



Sirana Spa

Urban Spa Pampering on a Different Level

OUR TREATMENT PHILOSOPHY

Our therapists ensure that every treatment is prescribed for your needs. That day. That minute. Sirana Spa is a healing hub where touch and technology are turbo-charged by the power of minerals, plants and active natural fragrances.

All the treatments developed by ELEMIS are designed to support great skin health; to respect that skin is alive. No two skins are the same, and no two bodies are the same shape. Every spa therapy is shaped and moulded around you.

Immerse Yourself...



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FACE | TECHNOLOGY

The pioneering BIOTEC machine works to switch the skin back on, increasing its natural cellular energy.

Technology turbo-charges touch. The clinically proven result. Visibly healthy, nourished and energised skin.

FACE | TECHNOLOGY

ELEMIS BIOTEC Pro-Glow Renewal+ €130
ELEMIS' signature deep cleansing Skin Wellness facial delivers 27,000 vibrations* per second to draw out impurities, improve texture and boost renewal, unveiling a healthy, lit-from-within glow. In one treatment, skin looks visibly refreshed, renewed and radiant. Includes BIOTEC: Ultrasonic Resurfacing *Alternative exfoliation treatment available for clients with contraindications.

ELEMIS BIOTEC Pro-Glow Resurface + €130
Transform the skin's texture whilst minimising the look of uneven tone, pigmentation, enlarged pores and congestion for a renewed, stunningly smooth complexion. A powerful combination of light therapy and rejuvenating Galvanic current leaves skin looking balanced with improved clarity. Includes BIOTEC: Ultrasonic, LED Light Therapy & Galvanic

ELEMIS BIOTEC Pro-Glow Brilliance + €130
Awaken dull, lacklustre complexions with this radiance-boosting facial. A combination of Galvanic current, Oxygen Infusion and high potency actives energises the skin and replenishes moisture, for a visibly brighter, healthy appearance. Includes BIOTEC: Ultrasonic, Galvanic & Oxygen Infusion

FACE TECHNOLOGY



Immerse Yourself...

FACE TECHNOLOGY

ELEMIS BIOTEC - Pro-Glow Smooth+ €130

This powerful anti-ageing facial utilises microcurrent pluses to help strengthen muscle memory whilst visibly smoothing the look of fine lines and wrinkles. An Oxygen Infusion helps to plump out lines, restore elasticity and increase hydration, for a visibly youthful appearance. Includes BIOTEC: Ultrasonic, Microcurrent & Oxygen Infusion

ELEMIS BIOTEC - Pro-Glow Genius+ €150

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high-performance facial sculpts, smoothes, firms and illuminates the skin. All 5 BIOTEC upgrades are harnessed for maximum, multi-faceted rejuvenation after just one treatment. Includes BIOTEC: Ultrasonic, Microcurrent, Galvanic, Light Therapy

FACE | TOUCH

The hands of a highly trained Elemis Elite therapist are profoundly effective anti-aging tools.

Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.



Immerse Yourself...

FACE | TOUCH

Pro Glow Smooth €110

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

Pro Glow Genius €140

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high-performance facial restores bounce and resilience whilst smoothing, firming and illuminating the skin for maximum, multi-faceted rejuvenation in just one treatment

Pro Glow Resurface €110

Transform the skins texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion

Pro Glow Radiance €110

Awaken dull, lacklustre-looking skin with this radiance-boosting facial for a visibly brighter, glowing complexion.

SIRANA SIGNATURE FACIAL €95

Combines the magic of essential oils with a luxurious face and scalp massage. Designed to oxygenate the skin and bring the body and mind back into balance

FACE & BODY COMBINATIONS

Choose your own combination of facial and body massage.



Immerse Yourself...



FACE AND BODY COMBINATIONS

COUTURE TOUCH..... €175

Condition your skin and muscles with this all-embracing experience. Combine any 55 minute ELEMIS hands-on TOUCH facial with your personalised 30 minute Quick Fix Back, Neck and Shoulder Massage

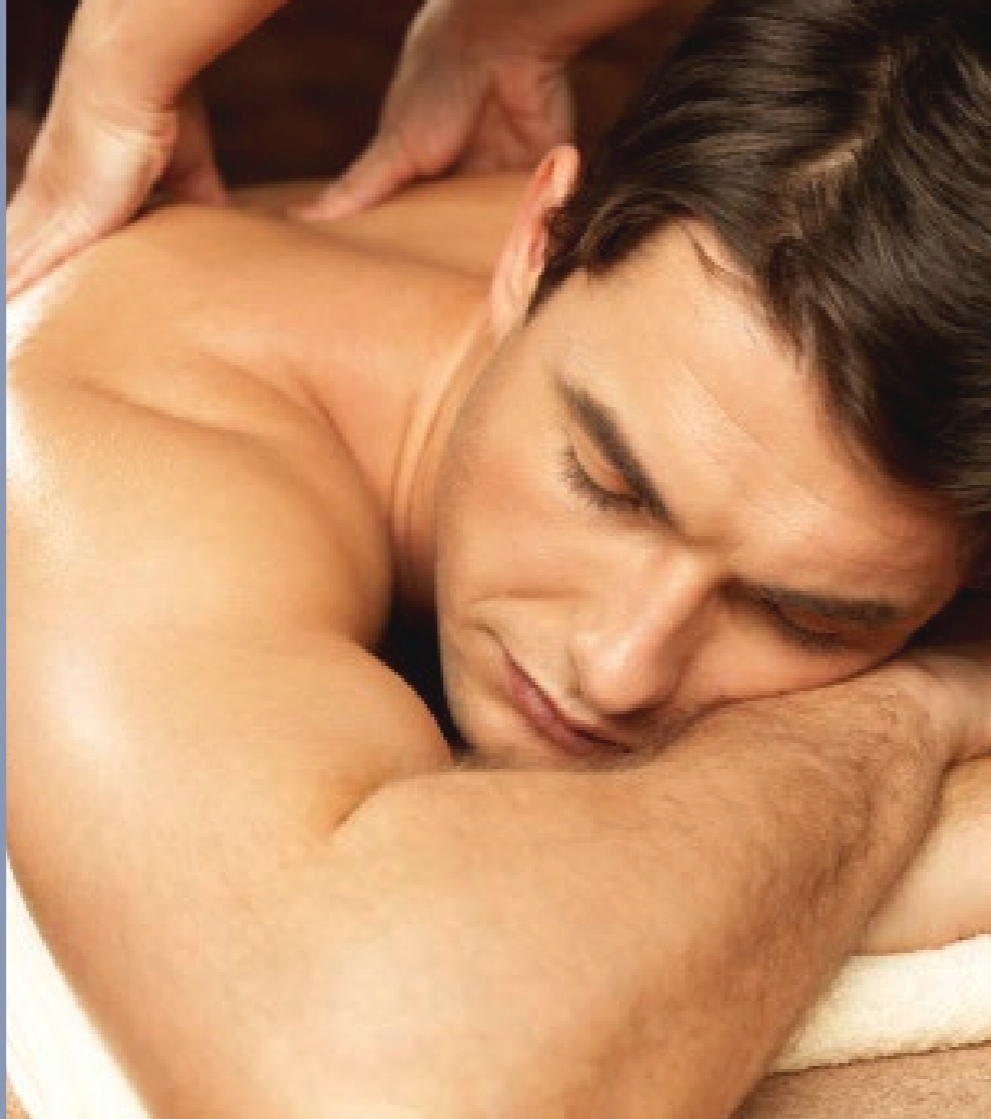
COUTURE TECHNOLOGY..... €190

Time to switch your skin on. Combine any 60 minute ELEMIS TECHNOLOGY BIOTEC facial with your personalised 30 minute Quick Fix Back, Neck and Shoulder Massage

MEN

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands.

ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.



Immerse Yourself...

FACE | TOUCH

HIGH PERFORMANCE SKIN ENERGISER €110

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

BIOTEC - Super-Charger for Men €130

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

FREESTYLE DEEP TISSUE BODY MASSAGE €100

.FREESTYLE DEEP TISSUE BACK MASSAGE €75

BODY

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy revitalised skin and deeply eased muscles.



Immerse Yourself...

BODY | MASSAGE ENERGY BOOSTING & MUSCLE EASE

STOP. BREATH. TUNE IN TO YOU.

The idea behind Life Elixir blends is taking us back to the heritage of the brand with the modern twist of aromatherapy. Nature and Science at its best. It's all about 'Stop. Breath. Tune In To YOU.' Take a step back and breath in the chosen Life Elixir blend and create the mood you want to be in.

- SLEEP
- FORTITUDE
- EMBRACE
- CLARITY
- CALM

SIRANA SIGNATURE LIFE ELIXER FULL BODY MASSAGE€105

When the day overwhelms you, these complex, delicate, yet scientific blends will tune in to you. Restoring harmony, settling the mind, quietening the body, whilst harnessing your inner dynamism.

BODY | MASSAGE ENERGY BOOSTING & MUSCLE EASE

FREESTYLE DEEP TISSUE BODY MASSAGE €100

FREESTYLE DEEP TISSUE BACK MASSAGE €75

DEEPER THAN DEEP HOT STONE BODY MASSAGE €120

DEEPER THAN DEEP HOT STONE BACK MASSAGE

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin. €85

SIRANA SERENE MASSAGE €95

Our signature massage uses a synergy of all that is great about eastern and western massage techniques and is designed to sedate the body and mind.

SIRANA ZEN TOUCH €90

A holistic treatment for the face and body using sweet almond and essential oils blended with herbs. This treatment combines facial, head and body massages for ultimate relaxation.

BODY | MASSAGE ENERGY BOOSTING & MUSCLE EASE

BODY NECTAR NOURISHING WRAP - Sweet Orchid or Frangipani €90

The velvety texture of the Monoi Oil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

INTENSELY CLEANSING SALT SCRUB - Lime and Ginger or Frangipani €80

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

PREGNANCY

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman gently through the rich experience of each trimester.

Immerse Yourself...



PREGNANCY

PEACEFUL PREGNANCY MASSAGE€110

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

PEACEFUL PREGNANCY FACE AND BODY EXPERIENCE €180

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby. Combine your massage with our Sirana Signature Facial.

PEACEFUL PREGNANCY BACK MASSAGE €75

This back massage is designed to release tension and muscle fatigue brought on by your expanding muscles accommodating for your growing baby.

INDIAN HEAD MASSAGE €85

Our unique relaxing scalp treatment using eastern and western techniques is designed to relax and de-stress the mind and spirit.

HOPI EAR CANDLING €75

Natural beeswax candles promote natural suction in the inner ear to help relieve sinuses, congestion, headaches or ear blockages. This is enhanced by a gentle massage of your face, neck and shoulders.

REFLEXOLOGY €90

A traditional therapy to detect and treat imbalances, blockage and energy stagnation in the associated organs.

RASUL CHAMBER €99

Therapeutic muds are applied to specific areas of the body, whilst gently inhaling the steam of pure herbs. This treatment helps cleanse the respiratory system, smooth the skin and detoxify the body, whilst revitalising your chi energy leaving the skin beautifully soft. To complete the ritual the muds are gently washed away, along with every last drop of tension in your soul.



CANCER CARE TREATMENTS

Treatments are carried out by our specially qualified therapists. We use Elemis skincare and body products made with nourishing natural ingredients which will help with skin which has been compromised by chemotherapy and radiation.

Depending on your needs we customise a treatment with specific massage techniques suitable for any type of cancer, or at any stage of the treatment.

Cancer care treatments can help with dry and itchy skin, hand and foot syndrome, anxiety and depression, fatigue and stress.

THERAPIES ON THE GO | 30 MINUTES

ELEMIS EXOTIC MOISTURE DEW FACIAL €75

ELEMIS HERBAL LAVENDER FACIAL €75

QUICK FIX BACK MASSAGE €75

SCALP INDULGENCE MASSAGE €75

THERAPIES ON THE GO | 30 MINUTES

ST TROPEZ TAN

FULL BODY TAN €35

HALF BODY TAN €25

MAKE UP APPLICATION

BRIDAL MAKE UP €50

MAKE UP APPLICATION €40

HANDS

ESSENTIAL MANICURE €45

Perfect for maintenance of the hands and nails. Includes: file and shape, cuticle work, hand massage and polish.

THERAPIES ON THE GO | 30 MINUTES

INTENSIVE MANICURE 60 minutes €55

Hands are treated to a deeply nourishing treatment combined with heated mitts to repair and condition the hands and nails. Includes: soak, file and shape, exfoliate, cuticle work, mask, heated mitts, hand massage and polish.

FEET- Essential Pedicure €45

Perfect for maintenance of the feet and toenails. Includes: soak, file and shape, exfoliate, hard skin removal, cuticle work, foot massage and polish.

FEET- Intensive Pedicure 60 MINUTES €65

Rejuvenate your feet with this intensive pedicure. Combining deeply nourishing products with heated booties. Feet are soothed and replenished. Includes: soak, file and shape, ex-foliate, hard skin removal, cuticle work, mask, heated booties, foot massage and polish.

Eyelash Tinting €12

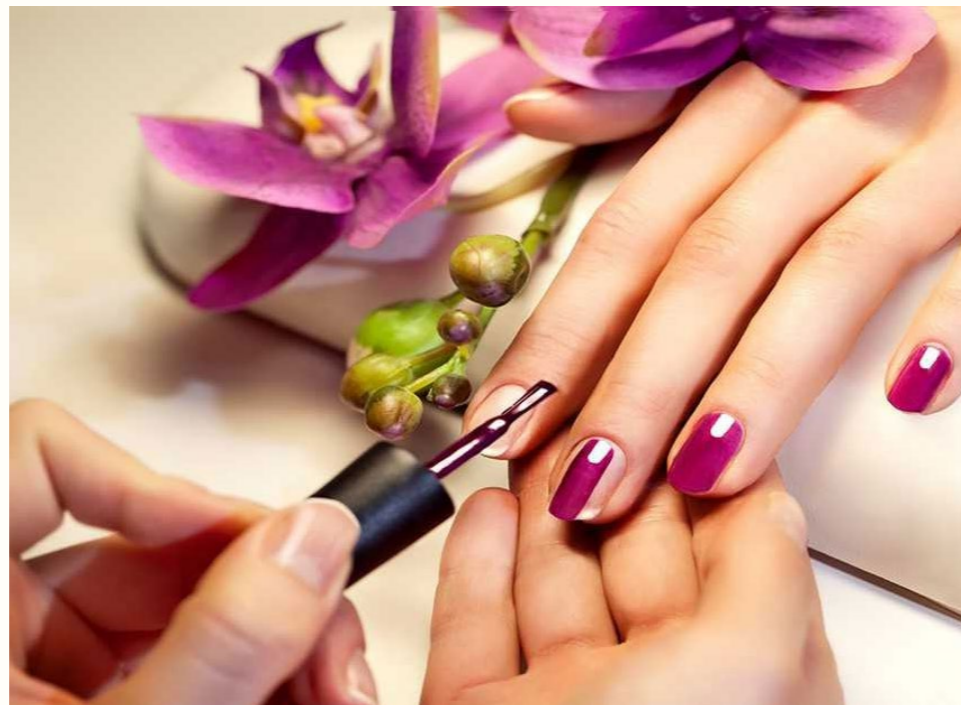
Eyebrow Tinting €20

JUNIOR TREATMENTS (AGED 13-17 YEARS OLD)

ELEMIS FACIAL €55

EXPRESS MANICURE..... €30

EXPRESS PEDICURE €35



Sunday -Friday Must be accompanied by an adult

SPA GUIDE

ABOUT YOUR VISIT

SCHEDULING AN APPOINTMENT

Please contact our spa reservations team via telephone **090 64 51000** or email **sirana@sheratonathlonehotel.com**

ARRIVAL

Please arrive 30 minutes before your treatment to allow sufficient time to prepare for your treatment. Late arrivals may result in a reduction of treatment time; however the full treatment price will still apply.

TREATMENT

We are proud to offer a diverse and inclusive environment at our spa, where both male and female therapists are available to carry out our treatments. Our team is committed to providing personalized care in a welcoming space for all.

Please note that the allocated treatment time includes time for consultation and after-care advice.

MEDICAL QUESTIONS

It is very important that you advise us when making your reservation if you have any health conditions, allergies, injuries, skin complaints or infections. All treatments/spa packages and use of the hydrotherapy suite is subject to medical status.

WHAT TO WEAR

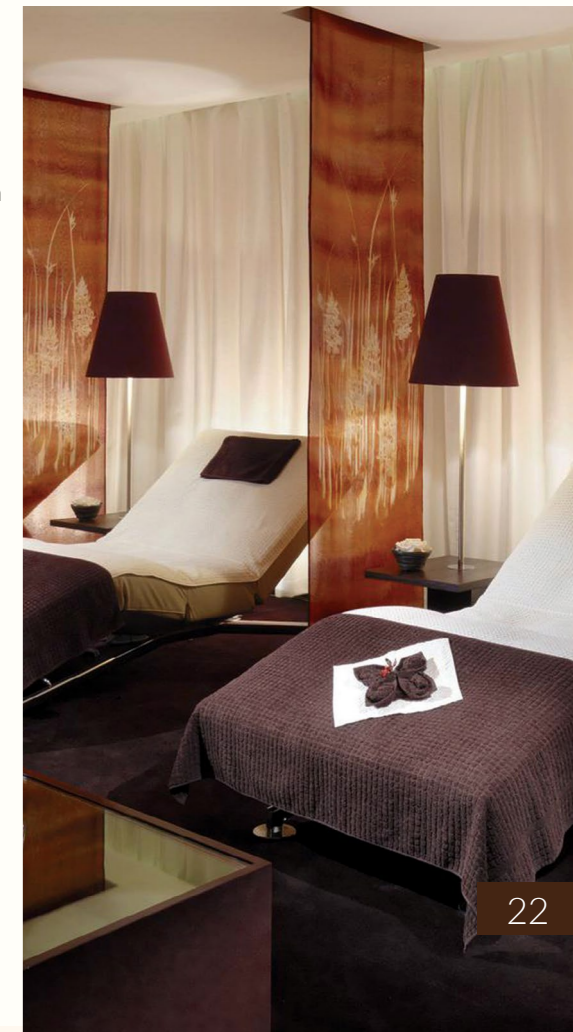
Towels, robes and spa footwear will be provided. If your treatment includes use of the Hydrotherapy Suite, please bring swimwear.

PRICES

Please note all prices are quoted in Euro and subject to change at any time without prior notice.

HYDROTHERAPY SUITE

Guests who have booked treatments have complimentary use of the Hydrotherapy Suite during the day of their treatments.





SPA GUIDE

CANCELLATION POLICY

Please allow 24 hours' notice to change or cancel your appointment. A 100% charge will apply if you do not attend your booking. The charge will be applied to the card provided on booking or on to your hotel room bill should you be a hotel resident.

VALUABLES

The Sheraton Athlone Hotel does not accept any responsibility for loss or damage of personal items.

GIFT VOUCHERS

Sirana Spa vouchers are the perfect gift for someone special.

*All brochure content is correct at time of going to print. The management reserves the right to alter or amend any aspect of the content at any time without prior notice.



090 64 51000 | www.sheratonathlonehotel.com | sirana@sheratonathlonehotel.com