



The Spa Rooms

at the



The Headport Arms Hotel

A blend of old and new world



Welcome

Opening Times

Monday – Saturday 10.00am – 6.00pm

Late Opening Thursday until 9pm

*Appointments on Sunday by
advance booking only*

Contact Details

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Direct Email : sparooms@headfortarms.ie

Visit our Website : www.headfortarms.ie

Recharge your batteries, re-establish the harmony between your mind & body, re-discover the natural beauty of your skin, there are so many reasons to give yourself an experience at The Headfort Spa Rooms.

There are a vast variety of treatments available to suit the lady or gent. Our specialised Therapists are available to answer any questions or queries you may have. Our variety of products enable us to treat all clients Products are available for all skin types. Please peruse our list of products available at The Headfort Spa Rooms

Jurlique

This product is 100% organic, suitable for sensitive skin It contains natural antioxidants and plant based ingredients Products contain Herbs that are organical grown on herb farms in South Australia.

Phytomer

This is a marine based product. Also suitable for all skin types. It is designed for both men and women, using natural active marine products



Products

Jessica Nails

A world renowned product which originates from America. Both Jessana Manicures & Pedicures available.

California Spray Tan

The No.1 self-tanning agent available in Ireland. Originating from Sunny California. It is easy, quick and leaves you with a very natural Golden tan.

Jane Iredale Make – up

A mineral based make-up that not only offers colour enhancement, it also benefits your skin. This make-up contains no chemicals or preservatives.

Jurlique Facials

Jurlique Organic Signature Facial – 60 mins. *An intensive therapeutic treatment rich in natural antioxidants. Designed to nourish deprived skin due to skin damage, pollutions, Aggressive products and for sensitive and allergic skin types.*

Mens Fitness Facial – 60 mins. *Essential for radiant & healthy skin. This cleansing & relaxing facial is personalised for your particular skin type and needs. This includes a skin analysis, deep cleansing & exfoliation, facial Massage, revitalising mask and skin re-conditioning.*

Facials

Phytomer Facial Treatments **Sea Essential Purifying facial** **1hr 15mins**

An ideal treatment for dull, sluggish and congested skin of all ages. combining two highly active masks this facial removes toxins and Restores skins balance giving it an invigorating boost and a clear Complexion.

Sea Essential **Soothing Treatment 1 hr**

Designed for people with sensitive skin or those prone to High colour; this calming soothing facial restores the skins natural Defences. With its mineral rich ingredients the skin is left soothed Calmed and rebalanced.

Sea Essential Moisturising **Treatment 1 hr 15 min**

Drench your skin with a combination of exclusive marine rich Ingredients in this radiance boosting facial. Perfect for all types of dry Dehydrated and dull skins, the skin is left soft, smooth & perfectly supple.

Sea Essential Anti-Aging **Treatment 1hr 30 mins**

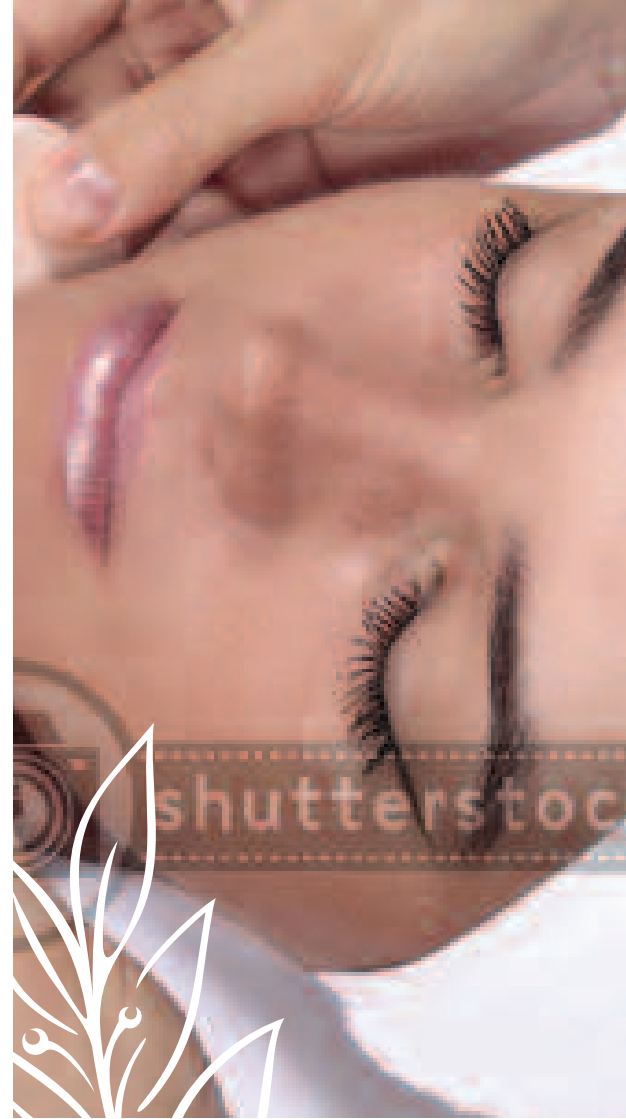
Combining Incorporating pure marine spring water this exclusive and highly effective Facial delivers powerful results. Rich in magnesium, responsible for boosting Collagen and elastin production, this facial brings about a youthful appearance. Once tired aged skin is left looking immediately firmed, tightened & replenished.

Sea Essential Eye Contour **Treatment 30 mins /1hr**

An uplifting and innovative treatment to target puffiness, dark circles & crow Feet. Offered seperatley or combined into a facial. Specific Massage techniques aimed to drain away toxins and relax stress lines. Eyes are left revived with an Application of soothing pads bathed in citrus.

Sea Essential Radiance Mini **Facial**

A prescription facial to cleanse and beautify the complexion. Suitable for all skin types and a perfect introduction to Phytomer



Body Treatments

Phytomer Body

Luxury Spa Polish 60 mins

A luxurious body treatment combining exfoliation Massage and total relaxation. It leaves skin stimulated Silky and smooth as well as refined.

Sea Holistic Face & Body Treatment 1.5 hr

Inspired by Thai Medicine, with massage techniques to create harmony between body and mind. Combining exfoliation, hot sachets filled with lavender & marine salt crystals and gently massage to energy lines, this is a Truly holistic & pampering experience. Includes an Intensive facial to combat dull and devitalised skin.

Sea Essential Detox body Wrap

This treatment effectively eliminates toxins & impurities with a stimulating hot blanket to aid circulation

Sea Essential Anti Cellulite Wrap 1hr

A hot & cold experience targeting uneven orange peel Appearance. Using self heating mud with a soothing thigh Gel to boost sluggish circulation, effects can be seen after One treatment.



Beauty Treatments

Manicures/Pedicures

- Jessana Manicure 1 hour
- Jessane Pedicure 1 hours
- File & Polish

California Spray Tan

- Full Body
- Half Body

Make-up Jane Iredale Make-up

- Make-up Application
- Make-up Lesson

Eyes

- Eyebrow Shape
- Eyebrow Tint
- Eyelash Tint
- Eyebrow Shape & Tint & Eyelash Tint

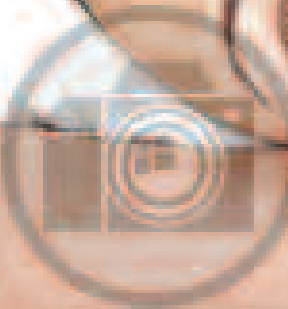
Waxing

- Full Leg (includes basic bikini)
- Bikini Wax
- Party Line (extended bikini)
- Underarm
- Arm Wax
- Abdomen Wax
- Lip or Chin
- Lip & Chin
- Half Leg

Reflexology - 60 mins

Reflexology can be used to help restore & maintain the bodies natural equilibrium. This gentle therapy encourages the body to work naturally & restore its Own healthy balance.





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Hot Stone Therapy



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Hand Massage

Massage Treatments

Full Body Holistic

Swedish Massage - 1 hour

Aims to relax the muscles, calm the emotions, improve circulation and refresh the spirit.

Back, Neck and

Shoulder Massage - 30 mins

Indian Head Massage - 40 mins

Ideal for sufferers of migranes, sinuses & tension headaches involves massage of the Head/Neck/Upper Back/ Face & Scalp.

Hot Stone Therapy - 1 hour

Using warm Basalt Stones, direct heat from the stones relaxes muscles, allowing manipulation of a greater intensity than with regular massage.

Sports Remedial Massage 1 hour

Deep tissue massage, great for loosening of tight and tired muscles.

Hopi Ear Candling - 40 mins

This treatment is great for those who suffer from tension, Headaches or sinus problems.





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Wedding Packages

Silver Bridal Package

- California Spray Tan
- Finger & toenail Paint
- Eyebrow Shape/Tint & Eyelash Tint
- Make-up

Gold Bridal Package

- California Spray Tan
- Finger & Toenail French
- Polish Back/Neck & Shoulder Massage
- Eyebrow Shape/Tint & Eyelash Tint
- Make-up

Platinum Bridal Package

- California Spray Tan
- Manicure or Pedicure
- Back/Neck & Shoulder Massage
- Eyebrow Shape/Tint & Eyelash Tint
- Make-up

Bridesmaids Package

- California Spray Tan
- Finger & Toenail Paint
- Make-up

Mother of the Bride/Groom Package

- Jurlique Mini Facial
- Back/Neck & Shoulder Massage
- Manicure or Pedicure
- Make-up

Groom Package

- Full Body Massage
- Jurlique Organic Facial
- Manicure

