



# EROS SPA

The Yeats Country Hotel Spa &  
Leisure Club

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A Profile Plus production Tel: 01 287 000

'where peace comes dropping slow' WB YEATS

Enter a world where calm and peace replaces stress and tension. With 6 treatment rooms and amazing relaxation suite the Eros Spa offers a wide range of luxury therapies divided into 'wet' and 'dry' treatments. Our wet treatment rooms cater for Hydro-Therapy Baths, Sea Weed Baths and Mud Wraps, while the dry treatment rooms cater for facials, beauty treatments, massages, hot stone treatments, reiki and Indian head massage. Double treatment rooms are available for mother and daughter pairs or couples. All our treatments are tailored to meet your individual needs and offer you the ultimate pampering experience in the "land of hearts desire".



#### **YON-KA: YONKA AROMATIC TREATMENTS**

a passion for plants...the essence of skin care  
...this selection of face & body treatments with essential oils & botanical extracts, is an invitation to a voyage...  
a voyage to a world of gentleness, of scents & sensations that draw their strength from nature, combined with the know how of a high technology laboratory.  
Each treatment was designed in response to you, your desires, & your needs to reveal your beauty at every age of life.  
We invite you to experience yon-ka with a personalised treatment that focuses on authentic well being.

#### **UNICORN PRODUCTS: AROMATHERAPY**

Combines the sciences of chemistry, botany & physiology with the art of essential oil blending to achieve physical, emotional & mental balance & harmony.  
An aromatherapy massage using oils can be relaxing & calming or stimulating & invigorating depending on the synergy of the blend. Aromatherapy is a truly holistic therapy taking into account mind, body & spirit of the person.

#### **JESSICA:**

Begin your spa journey with an exclusive array of personalised hand & foot treatments that will inspire your mind, body & soul.  
A harmonious blend of eastern philosophy of natural botanicals & aromatic essences with western technology that utilises papain, an active enzyme that helps to break down rough, dry skin while regenerating new cells for healthy, smooth skin.



## face effects

### **ESACLE BEAUTY** THE BEAUTY BREAK

**approx. 35mins**

Take time out & treat yourself to a beauty break. the scents of citrus fruits & french lavender stimulate & re-energise while botanical extracts reveal a soft, delicate & soothed complexion & all in just 35 magical minutes!

### **LE GRANDE CLASSIQUE**

Deep pore cleansing, restoring & relaxing facial **approx. 1hr 15m** a truly personalised & complete skin care treatment! progressive, successive cleansing, a relaxing massage & invigorating, balancing natural aromas combine to leave skin clean & the complexion radiant.

### **PLAISIR D'AROMES** aromatic relaxing & well being facial

**approx. 1hr**

This cocooning treatment unities all of the beneficial elements of yon-ka skincare including the warm aromatic compress & the enveloping relaxing massage. You are left calm & your complexion glows with health, ready to face the day.

### **HYDRALESSENCE VISAGE** long lasting, deep hydrating facial

**approx. 1hr**

This high performance, deep hydrating facial will revive the most dehydrated complexions, luxuriate in the warmth of healing hands while your skin is bathed in a moisture surge of oils, creams & exilirs. sheer bliss!

### **ALPHA-VITAL** resurfacing aha-bha treatment

**approx. 55-70m**

Using organically sourced aha-bha from natural fruits, dead cells are sloughed away & the skin's surface becomes noticeably smoother without a hint of sensitivity. For true anti-ageing benefits a course of 4 treatments is recommended.



### **OPTIMIZER** lift effect facial

**approx. 1hr30m**

Every part of this miracle treatment encourages flawless skin & perfect tone. In just a little more than an hour your facial contours are "lifted" & your skin is left looking beautiful & relaxed.

### **VITAL-INTENSE** deep regenerating facial

**approx. 1hr30m**

Recommended for all ages to re-infuse your skin with the vital energy that it sometimes lacks after sun exposure, during pregnancy, during menopause or simply after a spell of ill health or tiredness. Your skin rediscovers its balance, elasticity and vitality.

### **SOIN PURETE** acne solution treatment

**approx. 1hr**

Correction & healing are the corner stones of this distinctive, highly efficient treatment that deals seriously with the issues of acne outbreaks and problem skin. Cleanse by extracts of burdock and essential oils of thyme, lavender & sage, your skin finds its natural balance. Sebum production is regulated and inflammations are controlled allowing our skin to gradually regenerate itself and become clean and clear once more. A beauty treatment to follow regularly both in the spa and at home to fully profit from its beneficial results!

### **FACE TO EYE**

ECLAT CONTOUR - 3 eye contour options: Anti-wrinkle, anti-puffiness or anti-dark circles **approx. 45 mins**

These 3 "contour" treatments provide you with the ultimate tool to preserve the fragile beauty of the eyes. Wrinkles & lines are smoothed away; specific massage helps to combat puffiness & dark circles along with sinus pain & the signs of jet lag. Recommended as an intensive course of treatments for optimum results.



## body treatments

### **SECRET DE BEAUTE**

HEAD TO TOE REVIVER face & body treatment

**approx. 2hr**

A real star treatment combining marine mineral salts & essential oils for full body exfoliation with a nourishing foot mask & the exceptional hydralescence facial. The perfect gift to yourself or someone you care about.

**HYDRALESSENCE CORPS** long lasting, deep hydrating treatment

**approx. 1hr45m**

Body mask & 20 minute massage

An effective moisturising & comforting treatment that leaves your skin velvety smooth. The plant-based soft gel peel exfoliates & moisturises, a seaweed body mask deeply hydrates & a relaxing massage with a concentrate of active ingredients leaves divinely soft skin!

**PHYTO MARINE** slimming body treatment

**approx. 1hr20m**

Wrap - The phyto-marine treatment offers two slimming options: a full body mask of either marine clay or micronised seaweed. Both choices are completed with precisely targeted healing & stimulating essential oils, giving visible results that will encourage you to continue. While wrapped you will be treated to a mini face and scalp massage.

**GOMMAGE MARIN** toning body polish

**approx. 25mins**

Exfoliation- This energising scrub with guerdane sea salt grains is enriched with essential oils of petit-grain, verbena & rosemary. A thorough exfoliation treatment that leaves your skin soft & satin smooth.

**BODY DETOX** deep detoxifying herbal wrap

**approx. 1hr**

The body detox gives deep detoxifying through brisk massage with specifically targeted herbal treatment creams & cocooning in a thermal blanket. Skin tone & texture is improved & you emerge with a renewed sense of well-being.

**SOINS VELOURS** moisturising body polish treatment- invigorating or relaxing

**approx. 45m – 1hr**

Exfoliation - One treatment with 2 choices for satin-soft skin. choose from marine mineral salts for an invigorating scrub, or a moisturising, exfoliating soft gel peel for a more relaxing, gentler treatment. Follow with a gentle nourishing massage for a skin as soft as velvet!

**AROMA-LUXE MASSAGE** aromatic massage - energising or relaxing

**approx. 1hr**

Massage - For one hour you will be massaged with essential oils- including lavender, basil & verbena- leaving you feeling energised or relaxed according to your individual needs.

**JAMBES TONIQUES** anti-fatigue leg treatment

**approx. 35mins**

Wrap - Heavy tired legs? jambes toniques is the ultimate remedy. this treatment stimulates surface circulation & leaves your legs feeling wonderfully light & refreshed in just 35 minutes.

**FLASH SOLELI** (sun kiss) exfoliating & self-tanning treatment

**approx. 1hr**

This healthy glow treatment can prolong a holiday tan, re-infuse your skin with the glow of sunny days during winter or offer fragile skin a beautiful golden tan without sun exposure. Yon-ka auto-bronzant self-tanning lotion gives a natural, even tan in just a few hours.

**METAMORPHOSIS** sit down treatment

**approx 55m**

Metamorphosis is a philosophy for living, enabling us to handle life on the everyday level, created & evolved by Robert St. John. Robert discovered by working on the spinal reflexes of the “feet, hands & head”, & the more abstract the approach “the hand symbols”, these “holds in time” can be released, thus allowing us to be free of past influences & reach our full potential “self healing”. No oils are used during this treatment.

**MUMS TO BE** pre pregnancy pampering treatment duo **approx. 1hr**

A pampering duo of treatments to help prevent stretch marks & revive tired spirits with a combination of full body relaxation & heavy, tired leg relief. Gentle exfoliation is followed by hydrating, nourishing massage & a cool refreshing leg compress to combat excess fluid & fatigue. The perfect pampering treat for all mothers to be!

### **HOT STONE THERAPY MASSAGE**

Many ancient cultures have used the healing power of stones. Heated basalt stones combined with spicy, sensual aroma oils are placed on key energy points on the body. Evoking an aura of warmth, the deep penetrating heat from the basalt stones is used to massage the body, using traditional techniques to release muscular tension & balance the spirit.

### **REKI approx 1hr**

This is the ancient art of hands on healing. Reiki is the coming together of two energies: reiki - universal life energy & ki - vital life force, so it is therefore the joining of universal & personal.

### **REFLEXOLOGY approx 1hr**

This therapy was first used by the Egyptians. This treatment works on the theory that there is a reflex on the foot, relative to every organ & gland in the body. This holistic healing works by using alternative pressure on the feet co-insiding with specific hand & finger techniques.

special  
treatments



### **DR VODDER MANUAL LYMPHATIC DRAINAGE**

Connective tissue nourishes and carries vital substances to every cell in the body of a healthy person. Congested tissue slows down cell nutrition and the passage of toxins. Stimulation of lymph flow with m.l.d (manual lymph drainage), removes stagnation and helps the overall health of the person using light, rhythmic pressure.

### **FULL BODY MASSAGE approx 1hr**

This deep rhythmic pressure massage gives the whole body a vigorous workout. Focusing on relieving specific stress & muscle tension, this treatment can be tailor made to suit the individual needs of the client.

### **FULL BODY SWEDISH MASSAGE approx. 1 1/2hr**

a deep relaxing massage that will relieve everyday aches & pains.

### **SWEDISH BACK MASSAGE**

This massage incorporates a Swedish based technique that concentrates on healing the body as a whole. Massage stimulates & clears the circulatory & lymphatic systems, while also promoting a feeling of well being.

### **ARMS & LEGS MASSAGE**

This massage incorporates a Swedish based technique that concentrates on the arms and legs

### **STRESS AWAY**

Soothe & relax with a de-stress blend of lavender, chamomile, melissa, geranium & bergamot essential oils.

### **SPIRIT REVIVER**

Uplift, detoxify & renew your zest for life with the anti-cellulite blend of lemon, grapefruit, lime & peppermint essential oils.

### **MUSCLE RELIVER**

Ease away tired aching muscles with a blend of warming rosemary, juniper berry, thyme & birch essential oils. Excellent for rheumatic & sport related pain.

### **CHAKRA BALANCING**

Bring your body & emotions into total equilibrium with the exotic essence of frankincense, jasmine, sandalwood, patchouli & clary sage.



## pedicure & manicure

### **NUTURE**

Begin your spa journey with the nature stage. prepare your feet for their spa treatment by immersing them in blissful, a light foaming bath that cleans & deodorizes while it softens. Blissful blends: papain with a sanitizing agent & softening aloe. Choose from energizing ginger or calming green tea. unsightly cuticle skin is carefully softened & removed with gentle cubicle remover gel, made with moisturising sea kelp & aloe vera; then, cuticles should be gently pushed back, & nails are clipped and filed.

### **REJUVENATE**

Rejuvenate by choosing from purify enzyme scrub or perfection natural salt polish. purify is an effective blend of papain & mixed fruitacid complex that works together with natural conditioners like jojoba & aloe to create a non-abrasive scrub that exfoliates dry, rough calluses, corns & dead skin, while bringing new, healthy skin to the surface. This invigorating scrub can be used on the entire body with the same remarkable results.

### **REVITALISE**

Revitalise with pampered, our deluxe silkening soufflé lotion that is lighter than air but tough on dry skin. when used regularly, this regularly, this moisture intensive formula & unique blend of papain and aha latic acids gently exfoliates & helps regenerate new healthy skin- your trusted ally in the fight for smooth skin. Pampered is available in calming green tea & energising ginger.

### **INVIGORATE**

We invigorate with balanced foot masque. The exclusive blend of natural botanicals in balanced hydrates & conditions, sealing in moisture, while the combination of papain & our mixed fruit acid complex helps break down dead skin & boosts cellular repair. You'll be amazed at how it soothes while it softens in just 5 minutes!

### **SYNERGY**

This is the ultimate foot care experience. synergy features refreshed, a cooling foot spray that sends your feet into ecstasy. We've combined natural botanicals & menthol to instantly stimulate & revive tired, aching feet.



### **DEPLETION**

#### **FULL LEG WAXING**

#### **HALF LEG WAXING**

#### **UNDER ARM WAXING**

#### **BIKINI LINE WAXING**

#### **CHEST WAXING**

#### **BACK WAXING**

#### **ARM WAXING**

#### **UPPER LIP WAX**

#### **CHIN WAX**

#### **EYEBROW WAXING**

#### **EYEBROW SHAPE**

### **NAILS**

file & polish

file & french polish

### **TINTING**

patch test required 24 hours prior to treatment

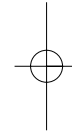
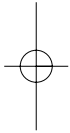
eyelash

eyebrow

### **MAKE-UP**

make-up application

make-up lesson





just for men

**LES SOINS AU MASCULIN** deep pore cleansing, restoring & relaxing facial.  
A truly personalised & complete skin care treatment!

**LE GRANDE CLASSIQUE** approx 1hr  
Progressive, successive cleansing, a relaxing massage & invigorating, balancing natural aromas combine to leave skin clean & the complexion radiant.

**L'HYDRATANT** approx. 1hr  
A long lasting, deep hydrating facial.

**L'ANTI-AGE**  
approx 1hr  
A time defying experience that will leave you completely relaxed.

**EXECUTIVE STRESS RELIEF**

approx. 30mins

Losing the stress begins with body brushing to stimulate the circulation, & continues with a full body massage using essential oils individually chosen to suit the individual requirements.

**CONDITIONING - HAND & NAIL TREATMENT**

approx. 20 mins

Cuticle work, exfoliation, cleanse & rehydration of the skin up to the elbow, followed by a relaxing hand massage. The nails are then buffed to leave the hands looking smart & businesslike.

**CONDITIONING- FOOT & NAIL TREATMENT**

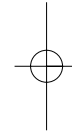
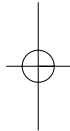
approx. 20mins

cuticle work, exfoliation & rehydration of the skin up to the knee, followed by a relaxing foot massage. the nails are then buffed to a shine.

**CHEST WAXING**

**BACK WAXING**

Many of our other treatments are suitable for men as well as ladies





special pampering  
day programmes

All of our day programmes include full use of the Yeats Country Club facilities, use of a robe & slippers, a complimentary lunch & a gift from the Eros spa.

**MOTHER & DAUGHTER**

SEAWEED BATH  
LE GRANDE CLASSIQUE  
BACK MASSAGE

**PAMPER DAY**

HYDROTHERAPY BATH  
MANICURE & PEDICURE  
ESCALE BEAUTE

**AFTERNOON SIESTA**

SEAWEED BATH  
FULL BODY MASSAGE

**DELUXE DETOX**

HYDROTHERAPY BATH  
BODY DETOX- DEEP DETOXIFYING HERBAL WRAP  
FILE & PAINT

**BRIDAL PACKAGE**

PLAISIR D'AROMES FACIAL  
MANICURE & PEDICURE  
EYELASH TINT  
EYEBROW SHAPE  
TRIAL MAKE-UP  
MAKE-UP ON DAY

**ESPECIALLY FOR MEN**

LE SOIN DE MASCULINE  
HYDROTHERAPY BATH  
BACK MASSAGE

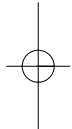
**Therapeutic Benefits of a Seaweed Bath**

A Seaweed Bath IS a total Body, natural beauty treatment. The mineral Salts & vitamins in seaweed are naturally hydrating & rejuvenating to your skin. Skin feels youthful, Supple & firm after relaxing in a Seaweed Bath. It can reduce the appearance of lines & wrinkles

**Seaweed Naturally Helps**

- Balance Body Chemistry
- Beautify Skin Texture
- Ease Muscular Pain & Stiffness
- Improves Circulation
- Rid Your Body Of Toxins
- Reduce Cellulite
- Reduce Tension
- Stimulate Lymphatic Drainage
- Softens psoriasis

You are welcome to choose from any of our facial, body or beauty treatments. Please contact the Spa reception for a personalised pampering day or half day.



If there is any treatment Eros spa has not already provided, that you would like to see provided please let us know, or use our guest comment box at reception. We will do our best to accommodate where possible.

## important information

**In order that you enjoy your EROS SPA TREATMENTS to the fullest extent, we would ask that you inform spa reception if you currently have any of the following conditions:**

Heart conditions, cancer, respiratory problems, epilepsy, skin disorders, metal pins or plates, pregnancy, recent surgery, currently taking medication, fitted with a pacemaker, diabetes, high or low pressure.

We are of the opinion that our clientele should be assured of prompt attention & a reliable timetable. therefore, if you are late in attending an appointment, your treatment time may be cut short if your therapist has a client booked in immediately after you.

Due to medical & legal advice, we are unable to carry out treatments on persons below the age of 16.

No charges will be levied if an appointment is cancelled within 24 hours notice or more. A 50% cancellation charge will be levied if the appointment is cancelled between 12 & 24 hours, & the full charge will be levied if less than 12 hours notice is given.

### FREQUENTLY ASKED QUESTIONS

if you have never visited a spa before it can appear a slightly daunting prospect. we have listed some questions that are frequently asked of us. please do not hesitate to ask if there is anything else that you would like to know.

#### **What do I wear during my time at the spa?**

if you are taking advantage of the fitness facilities & pool, you will be wearing sport clothing & swimming costume. When it is time for your treatment, you can use the changing facilities to change into the robe & slippers that are provided. While relaxing in the spa, feel free to wear your robe.

#### **Do I keep my underwear on?**

many people can be uncomfortable with nudity & we feel it is important to ensure that you feel safe & secure during your treatments. therefore we offer several options. if you are having a treatment such as a wrap treatment, we suggest swim briefs for gents, or bikini bottoms for ladies.

if you are having a massage, we suggest that you do not wear underwear as it provides a more relaxing & comfortable treatment for you. Your therapist will ensure that the more private areas of your body are covered by a sheet or towel at all times, however, you are free to wear brief/bikini type underwear if you wish. We do, however, provide disposable briefs for our treatments if required.

if you are having hydrotherapy treatment or seaweed bath swimwear is of course optional.

#### **What if I am too cold or too hot & feel uncomfortable during a treatment?**

at least 50% of the benefit of a treatment comes from the body & mind relaxation that should occur. If you are too cold, or your position is not comfortable etc, you will not get that benefit. simply make your therapist aware of the problem & they will rectify it for you. we are here to make the experience as enjoyable as we possibly can - nothing is too much trouble.

#### **Should the treatment be painful?**

if the treatment is painful, you will not be relaxed & will not benefit fully from it. sometimes an effective massage may provoke a good pain, but you will recognise it & enjoy it. If you are not enjoying any part of the treatment, let your therapist know & they will adjust their pressure or technique.

#### **Should I talk during the treatment & should the therapist talk to me.**

this is your time when some people relax, it feels good to let go & talk about themselves. Similarly, discussing aspects of the treatments & how it can be used in everyday life can be very informative. On the other hand, if you want to lie quietly & enjoy your own thoughts, your therapist will respect that, & converse with you only when necessary. the choice, as always, is yours.

#### **Do I have a choice as to male or female therapist?**

all our therapists are highly trained & totally professional, but we do recognise that sometimes guests can be uncomfortable with a male therapist, or alternatively, a female therapist, please make the spa reception aware if you are unwilling to receive a treatment from a particular gender, we will do our best to accommodate your wishes.

#### **What should I do after a treatment?**

after all treatments, we advise that you relax for at least 15 minutes before doing anything strenuous, & that you drink plenty of water, in order to help your body cope with the detoxifying effects of many of the treatments. Some treatments have specific effects, which your therapist will advise you on.

#### **How do I prepare for a treatment?**

**we want you to gain the most from your treatment, so there are several suggestions that we make.**

- do not wear make-up to a facial treatment, your therapist will have to remove it & that takes time away from your treatment.
- do not wear jewellery to a treatment, as it may get left in a robe pocket.
- drink plenty of water before and after your treatments.
- please be on time for your treatment, your therapist may have a guest immediately after you, & would have to cut your treatment time if you are late, in order to provide the service that we demand.

