

桜
Sakura Spa
at Roganstown



www.roganstown.com





桜 Sakura Spa at Roganstown

SAKURA SPA

The Sakura Spa at Roganstown (Sa-Ku-ra meaning 'cherry blossom' in Japanese) is a holistic retreat of serenity for the mind. In Japan, cherry blossoms are a metaphor for life, encompassed by Yin and Yang - symbols that indicate balance and harmony. So let us replace stress and tension with calm and peace. The spa menu is designed for men and women and includes exclusive treatments from YONKA® Paris and PHYT's Organic range from the South of France. There is a full range of soothing therapies, facials, massages, wraps, hand and foot treatments. Let our highly trained therapists indulge you with precious aromas and invigorating scents to revive body and mind.

ARRIVAL

Please arrive at least 15 minutes prior to your treatment.

CONFIDENTIAL CONSULTATION

You may be asked for medical details which are confidential and for your safety, we would ask that you give full details of any relevant medical history, illness, allergies or medication prior to any treatment.

CANCELLATIONS

Cancellations can only be accepted up to 24 hours prior to a booked treatment. If a cancellation is subsequent to this we reserve the right to apply a full charge.

ETIQUETTE

Out of consideration for others, we request that visitors and guests keep noise to a minimum and that mobile phones are switched off prior to entering the spa.

GIFT VOUCHERS

We have an extensive range of Gift Vouchers available which include full and half day Pamper Packages.



facials
massage
body treatments
just for men
hand and foot treatments
eye grooming
waxing
tanning
make-up
pamper days



YONKA® FACIALS

Escale Beaute

Approx 45 mins

In just 45 short minutes our beauty break facial will restore your skin's glow and leave you feeling relaxed.

Le Grande Classique

Approx 1 hour

A deep pore-cleansing, restoring and relaxing facial which will leave you with a radiant complexion.

Plaiser D'Aromes

Approx 1 hour

An aromatic, relaxing and well-being facial that revitalizes your skin and restores its tone and vitality.

Hydralessence Visage

Approx 1 hour

A long-lasting, deep hydrating facial which leaves your skin supple, soft and beautiful.

Alpha Vital

Approx 1 hour

Through the action of controlled fruit acids, the complexion is brightened, your skin becomes softer and firmer.

Optimiser

Approx 75 mins

In just over an hour your facial contours are lifted and your skin is left looking beautiful and relaxed.

Vital Intense

Approx 1 hour

A deep regeneration facial leaving skin energised, balanced and supple.

Plaisir Des Crystal Facial

Approx 90 mins

Pleasure of the senses, Yonka's latest jewel facial which begins with a hot stone back massage followed by a Yonka facial where crystals are placed to balance the seven main Chakra points of the body.

Yonka® Paris 'Eclat Contour'

Approx 60 mins

A light touch of shiatsu and lymphatic drainage massage using rosemary, chamomile flower and bilberry extract help to reduce puffiness, dark circles and minimizes fine lines. Your treatment finishes with a relaxing head massage while your eyes rest under a cooling eye mask which you can take home and re-use again. Pure bliss!





PHYT'S FACIALS

Soin Equilibre

Approx 45 mins

A great introduction to our Organic beauty treatments. Essential oils of neroli, camphor and rosemary are used in this cleansing, balancing and hydrating facial which is suitable for all skin types.

Soin Capyl

Approx 75 mins

Through the action of cypress, rosemary and geranium this organic facial will help tone down redness and soothe the most sensitive skin.

Soin Anti-Comedon

Approx 75 mins

An organic answer to help fight blackheads, detoxify the skin and rebalance the oil secretion

Soin Oligo Vita

Approx 75 mins

A cocktail of minerals are used in this quenching organic facial to nourish, moisturize and firm dry and dehydrated skin.

Soin Energie Vitale

Approx 75 mins

Soin Energie Vitale will regenerate and revitalize oily or combination skin. A combination of sage and geranium will heal and relax to give your skin back it's sparkle.

Soin D'O

Approx 75 mins

A combination of three energies, cinnamon for heat, cooling mint and balancing ylang, are used in this organic oxygenating facial which is designed to balance, nourish and firm oily or combination skin.

Soin Multi Vita

Approx 75 mins

The king of all treatments, Soin multi vita suits mature skin lacking in tonicity. A cocktail of vitamins will have a glowing effect on your skin.

MASSAGES

Aroma Stone Massage

*Full body - Approx 1 hour
Back only 30 mins*

A wonderfully relaxing massage incorporating warm, basalt stones and essential oils to gently but firmly relieve muscle tension, leaving you renewed and relaxed.

Back, neck & Shoulder Muscle Melt

Approx 30 mins

Ease tension and tightness away with this back, neck and shoulder massage.

Swedish Full Body Massage

Approx 1 hour

Invigorating massage designed to ease tension, reduce stress and provide a sense of well-being

Aromatherapy Full Body Massage

Approx 1 hour

A full body massage with a blend of essential oils designed for each individual's needs

Aroma-luxe Massage

Approx 1 hour

This stress relieving full body massage, using essential oils to suit your individual needs, includes a face and foot massage.

Phyt's Organic Lympho-Dynamic Massage

Approx 70 mins

Inspired by the Californian and lymphatic drainage technique, this massage uses organic oils to stimulate the lymphatic and circulatory system for better toxin elimination which will renew your energy.

Pregnancy Massage (for over 24 weeks)

Approx 75 mins

Take time to enjoy this relaxing massage which is tailored to suit you and your baby, all positions can be easily adapted for your comfort. Easing stress and aches is important during this time.

Baby Massage Lesson

Approx 40 mins

The ideal gift for new parents! Learn how to massage your baby in a one to one session with a qualified therapist. Excellent to introduce as part of baby's bed-time routine! Includes an organic massage balm for you to take home.

Indian Head Massage

Approx 45 mins

This ancient Ayurvedic massage works on pressure points on the head, neck and shoulders, relieving tension and re-balancing energy. The treatment brings a sense of relaxation and well-being.

Reflexology

Approx 45 mins

Reflexology helps to balance the energy lines of the body by applying pressure to points of the feet which relate to other parts of the body, helping to rebalance body and mind.

YONKA® BODY TREATMENTS

Jambes Tonique

Anti-fatigue Leg Treatment

Approx 40 mins

A soothing leg massage with essential oils and cream rich in climbing Ivy is followed by a cooling leg wrap. The ideal treatment to soothe tired heavy legs.

Lavish Foot Spa Treatment

The Ultimate Foot Treatment

Approx 45 mins

A soothing scrub with Guerande sea salt grains and essential oils, followed by a relaxing massage and a warm wrap of marine clay - which leaves you feet smooth as silk. Deeply relaxing and relieving for tired aching feet.

Soins Velours

Exfoliating Body Polish

Approx 45 mins

Marine mineral salts and essential oils are used to exfoliate the skin, followed by a hot shower and a nourishing application of Yonka body lotion and oils for skin as soft as velvet.

Yonka Mums-to-be Treatment

Approx 1 hour

A relaxing back, neck and shoulder massage is followed by a soothing leg massage and cooling leg wrap which helps to reduce fluid retention.

Phyto-Marine Detox Body Treatment

Approx 1 hour 20 mins

A purifying scrub of marine salts prepares your skin for a full bod wrap of either marine clay or seaweed. After a refreshing shower, Yonka body oil and climbing ivy extract or Kawa-Kawa are applied to leave the skin feeling supple and toned.

Hydralessence Corps

Deeply Hydrating Treatment

Approx 1 hour 45 mins

A plant based soft gel peel exfoliates your skin before you are wrapped in a hydrating seaweed body mask, followed by a relaxing and hydrating massage.

Secret De Beaute

Pure indulgence for Face & Body

Approx 2 hours

This heavenly treatment begins with a skin softening body exfoliation using marine salts and essential oils, followed by a deeply hydrating facial and foot mask





PHYT'S BODY TREATMENTS

Organic Satin Body Exfoliation

Approx 45 mins

This exceptional skin softening body exfoliation containing Guerande Sea Salt, sunflower and orange oils which will nourish and purify your skin, leaving it silky and soft.

Treatment "Zen"

Approx 1 hour 45 mins

A total well-being experience, "Zen" is a combination of the Organic Satin Body Exfoliation followed by the lymphodynamic massage using organic oils. Heaven!

Organic Slimming

Approx 1 hour 45 mins

An organic decongesting slimming wrap which helps to stimulate fat combustion in specific areas of the body

Naturally Lighter Legs

Approx 45 mins

A cooling wrap of the legs followed by a lympho-dynamic leg massage improves circulation to relieve tired heavy legs.

Softness of the Back

Approx 1 hour

Freedom from tension is the result of this wonderful treatment. Your back is cleansed and exfoliated before receiving a relaxing back massage. Your back is then cocooned in a self-heated cataplasm of organic lemon mud which removes everyday tension.

Balance of the Back

Approx 1 hour

If you suffer from imperfections and skin eruptions on your back this deep cleansing and balancing treatment will help to calm and heal the area while leaving you relaxed.

Organic Mums to be

Approx 1 hour

A combination of the organic satin body exfoliation and naturally lighter legs treatment will leave your skin smooth as silk and your legs light as a feather!

JUST FOR MEN TREATMENTS

MEN'S YONKA FACIALS

Approx 1 hour

Skin Fitness

Deep pore cleansing, restoring and relaxing and conditioning treatment

Power Moist

Long lasting, deep hydrating and conditioning treatment

Age Defence

Time defying treatment

Head to toe Revive

Approx 1 hour 30 mins

A top to toe treatment beginning with a lympho-dynamic full body massage using organic oils to ease stressed muscles followed by an organic balancing facial.

Swedish Full Body Massage

Approx 1 hour

Invigorating massage designed to ease tension, reduce stress and provide a sense of well-being

MAN'S WAXING

Back Wax

Chest Wax

Brow Wax



HAND & FOOT TREATMENTS

Sakura Manicure	35 mins
French Manicure	40 mins
Sakura Pedicure	50 mins
Paraffin Manicure	45 mins
Nail file & Polish	15 mins

Please wear open toe shoes for going home

EYE GROOMING

- Lash Tint
- Brow Tint
- Lash & Brow Tint*
- Brow Trim
- Lash & Brow Tint, Brow Trim
- Individual False Eyelashes



WAXING

- Lip
- Lip & Chin
- Brow
- Full Leg
- Half Leg
- Three Quarter Leg
- Under Arm
- Standard Bikini Line
- Ultra Tidy Bikini

* Patch test is necessary prior to first treatment for tinting and waxing

SPECIALISED WAXING

Brazilian • Californian

TANNING

Sun Kiss Golden Glow

Approx 60 mins

Includes full body exfoliation and application of Yonka® Self Tan

Also available without exfoliation

Approx 30 mins

SPRAY TAN - LIQUID GOLD

Full Body Approx 30 mins

Half Body

Approx 20 mins

MAKE-UP

Professional make-over
Serge Louis Alvarez
Make-up



PAMPER DAYS AT SAKURA SPA

All of our Full and Half pamper days include lunch and access to the leisure facilities, swimming pool, Jacuzzi, sauna, steam room and gym facilities



LOTUS DAY

Yonka Plaisir D'Aromes Facial
Aroma-lux massage
Lavish Foot Spa
Sakura Manicure

ZEN DAY

Phyt's Organic Facial
Organic Satin Body Exfoliation
Organic Lympho-Dynamic Full Body Massage
Sakura Manicure

SAPPHIRE HALF DAY SPA

Yonka Plaisir D'Aromes Facial or Phyt's Organic Facial
Sakura Manicure & Pedicure

JASMINE HALF DAY SPA

Phyt's Organic Facial
Softness of the Back Treatment

ORGANIC MUMS TO BE DAY

Phyt's Organic Facial
Organic Satin Body Exfoliation
Organic Lighter Legs Treatment
Sakura Pedicure

YONKA MUMS TO BE DAY

Yonka Plaisir D'Aromes Facial
Back, Neck & Shoulder Massage
Jambes Tonique
Sakura Pedicure





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