



STOCKISTS

ENVIRON<sup>™</sup>  
WELL BEING



ADVANCED  
NUTRITION  
PROGRAMME<sup>™</sup>  
Advanced Skincare



OPENING HOURS

Monday 10am - 6pm / Tuesday 10am - 8pm  
Wednesday 10am - 8pm / Thursday 10am - 7pm  
Friday 10am - 6pm / Saturday 10am - 6pm

TO MAKE AN APPOINTMENT

Tel.: 0469248323

Email: [sparooms@headfortarms.ie](mailto:sparooms@headfortarms.ie)

BOOK YOUR APPOINTMENT ONLINE


[www.headfortarms.ie/sparooms](http://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.



The Spa Rooms  
AT  
HEADFORT  
ARMS HOTEL





MAKE YOURSELF A

*Priority*



## Facial Treatments

ENVIRON

### ELECTRO-SONIC ESSENTIAL TREATMENTS

Environs pioneering dual electro-sonic technology sets the benchmark for professional skincare treatments. Low frequency sonophoresis together with pulsed iontophoresis in combination with Environs professional skin care products, help deliver more of what the skin needs where it needs it most – making a real lasting difference to your skin for life.

### ESSENTIAL YOUTH RESET

60 minutes	€80
90 minutes	€110

Helps soften the appearance of fine lines, sun damage and sagging with our peptide and vitamin packed facial for a more youthful appearance.

### ESSENTIAL MOISTURE BOOST

60 minutes	€80
90 minutes	€110

Helps reduce the appearance of fine lines caused by dehydration and increase the plumpness of the deeper layers of skin. Hyaluronic acid is the hero ingredient, promoting a moisturised glowing looking skin.

### ESSENTIAL COMFORT CALM

60 minutes	€80
90 minutes	€110

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

### ESSENTIAL RADIANCE REVEAL

60 minutes	€80
90 minutes	€110

A targeted solution for sun damaged or pigmented skin. Boosting the skin with the correct combination of ingredients results in flawless radiant looking skin.

### ELECTRO-SONIC FOCUS-ON TREATMENTS

Specially developed to target specific areas using Environs revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed. Perfect for when time is limited.

### FOCUS-ON FILLER TREATMENT

30 minutes	€60
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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.

### FOCUS-ON FROWN TREATMENT

30 minutes	€60
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An iconic peptide blend assists in reducing the appearance of expression and frown lines around the eye and forehead resulting in a more youthful appearance.

### FOCUS-ON EYE TREATMENT

30 minutes	€60
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Combining our powerful peptide complexes with hyaluronic acid ensures a completely refreshed, hydrated and youthful appearance.

### FOCUS-ON TEXTURE TREATMENT

30 minutes	€60
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An intensive combination of the 3 Environ technologies; dual electro-sonic, cool peel and micro perfusion improve the appearance of milk scarring revealing smoother, evenly textured skin.

### FOCUS-ON EVEN TONE TREATMENT

30 minutes	€60
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The powerful combination of vitamin a, c and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even tone brighter complexion.

### FOCUS-ON BODY PROFILE TREATMENT

30 minutes	€60
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This powerful body treatment targets the appearance of dimpled, lax and uneven skin texture in specific areas (including the jaw line). The effective combination of active ingredients promotes a visibly smoother, firmer and contoured appearance.

ENVIRON

### COOL PEEL TREATMENTS

Environs unique cool peel technology is a non invasive, intelligent skin renewal system, to safely and effectively help refine, revive and brighten skin.

### YOUTH RENEW COOL PEEL

45 minutes	€80
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This cool peel treatment assists with reducing the appearance of premature aging, 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.

### MOISTURE BOOST COOL PEEL

45 minutes	€80
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Designed to gently buff off the skins surface and focus on revitalizing dry, tired looking skin, revealing a healthy-looking glow. This gentle yet effective peel is suitable to do all round with no visible peeling.

### DEEP CLEANSING COOL PEEL

45 minutes	€80
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Designed to gently buff off 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.

### BRIGHT RECOVERY COOL PEEL

45 minutes	€80
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This gentle lactic acid cool peel assists with reducing the appearance of premature ageing, fine lines and uneven skin toned complexion as a result of excessive sun exposure.

### BLEMISH CONTROL COOL PEEL

45 minutes	€80
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This powerful cool peel therapy assists with the management of blemish prone, distressed skin, by purifying, cleansing and assisting to unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

### VIBRANT-C MICRO PEEL

45 minutes	€80
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This superb vitamin c micro-peel is freshly mixed before application and is also infused with added antioxidants that assist in restoring the skins glow, uneven texture and tone.



## *Facial Treatments*

<b>MINI BOOSTER FACIAL (25 minutes)</b> An express treatment ideal for refreshing the skin, encompassing a facial which will cleanse, one and exfoliate with a relaxing neck and scalp massage, concluding with skin hydration.	€50
<b>If you wish to add Back Neck &amp; Shoulder Massage to Facial (extra 25 minutes)</b>	€35
<b>ULTIMATE RELAXATION SIGNATURE TREATMENT (80 minutes)</b> Our signature ritual is a wonderful combination of customized full body massage and a booster facial.	€110

## *Skin Consultation*

Speak to one of our fully trained Skin Therapists. This discussion is informal and you can chat about your skin concerns and goals. A mini facial is included and the therapist will prescribe the best home care package to suit your individual needs.	€45
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The cost of this consultation is FULLY redeemable against purchases made on the day.

## *Headfort Signature Treatment*

Hugely popular 50 minute treatment incorporating a relaxing back, neck and shoulder massage with a mini booster facial.	€75
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## *Maternity Treatments*

Our treatments are developed to support your skin throughout your wonderful experience of carrying your baby. It is the perfect time to check out of reality and into The Spa Rooms.

HAPPY MUM = HAPPY BABY

### MUMS TO BE MASSAGE

50 minute

A completely relaxing full body massage using our safe but effective pre natal techniques to relax those specific lower back muscles that are carrying that beautiful bump.

€75

### THE ULTIMATE MUM TO BE

Choice of our Mums To Be Massage

OR a Bespoke Pre Natal Facial with Afternoon Tea

50 minute

€90

### TOTAL INDULGENCE FOR MUMS TO BE

80 minutes

A wonderful experience of our Mums To Be Massage combined with a booster facial followed by Afternoon Tea.

€120

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

## *Time for Men*

### GENTLEMAN'S FACIAL

45 minutes

A facial treatment for men ideal for refreshing the skin, encompassing a facial which will cleanse, tone and exfoliate with a relaxing neck and scalp massage, concluding with skin hydration that will calm stressed and dehydrated skin.

€55

### GENTS MANICURE

30 minutes

Well groomed hands and nails are a reflection of a man's inner health and vitality. This traditional manicure will nourish, restore and buff for those all important occasions.

€40

### GENTS CLASSIC PEDICURE

30 minutes

Detailed cuticle work along with hard skin removal. Begin with a warming soak and scrub, followed by a light massage, finished with a full nail buff.

€40

### GOLF TONIC

50 minutes

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.

€85

Gentlemen are welcome to enjoy other treatments available on this menu. Please ask our Team.







## *The Spa Massage*

### SWEDISH MASSAGE

50 minutes

Specifically designed to reduce emotional stress and also works to improve circulation and relieve muscle tension.

€65

### AROMATHERAPY MASSAGE

50 minutes

Plant oils are being used for this treatment to promote relaxation and well being.

€65

### HOT STONE MASSAGE

50 minutes

Helps to relax and ease tense muscles and damaged soft tissue throughout the body.

€75

### BACK, NECK AND SHOULDER MASSAGE

25 minutes

Great substitute for a full body massage tailored to your individual needs, to alleviate tension and aches in the upper body.

€40

### INDIAN HEAD MASSAGE

25 minutes

A relaxing holistic treatment designed to release stress using acupressure aiming to rebalance your body's energies.

€40

### Body Scrub

45 minutes

Physical exfoliator designed to mechanically slough away dead skin cells, leaving soft and smoother skin.

€40

## *Hands & Toes*

### DELUXE MANICURE

50 minutes

Soaking of the nails, cuticle work, hand massage, buff, file and polish/gel polish.

€45

### DELUXE PEDICURE

55 minutes

Soaking of the feet using foot spa, cuticle work, callus peel, scrub, massage, finished with a buff, file and polish/gel polish.

€55

### DELUXE MANICURE & DELUXE PEDICURE

1hr 45min

€90

### MINI MANICURE

25 minutes

Soak, cuticle work, buff, file and polish

€30

### MINI PEDICURE

30 minutes

Soak, cuticle work, buff, file and polish

€35

### FILE AND PAINT

25 minutes

File and Paint both Hands & Feet

€20

€35

### CALLUS PEEL TREATMENT

25 minutes

€30

Please Note: Please inform us at the time of booking if you would like gel polish application with your Manicure or Pedicure or If you currently need gel polish removal so as to allow extra time.

## Beauty Treatments

### WAXING

Full leg	€40
½ leg	€27
¾ leg	€32
Lip	€12
Chin	€15
Lip & Chin	€25
Underarm	€20
Forearm	€25

### THE BIKINI

The Basic	€20
The Extended	€25
The In-Betweeny	€30
The Brazilian	€40
The Hollywood	€45

Brazilian Re-book (within 4-5 weeks)	€35
Hollywood Re-book (within 4-5 weeks)	€35

Add full leg wax to bikini	€35
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### EYES

Eyebrow shape	€15
Eyebrow tint	€10
Eyebrow shape and tint	€20
Eyelash tint	€10
Eye Trio	€26

### MAKEUP

Full makeup application	€40
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## 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.

### ULTIMATE RELAXATION SIGNATURE EXPERIENCE

80 minutes	€125
Customised Full Body Massage with a Booster Facial followed by Sparkling Afternoon Tea	

### DELUXE PAMPER PACKAGE

50 minutes	€99
Choice of Full Body Massage OR Full Facial OR Half Body Massage with Mini Facial followed by Sparkling Afternoon Tea	

### RELAX AND REVIVE

40 minutes	€70
Back, Neck and Shoulder Massage with back of legs OR Back of Head Massage with Sparkling Afternoon Tea	

### BODY BLISS ESCAPE

45 minutes	€60
Revitalising Body Scrub treatment followed by Sparkling Afternoon Tea	

### THE AFTERNOON TEA EXPERIENCE

25 minutes	€65
Back, Neck and Shoulder Massage or Mini Booster Facial followed by Sparkling Afternoon Tea.	

### BRIDAL PACKAGE

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

MUM TO BE PACKAGES - SEE MATERNITY SECTION

## Spa Etiquette

Please arrive 5 minutes before your treatment to complete your consultation form.

Please be respectful of other clients in our treatment rooms when you are relaxing in the waiting area.

## Cancellation Policy

A valid credit card must be given when making an appointment in order to secure your booking. We value your business and we ask that you respect the Spa Rooms scheduling policy.

Should you need to cancel or reschedule, please notify us at least 48 hours in advance of your appointment.

Any cancellations with less than 48 hours notice or failure to arrive for your appointment are subject to a cancellation fee amounting to the cost of the scheduled service.

