

# BEAUTY THERAPY ROOM



Michelle Conboy  
I.T.E.C., C.I.B.T.A.C

CONNEMARA COAST



H O T E L

# HOLISTIC THERAPY

## SWEDISH MASSAGE

*Deep Tissue Massage*

Full Body (1 hour) €60

Back, neck & shoulders (half hour) €40

## AROMATHERAPY MASSAGE

*Lymphatic drainage massage with the use of essential oils*

Full Body (1hour) €55

Back, neck & shoulders (half hour) €40

## HOT STONES MASSAGE

*The use of warm volcanic stones for a relaxing, stimulating soothing massage.*

Full Body (1 hour) €70

Back, neck & shoulders (half hour) €50

## INDIAN HEAD MASSAGE

*This is a massage of the upper back, arms, neck, face and head.*

Treatment time 40 minutes €55

# MANICURES AND HAND TREATMENTS

## LAVENDER PARAFFIN MANICURE

*This is a manicure which involves the use of warm lavender paraffin wax to soften and nourish the hands.*

45 minutes €40

## JESSICA MANICURE

*This is a manicure with the use of Jessica products and also involves the use of electric mittens.*

45 minutes €40

## FILE & POLISH

30 minutes €15

## FILE & FRENCH POLISH

30 minutes €15

# FOOT CARE BELFEET PROFESSIONAL FOOT CARE

## DRY & CRACKED SKIN

*This treatment softens the hardness of the feet and heals. Preserves the nail beds health, essential for the perfect pedicure.*

45 minutes €40

## FOOT PERSPIRATION TREATMENT

*Stabilises foot perspiration avoiding bacterial proliferation.*

45 minutes €40

## LAVENDER PARAFFIN PEDICURE

*This is a pedicure which also involves the use of warm lavender paraffin wax to soften and nourish the feet.*

45 minutes €40

## TIRED & SWOLLEN LEGS

*Relaxing treatment for tired, swollen feet and legs. It stimulates blood circulation and calms swollen feet.*

45 minutes €40

## JESSICA PEDICURE

*This is a pedicure which uses Jessica products and also involves the use of electric booties*

45 minutes €40

# FACIAL TREATMENTS

## ANESI FACIALS

*Anesi Facials offer you A blast of purity and freshness, cellular respiration, deep re-hydration using a cocktail of active ingredients.*

30 minutes €45

60 minutes €55

# AURICLE THERAPY

## EAR CANDLES

*This is an ancient healing and relaxing technique stimulating your energy points, reducing sinus, neck and head pain. Also naturally cleans the ear channels.*

45 minutes €40

# BEAUTY THERAPY

## WAXING

*'Depileue'* World renowned hygienic waxing

Full Leg	€30
3/4 Leg	€25
1/2 Leg	€20
Bikini	€15
Underarm	€15
Lip	€8
Chin	€8

## FACIAL HAIR BLEACHING

*\*Patch test required*

## EYE CARE

Eyebrow Shape	€10
Eyebrow Tint	€8
Eyelash Tint	€10

*\*Patch test required for tints, 24 hours.*

## FAKE TANNING

*'Académie'*

Legs	€30
Upper Body	€30
Full Body	€50

## GIFT VOUCHERS

*Available from reception*

## CANCELLATION POLICY

Bookings cancelled with less than 24 hours notice will incur a cancellation charge equal to 50% of the published charge.

**Appointments** must be made 24 hours in advance with Leisure Centre Reception at ext. 234

BEAUTY THERAPY ROOM



THE COAST CLUB

Connemara Coast Hotel, Furbo, Galway

Direct Tel: 091 503 904 Hotel: 091 592 108 Fax: 091 592 065

Sinnott  
HOTELS