



specials...

Maternity Treatments

Organic Precious Moments

Tailored specially to mum and baby. Your bump is enveloped in a special mask to help support connective tissue and prevent stretch marks. Feet are wrapped in seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. These hydrating organic masks work their magic while you enjoy a relaxing face, hand and arm massage. A rejuvenating treatment to support your journey to motherhood.

60 mins €95

Just for Men

Intense Defence Mens Facial

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, enabling a deeper cleanse. Enjoy a soothing face and scalp massage, using VOYA's seaweed leaves and Mermaid's Purse mask to soothe even the most sensitive of skin. Fantastic for those with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, fresh and mattified.

60 mins €95

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.

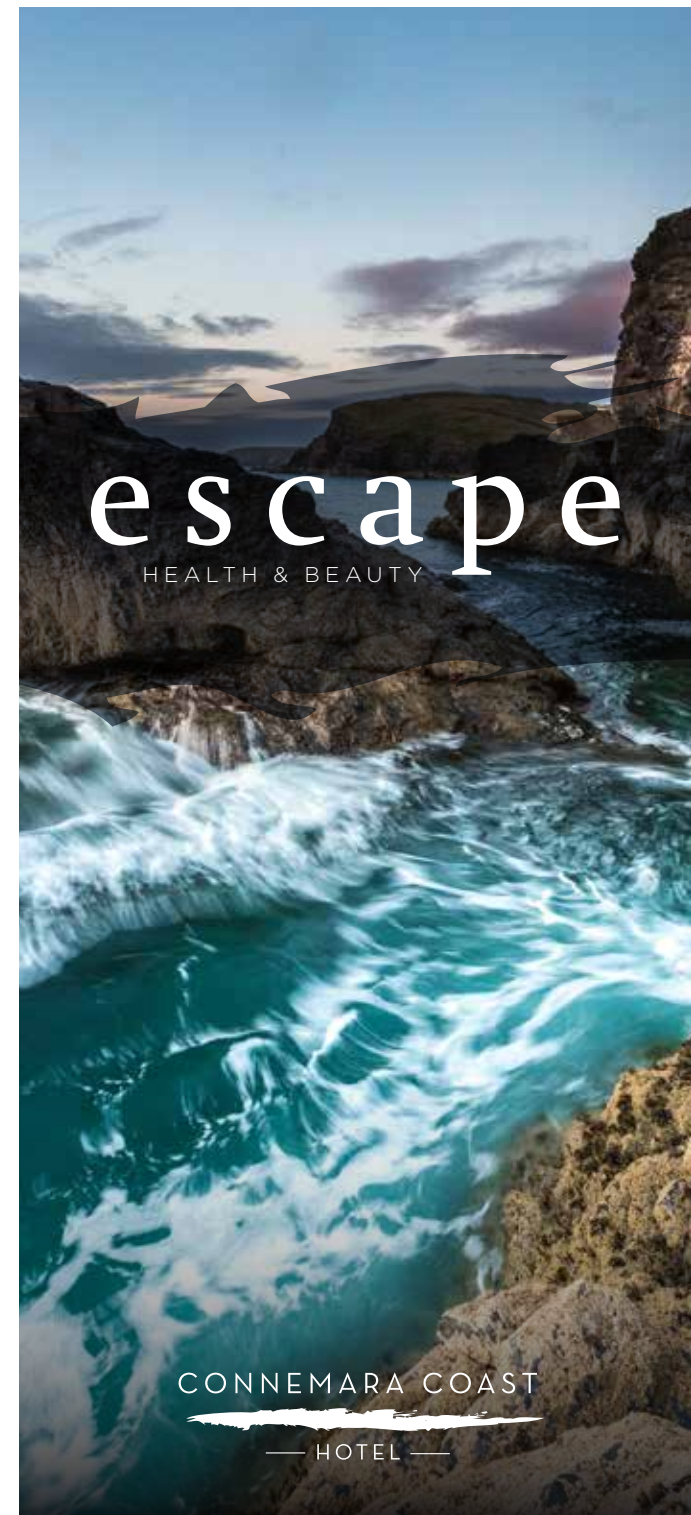
“Close the door on the world,
breathe, unwind.
Take time to **be present**
open your mind.
Relax cleanse & **nourish,**
from head to toe.
Let **Escape at the Coast**
find **your beauty,** your glow.
Then when you are ready,
the world will knock once more,
and oh **how you will shine**
when you **open that door”**

TO BOOK CALL
+353 91 592 108

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



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 a range of exclusive 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

Mini Manicure file, cuticle tidy and polish	€25
Luxury Manicure file, cuticle work, hot oil massage heated mitts polish	€40
Mini Pedicure file, cuticle tidy and polish	€30
Luxury Pedicure foot scrub, foot mask, hot oil massage	€47
Nail File & Polish	€20
Shellac Manicure	€30
Shellac Pedicure	€30
Spray Tan	
Full Body Spray Tan Using He-Shi, the award winning tan known for flawless, even results and no smell.	€32

Make-up

Make-up Application	€35
Bridal Make-up	€50

Waxing

Half Leg	€25
Full Leg	€40
Lip & Chin	€18
Underarm	€18
Bikini Line	€18

Eye Treatments

Eyelash Tint	€20
Eyebrow Tint	€15
Eyelash & Brow Tint	€30
Eyebrow Shape	€20
Eyebrow Threading	€20

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



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.
60 mins €80

Swedish Back Neck & Shoulder Massage
30 mins €50

Hot Stone Massage
A deeply relaxing treatment combining hot stone and massage techniques to ease stress, aches and pains.
70 mins €90

Hot Stone Back, Neck & Shoulder Massage
40 mins €60

Hot Oil Back, Neck & Shoulder Massage
30 mins €55

Deluxe Back Treatment
Invigorating exfoliation with steam followed by hot oil massage & hot towel compresses
60 mins €70

Reflexology Treatment
60 mins €70

Aromatherapy Treatment
60 mins €70

Indian Head Massage
Tailored to your specific needs. Includes a crystal footbath.
30 mins €50

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

Body Scrubs

Organic Lavender & Seaweed Sugar Glow
The wonderfully fragrant mix of lavender oil, seaweed and sugar has a double action of gently removing dead skin cells and healing.
55 mins €70

Organic Stimulating Seaweed Body Buff
The ultimate treat for tired and dull skin. The anti-oxidants from our mineral-rich bladder wrack seaweed combined with VOYA's signature seaweed massage oils offer a powerful organic way to better skin.
55 mins €70

In-room Bath Butler

Treat yourself to something extra special. Our therapists will prepare the ultimate relaxation experience in the comfort of your own room. Enjoy soothing music and lit candles while you submerge your body in a bath of organic hand-harvested Atlantic seaweed

Lazy Days Detox Seaweed Bath
Experience a bath of organic, hand-harvested Atlantic seaweed to remove unwanted toxins and alleviate aches and pains. The natural power seaweed will deeply moisturise the skin, increase circulation and promote healing.
45 mins €45

Organic Seaweed Aroma Bath Salts Therapy
A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, mandarin and patchouli, combined with bath salts.
45 mins €45



Voya Facials

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
Add the Voya Marine Eye Treatment for an extra 35mins and €40

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
Add the Voya Marine Eye Treatment for an extra 35mins and €40

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/combo 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
Add the Voya Marine Eye Treatment for an extra 35mins and €40

Voya Marine Eye Treatment
Using organic seaweed eye compresses, hand-harvested from the wild Atlantic Ocean, this is a unique treatment for refreshing and rejuvenating tired eyes. Combining relaxing and decongesting lymphatic massage movements to banish puffiness and dark shadows, we also use specialised eye masks for those individuals who are specifically concerned with ageing around the eye area. A firming, hydrating and results-orientated treatment to reduce the appearance of fine lines and decongests the eye area.
45 mins €50

Voya Mini Teen Facial
A skin-specific, ocean inspired, organic facial using our purifying range
40 mins €50