



SPA TREATMENTS & PACKAGES





TONIC HEALTH & DAY SPA

Tonic Health & Day Spa at Castleknock Hotel & Country Club is a luxury day spa in Dublin. It offers an extensive range of refreshing and soothing therapies in private luxurious treatment rooms with the option of single or twin rooms available for you to relax alone or with your friend, family member or partner.

Here at Tonic Health & Day Spa, we take you on a journey through the senses. Smell the luxurious Comfort Zone products and incense as you make your way through the Day Spa. Feel the therapist's hands and product against your skin, relaxing you into a land unknown and enjoy the taste of refreshments in our Relaxation Room where you can help yourself to herbal teas, fruits and juices.

Some of our Tonic Team are fully qualified in Lindi Skin Touch Therapy cancer treatments.

We have a range of these clinically proven skincare products available, which were formulated to help alleviate the skin-related side-effects from cancer treatments.

Our Spa is designed with you in mind, our aim is for your relaxing journey to begin from the moment you arrive and continue after you have left.....

[comfort zone]

SKIN SCIENCE SOUL

Founded in Science Strengthened By Passion

The [comfort zone] brand was conceived and launched in 1996 as the skincare division of the Davines Group, which was founded in Parma, Italy in 1983 by the Bolatti family.

What began as a research laboratory for the development of high-quality, highly effective products has grown into an internationally successful, professional spa brand with a diverse range of product and treatment offerings.

The foundation of the brand rests in the scientific background of Dr. Davide Bolatti, who has always valued extensive research and utilisation of nature's most efficacious ingredients in the development of [comfort zone] proprietary formulations.

Philosophy

[comfort zone] represents a complete system of care for the skin, body and soul.

Our exclusive collection of products, treatments and rituals has been created with an unwavering commitment to finding the most powerful ingredients and delivering the most effective results. We believe in working from the inside out and from the outside in to improve the human condition and treat the whole body.

We seek to promote a holistic, healthy and sustainable lifestyle based in science and strengthened by passion.



FACIAL TREATMENTS

SOOTHE

Skin Resonance €77 (55 minutes)

Reinforcing treatment for sensitive and delicate skin. A soothing, rebalancing and protective treatment for reactive skin subject to redness and fragile capillaries. The skin is balanced and visibly appears calm, toned and nourished with a pleasant feeling of wellness for the skin.

MOISTURISE

Hydramemory €77 (55 minutes)

A deep hydrating treatment for face, neck and décolletage for profound moisture and silkiness. The hydrobalance of the skin is restored and the skin is beautifully luminous and toned with a fresh, youthful complexion.

PURIFY

Active Pureness €77 (55 minutes)

An intensive and delicate treatment for deep cleansing to rebalance and normalize the skin, leaving it fresh and firm. Recommended for oily and impure skin for a luminous, smooth and uniform appearance. It purifies and regenerates the skin, rebalancing sebum and hydration levels.

ANTI-AGING/RENEW/NOURISH

Skin Regimen Longevity Facial €54 (30 minutes)

Showing visible results in half the time of a traditional facial, this 30 minute treatment renews, restores tone and repositions the skins tissues for a youthful, healthier appearance. The efficacy of the ingredients is maximised by the Kabat technique, a neuromuscular rehabilitation method reinforcing skin tissue and muscle elasticity.

LIFTING

Glorious Skin €96 (1 hour 10 minutes)

An immediately effective lifting treatment with powerful anti-aging effect, producing instant visible results on expression signs for a younger looking, more toned, fresh and radiant skin.

Discovery Mini Facial €46 (25 minutes)

Cleanses and brightens the skin, leaving it hydrated, relaxed and glowing. The perfect skin pick-me-up.

MASSAGE TREATMENTS

Full Body Swedish Massage €76 (55 minutes)

The basic method of massage, which improves circulation, relaxes muscles and relieves tension.

Aromatherapy Full Body Massage €85 (1 hour 10 minutes)

A relaxing massage using pre-blended aromatherapy oils. Choose from relaxing, energising or detoxifying oil. The perfect massage for stress relief that gives a feeling of well-being.

Hot Stone Full Body Massage €95 (1 hour 10 minutes)

The ultimate massage therapy that goes beyond the physical experience of a typical massage. Water heated basalt stones are used to treat the body and mind. (Includes Chakra and Energy work)

Back, Neck and Shoulder Massage €42 (25 minutes)

Focusing on the specific areas of the back, neck & shoulder to relieve muscle tension and general aches and pains.



MASSAGE TREATMENTS

Head, Neck and Shoulder Massage €42 (25 minutes)

Focusing on the specific areas of the head, neck & shoulders, this treatment is designed to aid those suffering with tension and stress in these areas.

Aromatherapy Back Massage €45 (30 minutes)

Using pre-blended oil, we focus in on the specific areas of the back, neck & shoulders to relieve muscle tension and general aches and pains.

Hot Stone Back Massage €45 (30 minutes)

Using basalt stones, our therapist focuses in on the areas that ache. The heat combined with the therapist's hands help to relieve muscle tension.

Reflexology €65 (55 minutes)

Using the feet as a map of the body, our therapist uses a method of thumb-walking along the foot to identify any blockages or ailments that are present in the body and helps to treat each of these ailments individually. Best results follow a course of treatments.





PRE NATAL TREATMENTS

* Client must be over 16 weeks pregnant

Back and Lower Leg Massage €60 (45 minutes)

Relax and unwind while your specially qualified therapist zones in on your key tired areas. This treatment is the perfect pick me up to help you along the way.

Full Body and Head €76 (55 minutes)

Are you feeling tired, worn out and in need of a pick-me-up? Our Full Body treatment will leave you and your bump feeling relaxed and rejuvenated in no time.

Full Body with Hot Stone Specifics €95 (1 hour 15 minutes)

The ultimate pre-natal experience, relax and unwind with this holistic treatment. With a combination of your therapists hands and the heated basalt stones, we will have you floating on air from the moment you begin; a feeling that lasts long after you finish.

MAMA MIO SPA TREATMENTS



Yummy Tummy €75.00 (60 minutes)

This is a facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and shoulder massage to ensure it is a full-on stress banishing treat.

Lighten Up €45.00 (30 minutes)

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. They don't call it a maternity marathon for nothing.

Mellow Mama €75.00 (60 minutes)

A completely relaxing full body massage using our safe but effective pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump.

4th Trimester Healing Hour

€75.00 (60 minutes)

Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.



LINDI TOUCH THERAPY

Take a look at our Lindi Skin Touch Therapy Cancer treatments. Clinically proven skincare, Lindi Skin products were formulated to help alleviate the skin-related side-effects from cancer treatments.

Comfort Touch Therapy for Chemotherapy Clients €80 (60 minutes)

This full body treatment is safe, unique & tailor made to each individual. It involves a detailed assessment of the side effects of the particular chemotherapy the client is receiving, from excessive dry skin, hand & foot syndrome, peripheral, neuropathy and hair loss.

The treatment will be determined with your specific needs in mind as the therapist will put together a gentle yet effective treatment plan.

Touch Therapy for Radiation Clients €80 (60 minutes)

This soothing, gentle therapy includes the assessment of the affected area and an application of safe and effective products from the Lindi Skin line, developed with the skincare needs of cancer clients in mind. Hydro gels with healing aloe Vera and soothing balm with portulaca, high in vitamin C and anti inflammatory properties are used.



LINDI
SKIN



BODY TREATMENTS

BODY RITUAL €55

Aromasoul: Aromasoul Ritual Scrub (45 minutes)

A unique and renewing scrub ritual for smooth, soft skin, enhanced with your chosen essential oil blend, ensuring nourishment and radiance for your skin.

BODY SPECIAL €89

Tone and shape: Body Strategist + Algae (1 hour)

Slimming tonifying algae treatment that deeply reshapes the adipose tissue, bestowing a luminous and toned silhouette, while deeply detoxifying and oxygenating the adipose tissues and stimulating metabolism.

REBALANCE/NOURISH €120

Tranquility Face and Body Ritual Treatment (1 hour 30 minutes)

A precious sensorial synergy of delicate textures, aromacological scents and the power of the human touch for a unique experience to deeply relax the body and mind.

It bestows a pleasant sensation of well-being, relaxation of tight muscles, improved circulation, profound hydration and tone.

Enhancements

Head Massage €10

Hand & Arm Massage €10

Foot Massage €10

Lower Leg Massage €10

Callus Peel €15

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SPA PACKAGES

The following spa days **include** lunch and use of our leisure facilities;

Ultimate Pamper Day Package Mon-Thurs €209 Fri-Sun €229

(4 hours)

Hydramemory Facial, Full Body Massage, Luxury Manicure and Luxury Pedicure.

Girls Day Out Package Mon-Thurs €107 Fri-Sun €130 (2 hours)

Back, Neck and Shoulder Massage, Discovery Mini Facial, Express Manicure and Express Pedicure.

Mum-to-Be Day Package Mon-Thurs €135 Fri-Sun €155

(2 hours 25 minutes)

Pre Natal Full Body and Head Massage, Discovery Mini Facial, Express Manicure and Express Pedicure.

The Holistic Day Package €159 (2 hours 15 minutes)

Reflexology, Holistic Face Massage and Full Body Massage.



SPA PACKAGES

The following packages include use of the facilities (lunch is not included);

Golfer's Tonic €80 (1 hour 15 minutes)

Hot Stone Back Massage, Relaxing Head Massage and Discovery Mini Facial.

Couples Escape Mon-Thurs €185 Fri-Sun €199 (1 hour 25 minutes each)

Full Body Massage for two people in our Couples Suite and the choice of a Discovery Facial or an Indian Head Massage.

Bridal Package €99 (1 hour 45 minutes)

Full Body St Tropez Tan, Shellac Manicure, Mini Pedicure, Eyebrow Trim and Eyelash Tint.



MANICURE/PEDICURE

Express Manicure €25 (25 minutes)

A file, buff and polish, perfect for those finger nails in need of a quick touch up. Choose from either a French Polish or Colour.

Luxury Manicure €45 (55 minutes)

Our Luxury Manicure is designed to exfoliate your hands, some filing and cuticle work on the nail, a nourishing mask followed by a massage and to finish an application of polish of your choice leaving your hands looking healthy and hydrated.

Deluxe Manicure €55 (1 hour 10 minutes)

Our Deluxe Manicure goes that extra mile; it includes all the magic of the Luxury Manicure and more. We paint the hands with a scented paraffin wax, which is great for those suffering with poor circulation or arthritis. When the paraffin has been removed, the manicure is sure to leave your hands feeling silky smooth.

Express Pedicure €25 (25 minutes)

A file, buff and polish, perfect for those toenails in need of a quick touch up. Choose from either a French Polish or Colour.

Luxury Pedicure €55 (55 minutes)

Sit in our pedicure chair and relax. Our Luxury Pedicure is designed to exfoliate your feet, some filing and cuticle work on the nail, a nourishing mask followed by a massage and to finish, an application of polish of your choice, leaving your feet looking healthy and hydrated.

Deluxe Pedicure €65 (1 hour 10 minutes)

Relax into our pedicure chair and enjoy our Deluxe Pedicure. It includes all the magic of the Luxury Pedicure and more. We paint your feet with a scented paraffin wax, which is great for those suffering with poor circulation or arthritis. When removed this pedicure is sure to leave your feet feeling silky smooth.

Callus Peel €20 (30 minutes)

SHELLAC

Shellac is a nail product that lasts up to 2 – 3 weeks without chipping, scratching or smudging. The long lasting & shiny Shellac does even more, it has shown to help the nails become stronger and healthier after using it.

Shellac™

Shellac File and Polish on hands €30

Shellac File and Polish on toes €35

Shellac Manicure €50

Shellac Pedicure €65

Shellac Removals €10



WAX, TAN & EYE CARE

Waxing

Half Leg (knee down) €25

Full Leg €40

Full Leg including Bikini €50

Full Leg including extended bikini €65

Standard Bikini €25

Extended Bikini from €35*

Underarm €18

Forearm €25

Full arm €35

Abdomen €10

Back €35

Chest €35

Facial €25

Lip or Chin €15

Lip and Chin €20

Tan - St. Tropez

Full Body Spray Tan €35

Half Body €25

Eye Care

Eyebrow Shape €15

Eyebrow Wax €15

Eyelash Tint €15

Eyebrow Tint €12

Eye Trio €30

Please Note: All wax and tint clients must complete a patch test 24 hours before the treatment time.

*Specialised waxing available please ask your therapist for details.

BOOKINGS

Bookings

We recommend you book an appointment for treatments in advance to avoid disappointment. To secure a spa booking, we do require credit card or debit card details. If you have a voucher for the hotel or spa directly then this number can be provided as confirmation also.

Your Appointment

To maximise your spa experience, we ask you to arrive 15 minutes prior to your appointment time. This will be used for your personal consultation and for you to relax into our surroundings.

Age Requirements

The spa is designed for clients 16 years and over. Please refrain from bringing anyone below this age. No children can accompany a parent into the spa area for any treatments or to the Relaxation Room facilities.

Cancellations /Late Arrivals

As a courtesy to all spa guests, we require a minimum of 24 hours notice of cancellation and a minimum of 48 hours for groups. Cancellations made within 24 hours will incur a 50% charge. Those cancelled within 12 hours will incur 100% charge. We regret to inform you that no-show bookings will also be charged 100% of the booking value.

Arriving late may interfere with your treatment and in some cases we may be forced to reschedule your appointment. All appointments will end at their scheduled time to ensure the next guest will not be delayed.

What to Wear

Towels, robes, slippers and toiletries are provided for treatments. Please bring swimwear and flip flops for use of the pool facilities. Disposable briefs will be provided if required.

BOOKINGS

Spa Etiquette

The spa is designed to be calm, quiet and relaxing and for this reason the use of mobile phones is prohibited. We also ask that you respect other spa users by speaking quietly whilst in our relaxation area. Any loud behaviour in any area of the spa may result in you being asked to vacate the premises.

Please advise us of any pre-existing medical conditions at the time of booking.

[comfort zone]

SKIN SCIENCE SOUL





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