



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 EXPERT™ TECH FACIALS

50 Minutes

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works in combination with the therapist to turbo-charge your facial results.

ELEMIS EXPERT™ TECH RADIANCE + REVIVE FACIAL €130

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant. **BIOTEC Technology:** Ultrasonic Peel for glowing skin Oxygen Infusion to plump the skin Galvanic technology to restore the skin.

ELEMIS EXPERT™ TECH SMOOTH + POLISH FACIAL€130

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin. **BIOTEC Technology:** Ultrasonic Peel for glowing skin LED Light Mask to re-energise the skin Galvanic technology to restore the skin.

FACE TECHNOLOGY



Immerse Yourself...

FACE TECHNOLOGY

50 Minutes

ELEMIS EXPERT™ TECH LIFT + REJUVENATE FACIAL..... €130

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted. **BIOTEC Technology:** Ultrasonic Peel for glowing skin Microcurrent to lift the skin Oxygen Infusion to plump the skin.

ELEMIS EXPERT™ TECH SCULPT + FIRM FACIAL €150

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined. **BIOTEC Technology:** Ultrasonic Peel for glowing skin Microcurrent to lift the skin Oxygen Infusion to plump the skin LED Light Mask to re-energise the skin Galvanic technology to restore the skin.

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

ELEMIS EXPERT™ TOUCH FACIALS

Our globally renowned, hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.

ELEMIS EXPERT™ TOUCH NOURISH FACIAL€110

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

ELEMIS EXPERT™ TOUCH REVEAL FACIAL€110

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

ELEMIS EXPERT™ TOUCH RENEW FACIAL€110

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques After just one treatment the complexion looks supremely hydrated, lifted and firm.

ELEMIS EXPERT™ TOUCH DEFINE FACIAL€150

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

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

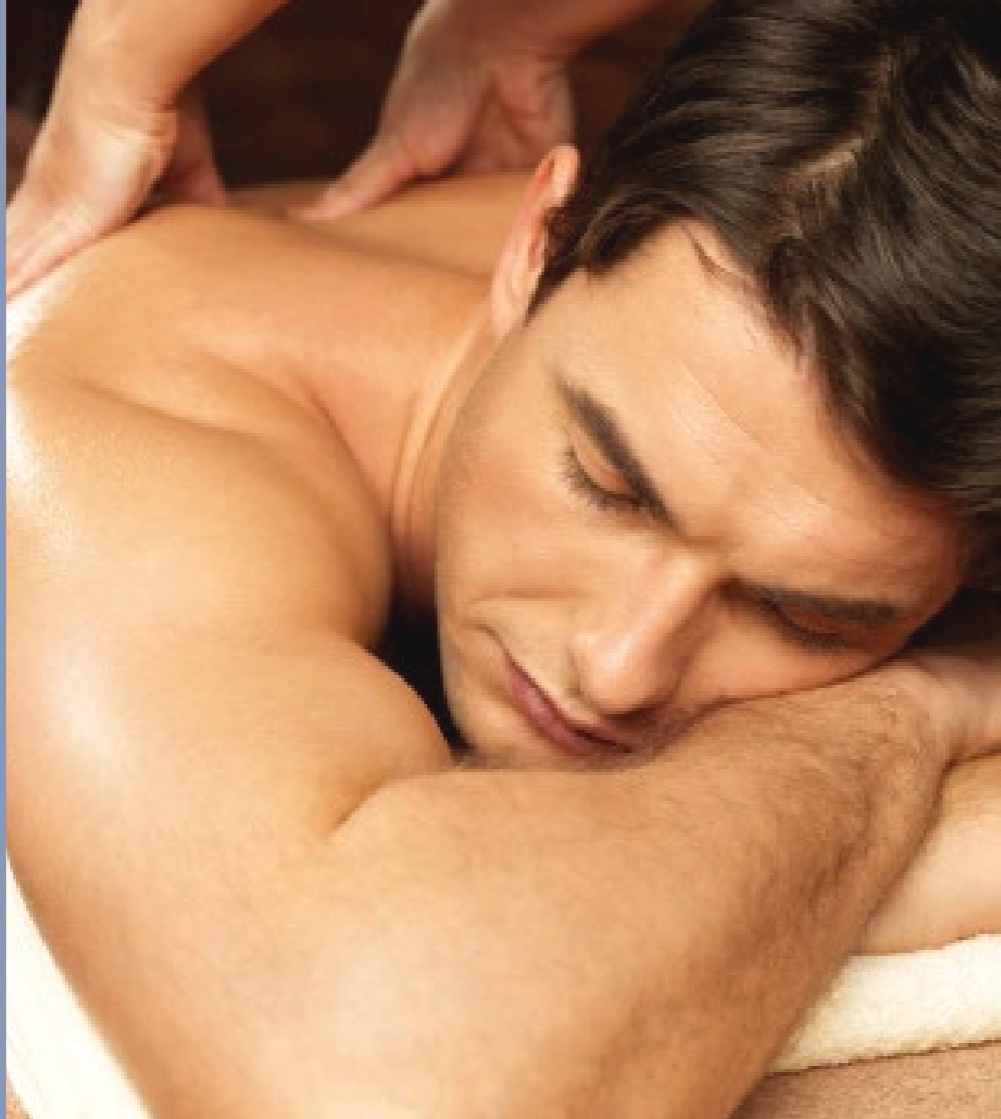
COUTURE TECHNOLOGY..... €190

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.



FACE | TOUCH

SIRANA SIGNATURE FACIAL€95

ELEMIS EXPERT™ DEEP TISSUE TENSION-EASE MASSAGE €100

ELEMIS EXPERT™ TRANSFORMATIVE HOT STONE MASSAGE €120

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.

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.

ELEMIS EXPERT™ DEEP TISSUE TENSION-EASE MASSAGE €100

ELEMIS EXPERT™ DEEP TISSUE TENSION-EASE BACK MASSAGE €75

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

ELEMIS EXPERT™ TRANSFORMATIVE HOT STONE MASSAGE €120

ELEMIS EXPERT™ TRANSFORMATIVE HOT STONE BACK MASSAGE €85

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

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.

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

ELEMIS EXPERT™ PEACEFUL PREGNANCY MASSAGE €110

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

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 accommodatng for your growing baby.

ORIENTAL HEAD MASSAGE €85

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

HOPÍ 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

REVIVE AND RENEW EXPRESS FACIAL €75

REVIVE AND REVEAL EXPRESS 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 €75

MAKE UP APPLICATION €40

Sirana Essential Manicure €55
 Perfect for maintenance of the hands and nails. Includes: file and shape, cuticle work, hand massage and polish.

Sirana Supreme Manicure €65
 Hands are treated to a deeply nourishing treatment combined with heated mits to repair and condition the hands and nails. Includes: soak, file and shape, exfoliate, cuticle work, mask, heated mits, hand massage and polish.

Sirana Essential Pedicure €55
 Perfect for maintenance of the feet and toenails. Includes: soak, file and shape, exfoliate, hard skin removal, cuticle work, foot massage and polish.

Sirana Supreme Pedicure €75
 Rejuvenate your feet with this intensive pedicure. Combining deeply nourishing products with heated booties. Feet are soothed and replenished. Includes: soak, file and shape, exfoliate, hard skin removal, cuticle work, mask, heated booties, foot massage and polish.

Eyelash Tinting €10

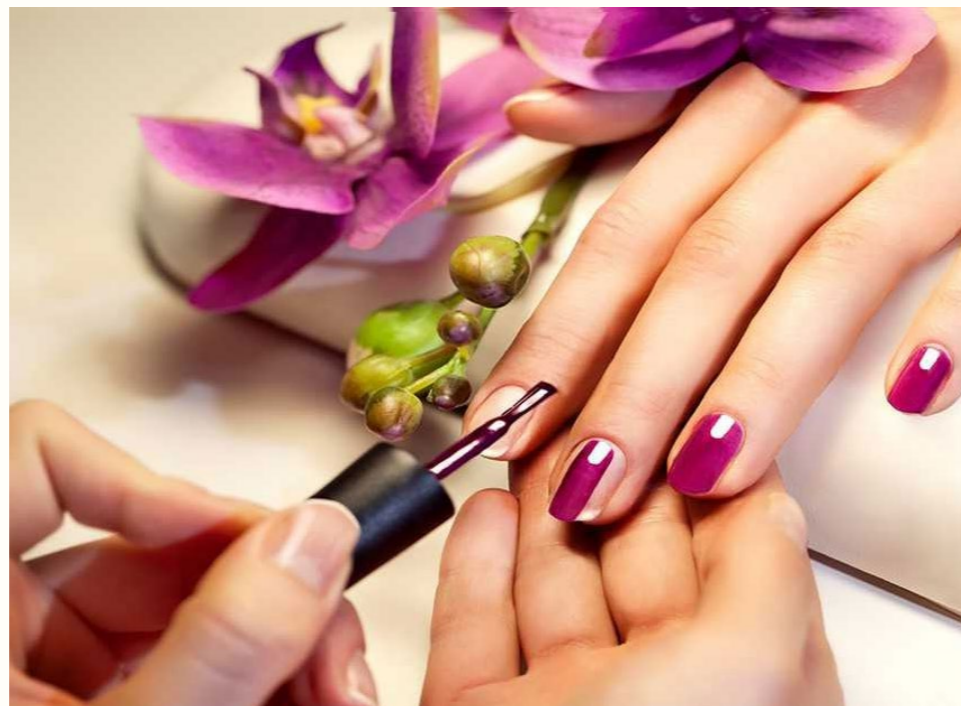
Eyebrow Tinting €10

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

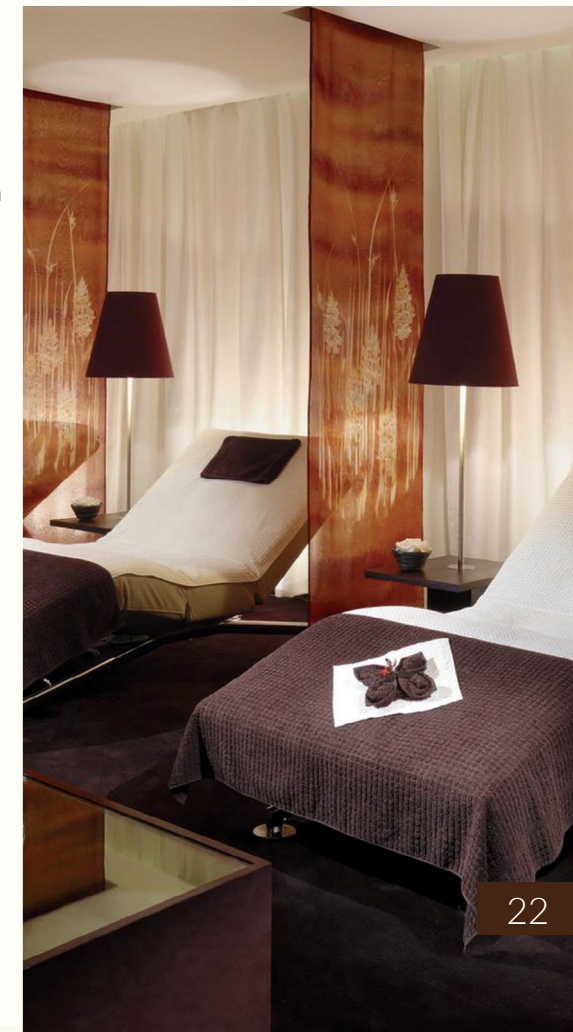
Towels, robes and spa footwear will be provided. If your treatment includes use of the Hydrotherapy Suite, please bring swimwear.

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