

Exclusive Facials

Le Grand Classique	75 mins €75
An essential for all skin types to brighten the complexion, unclog pores, and finishing with a radiant mask and relaxing massage	
HYdra X4	60 mins €65
A hydrating treatment to soothe dehydrated skin to achieve balance & long-lasting hydration	
Revitalising Cleanse	45 mins €65
Face neck and décolleté based on plant stem cells for skin invigorating and regeneration	
Hisiris Hyper Sensitive	60 mins €75
Calming with probiotics that soothes and comforts the skin, reduces irritation and redness, gentle massage and mask for optimum comfort	
F301 Anti-Age/Skin Clear	75 mins €75
Designed for skin with superficial wrinkles and fine lines, it enhances elasticity, and revitalizes the skin through anti-aging techniques & an exclusive professional lift mask	
BIO HLS	60 mins €75
An anti-aging treatment for skin with deep and/or mature wrinkles, featuring a wrinkle filler that smoothens facial features & effectively revitalizes the skin	
Optimizer	60 mins €85
An anti-aging firming treatment for loss of tonality and elasticity, featuring a professional peel with 30% AHA/BHA, a smoothing anti-aging facial massage, and a lifting mask for revitalizing the skin	
Eye & Lip Perfection Treatment	45 mins €55
Known for its revitalizing and plumping effects, it illuminates under the eyes & reduces wrinkles incorporating Chinese medicine, and crystal therapy, ideal with other face or body treatments	
Excellence Code Facial	90 mins €100
Premium anti-aging treatment for mature skin, using shiatsu energy points, aventurine quartz crystal massage, and a bio-cellulose mask that effectively tones, and rejuvenates the skin, utilizing a blend of Age Exception products, Chinese medicine, and lithotherapy for comprehensive benefits.	

Get a package of 5 Exclusive Facials = 1 Aroma Massage Treatment Complimentary

Get a package of 8 Exclusive Facials = 1 Cultural Escape Body Ritual Complimentary

Medical Facial Treatments



Purity	60 mins €65
A purifying treatment for skin effectively unclogs and refines large pores, smoothens the skin texture, with blackhead extraction	
Bio Peeling	60 mins €85
Intensive peeling treatments available for renewed skin complexion. Our range of Bio Peels can target any skin concerns	
Vitamin C	60 mins €85
A potent anti-aging treatment, targeting pigmentation spots & wrinkles, illuminating the complexion for visible and immediate effectiveness	

Wellness Facial Treatments

Eclat Cocoon	60 mins €95
Perfect for dull and dehydrated skin, absolute well-being through relaxation and hydration with hot/cold stones, nourishing and illuminating the complexion lulled in a cocooning effect	
Mahana	60 mins €75
For those under stress or lacking energy, an energizing Polynesian-inspired massage that deeply hydrates, brightens the complexion, and provides intense relaxation, while soothing the mind & boosting energy	
Men Intensive	60 mins €75
Personalized for hydrating, purifying or anti-aging for all skin types	
Express Beauty Break	30 mins €45
Customised massage with energising oil. Ideal for people on the go, or complementary to a body treatment	

Lab Exclusive Facials

A package of 4 treatments 10 days apart is recommended

Dermo Peel Expert Strength No.1

Medium exfoliating skin peeling for all skin types for a radiant and smoother complexion

Dermo Peel Corrector Strength No.2

Deep skin peeling for blemish and acne-prone skin for rapid repair

Dermo Peel Renewal Strength No.3

Deep skin peeling for damaged and ageing skin resurfacing & stimulates cellular renewal

Correction De L'age: Epigenesse

Rejuvenation skin repair, reducing wrinkles and smoothens complexion

Age Control: Cellular 3

Preventative hydration & regeneration treatment

Pigment Control: Luminosity

Effectively fades dark spots, evens skin tone & deep double peeling promotes skin regeneration

Expression: Eye Care

Radiance: 3C Vitamin Glow

Protection: Urban Defense

3D Hydration: Aqua Vital

Sensitive: Harmony

55 minutes 1 Session €70

*4 Sessions €280 &
1 Exclusive Facial
Complimentary*

Body Massage Treatments

Aroma Luxe Taiga Candle Massage

Deeply relaxing massage with our exclusive techniques

Aroma Sculptant

Toning massage with bamboo sculpting techniques on the legs

Aroma Relax

Relaxing full body massage with hot stones

Aroma Energy

Re-balancing body massage with energizing pressure techniques

55 minutes 1 Session €105 | 6 Sessions €525

Aroma Stone Back Massage

45 mins | €65

Aroma Stone Full Body Massage

30/55/75 mins | €50/€85/€105

Aroma Stone Fully Body Massage & Facial

85 mins | €145

Aloe Vera Massage

55/85 mins €85/€105

CBD Pain Relief Full Body Massage

55/85 mins | €95/€135

Couples Two of a Kind Massage

55/85 mins | €150/€195

Children's Full Body Massage

30/60 mins | €45/€65

Holistic Full Body Massage

55/85 mins | €75/€95

Aromatherapy Full Body Massage

55/85 mins | €85/€105

Back, Neck, Shoulders & Head Massage

30/45 mins | €45/€65

Holistic Deep Tissue Massage

55/85 mins | €95/€110

Holistic Leg & Foot Massage

30 mins | €45

Holistic Reflexology Foot Massage

30/60 mins | €55/€90

Holistic Indian Head Massage

30/45 mins | €45/€65

Traditional Thai Massage

55/85 mins | €90/€110

Loving Hands lomilomi Massage

85 mins | €100

Pain Relief Leg and Foot Massage

30/45 mins | €50/€65

Sports Rehabilitation Massage

55 mins | €75

Cultural Escape Body Rituals

Silhouette: Balade En Foret

Sea-salt & algae scrub & a tonifying massage with bamboo sculpting techniques



Vitality: Delice De Corse

2 sugar scrub & re-balancing massage with energizing pressure points techniques

Detox: Escapade Provençale

Gentle scrub with bamboo powder, apricot kernels & relaxing lavender massage with exclusive YonKa techniques

Relax: Voyage En Polynesie

Tiare Flower and Jasmine scrub & relaxing massage with hot stones

60 minutes 1 Session €90 | 85 minutes 1 Session €115

CBD Recovery Journeys

CBD Deep Sleep Therapy Treatment

90 mins | €135

Immerse yourself in a unique sensory experience for the face, back, hands & feet that destresses, re-harmonizes and promotes restful sleep

CBD Melting Magic

CBD Ingestible | Sweet Orange & Mandarin Sugar Body Scrub

CBD Beauty Boosting Facial with the Cocooning Indulgence of Hot Stones CBD Reflexology | Ladies Blowdry or Men's Hair Cut | CBD Infused Water, Tea or Coffee & CBD take-home Gift



Mellow Me Out

CBD Ingestible | Lavender Sea Salt Body Scrub | CBD Lavender Body Mask Hot CBD Oil Scalp Massage | CBD Oil Relaxing Full Body Massage | Ladies Blowdry / Men's Hair Cut | CBD Infused Water, Tea or Coffee & CBD take-home Gift

120 minutes 1 Session €160

Up Your Relaxation Game

CBD Ingestible | Jasmine & Tiare Flower Sugar Body Scrub Soothing CBD Hot Oil Full Body Massage | CBD Hot Oil Scalp Massage | CBD Face Massage | CBD Infused Water, Tea or Coffee plus a CBD take-home Gift

Heal Me Massage

CBD Ingestible | Invigorating Cypress & Cedar Sea Salt Body Scrub CBD Oil Pain Relief Full Body Massage | CBD Face Massage | CBD Infused Water, Tea or Coffee plus a CBD take-home Gift

CannaBliss

CBD Ingestible | Carob Superfood Wellness Facial | Full Body & Indian Head Massage with CBD Healing Carob Balm | CBD Infused Water, Tea or Coffee plus a CBD take-home Gift

85 minutes 1 Session €130

Ayurvedic Bliss Therapy

Abhyanga Full Body Massage

55/85 mins | €85/€110

Warm oils medicated with herbs according to your needs. Beneficial for fatigue, anxiety, arthritis, injuries & backaches

Elakizhi

60/85 mins | €90/€110

Rejuvenation & strengthening. Provides pain relief and helps with arthritis, injuries, joint pain, sciatica, muscle pain, sprains & cramps

Kativasti Spine Care

30/45 mins | €50/€65

Rejuvenation & strengthening. Provides pain relief and helps with arthritis, injuries, sciatica, muscle pain, sprains & cramps

Ayurvedic Back Massage

30/45 mins | €50/€65

Various pressure points with luxurious hot herbal oil for additional therapeutic benefits

Ayurvedic Head Massage

30/45 mins | €50/€65

Therapeutic head, neck and shoulders massage with herbal oils alleviating stress, prevent sinus congestion & deep relaxation



Cacao Wellness Journeys

Choose which cacao oil is the right one for you:

Pure Cacao, Cacao-Peppermint, Cacao-Rose or Cacao-Cinnamon

Light Anti-Stress Back Massage 30 mins | €60

Medium Holistic Full Body Massage 60 mins | €120

Intense Deep Tissue Sports Massage 60 mins | €130

Delicious Body & Face 1 hour 30 mins | €150

Sugar Cane Scrub | Mayan Bamboo Belly Massage | Belly & Chest wrap in Cacao & Spices | Deep Cleansing

Facial with Organic Cacao Face Mask | Cacao Drink

Cacao Detox Body Wrap 60 mins | €120

Cacao & essential oils for Hands, Feet & moisturising Body Scrub | Clay & Cacao Body Mask | Cacao Drink

Cacao Facial 85 mins | €120

Tailored to your skin type, gentle cacao exfoliation, steaming and extractions & a fresh cacao and kaolin face mask hydration booster

Cacao Elderflower Marshmallow Wrap 45 mins | €65

The soothing magic of cacao, root, leaf and flower to feel at ease. Marshmallow is soothing and calming for peace & tranquillity

Slimming & Detoxifying Treatments

Customised Slimming Courses

Sessions includes a complimentary head, face, acupressure hand or foot massage

85 minutes 6 Sessions €325 | 12 Sessions €500

120 minutes 6 Sessions €500 | 12 Sessions €750

Inch Loss Heat Wraps

55 mins 1 Session €50

6 Sessions €250

Parafango

10 Sessions €350

Toning / Chocolate / Coconut Body Scrub

25 mins €45

Lymphatic Drainage

Toxins removal and improves circulation

Body H4

Anti-Stretch marks, skin firming, hydrating

Drain O2

Anti-Toxin & fat reducing for dimpling & tough cellulite

Phyto Legerete - Beautiful Legs

With complimentary face & scalp/
Acupressure hand or foot massage

Cryoslim

Firms the tissues from deep within with cold temperatures

55 minutes 1 session €75 | 6 Sessions €375 | 10 Sessions €525

Madero Therapy Slimming Wood Massage

45 minutes 1 session €55 | 6 Sessions €275 | 10 Sessions €385

Sauna 30 minutes 1 session €10 | 6 Sessions €50 | 10 Sessions €90



Mesotherapy & Led Light Therapy

A package of 3 treatments is recommended 2-3 weeks apart

- ✦ Medical micro skin-needling stimulates the skin to regenerate and repair itself naturally and safely, creating smoother, healthier, younger-looking skin
- ✦ LED light therapy uses varying wavelengths of light to trigger the skin's natural healing processes to repair the skin

Rejuvenate

Combining a brightening peel, mesotherapy needling, a vitamin & mineral infusion, botanical mask and probiotic repair treatment for maximum radiance

Hydra Intense

A powerful layering of AHAs, Hyaluronic acids, antioxidants and amino acids, with mesotherapy needling the skin's youth is re-activated

Collagen Infusion

Enhances collagen production, boosts skin density, corrects pigmentation issues, and provides youthful radiance using advanced peptide formulas

85 minutes 1 Session €160
3 Sessions €480 Plus 1 Body Massage Treatment Complimentary

Body Peelings

Body Exfoliations personalised according to intensity, scent and technique

Gommage Douceur

Bamboo & Apricot Kernel Powder Scrub – Grade 1

Gommage Gourmand

Nourishing Scrub with 2 sugars – Grade 2

Gommage Marin

Remineralizing Sea Salt & Algae Scrub – Grade 3

45 minutes 1 session €65

Aesthetic Clinic

Med Aesthetic Treatments available on demand

Nanoblading

Microblading

Powder Brows

€350

Ombre Brows

Combo Brows

Brows 1 Year Touch Up

€180

Brows 2 Year Touch Up

€200+

Brows 8 Weeks Touch Up

€70

Lip Liner & Blush

€350

Lip 1 Year Touch Up

€180

Lip Extra Adjustment

€70

Eyeliner

€350

Softliner

€350

Liner 1 Year Touch Up

€180

Liner 2 Year Touch Up

€200+

Areola Tattoo (Recreating Areolas)

Tattoo Service

Teeth Whitening

Botox

Dermal Fillers

By
Consultation

Brows, Lashes & Makeup



Eyebrow Shaping	€8
Eyebrow Tint	€15
Eyelash Tint	€15
Eye Combo	€35
High Definition Eyebrows	€35
Laminated Eyebrows	€45
Lash Lift (Perm)	€45
Laminated & Lift Combo	€75
Full Set Russian	€100
Full Set Hybrid	€90
Full Set Classic	€80
Eyelash Extensions Infill	€45+
False Lash Application	€25
Makeup Application (Day)	€45
Makeup Application (Eve)	€60

Ladies Waxing

Vajacial Ingrown Hair Treatment	55 mins	€75
Full Leg		€30
3/4 Leg		€25
Half Leg		€20
Top Half of Leg		€25
Bikini Line		€15
Bikini Line Hot Wax		€20
Extended Californian		€25
Brazilian		€30
Hollywood		€35
Buttocks		€10
Tummy		€10
Under Arms		€15
Under Arm Hot Wax		€20
Half Arm Wax		€15
Full Arm Wax		€20
Sideburns		€10
Lip / Chin / Nose		€6

Male Waxing

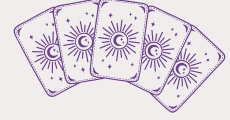
Eyebrows	€10
Back	€35
Chest	€35
Back & Shoulder	€45
Chest & Abdomen	€50
Lower Back	€25
Abdomen	€20
Full Leg Wax	€40
Shoulder Wax	€25
Buttocks	€15

Threading

Eyebrows	€10
Upper Lip	€8
Chin	€8
Sides of Face	€12
Full Face	€35



Crystal & Energy Healing



Crystal Massage for All Skin Types

Infused with the healing energy of green aventurine, balances Yin and Yang energies, refines facial features, tones the skin providing a natural lifting effect

55 minutes €80

Gua Sha Lifting & Lymphatic Drainage Facial

Promotes circulation, relieves muscle tension, enhancing complexion

85 minutes 1 Session €95

Tao Hands Healing

Experience Tao energy to help release energetic blocks, perfect for anyone, even pets. Does not involve physical touch and can be done in person or virtually

60 minutes 1 Session €95

Chakra Balancing & Healing Massage

Combines deep tissue massage, reflexology, and energy work for holistic healing and deeper mind-body-spirit connection

55 minutes 1 Session €85 | 85 minutes €110

Crystal Healing Therapy

Harnesses the energetic power of crystals to unblock and balance energies, promoting therapeutic healing and vitality

55 minutes 1 Session €95 | 85 minutes €125

Reiki Healing Treatment

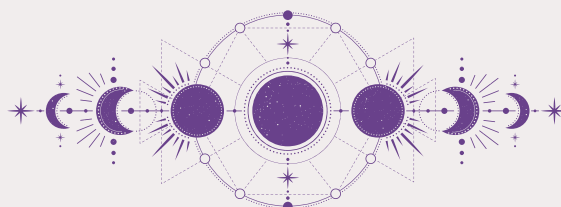
A Japanese energy technique promoting healing and relaxation, addressing physical, emotional, and spiritual well-being, making it suitable for all, including pregnant women and children

55 minutes 1 Session €95 | 85 minutes €135

Tarot or Psychic Mediumship Readings

Whether you seek clarity on relationships, career decisions, or a better understanding of your life path, our expert reader blends tarot with understanding your energy to offer insightful & empowering guidance

30 minutes 1 Session €55 | 60 minutes €85



Maternity Treatments

Our specialist health team assists you through each trimester of pregnancy, offering our pregnancy massage and reflexology to alleviate muscle aches, and symptoms of anxiety

Personalised Pregnancy Package

A consultation is conducted so we can personalise the experience to your exact needs. Our maternity services team is committed to provide safe and quality care to you and your bundle of joy!

85 minutes 1 Session €110 | 120 minutes €195

Pregnancy Massage

Our pregnancy massage and reflexology service is suitable for women from after their 12 week scan

55 minutes 1 Session €75 | 85 minutes €105

Post Natal Massage

Indulge in tailored relaxation massages ensuring Mum gets the 'me time' she deserves, for any severe pain consult our massage specialists

55 minutes 1 Session €80 | 85 minutes €110

Hopi Ear Candling

45 minutes €65

Draws out impurities from ear, and incorporating our Holistic Back, Neck and Shoulder or Reflexology massage

Elevate Your Experience

Upgrade to any of these Treatments & indulge blissfully for just €20

Active Concentrates Hyaluronic Acid

Retinol

Vitamin C

CBD Serum

Holistic Head Massage

Any Type of Blowdry

Deep Pressure

Physio Natura Face Sleeping Masks:

Blackberry / Pomegranate / Blueberry

Blackhead Removal

CBD Oil

CBD Foot Balm

Eye/Lip Treatment

Radio Frequency

Galvanic Machine

Ultrasound

Mesotherapy

Bio Peels

Holistic Pressure Point Foot Massage

Crystal Massage

L.E.D Light Therapy

Soul Solutions Packages

Benefit from additional free treatments when paying for a Soul Solutions Package

Purchase 5 sessions + 1 FREE

Or

Purchase 7 Sessions + 3 FREE



"Helping you towards a better life"

Manicures & Pedicures

Luxury Pedicure	€55
Luxury Manicure	€45
Mini Mani or Pedi	€25
Gel Polish Mani or Pedi	€30
Gel Overlay Mani or Pedi	€40
Full Set Gels	€45
Infills	€30
Nail Art	POR
File & Polish	€20
French Polish	€15
Paraffin Wax Treatment	€15
Nail Repair	€5+
Toe Nail Reconstruction	€10
Removal	€10+

Hair Treatments & Services

Hair Issues:

Loss / Dandruff / Dry / Sensitive / Oily*	By consultation
Revolutionary Repair Treatment*	€25+
Botox Treatment*	€50+
Specialised Keratins	€100+
Olaplex No 1 & 2 Treatment*	€60+
Olaplex Add-On to Color or Bleach	€25+
Olaplex 4 in 1 Treatment*	€35
Argan Oil Treatment*	€30

**All Hair Treatments include complimentary Head/Scalp Massage. If you would like to include Neck and Shoulders you can get it for only €10*

Hair Half or Full Up	By consultation
Hair Up Trial	€50/hr
Braiding / Plaits	€30/hr
Perm	€50+
Rollers	€20
Women's Cut & Blowdry	€45
Gents Cut & Blowdry	€20
Gents Blowdry & Styling	€20
Gents Hair Shave	€20
Kids Cut	€15
Fringe Cut	€10
Blowdry Short/Long Hair	€15/€20
Thongs / GHD / Beachwave	€30
Colour Correction	By consultation
Highlights T-Section/Half/Full Head	€50/€70/€110
Toner	€25
Balayage / Blended Foil	€150
Bleach and Tone	€95+
Tint Roots	€30
Tint Roots to Ends	€50
Ammonia-Free Roots	€35
Ammonia-Free Roots to Ends	€55
Colour Boost	€40
Straightening	€100+
Japanese Straightening	By
Extensions Tape-Ins / Keratin Bonds / Clip-Ons / Removal	Consultation



Holistic Health Spa • Hair & Nail Salon

 Open everyday 9am-7pm

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