



THE
SPA



THE HORSE & JOCKEY
★★★★



WELCOME TO THE SPA AT THE HORSE AND JOCKEY

The Horse and Jockey Hotel is a family run 4-star hotel located near Thurles in the heartland of Co. Tipperary midway between the cities of Cork and Dublin. The hotel, which gave the Tipperary village its name is steeped in history and has been continuously trading for 250 years. It stands at one of the great traditional crossroads of Ireland and is only 1.5 hours from all major cities.

We are an exclusive Voya and Elemis Spa offering a range of wellness, pampering and beauty treatments for men and women.

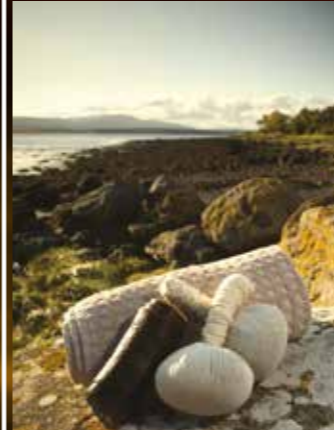
About ELEMIS

Elemis has over 15 years experience in treating men and women in the professional spa environment. Their successful combination of natural active ingredients with cutting edge technology has enabled Elemis to bring to the market some of the most influential anti-ageing products and professional spa – therapies the beauty industry has ever seen. Offering an unparalleled experience, unique massage sequences and power – boosting facials, combined with the most potent actives available, ensure that dramatic visible results are achieved.



About VOYA

Voya are a niche brand of products all containing organic seaweed harvested off the coast of Sligo. This niche company offer luxury, results based products based on the highest quality botanical ingredients and aromatherapy oils. Seaweed naturally absorbs it's nourishment from the sea and as a result it contains countless minerals, vitamins and beneficial ingredients making it the perfect solution for replacing the body's minerals whilst having a profound effect on the skin's collagen production. Voya continues to grow currently exporting to over 35 countries & featuring in some of the world's finest spas.



VOYA FACIALS

Anti-ageing Restorative Facial *Approx 60 mins* **€100**

This nourishing anti-ageing facial is suitable for all skin types & helps reduce the appearance of fine lines & wrinkles. Organic real seaweed strips are used during the facial. The gels of the seaweed penetrate deeper into the skin improving the appearance of wrinkles & giving a radiant complexion.

Voya Self Discovery Facial *50 mins* **€75**

This is a prescriptive facial. It is detoxifying and refreshing and suitable for all skin types. Particularly benefits tired skin by reducing puffiness while detoxifying and replenishing nutrients. *Add Marine Eye Seaweed Patches* **€15**

VOYA BODY SCRUBS

Time to Shine *Approx 45 mins* **€70**

Smooths, polishes with finely ground walnut shells & nourishes with almond, seaweed & ginger.

VOYA BATHS

Lazy Days Detox Seaweed Bath *40 mins* **€45 (1 person)**

€80 (2 people)

Submerge your body in a bath of organic, hand harvested Atlantic seaweed, remove unwanted toxins and alleviate aches & pains. Increases circulation, improved well being.





ELEMIS FACIALS

Elemis Skin Specific Facial

50 mins €75

Choose From

Elemis Touch Anti-Ageing Facials

60 mins €95

Elemis Superfood Radiance Facial

A nutritional & detoxifying boost rich in essential super-foods and minerals clinically proven to leave skin plumper & radiant.

Pro Definition Lift Contour Facial

Powered by breakthrough technology this facial uses potent nutrients to help support the extra cellular matrix creating a sculpted & youthful effect.

Pro Collagen Age Defy Facial

Tackles fine lines & wrinkles using clinically proven age defying benefits of marine charged Padina Pavonica, encouraging optimum cellular function for nourished, younger skin.

Elemis Dynamic Resurfacing Precision Peel Facial

Clinically proven to target the signs of aging and uneven skin tone this treatment uses layers of enzymes for powerful exfoliation and renewal.



ELEMIS BIOTEC FACIALS

The Spa @ Horse & Jockey is proud to be on of a small group of Irish spas to offer the revolutionary Elemis Biotec Technology.

The new *Biotec 2.0 Facial* is the ultimate fusion of technology, expert touch and professional-strength serums delivers clinically transformative results. Intensive facials some of up to -20 Degrees combine hands-on expertise with up to 6 technologies and professional-strength concentrated serums. Expert hands deeply cleanse and exfoliate the skin, preparing it to be stimulated by technology and infused with ultra-strength actives to power your glow to the next level.

Pro-Glow Renewal Facial

Includes BIOTEC: Ultrasonic Resurfacing

60mins €120

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, lift-from-within glow. In one treatment, skin looks visibly refreshed, renewed and radiant.

Pro – Glow Cryo Sculpt

Includes Ultrasonic, Cryo2 & LED Light Therapy 7-in-1 Mask

60mins €120

Harnessing the power of Cryotherapy to firm and depuff, this advanced sculpting facial helps to define contours, tone and rejuvenate the skin, revealing a visibly lifted appearance.

Pro-Glow Resurface

Includes BIOTEC Ultrasonic, LED Light Therapy and Galvanic

60mins €120

Transform the skin's texture whilst minimizing the look of uneven tone, pigmentation, enlarged pores and congestion for a renewed, stunningly smooth complexion. A powerful combination of light therapy and rejuvenation Galvanic current leaves skin looking balanced with improved clarity.



Pro-Glow Brilliance

Includes BIOTEC ultrasonic, microcurrent and Oxygen Infusion **60mins €115**

Awa&en dull, lac& lustre complexions with this radiance-boosting facial. A combination of Galvanic current, Oxygen infusion and high potency actives energises the s&in and replenishes moisture, for a visible brighter, healthy appearance.

Pro-Glow Genius Facial

Includes BIOTEC Ultrasonic, Microcurrent, Galvanic, Light Therapy and Oxygen Infusion **60mins €115**

This ultimate high-performance facial sculpt, smoothes, firms and illuminates the s&in. Five Biotec technology are harnessed for maximum, multi-faceted rejuvenation.

ELEMIS BODY TREATMENTS

Elemis Frangipani Skin Glow **45 mins €70**

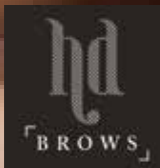
Gently buffs away dead s&in cells leaving s&in nourished & deeply hydrated.

MASSAGES

Full Body Swedish Massage **60 mins €90**

Reflexology **30 mins €60**

Back, Neck and Shoulder Massage **30 mins €60**



SPA PACKAGES

Time can be spent in our pool/hydrology areas prior to treatments.

Horse & Jockey Signature Voya Treatment **45 mins €85**

Full bac& exfoliation & massage followed by therapeutic nec&, face & scalp massage to relieve tension & promote deep relaxation.

Horse & Jockey Signature Elemis Treatment **60 mins €95**

Bac& Exfoliation followed by bac& massage. Elemis Booster facial, oil massage for arms.

The Horse and Jockey Experience **1hr 15 mins €135**

Bac&, nec& and shoulder massage and a 50 minute Elemis or Voya facial with a relaxing hand and arm massage followed by afternoon tea.

Pamper Package **2 hrs €185**

Elemis S&in Specific Facial, Exotic Lime & Ginger Salt Glow, Bac& Nec& and Shoulder Massage.

Yummy Mummy To Be **2 hours €165**

Choice of Elemis or Voya Perspective Facial followed by a nurturing & specialised mum to be full body massage.

MUMS TO BE MASSAGE

From 15 wee&s right through to delivery, Mums can experience the benefits of specialised Voya prenatal massage from our specially trained therapists. Most of the massage will be carried out with you in side-lying positions, this is not only really comfortable, but safe for you and your baby.

Mum to be Full Body Massage **60 mins €95**

Soothing Leg and Foot Massage **30 mins €55**



BEAUTY TREATMENTS

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| Luxury Manicure | <i>1 hour</i> | €50 |
| Luxury Pedicure | <i>1 hour</i> | €60 |
| File & Paint | | €20 |
| Shellac/Gelish Colour | | €30 |
| Make-Up Application | | €35 |
| Spray Tan - Full Body | | €30 |
| Eye Brow Shape | | €10 |
| Eye Brow Tint | | €10 |
| Eyelash Tint | | €14 |
| Eyelash & Eyebrow tint | | €22 |
| Trio (Eyelash, Eyebrow Tint & Eyebrow Shape) | | €30 |
| Yumi Lashe Lift (requires 24 hour patch test) | | €50 |

WAXING

All our therapists are trained using Waxperts, an Irish company that uses lavender essential oil & extracts making it almost pain free and suitable for sensitive skin.

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| Full Leg & Standard Bikini | <i>from</i> | €50 |
| Half Leg & Standard Bikini | <i>from</i> | €35 |
| Underarm/Arm | <i>from</i> | €15 |
| Half Leg | <i>from</i> | €20 |
| Full Leg | <i>from</i> | €35 |
| Full Back | | €45 |
| Standard Bikini | <i>from</i> | €20 |
| Californian | <i>from</i> | €25 |
| Brazillian | <i>from</i> | €35 |

SPA ETIQUETTE

Reservations / Cancellation Policy

Should you wish to reserve a treatment, you may telephone our direct Spa Reservation line on 0504 33020 **between 9am and 5pm Monday to Saturday**, advise of your preferred time and date, choice of treatment along with your contact phone number. Access to the pool area (swimming pool, sauna, steam room and jazuzzi) is complimentary for spa guests who have a spend of €80 per person on spa treatments **We also require a credit or debit card number to secure your booking** and no treatments will be confirmed without a credit/debit card. Our cancellation policy is 48 hours notice for all cancellations otherwise a 100% cancellation fee and 100% "no shows" fee will occur.

Spa Arrival

Guests are asked to arrive 10 minutes prior to your treatments. As a courtesy to other guests in the spa, please understand that late arrivals for treatments will not receive any extension to their treatment time

Clothing Requirements

Robes, Slippers and Towels are available at the Spa for your use when having Spa Treatments.

Special Requirements

Please advise us of any special requirements you may have at the time of your booking.

Gift Vouchers

are available and can be purchased over the phone from main hotel reception or at the main hotel reception desk

Afternoon Tea

Available on request, advanced booking essential. (please advise of any dietary requirements/food allergies upon booking)

