

Rain Spa & Leisure Centre
Radisson Blu Hotel & Spa,
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rain spa & leisure centre

Radisson Blu Hotel, Limerick

WELCOME

RAIN SPA & WELLNESS AT RADISSON BLU HOTEL, LIMERICK

Our Rain Spa therapists make it personal.

they look,
they listen,
they tune in to you...

performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin.

A healing hub where touch and technology are turbo charged by the power of minerals, plants and active natural aromatics.

All the treatments are designed to support great skin health; to respect that skin is alive.

No two skins are the same. And no two bodies are the same. Every spa therapy is shaped and moulded around you.

Customised for a results-driven, personalised experience.



rain spa & leisure centre

rainspawellness.ie



ELEMIS

Elemis have over 17 years experience in treating both men and women in the professional spa environment. Each spa therapy has been developed by a specialist team, headed by Noella Gabriel, using extensive clinical and scientific studies to ensure every therapy shows real results.

Designed to respect the body's complex physiology, Elemis spa therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

Dynamic ingredients, medical grade formulas and dedicated research are all combined to provide a range of spa-therapies that offer scientific solutions to every skin, body or lifestyle concern.



Touch Facials

ANTI-AGEING

ELEMIS Pro-Collagen Age Defy

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

55 mins €100
3 sessions for €250, 6 sessions for €480

ELEMIS Pro-Definition Lift and Contour

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creating a profoundly sculpted, youthful effect.

55 mins €100
3 sessions for €250, 6 sessions for €480

ELEMIS Dynamic Resurfacing Precision Peel

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

55 mins €100
3 sessions for €250, 6 sessions for €480



ELEMIS White Brightening Pigment Perfector

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

55 mins €100
3 sessions for €250, 6 sessions for €480

SKIN SOLUTIONS

ELEMIS Superfood Pro-Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

55 mins €90
3 sessions for €230, 6 sessions for €440

ELEMIS Sensitive Skin Soother

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

55 mins €90
3 sessions for €230, 6 sessions for €440

ELEMIS Anti-Blemish Mattify and Calm

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.

55 mins €90
3 sessions for €230, 6 sessions for €440

SKIN REFRESH

TASTER FACIAL

ELEMIS Skin Booster Facial

This mini facial will give a quick and instant pick-me up for dull, lifeless skin with maximum results in minimum time. This includes a double cleanse, exfoliation, masque, moisturise and homecare advice it's the perfect introduction to the brand as well as an excellent pre-make-up facial for the very special occasion.

25 mins €55
3 sessions for €140, 6 sessions for €265

* Independent Clinical Trials.



Specialist Facials

ELEMIS BIOTEC

Elemis Biotec delivers the next generation of Elemis facial, setting new standards with a fusion of technology and touch. This unique facial combines new machine technologies seamlessly with hands-on therapy, creating immediate and long term results while targeting specific skincare needs. Powerful plant actives work with the body's natural bio-electrical field and enhance the skins ability to rejuvenate, resurface and radiate. Let one of our Elite therapists guide you during consultation in choosing one of the following options.

1hr 10 mins €110

3 sessions €285

6 sessions €510

Biotec Firm-A-Lift

A ground-breaking blend of massage and sculpting galvanic technology for a contoured complexion that is remarkably lifted.

Biotec Anti-Pigment Brightener

Tackle uneven skin tone and discoloration with a dynamic combination of brightening actives, an ultrasonic peel and light therapy.

Biotec Skin Resurfacer

For a refined, even skin tone, a revolutionary facial that uses an ultrasonic peel, massage, and light therapy resulting in the smoothest skin imaginable.

Biotec Radiance Renew

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions for radiant and visibly brighter skin.

Biotec Blemish Control

Detoxify and repair damaged tissue with this deep cleansing facial, leaving skin decongested and soothed.

Biotec Sensitive Skin Soother

Oxygen infusion and red light therapy improve the skin's ability to repair itself.

Biotec Super-Charger For Men

A multi-tasking, time efficient solution for the male complexion.

LAVA SHELL THERMOFACIAL

An intensely hydrating, anti-ageing facial to renew and revive the complexion. The face, neck and décolleté are deeply cleansed and exfoliated to prepare the skin for a specialised massage. The warm self-heating Lava Shells are used to lift, drain and contour the face leaving the skin radiant and glowing. The natural heat from the Lava Shells is instantly relaxing allowing you to drift into a tranquil state of mind, whilst aiding the penetration of skincare products increasing their effectiveness. The Lava Shells warmth will improve circulation, ease tension lines and boost your skins natural radiance whilst alleviating sinus blockages, puffiness and aiding the removal of toxins.

55 mins €90

3 sessions for €230, 6 sessions for €440





Body Massage Therapies

Rain Spa Swedish Massage

Calm your mind with this classic massage to alleviate fatigue, ease muscle stiffness and boost circulation. Pressure can be altered to your requested intensity with some deeper work on area specific muscular tension.

A great choice for someone's first spa experience.

25 mins €50

55 mins €90

1hr 25 mins €130

ELEMIS Freestyle Deep Tissue Massage

Your therapist will select an Elemis aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

25 mins €50

55 mins €90

1hr 25 mins €130

ELEMIS Enriching Coconut Restore

This warming treatment utilises bespoke massage techniques to relieve muscle tension, improve circulation and skin nourishment. Using only pure, organic coconut oil it is ideal for people with sensitive skin, vegetarians and vegans.

25 mins €50

55 mins €90

1hr 25 mins €130

ELEMIS Hot Mineral Body Boost

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

25 mins €50

55 mins €90

1hr 25 mins €130



ELEMIS Deeper than Deep

Hot Stone Massage
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.

25 mins €60

55 mins €110

1hr 25 mins €140

Deep Sleep Lava Shell Massage

An idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. During the massage, the shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress. This is followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress. Choose a 90 minute treatment for an unforgettable sublime experience.

25 mins €60

55 mins €110

1hr 25 mins €140



Alternative Massage Therapies

Indian Head Massage

Experience the ancient healing art of Ayurvedic techniques to release tension and naturally firm stressed skin. This is one of the most widely practised complementary holistic therapies in the west and involves massage of the face, neck, shoulders and upper back.

45 mins €70

ELEMIS Hot Oil Pressure Point

ELEMIS Frangipani Monoi Melt Oil is drizzled over the scalp while different massage techniques are combined with the richness of the oil to help hydrate the scalp leaving a nourishing sheen. The treatment finishes with a hot compress leaving you totally relaxed.

25 mins €50

ELEMIS Best Foot Forward

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

25 mins €50

ELEMIS Healing Hands

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

25 mins €50



Body Beautiful Wraps & Exfoliation Experiences

Intensely Cleansing Salt Scrub

Fragranced salt will gently buff 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. Choose from:

- *Luxurious - Elemis Frangipani*
- *Revitalising - Lime & Lemongrass*

25 mins €50

Body Nourishing Wrap

You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work while you are treated to a pressure point facial massage and de-stress scalp treatment. Choose from:

- *Nourishing - Elemis Sweet Orchid Monoi Oil*
- *Luxurious - Elemis Frangipani Monoi Oil*

55 mins €80

ELEMIS Thousand Flower Detox Wrap

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.

55 mins €90

Course of 3 treatments for €230

Rain Signature Body Indulgence

Indulge in our sensory journey, guaranteed to leave you feeling an incredible peace of mind. This treatment begins with an invigorating full body scrub that prepares the skin to absorb our exceptionally nourishing Shea Butter Cream Wrap. While cocooned enjoy an indulgent hot oil scalp massage while the rich ingredients take effect.

55 mins €90



Finishing Touches

OPI Luxury Manicure

Exfoliate, revitalize and renew hands with this luxury treatment for instantly visible results that improve skin texture and moisture levels every time. Cuticle work and OPI Nail Lacquer application are included.

55 mins €60

OPI Luxury Pedicure

The ultimate pedicure treatment that refreshes and re-energises the spirit and mind as well as the feet. Effective botanicals are used to renew and restore soles to silky smoothness and the treatment is completed with cuticle work and your choice of OPI Nail Lacquer.

55 mins €60

Luxury Pedicure including Callus Peel

The Callus Peel 4 step treatment achieves superior results in removing calluses and cracked heels compared to aggressive rasping of skin, with visible results after just one treatment.

70 mins €80

OPI Lacquer File and Polish	€18
OPI File & French Polish	€20
OPI Two Week Gel Nail Colour	€30

Lycon Tanning

Our one hour tan is perfect for the girl on the go, leaving you with healthy glowing skin.

Full Body	€30
Half Body	€20

Lycon Waxing

Full Leg & Bikini	€40
Full Leg Wax	€30
Half Leg & Bikini	€25
Half Leg	€18
Hollywood	€45
Brazilian	€40
Californian	€35
Basic Bikini	€15
Extended Bikini	€20
Underarm	€15
Lip or Chin	€10
Lip & Chin	€15
Eyebrow	€10

Men's waxing available on request.

Please note a patch test is required 24 hours prior to all initial waxing and tinting at the spa.



All About Eyes

Eyebrow Tint	€10
Eyelash Tint	€14
Eyebrow Wax	€10
Eyebrow Tweeze	€10
Lash & Brow Tint	€20
Lash Tint, Brow Tint & Shape	€28

Hand Picked for the Gents

ELEMIS High Performance Skin Energiser

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

55 mins €90

ELEMIS Freestyle Deep Tissue Massage

Your therapist will select an Elemis aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. This flowing massage works deeper into the tension, encouraging optimum circulation.

55 mins €90

Executive Foot Care Ritual

Lower legs and feet are thoroughly exfoliated, bathed and massaged. Cuticle and nail work is then completed leaving feet nourished, soft and smooth.

45 mins €60

Handyman Manicure

Hands and arms are thoroughly exfoliated, bathed and massaged. Cuticle and nail work is then completed leaving hands nourished, soft and tidy.

45 mins €60

Gent's Total Time Out

Handpicked to rejuvenate and refresh from top to toe, experience an ELEMIS Deep Tissue Full Body Massage, an ELEMIS High Performance Skin Energiser Facial and an ELEMIS Pressure Point Scalp Massage. Includes a €15 lunch voucher.

1hr 55mins €175



Mum-To-Be

ELEMIS Peaceful Pregnancy Massage

Settle in to a cushioned treatment bed that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

1hr 10 mins €110

ELEMIS Peaceful Pregnancy Face and Body Experience

Settle into a cushioned treatment bed for this treatment combination that gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby. Combine any ELEMIS TOUCH facial with the peaceful pregnancy massage. Includes a €15 lunch voucher.

2hr 10 mins €195

Bumps a Daisy Rain Ritual

Our signature pregnancy package which uses gentle specially created products for the expectant mum. Enjoy a lower leg and foot ritual, facial cleanse followed by a relaxing neck, shoulder, face and scalp massage, foot and leg massage and a fabulous finish with our file and polish on the toes. Includes a €15 lunch voucher.

1hr 10 mins €125



Bridal Packages

Bridal Skincare Programme

A customised service offering a one-to-one consultation to design your recommended facial treatment plan. The consultation consists of an in-depth skin analysis and face mapping technique to determine the best possible treatment to suit your skin. We will then prescribe a treatment plan and homecare products to suit your skin and budget, to ensure a radiant bridal glow on the big day. Recommended 6 months prior to your wedding.

Price on consultation

Hen Party Packages

We will work with you to create a unique tailor-made hen party package to suit your budget, group size and treatment wishlist to ensure a fun memorable experience. All hen packages include light refreshments, unlimited use of our pool, thermal suite and outdoor hot tub and a goody bag for the bride to be.

From €50 per person

Pre-Wedding Pamper Package

Indulge before your wedding day with full use of our thermal & pool facilities followed by head to toe treatments, including an ELEMIS Touch Skin Solution Facial, Back Neck & Shoulder Massage and Sole Foot Delight Ritual. Treatment time 1hr 25mins. Perfect for an intimate Hen Party, catch up with your bridesmaids or quality time with your husband to be. Further discounts available for groups of 5 or more.

€150 per person

48 Hour Beauty Fix

This convenient beauty package is designed to get you prepped with the least amount of hassle. Two to four days before your wedding we will complete your two week OPI Polish to fingers & toes, brow wax and tint, underarm and half leg wax in one spa visit to have you prepped and preened for your wedding day.

€99 per person



Rain Spa Rituals

Take time out to enjoy one of our handpicked signature packages sure to leave you feeling renewed, revived and restored. All rituals include unlimited use of Rain Leisure including pool, gym and thermal suite and light refreshments in our tranquillity suite after treatments. We recommend arriving one hour prior to your treatment time to enjoy these facilities.



Pick & Mix

A selection of our most popular treatments in 20 minute express services for those who like a little of everything, a choice of three from the following list:

- Swedish Back Massage
- Elemis Taster Facial
- Foot Massage
- Scalp Massage
- Exfoliating Body Scrub

Treatment Time: 1 hr €100

Taste of Rain

Handpicked for the time conscious or first time spa goers to get maximum results in minimum time, enjoy an ELEMIS Skin Booster Facial, Rain Spa Swedish Back Massage and a choice of Foot or Hand and Arm Massage. Includes a €15 lunch voucher.

Treatment Time: 1hr 10 mins €125

Rain Signature Top to Toe Indulgence

This superior ritual allures the senses harnessing the power of warmed Basalt Stones, Bespoke Massage Techniques and Scientific Skin Therapies. This treatment begins with an invigorating Full Body Scrub that prepares the skin, followed by a tension melting Hot Stone Back Massage. You are then immersed in our exceptionally nourishing Shea Butter Cream Wrap. While cocooned enjoy an indulgent Hot Oil Scalp Massage and ELEMIS Skin Booster Facial while the rich ingredients take effect. Includes a €15 lunch voucher.

Treatment Time: 1hr 40mins €155

ELEMIS Well-Being Journey

Designed to rejuvenate the body from top to toe and customised to you for maximum results. Experience a choice of ELEMIS Touch Facial including a pressure Point Scalp Massage and a customised Full Body ELEMIS Massage. Includes a €15 lunch voucher.

Treatment Time: 1hr 55 mins €175

Exotic Rain

Transport your senses with the exotic mood-balancing aromatics and skin conditioning ELEMIS Frangipani Monoi oil. This journey includes an ELEMIS Frangipani Body Wrap, an indulgent ELEMIS Frangipani Hot Oil Scalp Massage, an ELEMIS Deeper Than Deep Hot Stone Massage and an ELEMIS Facial Cleanse. Includes €15 lunch voucher.

Treatment Time: 2hr 10 mins €195

Ultimate Renewal Ritual

Nurture your body and soul with our ultimate Rain Spa package, immerse yourself into a state of tranquillity leaving everything else at the door ready to rebalance and renew. Tailor your package with a choice of Cleansing Salt Scrub, a customised Full Body Massage, and a recommended choice of ELEMIS Touch Facial including a pressure Point Scalp Massage. Includes a €15 lunch voucher.

Treatment Time: 2hr 25mins €230



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.

- 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. Robe, towel and slippers are 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.
- Please keep noise to a minimum showing respect and consideration at all times.
- As a spa guest we offer up to one hours complimentary use of our leisure facilities prior to treatments and one hours relaxation time in our tranquillity suite post treatments, please allow yourself adequate time to make use of these facilities.

terms & conditions

Advanced booking is recommended to secure your preferred date and time of treatment. A credit/debit card is required at the time of booking to confirm your appointment.

As a courtesy to other clients please give at least 48 hours notice if you need to cancel your booking.

There is a cancellation fee of 50% of the reservation costs if the cancellation is made less than 48 hours prior to the booking and under 24 hours notice will be charged at 100% of the reservation price.