



r a i n

spa & wellness clinic



Rain Spa & Wellness Clinic at the Radisson Blu Hotel, Ennis Road, Limerick, Ireland

call 061 456 299 fax 061 327 418 email info@rainspawellness.ie visit www.rainspawellness.ie

opening hours

Rain is open seven days a week at the following times

Monday to Saturday - 10am to 8pm Sunday - 9.30am to 5.30pm

spa etiquette

The Rain experience offers you time for reflection so to ensure you enjoy your time with us and as a courtesy to other clients please ensure that you switch off your mobile phone when entering the spa. Keep noise to a minimum & show respect and consideration at all times.

- Advanced booking is recommended to secure your preferred date and time of treatment. A credit card is required at time of booking.
- Please arrive suitably attired. We recommend for ladies a swimsuit or appropriate underwear and for gentlemen shorts or togs. A robe, towel and slippers will be provided.
- Please arrive at least 15 minutes prior to your scheduled treatment. A late arrival will result in a shortened treatment time in order to accommodate other appointments.
- If you are pregnant, have high blood pressure, heart conditions, allergies or other medical complications, we advise you consult your doctor before signing up for any spa treatments. Please also inform your therapist of any medical conditions.
- Smoking and alcohol consumption is not permitted within the spa area.

for all bookings call 061 456 299
or email info@rainspawellness.ie

welcome to rain

Welcome to the **Rain** experience at Radisson Blu Hotel & Spa, Limerick, where through relaxing surroundings and treatments, we offer you time for reflection and a perfect chance to rejuvenate mind, body and soul. At **Rain** we believe that life is an experience that needs to be reflected upon to be truly appreciated. Come to us mindful of where you have been, spend time with us in complete relaxation and leave with a new lease of life.

elemis at rain

Enjoy a collection of treatments based on exotic rituals of celebration, capturing the essence of the Elemis touch - sensuality, simplicity and vibrancy. All treatments involve caressing touch, exquisite aroma and a sense of ceremony creating a sensory heaven... indulge, detox and de-stress.



relaxation suite

Our relaxation suite provides a resting area, featuring luxurious relaxation loungers. A selection of freshly prepared fruits and juices are available.



the thermal suite

The thermal suite at Rain offers the ultimate spa experience. Immerse yourself in a choice of rooms that will enhance your chosen treatments and your overall rain experience.

lanconium

Enjoy the gentle, dry, warm air of the lanconium with its heated floors and walls then afterward cool off in the cold fog or tropical rain shower. Enjoy the lanconium for up to 20 minutes.

steam room

Has a high humidity which provides an extremely relaxing climate. The respiratory tract is cleansed, circulation stimulated, muscle tension relaxed, the skin becomes pliant and supple. Enjoy the steam room for 10-15 mins.

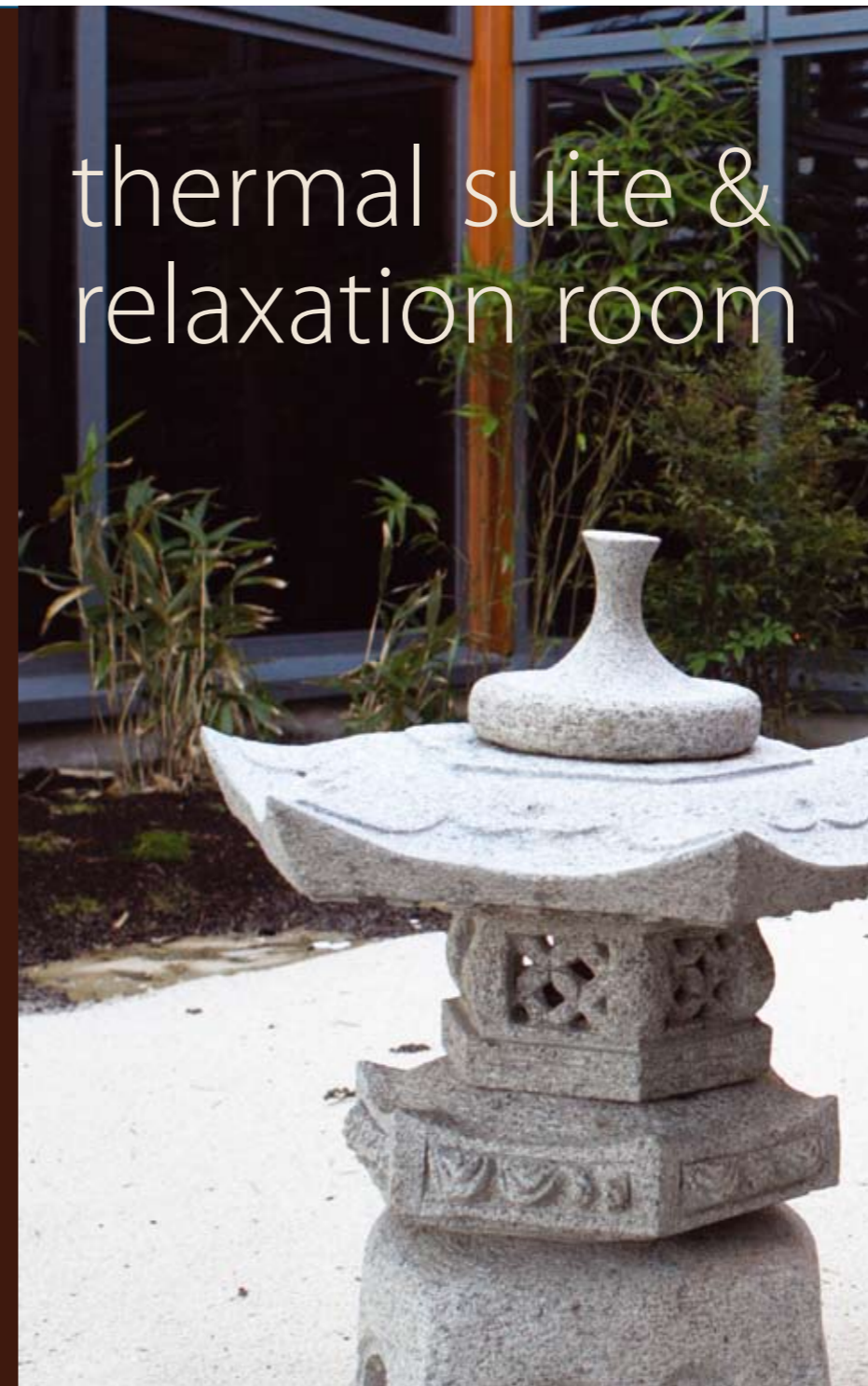
cold fog and tropical rain showers

Awaken your senses through aromatic essences and light therapy. Guaranteed to stimulate your body with hot and cold experiences through pulsating jets. Enjoy for up to 3 minutes.

outdoor hot-tub

Our heated outdoor hot tub provides a private secluded place to unwind. The interplay of water and light soothes the body while it relaxes the mind. The ultimate in indulgence and satisfaction.

thermal suite & relaxation room



japanese garden

This peaceful Japanese garden area can be enjoyed from the relaxation room giving a pleasant view while you relax and let your thoughts drift away.

elemis massage therapies

Life giving rituals & massages have been practised in every culture since the beginning of time. Ancient people have lived in balance with the rhythms of nature and have understood that each person is a unique combination of elements with individual needs at different times.

elemis deep tissue muscle massage

A vigorous workout of deep rhythmic pressure, focused on relieving specific stress and muscle tension. This powerful, customised massage, uses dynamic blends of essential oils to suit your needs.

55 minutes €90

elemis deep tissue back massage

Maximum tension-relieving results for those with minimal time. Specifically targeting the shoulders, neck and back areas, this powerful massage is focused where you need it most.

25 minutes €50

elemis aroma stone therapy

Harnessing ancient healing powers for a completely new body experience. Hot Basalt stones are placed on key energy points, while signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body.

1 hour 15 minutes €100

elemis aroma stone back, neck and shoulder massage

All the wonders of the aroma stone therapy massage but concentrating on the back, neck & shoulder.

25 minutes €50

swedish back, neck & shoulder massage

A therapeutic massage to release any aches, pains or tension in the back, neck & shoulders using aromatherapy oils.

25 minutes €50

maternity massage

Combines tried & tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning on customised treatment beds is used to ensure the ultimate in comfort and relaxation, relieving tension in the back and alleviating swelling in the hands and feet. We recommend a treatment every 2 weeks in the 1st & 2nd trimesters and 1 a week in the 3rd trimester.

55 minutes €100

sole delight foot treatment

A sensory experience for your feet to leave you walking on cloud nine! Warmed aromatherapeutic oils nourish and condition your feet and nails, leaving a rich and healing action on your skin.

25 minutes €45

Or including Pedicure

60 minutes €70



for the body



exotic coconut rub and milk ritual wrap

A traditional Balinese ceremony of pure sensuality to tantalise and delight! This opulent exotic wrap is excellent for skin smoothing & softening, combined with a facial pressure point massage and de-stress scalp treatment to stimulate the senses.

55 minutes €80

exotic frangipani body nourish wrap

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic, aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi used in this wrap, providing radiance, vitality and all over body glow.

55 minutes €80

elemis aroma spa ocean wraps

Seaweed wrap treatments detoxify and deep cleanse the body inside and out. Let your thoughts drift away while cocooned in a comforting foil wrap and enjoy a pressure point facial massage & de-stress scalp treatment.

Musclease Aroma Spa Ocean

A warming blend of Pine & Rosemary helps to ease the pains of rheumatism, arthritis & fatigue.

Cellutox Aroma Spa Ocean

A detoxifying blend of Juniper & Lemon to decongest and stimulate the body's systems. Improves the appearance of cellulite and reduces fluid retention.

for wrap 70 minutes €80

elemis devils mint body polish

Face, back and body benefit from this total deep cleansing ritual, with amazing results... the perfect boost for sluggish, dull skin.

25 minutes €50

exotic lime and ginger salt glow

An exotic exfoliation ritual to invigorate & revitalise the body. This treatment deep cleanses, polishes & softens to perfection, then Exotic Island Flower Body Lotion leaves the skin glowing and vibrant.

25 minutes €50



exotic hand ritual

Pure pampering for your hands and nails to restore beauty and suppleness.

Cuticles and nails are nourished with warmed aromatherapy oils, whilst the sublime sensation of the Elemis Skin Nourishing Milk Bath lavishes its richness.

25 minutes €45

Or including Manicure

60 minutes €70

skin specific facials

elemis fruit active glow

A powerful skin recharge to bring back the glow to tired, dull, lifeless complexions. Skin is deeply cleansed and stimulated using specialist Eastern massage techniques, whilst powerful skin conditioning actives nourish and renew vital radiance.

55 minutes €70

elemis exotic moisture dew

A perfect thirst-quenching facial with a super saturating moisture boost. After a deep cleanse and nourishing facial massage, the skin is moisturised bringing back that healthy, dewy look to the skin.

55 minutes €70

elemis herbal lavender repair

Helps to heal and repair oily, problem and congested skin, restoring skin balance. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine pores and treat skin breakouts.

55 minutes €70

elemis taster facial

This introductory facial will give a quick and instant pick-me up for dull, lifeless skin as well as an excellent pre make-up facial for special occasions.

25 minutes €45

elemis advanced anti-ageing

visible brilliance facial

Instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles around the eye contour. After just one treatment, moisture levels of the skin are proven to increase by up to 38% and elasticity by 28%.

70 minutes €100

pro-collagen marine facial

Helps slow down the signs of premature ageing, reducing the appearance of fine lines & wrinkles on face & eye contours. Specialised lifting massage techniques are combined with the unique anti-ageing Japanese silk mask, to show a more youthful appearance after just one treatment.

70 minutes €100

pro-collagen quartz lift facial

This facial optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance. It is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment.

70 minutes €100

face facts

Providing perfect skin maintenance, Elemis Facials use exceptional skin conditioning plant actives to deeply cleanse, renewing radiance and stimulating the skin for long-lasting, proven results. Each superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

advanced performance facials

elemis oxygen skin calm facial

This face and eye treatment helps rebalance delicate, fragile and sensitive skins, reducing redness and offers immediate comfort to stressed skin.

70 minutes €90

elemis s.o.s. purifying facial

This powerful purifying face and eye treatment helps to absorb excess sebum, regulate and balance the function of the skin and repair scarring, leaving a beautiful matt skin.

70 minutes €90

tri-enzyme resurfacing facial

A micro-encapsulated enzyme therapy with unprecedented results never seen before from just one facial. Safely & effectively removes the thickening layer of the epidermis. Leaves clean, smooth & radiant skin with a renewed level of evenness and clarity to the complexion.

55 minutes €90

elemis bathing experiences

Tired and aching muscles will melt away as you float into another world. Specially chosen bath blends will awaken your senses to the pure aromas of nature's botanical ingredients. An experience not to be missed.

elemis detox ocean bath

Discover the healing and energising effects of sea water, combined with the powerful detoxifying synergy of Juniper, Lemon, Sea Fennel and Sea Buckthorn Essential Oils. Renew your sense of wellness and escape from the world in the sumptuous sensory slipper bath garden. Seek pleasure and enjoy!

25 minutes €40

elemis exotic enriching milk bath

Rediscover the child within yourself as you are immersed in the sweet richness of our Exotic Enriching Milk Bath! You will emerge from the bath drenched with moisture, feeling sensuous and smelling wonderfully aromatic. Pure bliss!

25 minutes €40

elemis warming ocean bath

Discover the healing and energising effects of sea salt water, combined with the powerful muscle warming synergy of Pine, Rosemary, Sea Fennel & Sea Buckthorn Essential Oils. Renew your sense of wellness and escape from the world in a sumptuous bath.

25 minutes €40

little extras

traditional hot towel shave

The ultimate traditional shave using hot aromatic facial compresses. This long lasting twin shave leaves the skin feeling soft and supple and helps to alleviate dry skin conditions.

45 minutes €45

waxing for men

Back €30

Chest €35

Leg €30

body treatments for men

elemis deep tissue muscle massage

Submit your body to a vigorous workout of deep rhythmic pressure massage. This powerful massage, focused on relieving specific stress & muscle tension, uses dynamic blends of essential oils to suit individual needs.

55 minutes €90

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70 minutes €80

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1 hour 15 minutes €100

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All the wonders of the aroma stone therapy massage but concentrating on the back, neck & shoulder.

25 minutes €50

swedish back, neck & shoulder massage

A therapeutic massage to release any aches, pains or tension in the back, neck & shoulders using aromatherapy oils.

25 minutes €50

Follow with a 25 minute Sole Delight Foot Treatment to nourish and condition your feet and nails for a supplement of €40.

just for men

These treatments help to revive and boost energy levels by easing away aches and pains and are specifically geared at men.

facials

elemis skin IQ facial

An intelligent Anti-Ageing facial that adapts to super boost the skin. Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for male skin.

70 minutes €70

elemis urban cleanse facial

A high performance complexion cleanse for total skincare defence. This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and reduce sensitivity.

70 minutes €70



alternative therapies

Therapies designed to stimulate all five senses and release latent energies to rebalance the physical and mental being. Rituals redress imbalance, purifying the body to create peace of mind and tranquility of spirit.

reflexology

An ancient art of healing body and mind. Gentle pressure is applied to specific points on the feet to stimulate energy lines within the body encouraging your own healing system. Designed to benefit, calm and relax your entire system.

55 minutes €80

indian head massage

Based on the ancient ayurvedic healing techniques, this is one of the most widely practised complementary therapies in the west and involves massage of the face, neck, shoulders & upper back.

45 minutes €60

elemis tahitian bloom

The beauty of the tropics delivered to you via the deep cleansing and invigorating Exotic Lime and Ginger Salt Glow, followed by an Exotic Frangipani Back Massage, ensures a bloom to your body and sweet dreams to follow.

45 minutes €75

elemis body sculpting and colon therapy

Refine your silhouette with the new clinically proven Elemis Body Sculpting System using Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream. Designed to target cellulite and sagging skin with four effective actions to achieve visible, rapid results.

60 minutes €90

elemis face and body sensation

Experience the luxurious hot and cold sensations of this treatment. Your therapist will adapt this unique massage to target your specific problem areas, alleviate stress and ease aching muscles. You will then be treated to your choice of our Advanced Anti Ageing Facials, designed to smooth out wrinkles and restore youthful radiance.

55 minutes €90



medi pedicure

This foot treatment removes calluses, corns, cracked heels, rough and dry hard skin and any fungal or bacterial infections. The Danné alkaline foot treatment is 100% hygienic, safe and best of all effective, while achieving a more superior result than aggressively blading or rasping skin from the feet. Visible changes after just one treatment give you your baby feet back.

1 Treatment €65

hand and foot treatments

Rain Luxury Manicure	€50
Rain Luxury Pedicure	€50
File & Polish	€20
File & French Polish	€25

tanning

Our moisture rich tanning treatment gives a long lasting, luxurious self tan. Enjoy a Devils Mint face & body polish and exfoliation before the treatment for a supplement of €20.

Full Body	€40
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waxing

Lycon Precision waxing offers a choice of hot, strip and Lycon's unique Lycojet waxes, complemented by Lycon's harmonising pre and post waxing lotions. Using only the finest resins, natural ingredients and aromatherapy oils, Lycon delivers superior performance removing stubborn hair as short as 1mm. The amazing low temperature and pliable waxes provide a nurturing and skin conditioning treatment for extra client comfort.

Lip	€10	Half Leg & Bikini Line	€25
Chin	€10	Abdomen	€10
Lip & Chin	€15	Arm	€20
Sides of Face	€15	Under Arm	€15
Full Leg	€30	Bikini Line	€15
Full Leg & Bikini Line	€40	Extended Bikini	€30
Full Leg, Under Arm & Bikini	€50	Brazilian	€50
Half Leg	€18	Hollywood	€55
3 / 4 Leg	€23		

Please note that all waxing requires a patch test 24 hours prior to the treatment



rain beauty

All tints require a patch test 24 hours prior to the treatment.

Eyebrow Shape

€12

Eyebrow Tint

€12

Eyelash Tint

€14

Eyelash & Brow Tint

€20

Lash Tint, Brow Tint & Shape

€30

All tints require a patch test 24 hours prior to the treatment

rain make-up

Make up application

Day or Evening

€40

Make up application and application masterclass

€60

rain wellness clinic

We are delighted to be the first spa in Limerick to offer a selection of cosmetic beauty treatments to complement our extensive list of Elemis Therapies. At Rain we believe that life is an experience that needs to be reflected upon to be truly appreciated and we invite you to spend time with us.

intense pulsed light (ipl)

Medflash II Laser Therapies

A safe treatment using light to permanently reduce unwanted hair & perform skin rejuvenation. A free consultation and patch test is required prior to treatment. Detailed information is available from the spa reception.

Upper Lip	€50	Half Leg Upper	€220
Chin or Jaw Line	€60	Full Leg	€380
Neck Front	from €90	Shoulders	€110
Neck Back	from €180	Middle Back	€220
Sides of Face	€90	Lower Back	€155
Chin and Jaw Line	€90	Full Back	€455
Underarm	€105	Half Arm	€160
Bikini Line	€125	Full Arm	€280
High Bikini	from €150	Upper Chest	€130
Brazilian	from €180	Stomach	€100
Underarm and Bikini	€180	Chest and Stomach	€205
Abdomen Line	€70		
Half Leg Lower	€200		

For any area not clearly stated above, please ask your therapist.

skin rejuvenation therapy

A course of 3 to 8 treatments normally required

Consultation and Patch Test	€20	Skin Rejuvenation	€100
Course of 6	€500		



cosmetic teeth whitening

Beyond WhiteSpa™

An exciting treatment that will give you a shiny, white smile in a little over one hour. Specifically designed for Spa use, it has both FDA and CE approval. After your consultation a trained therapist will apply the Beyond™ Whitening Formula Gel to the teeth followed by the Beyond Accelerator Cold Blue Light. The Accelerator illuminates the teeth and activates the special whitening formula gel. Typically, in just three 20 minute cycles tooth discoloration from years of staining foods, coffee, tea, cola and red wine are reduced leaving a beautiful shiny white smile.

1 treatment €149

Ask at Spa reception about discounts for courses of treatments.

microdermabrasion

A jet of fine crystals is used to gently exfoliate the upper layer of the epidermis leaving a silky smooth finish. The treatment is totally painless and accelerates the production of collagen and elastin. Microdermabrasion reduces the appearance of fine lines, mild scarring, blackheads, sun damage and uneven skin tones. An excellent treatment for brightening tired, dull skin.

1 treatment including cooling mask €100

anti-wrinkle treatments

Botulinum Toxin Type A injections are FDA-approved for the temporary treatment of frown lines and brow furrows.

A consultation is required prior to this treatment and costs just €50 which will be taken off the total cost of the treatment if administered. All treatments are administered by a qualified practitioner. Book your appointment with spa reception.

One Facial Area €300

Two Facial Areas €400

Three Facial Areas €500

Dermal Fillers €350-€500

Lip Augmentation €450



packages

Relaxed, cosy and completely content? We have put together some great packages to keep you with us for a little longer and let your experience continue.

drift away

Enjoy an Elemis Taster facial and combine it with an Elemis Deep Tissue Back massage, followed by a file and polish. Includes a €15 Lunch voucher.

1 hour 15 minutes €110

elemis absolute spa ritual

From the soles of the feet to the crown of the head, this is the ultimate skin therapy. Choose from one of the unique Elemis Advanced Anti-Ageing or Advanced Performance Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. For dramatic results instantly! Includes a €15 Lunch voucher.

2 hour 5 minutes €175

for ladies

Escape & be pampered with our exclusive ladies package. Experience a Lime and Ginger Body Scrub followed by an Elemis Deep Tissue Back Massage, an Elemis Skin Specific Facial and an Elemis Sole Delight Foot treatment. Includes a €15 Lunch voucher.

2 hours 30 minutes €190

mothers to be

We combine tried and tested massage techniques adapted to each stage of pregnancy, designed to relieve tension in the back, alleviate swelling in the hands and feet and leave you feeling rejuvenated.

Enjoy a Maternity Massage, a choice of an Advanced Anti-Aging Facial and a Luxury Pedicure.

Includes a €15 Lunch voucher.

3 hour 10 minutes €199

ultimate rain reviver

Exfoliate, invigorate and revitalise the body with an Elemis Exotic Lime & Ginger Salt Glow followed by an Elemis Deep Tissue Muscle Massage and finally an Elemis Advanced Anti Ageing or Advanced Performance Facial to plump up skin and increase moisture. Includes a €15 Lunch voucher.

2 hours 45 minutes €230

All our packages & special offers include unlimited use of rain leisure and our Thermal & Relaxation Suites. Refreshments are also provided.



packages and offers

a taste of rain

With so many luxurious treatments on offer it can be hard to choose, so we have come up with two unique offers that mean you don't have to! Choose from one of the special menus and enjoy up to three great treatments.

20 • 20 • 20

Choose 3 of the following
20 minute treatments

- Back massage
- Mini-facial
- Body scrub
- Foot massage
- Scalp massage

60 minutes €90

30 • 30 • 30

Enjoy all 3 of the following
30 minute treatments

- Elemis Deep Tissue Muscle Massage
- Elemis Taster Facial
- Elemis Body Wrap

90 minutes €120

Offers subject to availability, terms & conditions apply. Neither offer is valid in conjunction with any other offer.

For information on our monthly special offers, visit rainspawellness.ie



shop online

Now you can shop for all your favourite Elemis Retail Products, Rain Treatments and Spa Gift Vouchers online and from the comfort of your own home... the perfect way to treat yourself or as an alternative gift idea. Visit our website at www.rainspawellness.ie/store and remember that all items can be delivered straight to your doorstep.

gift vouchers

A Rain Gift Voucher is the ideal gift for that someone special in your life. Vouchers are available in monetary denominations which can be put towards any treatment, retail product or package.

terms & conditions

As a courtesy to other clients, please give us at least 24 hrs notice if you need to cancel your booking.

There is a cancellation fee of 50% if the cancellation is made less than 24 hours prior to the booking. No shows on the day will be charged 100% of the treatment price.

If you have a medical condition, and would like to discuss what treatment options are available to you, please discuss this with our highly trained staff who will be delighted to offer assistance.

Prices are per person and correct at time of print, and subject to availability. Management reserve the right to adjust prices and descriptions.