

Adelphi Portrush

Dermalogica Facial Treatments

Express Facial (30mins) £39

Specifically customised to your skin, this mini-treatment is designed to cleanse away impurities, leaving you & your skin feeling refreshed & revitalised.

Prescriptive Facial (60mins) £49

For all skin types, we choose products specifically to suit your skin. With an 8-step procedure your skin will look & feel noticeably improved.

Ultra Calming Facial (60mins) £49

Controls red, itchy or burning skin. Using Dermalogica Ultra Calming range—it calms & soothes by targeting the triggers of redness, itching & stinging. Gives long term relief from flare ups.

Age Smart Treatment (60mins) £59

Using highly concentrated Age Smart Professional Range, this treatment smoothens & reinforces the skin, helping to correct & prevent signs of aging. Best for people worried about fine lines .

Body Treatment

Skin Truth Exfoliating Body Scrub (25mins) £30

This treatment gently exfoliates to refine the skin texture to help boost cell renewal.

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Massage Treatments

Relax your mind, soothe your soul and lift your spirit with one of our tailored massage treatments. Each massage uses a blend of aromatherapy to deal with your specific needs. Some of the health benefits of **aromatherapy** include its ability to reduce anxiety, ease depression, boost energy levels, speed up the healing process, eliminate headaches, boost cognitive performance, induce sleep, strengthen the immune system, reduce pain, improve digestion, and increase circulation.

Back, Neck & Shoulder (25 mins) £35

Back, Neck & Shoulder (40 mins) £49

Indian Head Massage (30 mins) £35

Traditional Swedish (55 mins) £65

Golfers Advanced Full Body (90 mins) £90

Reflexology (45 mins) £49

Shiatsu Pressure Point Massage (55 mins) £65

Aromatherapy Massage (90 mins) £90

You can add Hot Stones to any of our massage treatments for only £15

Combining **Hot Stones** with a full body massage provides a very healing and effective experience. The Hot Stones heat the muscles enabling the therapist to work a lot deeper with less of the pain experienced with deep tissue. The Hot Stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

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Specials

Pamper Package

**Express Facial & Back Neck
and Shoulder Massage
Only £65**

(Allow 60 minutes for Treatments)

Mum-to-be Package

**Dermalogica Prescriptive Facial
& an Indian Head Massage
Only £75**

(Allow 90 minutes for Treatments)

Ladies Spa Day

Choice of Express Treatment (25mins)

Back, Neck & Shoulder Massage

Express Facial

Indian Head Massage

Reflexology

Access to our Health Suite

Glass of Bubbly

Robes & Slippers

Only £59pp

(Based on minimum of 4 people)

If cancelled less than 24 hours notice 100% will be charged
Our rates are subject to change

Adelphi Vouchers



67-71 Main Street
Portrush
BT56 8BN

028 7082 5544

E-mail: stay@adelphiportrush.com

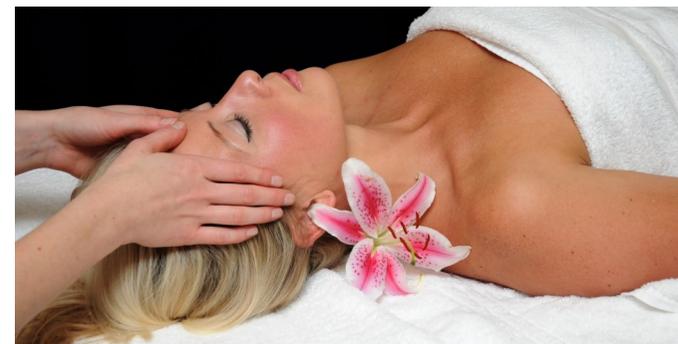
Web: www.adelphiportrush.com

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Exclusive Offers All Year Round

dermalogica[®]
a skin care system researched and developed by The International Dermal Institute



The Adelphi Spa Treatment List



Open 7 days a week