

A photograph of a spa treatment room. In the foreground, there are two wooden lounge chairs with a metal frame, one of which has a rolled-up towel and a small potted plant on it. The floor is covered in a patterned carpet. In the background, there is a large wall with a mosaic or perforated metal texture, illuminated by several warm, glowing lights. A table with a white cloth and some items on it is visible in the distance. The overall atmosphere is warm and relaxing.

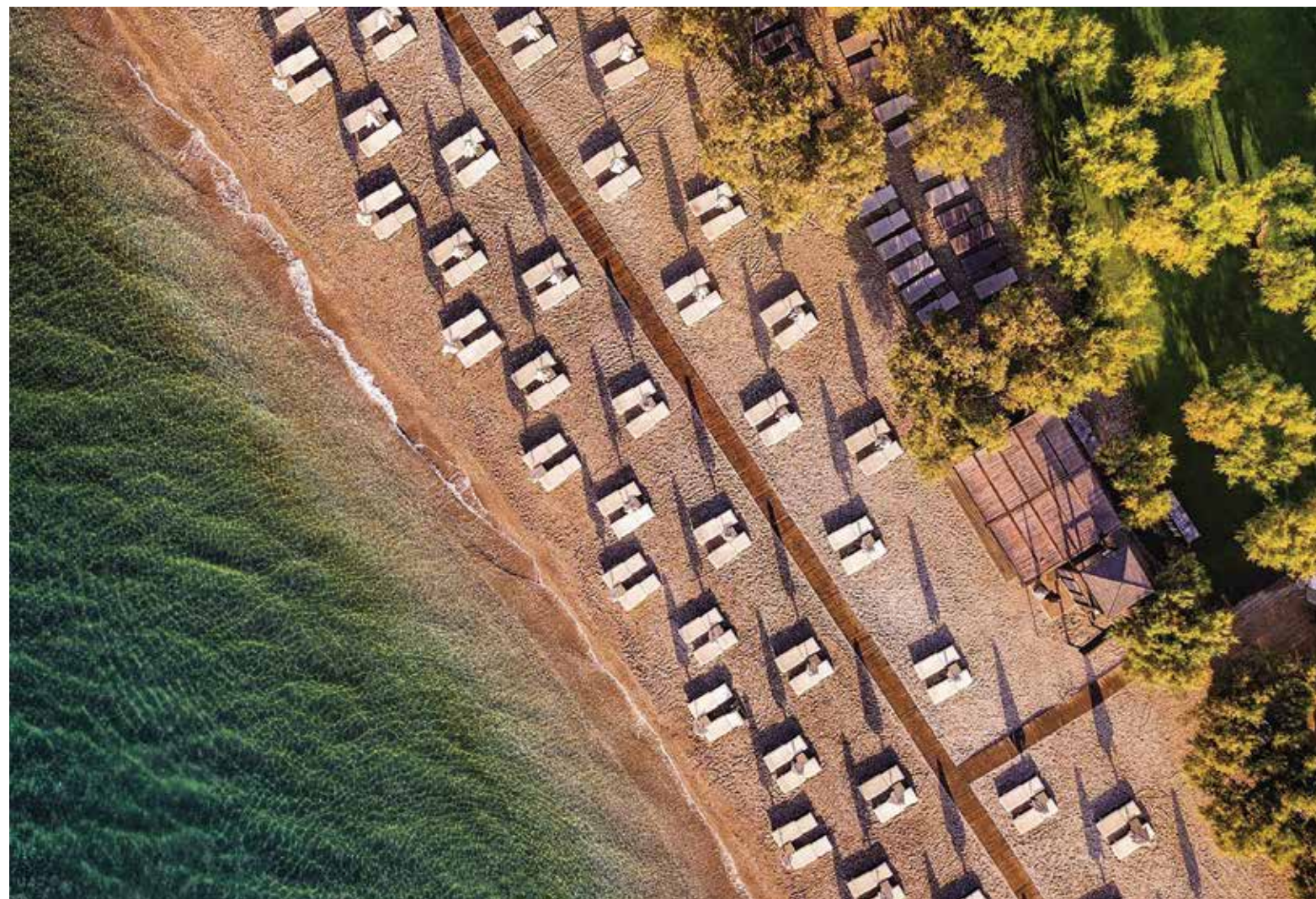
TREATMENT MENU

Doryssa Seaside Resort



DORYSSA
SEASIDE RESORT

ELEMIS



WELCOME

ELEMIS is the pioneering British skincare and spa brand that treats over 6.5 million people each year and has the single largest influence on trends and developments in the global skincare and spa industry. The successful combination of powerful natural ingredients, cutting-edge formulation technology and proven clinical trials has enabled ELEMIS to bring to market some of the most influential anti-ageing skincare products and professional spa therapies the beauty industry has ever seen. Your skin, your body and your wellness lie at the heart of ELEMIS. ELEMIS Therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. ELEMIS scientifically controls every aspect of product formulation, ensuring quality, efficacy and exceptional integrity. From the seeds chosen and the type of soil used, to the selection of extraction process, ELEMIS ensures that all formulations have maximum therapeutic activity.

Sublime sensory. Personally prescribed.

The experience is exceptional; the results are real.





ELEMIS FACE TECHNOLOGY – MEDI SPA CORNER

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the ELEMIS BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. Clinically proven results for a thriving, visibly healthy and energised skin.

ANTI-AGEING

ELEMIS BIOTEC Line Eraser 60mins/90mins €120/€180

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energising Amber balm. Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

ELEMIS BIOTEC Firm-a-Lift 60mins/90mins €120/€180

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation stimulating Arjuna, Gardenia stem cells and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably

ELEMIS BIOTEC Skin Resurfacer 60mins/90mins €120/€180

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

SKIN SOLUTIONS

ELEMIS BIOTEC Superfood Renew 60mins/90mins €120/€150

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, while the Galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated. Instantly clearer, visibly brighter and radiant.

ELEMIS BIOTEC Blemish Control 60mins/90mins €120/€150

A deep cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator containing Salicylic acid and inflammation-reducing Iris soothes and smoothes while light therapy helps balance and clear the complexion, speeding up recovery.

ELEMIS BIOTEC Sensitive Skin Soother 60mins/90mins

The anti-redness treatment that calms and soothes sensitive skin. Using an activator rich in Frankincense and natural anti-inflammatory Willowherb, the skin is infused with oxygen to encourage cellular restoration, perfect balance and structural strength. Red light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

SKIN WELLNESS

ELEMIS BIOTEC Peptide 24/7 Skin Sync 60mins €120

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well-rested glow. LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results and an illuminated, wide-awake feel

MEN

ELEMIS BIOTEC Super-Charger for Men 60mins/90mins €120/€150

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution.

ADD-ON

BIOTEC Eye Treatment 30mins €50

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

BIOTEC Neck Treatment 30mins 30mins €50

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.



ELEMIS FACE

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

ANTI-AGEING

LINES & WRINKLES & HYDRATION

ELEMIS Pro-Collagen Age Defy 60mins €100

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourishes, younger looking skin.

SAGGING & DOUBLE CHIN & LOSS OF ELASTICITY

ELEMIS Pro-Collagen Definition Lift and Contour 60mins €100

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines, this facial helps restore the architecture of the face. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Endelweiss and Tiger Grass help support the extra-cellular matrix. The structure of the skin is boosted through a unique, deep, muscle toning massage from the scalp to the décolleté. The skin appears plumper and revitalised, creating profound sculpted, youthful effect.

UNEVEN SKIN TONE/ROUGH SKIN/ACNE-PRONE

ELEMIS Dynamic Resurfacing Precision Peel 60mins €90

This highly potent couture resurfacing treatment targets the signs of aging and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger looking skin, whilst a steam and extraction cleanses at a deeper level. A new start for new skin that has never looked better.

SKIN WELLNESS

ELEMIS Peptide 24/7 Skin Sync 30mins/60mins €55/€100

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, work around the clock to help keep skin in sync, ensuring each vital process is carried out to optimum effect. Specialist massage techniques help to replenish skin for a well-rested, radiant and beautiful glow, 24/7.

ELEMIS Ultra-Smart Pro-Collagen Eye Treatment 30mins €70

A uniquely engineered treatment that cleverly mimics the resilient behavior of younger skin. This Eye Treatment will help brighten and smooth deep-set lines, targets loss of elasticity and helps reduce the appearance of puffiness, for a lifted look. Using the ELEMIS Smart Eye Tool, we apply gentle pressure to encourage micro-circulation, de-puff and create the perfect anti-aging solution for eyes.

SKIN SOLUTIONS

Radiance/Dull Skin/Pre-Occasion

ELEMIS Superfood Pro-Radiance 30mins/60mins €55/€90

This is a crafted nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals and trace elements; Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant – stress-free and lit up with good health.

Calming/Redness/Irritation

ELEMIS Sensitive Skin Soother 30mins/60mins €55/€90

Fragile skin needs special attention. A subtle, calming massage technique is used to help reduce the appearance of redness and strengthen the top layer of a delicate skin, protecting against daily stresses. The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are dramatically restored. Moisture levels are boosted. Skin is left supremely calm and confident.

Deeply cleansing/Balance/Mat effect

ELEMIS Anti-Blemish Mattify and Calm 30mins/60mins €55/€90

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

MEN

ELEMIS High Performance Skin Energiser 60mins €90

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. It maximises cell regeneration, whilst steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax. Finally the uniquely nourishing Pro-Collagen Marine Cream for Men is worked into a receptive, revitalised skin for a vibrant and energised result.



ELEMIS BODY

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

ELEMIS ADVANCED MASSAGE

ELEMIS Freestyle Deep Tissue Massage 30mins/60mins/90mins €55/€85/€120

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

ELEMIS Hot Mineral Body Boost Energising Massage 60mins €85

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber balm, while the mind is whisked off to invigorating shores with the aromatic Ocean Spa. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

ELEMIS Garden of England Rose Restore Relaxing Massage 60mins/90mins €85/€120

Take a walk in an English garden with this lavishly hydrating body massage. The unique Life Elixirs Essences that have been designed to be used in this extremely relaxing massage, will bring everything back to the potency of modern aromatics.

Each Essence has been designed for a different mood, enabling this massage to be tailored to your needs.

You may choose one of the following Life Elixir Essences:

Calm: a soothing blend, helps you to find your inner peace.

Clarity: an uplifting blend, helps you to invigorate your sense of self.

Fortitude: an empowering Blend, makes you feel grounded and strong to the core.

Embrace: a serene blend, to ignite your senses.

Sleep: a deeply relaxing blend, to let your mind and body restore itself.

ELEMIS ADVANCED MASSAGE

ELEMIS Deeper than Deep Hot Stone Massage 30mins/60mins/90mins €60/€85/€120

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension.

The result is sparkling vitality with the added bonus of intensely hydrated skin.

Achieves all over deep relaxation, with penetrating heat from the stones and introduces client to a new level of touch and relaxation.

ELEMIS Peaceful Pregnancy Massage 75mins €100

This unique pregnancy massage is profoundly nurturing and tranquil. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby.

Only nurturing aromatics are imparted – along with wisdom, empathy and respect.

ELEMIS Frangipani Head & Scalp Massage with Back Massage 60mins €85

This scalp Massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head.

Added bonus the amazing Frangipani Monoi Head & Scalp Mask.

*This treatment includes a 20min Relaxing Back Massage.

ELEMIS EXOTIC WRAPS & SCRUBS

Nourish

ELEMIS Body Nectar Nourishing Wrap - Frangipani 60mins €75

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas.

You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

Body Exfoliation

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani 40mins €55

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells.

It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

ELEMIS DETOX & RE-SHAPE

Body Detox

ELEMIS Thousand Flower Detox Wrap 60mins €75

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

ELEMIS Aroma Spa Ocean Wrap - Cellutox 75mins €75

This seaweed treatment detoxifies and deep cleanses the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. Excellent for improving the dimpled appearance of cellulite and reducing fluid retention.

A warm seaweed body mask combined with a detoxifying blend of Juniper and Lemon essential oils is applied to the body, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.

Body Tighten & Re-Shape

ELEMIS Targeted Toning Tightener 30mins/90mins €60/€120

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed. Choose a localised treatment: Arms, Hips & Thighs, or Abdomen

ELEMIS Aroma Spa Ocean Wrap - Musclease 75mins €75

This seaweed treatment detoxifies and deep cleanse the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. A warm seaweed body mask is applied to the body, combined with a warming blend of Pine and Rosemary essential oils, that helps ease the pains of rheumatism, arthritis, muscular spasm and fatigue, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.



AYURVEDIC

The art of relaxation

A combination of full Indian massage and Shirodhara, the famous ayurvedic treatment in which steady stream of precious warm oil is poured over the forehead. Balances the nervous system and relaxes body and mind.

The art of beauty

A complete body treatment that combines exfoliation with Indian herbs, full body ayurvedic massage, and finally that beautifying touch of a warm infused milk stream that flows consistently over your body.

Jeevanceya

Full body antistress massage with warm herbal pouches and Shirodhara, (gently pouring warm oil on your forehead). Instantly rejuvenates, gives energy and balance your mood.

The choice of Slimming

A Tailor made combination of detoxifying and slimming body exfoliation, pouches and massage.



ELEMIS HANDS & FEET

Garden of England Rose Restore Hand Treatment 30mins or 60mins (included manicure) €35

Hand massages are alarmingly relaxing. And this is the last word in conditioning, restorative, anti-ageing hand treatments. Targeting age spots and dryness, you'll waft out with the softest little paws and a blissed-out smile on your face.

Best Foot Forward 30mins or 60mins (included pedicure) €35

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Hot wax softens and smoothes to leave feet as supple and fragrant as a Rose.

SALON THERAPIES

MANICURE - PEDICURE

- Manicure **35min €20**
- French Manicure **45min €25**
- Pedicure **45min €25**
- French Pedicure **50min €30**
- Shellac manicure / Semi-permanent polish **50min €30**
- Shellac pedicure / Semi-permanent pedicure polish **60min €35**
- Nail Polish **€10**
- French Polish **€12**

WAXING

- Full leg wax **€40**
- Half leg wax **€25**
- Arm wax **€20**
- Under arm wax **€15**
- Full bikini wax **€25**
- Bikini line wax **€18**
- Lip & chin wax **€10**
- Eyebrows shaping **€10**
- Back wax **€25**
- Chest wax **€25**



SPA ETIQUETTE

Please arrive 15 minutes before your treatment. prior to your treatment you will requested to complete a life style questionnaire.

We request a minimum of 4 hours cancelation notice for rituals.

Without notification you will be charged for the scheduled service.

Being late for your appointment may shorten the length of your treatment.

You will be given bathrobe, towels and slippers.

Please remove your jewelry and clothing expect underwear before each treatment.

For some treatments you will be provided with disposable underwear by your therapist.

Please make sure that your valuables are kept in your locker.

The management cannot be held responsible for the loss of any personal possessions.

During treatments, please let your therapist know whatever you feel comfortable or not, too warm or too cold and whether the rooms t temperature satisfies you.

Your comfort and care is our greatest concern and priority.

If you have particularly injury or pain please explain it to the health consultant.

In this way, he can suggest appropriate adjustments to the treatments for your comfort and enhancement.

There is no pressure to talk with your therapist during the treatment.

This is entirely up to you. If you have any questions or queries our therapist are willing to answer them.

In case you are silent the will too.

Mobile phones are not permitted in the Spa. besides, you come here to ease your body and mind.

We are here to relieve you of the stress of every day and offer you moments of relaxation!

We remind you that smoking is not permitted in Spa.

Thanks for not smoking

Doryssa Seaside Resort

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DORYSSA
SEASIDE RESORT