



# escape

HEALTH & BEAUTY

CONNEMARA COAST

— HOTEL —

# Welcome to Escape at the Coast

Everyone deserves the chance to escape, relax & unwind. Escape at the Coast is the place where you get to do just that. Our highly trained team of therapists will take care of you from the moment you arrive. We offer a bespoke selection of treatments that include holistic massage treatments, body scrubs, deluxe facials and beauty treatments. All our treatments are designed for both male & female clients. We use premium products from leading brands including Voya, Shellac and CND.



## Hands & Feet

**Luxury Manicure** €50  
file, cuticle work, hot oil  
massage heated mitts polish

**Luxury Pedicure** €55  
foot scrub, foot mask,  
hot oil massage

**Foot Ritual** €55  
deeply relaxing treatment  
to include foot scrub mask  
with heated booties and  
massage

**Hand Ritual** €55  
deeply relaxing to include  
hand exfoliation massage  
and mask with thermal mitts

**Shellac Manicure** €40

**Shellac Pedicure** €40

**Shellac Removal** €10

**Express Pedicure  
& Shellac Toes** €70

**Express Manicure  
& Shellac Hands** €70

## Spray Tan

**Full Body Spray Tan** €40

## Make-up

**Make-up Application** €50

## Waxing

**Half Leg** €25

**Full Leg** €40

**Lip & Chin** €20

**Underarm** €20

**Bikini Line** €22

## Eye Treatments

**Eyelash Tint** €20

**Eyebrow Tint** €15

**Henna Brows** €40

**Lash Lift** €50

**Eyelash & Brow Tint** €30

**Eyebrow Shape** €20

For all waxing and tinting, a patch test is required 24 hours in advance



# body...

## Massage Therapies

### Swedish Massage

A relaxing and therapeutic massage, concentrating on the muscles and tissues of the body to improve circulation and ease muscular stress and tension.

#### Full Body

60 mins €90

#### Back, Neck & Shoulder

30 mins €60

#### Back, Neck & Shoulder

#### Hot Oil

30 mins €65

### Hot Stone Massage

A deeply relaxing treatment combining hot stone and massage techniques to ease stress, aches and pains.

#### Full Body

60 mins €110

#### Back, Neck & Shoulder

30 mins €80

### Indian Head Massage

Tailored to your specific needs. Includes a crystal footbath.

30 mins €65

### Voyager Massage

#### Journey

A top-to-toe relaxation journey including a scalp massage, face massage and body massage that echos the movement of the sea to relieve aches & pains

90 mins €120

### Back of Legs & Back Massage

Particularly useful for muscle recovery and post gym workout

40 mins €70

## Body Scrubs

### Organic Lavender & Seaweed Sugar Glow Scrub

The wonderfully fragrant mix of lavender oil, seaweed and sugar has a double action of gently removing dead skin cells and healing.

60 mins €80

### Organic Warm Spice Mud Wrap

This is a blend of Voya hand-harvested seaweed infused with ginger & orange to firm and tone the body. Completed with Voya organic body cream to lock in vitamins and minerals

60 mins €80

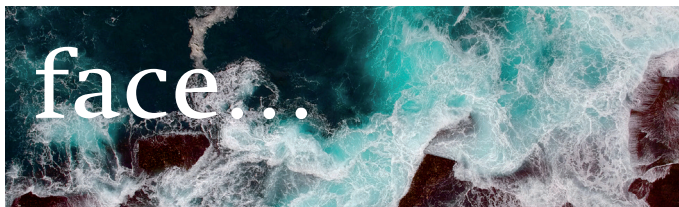
## Maternity Treatments

### Mama to Be

Tailored specially to mum and baby. Your bump is enveloped in a special mask to help support connective tissue and prevent stretch marks. This hydrating organic mask works its magic while you enjoy a relaxing face, hand & arm massage. A rejuvenating treatment to support your journey to motherhood.

60 mins €120





### Voya Anti-Aging Restorative Facial

Suitable for all skin types and using VOYA's finest organic ingredients combined with a restorative blend of aromatherapy oils and antioxidant algae complexes. This helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. Skin is instantly firmed and tightened with a natural, more radiant glow.

**70 mins €105**

### Voya Deluxe Facial Experience

Begin with a relaxing back massage to induce relaxation and melt away muscular pain. This is followed by a results driven hydrating and purifying facial. A facial massage to deeply hydrate is followed by a dual action facial mask. Skin is rejuvenated and hydrated, the appearance of deep set wrinkles is reduced and the skin's texture is left hydrated and plumped.

**90 mins €120**

### Voya Self Discovery Radiance Facial

This skin type-specific, ocean inspired, organic facial is deeply detoxifying, revitalizing and helps to smooth skin tone and increase clarity. It incorporates a relaxing facial massage using seaweed products to release any build-up of toxins and toxic micro particles, to repair and nourish any skin cells damaged by pollution and chemical exposure. Leave with a revived glowing, yet non-greasy complexion that is both enriched and strengthened. This facial is tailored to suit your skin with three options

- **Purifying (oily/combination skin)**
- **Ultra Calming (sensitive skin)**
- **Intensive Hydra Veil (dry skin)**

Using a combination of gentle exfoliators, serums and masks, your therapist will choose the one most suited to your skin.

**55 mins €90**

### Voya Marine Eye Treatment

Using organic seaweed eye compresses to refresh and rejuvenate tired eyes. Relaxing and decongesting lymphatic massage movements banish puffiness and dark shadows. A firming, hydrating treatment to reduce the appearance of fine lines and decongest the eye area.

**30 mins €55**

*Available as an add-on to most Voya Facials for an extra 35 mins and €40*

### Voya Mini Teen Facial

A skin-specific, ocean inspired, organic facial using our purifying range

**40 mins €65**

### Intense Defence Mens Facial

This powerfully effective treatment exfoliates with bamboo spines, enabling a deeper cleanse. Enjoy a soothing face and scalp massage. Fantastic for those with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, fresh and mattified.

**60 mins €95**



## Escape Signature Treatments

### Escape Signature Facial

A detailed prescriptive facial for all skin types ultimate in relaxation this facial includes a foot & eye treatment with LED light mask therapy

**80 mins €135**

### Escape Signature Winter Warmer

Relax under our heated thermal blanket with heated booties and lavender eye pillow while we perform a relaxing body massage with our heated organic oils

**60 mins €110**

### Escape Signature Back Treatment

Invigorating exfoliation with steam followed by hot oil massage and hot towel compresses

**60 mins €90**

### Escape Sleep Ritual Massage Journey

A powerful sleep encouraging experience that will decompress and relax the body & mind

**80 mins €120**

## Pamper Packages

### Escape Afternoon Tea Pamper Package

Experience our Voyager Massage Journey or our Voya Deluxe Facial Experience followed by Connemara Coast Afternoon Tea for the perfect relaxation experience

**Treatment Time 90mins €139.50**

### Escape Platinum Afternoon Tea Pamper Package

Experience our Voyager Massage Journey or our Voya Deluxe Facial Experience followed by Connemara Coast Afternoon Tea with a glass of bubbly for the ultimate relaxation experience

**Treatment Time 90mins €144.50**

## Escape Etiquette

### Cancellation Policy

*We understand that appointments may need to be changed or cancelled from time to time. As a courtesy to other clients and to allow for planning we request a minimum of 24 hours notice if you need to cancel or change an appointment. Appointments that are cancelled less than 24 hours the full fee of the treatment cost will be charged.*

### Salon Policy

*To ensure you have the most relaxing experience with us, we kindly request you arrive on time for your appointment time. Arriving late may result in a reduction in your treatment time. Alternatively we will gladly reschedule your appointment.*

### Health Conditions

*Your safety is our first priority. It is important that you inform us of any health conditions or injuries when booking treatments. If you have high blood pressure, heart conditions, allergies or any other medical complications, we advise that you consult your doctor before undergoing some of our treatments. If you are feeling unwell in any way please let us know so that we can reschedule your appointment.*

“Close the door on the world,  
**breathe, unwind.**

Take time to **be present**  
**open your mind.**

**Relax** cleanse & **nourish,**  
from head to toe.

Let **Escape at the Coast**  
find **your beauty**, your glow.

Then when you are ready,  
the world will knock once more,  
and oh **how you will shine**  
when you **open that door”**

**TO BOOK CALL**  
**+353 91 503 904**

**OPENING HOURS**  
10.00AM-6.00PM 7 DAYS A WEEK

BOOK 48 HOURS IN ADVANCE  
TO AVOID DISAPPOINTMENT

WE ADVISE YOU TO ARRIVE 10 MINUTES  
PRIOR TO YOUR APPOINTMENT

**GIFT VOUCHERS AVAILABLE**