

essence





Facials

Decléor

Treat yourself to pure indulgence with Decléor. Using 100% natural ingredients, our philosophy is to treat the mind, body and soul through the use of essential oils and plant extracts for optimum efficiency. Experience the Decléor Rituals through the therapist's hands. Experience a unique essence of being...

Aroma Plastie - 1.15 min

€70

This is Decléor's signature treatment composed of a cocktail of vitamins (E and B6), proteins, anti-oxidants and calming properties. It can be adapted to each skin type to target and meet specific needs. Your skin is visibly radiant after the very first treatment.

Aroma Massage - 1hr

€70

A unique treatment of facial massage for total relaxation. Decléor uses the art of pressure point drainage and relaxation massage techniques to let you drift into pure relaxation.

Aroma Matte and Pure - 1.30 min

€85

Perfect solution for very oily and clogged skin. This intensive treatment deep cleanses whilst its regulating and balancing complex absorbs excess sebum and prevents shine. Your complexion is left radiant and fresher.

Aroma Delice de Peau – 1.30 min

€85

For the driest of skins to comfort and revive. This mixture of cereal concentrates and aromatic nectar bring the soft supple sensation back to the driest of skins.

Aroma Harmonie Extrême – 1.30 min €85

Specially designed for VERY sensitive and reactive skin, Harmonie Extrême soothes, relaxes and calms with a refreshing and decongesting effect. It helps reconstruct the skin barrier, normalise tolerance levels and combat blotchiness.

Aroma Soins Évidence Lift – 1.30 min €95

This treatment offers the ultimate solution for mature skin. A unique formula composed of seaweed rich in trace elements and vitamin C which regenerate tissues, stimulate collagen and restore radiance.

Aroma White - 1.30min €85

Incorporating a unique diagnostic back massage, digito-pressure massage to the face and hands, using professional 100% natural White-Bright Extreme Aromatherapy Balm and intense acting Aroma-White Brightening Mask, your skin will be soft, smooth radiant and bright and pigmentation marks begin to fade away.

Sothy's Make Up

To reveal and make the most of your natural beauty, Sothys has developed a new approach with their highly personalized make up range, that takes into account; your general style, complexion, and the colour of your eyes and hair.

After diagnosis, and with the advice of your beautician, you will discover those harmonies that will compose your new Make-up palette. And because your skin is also unique, the new Sothys Make-up contains active multi-action skin-care ingredients created especially for you to complement your daily skin care programme.

Sothy's Make Up Application – 30 min €30

(exclusive to the Clarion Hotel in Sligo)





Massage

Aroma Scalp Tranquillite – 30 min

€45

Inspired by Eastern techniques, this special massage of the scalp, neck and shoulders will plunge you into a state of deep relaxation.

Aroma Massage Relax – 1hr

€70

A gentle body massage with 100% natural massage balm; all your feelings of tension will slip away. The essential oils release their relaxing and soothing aromas, while simple rocking movements along your body's energy meridians offer deep relaxation.

Hot Stone Massage – 1hr

€85

Back Massage – 30 min

€45

Experience a luxurious and relaxing massage combined with deep heat therapy. Basalt Lava Stones are heated and incorporated into a massage. The perfect treatment to loosen tight muscles, relieve stress, and ease tension.

Swedish Massage – 1hr

€75

Our Swedish massage is a relaxing and invigorating massage, affecting the nerves, muscles, glands, and circulation, while promoting health and well being.

Indian Head Massage – 35 min

€50

Indian Head Massage is a treatment based on techniques involving work on the upper back, shoulders, neck, scalp and face. A variety of massage movements are used to relieve accumulated tension, stimulate circulation and restore joint movement. This massage is also used to aid the condition and health of the hair.

Classical Massage

Back Massage – 30 min	€40
Legs Massage – 30 min	€40
Foot Massage- 30 min	€40

This massage is perfect for taking away daily aches and pains in a specific area. The massage can be adapted to suit your individual requirements. A perfect way to unwind.



Wraps And Body Treatments

Aroma Perfect Bust – 45 min €50

The bust and décolleté are particularly delicate areas, so with specific products that stimulate cellular renewal, and a sculptural mask, which strengthens collagen fibres, this intense toning treatment allows your skin to regain its firmness and elasticity. This can also be used on thighs and tummies.

Aroma Perfect Legs – 45 min €50

The perfect antidote for heavy legs and tired feet. A gel mask with stimulating seaweed is applied from your ankles to your thighs, instantly refreshing and easing that heavy feeling. During this treatment your feet will be pampered with a wonderful relaxing massage.

Aroma Enveloppement – 1.30 min €125

This very complete treatment commences with a gentle body exfoliation, followed by a massage of the entire body and an application of a rich cream mask. Wrapped in a heated blanket to reinforce the hydration action and intensify the relaxing effect, you will feel as if you were wrapped in a wonderful soft cocoon. An enveloping warmth moves through your body, producing an incomparable sensation of well-being and relaxation.

Aroma Perfect Contour – 1.15 min €110

Specially designed to target the most stubborn areas like thighs, bottoms, hips and tummies, where toxins, excess water and fatty deposits settle, this intensive treatment combines an anti-cellulite draining massage with the application of a treatment cream consisting of marine active ingredients. The intensive targeted solution for a slimmer, smoother figure.

Essence for Men

Aroma Man Facial – 1hr €70

A facial similar to the Aroma Plastie but tailored to the obvious differences and needs of the male skin.

Decléor - Cleansing Back Treatment – 45 min € 55

This area of the body is often neglected. The back is first cleansed, toned and exfoliated. Then a back diagnostic massage using specific Decléor Essential Oils, followed by a deep cleansing mask to decongest and restore balance. Your skin is left soft, smooth and radiant.

Aromatic Marine Bath – 30 min €35

A relaxing treatment using water massage, which will soothe away aching muscles, aided by our marine essence, to rebalance the body. A perfect way to rejuvenate the body after exertion or sporting events.



Hydrotherapy Treatments

Aquaroma Bath – 30 min €35

Enjoy this water massage with specially selected aroma oils. Computerised water jets target specific body zones re-energising the body and releasing everyday stress.

Massortherm - 1hr €80 Detox Tunnel (with Decléor)

Starting with a full body exfoliation, the body is then cleansed with a warm vichy shower and a light effleurage massage to moisturize and nourish the skin. This is followed by a treatment wrap specific to your requirements, and finally you are cocooned in the Massortherm steam chamber to aid in the detoxifying process.

The Cleopatra Bath – 30min €35

This bathing ritual combines a body oil treatment of almond, jojoba and peach oil with a gentle hydrotherapy massage

Body Maintenance

Full leg wax	€ 35
Half leg wax	€ 22
Bikini wax	€ 12
Underarm wax	€ 12
Lip and chin wax	€ 15
Eyebrow wax	€ 10
Decléor full body tan	€ 30
Upper body tan	€ 20
Full leg tan	€ 20
Eyesh tint	€ 15
Eyebrow tint	€ 10



Essence Essentials

Essence Manicure – 50 min

€55

Our Spa Manicure is the ultimate treatment for your hands. This spa experience begins with an herbal hand soak, then an exfoliating salt scrub over the forearms and hands. The nails are then shaped and manicured. Your hands will enjoy a warm hydrating paraffin dip, followed with a soothing hand massage, finished with a nail color of your choice.

Essence Pedicure – 1hr

€65

Your feet release their tension in a warm herbal foot soak. The lower legs and feet are gently exfoliated with an aromatic salt scrub. The nails are shaped and manicured. Your feet will thank you and enjoy a warm hydrating paraffin dip, followed by a soothing massage to invigorate tired feet and legs, finished with a nail colour of your choice.

Mums to Be

Here in the Essence Spa, we have a range of treatments for mums to be, including Back Massage, Foot Massage, Manicures, Pedicures, Facials, and the luxurious Aroma Enveloppement. Treatments for mums to be are for ladies between months four and eight of their pregnancy. Please talk to our highly trained therapists for further details.

Wedding Packages

In the Essence Spa, at the Clarion Hotel Sligo, we have all you need to pamper and prepare for your big day, including make up, facials, massage, wraps, manicures, pedicures etc. We can tailor our packages to suit your needs, whether it be just for the bride, or for your bridal party, so come and talk to us, and we'd be delighted to assist you.

Essence Packages

The Full Body Balance – 3hr €195

Creating the life you want to live every day can be an easy task when the body is balanced and energized. Enhance your sense of wellness and beauty through this spa ritual which incorporates Aquaroma Bath, Aroma Enveloppement and Aroma Plastie Facial.

Cleansing Ritual – 3hr €210

This package is designed to stimulate your body's innate ability to purify and cleanse, ultimately enhancing your beauty within. Long-term relaxation is achieved by clearing energy channels, releasing tensions, and drawing out impurities from within, creating greater physical and emotional harmony. Aroma Detox Enveloppement, Aroma Massage Facial and Aroma Scalp Tranquillite.

Ultimate Relax – 4hr €235

Our Ultimate Relax pamper will release you from the stresses and strains of every day life. The essence of "you" time. This package includes Aromatherapy Full Body Massage, Aroma Massage Facial, Essence Manicure and Essence Pedicure.

The Essence Escape Prices from €269

2 nights B & B and one evening meal
Fresh Fruit, robes and slippers provided in room
Aroma Plastie Facial
Aroma Massage Relax
Cleopatra Bath
Use of gym, swimming pool, jacuzzi, sauna and steam
Contact reservations at 071 911 9099 for further details

Essence Half Day Package €175-

Classical Back Massage
Aroma Plastie Facial
Mini Manicure
Mini Pedicure
Light Lunch

Essence Spa Taster €145

Cleopatra Bath
Aroma Plastie Facial
Mini Manicure
Mini Pedicure





General Information

Opening Hours

Monday to Friday	10.00am – 8.00pm
Saturday	9:30am – 8.00pm
Sunday	9:30am – 5.00pm

Please see notice boards for any alterations to these times.

Reservations

Our schedules tend to book up quickly, so we recommend you make your reservations at least two weeks in advance, in order to reserve your preferred date and time. For late requests we will always do our best to meet your scheduling needs. Treatments are only available to young adults of 16 years and over, and all treatments are subject to availability.

Credit Card Details

Credit card details will be required to secure appointments. Please have these details ready when making your booking.

Arrival

Ladies and gentlemen are requested to arrive 15 minutes before their appointment to allow time to change and relax prior to treatments.

Health

Please advise us of any health conditions that you may have when you are making your booking. You will be required to complete a medical questionnaire prior to your treatment which is confidential and for your safety.

If you are a first time client, our therapists will conduct a consultation to determine exactly what treatments are suitable for you.

Etiquette

In order to ensure the ultimate relaxation experience for you and others, we would ask clients to switch off mobile phones while in the vicinity of the spa.

Cancellations

If you must reschedule or cancel an appointment, please notify us 24 hours in advance to avoid being charged. Changes/amendments to bookings may be made up to 24 hours in advance without incurring a charge. However, less than 24 hours notice of a cancellation or rescheduling of an appointment will result in a charge of 50% of the cost of the appointment. No shows will incur a 100% charge.

Valuables

Lockers are available for spa guests in the changing rooms. The management accepts no responsibility for valuables.

Gifts

We have a full range of our luxurious Decleor and Sothys products available for sale in our Spa, which include beautiful gift boxes and make an ideal present for that someone special.



The Clarion Hotel Sligo,
Clarion Road, Sligo
Tel: +353 71 9119037
Email: info@clarionhotelsligo.com
Web: www.clarionhotelsligo.com



BY CHOICE HOTELS