

SIONNA  
SPA



“Olen dia sruth a sáer-ainm”  
Her noble name follows her river





# SIONNA SPA

Sionna Spa holds a palpable, ancient, feminine energy where our inner world of being is more easily accessed. On the banks of the River Shannon, where nature is undisturbed, each of the elements is strongly experienced. The waters flow with vibrant energy, the air is pure and fresh, the earth ancient and rich.

Against this beautiful backdrop, we bring you a curated collection of facials, massages and body treatments.

Sounds, breath, scent, organic ingredients and treatments - all designed to help you transcend the everyday and bring you in closer connection to yourself and universal life force.

*relax, refresh, recharge*





SIONNA SPA

# THE ÉRIU THERMAL SUITE

€15 per person

The Thermal Suite experience is a sanctuary designed to detoxify, enhance and invigorate your entire well-being.

## *Thermal Loungers*

Take the with of the world off your feet and relax on our body contoured heated stone loungers while soothing muscular aches and pains.

## *Caldarium (Salt Room)*

Take a journey into our salt cave where floors and walls are heated and experience our 2,000 year old ancient Roman tradition with the added benefits of the aromatherapy infusion which will help deep cleanse the pores.

## *Sanarium*

Have the option to enjoy our united benefits of the sauna with low levels of heat and high levels of humidity, which will save the skin and relax joints and muscles.

## *Tropical Rain Shower*

Feel alive in our invigorated tropical rain shower which will open your eyes to the multi-sensory experience of colour and immerse yourself in our cranial therapy.

## *The Alanna Relaxation Suite*

*Gaelic Alanna is the term for  
“harmony” or “serenity”*

Feel like a God and Goddess and unwind and relax while gazing out to the majestic hills and tranquil Shannon waters and let the gentle sounds of nature envelop you.



  
SIONNA SPA

# BATH EXPERIENCES

## *Blue Lagoon Bath*

30 minutes

€35

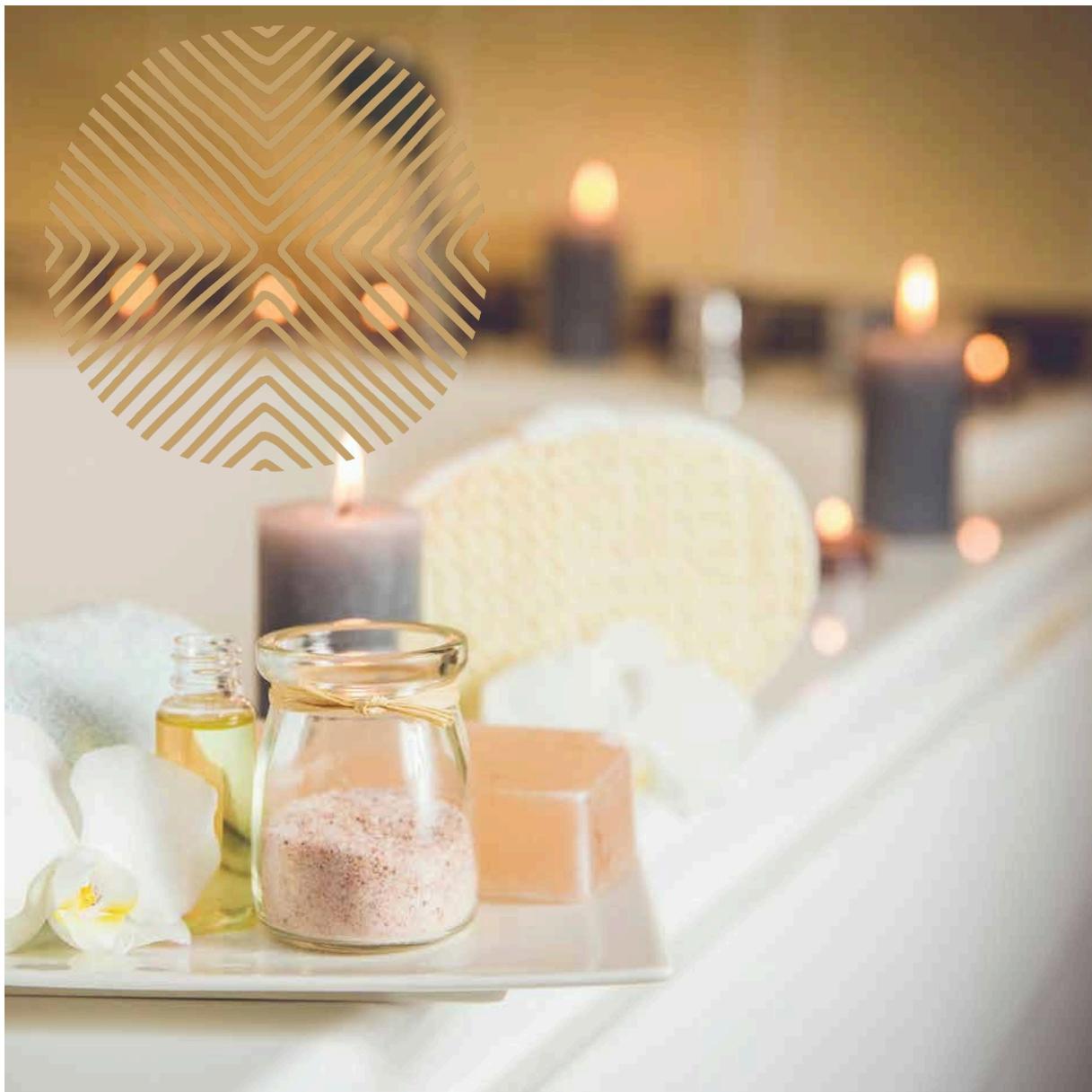
This bath delivers all the richness of Manihi Island, the lagoon island of Polynesia, to relax the body and provide optimum hydration, lavished by its extracts of white water lilies and citrus essential oils ensuring pure relaxation.

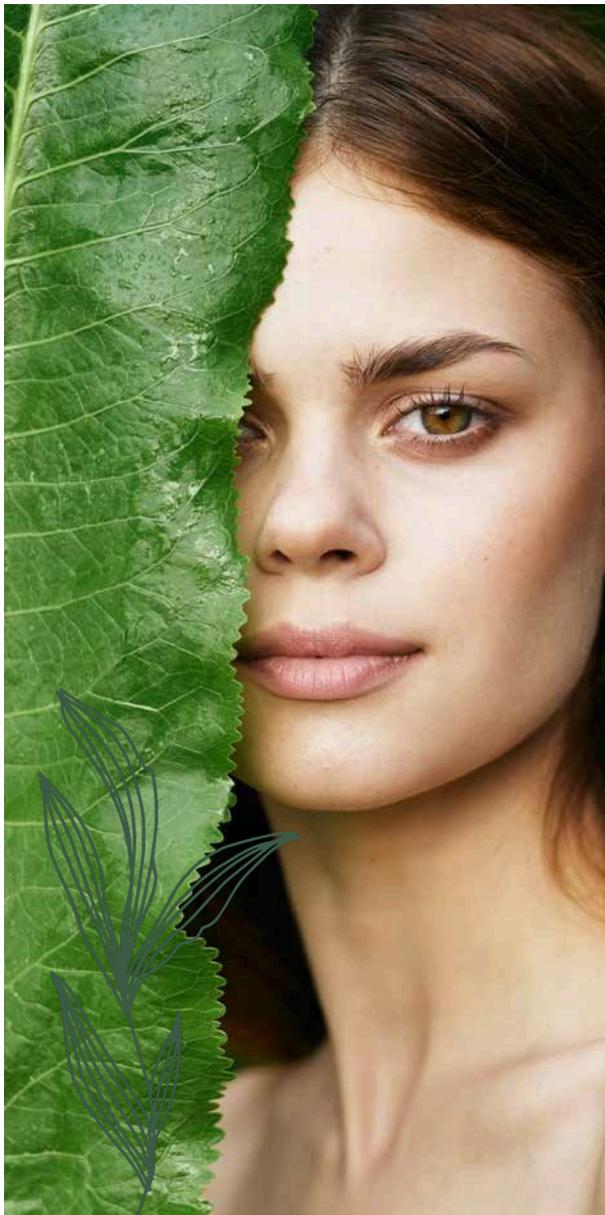
## *Precious milk bath*

30 minutes

€35

Take the time to relax in an anti ageing, soothing and softening bath, with the milky aroma bath sugar, its soft powdery fragrance is an invitation to a well being treatment experience.





  
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# THALGO FACIALS

Rehydrate and rejuvenate your skin with a Sionna Spa facial. Let our highly skilled therapists tailor to your skins wants and needs, through our natural, corrective and specialised traditional treatments, while allowing you to relax, unwind and embark on your personal journey.

THALGO

## *Silicium Lift Facial*

60 Minutes

€125

This Thalgo treatment excels in correcting loss of firmness and smooth deep wrinkles.

## *Thalgo Hyaluronic facial*

60 minutes

€110

Hyaluronic smooth and fill facial. An anti-wrinkle solution drenched in Hyaluronic acid this treatment fills and corrects deep wrinkles thanks to its exclusive massage and Double professional mask, leaving the complexion is glowing with youth.

## *Collagen Facial*

60 minutes

€115

To fight the first sign of Ageing, this unique professional treatment drenches the skin in native marine collagen with incomparable bioavailability. Wrinkle and fine lines are blurred.

The skin is intensely moisturised and ultra smooth with a radiant complexion.

## *Heart of the Ocean Facial*

50 minutes

€85

The vital force of the oceans concentrated at the heart of a carefully tailored treatment to meet the specific needs of every skin type.

Effective signature professional products and a sensorial, relaxing massage available in 3 rituals.

## MINI FACIALS

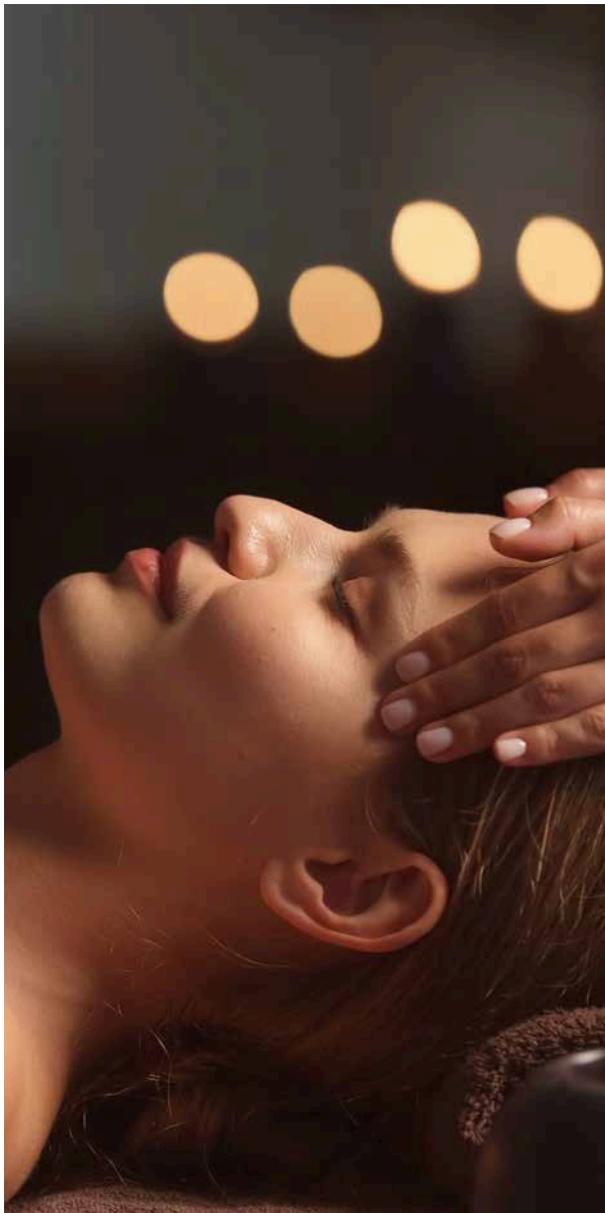
### *Express Anti Fatigue Facial*

30 minutes

€65

Energise tired skin in just 30 minutes, A full cleanse, scrub with Marine Crystals, signature energising pressure massage with Anti fatigue mask to follow one another to reveal cleaner, clearer skin and relaxed features .





SIONNA SPA

# MASSAGES

'Smell the sea and feel the sky, let your soul and spirit fly' through our massage therapy here at Sionna Spa. Our therapists are highly skilled to provide that magic touch while you can select from our extensive massage recipes and techniques which best suit your needs.

## *Deluxe Hot Oil Massage*

55 minutes

€110

With the use of custom hot oils and the flow of massage this treatment revives muscle tension and encourages optimum circulation.

This luxury massage treatment is used to calm and soothe the body, mind and soul leaving you feeling relaxed and rested.

## *Swedish Massage*

55 minutes

€95

This massage technique is a light to medium touch massage using Swedish techniques to stimulate circulation and relieve the stress and relieve stress and tension from the body.

## *Deluxe Back Neck & Head Massage*

50 minutes

€95

Extended version of our signature back neck and head massage to ensure the release of deep muscle tension, using deep rhythmic pressure massage techniques to alleviate stress, ease aching muscles and revive the senses with a powerful, customised massage.

## *Back Neck & Shoulder Lava Shell Massage*

30 minutes

€70

Comforting heat aiding tension release and circulation.

## *Full Body Lava Shell Massage*

55 minutes

€115

Lava shells relax massage uses shells to deliver a continuous comforting heated massage treatment.

Shells are used for different massage moves to manage the heat and deliver the optimum heated massage experience.

## *Signature Scalp Massage*

30 minutes

€60

A deeply relaxing treatment which causes a light flow and pressure point manages to ease tension, stress clearing congestion and relieve block sinuses.

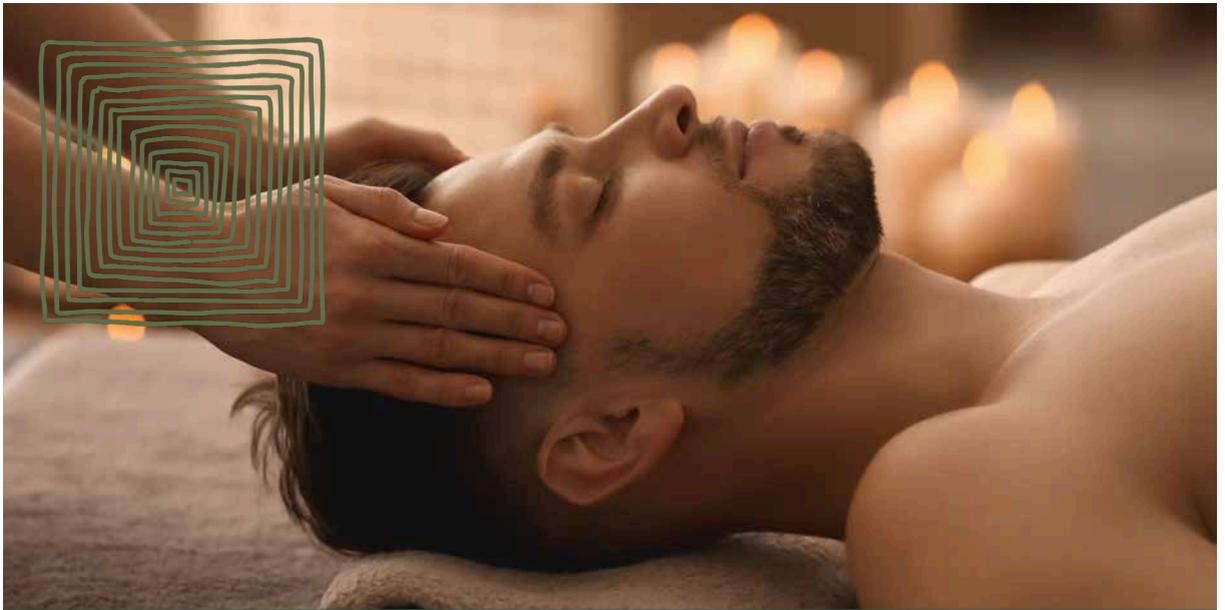
This Therapeutic massage involves a gentle massage of the face, scalp, neck, and shoulders restoring a deep sense of relaxation, helping to re-balance body and mind.

## *Signature Back neck & Shoulder Massage*

25 minutes

€65

A relaxing massage designed to relive stress and strain on tired shoulders.



SIONNA SPA

MEN'S

TREATMENTS

Stimulating treatments designed specifically for men

### *Aquatic Force Massage*

55 minutes

€110

While Aquatic massage oil drenches the skin in its properties that protect from cell ageing, powerful and deep techniques relieve muscle tension and stimulate the flow of vital energy, leaving the body relaxed.

### *Intense Defence Facial for Men*

55 minutes

€100

Exclusively cleared for men's specific skincare needs, deeply cleansing, and refreshing



SIONNA SPA

## DAY SPA

Our Deluxe Day retreat invites you to unwind and relax in the comfort of Sionna Spa, this customised day Spa and treatment will leave you feeling invigorated and relaxed whilst restoring balance in the body and mind.

### *Muireann Ri Day Spa*

70 Minutes

€190

Full Body Lavender Scrub

Fully Body Massage

Revitalising Facial

Tension Relief Scalp Massage

Thermal Suite Access included

*relax, refresh, recharge*



SIONNA SPA

# SPA POLICY

## General Information

We request that you take note of the following guidelines – they are designed to ensure that all guests enjoy their time at Sionna Spa.

Credit card Details are required to book all spa treatments. A 24-hour cancellation period is required to reschedule your treatment, if the cancellation is made within this time the full amount will be charged to you. We advise that you arrive 15-20 minutes prior

to your treatment starting time, to ensure there is sufficient time for filling out a small consultation form and to get changed into your robes and slippers. Late arrival means that your treatment may be shortened. Guests

under the age of 18 are not permitted in the spa.

It is necessary to bring a bathing suit for use of our hydro spa. Robes, towels and slippers are all provided in your locker in the changing rooms. Any

guest who has a medical condition high blood pressure, diabetes or allergies must consult their doctor before treatments and must make the spa aware of any condition prior to booking. This is to ensure the treatments can be arranged to your utmost benefit.

Prior to your treatment, please ensure that your therapist is made aware of any medical conditions including ongoing cancer treatments and pregnancy.

Please note that we do not offer any treatments before 14 weeks of pregnancy, with selected treatments available after this time. Please contact us prior to booking treatments to avoid disappointment.

Sionna Spa provides maternity treatments. Please make staff aware of your expectancy on booking your treatment as some spa treatments are not recommended during pregnancy. We do advise the client is over the 12th week of pregnancy before booking any treatment.

We ask that mobile phones are switched off, or kept on silent to ensure the comfort of other clients.

Please keep noise to a minimum.

Gift Vouchers are available against any spa treatment, products or packages. Vouchers are non-refundable and must be presented at the time of treatment.

We accept cash and all major credit cards. Hotel residents may charge payment to their rooms.

To continue your spa journey at home, all products can be purchased at Sionna Spa

A large, stylized graphic of three leaves in a light olive green color, arranged in a fan shape. The leaves have detailed vein patterns. In the center, there is a circular logo with the text 'KILLALOE HOTEL & SPA' repeated twice in a circular arrangement.

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Reservations 061 622123 or 158 from your hotel room  
[spa@killaloehotel.ie](mailto:spa@killaloehotel.ie)

Open Thursday - Monday - 10am - 6pm

Thermal Suite Daily - 10am - 5.30pm

Kincora Harbour | Killaloe | Clare | Ireland | V94 W025