



Escape Signature Treatments

Escape Signature Facial

A detailed perscriptive 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.

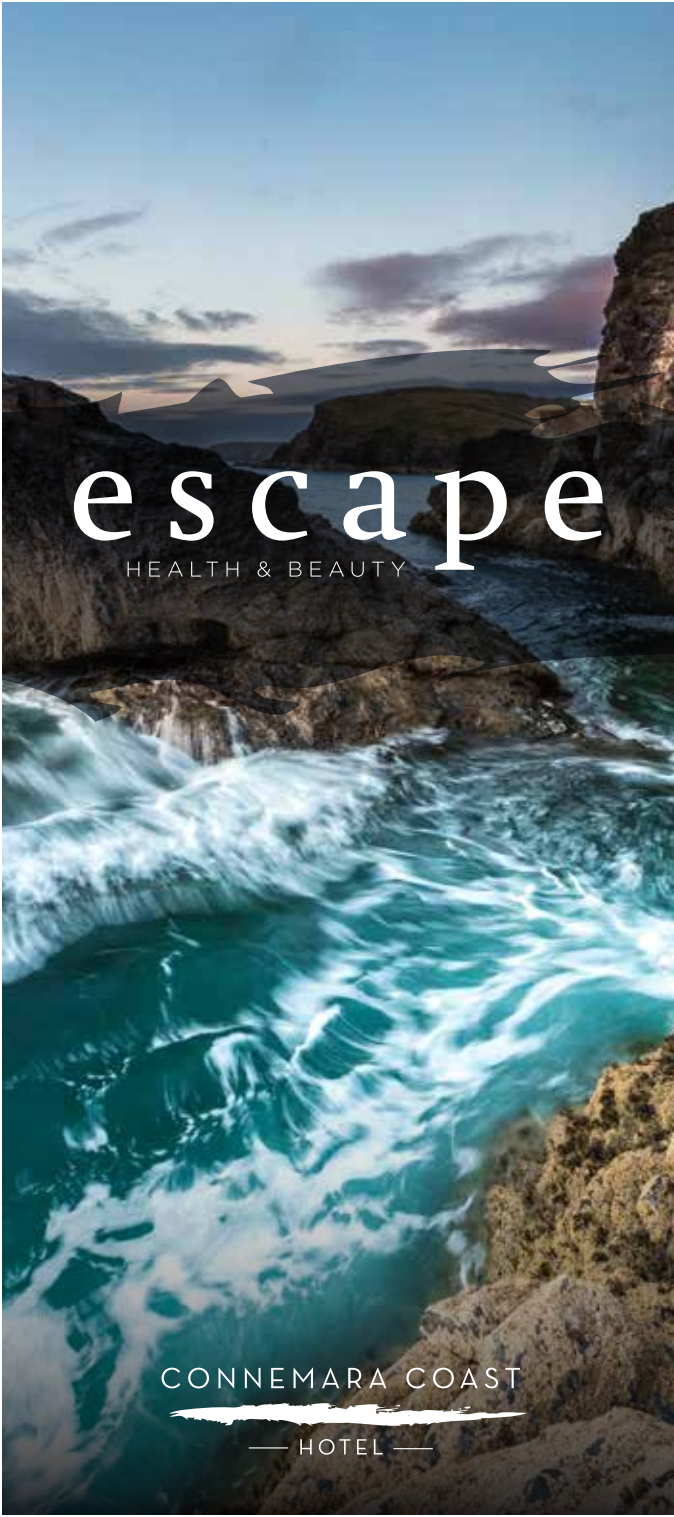
“Close the door on the world,
breathe, unwind.
Take time to be present
open your mind.
Relax cleanse & nourish,
from head to toe.
Let Escape at the Coast
find your beauty, your glow.
Then when you are ready,
the world will knock once more,
and oh how you will shine
when you open that door”

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



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 file, cuticle work, hot oil massage heated mitts polish	€50
Luxury Pedicure foot scrub, foot mask, hot oil massage	€55
Foot Ritual deeply relaxing treatment to include foot scrub mask with heated booties and massage	€55
Hand Ritual deeply relaxing to include hand exfoliation massage and mask with thermal mitts	€55
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
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Make-up

Make-up Application	€50
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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



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 it's 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