

## Wax Away

Feel silky smooth after our waxing treatment using tea tree antiseptic products.

### Face Area

Eyebrow Wax	€8.00
Lip Wax	€6.00
Chin Wax	€6.00
Lip and Chin Wax	€10.00
Lip, Chin and Neck Wax	€20.00
Lip, Chin and Eyebrow Wax	€18.00
Neck Wax	€10.00

### Body Area

Half Leg Wax	€15.00
Half Leg Including Bikini Line	€25.00
Three Quarter Leg Wax	€20.00
Full Leg Wax	€28.00
Full Leg Wax including Bikini Line	€35.00
Full Leg, Bikini and Underarm	€45.00
Underarm	€10.00
Forearm Wax	€10.00
Bikini Line (Regular)	€12.00
(Holiday)	€15.00
Abdomen Wax	€8.00

## Luscious Lashes

*(Tinting and Shaping patch test required 24hrs prior to treatment).*

Eyebrow trim / shape	€8.00
Eyesh Tint	€10.00
Eyebrow Tint	€6.00
Eyesh and Brow Tint and Eyesh Shape	€22.00
Eyesh and Brow Tint	€15.00

## Glam Girl

Cleanse and Make-Up	€18.00
Bridal Make-Up including trial	€45.00
Bridal Make-Up	€25.00

## Manicures

**Regular Manicure - 35 Mins** €22.00  
cuticle work, massage, file and paint.

**Deluxe Manicure - 1 hr** €35.00  
Exfoliation, cuticle work, heated mitts, massage, file & paint.

**File and French Paint** €12.00  
**File and Paint** €10.00  
**File and Paint with Nail Art** €14.00  
**False Nails** €15.00

## Pedicures

**Regular Pedicure - 35 Mins** €25.00  
Foot soak, cuticle work, massage, file and paint

**Deluxe Pedicure - 1 hr** €40.00  
Foot soak, exfoliation, cuticle work, heated mitts, massage, file & paint.

*All pedicures are carried out in our American spa pedicure chairs. We can facilitate 2 clients at a time for this treatment.*

### Please Note

All treatments can be chosen to customise your own spa day.

If you are a spa day guest please ensure that you are at the spa at 9.30am sharp.

If you are receiving a pedicure, please take flip-flops.

Cancellations must be made 48hrs in advance of treatments or a 50% cancellation fee applies.

Punctuality for appointments would be greatly appreciated at all times.

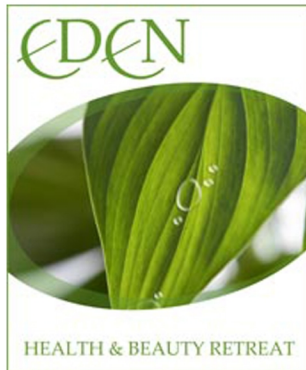
Complimentary use of the Sauna and Steam Room for residents prior to treatments. For non-residents a €15 surcharge will apply.

### Sauna

Enjoy a cosy, authentic experience with temperatures of 70c. The Sauna clears the body of toxins and improves circulation. A great treatment to complete a massage.

### Steam Room

Our steam room provides the ideal way to prepare for other treatments or is a great way to relax mind and body.



@ ERRIGAL COUNTRY HOUSE HOTEL  
Cavan Road, Cootehill, Co. Cavan

Tel: 00353 (0)49 555 6901  
Ext. 147

## Facial Treatments

### The Dermalogica Core Treatment €65.00

This treatment is unique to every individual. It is customised at every step based on your face mapping skin analysis. It shows immediate results and gives the skin a rejuvenated and radiant complexion. 60 mins.

### The Dermalogica Multi-Vitamin Treatment €65.00

This treatment is ideal for dry, dehydrated and smoker's skin. It delivers a burst of oxygen to the skin, while gently removing dull, dry skin. With an oil-based exfoliator and beautiful, creamy mask, your skin will be radiant and beautiful looking within one hour. 60 mins.

### Medi Bac Clearing Treatment €65.00

This condition is ideal for those who suffer from underlying congestion or dry skin. This treatment clears imperfections (blackheads) and is super cleansing, purifying and helps clear the skin. 60 mins.

### Dermalogica Anti-Ageing Treatment €70.00

Using products which contain anti-oxidants and collagen, this treatment will give a firming and plumping action to the skin. The skin will feel lighter, smoother and more firm. 75 mins.

*All of the above facials include a head, neck, shoulder and facial massage.*

### Microzone Flash Exfoliation (Mini Facial) €35.00

This treatment firms, resurfaces, tones and brightens the skin. The hydroxy acids remove dull skin and help reverse the signs of ageing. It will help restore skin to its optimal health. 30 mins.

### Microzone Blackhead Relief €35.00

This treatment clears blackheads and congestion with this super cleansing, purifying and clearing product. Skin will feel deep cleansed & will look clearer. 30 mins.

### Microzone Eye Rescue €35.00

Form, tone and brighten tired eyes with our firming proteins and therapeutic vitamins. Then the exfoliation will remove dull skin while a calming masque will help smooth and revitalise irritated, tired eyes. 30 mins.

### Microzone Rapid Spot Clearing Treatment €35.00

Expedite zone-specific breakout clearing with extensive cleansing to clear sebum and blackheads. 30 mins.

## Body Treatments

### Universal Contour Wrap

This world-renowned treatment is every woman's dream!!! This 2 hour treatment will deliver at least 6 inches loss from the body. The

client is measured, wrapped in clay-soaked bandages, left to relax for at least 1 hour, re-measured and then told how many inches they have lost.

1 Treatment: €60.00  
3 Treatments: €160.00

For more information on this treatment please call the spa.

### Mineral Salt Scrub Therapy €45.00

This treatment polishes skin to a soft glow while providing critical hydration and nourishment skin needs. Mineral sea-salts and seaweed exfoliate while skin smoothing enzymes help to dissolve dead skin cells to give a smooth finish. 1hr

If you add a Microzone facial treatment: 1.5 Hours - €75.00

### Nourishing Sea Mud Therapy €45.00

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clay draws out impurities while ginger and white tea stimulates circulation and smooth skin. 1hr.

If you add a Microzone facial treatment: 1.5 Hours €75.00

### Mud Massage therapy €60.00

A unique and exotic treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturising power of natural oils. Your skin is massaged with beautiful blend of clays and oils to give a smooth and soothed finish. 1hr.

## Alternative Therapies

### Reflexology €40.00

This is a pressure point massage which is carried out on the feet. It stimulates the body as a whole and encourages the body to relax and unwind. (Not recommended for clients with tickly feet.) 1hr.

### Reiki €54.00

This energy based therapy creates a feeling of deep relaxation. It removes energy blockages and allows the flow of energy throughout the body. It also helps with the removal of toxins. Reiki is performed with the client fully clothed. For more information on this therapy please call the spa. 1hr.

### Indian Head Massage €35.00

This ancient form of healing massage works on the upper back, shoulders, neck, head and face. It gives a feeling of calmness and serenity while getting rid of tension in these areas. This is an ideal treatment for those who suffer with upper body tension, headaches, tight scalp or sinus problems. 30 mins.

### La Stone Therapy Full Body: €60.00

This deeply relaxing treatment uses hot basalt stones on the body to induce deep relaxation. By using these stones the client gets rid of tension and is enveloped in a feeling of calmness and harmony. Back Only: €30.00

### Aromatherapy Massage Full Body: €55.00

Using a blend of oils which are customised to the client's needs, this massage firstly relaxes the client and then the tension is melted and soothed away from the body. The skin feels soft and nourished and the client is deeply relaxed.

Back Only: €30.00

### Deep Tissue Massage Full Body: €60.00

This massage is ideal for those clients who need to be stimulated rather than relaxed. It is ideal for sports people, clients who drive a lot or maybe sit at the computer all day. This will deliver tension relief and also stress relief to the client. Back Only: €30.00

## Mens Treatments

### Chest Wax €25.00 Back Wax €25.00

### Eyebrow Shape €8.00

### Dermalogica Core Treatment Facial €65.00

### Microzone Mens Fitness Treatment €35.00

Does shaving bring out the worst in your skin? It will help skin recover from current damage while cleaning, clearing, soothing and calming the skin. 30 mins.

### Deep Tissue Back Massage - 30 mins €30.00

### Deep Tissue Back and Leg Massage - 45 mins €45.00

## Balneotherapy Bath

### Unwind in our beautiful Balneotherapy Bath

With over 200 jets in this, you will be drifted away for 30 minutes of sheer bliss. Customise your bath to suit your needs. Detox - Stress Relief - Soft and Silky-Smooth Skin - All in One. Just €30.

## Tanning

### He-Shi Spray Tanning - Full Body €30.00

including next day top-up: €40.00

### He-Shi Spray Tanning - Half Body €20.00

including next day top-up: €25.00

### He-Shi Topical (Rub On) Tan - Full Body €25.00

He-Shi Topical (Rub On) Tan - Half Body €18.00