

Unwind, Relax, Pamper

COMPLEMENTARY TREATMENTS

Reflexology

Reflexology is a method for activating the healing powers of the body. It is the practice of applying pressure to the feet to clear the energy zones that run throughout the body .

45 mins €50.00

Indian Head Massage

Despite the name it's much more than "just a head massage "in fact it also works on the upper back, shoulders neck and face .These are all energy centres and where tension is most likely to accumulate . Relaxing , calming , re-vitalising and de-stressing.

45 mins €50.00

FINISHING TOUCHES

Lashes and Brows

48 hour Patch Test Required

Eyebrow shape	€10.00
Eyebrow Tint	€8.00
Eyelash Tint	€15.00
All 3 together	€30.00
Threading	€10.00 per area

Nails

CND Shellac 45 mins €30.00

Deluxe Jessica Manicure

60 mins €45.00

File and polish €15.00

Jessica Zen Spa Pedicure

Deluxe Pedicure €50.00

File and Polish €15.00

Air Mist Tanning

Full Body €35.00

€30.00 Half body €20.00

To book Call 095 21306



The Treatment Rooms

Facial Therapy
Body Treatments
Massage Therapy
Combination Packages
His & Hers



Abbeyglen Castle Hotel
Sky Rd., Clifden, Co, Galway

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[facebook.com/AbbeyglenCastleTreatmentRooms](https://www.facebook.com/AbbeyglenCastleTreatmentRooms)

For appointment please call
095 21306

Abbeyglen
Castle Hotel



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Facial Treatments- Yon ka Skincare

Escale Beauty

Maybe your time is limited or you just prefer shorter treatments. Whatever the reason, take time out and treat yourself to a beauty break that will re-energise and stimulate.

35mins €45.00

Le Grand Classique

Cleansing, restoring and relaxing facial. A truly personalised and complete treatment. Gentle cleansing followed by a relaxing massage with balancing aromatic elixirs of lavender, rosemary and geranium combined to leave the skin radiant.

60 mins €70.00

Plaisir D' Aromes

Aromatic, relaxing and well-being facial. This cocooning treatment unites all of the beneficial elements of a relaxing skin care treatment including the a warm aromatic compress and enveloping relaxing massage.

60 mins €70.00

Hydra-Essence Visage

This high performance deeply hydrating facial will revive the most dehydrated complexion. Luxuriate in the warmth of healing hands while your skin is bathed in a moisture surge of deliciously scented oils, creams and elixirs.

80 mins €80.00

Optimizer

Every part of the luxury treatment encourages flawless skin and perfect tone. In just a little more than an hour your facial contours are lifted and your skin is left looking beautiful and relaxed.

85 mins €85.00

Alpha Vital

Using organically sourced AHA / BHA from natural fruits, dead cells are brushed from the skins surface, skin becomes noticeably smoother without a hint of sensitivity. One treatment will boost your complexion for that special occasion.

75 mins €85.00

Skin Base Microdermabrasion Facial

Microdermabrasion is a pain free anti- ageing treatment which is credited as being one of the easiest and most effective anti - ageing treatments available.

Visibly reduces fine lines and wrinkles, acne scarring , sun damage , blemishes open pores and dull lacklustre skin.

Deluxe microdermabrasion 60 mins €70.00

Course of 6 €350 (pay for 5 get 1 free)

Jane Iredale Mineral Make up

The most beautiful cosmetic you can wear is a healthy skin. That's why everything Jane Iredale develops is a true extension of skincare . It's new technology is so effective it is recommended by plastic surgeons , dermatologists and skincare professionals.

Make up 35 mins €30.00

Make up Lesson 1 hour €45.00

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Aromatherapy Body Massage

A deeply Therapeutic , holistic treatment , using blends of essential oils which appeal deeply to the senses and whose aromatic appeal is a personal response to individual needs.

Full body 60 mins €70.00

Back only 30 mins €40.00

Full Body Hot Stone Massage

Hot stone massage is a specialty massage using blended aromatherapy oils and volcanic hot stone .The therapist uses hot stone to massage out tight muscles and relax the body .This is ideal for people who have tense muscle and need a deep massage with less of the pain.

Full body 90 mins €90.00

Back only 45 mins €50.00

Sports massage

A muscle specific treatment, ideal for the weekend warrior or serious athlete in training.

40 minutes €60.00

SIGNATURE TREATMENTS

Spirit Reviver

This treatment incorporates the holistic blend of 5 superb therapies , sensory therapy, chakra therapy and coloured gem therapy . In short a deeply relaxing hot stone back massage and luxurious Yon-ka facial. Captivating aromas, healing colours , luminous skin.

120 mins €120.00

Chakra Balancing With Hot Stones

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony and through which ones life force energy flows. Balancing followed by a restorative body massage .

90 mins €99.00

Holistic Back Face And Scalp Massage With Hot Stones

An all embracing treatment incorporating a Yonka facial, with acupuncture , face and head massage . An initial deep cleansing back exfoliation is followed by the Hot Stone back massage with essential oils bringing powerful de-stressing benefits to mind and body.

90 mins €95.00

Back To Face Relaxation

Beginning with a back massage followed by a head/neck massage and a mini facial (cleanse, tone and moisturise).

60 mins €65.00

Total Time Out

Luxurious hot stone back and neck massage followed by a tailored reflexology treatment to clear the energy zones and balance the body.

90 minutes €95.00



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