

# AQUASPA



## WELCOME TO AQUASPA

*Imagine a place where you can retreat from the demands of the day and immerse yourself in the environment. Where each escape is designed to inspire your own sense of calm and balance*







## PAMPER PACKAGES

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### DEEP RELAX

€199

De-stress Balneotherapy Bath  
Elemis Pro Glow Radiance  
Elemis Restore Full body Massage  
Complimentary use of our Tranquillity Room

### REVITALISING PACKAGE

€170

Skin Nourishing Balneotherapy Milk Bath  
Elemis Frangipani Monoi Salt Scrub  
Elemis 24/7 Skin Sync facial  
Complimentary use of our Tranquillity Room

### MEN'S MUSCLEASE PACKAGE

€165

De-stress Balneotherapy Bath  
Elemis Back, Neck & Shoulder Massage  
Elemis Pro Glow Resurface Facial

**ELEMIS BIOTEC PACKAGE** €170

Elemis Biotec Facial of your choice (60mins)  
Elemis Restore Full body Massage  
*Complementary Travel Gift Set*

**BEAUTIFUL BRIDE** €230

Elemis / SkinCeuticals Facial  
Elemis Frangipani Body Nectar Nourishing Wrap  
Footlogix Pedicure (add on shellac finish €15)  
Full Size Elemis Exotic Moisture Mask complementary

**PAUSE ME MENOPAUSE PACKAGE** €199

*Top to Toe treatment designed to alleviate symptoms of Menopause using carefully selected massage balms to soothe, balance and restore.*

Soothing Facial customised to your skin  
Calming Back Massage  
Re-balancing pressure point foot and lower leg massage

*All our packages have complimentary use of our fluffy bathrobes and slippers.  
We provide refreshments of herbal teas & coffee in our packages.  
All Maternity Packages are on our Pregnancy Page.*





## MASSAGE

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**RESTORE FULL BODY MASSAGE** 50 min | €80

**BACK, NECK & SHOULDER MASSAGE** 30 min | €55

**HOT STONE MASSAGE** 30 min | €55

Balinese stones bathed in Frangipani Monoi Body Oil are worked deep into the muscles, targeting areas of tension. 50 min | €85

**FREESTYLE DEEP TISSUE MASSAGE** 30 min | €55

Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. 60 min | €85

**INDIAN HEAD MASSAGE** 50 min | €55

Focus is on pressure points of the face, upper back and scalp. Indian Head Massage promotes relaxation, relieves headaches and reduces stress

**REFLEXOLOGY** 50 min | €80

Our touch therapy works on different points on the feet and lower legs that correspond with different areas of the body to alleviate stress and promote good health

**EAR CANDLING** 40 min | €50

Includes Face, Neck & Scalp massage

# CANCER CARE TOUCH THERAPY TREATMENTS

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Our therapists have been trained in Touch Therapy which is especially designed for people living with cancer or recovering from cancer. Touch therapy treatments are safe and effective treatments to ease the side effects of chemotherapy, radium treatments and lymphoedema.

AquaSpa touch therapy clients can opt for an individual one-hour bespoke treatment or we can tailor any of our treatments or spa packages to suit your needs.

## CANCER CARE TOUCH FACIAL

60 min | €90

This facial treatment helps to alleviate the symptoms of dry, flaky sensitive skin. Soothing products will be used to cleanse, soothe, lightly massage and rehydrate the skin to create visible results, also included is a relaxing hand or foot treatment to soothe and hydrate.

## TENDER TOUCH MASSAGE

75 min | €90

Light massage using suitable pressure and positioning to relieve aches, pains and muscle soreness. This treatment will leave you feeling refreshed and rejuvenated .

**TOUCH THERAPY USING SOOTHING SKIN PRODUCTS HELP WITH THE FOLLOWING SYMPTOMS:**

- DRY ITCHY SKIN
- HAND & FOOT SYNDROME
- ANXIETY / DEPRESSION
- FATIGUE / STRESS
- RADIATION RASH OR BURNS

Please arrive 20 minutes prior to your treatment time to complete our consultation form.

## ELEMIS BIOTEC FACIALS

Introducing the Elemis 7 in 1 Light Energy Face Mask in all our Anti-Aging Facials.

**All our Facials are suitable for Men & Women.** All our Biotec Facials can be tailor to your skin concerns.

### PRO - GLOW RENEWAL FACIAL +

70 min | €120

ELEMIS' signature deep cleansing Skin Wellness facial delivers 27,000 vibrations\* per second to draw out impurities, improve texture and boost renewal, unveiling a healthy, lit-from-within glow. In one treatment, skin looks visibly refreshed, renewed and radiant.

\*Alternative exfoliation treatment available for clients with contraindications.

### PRO- GLOW RESURFACE

70 min | €120

Transform the skin's texture whilst minimising the look of uneven tone, pigmentation, enlarged pores and congestion for a renewed, stunningly smooth complexion. A powerful combination of light therapy and rejuvenating Galvanic current leaves skin looking balanced with improved clarity.

### PRO- GLOW BRILLIANCE

70 min | €120

Awaken dull, lacklustre complexions with this radiance-boosting facial.

A combination of Galvaniccurrent, Oxygen Infusion and high potency actives energises the skin and replenishes moisture, for avisibly brighter, healthy appearance.

### PRO- GLOW SMOOTH

70 min | €120

This powerful anti-aging facial utilises microcurrent pulses to help strengthen muscle memory whilst visibly smoothing the look of fine lines and wrinkles. An Oxygen Infusion helps to plump out lines, restore elasticity and increase hydration. for a visibly youthful appearance.



# ELEMIS PRO GLOW HANDS ON FACIALS

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## **PRO - GLOW RENEWAL FACIAL**

70 min | €110

ELEMIS' signature triple cleanse facial provides hyper-focused resurfacing and moisture-boosting results to unlock a healthy, lit-from-within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

## **PRO - GLOW SMOOTH**

70 min | €110

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

## **PRO- GLOW RESURFACE**

70 min | €110

Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

## **PRO - GLOW BRILLIANCE**

70 min | €110

Awaken dull, lacklustre-looking skin with this radiance-boosting facial for a visibly brighter, glowing complexion.

## **ELEMIS 24/7 SKIN SYNC FACIAL**

60 min | €85

This facial hydrates, revitalises and brightens your skin. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.

## **ELEMIS REFRESHER FACIAL**

40 min | €50

This introductory facial allows you to experience a sample of the world renowned Elemis facial treatments.



## SKINCEUTICALS

ADVANCED SKINCARE BACKED BY SCIENCE

AquaSpa's skincare philosophy centres on three main pillars: Prevent, Protect and Correct. These principles work synergistically to provide healthier-looking skin, and effective anti-ageing results.

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### **SKINCEUTICALS FACIALS GEL PEEL SIGNATURE FACIAL 75 min | €125**

The Signature Gel Peel Facial is a luxurious, antioxidant facial designed for those who want to prevent visible signs of ageing. SkinCeuticals Gel Peel GL containing glycolic and lactic acid is applied to help increase the skin's renewal process and even out skin tone. The gentle formulation makes it suitable for all skin types - even sensitive skin.

**STRESSED SKIN FACIAL** 70 min | €110

**SOOTHING FACIAL** 70 min | €110

**PURIFYING FACIAL** 70 min | €110

**HYDRATION FACIAL** 70 min | €110

**SKINLAB** 20 min | €40

SkinLab LED by SkinCeuticals is the next generation of full-face diagnostics. Featuring a new, more precise UV-light visibility, the SkinLab at AquaSpa uses the latest fluorescence technology to reveal both visible and underlying skin imperfections.

## **CRYSTAL CLEAR MICRODERMABRASION**

60 min | €120

TAKING SKIN REJUVENATION TO THE NEXT LEVEL

Clinically proven Crystal Clear Microdermabrasion is the perfect salon treatment as it delivers instant, visible, results. It is suitable for skin types and can be used to treat a wide range of skin problems.

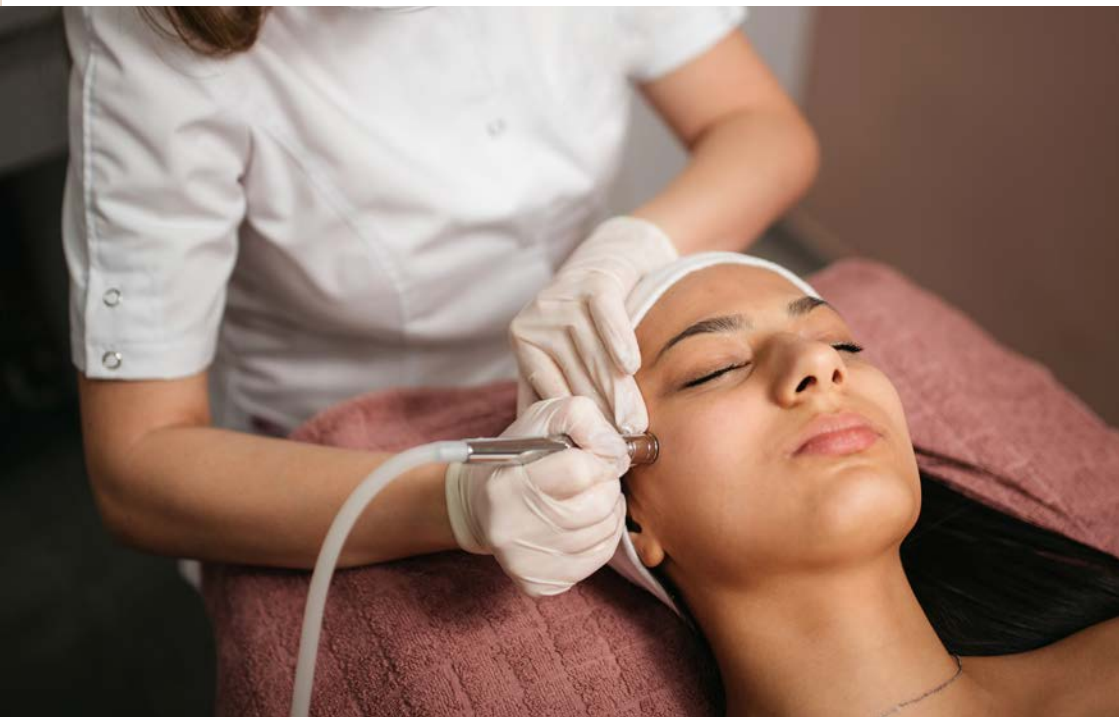
## **TEENAGER FACIALS**

Life can be difficult growing up, especially when you feel you cannot control your skin. Teenager facials are suitable for all.

## **ELEMIS SUPERFOOD STARTER FACIAL & HOMECARE ADVICE**

40 min | €50

Hydrates, Nourishes, Smooths, Decongests & Balances. Anti-oxidant and omega-rich ingredients that feed the skin for a healthy, radiant glow. Ideal for teenager, acne prone and sensitive skin or simply would like homecare advice. Teenager facials are suitable for all skin types and concerns.





**SkinPen®**  
Uncover your best skin

## WHAT IS SKINPEN PRECISION?

SkinPen Precision is the worlds leading skin remodelling (microneedling) medical device that creates temporary small microscopic channels in your skin. This simple procedure activates your body's natural skin-healing power to increase collagen and elastin, so your skin returns to a healthier-looking and youthful appearance. Watch your skin look younger and rejuvenated with SkinPen Precision.

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SkinPen Precision can help with:

- **Fine lines & wrinkles**
- **Acne scars**
- **Dyschromia: Melasma, Vitiligo and Sun or Age Spots**

## HOW SKINPEN VISIBLY TRANSFORMS SKIN

The SkinPen treatment works in three simple steps, designed to activate the skin's natural healing process. Following each session, the skin begins to heal itself, looking more renewed and rejuvenated over time. SkinPen is only used in professional settings and delivers dramatic results without the use of heat or chemicals.

<b>ONE FACIAL</b>	€250
<b>COURSE OF 3 FACIALS</b>	€700
<b>NECK AREA</b>	€150
<b>CHEST AREA</b>	€100

Introductory offer Complimentary SkinPen neck treatments with all SkinPen facials and a SkinCeuticals Product





## PREGNANCY PAMPERING

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Pregnancy is a special time, our gentle Bumps a Daisy Pregnancy treatments will pamper you & baby. For safety and well-being reasons, we are unable to offer treatments to those within the first 12 weeks

### **BUMPS A DAISY FULL BODY MASSAGE**

60 min | €85

Full body massage, using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce water retention.

### **BUMPS A DAISY BACK, NECK & SHOULDER MASSAGE**

40min | €60

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

### **FOOTLOGIX PEDICURE**

70 min | €63

including colour finish -

French finish €5 extra. Add on Shellac €15

## MUM TO BE PACKAGES

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### **PEACEFUL PAMPER PACKAGE**

€220

Bumps a Daisy Full Body Massage  
Pro-Glow Brilliance Facial / Biotec  
Footlogix Pedicure

### **PASSENGER ON BOARD**

€115

Bumps a Daisy Back, Neck & Shoulder Massage  
Elemis Refresher Facial  
Followed with a foot scrub and massage

### **BUMPS A DAISY PAMPER PACKAGE**

€150

Bumps a Daisy Full Body Massage  
Elemis Skin Sync Facial

For comfort we have specially designed pillows for mummy and baby bump.

All our products are paraben, sulfate, mineral oil and animal cruelty free.



## AQUASPA SIGNATURE TREATMENTS

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### FRANGIPANI BODY NECTAR NOURISHING WRAP

60 min | €80

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic.

### LIME & GINGER OR FRANGIPANI INTENSELY CLEANSING SALT SCRUB

45 min | €80

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Perfect for a pre-holiday or special occasion.

### AMAZING COMBINATION

65 min | €110

Elemis Exotic Lime and Ginger or Frangipani Salt Glow  
20 minute back, neck and shoulder massage

## BALNEOTHERAPY BATH @ AQUASPA

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Our very specialised bath has over 240 high powered jets set at various points within the bath.

Detoxing Epsom Salts, or destress oils are added, depending on clients needs. Balneotherapy is a very relaxing treatment on its own or before any facial or body treatment

Choice of Skin Nourishing Milk Bath or Detoxing Epsom Salts

20 min | €45

Combine the Balneotherapy Bath with a Back, Neck

& Shoulder Massage

€90

Combine the Balneotherapy Bath with a Full Body Massage

€110



## MANICURES & PEDICURES

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Luxury for your hands and feet. We will leave your hands and feet looking smooth and polished. All our Manicures and Pedicures are suitable for Pregnancy.

### FOOTLOGIX PEDICURE 60 min | €63

LOOKING FOR FABULOUS RESULTS!!

Footlogix is the world's first and only PEDICEUTICAL foot care line.

### VINYLUX NAIL SHAPE & POLISH

HANDS OR TOES

Colour	€25
French	€27
Cuticle work	€5

### GELISH/SHELLAC HANDS OR TOES

#### FEET

Gellish/Shellac (Colour) apply only	€40
Gellish/Shellac (Shellac French)	€42

#### FINGERS

Gellish/Shellac (Colour) apply only	€40
Shellac Removal and reapplication	€40

#### HANDS

Gellish/Shellac - (Shellac French)	€42
Shellac Off & On French	€42
Shellac removal if not applied in Aquapsa	€15
Shellac/Gellish removal if not applied in Aquapsa	€50

## ST. TROPEZ TAN

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St Tropez Air Brush Full body	€40
Half body	€35
Legs only	€20
Book a course of 3 full body tans for	€110
(no time limit)	

Waxing, Threading & Tinting courses: purchase any 5 treatments and receive your 6th treatment complimentary. Ask your therapist for details.

## WAXING SPECIALISTS IN LYCON WAX

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1/2 Leg Wax/Ext Bikini Wax	€46
1/2 Leg Wax/Bikini Wax	€42
1/2 Leg Wax incl. Feet & Toes	€24
Full Leg Wax	€39
Full Leg Wax/Bikini Wax	€54
Full Leg Wax/Ext Bikini Wax	€56
3/4 Leg Wax	€33
Back of Hands	€14
Back of Thigh Wax	€15
Thigh Wax	€24
Stomach Wax	€16
Bikini Waxing	€21
Extended Bikini Wax	€24
Brazilian Wax	€46
Hollywood Wax	€48
Lip Wax	€12
Chin Wax	€12
Sides of Face	€16
Underarm Wax	€18
Arm Wax	€18
Stomach Wax	€12
<b>Men's Waxing</b>	
Back & Chest combined	€45
Full Back Wax	€35
Half Full Back Wax	€30

## EYECARE

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Eyebrow Wax/Shape	€12
Eyelash Tint	€17
Eyebrow Tint	€12
Eyelash tint & eyebrow shape	€27
Eyebrow tint & eyebrow shape	€23
Eyelash tint & eyebrow tint	€27
All the eyes	€37

## THREADING

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Chin	€14
Lip	€14
Eyebrow	€15
Sides of the Face	€19

## AQUASPA

Eden Hall, Model Farm Road, Cork, T12 A9XE

t | 021 434 4000

e : [aquaspareception@gmail.com](mailto:aquaspareception@gmail.com)

[www.aquaspa.ie](http://www.aquaspa.ie)



Member of the Irish Spa Association

Free car parking in Eden Hall Complex

## OPENING HOURS

Monday 9am to 6pm

Tuesday 9am to 7pm

Wednesday to Friday 9am to 9pm

Saturday 9am to 6pm

## SPECIAL OFFERS

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

Make your bookings in your time.

Download our AquaSpa app iTunes / google play

**Irish Day Spa Winner 2019/2020**

**Best Day Spa in Ireland 2020/2021**

**Spa of the Year 2022**

## SPA ETIQUETTE

Please arrive 15-20 minutes before your scheduled appointment. If arriving late for your appointment, as a courtesy to the next guest, your service will still have to end on time regardless of the start time. The full treatment price will be applied.

Your spa treatment appointment is reserved specifically for you. We therefore ask that you notify us at least 24 hours in advance if you need to cancel or reschedule your appointment. If we receive more than 24 hours notice of cancellation 50% of the treatment cost will be charged. Less than 24 hours or 'No shows' will be charged the full cost of the treatment.

Thank you for your understanding.

Kindly switch off all mobile phones.

Credit card details are required to reserve your appointment.

Young children are not permitted in the Spa for insurance reasons

