



AQUASPA

# AQUASPA

## PACKAGES

### Deep Relax €150

De-stress Balneotherapy Bath  
Elemis Visible Brilliance Facial  
Elemis Restore Full body Massage  
Complimentary use of our Tranquillity Room

### Revitalising Package €130

Skin Nourishing Balneotherapy Milk Bath  
Elemis Frangipani Monoi Salt Scrub  
Elemis Customised Aromapure Facial  
Complimentary use of our Tranquillity Room

### Men's Musclease Package €130

De-stress Balneotherapy Bath  
Elemis back, neck & shoulder Massage  
Elemis Tri-enzyme Facial

### Hen Party Package €80

Elemis Refresher Facial  
Back, Neck & Shoulder Massage  
Nail polish Hands & Toes  
Complimentary Prosecco

### Beautiful Bride €140

Elemis Visible Brilliance Facial  
Deluxe Manicure  
Deluxe Pedicure  
Two complimentary Elemis products travel size  
Shellac finish to your Manicure and Pedicure  
for just €15 each

*All our packages have complimentary use  
of our fluffy bathrobes and slippers.*

*We provide refreshments of Sorbet, herbal teas  
& coffee in our packages.*

*All Maternity Packages are on our  
Mama Mio Pregnancy Page.*

## ELEMIS FACE

Step into our luxurious world of tranquillity, where your journey begins with an Elemis Facial using Eastern massage techniques and cleansing ritual to remove stresses of everyday.

### Elemis Tri-Enzyme Facial € €75 60 mins

This highly potent resurfacing treatment targets the signs of ageing and dull, tired uneven skin tone. This system delivers powerful exfoliation and renewal for smoother younger looking skin. A new start for new skin.

### Elemis Pro-Intense Lift Effect Facial € €90 60 mins

AquaSpa new Elemis Pro-Intense Lift Effect Facial will leave skin glowing with radiance. Using powerful lifting techniques, this treatment targets the jowl, cheeks, chin and neck for the ultimate lift effect. This advanced facial will reduce puffiness and fluid retention associated with sagging skin while also decongesting the skin.

### Elemis Visible Brilliance Facial € €80 60 mins

This luxurious Facial is a treatment that combats dark circles and draws out all impurities so your skin is healthier and super hydrated. It reduces fighting signs of ageing, stress and slacked skin. After just one treatment moisturisation levels of the skin are proven to increase up to 61%. Ideal for Brides or gorgeous pampering.

### Elemis Pro-Collagen Age Defy € €80 75 mins

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. Targeted Drainage massage re-energies and rejuvenates while an age defying peel off mask encourages the highest cellular functions.

### Elemis Aromapure Facial € €55 55 mins

These prescription facials combine specialised deep cleansing and Eastern massage techniques to help bring radiance and youthful vitality back to a dull, lack lustre skin. Ideal for dry devitalised skin. This facial can be customised to all skin types.

### Elemis Refresher Facial € €30 25 mins

This introductory facial allows you to experience a sample of the world renowned Elemis facial treatments. This is a quick pick me up for dull, lifeless skin and is an excellent pre make up facial for that special occasion.

## DERMALOGICA TEEN START FACIALS

Life can be difficult growing up especially when you feel you cannot control your skin. Dermalogica has designed the Clear Start Range to target the skin problems we suffer from during those teenage years.

### Dermalogica Clear Start Facial € €40 40 mins

Facial Touch Therapies add on - Your choice of one of our unique touch therapies:

Revitalising Eye Rescue Treatment € €15 15 mins

Lighten up legs € €15 15 mins

Pick Me Up Back, Neck & Shoulder Massage € €15 15 mins

## HOLISTIC / MASSAGE

Holistic therapies reduce tension & relieve the negative effects of everyday stress.

**Restore Full Body Massage** € €60 50 mins

Focusing on relieving stress and tension with specially blended massage oils

**Back, Neck & Shoulder Massage** €40 30 mins

A Back, Neck & Shoulder Massage will loosen the muscles in the back and shoulders where tension exists

**Hot Stone Massage** €70 55 mins

Hot Stone Massage is an Ayurvedic Massage treatment designed to relieve bodily tension. The stones are basalt with smooth finish heated and used in conjunction with hot oil.

**Deep Tissue Massage** €50 30 mins

Your Deep Tissues Massage focuses on specific areas that carry stress & muscle tension €70 55 mins

**Indian Head Massage** € €45 40 mins

We focus on pressure points of your face, upper back and scalp. Indian Head Massage promotes relaxation, relieves headaches & reduces stress.

**Reflexology** €45 50 mins

This ancient pressure point foot treatment concentrate on a map of the body organs encouraging your own natural healing system.

## Balneotherapy Bath at the Spa

This very specialised bath has over 240 high powered jets at various points within the bath. We add mineral salts or distress oils depending on our clients need. Balneotherapy is a very relaxing treatment on its own or before any facial or body treatment

Choice of Musclease Oils • Skin Nourishing Milk Bath • Hydro Mineral Salts

It gives relief to arthritis, muscular tension and brings deep relaxation. €30 20 mins

Combine the Balneotherapy Bath with a Back, Neck & Shoulder Massage €60 55 mins

Combine the Balneotherapy Bath with a Full Body Massage €75 75 mins

## MAMA MIO PREGNANCY TREATMENT

Pregnancy Massage is one of our speciality treatments at AquaSpa. Using only the safest products Mama Mio, these treatments are designed to ease the stresses and strains with pregnancy through the 2nd & 3rd Trimesters.

**Mama Mio Healing Massage** € €70 50 mins

A full body Massage, using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce water retention. This is a perfect present for new mums also

**Mama Mio Back, Neck & Shoulder Massage** €50 30 mins

A wonderful back, neck & upper body Massage specifically designed to release tensions.

**Mama Mio Tummy Wrap** €60 60 mins

A luxurious wrap for the Tummy. Taken care of this area, using a combination of oils, creams & mask to improve skin suppleness & elasticity. Includes upper back, neck & shoulder Massage .

**Mama Mio Lighten up** €45 30 mins

A Mineral Rich foot soak, exfoliation and Massage for lower legs and feet. Refresh & Revive Tired Legs, boost circulation, relieve aches & reduce inflammation.

## Mum to be packages

**Mama Mio Full Day Pamper Package** €115 90 mins

- Maternity Full body Massage
- Elemis/ Mama Mio Facial

**Mama Mio Half Day Pamper Package** €110 90 mins

- Maternity Back, Neck & Shoulder Massage
- Elemis/ Mama Mio Refresher Facial
- Lighten Up treatment

**Barefoot & Gorgeous** €90 90 mins

Luxurious Customised Elemis/ Mama Mio Facial with our Lighten up treatment

**Pregnancy Reflexology** €45 50 mins

Reflexology is a balancing therapy it creates a safe experience to boost your energy levels

Add File and polish on toes to any of the above treatments for just €12

For your comfort we have specially designed pillows for you & your bump.

## BODY THERAPY

### Elemis Frangipini Monoi Salt Glow Scrub €60 45 mins

This Luxurious salt scrub melts on contact with skin to leave it beautifully soft and nourished. Mineral rich salts and hibiscus cleanse and exfoliate, whilst an infusion of exotic Tahitian Monoi Oil and Frangipani Flowers seal in moisture.

### Elemis Exotic Lime and Ginger Salt Glow €50 45 mins

Light body brushing, warm oil drizzled luxuriously all over your body before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Sparkle from head to toe.

### Elemis Exotic Lime and Ginger Salt Glow & Milk Bath Balneotherapy Bath €75 95 mins

## MEN'S SKIN CARE & WAXING

At AquaSpa we have created an environment where men feel comfortable to have treatments designed to enhance their Grooming.

### Elemis Men's Tri-Enzyme Facial € €75 60 mins

A deeply relaxing treatment which protects against the harsh ageing effects of shaving and environmental damage, beginning with a massage for the neck and shoulders this facial will deep cleanse and condition aging, problem and some acne scarring skin.

### Men's Healing Facial €40 30 mins

Elemis Healing Facial for men. A therapeutic facial designed to cleanse the male complexion. Soothing Rosemary, Thyme and Lavender premium grade Essential Oils treat and restore congested skin, easing sensitivity and shaving irritation

#### Waxing for Men

Full Chest Wax €	€40
Half Chest Wax €	€25
Full Back Wax	€40
Half Back Wax €	€25
Back & Chest Combined	from €60
Eyebrow Wax	€8

#### Eyecare for Men

Eyebrow Tint	€8
Eyelash Tint €	€14
All the eyes €	€28

Arrive 15 minutes before your appointment  
All mobile must be switched off  
Cancellation policy of 24 hours notice  
Young children are not permitted in the Spa due to insurance purpose

## MANICURES AND PEDICURES

Luxury for your hands and feet. We will leave your hands and feet looking pretty and polished but we also target cuticle work and hard skin.

### Deluxe Spa Colour Manicure €30 45 mins

### Deluxe Spa Colour Pedicure €40 60 mins

Paraffin Wax available on all Nail Treatments for an additional €10

#### Pedi Peel

The Ultimate treatment for Dry Callused Feet.

Only available at AquaSpa.

Treatment including cuticle work €20 30 mins

Add on to another treatment for just €15

#### Shellac - Hands or Toes

Shellac Colour €25

Shellac French €30 Prices include removal

Add a shellac finish to your manicure or pedicure for just €15

#### Nail Shape and Polish

Colour Polish Hands or Toes €15

French Polish Hands or Toes €17

## TAN

St Tropez Air Brush Full body €35

St Tropez Air brush Half body €30

Book a course of 3 St Tropez tans €90

## WAXING

Full Leg Wax €30

Half Leg Wax €16

3/4 Leg Wax €20

Thigh Wax €16

Bikini Waxing €14

Extended Bikini Wax €16

Brazilian Wax €36

Hollywood Wax €40

Lip Wax €8

Chin Wax €8

Sides of Face €11

Underarm Wax €13

Forearm Wax €16

Stomach Wax € €10

## EYECARE

Eyebrow Wax /Shape €8

Eyelash Tint €14

Eyebrow Tint €8

All the eyes €28

Eyelash tint & eyebrow shape €20

Eyebrow tint & eyebrow shape €15

Eyelash tint & eyebrow tint €20

## MAKE UP & LASHES

Strip Lashes €15

Individual lashes €30

Semi Permanent Lashes Full Set €80

Half Set €60

Refills €35

Make Up Application €30

Make up Application and strip lashes €40

1 hour make up lesson €70

Please provide your own strip lashes

## **AQUASPA**

Eden Hall, (formerly the Tennis Village), Model Farm Road, Cork

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Twitter: [@Aquaspacork](https://twitter.com/Aquaspacork)

Instagram: [aquaspacork](https://www.instagram.com/aquaspacork)

Free car parking in Eden Hall complex | open 6 days a week to men & women

## **SPECIAL OFFERS**

Up to date offers on [www.aquaspa.ie](http://www.aquaspa.ie)