

# THE SPA

TULFARRIS HOTEL & GOLF RESORT

## WELCOME

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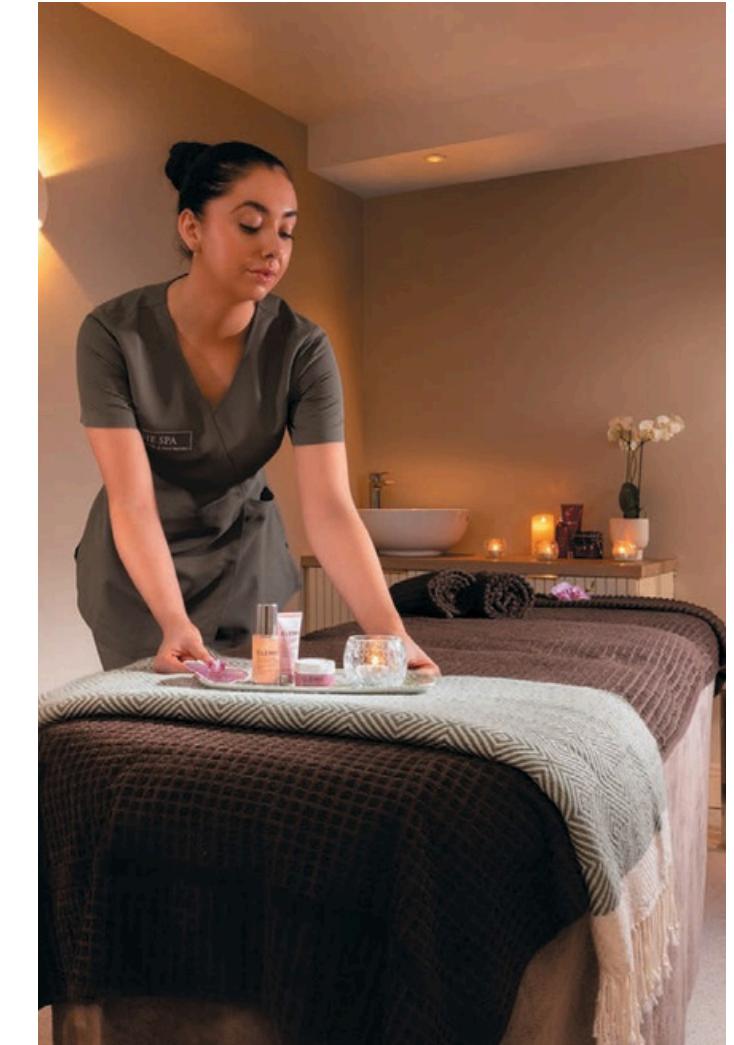
Welcome to the serene oasis of tranquillity, **The Spa at Tulfarris Hotel and Golf Resort**. Indulge your senses and rejuvenate your spirit in our luxurious spa sanctuary in our 18th Century Manor House, where every detail is meticulously crafted to ensure a blissful escape from the ordinary.

The Spa features 4 treatment rooms, dual treatment room with jacuzzi, a cosy relaxation room and a state-of-the-art salon. Whether you are joining us as a spa day guest or as an overnight guest at the hotel, our treatments and services have all been thoughtfully created for everyone to enjoy, with a commitment to help you achieve your wellness goals.

Partnering with Elemis, the world's premier Spa and Skincare brand, allows us to make each treatment personal. From revitalising facials to soothing massages, each treatment is expertly curated to pamper you from head to toe, leaving you feeling refreshed and radiant.

All of our treatments cater to all genders and are also suitable for expecting mothers.

For an optimal experience at The Spa at Tulfarris, we recommend discussing your preferences with one of our knowledgeable staff members to ensure that every aspect of your visit is tailored to your needs and desires.



## OUR PHILOSOPHY

At The Spa at Tulfarris Hotel & Golf Resort, our philosophy revolves around providing an opulent selection of ELEMIS treatments meticulously curated to enhance both your physical and emotional well-being.

Rooted in ancient traditions while incorporating contemporary comforts, each treatment is meticulously crafted to facilitate relaxation, allowing you to disconnect from the mundane and savour the bliss of an extraordinary escape. Following your treatment, we invite you to unwind further in our cosy relaxation room, indulging in refreshments; a fitting conclusion to your Spa & Wellness journey.

**ELEMIS**



## FACIALS

### Pro Glow Genius Facial 90 Mins | €115

Introducing your ultimate weapon against lines and wrinkles: The Line-Fighting Superhero Facial. Backed by clinical evidence and employing an intelligent skincare regimen, our triple-tiered approach to skin hydration delivers remarkable transformations for a more youthful appearance. Fuelled by our cutting-edge ULTRA-SMART technology, this facial targets deep-set wrinkles with precision, offering comprehensive rejuvenation and intense hydration. Experience visibly smoother, more resilient, and firmer-looking skin as our advanced formula works its magic.

### Pro Glow Smooth Facial 50 Mins | €105

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of the skin tone and luminosity. Using the ELEMIS Pro Collagen range 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 tightening effect. After one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

### Express Facial 30 Mins | €65

An express treatment ideal for refreshing the skin a facial that will cleanse, tone, exfoliate including a mask and pressure point scalp massage leaving the skin refreshed and hydrated.

### Pro Glow Resurface Facial 50 Mins | €105

Purify and brighten with the Dynamic Resurfacing range as skins texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired looking skin will appear instantly brighter, smoother and renewed.

### Pro Glow Brilliance Facial 50 Mins | €105

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.

### 7 in 1 ELEMIS Facial Treatment 30 Mins | €50

7 intensified light therapies penetrate the deepest layers of your skin to stimulate cellular activity, helping improve texture, reduce fine lines and wrinkles, and even out skin tone. Also available as a course or an add on.

Course (buy 3 get the 4<sup>th</sup> free) €150  
Add on €20

## MASSAGE / BODY

### Swedish Massage

60 Mins | €110

This treatment is ideal as an introduction to massage; stimulating movements to help soothe the body and leave you relaxed and revived.

### Back Neck & Shoulder Massage

30 Mins | €65

Perfect Treatment to relieve tension and stress. It is used to stimulate or sedate the nervous system and is excellent for relieving migraines.

### Deeper than Deep Hot Stone Massage

60 mins: €120

Stone therapy combines the use of the water heated basalt lava stones, traditional massage, aromatherapy and oil treatment.

### Frangipani Body Nectar Nourishing Wrap

60 Mins | €95

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. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

### Full Body Salt Scrub

45 Mins | €65

Indulge your body with this decadently intensive and super skin softening scrub. A sumptuous blend of fragranced salts suspended in nourishing oils leaves body feeling perfectly polished and gorgeously moisturised for the ultimate skin treat. Choose from one of the following:  
Lime & Ginger / Frangipani

## MASSAGE / BODY

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### Tulfarris Signature Treatment

60 Mins | €125

Experience pure bliss with a 30-minute Back, Neck, and Shoulder Massage, expertly designed to melt away tension and stress. This soothing massage technique targets the nervous system, providing relief from migraines. Complementing this is a 30-minute Taster Facial, ensuring you emerge feeling completely relaxed and rejuvenated.

### Tulfarris Tranquillity Treatment

75 Mins | €135

Introducing the Tulfarris Tranquility Wrap—a pampering spa ritual that combines a full-body scrub, indulgent hot oil application, refreshing mini facial, and soothing head massage for a blissful experience of total relaxation and rejuvenation.

### Tulfarris Radiance Ritual

75 Mins | €140

Unveil your inner glow with the Tulfarris Radiance Ritual, a rejuvenating experience designed to relax, renew, and restore. Begin with your choice of a 50-minute bespoke facial, tailored to your skin's unique needs, or a deeply soothing back massage to ease tension and promote calm. The ritual continues with a full-body exfoliating scrub, leaving your skin silky-smooth and radiant.

### Eastern Head Massage

30 Mins | €55

Immerse yourself in tranquillity with our Eastern Head Massage, where ancient acupressure meets soothing movements. Feel the serenity as our skilled practitioners ease tension from your back, shoulders, neck, head, and scalp.

### Golfers Massage

45 Mins | €90

Experience our targeted 45-minute back of body massage, expertly designed to alleviate tension commonly experienced by golfers. Our specialized techniques focus on relieving strain from the muscles commonly affected by those who play golf. Feel rejuvenated and ready to tee off again with renewed vigour.



## MANICURE / PEDICURE

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Biab Hands €50  
Luxury Manicure Or Pedicure €70  
Gel Polish Hands Or Feet €35  
File & Paint €30  
Hands & Feet Gel Combo €55

### ADD ONS

Gel Polish Add On €10  
Builder Base Add On (BIAB) €15  
Gel Polish Removal €10 | BIAB Removal €20  
French / Ombre Add On €5

### EXTRAS

Milk Bath 30 Mins €35  
Jacuzzi Bath 30 Mins €10  
LED Mask 15 Mins €20  
Musclease / Cellutox Bath 30 Mins €35  
Hydrating Elemis Mask €10

## BEAUTY

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Chin Wax €12 | Lip Wax €12 | Brow Wax €12  
Brow Tint €10  
Eyelash & Brow Tint €22.50  
Eyelash Tint €15  
Brow Tint & Wax €18  
Eye Trio €30

## HAIR

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Blow Dry Short €25 | Medium €30 | Long €35  
UpStyle Short €35 | Long €45  
Ghd Curls €35



## PLANNING YOUR EXPERIENCE

### Opening Hours:

We are open from 9am to 6pm daily. Treatments from 9:15am to 6pm

### Arrival & Spa Etiquette:

The Spa at Tulfarris Hotel & Golf Resort offers a haven of tranquillity and rejuvenation. We kindly request that you honour the peace and privacy of fellow guests by switching off all phones, cameras, and electronic devices upon arrival. To ensure a seamless experience, we recommend arriving at least 20 minutes prior to your scheduled appointment, allowing ample time for changing and completing a brief consultation form. Feel free to enjoy our relaxation room for up to 1 hour before or after your treatment, subject to availability. Please be mindful that if you arrive late, your treatment duration may be adjusted to accommodate subsequent appointments, with the full charge remaining applicable. Rest assured, spa guests will be provided with a robe and slippers for their comfort.

### Cancellation Policy:

Please be advised that a fee of 50% will be applied where the treatment is not cancelled at least 48 hours in advance. If there is a no show for a treatment a fee of 100% will be charged.

### Parking:

There is parking available for all guests on the resort grounds.

### Spa at home:

Extend the benefits of your spa treatment at home with a selection of Elemis products, available at reception. Our highly skilled therapists would be delighted to assist you in choosing the right products.

### Pregnancy:

We offer specially designed treatments for expectant mothers. Unfortunately, we do not offer spa treatments during the first 12 weeks of pregnancy.

### Age Requirements:

The minimum age requirement to have a treatment is 18 years, anyone over the age of 16 may have their nails treated.

### Health:

When booking your treatment, please inform a member of staff of any health concerns, conditions, allergies or injuries. We would be delighted to tailor an appropriate treatment to your need.



# THE SPA

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