



THE
SPA



AT 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 75 mins €90

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

55 mins €70

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 Pick-me Up Facial

30 mins €50

This is a taster introductory facial. It brightens and hydrates the skin leaving it refreshed & glowing.

Re-surfacing Radiance Peel

40 mins €65

Using a combination of seaweed extract & naturally derived glycolic and lactic acids blended with pineapple fruit enzymes this facial will give skin a natural radiant glow. The advanced exfoliation trio assists in diminishing fine lines, reducing pore size and will brighten skin's appearance.

Voya Seaweed Marine Eye Treatment

40 mins €55

Ultimate treat for refreshing and rejuvenating tired eyes combining relaxing and decongesting massage movements.

Men's Voya Facial

55 mins €70

The mix of seaweed and botanical ingredients help stimulate collagen production and reduce the appearance of fine lines and wrinkles.

VOYA BODY TREATMENTS

Oceans Essence Wrap

55 mins €85

Combines detoxifying Fucus Serratus and cellulite reducing Laminara Digitata which improves your skin tone and stimulates your blood and lymph flow, great for reducing the appearance of cellulite.



Voya Organic Seaweed Leaf Wrap

75 mins

€100

The gels of the seaweed penetrate into the deep layers of the skin, hydrating and softening. Assists in the draining process eliminating toxins & improving the appearance of cellulite.

Voyager Massage Journey

90 mins

€95

A complete top to toe relaxation journey incorporating scalp massage, face massage stretches and full body massage, replicating the movement of the sea with gentle and stimulating movements.

VOYA BODY SCRUBS

All of our body scrubs smooth & polish the skin with an essential sugar mix while nourishing with fragrant oils. Choose From:

Time to Shine

Approx 55 mins

€60

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

Organic Lavender & Seaweed Sugar Glow

55 mins

€60

Organic Peppermint & Seaweed Sugar Glow

55 mins

€60

Voya Seaweed Foot Ritual

30 mins

€45

Cleansing & exfoliation of the feet followed by pressure point foot massage ending with seaweed mix & heated seaweed applied to feet.

VOYA BATHS

Lazy Days Detox Seaweed Bath

40 mins

€40 (1 person)

€75 (2 people)

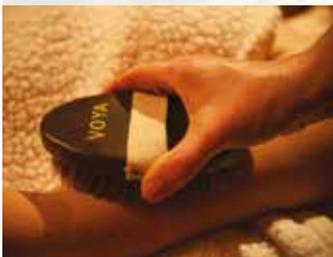
Submerge your body in a bath of organic, hand harvested Atlantic seaweed, remove unwanted toxins and alleviate aches & pains. Increases circulation, improved well being.

Organic Seaweed Aroma Salt Bath

40 mins

€30

Relaxing bath soak with blend of Voya organic essential oils combined with bath salts.



ELEMIS FACIALS

Elemis Taster Facial

30 mins

€50

Mini facial will give a quick and instant pick me up for dull and lifeless skin.

Elemis Skin Specific Facial

50 mins

€70

Elemis Touch Anti-Ageing Facials

60 mins

€90

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.

White Brightening Pigment Perfector Facial

Restores even skin tone targeting unwanted areas of pigmentation resulting in more even, colour corrected & illuminated complexion.





ELEMIS BIOTEC FACIALS

The Spa @ Horse & Jockey is proud to be one of a small group of Irish spas to offer the revolutionary Elemis Biotec Technology. Using 5 stand alone technologies in one machine, customers have noted a dramatic reduction in lines & wrinkles with visibly healthy, nourished & energised skin. Seven Elemis Biotec Facials to deliver proven results:

Anti-Wrinkle Eraser Facial *1 hour* **€95**

Targets wrinkles & energises with micro-current pulses of red & blue light therapy which effectively irons our wrinkles & fills lines.

Elemis Biotec Firm *1 hour* **€95**

Skin is visibly strengthened for a contoured complexion that is lifted though a blend of massage & galvanic technology.

Skin Radiance Facial *1 hour* **€95**

Radiance boosting, bio-electric facial to energise tired, dull and stressed skin, targets sluggish complexion, rejuvenating for instantly clearer & brighter skin.

LED Blemish Control *1 hour* **€95**

Visibly clears and re-balances oily & blemished skin. Ultra sonic vibration, massage, steam and galvanic current decongest and exfoliate.

Sensitive Skin Soother *1 hour* **€95**

Anti redness treatment. Oxygen infusion encourages cellular restoration, red light therapy and calming anti-oxidants improve the skins ability to repair itself.

Super Charge Facial for Men *1 hour* **€95**

High Performance facial to de-grease, de-age and calm stressed & dehydrated skin.

ELEMIS BODY TREATMENTS

Elemis Exotic Frangipani Body Nourish Wrap *55 mins* **€80**

Body is cocooned & warm while mood balancing aromatics and skin conditioning oils do their work while you are treated to a pressure point facial to de-stress.

Elemis Frangipani Skin Glow *45 mins* **€55**

Gently buffs away dead skin cells leaving skin nourished & deeply hydrated.

Elemis Sole Foot Ritual

30 mins

€45

Cleansing & Exfoliation ended with pressure point foot massage.

Elemis Bathing Rituals

40 mins

€35

Elemis Milk Bath

Nourished, conditions, softens

Muscles Ease Bath Soak

Warms, Recharges, Energises

MASSAGES

Full Body Swedish Massage

60 mins

€80

Full body massage using heated oils.

Indian Head Massage

40 mins

€55

Reflexology

40 mins

€50

Back, Neck and Shoulder Massage

30 mins

€50

Hot Stone Full Body Massage

60 mins

€95

Hot Stone Back Massage

40 mins

€55

Flat heated stones are placed on specific parts of your body, massaging them into your body to reduce any tension & knots.

DAY SPA PACKAGES

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

Horse & Jockey Signature Voya Treatment

50 mins

€70

Specifically designed for The Spa @ Horse & Jockey this begins with a full back exfoliation & massage followed by therapeutic neck, face & scalp massage to relieve tension & promote deep relaxation.

Horse & Jockey Signature Elemis Treatment

70 mins

€85

Specifically designed for The Spa @ Horse & Jockey this indulgent treatment begins with exfoliation followed by a hot stone back massage. Elemis Booster facial followed by relaxing frangipani oil massage for arms.



Lazy Days Voya Package

1hr 20 mins

€100

Voya Oceans Fresh Self Discovery Facial followed by a Voya Seaweed Foot Ritual with choice of afternoon tea or lunch (2 course).

Pick Me Up Package

€85

Choose from Elemis/Voya Taster Facial (30 mins) followed by blow-dry in Q Hair Salon & afternoon tea in The Courtyard Cafe

Girls Day Out Package

2 hrs 30 mins

€160

Elemis Refresher Facial, Exotic Lime & Ginger Salt Glow, Deep Tissue Muscle Melting Massage, Shellac Polish on Nails

Yummy Mummy To Be

2 hours

€150

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

Ultimate Couple Experience

2 hours

€210 per couple

Side by side aroma salt bubble bath followed by a full body massage in our luxurious couple treatment room.

Just The Two of Us

50 mins

€75 per couple

Enjoy a side by side Voya seaweed bath while sipping on a glass of bubbly.

MUMS TO BE MASSAGE

From 15 weeks right through to delivery, Mums can experience the benefits of specialised 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

€85

Mum to be Back, Neck & Shoulder Massage

40 mins

€55

Soothing Leg and Foot Massage

30 mins

€40



BEAUTY TREATMENTS

Luxury Manicure *1 hour* **€45**

File, buff & cuticle work, hand massage, mask and heated mitts, finished with a nail paint.

Luxury Pedicure *1 hour* **€55**

Feet are soaked in our relaxing pedicure massage chairs, exfoliated, filed, buffed, cuticle & heel work, foot massage with heated booties, finished by nail paint.

Mini Manicure *30 mins* **€30**

Mini Pedicure *30 mins* **€40**

File & Polish *€15 | French €18*

Gelish Colour **€28**

Gelish French Colour **€30**

Make-Up

We are delighted to introduce MUD Make-up to the Horse & Jockey. Long lasting, fashion forward, derived from New York it is the expert choice of make-up for the professionals.

MUD Make-up Application **€35**

Bridal Make-up (Including Trial) **€75**

Hair & Make-up Package **From €60**

Vanity Spray Tan

100% natural and organic formula loved by A list celebrities, & beauty editors around the world.

Full Body Tan **€30**

Half Body **€20**

Tints & Trims Patch Test Essential



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SOAK-OFF
GEL POLISH



MUD
Make-up designory



VANI-T



Eye Brow Shape €10

Eye Brow Tint €9

Eyelash Tint €14

Lash & Brow tint €20

Trio (Lash, Brow & Shape) €25

HD Brows (Patch Test Essential) *30 mins* €30

HD Brows is a 7 step eyebrow shaping treatment that focuses on shape & design using tinting, waxing & threading.

Yumi Lashes (Patch Test Essential) €45

YUMI lashes is an advanced technique designed to boost and lift your own natural lashes. Get your YUMI natural lashes today and see the difference.

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.

Full Leg & Standard Bikini €40

Half Leg & Standard Bikini €32

Lip & Chin Wax €18

Eyebrow/Lip/Chin €10

Underarm/Arm €15

Half Leg €20

Full Leg €30

Full Back €45

Bikini *From €15*

Brazilian/Hollywood *From €40*





SPA ETIQUETTE

Guests are asked to arrive 15 minutes prior to your treatment.
A late arrival with impact on the time of your treatment.

Spa Opening Times

Our Spa is open Monday to Sunday. Please check our opening hours on our website or alternatively give us a call on our Spa Direct Line 0504 33020.

Reservations / Cancellation Policy

All cancellations and amendments require notice of 48 hours.
100% cancellation fee charged within this notice period.

Group Bookings

As above – 48 hour notice required
20% deposit required on bookings.
(3 plus)

Clothing Requirements

Robes, Slippers and Towels are available at the Spa.

Special Requirements

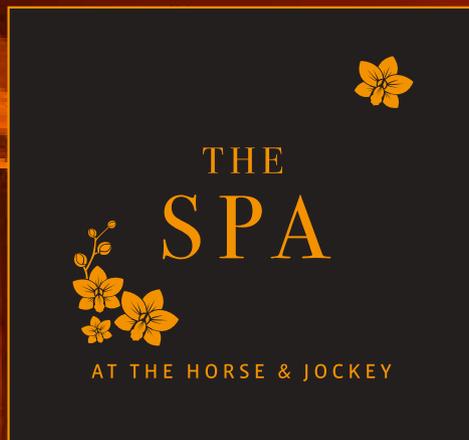
Please advise us of any special requirements you may have
at the time of your booking.

Gift Vouchers Also Available

Why not treat someone special to a tailored gift card for the spa
to suit all tastes and budgets

Afternoon Tea available for €18.50 pps,
advanced booking essential.





The Horse & Jockey Hotel
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