



## FOR THE FACE...

### SPA FIND FACIALS

*Spa Find offers non-comedogenic, skin-friendly formulas, blending natural de-ionised water with pure Dead Sea minerals and organic plant extracts, to create a range of truly pure skin-care products for their customised facials.*

**FIND...RENEWED RADIANCE** 55 mins €90  
Nourishing mud facial for dehydrated skin, helping to gently renew and revive skin, thus reducing fine lines and signs of ageing.

**FIND...BALANCED BEAUTY** 55 mins €90  
Hydrating mud facial for normal skin. A naturally rebalancing facial to deep-cleanse and brighten normal and combination skins, eliminating impurities and smoothing surface imperfections.

**FIND...PERFECT PURITY** 55 mins €90  
Skin-clearing mud facial for problem skin. This purifying facial helps to remineralise, soothe and rebalance acne-prone skin whilst deeply relaxing the mind, leaving you feeling confident and refreshed.

**FIND...YOUTHFUL YOU** 75 mins €105  
Anti-ageing algimud facial. This revolutionary treatment combines Dead Sea mud and seaweed to reduce fine lines and wrinkles producing instant firming results.

**FIND...EXQUISITE EYES** 40 mins €70  
An anti-ageing eye treatment to reduce fine lines and wrinkles whilst encouraging cell regeneration and deeply relaxing you.

### FOR MEN

**FIND...SPA FACIAL FOR MEN** 55 mins €90  
A deep cleanse and skin polish, followed by a relaxing shoulder, neck massage and a purifying mud mask.

### TINT & SHAPE

Eye Lash Tint €20  
Eye Brow Tint €15  
Eye Brow Shape €20

### MAKE-UP

Bridal make-up, including trial €70  
Make-up application/lesson €45



## FOR THE HANDS & FEET...

**FOOT AND LEG SPA** 25 mins €50  
The feet are soaked in a warm, soothing Sage foot bath followed by a rhythmical foot and leg relaxation massage using Dr. Hauschka's rosemary leg toner and foot balm. Excellent for tired, swollen feet. Walk on air.

**REFLEXOLOGY** 40 mins €75  
Therapeutic foot massage of precise reflex points corresponding to different parts of the body triggering the return of equilibrium.

**LUXURY FOOT TREATMENT** 55 mins €75  
The feet are exfoliated, pedicured and oils are applied to the cuticles and feet followed by a relaxing massage. Heated booties allow the oils and creams deeper absorption.

**LUXURY HAND TREATMENT** 45 mins €65  
The hands are exfoliated and manicured. Oils and creams are applied to the cuticles and the hands followed by a relaxing massage. Heated mittens allow the oils and creams deeper absorption.

<b>HANDS</b>	<b>FEET</b>	
Manicure €50	Pedicure €60	
/with French Polish €60	/with French Polish €70	
/with Paraffin	/with Paraffin	
Wax Treatment €70	Wax Treatment €80	
Nail file, buff and polish €30	Nail file, buff and polish €30	

### WAXING

Half Leg €35	Arms €30
Full Leg €45	Lip €15
Bikini €20	Chin €15
Underarms €20	

- All treatments are subject to availability.
- Please advise of any medical conditions at time of booking.
- Credit Card details are required at time of booking to guarantee your appointment.
- Please advise 48 hours notice to cancel an appointment and preferably 72 hours or more for a Spa package.
- Groups of five people or more need to give 14 days notice of cancellation or full price may be charged. This is to accommodate other guests.
- Full price may be charged for any appointment cancelled with less than this notice including no shows.
- Please arrive promptly for your appointment, otherwise treatment times may be shortened and full list price charged.
- Please respect the tranquil environment of the Spa and ensure that mobile phones are switched off.
- Coolbawn Quay is not responsible for the loss of any personal belongings from the Spa or Beauty Rooms.
- Gratuities are left to the Client's discretion.
- We reserve the right to alter our prices without prior notice.
- Please refer to Terms and Conditions and Spa Etiquette on our website.

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## COOLBAWN QUAY LAKESHORE SPA



## BODY AND SKIN THERAPIES

Welcome to the Lakeshore Spa  
at Coolbawn Quay.

Escape and indulge in blissful  
treatments and therapies  
under the caring hands of  
our Therapists. Through the  
sense of touch discover the  
beauty that lies within you.



## FOR THE BODY...

### WRAPS

**ALGAE SEAWEED BODY WRAP** 55 mins €95  
The healing properties of marine algae and sea plants work together to create a purifying body treatment that encourages the release of toxins and stimulates the body.

**FIND...INFINITE INDULGENCE** 75 mins €100  
**Hydrating Mud Envelopment**  
A deeply relaxing Dead Sea mud treatment to nourish, soothe and condition the skin. Begins with a full body exfoliation and ends with application of mineralised creams.

**FIND...MARINE MIRACLE** 45 mins €75  
**Algimud Body Contouring Treatment**  
An intensive seaweed and Dead Sea mud treatment with lymphatic drainage massage, designed to firm and tone specific problem areas and eliminate cellulite.

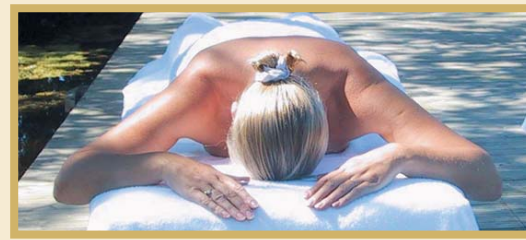
**FIND...BODY BLISS** 85 mins €110  
**A Relaxing and Firming Total Body Experience**  
A combination of heated Dead Sea mud and cooling seaweed masks is applied to firm and tone problem areas, whilst relaxing and relieving muscle tension.

### BODY TREATMENTS

**FIND...HEAVENLY HYDRATION** 25 mins €50  
**Full Body Salt Brushing Exfoliation**  
A pure Spa exfoliation treatment using Dead Sea salts combined with the rich effects of Vitamin E and Coconut Oil to nourish and invigorate.

**BACK TREATMENT** 45 mins €70  
The skin is deep cleansed, followed by exfoliation, a soothing massage and a purifying mask.

**GUINOT TAN AND GO** 55 mins €80  
The skin is prepared for application of the tinted cream which develops over a three-hour period, resulting in a natural golden glow.



## FOR THE BODY...

### MASSAGE

*A sense of touch to bring harmony and peace to both mind and body.*

**THERAPEUTIC MASSAGE** 55 mins €90  
A classic full body massage with chosen oils...lemon to revitalise, lavender to calm, birch arnica to refresh.

**WELLBEING BACK MASSAGE** 25 mins €60  
This treatment focuses on the back and shoulders to relieve tension and soothe aching muscles. Encourages relaxation and calm.

**STRESSBUSTER** 75 mins €100  
A deep tissue full body massage targeting areas of muscle tension and stress that build up in our body over time. Includes scalp, face and shoulders.

**SWEDISH MASSAGE** 55 mins €90  
A massage to improve circulation, muscle tone and joint flexibility. Increases oxygen flow and releases toxins.

**HOT STONE THERAPY** 75 mins €105  
Various massage techniques and warm basalt stones relax the body at its deepest level creating a harmonious energy flow.

**SCALP, FACE & SHOULDER MASSAGE** 40 mins €75  
Oils are massaged onto the décolleté and shoulder area working up through to the neck, onto the face. The tips of the fingers massage the scalp and brush lightly through the hair. Blissful.

**MUMS TO BE** 55 mins €90  
Nourishing, mineralised creams are rhythmically massaged onto the legs, feet and arms, followed by a shoulder, scalp and face massage, ending with a lower back rub.

**FIND...COMFORT** 105 mins €145  
**A Hawaiian Massage Spa Journey.**  
Find immediate comfort from this relaxing deep-tissue body massage using Lomi Lomi techniques with the forearms, elbows and hands. Begins with full body exfoliation and includes warm mud foot envelopment.

**FIND...TRANQUILITY** 105 mins €145  
**A Japanese Massage Spa Journey**  
Find total tranquility from this deep-tissue body massage which uses Shiatsu pressure point massage to ease away muscle aches and pains. Begins with full body exfoliation and includes warm mud foot envelopment.

**FIND...CLARITY** 40 mins €70  
**An Indian Head Massage Spa Journey**  
Find clarity of mind and refreshed motivation from this spa massage combining Indian Head Massage with warm mud foot envelopment.



## FOR THE FACE...

### DR. HAUSCHKA FACE

*Only pure botanical herbs, flowers and essences are used in this holistic skin care range. Relax, surrender and experience the luxury of nature's treasures transformed for you.*

**60 MINUTES OF HEAVEN** 60 mins €90  
Warm herbal compresses, herbal clay and rejuvenating masks induce a deep calm to the skin allowing it to breathe. Specialised lymph stimulation, rhythmical décolleté massage and potentised conditioning essences leave the skin healthy and glowing.

**TRANSCEND THE ORDINARY** 115 mins €155  
The ultimate facial journey. Beginning with a soothing sage footbath, rhythmical foot massage, arm relaxation...feel the tension flow and go. Then to the face...loosening the neck, followed by warm, herbal compresses, cleansing mask and brush lymph stimulation. Rhythmisised Rose or Blackthorn décolleté massage, resulting in a glowing and radiant you. Heaven can wait.

### GUINOT FACE

*Guinot draws from nature's medicinal plants with healing properties to create the plant concentrates and essential oils that make the skin more beautiful and radiant in their luxurious facial treatments.*

**HYDRADERMIE** 85 mins €105  
The most advanced facial for deep cleansing, hydrating and revitalising the skin. Delivers outstanding results and restores the skin's natural beauty. The treatment is customised to your skin's individual needs.

**HYDRA PLUS** 105 mins €145  
The hydradermie facial with an added anti-age eye, neck and décolleté treatment.

**ESSENTIAL FACIAL** 40 mins €70  
The express facial with precious essential oils, gentle exfoliation, massage and a delightful plant based mask. Leaves the skin looking luminous.