

### Opening Hours

Monday – Wednesday 9.00am – 6.00pm

Thursday & Friday 9.00am – 9.00pm

Saturday 9.00am – 6.00pm

Sunday Closed

### Gift Cards Available

24 hours cancellation notice is greatly appreciated to effectively accommodate all our customers. Spa bookings will only be accepted on receipt of credit card details. If less than 24 hours notice is given for cancellation of day spa bookings the full cost of the treatments will be levied to your credit card.

### Where to find us...

#### Beauty Salons

Douglas Court Shopping Centre, Douglas, Cork Tel: 021 489 7777

Blackpool Shopping Centre, Blackpool, Cork Tel: 021 421 2400

Court Street, Enniscorthy, Co. Wexford Tel: 053 923 3135

#### Beauty Salons & Spas

Broad Street, Waterford Tel: 051 860066

4/7 Redmond Square, Wexford Tel: 053 9122422

Fairgreen Shopping Centre, Carlow

Tel: 059 918 2082

Email: [beauty@smcc.ie](mailto:beauty@smcc.ie)

[www.sammccauley.com](http://www.sammccauley.com)



Sam McCauley Beauty Salon & Spa  
Fairgreen Shopping Centre, Carlow

*Multiple Winners of Guinot Crown Salon Awards*



# Beauty Bonus Loyalty Card

Build up points with every visit and claim your FREE Beauty Treatment!!

Receive 10 points for every €1 spent on any beauty treatments in a Sam McCauley Beauty Salon & Spa.

Save your points and treat yourself to one of these luxurious treatments

| Treatment                      | Points |
|--------------------------------|--------|
| Nail Shape & Polish            | 1,500  |
| Cleanse and Make Up            | 2,000  |
| French Manicure                | 2,300  |
| St. Tropez Full Body Tan       | 2,500  |
| Pedicure                       | 3,000  |
| Guinot Essential Facial        | 3,600  |
| Hot Stone Back Massage         | 3,800  |
| Guinot Hydradermie Lift Facial | 4,000  |

Terms & Conditions apply



# Guinot Facial Treatments

## HYDRADERMIE TREATMENTS

The Hydradermie facial is the most advanced salon treatment for maintaining a balanced healthy complexion. It deep cleanses, oxygenates and regenerates the skin. Regular Hydradermie treatments offer immediate and lasting results. They improve hydration in dry skin, reduce sebum levels in oily skin and reduce average wrinkle depth in lined skin. The facial uses the Hydradermie machine, manual massage and bespoke plant-based extracts to restore the skin's natural beauty.

### Hydradermie

*A superior facial with an international reputation.*

A monthly deep cleansing, regenerating Hydradermie facial will keep your skin in optimum condition. The therapist will customise the treatment to suit your skin type; de-hydrated, dry, mature, oily, sensitive or pigmented.

€54.95 • Course of 6 €269.95

### Hydradermie Plus

*A deluxe facial treatment.* A Hydradermie facial with added firming and toning serums to revitalise the skin. This treatment focuses on the eye area, face, neck and décolleté and includes a pressure point eye massage and a luxurious Serenity Massage with relaxing essential oils.

€74.50 • Course of 6 €379.95

## HYDRADERMIE LIFT TREATMENTS

Hydradermie lift provides “youth rejuvenation” by stimulating facial muscles to give them new tone and exert a lifting effect of the features.

### Hydradermie Lift

This fabulous facial includes lymph draining, facial muscle stimulation, facial massage and mask application.

€59.95 • Course of 6 €299.95

### Hydradermie Lift Express

*High-tech lifting treatment.* This “work out” for the face and neck creates a lifting effect in just half an hour by toning the complexion, smoothing wrinkles and lifting the facial contours.

€45 • Course of 6 €229.95

### Hydradermie Lift Deluxe

The ultimate anti-ageing facial combining the Hydradermie Plus with the Hydradermie Lift Express.

€95 • Course of 4 €324.95

### Hydradermie Eye Lift

Specifically targets the area around the eyes to reduce signs of ageing, fatigue and puffiness. It re-hydrates and regenerates, as well as “lifting” the eyelids and smoothing fine lines, to restore a relaxed rejuvenated look to the whole eye area.

€38.50 • Course of 3 €104

Continued

# Elemis Facial Treatments

## HOLISTIC FACIAL TREATMENTS

The hands-on touch for the ultimate in client comfort and care.

### Essential Facial

*The express facial.* The ideal introduction to Guinot treatments – this facial includes gentle cleansing, toning and exfoliation with a combination of rose water, almond and fruit extracts, followed by a fragrant lavender and menthol-based mask to leave your skin smooth and luminous.

€44.95 • Course of 3 €114.95

### Aromatic Facial

*A relaxing aromatherapy facial.* Relax and unwind with a tension-reducing massage and a customised combination of plant extracts and essential oils to suit your skin's needs. This utterly relaxing aromatherapy facial balances the skin, softens fine lines, restores radiance, lifts your senses and instils an overall feeling of well-being.

€49.95 • Course of 2 €84.95

### Beauté Neuve Facial

*Instant radiance.* Fruit-infused Beauté Neuve is a gentle double-peeling facial that uses the powerful natural exfoliating properties of AHAs, combined with pure vitamin C and anti-ageing ingredients to boost radiance, reduce pigmentation, re-hydrate and regenerate the skin.

€54.95 • Course of 3 €144.95

### Liftoforme Facial

*Energising, anti-ageing facial.* This facial has been specifically developed to treat the problems associated with mature skin. Based on the use of orange extract, ginseng and collagen, this stimulating thermal facial regenerates and energises leaving the skin firm and radiant.

€54.95 • Course of 2 €94.50

### MEDICAL MICRODERMABRASION

Derma Genesis medical microdermabrasion is a safe, non-surgical resurfacing procedure. During this simple, painless treatment the dead outermost surface of the skin is removed using a highly controlled flow of fine, medical grade crystals. It helps your skin to look younger, healthy, glowing and for some people, close to perfect.

|        |      |                    |
|--------|------|--------------------|
| Facial | €99  | • Course of 6 €550 |
| Bust   | €50  | • Course of 6 €275 |
| Chest  | €75  | • Course of 6 €405 |
| Back   | €110 | • Course of 6 €595 |
| Hands  | €45  | • Course of 6 €240 |

Designed to respect the body's complex physiology, Elemis therapies work in natural synergy with the skin, body and mind. Elemis is based on using aromatherapy, essential oils and marine extracts to offer natural treatments to cater for your overall well-being. Elemis treatments and products are born from the research of highly renowned herbalists and aromatherapists to provide a therapeutic offering. Helps to treat skin as well as offer all the indulgence associated with aromatherapy.

### SKIN SPECIFIC FACIALS

€50 • Course of 6 €249.95

The Elemis Skin Specific Facials are the perfect skin maintenance facial, combining exceptional skin conditioning plant actives with unique Eastern massage techniques to deeply cleanse the face, whilst renewing radiance and treating the skin. Choose from the following:

#### Fruit Active Glow – for dull, lifeless skin

Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

#### Exotic Moisture Dew – for dry skin

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

#### Herbal Lavender Repair – for combination and oily skin

For perfect restoration of skin balance. Deep cleansing to draw out the skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

### ADVANCED PERFORMANCE FACIALS

€70 • Course of 6 €349.95

#### Oxygen Skin Calm Facial

This face and eye treatment is pure soothing heaven for sensitive skins. While rebalancing delicate, fragile and sensitive skin, this facial offers immediate comfort to stressed skin and reduces redness.

#### S.O.S. Purifying Facial

*Suitable for oily, problem and congested skin types.* This powerful purifying face and eye treatment helps to absorb excess sebum, regulate and balance the function of the skin, whilst helping to repair scarring, leaving a beautiful matt skin.

#### Modern Skin Facial

Designed for challenging skin that is reacting to the stress of modern living. Bursting with antioxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results; a clearer, radiant and more balanced skin.

€60 • Course of 6 €299.95



### TRI-ENZYME RESURFACING FACIAL

€70 • Course of 6 €349.95

This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface and increase skin smoothness after one treatment. This unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

### ADVANCED ANTI-AGEING FACIALS

€80 • Course of 6 €409.95

These superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin-therapy.

### Visible Brilliance Facial

*Suitable for ageing, stressed and slackened skin types.* Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Skin moisture levels and elasticity are proven to increase after just one treatment.

### Pro-Collagen Quartz Lift Facial

Providing immediate results in the fight against time,

this exceptional face and eye treatment helps to slow down the signs of premature ageing, reducing the appearance of fine lines and wrinkles on the face and crows feet around the eye contour.

### Skin IQ+ Facial for Men

Anti-Ageing booster for tired, stressed skin. Helping to calm irritation and minimize the signs of ageing, this facial is the ultimate overhaul for male skin. This anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

### RED VEIN REMOVAL

#### Ellipse Red Vein Removal

Ellipse release precisely controlled strong pulses of filtered light that are absorbed by the targeted blood vessel, heating it to a point where it is destroyed. Following the treatment, the vessels quickly clear and are re-absorbed by the body, leaving little or no trace of the original thread vein. The light impacts the vein without damaging the surrounding tissue which makes this a safe and effective procedure.

- Consultation charge refundable against 1st treatment €30
- Facial Thread Veins from €70 • Course of 4 €249.95

### Full Body Polish

A revitalising full body exfoliation to leave your skin feeling beautifully soft and smooth.

€38.95 • Course of 4 €129.95

## Body Treatments

### GUINOT

#### Hydradermie Back Treatment

Ideal deep cleansing treatment for clearing blocked pores and improving skin texture. This special back treatment purifies and re-hydrates the skin.

€54.50 • Course of 5 €229.95

## Body Treatments

### Aromatic Body Douceur

An invigorating body scrub with a relaxing massage, this treatment tones and re-hydrates the skin, leaving a natural radiance. Pure relaxation!

€54.50

### Aromatic Body Minceur

Holistic slimming body treatment optimised by a sauna-effect body mask to combat cellulite. Using essential oils and a sauna mask to challenge the body, encouraging fat elimination, stimulates circulation, firms skin and improves body contours.

€74.50 • Course of 3 €189.95

### ELEMIS

#### Aroma Spa Ocean Wrap

€75 • Course of 6 €379.95

These seaweed wrap treatments detoxify and deep cleanse the body inside and out, combining the riches of sea plants and marine algae with aroma-therapeutic actives. You are cocooned in a comforting foil wrap while being treated to a pressure point massage of the face and scalp. Heaven! Choose from the following:

#### Musclease Aroma Spa Ocean Wrap

Complete muscle relaxation, powerful seaweed wrap for ease the pains of rheumatism, arthritis and muscle spasm.

#### Cellutox Aroma Spa Ocean Wrap

A deeply detoxifying blend to decongest and stimulate the system. Ideal for reducing the appearance of cellulite and relieve the discomfort of fluid retention.

### Body Sculpting Cellulite and Colon Therapy

€70 • Course of 6 €359.95

The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying peel off body mask is applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

### Cooling Hot Stone and Facial Treatment

€85 • Course of 6 €419.95

This treatment is an all-in-one for body, face and mind. After being treated to a cooling Muscle Massage and an Anti-Ageing Booster Facial, this combination treatment uses extremities of temperature - warm oil and cooling refresher gel - before hot stones are used on pressure points for total relaxation.

### Absolute Spa Ritual

€125 • Course of 3 €319.95

The ultimate skin and body therapy for maximum results. From the soles of the feet to the crown of the head this customised face and body treatment is the ultimate skin-therapy. Choose from the Elemis Advanced Anti-Ageing or Performance Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage.

# Body Treatments

## Exotic Lime and Ginger Salt Glow

€50 • Course of 3 €129.95

*An exotic exfoliation ritual to revitalise the body.*

After light body brushing, warm oil is dripped luxuriously all over your body before the sublime Elemis Exotic Lime and Ginger Salt is applied. Your skin is deeply cleansed, polished and softened to perfection, glowing and vibrant.

## Exotic Coconut Rub and Milk Ritual Wrap

€65 • Course of 3 €169.95

*Pure sensuality to enliven the senses.* Warmed Elemis Skin Nourishing Milk Bath is poured over your entire body before being cocooned in a comforting foil wrap. This exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

## Exotic Frangipani Body Nourish Wrap

€65 • Course of 3 €169.95

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 and provides the ultimate radiance, vitality and an all over body glow. Ideal for excessively dry skin conditions.

## SPECIALISED BODY TREATMENTS

### Universal Contour Wrap

A marvellous treatment to tighten and tone the skin resulting in inch loss which can last up to 30 days. A course of wraps is recommended, taken 7 to 10 days apart.

€64.95 • Course of 3 €159.95

### Balneotherapy Bath

€35 30 minutes • Course of 3 €95

Over 260 jets of water provide a revitalising massage allowing relaxation of the muscles, aiding skin tone while stimulating lymphatic drainage and circulation. Choose from:

Elemis Exotic Enriching Milk Bath  
Elemis Exotic Jasmine Flower Bath  
Elemis Warming Musclease Bath  
Elemis Detox Ocean Bath

### Infra Red Sauna

€25 30 minutes • Course of 3 €65

Recommended for stress, aches and pains whilst boosting the immune system.

# Massage & Holistic Treatments

## Elemis Deep Tissue Muscle Massage

€65 • Course of 4 €219.95

Deep rhythmic pressure massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

- Stress-a-Way: Wind down and release the tension of the day
- Spirit Reviver: A powerful surge to invigorate and recharge
- Muscle Melt: Relax and re-energise a tired and aching body

## Elemis Deep Tissue Back Massage

€35 • Course of 4 €119.95

Minimum time, maximum tension-relieving results. Specifically targets the back, shoulders and neck areas where you need it most.

## Reflexology

A pressure point massage on the feet which stimulates the body to relax and heal itself.

€44.95 • Course of 3 €114.95

## Aromatherapy Massage

Aromatherapy massage is a relaxing full body massage using essential oils.

- Scalp, Face & Full Body Massage  
€60 • Course of 5 €254.95
- ½ Hour Massage  
€34.95 • Course of 5 €149.95
- Pregnancy Massage  
€49.95 • Course of 5 €199.95

## Hot Stone Massage

The use of stones for healing purposes dates back thousands of years. Through the use of strategically placed heated basalt stones, plus essential oils, our therapist will perform an invigorating massage, giving you the ultimate benefit of a deep and penetrating state of relaxation and well being. This massage alleviates stress and activates energy flow.

Full Body €75 • Course of 4 €249.95

Back €47.50 • Course of 4 €164.95

## Guinot Pregnancy Pampering

A mini facial and a full body exfoliation with lots of luxurious massage. Sure to soothe and revitalise expectant mums.

€74.50 • Course of 5 €304.95

## Swedish Massage

This is an extremely relaxing and invigorating treatment which also promotes good health and well being.

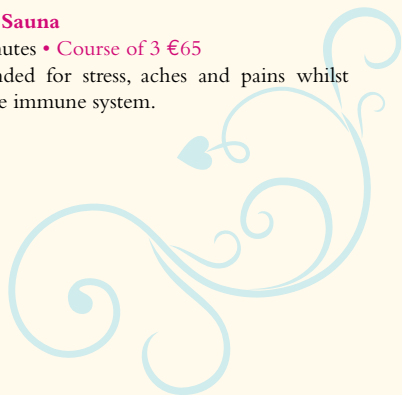
Full Body €54.95 • Course of 4 €189.95

Back €34.95 • Course of 4 €119.95

## Indian Head Massage

This treatment involves an intensive but gentle massage of the head, neck, face and upper back. The beneficial effects are particularly effective in the relief of headaches and improving circulation.

€39.95 • Course of 4 €134.95



# Hair Removal

## Waxing Treatments

Patch test is essential 24 hours in advance

|                                    |        |
|------------------------------------|--------|
| Eyebrow                            | €8.95  |
| Lip Wax                            | €8.95  |
| Chin Wax                           | €8.95  |
| Lip & Chin Wax                     | €16.50 |
| Lip & Eyebrow Wax                  | €17.00 |
| Under Arm                          | €12.50 |
| Arm Wax                            | €19.50 |
| Bikini Line from                   | €13.95 |
| Half Leg                           | €19.95 |
| Half Leg & Bikini from             | €27.95 |
| ¼ Leg                              | €25.95 |
| Full Leg                           | €29.95 |
| Full Leg & Bikini from             | €36.95 |
| Playboy / Sweetheart / Cupid       | €45.00 |
| Californian Advanced (High Cut)    | €25.00 |
| Californian Advanced & Full Leg    | €45.00 |
| Brazilian Advanced (Landing Strip) | €45.00 |
| Brazilian Advanced & Full Leg      | €65.00 |
| Hollywood Advanced (Total)         | €60.00 |
| Hollywood Advanced & Full Leg      | €80.00 |

## Threading

Threading is an Indian art of hair removal. It is the most effective way for eyebrow and facial hair removal. It allows for a more painless, precise, chemical free, and lasting hair removal experience. Threading involves knotting and twisting a fine cotton anti-bacterial thread around the hair to essentially pluck it from the pore.

|                   |        |
|-------------------|--------|
| Eyebrow Shaping   | €12.00 |
| Upper Lip         | €12.00 |
| Side of Face from | €12.95 |
| Chin              | €13.95 |

## Male Waxing Treatments

|                |        |
|----------------|--------|
| Eyebrow        | €8.95  |
| Arm            | €19.50 |
| Chest from     | €19.95 |
| ½ back         | €19.95 |
| Full back from | €25.95 |

# Permanent Hair Reduction

## ELLIPSE

Put an end to slow, messy and painful methods of hair removal. Ellipse treatment is safe, gentle and practically painless. The process uses pulse light which is absorbed by the pigment in the individual hairs. The pigment in turn converts the light to heat which disables the ability of the hair follicle to grow hair. Patch test is essential 48 hours in advance.

|  |         |             |           |
|--|---------|-------------|-----------|
| Consultation charge refundable against 1st treatment | €20.00  |             |           |
| Lip  | €49.95  | Course of 6 | €269.95   |
| Chin   | €59.95  | Course of 6 | €324.95   |
| Lip & Chin   | €99.95  | Course of 6 | €539.95   |
| Face   | €114.95 | Course of 6 | €619.95   |
| Under Arm  | €114.95 | Course of 6 | €619.95   |
| Bikini from  | €114.95 | Course of 6 | €619.95   |
| Arm  | €149.95 | Course of 6 | €809.95   |
| Chest  | €179.95 | Course of 6 | €969.95   |
| Back   | €179.95 | Course of 6 | €969.95   |
| Half Leg   | €199.95 | Course of 6 | €1,079.95 |
| ¼ Leg  | €259.95 | Course of 6 | €1,399.95 |
| Full Leg   | €349.95 | Course of 6 | €1,889.95 |
| Add on 5 minutes to other area                       | €20.00  |             |           |

## APILUS (Electrolysis)

This process uses an electric current applied to each hair follicle with a fine needle shaped electrode to destroy the hair root. Apilus is more efficient, faster and more comfortable than other electrolysis techniques.

|            |        |             |         |
|------------|--------|-------------|---------|
| 5 minutes  | €12.95 |             |         |
| 10 minutes | €18.95 |             |         |
| 15 minutes | €23.95 | Course of 5 | €99.95  |
| 20 minutes | €29.95 | Course of 5 | €129.95 |
| 30 minutes | €36.95 | Course of 5 | €155.95 |



## Eye Treatments

Patch test is essential 24 hours in advance.

|                              |        |
|------------------------------|--------|
| Eyebrow Tint                 | €8.50  |
| Eyebrow Shape                | €8.95  |
| Eyelash Tint                 | €12.50 |
| Eyebrow Tint & Shape         | €15.00 |
| Eyelash & Eyebrow Tint       | €18.95 |
| Lash Tint, Brow Tint & Shape | €23.50 |

## Make Up

|   |                  |
|---|------------------|
| Cleanse and Make-Up   | €26.50           |
| Application of Strip False Eyelashes from<br>Make-Up Lesson     | €10.00<br>€42.95 |
| Bridal Full Make Up Trial                                       | €34.95           |
| Bridal Make Up  | €26.50           |
| Bridesmaid's Make Up Package –<br>3 Make-Ups for the price of 2 | €53.00           |
| Ear Piercing from   | €15.00           |

## Tanning

A patch test is essential 24 hours in advance. For best results exfoliate the skin and shave or wax 48 hours prior to the treatment. Do not use oils, deodorants or moisturisers on the day of the tanning and remember to wear loose clothing and footwear.

### Guinot

|                         |        |
|-------------------------|--------|
| Auto Bronzant ½ Body    | €22.50 |
| Auto Bronzant Full Body | €39.50 |

### St. Tropez

|                                |        |
|--------------------------------|--------|
| Airport Tan Full Body          | €29.00 |
| Airport Tan ½ Body             | €19.95 |
| Lotion ½ Body                  | €32.95 |
| Lotion Full Body               | €39.95 |
| Lotion Full Body & Exfoliation | €59.95 |

### Instant Tan

|           |        |
|-----------|--------|
| Full Body | €32.00 |
| ½ Body    | €18.50 |

## Nail Clinic

### Manicures

|  |        |
|--|--------|
| False Nail Application                 | €10.00 |
| Nail Shape & Polish                    | €15.00 |
| Nail Shape & French Polish             | €16.95 |
| Nail Shape, Polish & Cuticle Treatment | €19.50 |
| Minx Nails                             | €25.00 |
| Shellac Semi Permanent Polish          | €30.00 |
| Shellac Soak Off                       | €8.50  |
| Creative Nails Manicure                | €28.50 |
| French Manicure                        | €28.50 |
| Manicure with Shellac Nails            | €49.95 |
| Manicure with Minx Nails               | €45.95 |
| Manicure & Pedicure                    | €64.95 |
| French Manicure & French Pedicure      | €67.95 |

### Pedicures

|  |        |
|--|--------|
| Please remember to bring open toe shoes. |        |
| Nail Shape & Polish                      | €16.50 |
| Nail Shape & French Polish               | €17.95 |

|                                |        |
|--------------------------------|--------|
| Shellac semi permanent Polish  | €30.00 |
| Shellac Soak Off               | €8.50  |
| Creative Nails Pedicure        | €38.50 |
| Creative Nails French Pedicure | €39.95 |
| Pedicure with Shellac Nails    | €59.95 |
| Pedicure with Minx Nails       | €55.95 |

### Nail Extensions Full Set

|               |        |
|---------------|--------|
| Gel Nails     | €60.00 |
| Acrylic Nails | €55.00 |

### Nail Extensions Refills

|                       |        |
|-----------------------|--------|
| Natural Refills       | €29.50 |
| French Refills        | €32.50 |
| Acrylic Refills       | €25.00 |
| Refills – Single Nail | €8.50  |
| Nail Art Standard     | €20.00 |
| Nail Art Full         | €25.00 |

# Special Packages

## Supreme Day Spa Package €265

Arrive at 9.45am, leave around 4.30pm

- Infra Red Sauna
- Elemis Exotic Lime and Ginger Salt Glow
- Relaxation Room – *Spend some time relaxing and enjoying your time away from your busy day to day life.*
- Balneotherapy Bath
- Relaxation Room
- Elemis Aroma Spa Ocean Wrap
- Enjoy a Light and Healthy Lunch
- Elemis Deep Tissue Muscle Massage
- Elemis Advanced Anti-Ageing Facial

## Deluxe Day Spa Package €225

Arrive at 9.45am, leave around 4.30pm

- Infra Red Sauna
- Relaxation Room – *Spend some time relaxing and enjoying your time away from your busy day to day life.*
- Guinot Full Body Polish
- Balneotherapy Bath
- Relaxation Room
- Elemis Aroma Spa Ocean Wrap
- Enjoy a Light and Healthy Lunch
- Hot Stone Back Massage
- Guinot Hydradermie Facial
- Relaxation Room

## Discovery Day Package €190

Arrive at 9.45am, leave around 3.30pm

- Infra Red Sauna
- Relaxation Room – *Spend some time relaxing and enjoying your time away from your busy day to day life.*
- Guinot Full Body Polish
- Balneotherapy Bath
- Elemis Aroma Spa Ocean Wrap
- Enjoy a Light and Healthy Lunch
- Elemis Skin Specific Facial
- Relaxation Room

## Bride-To-Be Day Spa Package €185

Arrive at 9.45am, leave around 3.30pm

- Infra Red Sauna
- Guinot Full Body Polish
- Balneotherapy Bath
- French Manicure or Pedicure
- Relaxation Room – *Spend some time relaxing and enjoying your time away from your busy day to day life.*
- Enjoy a Light and Healthy Lunch
- Eyelash Tint / Eyebrow Tint and Shape
- Guinot Lifosome Facial
- Relaxation Room

# Special Packages

## Mum-To-Be Day Package €155

Arrive at 9.45am, leave around 3pm

- Guinot Full Body Polish
- Relaxation Room – *Spend some time relaxing and enjoying your time away from your busy day to day life.*
- Pregnancy Massage
- Relaxation Room
- Guinot Essential Facial
- Enjoy a Light and Healthy Lunch
- French Manicure or Pedicure
- Relaxation Room

## Detox Day Spa Package €154

- Elemis Exotic Lime and Ginger Salt Glow
- Relaxation Room – *Spend some time relaxing and enjoying your time away from your busy day to day life.*
- Elemis Aroma Spa Ocean Wrap
- Elemis Skin Specific Facial
- Relaxation Room

## Guinot Complete Indulgence €160

Arrive at 9.45am, leave around 3pm

- Infra Red Sauna
- Balneotherapy Bath
- Relaxation Room – *Spend some time relaxing and enjoying your time away from your busy day to day life.*
- Guinot Aromatic Body Douceur
- Enjoy a Light and Healthy Lunch
- Guinot Aromatic Facial
- Relaxation Room

## Mini Spa Break €139

Arrive at 9.45am, leave around 2pm

- Guinot Full Body Polish
- French Manicure and Pedicure
- Relaxation Room – *Spend some time relaxing and enjoying your time away from your busy day to day life.*
- Guinot Essential Facial
- Enjoy a Light and Healthy Lunch
- Relaxation Room

## Pamper & Party €110

Whether you are planning a girl's night out or just having a girly get together then this package is perfect for you. Book in for 3 packages and bring a 4th friend for ½ price!

- Aromatherapy ½ Hour Back Massage
- French Manicure & Pedicure
- Relaxation Room – *Spend some time relaxing and enjoying your time away from your busy day to day life.*
- Cleanse and Make Up – *get your make up professionally applied and pick up some tips from our highly trained therapists*

*Complimentary Herbal Teas, Coffee and Fruit are available with all packages.*