooth.

€65 - 45MIN

SLIMMING & DETOX PROGRAMMES

ELEMIS- THOUSAND FLOWER DETOX WRAP

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

€69 - 55MIN

ELEMIS - TARGETED TONING TIGHTENER

A powerful blend of massage and detoxifying clay for targeted toning and tightening on:

- Hips & Thighs
- Abdomen
- Arms
- Full Body

€69 - 45MIN

€49 - 25MIN

€49 - 25MIN

€138 - 90MIN

ANTI-CELLULITE & INCH-LOSS TREATMENT

This detoxifying, circulation-stimulating, body toning treatment includes a combination of muds and healing ingredients. A specific serum is first massaged into the skin followed by a heated mud wrap which helps reduce fat cells and resulting in weight loss. During this treatment you are also cocooned within a hot blanket.

€69 - 50MIN

€190 FOR 3 SESSIONS

G-5 MASSAGE

This massage incorporates the use of a professional G-5 mechanical Massager which vibrates vigorously to stimulate deep blood flow and circulation. The G-5 will break down stubborn fat in the thighs, bottom and stomach and will reduce the appearance of cellulite. You will leave feeling slimmer, toned and much suppler.

€45 - 25MIN

€125 FOR 3 SESSIONS

BIO-RESONANCE (FOOD INTOLERANCE TESTING)

Is it the food that is making you tired or unwell? This technique uses a pain-free machine to test for sensitivities from acupressure points on the hands or feet to give you the results you are looking for. At the end the practitioner will also prepare you a tailor made program, designed exclusively for your needs.

€230 - 55MIN

MANICURES & PEDICURES

A regular manicure or pedicure keeps nails tidy and improves their appearance, the skin is cared for and high quality products are used to promote strength and growth of the nails. Choose between standard maintenance treatments or the luxurious range for a more pampering experience.

TRADITIONAL MANICURE

filing | cuticle works | polish

€39 - 25MIN

TRADITIONAL PEDICURE

filing | cuticle works | hard skin buffing | polish

€49 - 40MIN

LUXURY SPA MANICURE

filing | cuticle works | hand scrub | massage | polish

€55 - 45MIN

LUXURY SPA PEDICURE

filing | cuticle works | foot scrub | hard skin buffing | mask | massage | polish

€69 - 60MIN

ADD ONS...

15 DAY NO CHIP NAIL POLISH APPLICATION €25 - 20MIN

REMOVAL OF THE 15 DAY NO CHIP NAIL POLISH €15 - 15MIN

FRENCH NAIL POLISH APPLICATION €12 - 15MIN

PARAFFIN WAX DIP (HANDS OR FEET) €25 - 15MIN

WAXING

LIP OR CHIN	€10
UNDER ARM	€15
BASIC BIKINI	€19
BRAZILIAN BIKINI	FROM €29
LOWER LEG	€25
FULL LEG	€40
FOREARMS	€18
CHEST	FROM €20
BACK	FROM €25

OTHER

EYEBROW SHAPING	€15
EYEBROW OR EYELASH TINT	€20
EYEBROW TIDY	
Wax or tweezers	€12
THREADING	FROM €25
(Advanced booking required)	
MAKE UP APPLICATION	€35
BRIDAL MAKE UP	€55



Our SPA Packages

THE CLASSICAL SPA EXPERIENCE

PRICE: €99

Customised Facial (40min)
Relaxing or Energising Massage (50min)

THE SIGNATURE CHOICE

PRICE: €145

Elemis Skin Specific Facial (55min)
Aromatic Anti-Stress Massage (75min)

THE JET LEG REMEDY

PRICE: €125

Helps reduce swelling, fluid retention and improve circulation
Soothing Back Massage (25min)
Head & Shoulder Massage (25min)
Foot & Leg Treatment (25min)

WRAP IT UP

PRICE: €175

Full Body Exfoliation (25min)
Body Wrap (25min)
Full Body Massage (55min)
Hydrating Facial

THE EXPRESS SOLUTION

PRICE: €120

Express Facial (25min)
Back, Neck & Shoulder Massage (25min)
Express Manicure (25min)

ANTI-CELLULITE CHOICE

PRICE: €150

Full Body Scrub (30min)
Warm Mud Wrap (30min)
Lymphatic Massage (45min)

DETOX SOLUTION

PRICE: €115

Skin Brushing (15min)
Detox Wrap (30min)
G5 session (25min)

Our SPA Packages

THE GENTLEMEN'S REVITALISER

PRICE: €150

Relaxing Back Massage (25min)
Foot Reflexology (20min)
Customised Facial (45min)

EXOTIC BODY GLOW

PRICE: €99

Exotic Lime & Ginger Full Body & Face Exfoliation (30min)
Hydrating Face Mask
Relaxing Frangipani Monoi Massage (55min)

PEACEFUL PREGNANCY FACE & BODY EXPERIENCE

PRICE: €120 / 95MIN

Relieves tension in the back, shoulders, scalp, hands & feet.
The beautifully reviving facial and specially formulated massage
takes care of all your skin's needs during pregnancy.

TOGETHER - RITUAL FOR TWO

PRICE: €275 PER COUPLE / 90MIN

Foot Ritual
Full Body Exfoliation
Candle Light Caress Massage
Hydrating Booster Facial
A flute of bubbly

Our SPA Etiquette

Spa etiquette can be a source of anxiety for first-time spa-goers, but it's easy once you know a few basics. Here are some basic rules to help you relax.

CANCELLATION / POSTPONEMENT.

In case of cancellations, a minimum of 12 hours notice is required to avoid cancellation charges. If your treatment is cancelled within the 12 hours, a charge of 50% of the treatment price will be charged. If no notification is given, then a 100% cancellation charge will apply.

ARRIVE ON TIME.

Make sure you make the most out of your spa experience. Always try to arrive 15 to 20 minutes early, especially on your first visit, as you will need a few minutes to fill out your consultation form as well as enjoy a quick tour of the facilities. When undergoing a treatment at the Spa you will have access to the indoor pool, sauna and Jacuzzi. Should you arrive late, kindly note that the equivalent time may be deducted from your treatment.

TURN OFF YOUR CELL PHONE.

You can't relax if you're answering calls, checking emails, and texting. And neither can the person next to you.

SPEAK UP ABOUT WHAT YOU WANT.

When making an appointment, should you have a preference for a male or female therapist, kindly inform the reception when arranging your booking. During your treatment, feel free to ask for anything you would like to be different, more or less pressure, quieter music etc.

YOUR COMFORT IS IMPORTANT TO US!



APOLLO DAY SPA

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