



Roganstown Hotel & Country Club
Swords, Co Dublin

T + 353 (0) 1 8432390

E sakura@roganstown.com

W www.roganstown.com

We are here for you

Monday:	10am to 6pm
Tuesday:	8am to 6pm
Wednesday:	10am to 8pm
Thursday:	10am to 8pm
Friday:	8am to 6pm
Saturday:	10am to 6pm
Sunday:	12pm to 4pm

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Follow us on



Come to Sakura Spa at Roganstown Golf and Country Club for pampering from head to toe. All our therapists are highly trained and will leave you feeling invigorated. Our Elemis treatments are guaranteed to deliver outstanding results for both your face and body. You can also purchase Elemis products our therapists recommend for you to enable you to continue your regime at home.

Etiquette

Please arrive 10 minutes prior to your treatment and please have your mobile on silent. Out of consideration for others, we request that visitors and guests keep noise to a minimum.

Confidential Consultation

For your safety please give full details of any relevant medical history, illness, allergies or medication prior to any treatment. The information you give us is confidential.

Cancellations

Cancellations can only be accepted up to 24 hours prior to a booked treatment. A cancellation within 24 hours will be charged 50% of the treatment price.

Gift Vouchers

Gift vouchers are available for all treatments and spa packages.

Spa Days

We have a range of packages to suit everyone and treatments can be personalised to suit individual requirements. We offer tailor made bridal packages to suit the bride, groom and the whole wedding party. All of our day spa packages include lunch and access to the leisure facilities, swimming pool, sauna, steam room, jacuzzi and gym.

Members discount – 15% off for members Monday – Friday, excludes weekends.

Fuschia Make Up

*Natural, organic make-up for all skin types.
Reduces redness, soothes and heals skin*

Bridal makeup (approx. 1 hour) €80
includes mink lashes introductory set

Makeup lesson (approx. 1 hour) €50
redeemable against two Fuschia Make Up products

Makeup application €35

Airbrush foundation €15

Your eyes only €15

Free organic mineral make-up application after every facial.
Please make sure to book this at the same time as your facial.



Men's Hair

Men's Dry Cut	€10
Men's Wash & Cut	€15
Men's Colour	€40

Ladies Hair

L'Oréal Pro Fibre treatment renews damaged hair for up to 6 weeks thanks to its three-step programme

Blow-dry	€23
Blow-dry long hair / curly	€27
Cut & blow-dry	€40
Colour, cut & blow-dry	€85
Half head highlights/lowlights	€77
Full head highlights/lowlights	€110
T-Bar	€55
T-Bar, cut & blow-dry	€65
Up Style	€60
Course of Blow-drys	€70
Child's dry cut	€17

Packages

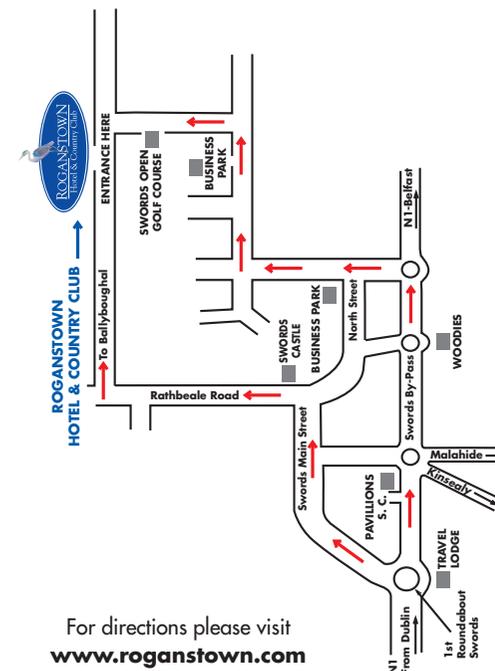
Elemis Zen Day (allow 5 hours) €220
* Warm foot compress & pressure point introduction
* Full body Swedish massage
* Elemis skin specific facial
* Sakura pedicure
* Sakura manicure

Validity Day (allow 2 hours 30 minutes) €175
* Pressure point and scalp massage introduction
* Elemis deep tissue back massage
* Exotic frangipani body nourish wrap
* Elemis taster facial

Elemis Absolute Spa Ritual (allow 2 hrs) €130
* Advanced anti-ageing facial
* Deep tissue massage
* Signature file & polish
* Blow dry

Spa-tacular (allow 2 hours) €110
* Half hour Hot Stone Back Massage
* Hour Elemis Facial
* Blow dry

Lunch in O'Callaghan's Bar is included in all of the above packages



For directions please visit
www.roganstown.com

Facials

Pro-Collagen Deluxe Quartz Lift Facial €90

Anti-wrinkle facial with proven results

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just 1 treatment.

Red Carpet Facial €85

Revives dull, slackened skin, restoring radiance

Perfect pre-occasion treatment. Moisturisation levels are clinically proven to increase by up to 61% and elasticity by up to 40% after just 1 treatment.

Diamond Resurfacing Facial €85

Peel away the years for smoother, renewed skin

Clinically proven to resurface by up to 75%* and increase skin smoothness by up to 32%* after just 1 treatment. This unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger looking skin.

Oxygen Skin Calm Facial €85

Soothe sensitive skin and even skin tone

Gentle massage techniques combined with a restructuring Japanese Silk Mask soaked in Absolute Skin Calm Serum helps to rebalance delicate, fragile and sensitive complexions. Relieves redness and evens skin tone, offering immediate comfort to irritated skin.

SOS Purifying Facial €85

Purify congested skin and clear complexion

Helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask and Absolute Vita-C Serum, helps to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful, matte complexion.

Sakura Soother €70

Unwind and relax

Warm foot compress, relaxing back, neck and shoulder muscle melt, Elemis taster facial and hand & arm massage

Body

Back, Neck & Shoulder Muscle Melt €55

Relieves stress & tension and soothes aching muscles on the back and neck areas.

Swedish Massage €75

A classic full body massage, relieving muscular tension and stress.

Elemis Aroma Stone Therapy €90

Warm Irish Basalt stones coated in aromatic oils are used directly to massage the whole body gently, to help induce a deep state of relaxation.

Reflexology €60

Reflexology involves specific reflex pressure point massage on areas of the foot to stimulate and relieve areas of congestion.

Indian Head Massage €50

Using specialised massage techniques and pressure points, this treatment relieves unwanted stress and tension in the head and neck areas.

Hopi Ear Candles €50

'Hopi' candles are placed in the ear and then set alight. The heat of the candle creates a vacuum-effect which lifts ear wax and other debris into the cone of the candle. Non-invasive treatment. Lasts for 30 minutes.

Decleor Detox Wrap €110

Indulge and pamper your whole body with an exclusive Decleor body wrap which enhances, firmness and hydrates your skin.

Hot oil is applied all over the body with strong effleurage movements then a detoxifying balm is massaged into the skin to stimulate circulation and drain toxins to the nodes to eliminate fluid retention, leaving your body drenched in moisture. Clients are cocooned in the wrap for one hour.

Mother-to-Be

Elemis Mother to be Massage €90

Massage for each stage of pregnancy

Award-winning therapy that's good for you and your baby from the first trimester. Performed on the unique Elemis beanbag for ultimate safety, comfort and relaxation, this unique therapy helps relieve back tension, swollen hands and feet.

Exotic Frangipani Body Nourish Wrap €80

(Recommended: 1 treatment every 3 weeks)

Deeply nourishing aromatic treat

Aromatic Tahitian coconut and frangipani flowers are soaked together to produce monoi, which is poured all over your body and then cocooned in a nourishing foil wrap or dry float. Skin is drenched with moisture or immediate softness, suppleness and radiance.

Sole Delight Pedicure €80

A total sensory experience for your feet

Warmed aroma-therapeutic oils nourish and super condition neglected feet and nails. The extra rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

Female Hair Removal – Lycon Wax

Full Leg including Standard Bikini Wax	€35
¾ leg	€27
½ leg	€20
Standard Bikini	€10
Ultra Tidy Bikini	€20
Underarm	€10
Lip & Chin	€10
Brazilian	€35
<i>Leaves hair in either a strip or mini-triangle shape</i>	
Californian - Extended bikini wax	€25
Hollywood - It's an all over thing	€50

Hands & Feet

Sakura OPI Manicure	€40
Sakura OPI Pedicure	€60
File & Polish Hands Essie	€20
Shellac Manicure	€40
Shellac Pedicure	€70
Shellac File & Paint on Feet	€20

Open Your Eyes

Blink and Go	€30
70's Lashes	€15
False Lash Removal	€10
Eyelash Tint - €15Eyebrow Shape - €10
Eyebrow Tint - €10All three - €20
Eyebrow & Eyelash Tint	€15

Roganstown High Definition Brow €35

Eyebrows are as individual as fingerprints, and our tailored procedure transforms even the most unruly, sparse or over-plucked brows into perfect arches to suit the wearers face.

St Tropez Organic Tan

Full Body Spray Tan	€25
Half Body Spray Tan	€15
Full Spray Tan with Exfoliation	€60

Gents Grooming & Treatments

Total Time Out (allow 2 hours) €175

Complete face and body overhaul

Enjoy the best of both worlds by combining a Time for Men Facial with a Deep Tissue or Well-Being Massage to improve total body performance. Rehydrates and energises the complexion, whilst deeply relaxing and recharging the body.

Gents Time Defence Facial €70

Anti-ageing booster for tired, stressed and dehydrated skin

Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle.

Male Lycon Waxing:

Chest	€30
Back	€30
Chest & Back	€50
Eyebrow tint/shape	€10