



Sirana

spa pampering on a different level

Sheraton
Athlone Hotel
090 6451000



Table of contents

Sirana Experience	3
Facial Treatments	5
Massage Treatments	6
Express Treatments	7
Body Treatments	9
Holistic Therapy	10
Men's Grooming	10
Couple's Treatments	11
Mothers to Be	12
Enhancements	13
Day Spa Packages	15
Overnight Packages	17
Spa Information	19

Welcome

Welcome to Sirana where you will begin your journey towards illumination of your mind, body and spirit. Leave the darkness behind as you are given your own symbol of light and hope to carry with you as you enter the heart of the spa. You are encouraged to acknowledge your inner stresses, gather them in your mind and then ceremoniously leave them at the door. This symbolic action reflects your withdrawal from your everyday life and allows you to fully embrace the essence of the spa.

SIRANA EXPERIENCE

As you arrive at Sirana the gentle aromas of natural oils embrace you and the warmth and light of the spa soothes and welcomes you as you begin your spa experience.

Serenity Lounge

Custom designed and hand made seating in the Serenity lounge cradles you gently as you begin to relax and unwind as your body and mind adjusts to the tranquil rhythm of the spa.

Tepidarium

This beautiful room hosts an ambient temperature close to that of the body which induces a healthy fever, strengthening the immune system without overloading the circulatory system. The Tepidarium has a preventive and healing effect and is an ideal way to relieve stress and regenerate your body.

Cherry Blossom Room

Our uniquely designed Oriental themed treatment room is a highlight of Sirana. Our spa therapists have specialised experience of the subtleties and intricacies of Eastern therapy and this focus is central to the distinct character of the treatments we have chosen for Sirana. The décor and specially selected music adds to your eastern experience as you receive one of our many Asian and Oriental inspired treatments.

Arabian Rasul Chamber

The Rasul is a traditional Arabic ritual cleansing treatment that takes place beneath a canopy of sparkling stars in the exotically tiled steam chamber.

Any treatment with a ☺ Symbol also comes with a complementary Japanese Tea Ceremony.





FACIALS

Elemis Oxygen Skin Calm Facial

Oxygen and science combine to activate and restructure your skin using a specially formulated silk mask. Ideal for fragile, delicate and irritated skin.

60 mins

Elemis S.O.S Purifying Facial

A purifying treatment for congested skin. Combines a Japanese sulphur mask with Absolute Vitamin C Serum which is packed full of anti-oxidants and has the ability to absorb sebum, calm irritation, reduce scarring and rebalance oily skin leaving a desirable matt complexion.

65 mins

Elemis Moisture Dew Facial

Treat your skin to a moisture boost with a specialist facial massage as your skin is fed with thirst quenching actives that will bring back that dewy look to the skin.

55 mins

ELEMIS ADVANCED ANTI AGING FACIALS

Elemis Visible Brilliance Facial

Independent clinical trials have proven that this facial rejuvenates and plumps the skin whilst reducing dark circles from around the eye area. Statistics show this facial can increase skin moisture levels by up to 61% and elasticity by 40% after just 1 treatment.

70 mins

Elemis Pro - Collagen Quartz Lift Facial

This luxurious facial uses a cluster of precious minerals alongside quartz to promote cell renewal and enhance wrinkle resistance. Clinical results show up to 94% reduction in wrinkles and over 50% increase in firmness after just one treatment!

70 mins

Elemis Tri - Enzyme Facial

An ideal facial for targeting fine lines, wrinkles, acne and uneven skin tone through a gentle resurfacing of the skin. The ingredients in this facial adapt to the micro flora of the individual's skin enabling safe and effective resurfacing for a smoother, younger looking complexion. Clinically proven to visibly resurface the skin by up to 75%, this is a great alternative for those considering micro-dermabrasion.

55 mins

MASSAGE

Sirana Hot Stone Massage

A relaxing massage enhanced with the use of smooth warm basalt stones which are tenderly rolled along areas of tension to release and relax tightened muscles.

60 mins

Elemis Deep Tissue Muscle Melt

Designed to target areas of chronic muscle tension and areas that are fatigued by constant athletic training or workouts, we combine a variety of techniques to “work out” those unwanted muscle kinks, resulting in a restorative massage.

55 mins

Sirana Serene Massage

Our signature holistic massage uses a synergy of all that is great in Eastern and Western massage techniques and is designed to sedate the body and mind.

50 mins

Thai Massage

An interactive manipulation of the body using passive stretching and gentle pressure along the body’s energy lines (meridians) to adjust skeletal structure, increase flexibility, relieve muscle and joint tension, stimulate internal organs and balance the body’s energy systems. Performed wearing loose clothing and on a ground mat. 🧘

75 mins

Sirana Double Delight

A treatment that will surpass all expectations as two therapists’ hands work in synchronised harmony. Thai and acupressure techniques are enhanced by your choice of one of Sirana’s own freshly blended oils.

75 mins

Sirana Zen Touch

A holistic treatment for face and body using sweet almond and essential oils blended with herbs selected for their individual healing properties. This body treatment combines a head and body massage with a heated body wrap to deliver results, nourishing the skin and adding an anti-oxidant defence to the skin, protecting it from the world outside.

45 mins



EXPRESS TREATMENTS

Glow Facial

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. Skin is deeply cleansed and stimulated, nourishing and renewing vital radiance.

30 mins

Elemis Exotic Moisture Dew Facial

For skin in need of a super saturating moisture boost, this thirst quenching facial will bring back that healthy, dewy look.

30 mins

Elemis Herbal Lavender Repair Facial

For perfect restoration of skin balance, this facial helps to heal and repair oily and congested skin, reduce unwanted shine, refine the pores and treat skin breakouts.

30 mins

Quick Fix Massage

Put an end to tension with this 30 minute, target specific massage for neck and shoulders.

30 mins

Scalp Indulgence

This soothing and relaxing treatment is a unique variation on the traditional oriental head massage.

30 mins

Sirana Tan

Sirana utilises He-Shi self tanner, a safe alternative to sun exposure with no risk of UV damage. This treatment will provide a natural looking, irresistible glow that will last 3-4 days.

30 mins

Manicure and Pedicure On-The-Run

Two nail technicians pamper your hands and feet in tandem so that you can get back to the office in time!

45 mins

Diamond Diva

Elemis Skin Cleanse with an application of Elemis Pro-Quartz lift serum to leave skin smooth and glowing. This is followed by a full make up application.

45 mins

Bubbles and Giggles

A luxurious Leighton Denny manicure or pedicure with a glass of champagne - an experience to be shared with up to four friends simultaneously in our manicure area.

45 mins



Elemis
spa-therapy



BODY TREATMENTS

Sirana Seaweed Wrap

Experience the therapeutic benefit of seaweed, which naturally boosts metabolism and can provide pain relief for arthritis, rheumatism and sports injuries.

70 mins

Elemis Frangipani Body Nourish Wrap

Begin with a warm aromatic lime compress on the feet followed by an exfoliating body brush to stimulate the lymphatic system and boost circulation, then relax in a heated blanket with the delicate floral scent of Monoli oil.

45 mins

Elemis Coconut Rub and Milk Ritual

A tropical experience as you encounter the amazing scents of Tahitian coconut milk which softens the skin as you lie cocooned in a warm blanket while you enjoy a gentle pressure point facial massage and a soothing head massage to promote intense relaxation.

45 mins

Elemis Body Sculpting and Colon Cleansing Treatment

Let us help you to achieve the contours and silhouette you desire with the aid of Elemis detox treatment for cellulite and colon therapy. A fennel and birch body mask peels off to reveal smoother firmer skin while a gentle abdominal massage of the colon enhances the body's natural detoxification.

60 mins

Thai Hot Herbal Compress

Practiced in Thailand, Burma, and Cambodia for centuries, this massage uses stretching, acupressure and a hot herbal compress to provide the utmost in muscular and mental relaxation while at the same time working to invigorate the skin and boost energy levels. 🧘

60 mins

Sirana Ritual

Experience an 'earth journey' as we pay homage to one of the world's most valuable natural resources - mud! Warm organic mud infused with beautifying and medicinal herbs is lavished onto your body, as you rest you will soak up the natural minerals and enjoy the mild detoxifying effects of the earth.

75 mins

Royal Javanese Treatment

The Javanese Lulur is an ancient beauty treatment which freshens and rids the skin of impurities leaving you with a soft golden glow. A Javanese massage with aromatic oils is followed by an exfoliation scrub using the traditional Lulur recipe. A yogurt rub to nourish the skin and an herbal tonic completes this treatment. 🧖

70 mins

HOLISTIC

Lifestyle Consultation

Sirana offer a holistic lifestyle assessment carried out by our qualified herbalist and naturopath to access your dietary requirements. Your personalised consultation includes an iridology session, dietary and lifestyle advice and advice on subsequent tonics or supplements.

80 mins

Hopi Ear Candling

Natural beeswax candles promote natural suction in the inner ear to help relieve sinusitis, congestion, headaches or ear blockages, this is enhanced by a gentle massage of your face, neck and scapula.

45 mins

All recommendations are supervised by an Herbalist and Naturopath; they should be treated as guidelines only and should never be seen to substitute medical advice.

Reflexology

This 4,000 year old traditional therapy is founded on the concept that the soles of the feet contain reflex points which correlate to all the organs of the body allowing your therapist to detect and treat imbalances, blockages and energy stagnation in the associated organs.

50 mins

Indian Head Massage

Our unique relaxing scalp treatment using eastern and western techniques is designed to relax and de-stress the mind and spirit.

40 mins

SIRANA MALE GROOMING

Sirana Scalp Ease

An amazing head, neck and shoulder massage from the Ayurvedic tradition of Indian medicine is combined with a gentle scalp treatment. This is a deeply relaxing experience to relieve stress and tension.

40 mins

Elemis Deep Tissue Muscle Melt

Designed to target areas of chronic muscle tension and areas that are fatigued by constant athletic training or workouts, we combine a variety of techniques to “work out” those unwanted muscle kinks, resulting in a restorative massage.

55 mins

Sirana Shoulder and Back Massage

Our quick tune-up is perfect for relieving stress in problem areas such as neck, shoulders, back and arms.

30 mins

SIRANA COUPLES

Elemis I.Q Facial

Devised to combat the demands of a hectic modern lifestyle, protecting against the harsh ageing effects of shaving and the pollutants our skin is exposed to on a daily basis.

70 mins

Elemis Urban Cleanse

For skin that works overtime, this facial will decongest pores and boost your skin's defences.

70 mins

Manicure for Men

Nail shaping and a buffed or polished finish ensures you can shake hands with confidence.

20 mins

Pedicure for Men

A specially designed relaxing foot treatment for men.

20 mins

A Traditional Arabian Cleansing Ritual... Relaxation for Two!

In our private exotic herbal steam chamber this traditional Arabian cleansing ritual involves the application of therapeutic mud to specific areas of the body, while you both gently inhale the steam infused by pure herbs. This treatment helps the respiratory system, smoothes the skin and detoxifies the body.

60 mins

Sirana Spa Double Delight Package

In our double treatment room start your pampering with a half hour aromatherapy facial followed by a relaxing one hour full body massage. Your package concludes with a nail shape and paint for ladies or shape and moisturise for men and you will leave refreshed and feeling wonderful.

120 mins

Two Flames Burn Brighter

In our Arabian Rasul chamber you can apply fragrant mud whilst gently inhaling the steam infused by pure herbs. Experience the nurturing warm oil massage using Thai herbal poultices combined with a relaxing and uplifting Indian head massage.

120 mins



MOTHERS TO BE

Sirana is delighted to offer a range of treatments specifically designed to pamper and soothe expectant mothers. Your therapist will be more than happy to advise you on the full listing of treatments which are suitable during your stage of pregnancy.

Light Within Massage

The body is totally supported and comforted on a specially designed bean bag which moulds to the body's contours. Warm Japanese camellia oil infused with the balancing aroma of rosewood essential oil is smoothed over the body to warm, relax, condition and support the expectant mother.

80 mins

Yin/Yang Facial

A delicate facial with carefully selected oil used to help normalise skin during this sensitive stage when changes in your hormones can cause the skin to flare up. 🧘

40 mins

Budda Belly Special

A delightful head to toe massage using infused oil helps to prevent unwanted stretch marks and enhance general wellbeing. Combined with a pedicure and leg massage this is a treat if you have fluid retention or simply for those who can't quite reach the toes!

70 mins

TREATMENT ENHANCEMENTS

Leighton Denny Nails

An advanced high performance formula which is easy to apply, long lasting and chip resistant.

"Great nail colour is the ultimate glamour accessory. No matter what the occasion or what you are wearing, beautifully painted nails are always the perfect finishing touch". (Leighton Denny)

- Express Manicure
- File & Paint
- French Polish
- Express Pedicure

Elemis Pro Collagen Hand and Nail Treatment

The latest in 'micro lattice technology' reins in loose skin and moisturizes with anti-oxidants to rejuvenate the skin and banish flaky brittle nails.

45 mins

Sirana Spa Manicure

Your hands are bathed with Elemis skin nourishing bath milk, then warmed aromatic oils are massaged into the cuticles and nails to nourish and restore and finish with a file and paint.

45 mins

Sirana Spa Pedicure

Super condition your feet and nails and enhance hydration to replenish dry heels and soften hard skin with the use of warmed Elemis aroma therapeutic oils.

50 mins

Paraflex Treatment

A relaxing holistic mini reflexology treatment which is followed by a touch of luxury with paraffin foot treatment to smooth and soften tired soles!

50 mins

Waxing

Eyebrow waxing and eye lift acupressure

Eyelash/brow tinting & acupressure

Half leg/arm

Full leg/arm

Under arm

Bikini line

Specialist bikini waxing

Full leg & bikini line

Upper lip

Wedding or occasion make up

Consultation

Make up application

Sirana Tan

Sirana utilises He-Shi self tanner - providing a natural looking, irresistible glow that will last 3-4 days. A safe alternative to sun exposure, with no risk of UV damage.



SPA PACKAGES

Begin the spa journey by ceremoniously leaving your worries at the door. This is your time to escape, re-discover your natural rhythm and feel nurtured and tranquil. In our serenity area you are drawn to the mesmerising water feature as you feel the tensions easing from your body and soul. Detox in our Tepidarium or enjoy our experience showers before your treatment. All spa packages conclude with an herbal infusion of the day and personal time cocooned in the tranquil relaxation suite.

Divine Diva!

A wonderful treat for a special occasion or simply when you want to look your most fabulous. Begin with a Sirana Spa manicure and pedicure to leave your hands and feet smooth, nourished and youthful. Your nails are finished to perfection with the polish of your choice from the renowned Leighton Denny range. A full make up application completes your beauty treatments, leaving you glowing, pampered and looking fabulous.

Elemis Urban Treat

Beginning with an Elemis Moisture Dew Facial and followed by the holistic Sirana Serene full body massage, this luxurious package is completed with a rejuvenating Sirana anti ageing hand treatment... a total pampering experience.

Modern Man Special

Your hands are bathed with Elemis skin nourishing bath milk then warmed aromatic oils are massaged into the cuticles and nails to nourish and restore and finish with a file and paint.

Elemis Absolute Spa Ritual

Your choice of our Elemis anti aging facial combined with the powerful effects of the Elemis deep tissue muscle massage. Deep relaxation with dramatic results.

El – Sirana

After your time in our serenity area your journey to relaxation continues with our Elemis Frangipani body nourish wrap and the rejuvenating Elemis Pro Collagen Quartz Lift facial. After a delicious lunch chosen from our organic menu in our exclusive spa dining room, you will return to our indulgent Paraflex treatment, which is a mini reflexology session.

Just for you Package

Call our spa reservations team on 090 6451000 to allow us to devise a package just for you.



OVERNIGHT SPA PACKAGES

During your spa visit you can relax and unwind in our serenity area, enjoy the Tepidarium and our experience showers. Following your treatments visit our Relaxation Suite where you can lie back on our loungers and listen to your personal iPod, linger over a magazine or simply relish the tranquillity and calm of Sirana. All overnight spa packages include a Sirana spa gift to take home to remind you of your spa experience.

Bonsai Retreat

1 night's Bed and Breakfast, with a delicious 5 course evening meal in la Provence, fine cuisine restaurant. Begin your spa therapy with the holistic Sirana Zen Touch treatment for face and body which includes a head and body massage and a heated body wrap to deliver results, nourishing the skin and adding an antioxidant defence to the skin, protecting it from the world outside. A Scalp Indulgence Oriental style massage concludes your relaxing experience.

Circle of Friends

A perfect package for a group of friends to enjoy.

2 nights' bed & breakfast and a sumptuous 5 course dinner on an evening of your choice. Your spa day includes your choice of 2 pampering treatments from our express menu and time in the Tepidarium, Serenity area and relaxation suite.

Two Flames Double Delight

A romantic package for two!

2 nights' bed & breakfast and a sumptuous 5 course dinner on an evening of your choice. Share your spa experience with the Two Flames couples treatment which includes an Arabian Mud Rasul to promote detoxification and softening of the skin. This is followed by a herbal poultice massage and an intensely relaxing Indian head massage.

Urban Spa Escape

2 nights' bed & breakfast and a sumptuous 5 course dinner on an evening of your choice. Your spa pampering begins with our unique Thai Massage which is both invigorating and soothing to the body and mind. The Elemis Moisture Dew Facial leaves your skin smooth and moisturised so you look and feel wonderful!

To upgrade to one of our deluxe bedrooms or luxurious suites in the Sheraton tower, speak to any one of our spa reservations team.



Sirana Boutique

Take a little bit of Sirana heaven home with you. Choose from the extensive selection of Elemis, Leighton Denny, Karaja and Sirana signature products available. Our therapists will be delighted to assist you in choosing the products that are right for you.

Sirana Gift Vouchers

Give the gift of pampering and relaxation to someone special. Vouchers can be redeemed for treatments or spa products.

Spa Facilities

On arrival guests are invited to enjoy our experience showers, relax in our Serenity area or detox in our Tepidarium. Following your treatment we advise that you take time to savour the spa contentment in our relaxation suite which comes complete with loungers, magazines and individual iPods. Chilled water, herbal infusions and fresh fruit refreshments are available.

Sirana Spa Dining

The exclusive spa dining room serves a delicious wholesome and healthy menu daily.

Arrival

We ask that you arrive at least 15 minutes prior to your appointment to allow you to complete our health questionnaire, change into your robe and slippers and relax and unwind in the serenity area prior to your treatment

Treatments

Disposable underwear is provided for all body treatments. If you have a preference for a male or female therapist please let us know when you are booking your therapy. We aim to make your experience as enjoyable as possible: if you are uncomfortable in any way please let us know.

Cancellations

Credit cards are required to confirm your booking. If a guest needs to cancel or reschedule an appointment, 24 hours notice is required or the full price will be charged. A cancellation fee of half price is charged if the treatment is cancelled less than 48 hours prior to your appointment.

Etiquette

As Sirana embodies a sanctuary from outside distractions, we ask that guests respect this special relaxation time for others and keep noise to a minimum, ensuring that mobile phones are switched off when entering the spa.

Health Concerns

Please advise us of any health conditions which you may have, such as high blood pressure, injuries, allergies, diabetes etc. so we can advise you on a suitable treatment to ensure a more pleasant experience. During pregnancy it is advisable to avoid any detoxifying treatment, your therapist would be more than happy to guide you during this special time.



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