



BRANDON HOUSE HOTEL
& SOLAS CROÍ ECO SPA



Elemis Facials

ELEMIS Dynamic resurfacing Precision Peel: This groundbreaking anti-ageing facial instantly resurfaces and smooths the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment, this unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin. **€105 (75min)**

ELEMIS Pro-Collagen Age Defy: This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance. **€105 (75min)**

ELEMIS White Brightening Pigment Perfector: Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. This result is more even, colour-corrected, translucently clear and illuminated complexion. **€105 (75min)**

ELEMIS Pro-Definition Lift and Contour: Targets sagging jowls, cheeks and chin creating a profoundly sculpted, youthful effect. Helps reduce puffiness and fluid retention associated with sagging skin along the jaw line. Powered by breakthrough technology, this facial helps restore the architecture of the face. **€110 (75min)**

Solas Skin Specific Facials: Facials consisting of a deep cleanse, tone, massage, exfoliation, mask and moisturization tailored to your specific needs **€70 (55min)**

Solas Taster Facial: This introductory Facial provides an instant pick me up for any skin type for any occasion **€50 (25min)**



Massage Therapies

Freestyle Deep Tissue Massage: This deep customised rhythmic massage alleviates stress, eases aching muscles & revives the senses, using specially selected oil. Also ideal for those involved with sport. Oils to choose from: De-Stress, Cellutox or Musclease. €90 (55min)

Deep Tissue Back Massage: Specifically targeting the back, shoulders and neck areas, where you need it most. €60 (25min)

Full Body Swedish Massage: This ancient stress reliever is ideal for the active body and busy mind. €75 (55min)

Sports Injury Massage: Targeted therapy for Musculoskeletal injuries for the active sports person. €90 (75min)

Full and Half Body Hot Stone massage Extremely popular, this massage uses hot stones coupled with freestyle massage techniques to ease the entire body.

Full - €90 (75min) Half - €60 (45min)

Indian Head massage: €50 (25min)

Back neck shoulder: €50 (25min)

Lower body Massage: €50 (25min)



Cleansing Therapies

Backcial: For the congested back this treatment starts with a full cleanse tone and exfoliation followed by a relaxing back massage and finished with a detoxifying mask and moisturizer. Perfect for the over worked back. €60 (45min)

Elemis Sole Delight Foot Therapy: A sensory experience for your feet which promises to leave you walking on cloud nine! Warmed Aromatic oils nourish and condition your feet and nails. This therapy has a rich and healing action on your skin. Ideal to add to your facial or massage! €45 (25min)



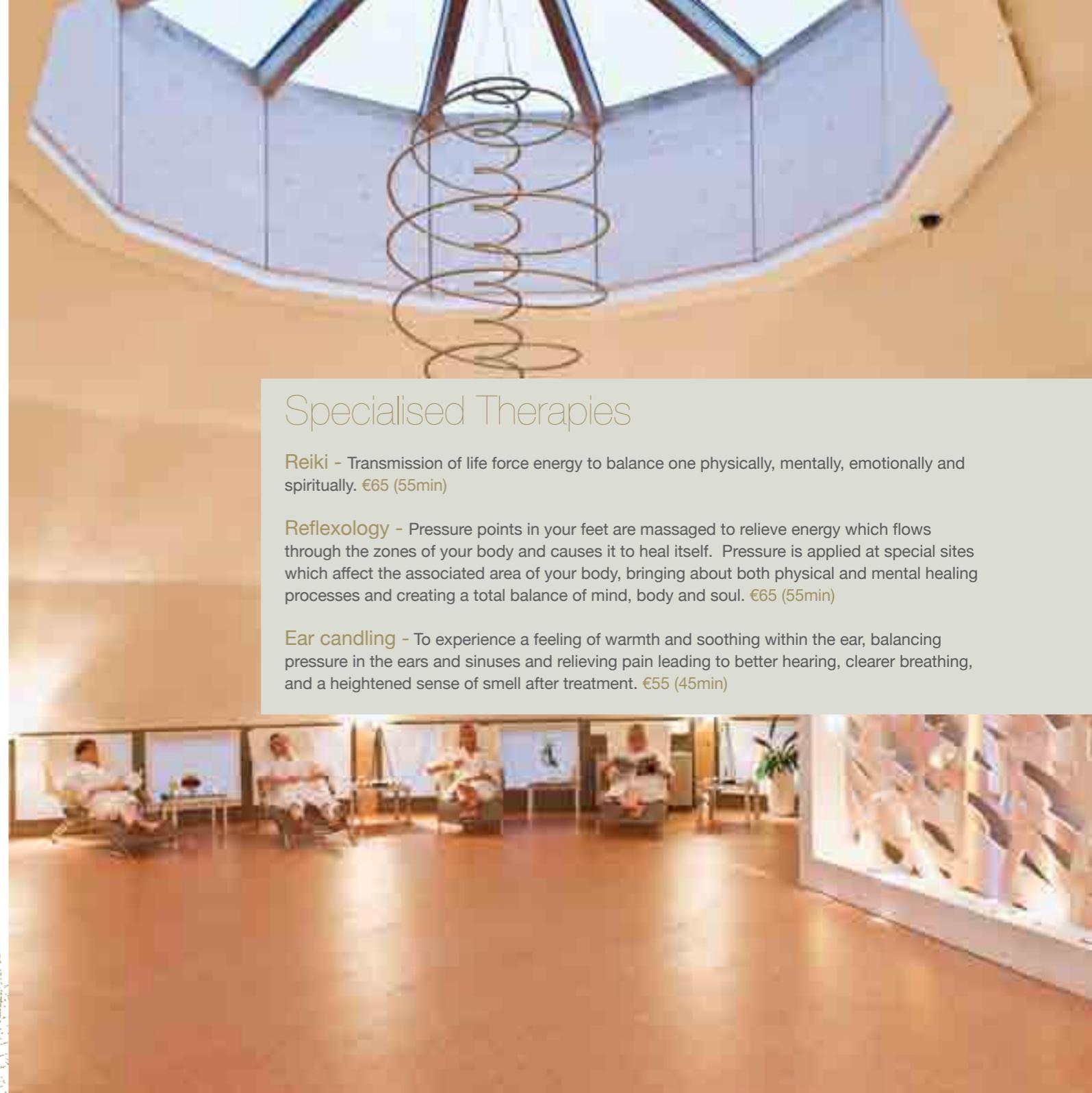


Scrubs and Wraps

Exotic Lime and Ginger Salt Glow: Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless. €60 (45mins)

Cellutox Wrap: A deeply detoxifying blend to decongest and stimulate the system. Let thoughts drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth. €70 (55mins)

Musclease Aroma Spa Ocean Wrap : Powerful Seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialized treatment helps ease aching, tense muscles. €70 (55mins)



Specialised Therapies

Reiki - Transmission of life force energy to balance one physically, mentally, emotionally and spiritually. €65 (55min)

Reflexology - Pressure points in your feet are massaged to relieve energy which flows through the zones of your body and causes it to heal itself. Pressure is applied at special sites which affect the associated area of your body, bringing about both physical and mental healing processes and creating a total balance of mind, body and soul. €65 (55min)

Ear candling - To experience a feeling of warmth and soothing within the ear, balancing pressure in the ears and sinuses and relieving pain leading to better hearing, clearer breathing, and a heightened sense of smell after treatment. €55 (45min)

Ayurveda

Ayurveda meaning "Knowledge of Life" is an ancient Indian health system which encompasses the body, mind and soul. Ayurveda believes prevention is better than cure so here at the Solas Croi Spa we can help with that theory by giving you an Ayurvedic treatment designed especially for you.

About our Treatments

Marma Abhyanga - Full Body Massage using herbal oil concentrating on vital energy points to balance the body.

Shirodhara - Third Eye Drip using herbal oil to calm the mind and body and help with migraine and sinus problems.

Shirobhyanga - Indian head Massage using herbal oil to balance and harmonise the body.

Mukhabhyanga - Facial Massage to rejuvenate the skin.

Padabhyanga - Lower Leg and Foot Massage using herbal oil to stimulate and improve circulation

Pinda Sweda - Full Body Massage using hot oil and a herbal compress to expel impurities and release blocked energy and tension.

Udvardana - Dry Powder Scrub using powdered herbs to clear toxins and boost metabolism.

Treatments

Peace Full Body Massage - (Marma Abhyanga) with Shirodhara (Third eye oil drip) €130 (90min)

Harmonise Indian Head Massage using herbal oil (Shirobhyanga) with a Full Body Massage (Marma Abhyanga) €130 (90min)

Cleanse Full Body Massage using a herbal compress (Pinda Sweda) with a Dry Powder Scrub (Udvardana) €135 (90min)

Revitalise: Facial (Mukhabhyanga) with a Lower Leg and Foot Massage (Padabhyanga) €105 (60min)

Ease: Full Body Massage (Mara Abhyanga) €90 (60min)

Headspace: Indian Head Massage using herbal oil (Shirobhyanga) €55 (30min)



Mama Mio Therapies

Mama Mio Pregnancy Massage:

A completely relaxing full body massage using our safe but effective pre-natal techniques and using Omega rich oils to soothe and relax the muscles. €85 (75min)

Gorgeous Glow Pregnancy Facial:

Especially designed to help with hormonal breakouts and to give you that gorgeous pregnancy glow. The Oxygenated Mask will clarify and even out skin tone while alleviating excess pigmentation. €75 (55min)

Lucky Legs Lighten Up:

A mineral rich foot soak, exfoliation and massage for the lower legs and feet, this treatment will combat poor circulation and water retention. €50 (30min)

Gorgeous Glow Top to Toe:

Complete Top to Toe experience combining the Gorgeous Glow Facial and Lucky Legs Lighten up Therapies. €115 (90min)





Thermal Suite

Non Residents: €25 (up to 4hrs use)

Residents: €15 (up to 4hrs use)

Dry Float Relaxer: €20 (25mins)

(Experience a weightless state while your body is massaged by jets of water without the inconvenience of getting wet!)

Hydrotherapy Treatments

Atlantic Pure Seaweed Bath: Fantastic for dry skin, relieving aches and pains through detoxification with the help of vitamin E, Sulphur and iodine. €50 (30min)

Elemis Exotic Enriching Milk Bath: Just as Cleopatra loved to bath in Milk, now you can indulge too. This bath releases the toxins that build up in the body, leaving you feeling totally refreshed. €50 (30min)

Cellutox Herbal Bath: Cellutox herbal bath is a potent blend of detoxifying Algae and pure essential oils. This herbal bath powerful combination works to help break down cellulite and combat the build-up of toxins. €50 (30min)

Musclease Herbal Bath: Elemis Musclease herbal bath is a blend of warming Maritime Pine, Rosemary essential oil and mineral rich algae. It might be used as part of a fitness programme to help ease muscle spasms, stressed joints and tense neck and shoulders. €50 (30min)

Dry Floatation: Experience a weightless state while your body is massaged by jets of water without the inconveniences of getting wet. €30 (30min)



Spa Packages

A Treat for Her: 1 Hour Elemis Facial followed by a Back Neck and Shoulder massage and finished with a session on the Dry Float Relaxer. €115 (2hrs)

A Treat for Him: One Hour Musclease Massage followed by a Men's Booster Facial and finished with a session on the Dry Float Relaxer. €115 (2hrs)

Elemis Face & Body Sensation: Experience the ultimate Elemis dual treatment. Let our skilled therapist's relieve stress and aching muscles with a sensational massage incorporating the healing effects of hot stone. Then once fully relaxed be treated to a prescription Age Defy Facial specifically designed for your skins needs. €125 (1hr 45min)

Exotic Delight: After being scrubbed top to toe with salt lime and ginger body scrub, finish with a delightful warm frangipani full body massage. €100 (1hr 30min)

Couples Package Full Body Massage: With that special someone in our beautiful couple's suite. €140 (60min)

Solas Croi Signature Spa Package: Go all out!! Arrive in the morning and enjoy full use of the thermal suite before starting with a full body lime and ginger exfoliating scrub. After this relax into a full body nourishing massage using specially selected oils. Take a break and enjoy a light lunch at this point before finishing with the phenomenal Pro Collagen Age Defy Facial. Walk in float out!! Time... as long as it takes.... €215

Finishing Touches

Solas Manicure: €55 (60min)
Solas Manicure French Finish: €65 (60min)
Solas Pedicure: €55 (50min)
Solas Pedicure French Finish: €65 (60min)
Callus Peel Treatment: €35 (30min)
Solas Mini Mani: €25 (30min)
Solas Mini Pedi: €35 (30min)
Shellac Nails: €30 (45min)
Shellac removal: €15 (30min)

Waxing

Patch testing required

Full Leg: €30 Full Leg and Bikini: €35
Half Leg: €20 Half Leg and Bikini: €25
¼ Leg: €25 ¼ Leg and Bikini: €30
Californian: €30
Brazilian: €40
Hollywood: €50
Underarm: €15
Brow, Lip and Chin: €20
Brow, Lip or Chin individually: €10

Threading

Brow, Lip and Chin: €30
Brow, Lip or Chin individually: €15

Eye Enhancement

Eyelash Tint: €15
Brow Tint: €10
Eye lash and Eyebrow Tint: €20
Brow Tint and Trim: €20
Eyelash Tint and Eyebrow Tint and Trim: €25

Tanning

Patch testing required

Full Body Spray Tan €30
Half Body Spray Tan €20



Touch Therapy Cancer Care Treatments

We are delighted to be able provide treatments for those people who have had or are currently in treatment for cancer. Our specially trained therapists use the Lindi Skin Care range and can help with symptoms such as Hand & Foot Syndrome, Anxiety & Depression, Fatigue & Stress, and Radiation Rash & Burn. Please see list of treatments below:

Hand, Feet & Body Care: Suitable for clients going through chemotherapy side effects including dry skin, hand & foot syndrome, stress and fatigue. Lindi Skin Products will be used to cleanse, soothe, lightly massage and hydrate the skin, with balm applied to cuticle beds to help with brittle nails. Included is a light massage to alleviate any muscle aches or soreness using appropriate bolstering and positioning. €65

Body Treatment: Light massage using suitable pressure and positioning to help relieve aches, pains and muscle soreness. This treatment will leave you feeling refreshed and rejuvenated. €65

Manuka Honey Face & Scalp Treat: Suitable for clients experiencing hair loss and dry skin. Warm UMF Manuka Honey is applied to the face and scalp and left to penetrate the skin during which time a relaxing light hand and arm massage will be given. UMF Manuka Honey has antibacterial, anti-inflammatory and antioxidant properties which can promote hair growth and reduce irritation. The skin is cleansed, lightly massaged and hydrated using Lindi Skin products. €65

Lindi Skin Facial: This facial treatment helps to alleviate the symptoms of dry, flaky, sensitive skin. Lindi skin products will be used to cleanse, soothe, lightly massage and rehydrate the skin to create visible results. Also included is a relaxing hand or foot treatment to soothe and hydrate. €65

Touch Therapy for Radiation Clients: A gentle therapy using hydro gels with healing aloe vera and soothing balm containing anti-inflammatory properties and extract of turmeric for wound healing. Included is a light massage where required to alleviate any muscle aches or soreness using appropriate bolstering and positioning. €65

All Touch Therapy Treatments are between 60/75minutes which include a 15 minute private consultation on your first visit. Treatments are tailored to meet your personal needs. Once your treatment has finished you can unwind in our Relaxation Room and Bistro area.

Additional Information

Facilities include Sauna, Steam Room, Sanarium, Jacuzzi, Outdoor Hydro Plunge Pool, Alpha Sphere Relaxation beds, Epsom Salt foot Spa's, Via Sensus Reflexology Walk, Relaxation Room (Used for Yoga & Pilates weekly) and Bistro area

Age restrictions – Solas Croi Day Spa is an adult only facility. Booking is essential and will only be confirmed upon receipt of credit card details

Lateness – You are invited to use our exclusive Thermal Suite Facilities for 1 Hour before your treatments apart from 10am bookings. It is essential to arrive 15 minutes prior to your appointment. Lateness may result in a shortened treatment time but will not affect pricing

Please make staff aware upon booking if you or a member of the group are pregnant

Cancellation policy – As a courtesy to our other guests please give at least 48 hrs notice if you need to cancel. Please note that there will be a 50% charge if cancelling after this time. No shows or same day cancellation will result in a 100% charge of the treatment booked

Patch testing – may be required up to 48hrs in advance for Tanning, Tinting and Waxing

Etiquette – You will be provided with a Robe Towel and Slippers on arrival. Please bring your own swimwear as this is essential in the Thermal Suite Area. We ask that all guests respect the privacy of others and that noise levels are kept to a minimum. Solas Croi Day Spa accepts no responsibility for loss or damage of personal property

There is no smoking within the Spa, please ask staff for the nearest designated smoking area

No access will be permitted to people under the influence of alcohol

Prices are correct at time of print but may be altered without prior notice

All relevant medical information must be given when filling out the medical consultation





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New Ross, Co. Wexford

Opening Times

Monday: 10am - 6pm

Tuesday: 10am - 6pm

Wednesday: 10am - 6pm

Thursday: 10am - 6pm

Friday: 10am - 6pm *(Late opening by appointment)*

Saturday: 10am - 7pm

Sunday: 10am - 4pm

Please note Thermal Suite closes 30 min before the Spa.