

## Exclusive Facials

<b>Purity Deep Pore Cleansing Facial</b>	60/85 mins   €75/90
A purifying treatment for skin effectively unclogs and refines large pores, smoothens the skin texture, with blackhead extraction	
<b>Deep Cleansing Back Facial</b>	75 mins   €80
Our back cleanse facial treatment consists of deep cleansing, exfoliation, extractions and a detoxifying mask for hydration	
<b>Vitamin C Facial Treatment</b>	60 mins   €80
A potent anti-aging treatment, targeting pigmentation spots & wrinkles, illuminating the complexion for visible and immediate results	
<b>HYdra X4</b>	60 mins   €75
An essential for all skin types to brighten the complexion, unclog pores, and finishing with a radiant mask and relaxing massage	
<b>Hisiris Hyper Sensitive</b>	60 mins   €75
Calming with probiotics that soothes and comforts the skin, reduces irritation and redness, gentle massage and mask for optimum comfort	
<b>BIO HLS Treatment Anti-Aging</b>	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	
<b>F301 Anti-Age/Skin Clear</b>	75 mins   €85
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	
<b>F301 -Mandelic Peel</b>	75 mins   €85
<b>F301 -Lactic Peel</b>	75 mins   €85
<b>F301 -Glycolic Peel</b>	75 mins   €85
<b>F301 -Salicylic Peel</b>	75 mins   €85
<b>Botanical Booster Facial</b>	30/45 mins   €45/55
Customised massage with energising oil. Ideal for people on the go, or complementary to a body treatment	
<b>Eye Regeneration Treatment</b>	30 mins   €40
Known for its revitalizing effects, it brightens eye area and reduces bags, dark circles and wrinkles. Ideal to combine with other treatments	
<b>Men Intensive</b>	60 mins   €75
Personalized for hydrating, purifying or anti-aging for all skin types	

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

# Medical Facial/Body Treatments



## Bio Peeling

60 mins | €95

Intensive peeling treatments for renewed skin complexion with minimal downtime. Our range of Bio Peels can target any skin concerns. A consultation is suggested prior to booking

A package of 4 treatments is recommended 7 to 14 days apart

*Get a Package of 4 Medical Facial/Body Treatments = 1 Body Massage Complimentary*

- ◆ **Renova Peel 1A New Jessener**  
Ideal for: Hyperpigmentation disorders (Melasma, Chloasma, Post-inflammatory Hyperpigmentation). Inflammatory acne and Rosacea, dilated pores skin renewal
- ◆ **Rejova Peel 1B AHA's Innovated**  
Ideal for: Acne, Ingrown hair, Skin Aging, Sun damaged skin Hyperpigmentation
- ◆ **Hydra Peel**  
Ideal for: Dehydrated skin, Superficial wrinkles, Photo damage, Sensitive skin
- ◆ **Rosacea Peel**  
Ideal for: Erythematous and Inflammatory form of Rosacea and Sensitive Skin Couperose
- ◆ **Crystal Bright Peel**  
Ideal for: Melasma & Hyperpigmentation disorders, Oily and combination skin, Post acne Scars, Dilated pores, Hyperkeratosis
- ◆ **Magic Combi Peel**  
Ideal for: Oily & combination skins, Post- Acne scarring, Open pores, Multiple comedones (Blackheads)
- ◆ **Anti-Acne Blue-Red Peel**  
Ideal for: Inflammatory Acne, Oily and combination skin, Post acne Scars, Dilated pore (open pores)
- ◆ **Lifting Peel**  
Ideal for: Normal and dry skin, Aged skin with Loss of skin tone, & deep wrinkles
- ◆ **White Peeling**  
Ideal for: Melasma, Hyper pigmentation disorders, Oily and combination skin, Tired skin, Chloasma
- ◆ **Luminossa TCA Basic**  
Ideal for: Photo aged skin, Irregular Skin Tone, Tired skin
- ◆ **Luminossa TCA Anti-age**  
Ideal for: Dehydrated Skin, Superficial and Deep Wrinkles, Aging Skin , Dilated Pores
- ◆ **Luminossa TCA Lifting**  
Ideal for: Photo aged skin, Neck and Decollete rejuvenation, Age 40+ , Dry skin
- ◆ **Luminossa TCA Whitening (Pigmentation)**  
Ideal for: Melasma and Chloasma , Irregular Skin Tone, Photo aged skin, Inflammatory Hyperpigmentation
- ◆ **Luminossa TCA Retinol Acne**  
Ideal for: Oily and acne prone skin Multiple comedones (Blackheads), Post inflammatory Hyperpigmentation
- ◆ **Luminossa TCA Body Treatment**  
Ideal for: Body skin lifting after weight loss, Stretch marks, Under arms and intimate hyperpigmentation

# Body Massage Treatments

Aroma Stone Back Massage	30/45 mins   €50/€65
Aroma Stone Full Body Massage	55/75 mins   €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
Holistic Back, Neck & Shoulders Massage	30/45 mins   €40/€60
Holistic Back, Neck Shoulder & Head	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
Physiotherapy Treatment	55 mins   €70
"Four Hands" Massage	55/85 mins   €150/€195

## 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*

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# CBD Recovery Journeys

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## 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**

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# Ayurvedic Bliss Therapy

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## 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

Ideal for upper or lower back pain relief. Warm medicinal oil is poured for deeper application targeting tension

## 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**

Toning / Chocolate / Coconut Body Scrub	25 mins   €35/€45/€45
Full Body Scrub & Moisturising	45 mins   €55
Full Body Scrub, Hydrating Mask & Firming	55 mins   €65
Cellulite Treatment Half Body Scrub & Mask	45 mins   €50
Lymphatic Drainage & Anti Cellulite Massage	
Toxins removal and improves circulation	
C30 Lipo-Gym Treatment	
Accelerated weight loss, reduction of fat mass & cellulite	
Body H4	
Anti-Stretch marks, skin firming, hydrating	
Drain O2	
Anti-Toxin & fat reducing for dimpling & tough cellulite	

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

### Algae Parafango

**55 minutes 1 session €50 | 6 Sessions €250 | 10 Sessions €350**

### Maderotherapy

Slimming Wood Massage 30/45/60 mins | €40/€55/€65

**45 minutes 1 session €55 6 Sessions €275 | 10 Sessions €400**

**60 minutes 1 session €65 6 Sessions €325 | 10 Sessions €455**

**Sauna 30 minutes 1 session €10**  
**Per Person: 6 Sessions €50 | 10 Sessions €90**





# Aesthetic Clinic

*Med Aesthetic Treatments available on demand and consultation is required for everything in this section*

Nanoblading	
Microblading	€350
Powder Brows	
Ombre Brows	<i>Including Touch-Up for 1st clients only</i>
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)	P.O.R
Tattoo Service	P.O.R
Lip Filler	€290
Cheeks Filler	€360
Nose Filler	€370
Botox Full 3 Areas	€270
Botox 1 Area	€90
Botox for Gummy Smile	€70
Botox for Neck	€150
Botox for Masseter	€339
PDO Surgical Lifting Threads	€130 each
Fat Apoptosis (Stubborn Fat Removal)	€170
Biorevitalization Full Face	€150
Platinum Biorevitalization Full Face	€200
Natural Enzyme Anti-Cellulite Treatment	€100 per vial
Vitamin IV Drips	€150/€290
Platelet Rich Plasma (PRP) & Concentrated Growth Factors (CGF)	€390 per session
Vaginal Rejuvenation	€280
O Shot	€300
G Shot	€300
Anal Bleaching	€100
Lola Lift	€390
Exosomes	€350

## 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

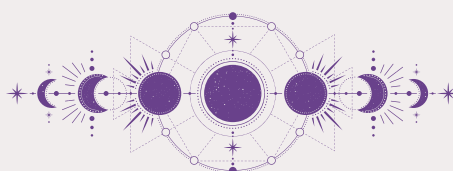
A Japanese energy technique promoting healing and relaxation, addressing physical, emotional, and spiritual well-being, making it suitable for all, including pregnant women and children

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





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## Maternity Treatments

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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

### 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*



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## Elevate Your Experience

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*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*

*"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	€5
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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**Hotel Guests Dial 3030**



**The Gillieru Harbour Hotel,**  
**Saint Paul's Bay**



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**Soul Solutions Spa**