



BALLYFIN



Ballyfin Treatment Rooms



Our treatment rooms provide an ideal place to unwind, restore and to invigorate the body, mind & spirit. Our highly trained therapists can personalize your treatments to your needs and will ensure you leave feeling revitalized. Experience a wonderful oasis of peace, calm and tranquility.

## Our Products

### **Pevonia**

Pevonia is a Spa Skincare Line developed exclusively for elite spas. The products launched in 1991 fully recognize that the most effective skincare ingredients can be found in the safest source on earth, in nature. By combining effective, safe and natural ingredients with decades of experience in professional skincare, Pevonia continues to be the global leader in skin rejuvenation and health a worldwide leader in professional skincare.

Enjoy whole body relaxation and outstanding results with an exclusive WellnessFusion™ Journey Experience by Pevonia®. Our Facials include the signature WellnessFusion™ Ritual which combines various techniques from around the world to relax the body, mind, and spirit. Incorporating Amma, Shiatsu, and Swedish massage, the ritual welcome will relax tension and emotional stress from the décolleté, shoulders, arms and hands. Next, an anti-ageing pressure point facial massage is performed using the purest essential oils.

## Facial Treatments

### Prescriptive Facial

A bespoke facial to meet the needs of all skin types. Personalised and tailored to accommodate the needs of your skin, includes professional skin diagnosis, deep cleansing, massage and mask. The ideal facial to introduce your skin to the unadulterated pure and active products within the Pevonia Botanica line. Outstanding results for every skin type!

**60 mins – €120**

### Plantomer Hydrating Facial

Visibly enhance your skin's texture and maximise hydration. This refreshing, soft lift-off mask combines the hydrating benefits of Seaweed, the ocean's finest resource with revitalising Propolis, a natural healing and desensitising substance rich in natural antibiotics and Vitamin A. Soothing, nourishing and calming, it renders the skin undeniably radiant with highly visible results. Good for all skin types, excellent for Sensitive, Eczema and Psoriasis prone skin types.

**60 mins – €145**

### Lumafirm lift & Glow Facial

The Lumafirm lift and Glow facial is ideal for all skin types. This facial has an instant effect giving you a fresh, youthful look making you feel and look your absolute best. Performance driven, this facial features the best anti-ageing ingredients, rendering the skin ultra-luminous with a firmer, tighter and more youthful defined appearance. The perfect facial for before a special event.

**60 mins – €135**

### Luminous C & Sea Facial

This outstanding treatment is ideal to counteract photo-ageing, strengthening elasticity and providing relief for dull, sun-damaged skin. This refreshing, soft lift-off mask will restore a youthful appearance as the complexion is renewed, firmed and left extremely smooth. This facial is recommended to delay the signs of ageing and to lighten and brighten dull sallow skin.

**60 mins – €145**

### Gentlemens Facial

Healing and hydrating anti-ageing treatment to gently soothe and calm the skin. This treatment specifically targets clogged pores, sensitivity, and razor burn while promoting total relaxation. This facial includes deep cleansing, steaming, and extraction.

As a final step, a treatment mask is applied to refine the pores, soothe and condition the skin.

**60 mins – €130**

### Express Facial

This mini facial is ideal for those on the go. Skin is cleansed and lightly exfoliated. A pore refining mask is then applied, followed by a veil of light moisturiser. Mask options: Sensitive, Dry, Combination or Soothing Gel. Suitable for all skin types.

**\*Add on to any Pevonia Treatment for €60 for 30 mins**



## Facial Enhancements

### De-stress eye treatments for lines and wrinkles

#### **Plump – Repair**

A treatment with 100% pure freeze-dried collagen to repair the delicate eye contour, intensely hydrates the skin reducing the appearance of lines, wrinkles & crepiness. Your eye contour is wonderfully rejuvenated.  
**\* Add on to any Pevonia Facial for €50**

### Ginko de-stress eye treatment for puffiness and dark circles

#### **Refresh – Decongesting**

Counteract puffiness and dark circles with an instant-release collagen biomatrix infused with ginkgo biloba. This natural fibre mask treatment increases peri-orbital circulation, soothes, cools, and decongests the fragile eye contour while visibly reducing puffiness and dark circles. Eyes are rendered visibly rejuvenated. Ideal as a jet lag treatment for men and women.

**\*Add on to any Pevonia Facial for €50**

## Body Treatments

### Massage

Massage is one of the oldest and simplest forms of therapy and has been used for centuries to induce health and well-being, heal injury, relieve psychological stress, manage pain and improve circulation. Unwrap smooth, hydrated, radiant skin whilst nurturing your body by indulging in these wondrous body massage therapies. Choose one of our traditional techniques or perhaps a more specific customised massage designed especially for your needs whilst incorporating nature's most advanced ingredient formulations for complete body wellness.

Pevonia Massage Oil Selections for you to choose from:

#### **Serenity**

Alleviates stress & promotes relaxation.

#### **Vitality**

Energising and revitalising, uplifts the spirit, stimulates alertness.

#### **Recovery**

Warming and anti-inflammatory, delivers stimulating and healing benefits.

#### **Clarity**

A relaxing massage, delivers an unscented experience.

### Ballyfin Signature Massage

#### **Relax – Unwind**

Exhale and relax as you are transported into a deep state of relaxation and skin rejuvenation. You can select your own personal journey, with a choice of 'sensual' aromatic essential oils for a full face, scalp and body indulgency. Relax, unwind and enjoy the ultimate in pampering whilst improving skin health.

**90 mins – €160**

### Ballyfin Prescriptive Massage

Close your eyes, relax, and bid stress farewell. Your therapist rhythmically applies proven effective massage techniques combined with aromatherapy to help you de-stress, unwind, and achieve a deep sense of wellness.

**60 mins – €120**

### Deep Tissue Massage

This deep localised massage is highly specialised to relieve and encourage healing for sport-related injuries. Your massage is completed with an energising anti-stress cooling gel oozing with Camphor, Menthol, Azulene and Rosemary Oil, designed to alleviate heaviness from fatigue, muscle cramps, tension and stress. This intensive tension-relieving treatment will instantly relieve sore and tired muscle pain

**Deep tissue 60 mins €130**

### Couples Massage

Experience a synchronised full body massage together in The Beech Suite, our couple's treatment room.

**60 minutes – €240 per couple**

**90 minutes – €320 per couple**

### Silky Skin Body Polish

A rich, creamy, textured skin refining body scrub to remove impurities and rough skin. Gentle and deep cleansing, using natural jojoba granules to activate the blood circulation leaving skin soft, silky and smooth. Can be added to any treatment also.

**45 mins – €75**

### Back Ritual with Aromatic Moor Mud

A luxurious back treatment incorporating the wonderful results-driven Aromatic Moor Mud. As this thermal mud aids muscle tension, aches and pains, escape into a state of deep relaxation as your therapist performs the highly relaxing cocoon massage techniques followed by a personalised back, neck and shoulder massage to completely de stress.

**45 mins – €100**

**\*Add on to any Pevonia Treatment for €50 for 30 mins**

### Pevonia Stone Relax

A sensory journey for a complete holistic approach to relaxation. Warm, basalt stones are guided to melt away that built up tension whilst combining the Pevonia organic essential oils to offer a deep relaxation ritual to create a mind, body and soul experience.

**90 mins – €165**



## Time For Mum

### Time for Mum Ritual

Enhance the experience of being pregnant with this treatment. Specifically tailored to safely care for mothers-to-be needs, this treatment combines a Pevonia Signature Massage with the Plantomer Facial and hand and foot treatment. Addressing the physiological and psychological changes associated with pregnancy, feel cared for with this unique treatment package.

**90 mins – €165**

### Mum to Be Massage

#### Thinking of two

This massage treatment exclusively designed for Ballyfin is specifically tailored to safely care for mothers-to-be needs. This luxurious treatment combines a Pevonia Signature Massage incorporating pure Safflower and Grape Seed Oil. Addressing the physiological and psychological changes associated with pregnancy, feel cared for by your fully-trained therapist with this unique treatment designed to relax and relieve both mum and baby.

**60 mins – €120**

## Bath Rituals

We will create a luxurious experience for you in the comfort of your own bedroom.

### Seaweed Bath

A candlelit bathroom awaits you while the seaweed in your bath releases soothing properties and moisturising properties. Seaweed baths have been used for generations in the care and repair of the skin, and have shown to help against signs of aging and cellulite. Please note contra indication to seaweed is thyroid malfunction, seafood and iodine allergies. If unsure please consult with our therapist.

**€50**

### Roses and Romance

Ballyfin is a place that inspires romance. Relax in the bath with the one you love. A scented bubble bath will be drawn for you, fresh rose petals will be set afloat in your bath to set the perfect mood. Relax and toast one another with a chilled bottle of champagne and strawberries.

**€145**

## Finishing Touches

### Ballyfin Luxury Pedicure

Lie back and relax while you enjoy our Luxury pedicure. Problem cuticles are treated, dry skin removed and the feet are cocooned in a heated wrap. Provide your feet with the care and attention they deserve by going barefoot confidently to reveal fresh, silky-soft, hydrated feet.

**60 mins – €85**

### Ballyfin Luxury Manicure

Experience the redefined traditional manicure while pleasing your senses. A luscious aroma-therapeutic exfoliant with sea salt and natural healing extracts is applied to gently yet thoroughly strip away tell-tale signs of roughness and aged, dull-looking skin. Laden with anti-ageing and restoring ingredients, your hands resurface visibly brighter, silky-soft, and unbelievably hydrated. Select your choice of BodyRenew™ scents for a personalised experience.

**60 mins – €85**

### Hair dresser

We work with excellent local salons and as the hairdresser is not based at Ballyfin notice is required for the availability of a hairdresser. Please contact us for further details and price.

### Yoga

A yoga instructor is available upon request and must be booked in advance of arrival. Please contact us for further details and pricing.

### Personal Trainer

A personal training service is available upon request but must be booked in advance of arrival. Please contact us for further details and pricing.



## Cancellation & Etiquette

### Booking Information

All treatments must be booked in advance of arrival to avoid disappointment.

### Opening Hours

Treatments will be available on request subject to availability. Pre-booking in advance is required

### Treatment Rooms Etiquette

Our Therapist will collect you from the comfort of your bedroom prior to your treatment room via the lift. A consultation form will be completed in the luxury of our Treatment Rooms. Our Therapist will make you comfortable in your Treatment Room where your relaxation begins.

### Helpful Tips

Robes and slippers are provided to all our guests in your bedroom. Robes are recommended to be worn to treatment rooms to help aid in the relaxation – if you prefer you may also change in the treatment room. Please give your therapist appropriate feedback about your comfort or any troubled areas.

### Medical Conditions

We want you to feel as safe and nurtured as possible, therefore if you have a medical condition and are unsure of treatments then our Therapists are happy to offer guidance and assistance on suitable treatments. Pevonia is an active product, please inform your therapist if you have a history of skin sensitivity so that we can tailor your treatment accordingly.

### Cancellation Policy

As a courtesy to other guests and our therapists please give 24 hours' notice if you need to cancel your booking. The following cancellation fee applies: Within 24 hours or failure to show – Full charge of treatments

### Late Arrival

If guests are late for their appointment the time will be deducted from the length of the scheduled treatment and full charge applies.



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