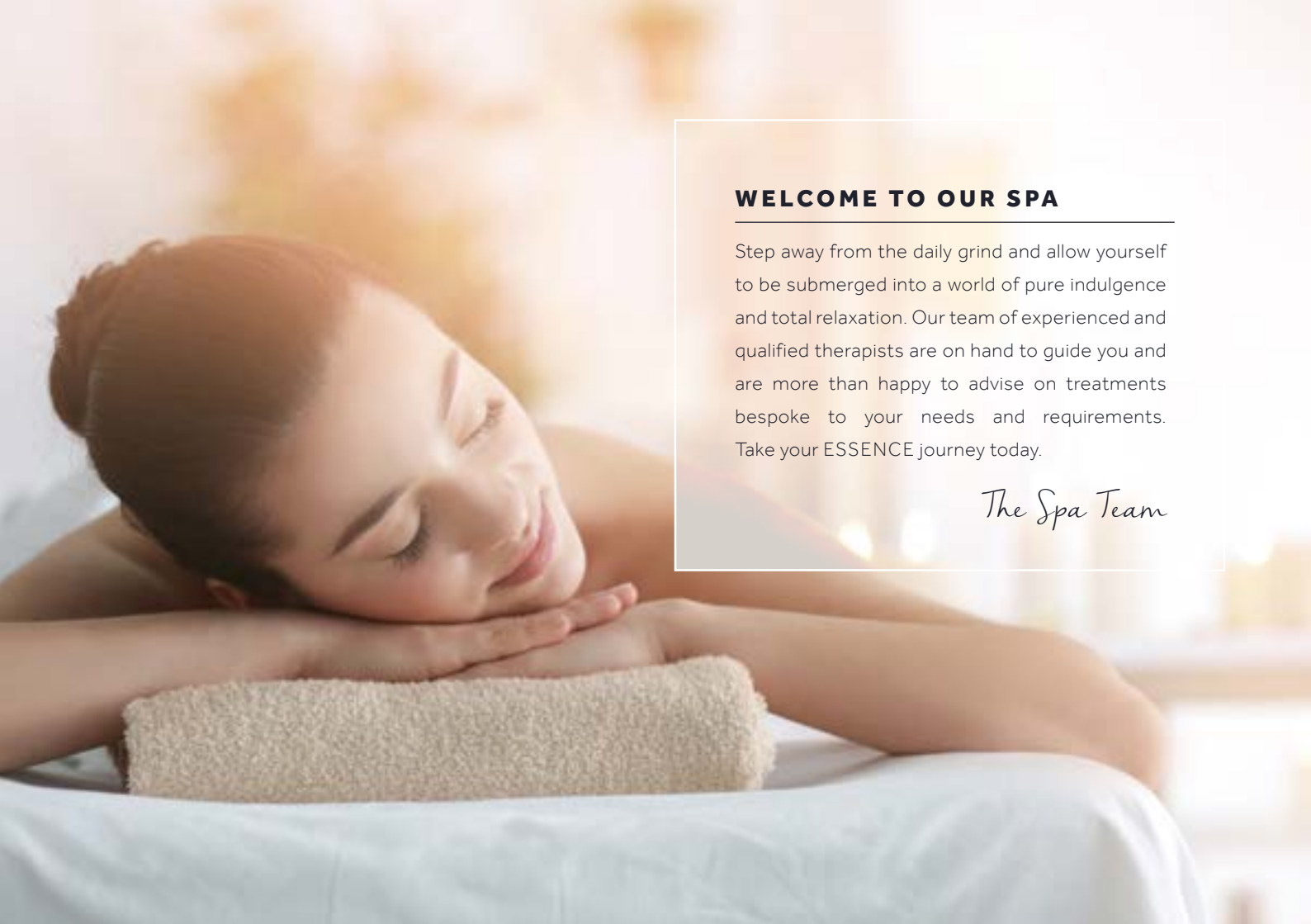


E S S E N C E

SPA & BEAUTY



WELCOME TO OUR SPA

Step away from the daily grind and allow yourself to be submerged into a world of pure indulgence and total relaxation. Our team of experienced and qualified therapists are on hand to guide you and are more than happy to advise on treatments bespoke to your needs and requirements. Take your ESSENCE journey today.

The Spa Team



DAY SPA EXPERIENCES

ESSENCE SPA TASTER

75min | €80

Choose 3 of the following treatments

- Full body scrub
- Discovery facial
- Indian head massage
- Swedish back massage
- Mini manicure
- Mini pedicure

ESSENCE HALF DAY PACKAGE

120 min | €130

- Swedish full body massage
- Bespoke Natural Spa Factory facial

ESSENCE FULL DAY PACKAGE

210 min | €230

- Swedish full body massage
- Bespoke Natural Spa Factory Facial
- Essence Manicure
- Essence Pedicure

ESSENCE DETOX

110 min | €120

Cleanse & detoxify impurities

- Slimming laminara algae wrap
- Reflexology

MUMS TO BE

BUMPS-A-DAISY MASSAGE

Relieve pregnancy aches and pains with a full body massage using our bumps-a-daisy "Sweet Mandarin" oil

BACK, NECK AND SHOULDERS

30 min | €50

FULL BODY MASSAGE

55 min | €75

SWEET HONEY SOLE SOOTHER

Nectarine and honey scrub to lower legs and feet to hydrate and awaken the senses. Foot and lower leg deep massage with sweet mandarin oil to hydrate tired and aching feet

35 min | €45

**add on artistic gloss gel polish on toes €15*

REFLEXOLOGY

Prepares the body for labour by balancing the body's systems, especially the endocrine system which is responsible for the secretion of many important hormones during pregnancy. It is best to wait until you are 16 weeks to start your first reflexology treatment

55 mins | €65

*NB *Expecting Mum's must be over 14weeks in order to avail of these treatments**





FACIAL TREATMENTS

ESSENCE GOLD SIGNATURE FACIAL

The skin is cleansed using our Caviar enriched honey cleanser rich in vitamins A,B and D. Followed by our paraben free gold facial scrub with extracts of champagne and pearl providing a gentle cleansing to reveal beautiful radiant skin and reduce the appearance of fine lines and wrinkles by firming, toning and illuminating the skin. We nourish and reveal your unique beauty by promoting your skin's natural health and radiance.

55 mins | €75

ESSENCE GEISHA ILLUMINATING FACIAL

Revitalise dehydrated and damaged skin with this specially formulated exclusive facial to help even skin tone and reduce the signs of premature aging. The skin is cleansed with a silky rice honey cleanser and a gentle light rice facial polish is then applied to revive dead skin. This is followed by a rice facial toner to perfect the skin and delicate eye area.

55 mins | €75

ESSENCE CAPSULE DEEP PORE CLEANSING FACIAL

Struggling with acne or congested skin? Our unique combination of botanicals helps to reduce oil production while hydrating your skin. We clear and reduce the bacteria that causes acne and draw out impurities. Clear pores and a clear complexion leave you feeling refreshed and confident.

55 mins | €75



ADVANCED SKINCARE FACIALS

TIME EXPERT TIDES

A truly innovative and powerful anti-aging facial that helps the skin recover its youthfulness. Containing 'micro-dermoxine complex' and an exclusive combination of peptides with a specific anti-wrinkle effect, this facial will help regenerate and fill in facial expression lines and wrinkles. Its results can be seen from the first session and we recommend 4 weekly treatments to provide a lasting effect.

1 hr 15 min | €95

TIME EXPERT LIFT

– *(non surgical face lift)*

The latest anti-aging achievement aimed at rebuilding the support and structure of the skin, helping to reposition volumes and define facial contours. Inspired by the most advanced facial surgery techniques, the objective of Time Expert lift is to reposition the tissues that have fallen during aging.

1 hr 15 min | €110

PURE O2

A superb anti-aging treatment that uses proteins and oxygen to rejuvenate intercellular activity; in order to increase the skins firmness and elasticity. The key ingredients help to restore the skins cellular communication and oxygenation functions using the necessary mechanisms to work against aging. An immediate difference will be seen and felt and a course is highly recommended for a maximum and lasting result.

1 hr 15 mins | €95

TIME EXPERT A.G.E VITAMIN BOOST

This amazing facial is just the solution for skin which looks dull and tired. One of the best professional anti-glycation treatments on the market, this advanced treatment is based on pure vitamin C combined with Urne Extract which works to inhibit the action of glycation. One treatment provides an immediate, intense luminosity, 4 weekly treatments provide a lasting revitalising effect.

1 hr 15 min | €95



HOLISTIC TREATMENTS

Massage is one of the oldest healing arts – Chinese records dating back 3,000 years document its use – today massage therapy has proven beneficial for many chronic conditions including back pain, arthritis, fatigue, depression and more. And, as millions would agree, massage also helps relieve the stress and tension of everyday living that can lead to disease and illness.

SWEDISH FULL BODY MASSAGE

50 min | €75

60 min | €85

BACK NECK AND SHOULDER MASSAGE

25 min | €40

35 min | €50

**include a full body scrub for an additional €25*

HOT STONE MASSAGE

Back, neck and shoulders

25 min | €50

Full body

55 min | €85

INDIAN HEAD MASSAGE

30 min | €45

Concentrating on the areas that hold the greatest amount of tension this therapy allows pure relaxation, creating a general feeling of well being and is performed using traditional techniques

REFLEXOLOGY

55 min | €65

An ancient pressure point therapy concentrating on the body's reflexes located on the feet. This technique assists the body's natural healing process and relaxes both the mind and body.

EAR CANDLING

45 min | €55

A cleansing technique that produces a revitalising heat which soothes, relaxes and helps to relieve stress. This treatment is completed with a relaxing facial and pressure point massage.

HOLISTIC TREATMENTS

FULL BODY SCRUB

This treatment eliminates dead skin cells and smoothes rough areas; leaving skin soft and luminous.

Choose a body scrub to suit your mood and an oil to satisfy your senses:

Body Scrubs:

- Yuzu beets and watermelon scrub
- Nectarine and honey body salt scrub
- Lime and lemongrass body salt scrub

Oils:

- Calming body oil – with ylang ylang, chamomile, sweet orange, rosehip and may chang
- Invigorating body oil – with ginger, marjoram, clove and spearmint
- Seaweed oil – with seaweed, raspberry, evening promise and apricot

45 min | €65

SLIMMING LAMINARA ALGAE WRAP

Our body wrap has a combination of specially selected seaweeds for intense shaping, reducing cellulite and to help flush out toxins whilst hydrating and protecting the skin and helping maintain its elasticity. Seaweed is rich in elements, nutrients, proteins and is high in anti-oxidant activity which promotes the breakdown and elimination of fats.

55 min | €75

CANDLE RITUAL MASSAGE

Made using the finest Natural Spa Factory oil and using the purest natural ingredients including beeswax, soybean and coconut oil, this luxurious treatment and massage candle is packed full of skin smoothing omegas, vitamins and minerals and is the ultimate way to soften, smooth and soothe both body and soul. Once melted, the delicate warm oil is directly poured onto the skin to nourish, soften and hydrate while the beautiful natural fragrance engages the senses of mind, body and soul and leaves your skin beautifully scented.

55 min | €85

AROMATHERAPY BATH

Enjoy this warm water massage with specially selected aromatherapy oils. Hydro jets target the different body zones to reenergise and release tension.

25 mins | €30

HAIR REMOVAL

Eyebrow	€10
Lip	€8
Chin	€8
Underarm	€15
Half leg	€20
Full leg	€30
Bikini line	€20
Brazilian.....	€30
Back.....	€35

LASHES AND BROWS

Eyeshadow Tint	€15
Eyebrow Tint	€10
Party Lashes	€15
3D Volume Semi-Perm lashes	€60
6D Volume Semi-Perm lashes	€70
Eye Make-Up only.....	€15
Full Make-up application	€25
Make-up with strip lashes	€30

FINISHING TOUCHES

ESSENCE Manicure	€55
ESSENCE Pedicure	€55
Maintenance mani/pedi	€30
File and Polish	€15
Gel Polish	€20
Gel Polish removal	€10
Full body Spray Tan	€25
Half body Spray Tan	€15



SPA PACKAGES & GROUP BOOKINGS

Book the perfect package for you and a loved one or a group of friends.

Speak with the spa team and our reservations team.

essencesligo@claytonhotels.com

HAIR SALON

Dex & Pam Hair & Beauty is located beside Essence Spa. For appointments please call 089 475 5992.

RESERVATIONS

Treatments are only available to adults of 16years and over and all treatments are subject to availability. Advanced booking is essential. Credit card details will be required to secure all appointments.

ARRIVAL





Clients are requested to arrive at least 15 minutes before their appointment to allow time to change and relax prior to treatments. Arriving late may affect your own treatment time or render your booking invalid.

HEALTH

Please advise us of any health condition that you may have as some conditions contraindicate treatment. You will be required to complete a medical questionnaire which is confidential and for your safety and well being.

CANCELLATIONS

Changes to, or cancellations of booking may be made up to 24 hours in advance without incurring a charge – larger bookings must be done 48 hours in advance - however less than this will result in a charge of 50% of the cost of the appointment. No shows will incur a 100% charge.

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