



The Spa Rooms

AT

HEADFORT

ARMS HOTEL



MAKE YOURSELF A PRIORITY



Welcome

Headfort Spa Treatment Rooms invite you to nourish your body and mind. Our Spa Rooms are a healing hub where touch and technology are turbo-charged by the power of vitamins, minerals, and plant based active ingredients. Feel refreshed, renewed and revived in a space of tranquillity and indulgence.

Our handpicked collection of premier award-winning Spa brands - Environ, Repechage and Handmade Soap Company - afford you the opportunity to unwind, relax, rejuvenate, refresh and take some time out just for you.

Our treatment list is filled with carefully selected therapies from Repechage and Environ. Immerse your mind, body and soul in pure indulgence.



Environ is a globally recognised and loved skincare brand that is built on science, beauty and care. They believe that skin has a life and that vitamin A is the "oxygen" it needs to look beautiful and healthy for life. Environ believe that skin therapy is a science and that your skin deserves to look beautiful for life.

Discover the benchmark of beautiful skin today, with Environ's technologically advanced facial and body treatments that make a real, lasting difference to skin. Future proof your skin with Environ's industry-leading electro-sonic facials. Experience A Facial Like No Other.



The Original Seaweed Brand Repêchage Skin Care are leaders and award-winning pioneers in seaweed-based treatments and products, with proven, safe, powerful, effective results. Bringing together the remarkable health and beauty benefits of seaweed and the finest natural ingredients the earth has to offer.

Simply the world's most effective formulas for skin care, body treatments and cosmetics. Indulge yourself in the luxurious facial and body treatments Repêchage Skincare has to offer and see the instant results from this award winning, results driven, science backed brand. Repêchage offers a multitude of luxurious, seaweed-based body treatments to pamper and restore the look of the skin, helping it appear smooth, soft and renewed.

HEADFORT SPA SIGNATURE FACIAL

60 minute Treatment with Skin Consultation
(Allow 80 minutes in total)

90 minute Treatment with Skin Consultation
(Allow 110 minutes)

120 minute Treatment with Skin Consultation
(Allow 135 minutes)

No Face is the same so let us prescribe the facial which will give you the best results, leaving you feeling renewed and relaxed, and your skin feeling revived and rejuvenated.

A bespoke customised facial, completely personalised to target any skin concerns.

Whether it is fine lines, wrinkles, pigmentation, blemishes/acne, sensitive skin, hydration, brightening, deep cleansing we have a treatment for you. Our bespoke facial treatments can address these skin concerns for all skin types. Our therapists are highly trained to understand your skin and what it needs.

Enjoy a personalised skin consultation followed by a bespoke facial treatment with your therapist.

HEADFORT SPA SKIN CONSULTATION

Treatment Duration 45 mins

At the Headfort Spa Rooms, we are passionate about skin and skin health. We want our clients to feel at their best always, that is why we provide skincare consultations and reviews.

During your skin consultation we delve into what your skin concerns and goals are. We take a detailed account of your skincare history and include lifestyle and environmental factors.

A Taster Facial is included and your therapist will prescribe the best treatment plan and home care package to suit your needs and budget. The appointment fee is fully redeemable against products purchased on the day.

Start your skincare journey today with us!

HEADFORT SPA SIGNATURE RITUALS

Mind, Body and Soul





**ANTI-AGEING
& SLEEP RITUAL**
Treatment Duration 90 mins

The Ultimate Anti-Ageing Facial, Repêchage Signature Four Layer Facial with Scalp Face Neck and Shoulder Massage delivering skin rejuvenation and a deep level of relaxation.

**SIGNATURE
FULL BODY RITUAL**
Treatment Duration 110 mins

Back Neck and Shoulder Massage with Bespoke Facial followed by scalp massage and hand and foot treatment.

**REPÊCHAGE FUSION
EXPRESS RITUAL**
Treatment Duration 50 mins

A restorative, relaxing facial treatment that provides real nutritive benefits to the skin while stimulating the senses. With delectable and aromatic Organic Flavour Actives such as chocolate, matcha, vanilla and mixed berry, these fresh, customised facials are like smoothies for the skin, made with the very highest quality ingredients culled from the culinary world. Includes light massage and calming, custom-blended face mask, leaving the skin looking and feeling restored and smooth.



ENVIRON SKINCARE
Electro-Sonic Advanced Technology
Facial Treatments



ENVIRON™

ENVIRON ESSENTIAL TREATMENTS

60 min (3 areas of concern targeted)
90 min (entire face and neck focused on)

**ENVIRON ESSENTIAL
YOUTH RESET**

Helps to soften the appearance of fine lines, sun damage and sagging caused by ageing through the use of our peptide and vitamin packed serums. The perfect facial for a more youthful appearance.

**ENVIRON ESSENTIAL
RADIANCE REVEAL**

A targeted solution for sun damaged or pigmented skin. Boosting the skin with the correct combination of ingredients aids in reducing the appearance of stubborn dark spots. The perfect facial for delivering a more radiant and even skin tone.

**ENVIRON ESSENTIAL
COMFORT CALM**

Ideal for those suffering from compromised and sensitive skin, the use of enviro's colostrum gel helps to soothe and calm irritated skin. The perfect facial for a more even and brighter complexion.

**ENVIRON ESSENTIAL
MOISTURE BOOST**

Helps to fight against the effects of dehydration such as fine lines and flaking. The use of Hyaluronic acid as a hero ingredient promotes moisture levels deep within the skin. This is the perfect facial for those looking for hydrated and luminous skin.

ENVIRON COOL PEEL TREATMENTS

60 min

- | | |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ENVIRON DEEP CLEANSING
COOL PEEL | Designed to gently buff the skins surface and focus on purifying and controlling the appearance of congested skin. This gentle yet effective peel is suitable to do all year round with no visible peeling. |
| ENVIRON BLEMISH CONTROL
COOL PEEL | This powerful cool peel assists with the management of distressed, inflamed and blemish prone skin. Reducing the appearance of enlarged pores, this peel will leave the skin visibly less congested, clearer and smoother. |
| ENVIRON YOUTH RENEW
COOL PEEL | This cool peel treatment assists with reducing the appearance of pre mature ageing, fine lines, sun damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and visibly youthful. |
| ENVIRON MOISTURE BOOST
COOL PEEL | Designed to gently buff the skins surface and focus on revitalising dry, tired looking skin, revealing a healthy-looking glow. This gentle yet effective peel is suitable to do all year round with no visible peeling. |
| ENVIRON VIBRANT-C
MICRO PEEL | This superb Vitamin C Micro-Peel is freshly mixed before application to ensure freshness and efficiency. It is infused with added antioxidants that assist in restoring the skins glow and reducing the appearance of uneven texture, tone and ageing. |
| ENVIRON BRIGHT RECOVERY
COOL PEEL | The gentle lactic acid treatment lightly peels away dead skin to accelerate the skins natural process of cell renewal. Perfect for reducing the appearance of premature ageing, fine lines and uneven skin tone as a result of excessive sun exposure. |

ENVIRON FOCUS ON TREATMENTS

45 min

ENVIRON FOCUS ON FROWN TREATMENT

A unique peptide blend assists in reducing the appearance of expression and frown lines around the eye area and forehead resulting in a more youthful and relaxed appearance.

ENVIRON FOCUS ON EYE TREATMENT

Combining our powerful peptide complexes with hyaluronic acid ensures a completely refreshed, hydrated and youthful appearance. Perfect for those concerned about fine lines and wrinkles surrounding the eye area.

ENVIRON FOCUS ON FILLER TREATMENT

This innovative, intense and non-invasive treatment helps to smooth the look of facial lines and restore a rejuvenated, plumped youthfulness to the skin's appearance.

ENVIRON FOCUS ON EVEN TONE TREATMENT

A powerful combination of vitamin a and c, this treatment is a unique approach to assist in lightening the appearance of pigmented irregularities for a more even skin tone and brighter complexion.

ENVIRON FOCUS ON TEXTURE TREATMENT

An intensive combination of 3 environ technologies; dual electro-sonic, cool peel and micro perfusion improve the appearance of deep and stubborn scarring to reveal smoother and more evenly textured skin.



Luxurious Seaweed Facial Treatments

CLASSIC EUROPEAN FACIAL

For combination skin - Treatment Duration 45 mins

Designed for all skin types, bespoke facial introduces the skin to a range of nourishing and hydrating products. Includes a thorough cleansing, exfoliation, lymphatic massage and handpicked masque tailored for your skin. This facial will leave you hydrated, refreshed and glowing.

REPÊCHAGE SIGNATURE FOUR LAYER FACIAL

For all skin types - Treatment Duration 75 mins

This is a premier anti-ageing facial which Cosmopolitan UK called "the best facial of the century" Experience layer upon layer of pure fresh, sustainably-harvested European Seaweed to rejuvenate, tone and help firm the appearance of the skin dramatically. Your therapist will introduce soothing massages to help you unwind and distress. Finally finish with a cooling seaweed masque and warming mineral-rich thermal masque that allows for total relaxation and a glowing complexion. Enjoy younger looking skin with visibly renewed moisture. Every step of the facial is a uni-dose preparation only opened and used at the time of the application for accuracy and sanitation.

VITA CURA 5 PHASE FIRMING FACIAL

For smoother, younger looking skin
- Treatment Duration 75 mins

Designed to help invigorate and tone the appearance of mature skin. An enzymatic Micropeel helps uncover a more even-toned complexion. Combining massage techniques with a cool Spirulina Seaweed Mask and powerful anti-aging Peptides help to make skin appear firmer and smoother. A blend of hydrating, revitalising and natural botanical ingredients work together to nourish the skin and help reduce the appearance of fine lines and wrinkles. Every step of the facial is a uni-dose preparation only opened and used at the time of the application.

HYDRA DEW PURE FACIAL

For all skin types but particularly targets dry /
compromised sensitive skin
- Treatment Duration 60 - 80 mins

Say Goodbye to Dry! Targets ageing and is deeply hydrating. Suitable for Cancer treatment clients. This pure and gentle facial is clinically proven to strengthen, restore and renew dry, compromised skin with pure and natural ingredients that envelop the skin in essential comfort and reduce visible signs of aging. This facial is packed with natural ingredients like Mastic Water from the Aegean Island of Chios and Camellia Japonica Seed Oil to leave your skin looking luminous, toned, and feeling renewed. Every step of the facial is a uni-dose preparation only opened and used at the time of the application.

REPÊCHAGE EUROPEAN SEAWEED FACIAL TREATMENT

For all skin types - Treatment Duration 30 mins

The express ticket to a clean and glowing complexion. A soothing massage with our multivitamin C-Serum is followed by a freshly mixed seaweed mask. This cooling and soothing treatment helps hydrate while improving the appearance of skin tone and clarity. Perfect as a standalone express treatment or in conjunction with our European Facial Treatment. Every step of the facial is a uni-dose preparation only opened and used at the time of the application.

OPTI-FIRM EYE CONTOUR

- Treatment Duration 30 mins

Designed to reduce the appearance of sleep deprivation, environmental damage and aging. This Powerful treatment with clinically proven ingredients works to help reduce fine lines, wrinkles, puffiness and dark circles. Every step of the facial is a uni-dose preparation only opened and used at the time of the application.

This treatment can be used as a standalone treatment or it can be added to any Repechage Facial.

HYDRA MEDIC FACIAL

For oily, problematic skin

- Treatment Duration 60 mins

Designed for problematic and congested skin, this facial treatment helps to provide a deep pore cleanse. Also helps to reduce the oil production of the skin, while maintaining the perfect moisture balance. This pore refining treatment allows cleansing deep down with a soothing effect, leaving skin clearer, brighter and more evenly textured. Every step of the facial is a uni-dose preparation only opened and used at the time of the application.

ADVANCED DERMAPLANING FACIAL TREATMENT

- Treatment Duration 45-60 mins

Want smooth, radiant, glowing skin with a more youthful appearance? A specialised technique is used to remove the dead skin cells from the skin whilst protecting the skin's essential barrier and microbiome. It is a safe procedure of mechanical exfoliation using a technique with a sterile scalpel. While exfoliating, this treatment has an added benefit of ridding the skin of fine vellus hair (peach fuzz). It is one of the best forms of exfoliation as it has no down time, skin is left glowing and healthy looking. Even Marilyn Monroe was partial to this!

HEADFORT SPA BODY TREATMENTS



REPÊCHAGE HONEY AND ALMOND BODY POLISH

Treatment Duration - Full Body 70 mins / Back 40 mins

Indulge the body with pure Honey and Almond Meal from freshly crushed Almonds. Based on an ancient beauty ritual, the Repêchage Honey Body Polish sloughs off dead skin cells, leaving the skin smoother, hydrated and refreshed.

ENVIRON FOCUS ON BODY PROFILE TREATMENT

- Treatment Duration 45 mins

For body contouring and skin tightening
This powerful body treatment targets the appearance of dimpled, lax and uneven skin texture in specific areas (including the stomach, thighs, arms or jawline). The effective combination of active ingredients promotes a visibly smoother, firmer and contoured appearance to "orange peel" skin.

FACE & BODY COMBINATIONS

HEADFORT SIGNATURE TREATMENT

- Treatment Duration 60 mins

Escape the hustle and bustle of daily life and enjoy an hour of peace and relaxation with our back, neck and shoulder massage with booster facial.

ULTIMATE RELAXATION SIGNATURE TREATMENT

- Treatment Duration 90 mins

A customised treatment tailored to the way you would like. Choose how to share the 90 minute treatment. A full body massage with a booster facial, OR a full facial with back massage.

MASSAGE TREATMENTS

BACK, NECK AND SHOULDER MASSAGE

- Treatment Duration 30 mins

A concentrated massage of the back neck and shoulders. This massage is tailored to your individual needs, to alleviate tension and stress in the upper body.

SWEDISH FULL BODY MASSAGE

- Treatment Duration 60 mins

A full body massage designed to ease tension, stimulate the lymphatic and circulatory system and create a sense of wellbeing. Levels of pressure are customised to your individual needs.

BACK OF THE BODY MASSAGE

- Treatment Duration 45 mins

A concentrated massage that focuses on the back of the body, includes back, neck and shoulders & back of the legs. Customised to individual needs.

HOT STONE MASSAGE

- Treatment Duration - Full Body 60 mins
Back, Neck & Shoulders 30 mins

This tailored massage with hot stones unravels persistent muscular tightness and discomfort and restores damaged soft tissue throughout the body.

INDIAN HEAD MASSAGE

- Treatment Duration 30 mins

Based on an ancient healing system, this form of massage works on the upper back, shoulders, upper arms, neck, scalp, ears and face. Using firm yet gentle, rhythmic movements that involve acupressure points. This treatment relieves tension and promotes relaxation. This treatment revitalizes with powerful effects. The ideal treatment for those prone to headaches and sinus problems.

LUXURY SCALP MASSAGE

- Treatment Duration 25 mins

Repêchage Hair Serum is massaged into your hair and scalp. This is a treatment resulting in deep relaxation and healthy hair and scalp.



MATERNITY
TREATMENTS

MATERNITY TREATMENTS

Take time for yourself to experience our expertly designed treatments for expecting mothers
It is a perfect time to check out of reality and into Headfort Spa Rooms.

MUM TO BE MASSAGE

- Treatment Duration 60 mins

An indulgent full body massage using our safe but effective pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump. A fantastic choice pre or post pregnancy to prevent stretch marks, reduce aches, pains and swelling, and return your body to a state of well-being.

BESPOKE PRE-NATAL FACIAL TREATMENT

- Treatment Duration 60 mins

Enjoy a one hour tailor-made facial especially customised for you and your skin's needs. All our facial treatments can be adapted to suit you during this special time

THE ULTIMATE MUM TO BE PACKAGE

- Treatment Duration (not including tea) 60 mins

Enjoy a Bespoke Pre-Natal Facial OR a relaxing Mum to Be Massage followed by Afternoon Tea.

TOTAL INDULGENCE FOR MUM TO BE

- Treatment Duration 90 mins

A wonderful experience combining our Mum To Be Massage with Bespoke Pre-Natal Facial, tailored to your needs, followed by Afternoon Tea.

Please note that all of our Environ & Repêchage Facials, manicures and pedicures are also suitable during pregnancy.

SPA CANCER CARE

Headfort Spa is proud to be able to open their doors to those affected by Cancer. We have been highly trained in Oncology Aesthetics by Oncology Training International Ireland.

This certifies that we are educated in safe holistic cancer care treatments. Suitable for Men & Women.

Headfort Spa Rooms welcomes you. These treatments are beneficial complimentary therapies that go hand-in-hand with – and not a replacement for – conventional medical treatment.

They are aimed at easing the pain, discomfort and stress of those who are living with the disease and they can be taken before, during or after their programme of chemotherapy or radiation treatment. The treatments are tailored to each clients exact needs. Spa consultation required prior to treatment.

Cancer care treatments are for those living with cancer or who have had a history of cancer. We do require prior consent from a GP/Consultant for some treatments. We can give our client information for their medical team following their Spa Consultation. A consultation is required prior to treatment, this is a safe non-judgmental discussion.

Your safety is our priority.

PREMIUM CANCER CARE SESSION

Bespoke Treatment tailored to individual needs. Allow for up to One hour for this session. Treatment time may vary between 45 and 60 minutes depending on the client.





TIME FOR MEN

GENTLEMAN'S FACIAL

- Treatment Duration 50 mins

A facial treatment for men looking to deep cleanse and refresh their skin. This treatment includes a cleanse, tone and an exfoliation with a relaxing neck and scalp massage, concluding with skin hydration that will calm stressed and dehydrated skin.

GENTS MANICURE

- Treatment Duration 30 mins

Perfect for men looking to freshen up their look. Hands are soaked, nails and cuticles are cleaned and shaped followed by hand moisturising, leaving them appearing tidy and fresh.

GENTS CLASSIC PEDICURE

- Treatment Duration 50 mins

A warming soak, followed by a scrub, detailed cuticle work and hard skin removal, finishing with a deep moisturisation for the perfect appearance.

GOLF TONIC

- Treatment Duration 60 mins

The ultimate massage concentrating on relaxing the back, shoulders, wrists and hamstrings to create better flexibility and overall well-being leaving you in full swing for your next round at Headfort Golf Course or just ready for the 19th.

Gentlemen are welcome to enjoy other treatments available on this menu.



BEAUTY AT HEADFORT SPA ROOMS

HANDS & FEET

CND Pedicure
CND Manicure
Deluxe Spa Callus Peel Pedicure
CND Vinylux Nail Shape & Polish
CND Shellac Hands OR Feet
French File & Polish
French Shellac
BIAB
BIAB with gel polish/shellac finish

HAIR & MAKE UP

Full Makeup Application
with optional individual lashes

Hair - hair stylist available for in-house guests.

Upstyle and Blowdry appointments available
subject to availability.

Please contact our team
who would be more than happy to assist you.

BRIDAL MAKE UP

Please contact our team to assist you in
customising an individual package to suit each bride.

LASHES & BROWS

Eye Lash Tint
Eyebrow Tint
Eyebrow Shape
Eyebrow Tint & Shape
Eye Trio
Yumi Lash Lift
Brow Lamination
HD Brows

THREADING

Full face threading
Lip threading
Chin threading
Eyebrow threading

WAXING

Half Leg
Full Leg
 $\frac{3}{4}$ Leg
Underarm
Bikini Line Wax
In-betweeny Bikini Wax
Brazilian
Hollywood

Note: please inform us at the time of booking if you would like gel polish/shellac application for your manicure or pedicure or if you currently need gel polish/shellac removal as to allow for extra time.
Shellac/Gel Polish removal is complimentary if we carried out the application.
There is a €5 charge if the gel polish/shellac was applied elsewhere. Thank you for your understanding.

HEADFORT SPA DAY EXPERIENCES

Unwind and escape the pace of everyday life with our wonderful packages which can be tailored to each individual. Emerge from our treatment rooms feeling focused with a sense of renewed positivity.

DELUXE SPA DAY

- Allow 4 hrs 30 mins for treatments

Experience a luxurious day out. Begin with a manicure and pedicure. Ease into a full body Swedish massage and complete your perfect day with a personalised 90-minute facial curated just for you. Note: Deluxe Spa Day treatment will include light refreshments prepared by Headfort Café Therese.

MINI SPA DAY

- Allow 2 hrs 20 mins for treatments

Take some time for yourself to enjoy a full body honey and almond exfoliation followed by moisturising, including a back, neck and shoulder massage. Finish off with a 60-minute personalised facial to complete the full experience.

AFTERNOON TEA / LIGHT LUNCH PACKAGES

ULTIMATE RELAXATION ESCAPE

- Treatment duration 90 mins - this excludes tea

Luxurious 90 Minute Treatment followed by Sparkling Afternoon Tea or Light Lunch. Enjoy a combination of Facial and Massage for the ultimate experience.

DELUXE PAMPER PACKAGE

- Treatment duration 60 mins - this excludes tea

Indulge in a One Hour Bespoke Treatment followed by Sparkling Afternoon Tea or Light Lunch. Choose Massage, Facial or a Combination of Both.

RELAX AND REVIVE

- Treatment duration 45 mins - this excludes tea

A tension relieving Back, neck and shoulder massage with a choice of back of the legs or back of head massage with Sparkling Afternoon Tea or Light Lunch.

THE AFTERNOON TEA EXPERIENCE

- Treatment duration 30 mins - this excludes tea

Choose from a back, neck and shoulder massage or booster facial followed by Sparkling Afternoon Tea or Light Lunch.

BRIDAL & HEN PARTY PACKAGES

Please contact a member our team to assist you in customising an individual package to suit each group and bride.

MUM TO BE PACKAGES

See Maternity section.

SPA ETIQUETTE

Please arrive 10 minutes before your scheduled treatment time to complete your consultation form. We encourage you to use your time in the Headfort Spa as a digital detox and switch off all devices on entering Headfort Spa Rooms.

We advise no jewellery to be worn to your visit to Headfort Spa Rooms. Please be respectful of other clients in our treatment rooms when you are relaxing in the waiting area. Do not answer phone calls inside the Spa Rooms.

Please speak quietly as relaxation is our primary goal within the Spa Rooms. All treatment and spa package prices are subject to change. We have specifically designed treatments for expectant and nursing mothers, all treatments can be adapted to you during this special time in your life.

Gift Vouchers are available for all treatments and products. They are valid for 5 years from the date of issue. They can not be exchanged for money or refunds are not available.

BOOKING PROCEDURE

Appointments are subject to availability and must be secured with a booking fee.

To avoid disappointment please book your treatment in advance of your planned visit.

We will always do our best to accommodate you, however we can not guarantee appointments for your specific time and date.

CANCELLATIONS & LATENESS

Guests wishing to change or cancel their appointment must provide a minimum of 48hrs notice or a cancellation fee will apply.

A 50% charge will apply if you cancel within 48 hours, and 100% charge will apply if you cancel on the day of an appointment.

Clients who fail to show will be charged in full. Late arrivals may result in a reduction of your treatment time.

HEALTH CONTRA-INDICATIONS

At the time of booking please advise of any health conditions, allergies or injuries that may affect your treatment choice.

You will be asked to complete a detailed health questionnaire prior to your appointment. We may suggest a change to your treatment choice, if deemed unsuitable, based on the information provided.

ONCOLOGY PATIENTS

We are proud to be able to open our doors to those affected by Cancer. Headfort Spa have been highly trained in Oncology Aesthetics by Oncology Training International Ireland. We offer treatments specifically designed and safe for those undergoing cancer treatment, who have a cancer diagnosis or who are recovering from Cancer. Headfort Spa Rooms welcomes you.



ADVANCED
NUTRITION
PROGRAMME™

Authorised Stockist



OPENING HOURS

Monday: 10am - 6pm

Tuesday / Wednesday / Thursday: 10am - 8pm

Friday: 10am - 6pm

Saturday: 10am - 6pm

Sunday: 10am - 5pm

TO MAKE AN APPOINTMENT

Tel.: 0469248323

Email: sparooms@headfortarms.ie

BOOK YOUR APPOINTMENT ONLINE

www.headfortarms.ie/sparooms



@ Headfort Spa Rooms

GIFT VOUCHERS AVAILABLE.

All packages/treatments can also be tailored to suit your needs,
with a healthy lunch option if required.
Please do not hesitate to ask.