

Zen

BEAUTY

at athlonesprings
hotel



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Facials

ZEN MINI FACIAL | 25 min | €35

This treatment offers the basics of cleansing, exfoliation and moisturising. Available for all skin types.

ZEN SIGNATURE FACIALS | 60 min | €85

RADIANCE BOOSTER ZEN SIGNATURE FACIAL

Looking for a burst of radiance? This booster treatment delivers concentrated and active ingredients leaving your skin revitalised, radiant and glowing. Available for all skin types.

ANTI AGEING ZEN SIGNATURE FACIAL

An age defying facial that reveals the youthfulness of the skin. This treatment nourishes and regenerate the skin targeting fine lines and wrinkles.

DELICATE/SENSITIVE SKIN FACIAL ZEN SIGNATURE FACIAL

A superb soothing treatment that provides a concentrate of immediate and lasting softness and freshness.

MATURE SKIN FACIAL ZEN SIGNATURE FACIAL

Give your skin the treatment it deserves. This is a treatment that assists in regaining firmness and revealing new skin for a long lasting effect.

VITALITY FACIAL | 45 min | €65

For those feeling in need of revival, this stimulating facial provides radiance and vitality.

WHITENING TREATMENT | 60 min | €85

A radiance treatment with dual action to limit and reduce dark spots and reveal an opalescent complexion. Includes a relaxing hand massage. For all skin types.

MICRODERMABRASION | 45 min | €70

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.

[ADD A CRYSTAL EYE TREATMENT TO ANY FACIAL FOR €30]



Eye Treatments

CRYSTAL EYE45 min | €50
Puts the sparkle back into your eyes or just cool and soothe tired eyes. A relaxing treatment for all eye contour problems including wrinkles, fine lines, puffiness and dark circles.

EYE BROW SHAPE€10

EYE BROW TINT€8

EYELASH TINT€12

EYE TRIO€25

Massage

HOT STONE MASSAGE Full Body50 min | €85

HOT STONE MASSAGE Back, Neck & Shoulders25 min | €45

SWEDISH MASSAGE Full Body50 min | €75

SWEDISH MASSAGE Back, Neck & Shoulders30 min | €35

HAND & ARM MASSAGE15 min | €15

LEG & FOOT MASSAGE15 min | €15

HEAD, NECK & SHOULDER MASSAGE20 min | €30



Facials for Men

MEN'S MATIS FACIAL | 45 min | €65

For tired skin in need of rejuvenation and vitality.

Body Treatments

EXFOLIATING TREATMENTS | 45 min | €60

CRYSTAL PEELING WITH FLOWER PETALS

Dead Sea Salts enveloped in gentle helianthus and apricot oils mingle with delicate flower petals. Orange essential oil adds the finishing touch to the formula, ensuring an experience of absolute relaxation and olfactory delight.

PEELING WITH TWO SALTS

Medium exfoliation. The charm of this refined exfoliant lies in its cosmetic qualities: copper colour luxurious scent and sumptuous texture. A fabulous scrub leaving the skin stimulated and silky smooth.

FULL BODY TREATMENTS | 1h 15min | €100

ORANGE ZEST AWAKENING

This marine mud wrap with refreshing orange rind offers anti oxidant properties and a stimulating effect. The delicate scent of orange essential oil adds to a relaxing treatment.

BLACK MUD ENERGISER

A luxurious body exfoliation with a mineral mud from the Brittany Coast that revitalises and invigorates the skin. Ideal for soothing aches and pains.

CRANBERRY ANTIOXIDANT WRAP HIGHLY RECOMMENDED

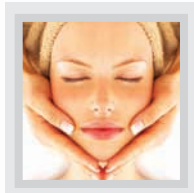
The ultimate treatment to relax both mind and body. Cranberries provide enhancing skin protection due to a significant amount of polyphenols and tocotrienols found in the berries. Relax while your body is exfoliated and enveloped in a warm Cranberry Mask.

Waxing

| | |
|---------------------------------|-----|
| HALF LEG | €18 |
| FULL LEG..... | €25 |
| UPPER LEG..... | €18 |
| FULL LEG & STANDARD BIKINI..... | €35 |
| STANDARD BIKINI LINE | €15 |
| EXTENDED BIKINI LINE | €20 |
| ABDOMEN | €10 |
| LOWER BACK..... | €15 |
| FULL BACK | €30 |
| CHEST..... | €30 |
| UNDERARM..... | €15 |
| ARM | €15 |
| LIP | €8 |
| LIP & CHIN..... | €10 |



Packages



PAMPER PACKAGE | full day | €99

Pick any 2 of the following treatments:

- FULL BODY MASSAGE TREATMENT**
- VITALITY FACIAL**
- LUXURY MANICURE OR PEDICURE**
- FULL BODY SCRUB**

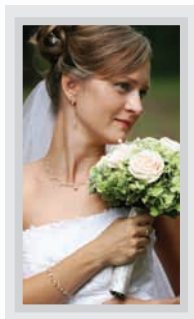
Package also includes:

- LIGHT LUNCH IN CEDAR BAR**
- USE OF SWIMMING POOL, JACUZZI, STEAM ROOM AND SAUNA**



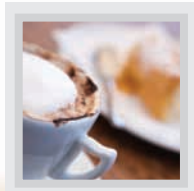
BRIDAL PACKAGE | €275

- RADIANCE BOOSTER FACIAL WITH CRYSTAL EYE TREATMENT**
- HOT STONE MASSAGE**
- CRANBERRY BODY WRAP**
- LIGHT LUNCH IN CEDAR BAR**
- USE OF POOL, JACUZZI, STEAM ROOM AND SAUNA**
- FREE MAKE UP TRIAL VOUCHER**



YUMMY MUMMY PACKAGE | €80

- MINI FACIAL**
- MINI MANICURE**
- MINI PEDICURE**
- TEA / COFFEE / SCONES IN HOTEL**



Manicures & Pedicures

FILE & PAINT€15

MINI MANICURE30 min | €30
File nails, hand massage, cuticle care, polish of choice.

LUXURY MANICURE60 min | €45
Relax while your hands and arms are relieved of tension and your nails and cuticles are maintained. Hands and nails are enriched with moisture and hydration with the use of thermal mitts. Finish with polish of your choice.

MINI PEDICURE30 min | €40
File nails, foot massage, cuticle care, polish of choice.

LUXURY PEDICURE60 min | €60
Sit back and relax while your feet are scrubbed, filed and cuticles are maintained. Soothing leg and foot massage followed by thermal boots and polish of choice.



TREATMENT ROOM ETIQUETTE

- Pre booking is advised to avoid disappointment.
- We advise clients to arrive 15 minutes prior to treatment time as arriving late will take precious minutes from your treatment time.
- 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.
- For the relaxation of guests children are not allowed in treatment rooms.
- Patch tests are required 24 hours in advance of tinting, tanning 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.

N.B. Some treatments are not recommended until after the first 16 weeks of pregnancy, please advise us prior to arrival if you are pregnant as you will be unable to avail of some treatments on offer.





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OPENING HOURS

Monday: Closed

Tuesday – Friday: 10am – 7pm

Saturday: 9am – 6pm

Sunday: Closed

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