



Come and Experience the Secrets of Relaxation

athlonesprings
HOTEL
★★★★

Zen
BEAUTY

Welcome...

Here at Zen Beauty we offer pure relaxation and rejuvenation to all our guests. Our experienced therapists provide a wide range of treatments that will leave you feeling pampered and relaxed. Whether you are treating yourself, having a couples escape or with a group of friends Zen Beauty has something for everyone.

Our superbly fitted treatment rooms are perfect for those in a non energetic mood or for tired souls in need of some refreshing rejuvenation.

We use the highest quality products to suit all skin types.

Our preferred products are as follows:

- **Skin care (face and body)** - Matis
- **Nails** - Nailtiques and CND Shellac
- **Make Up** - Glo Minerals



FACIAL TREATMENTS

Zen Mini Facial

This treatment offers cleansing and exfoliation of the skin followed by a relaxing facial massage using a hydrating mask to boost your hydration levels.
35 Euro 25 Minutes

Vitality Facial

This facial is for skin in need of revival, this stimulating facial provides radiance and vitality for dull, tired and stressed skin.
55 Euro 45 Minutes

Microdermabrasion

A non invasive facial that targets fine lines and wrinkles reduces pigmentation and unclogs pores, a superb treatment that rejuvenates and refreshes the skin leaving a healthy glow.
70 Euro 45 Minutes

INITIALE FACIALS

(All these facials also include a hand massage)

Time Control (Anti Ageing) Pamper your skin

This facial contains antioxidants and remineralising properties which will help maintain suppleness and elasticity of the skin. After the treatment your skin will feel beautified with a more youthful appearance.
60 Minutes 80 Euro

Comfort (Sensitive) A silky skin smooth to touch

This treatment includes the right active ingredients to desensitise and protect the skin, giving you an appearance of soothing softness and hydration.
60 Minutes 80 Euro

Purity (Oily) The skin will feel perfectly cleansed

This treatment includes toning properties to help get rid of any impurities on the skin and helping to unblock any pores leaving the skin fresher, less shiny and giving a more refined texture.
60 Minutes 80 Euro

Detox Facial The face can breathe again

The action of its active ingredients will contribute to a sense of having deeply cleansed skin. The skin will be free of pollution and will be revitalised and recharged.
60 Minutes 80 Euro

EXPERT FACIALS

(All these facials include a hand and foot massage)

Thermal Lifting and Resculpting Facial

This facial has regenerating and softening properties. It helps to reshape and give your face a more resculpted look, lifting any sagging skin around the oval.
75 Minutes 90 Euro

Age Expert (Anti Ageing Mature Skin)

An age defying facial that reveals youthfulness of the skin. This treatment nourishes and regenerates the skin targeting fine lines and wrinkles leaving the skin firmer, brighter and more toned.
75 Minutes 90 Euro

Active Kaviar Premium

A real luxurious treat

After 90 minutes of elitist pampering clients leave with a perfect natural beauty. After the treatment the skin is brought back to life. An overall younger appearance can be seen straight away. The skin is refined and recharged in minerals leaving you glowing.
90 Minutes 100 Euro



MASSAGE

Swedish Back, Neck, and Shoulder Massage

A soothing and relaxing full back neck and shoulder massage designed to relieve stress.

25 Minutes 45 Euro

Swedish Full Body Massage

A soothing and comforting full body massage utilising the benefit of Swedish massage movements to sedate the body and mind.

50 Minutes 70 Euro

Hot Stone Back Neck and Shoulder

A relaxing back neck and shoulder massage using our essential oils with our heated stones.

25 Minutes 50 Euro

Hot Stone Full Body Massage

A deeply relaxing full body massage enhanced with the use of our smooth heated stones which are tenderly rolled along the body to release and relax tightened muscles.

50 Minutes 85 Euro

Hand and Arm Massage

15 Minutes 15 Euro

Leg and Foot Massage

20 Minutes and 20 Euro

Head Neck and Shoulders Massage

20 Minutes 30 Euro



BODY TREATMENTS *Let your Body do the Talking...*



EXFOLIATION TREATMENTS

45 Minutes 60 Euro

MatiSPA Scrub 1 - Soft

Mauve colour, a mousse texture. A soft exfoliation, even for the most sensitive skin. Leaves the skin smooth, toned and radiant. A pleasant fragrance, leaves on the skin a sensation of freshness and tidiness.

MatiSPA Scrub 2 - Medium

A medium exfoliation - A softer texture underscored by amber plant powder. A more noticeable exfoliation. leaves the skin smooth, toned and radiant. A pleasant fragrance, that leaves on the skin a sensation of freshness and sharpness.

MatiSpa Scrub 3 - Strong

Black colour. A sugar based exfoliation for people who like a powerful scrub. Leaves skin smooth, toned and radiant. A pleasant fragrance, leaves on the skin a sensation of freshness and sharpness.

BODY WRAPS/MASKS

80 Minutes 100 Euro

Mosaic Body Mask

Contouring and firmness treatment for targeted areas such as bust, stomach, thighs and bottom. The ideal choice to induce elasticity, post pregnancy and post weight loss.

Self Heating Cellu-Smoothing Mask

Creamy, warm body contouring wrap to promote the elimination of waste and toxins. This relaxing wrap smoothes and refines the skin.

Black Mud Energiser

A luxurious body exfoliation combining marine and plant extracts. Prepare to plunge to the depths of the Brittany coast with this mineral mud treatment and benefit from its revitalising and invigorating properties. Ideal for soothing aches and pains.

Cranberry Antioxidant Wrap

The ultimate treatment to relax both mind and body. Cranberries provide enhancing skin protection due to a significant amount of polyphenols and tocotrienols found in the berries. Relax while your body is exfoliated and enveloped in a warm cranberry mask.



MANICURES & PEDICURES

Mini Manicure

File nails, cuticle care, hand massage and colour of choice.

30 Minutes 30 Euro

Luxury Manicure

Relax while your hands and arms are relieved of tension and your nails and cuticles maintained, hands scrubbed and nails are enriched with moisture and hydration with the use of thermal mitts, finish with a colour of your choice.

60 Minutes 45 Euro

Mini Pedicure

File nails, cuticle care, foot massage and colour of your choice.

40 Minutes 40 Euro

Luxury Pedicure

Sit back and relax while your feet are scrubbed, and your nails are filed with cuticles maintained. Soothing leg and foot massage included followed by thermal boots and colour of your choice.

60-70 Minutes 60 Euro

CND Shellac

Get up to a 14 day polish which includes nails filed and cuticle care.

20 Euro

File and Paint 15 Euro

French Polish 20 Euro

Removal 5 Euro

Add French polish to any of the above for an extra 5 Euro

MAKE UP

Make Up Application *30 Euro*

Bridal Make Up & Trial *50 Euro*

Bridal Package also available, enquire with our Beauty Team.

EYE TREATMENTS

Eyebrow Shape *10 Euro*

Eyebrow Tint *8 Euro*

Eyelash Tint *12 Euro*

Eye Trio

Eyebrow shape, eyebrow and eyelash tint. *25 Euro*



WAXING

Eyebrows	10 Euro
Lip	8 Euro
Chin	8 Euro
Lip and Chin	12 Euro
Underarms	15 Euro
Arms	15 Euro
Abdomen	10 Euro
Chest	25 Euro
Lower Back	15 Euro
Full Back	30 Euro
Bikini Standard	15 Euro
Extended Bikini	20 Euro
Half Leg	18 Euro
Full Leg	25 Euro
Full Leg & Standard Bikini	35 Euro
Full Leg & Extended Bikini	40 Euro

PACKAGES *Why not Treat Yourself...*

MINI PAMPER PACKAGE 60 Euro

Choose any 2 of the following treatments

- Mini Facial
- Swedish Back, Neck and Shoulder Massage
- Mini Manicure
- Mini Pedicure

Also includes light lunch in our cedar bar and use of the leisure facilities

PAMPER PACKAGE 99 Euro

Choose any 2 of the following treatments

- Swedish Full Body Massage
- Vitality Facial
- Luxury Manicure
- Luxury Pedicure
- Full Body Scrub

Also includes light lunch in our cedar bar and use of the leisure facilities

MOTHER TO BE 80 Euro

- Mini Facial
- Mini Manicure
- Mini Pedicure

Tea or coffee and scones in the hotel



OPENING HOURS

Sunday - Monday Closed
Tuesday - Thursday 10.00am - 6.00pm
Friday - 10.00am - 7.00pm
Saturday - 9.00am - 7.00pm

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FOR OUR
OFFERS OF
THE MONTH

Gift Vouchers also available

TREATMENT ROOM ETIQUETTE

- Pre booking is advised to avoid disappointment.
- We advise guests to arrive 15 minutes prior to treatment time as arriving late will take precious minutes from your treatment.
- Please give at least 24 hours notice when cancelling a booking to avoid incurring a 100% cancellation charge.
- Please leave your valuables at home or in a safe place as we do not accept responsibility for lost items.
 - Please turn your mobile off or onto silent when in treatment rooms.
 - For relaxation of guests children are not allowed in treatment rooms.
 - Patch tests are required 24 hours in advance of tinting and waxing.
- We recommend that prior to arrival you advise us on any medical conditions that you may have e.g. allergies, heart conditions, pregnancy etc. as these may interfere with your treatment.

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Athlone Springs Hotel, Athlone, Co. Roscommon, Ireland
T: 090 644 5852 W: www.athlonespringshotel.com  Zen Beauty