

IRISH TATLER

ONLY
€2

ivenus.com

A~ZEN

THE ULTIMATE SPA GUIDE

STARRING

*Your in-depth
zodiac forecast*

BLISS! SPRING'S BEST BEAUTY

PPAI
PUBLISHER
OF THE
YEAR 2007

50

*New Year
Fashion
Finds*

WIN! A LUXURY WEEKEND BREAK

Showtime!

Lorraine Keane on life and
love in the limelight



BEYOND THE BUMP! FREE PARENTING MAGAZINE INSIDE



Innisfallen Health and Beauty Rooms at The Malton Hotel



Farnham Estate



The Fota Island Spa



The Bath House at Bellinter



Where: Escape Spa at The Imperial Hotel, Cork. Tel: 021 427 4040

www.flynnhotels.ie/Imperial_Hotel

Why: Enjoy all the peace of a top of the range spa as well as excellent shopping and post-treatment activities right on the spa doorstep.

Signature Treatment: Sensuous Serail treatment. A perfect Valentine's Day escape for you and your partner in an Arabic Serail Chamber with three types of mud to smear the body.

Book in: For a hair treatment or restyle at the newly opened Aveda Hair Salon.

Where: Innisfallen Health and Beauty Rooms at The Malton Hotel, Killarney, Co Kerry. Tel: 064 38 000
www.themalton.com

Why: You need a break from the humdrum of normal life and require a spot of pampering.

Signature Treatment: The Yon-Ka Le Grande Classique Facial is everything you need from a good facial. Tapered to your skin's needs, this facial begins with a deep cleanse and finishes with a facial massage.

Book in: For the SoinsVelours

Moisturising Body Polish Treatment. Choose from either an invigorating or relaxing treatment, and lie back as your body is buffed to perfection.

Where: Monart, The Still, Enniscorthy, Co Wexford. Tel: 053 923 8999
www.monart.ie

Why: As one of Ireland's leading destination spas, Monart still maintains an edge amidst the big guns of the spa world. Busy all year round, this spa just keeps getting better.

Signature Treatment: The Deluxe Monart Massage is a gift from the heavens. Pummelled from head to toe, clients are left feeling refreshed and rejuvenated.

Book in: For a zone-out session at Monart's Thermal Suite. This expansive wellbeing area is the best the country has to offer.

Where: Heritage Golf and Spa Resort, Killenard, Co Laois. Tel: 057 864 5500
www.theheritage.com

Why: The ideal spot to get away from it all without compromising the high end lifestyle.

Signature Treatment: The Down to Earth treatment uses the earth's natural elements to bring clients on a sensory journey that will leave them with luminous skin and a relaxed disposition.

Book in: To experience the open air hydro pool where guests can avail of full body air loungers to massage tired limbs while breathing in some bracing Irish air.

Contenders to the Throne...

Where: The Fota Island Spa, The Sheraton Fota Island Hotel and Spa, Cork. Tel: 021 467 3000