

Treatment Packages

59∋ лпоц⊺	Destress treatment - back, neck and shoulder massage and mini facial
0€I30	Thalgo Body Scrub with a Mini Facial and a Full Body Massage with Reflexology Treatment
56€	Full Body Hot Stone Massage and Express Facial
06€	Invigorating body exfoliation, followed by Swedish Body and Scalp Massage
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lindaatazure@mullingarparkhotel.com 10275044 9337504



Facial Treatments

**Thalgo Illuminating Refresher Facial**half hour $\notin$ 40A customised treatment for all skin types. A fabulous mini facial.

Eye Expert Treatmenthalf hour€35This ultra-relaxing treatment combined with eye massage maskreduces puffiness and dark circles, gently smoothest wrinkles and fine lines.The eye contour area is instantly rejuvenated.

Heart of the Ocean Rituals1 hour€60The vital force of the oceans, concentrated and combined to meet the<br/>specific needs of every skin type. Source Marine: for dehydrated skin.Purete Marine for combination/oil skin. Cold Cream Marine: a haven<br/>of peace for dry and sensitive skin.

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**Collagen Radiance Facial** 

1hr 15 mins € 80

*To smooth the first of fine lines of ageing. This unique treatment drenches the skin in native marine collagen. The skin is intensely moisturised and ultra-smooth with a radiant complexion.* 

Waxing	treatments	Australian	Carron	Wax
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waxing treatments Australian	Carron wax
Full leg wax	€35
Half leg wax	€20
Bikini wax	€15
Underarm	€15
<i>Lip or chin</i>	€10
Eye Care	
<i>Eye lash tint</i>	€15
<i>Eye brow tint</i>	€12
Eye brow shape	€10
Eye Combo	€30

## Spray Tanning WHITE TO BROWN or LUV TAN Full body & scrub

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Full body	€30
Half body	€20

## Manicures & Pedicures Jessica File and Polish

€15

Callus peel30 mins €30For hard skin removal. Includes toe paint.

Make up application InglotCleanse, tone, moisturise & make up. €30

Cancellations: 24 hours advance notice is required otherwise a 50% cancellation charge applies. 100% charge will apply for no shows.

Massage & Body Wraps

Signature Massage Treatmenthalf hour  $\in$  35Head and shoulder massage using a combination of Swedish and Indian Head Massage techniques to alleviate stress.Swedish massage - Relax and Unwind1 hour  $\notin$  65 half hour  $\notin$  40

*This massage releases muscle stiffness, tension and improves circulation.* 

**Hot Stone Massage - Ultimate relaxation experience** *1hour €75 This treatment brings a sense of total relaxation, using sculpting techniques with hot volcanic stones.* 

**De-Stress Treatment - a little bit of everything**one hour €65Thalgo Illuminating Refreshing Facial & Swedish back, neck, shoulder and scalp massage.

**Reflexology** $\in$  45The feet mirror image the whole body. By treating the feet a whole body healing effect can be achieved.

## **Sports Massage**

*Invigorating Massage, helps to alleviate a build-up of lactic acid, knots and crystals.* • *Back and legs... 50 mins €50* • *Back, shoulders, glutes & legs ... 50 mins €50* • *Just legs ... 20 mins €25* 

Body Scrub $30mins \notin 40$ A body exfoliaton that combines the unique exfoliating power of sea salt and nourishing oils.

Algae body wrap1hour 15mins €75This wrap is pure and natural patented algae cream rich in minerals & vitamins.Helps to stimulate blood circulation and relieves muscular fatigue and poorcirculation and is a general tonic for the body.

**Body Shaping Care - High Precision Shaping Treatment** 1hour treatment €65 A corrective treatment that targets cellulite. The silhouette is visibly reshaped. Cellulite dimpling is significantly smoothed.

Mum 2 Be

Specialised Massage.50mins €65Can be used during pregnancy 12 weeks and over. Includes mini facial, back, legs, arms,<br/>scalp & maternity reflexology.

**Just Back and Feet please** 40mins €50 A specialised back massage and maternity reflexology.

**Just feet please** half hour €30 Specialised maternity reflexology.

Men's Treatments - Unplug & Unwind Men's personalised express Facial 30mins €35

**Men's personalised express Facial** Wake up and energise tired and dull skin.

**Combined Face and Body Treatments** 1hour 15mins €75 Personalised express facial and a deeply relaxing back, neck, shoulder and scalp massage with eyebrow trim.

**Reflexology Foot Massage and a deeply relaxing back, neck and shoulder massage** *1hour treatment* €65

Men's Manicure30mins €40Provides complete nail and cuticle care along with a hand massage.

Men's Pedicure45mins €40Offering full foot care including the removal of hard skin and invigorating foot and leg massage.

Waxing

Chest wax Back wax

HALGO

half hour €301hour €50half hour €301hour €50

Silicium Super Lift Facial 75 mins € 80 This Thalgo treatment procedure are a highly effective anti-wrinkle massage and a professional double firming mask that erases wrinkles and restores radiance to the complexion.

NEW - M-Ceutic Facial 1hour €80 Course of 3 €220
A true medically – inspired beauty treatment. It delivers a tailor made
3 step treatment renovating peel, Bio-Regenerative infusion and corrective intervention to restore youthful looking plump and radiant skin.

**Microdermabrasion skin base treatment** Course of  $3 \in 125$  / full facial  $\in 75$  / half  $\in 45$ During microdermabrasion thousands of tiny crystals are jetted across the skin to gently remove the outer layer of old skin cells and reveal new, fresh rejuvenated skin. The crystals and cells are then removed using a vacuum action which also stimulates blood flow and the production of collagen and elastin to treated area.