



escape SPA

The background of the image is a soft-focus photograph of a lavender field. Several tall, thin lavender stalks with clusters of small purple flowers are visible in the foreground and middle ground. The background is a warm, golden-yellow glow, suggesting a sunset or sunrise. The overall mood is peaceful and relaxing.

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WELCOME escape SPA

It is advised that appointments are made in advance, though we will always do our best to accommodate you.

For your information, each treatment time includes a 15 minute consultation and foot ritual with your spa therapist. Please note that we request you to arrive at Escape at least 15mins prior to your treatment start time, for check in and registration.



YOUR VISIT

ATTIRE

We provide robes & spa footwear. Swimwear is required for the Vitality suite.

CHOOSING YOUR TREATMENT

We are here to advise you on the best treatments for you. Please do not hesitate to ask our highly trained therapists on how best we can meet your needs.

FOR YOUR HEALTH & SAFETY

It is important that you inform your therapist of any medical conditions.

You may need to consult your doctor regarding your suitability for receiving treatment in certain instances. Please let us know if you are pregnant as specific treatments may be contra-indicated for you.

MOBILE PHONES

The use of mobiles within the spa is prohibited.

SMOKING & ALCOHOL

Smoking and the consumption of alcohol within the spa are prohibited. Also, we will not treat guests who have consumed alcohol prior to arrival.

UNDER-16

We regret that we do not accommodate children under the age of 16.

*Denotes that a 15min consultation and foot ritual is built into the treatment time



AVEDA BODY TREATMENTS

ROSEMARY MINT AWAKENING BODY TREATMENT*

1HR 15MINS

Renew body and mind with this stimulating and invigorating treatment. Your body is exfoliated and softened, followed by an application of rosemary mint body lotion. As you lie on a heated bed, a relaxing head and foot massage will help to balance the whole body. Hair removal is not advisable for up to 24 hours prior to treatment.

AQUA POLISH

1HR

A full body exfoliation combining the therapeutic benefits of Dead Sea salts is followed by an application of warm hydrating lotion blended with your chosen aroma. The result is conditioned, soft, polished skin. Hair removal is not advisable for up to 24 hours prior to this treatment.



AVEDA AROMATIC ELEMENTAL FACIALS

ELEMENTAL NATURE FACIAL FOR RADIANT SKIN*

1HR 15MIN

A nurturing treatment for tired skin which results in a radiant, glowing complexion. The skin is noticeably refined, balanced and energised through the use of essential oils and pure flower and plant essences.

ELEMENTAL NATURE FACIAL FOR ALL SKIN TYPES*

1HR 15MIN

A personalised treatment designed just for you to restore balance to the skin through the use of customised masque, essential oil aromas and facial massage techniques.

ELEMENTAL NATURE FOR SELF RENEWAL*

1HR 45MIN

The ultimate treat to restore balance to tired skin. This facial is customised according to your skins needs and incorporate the use of essential oil aromas and chosen products containing pure flower and plant essences. This facial combines facial massage techniques to increase nutrition and circulation. Throughout this facial also enjoy a luxurious hand, scalp and foot massage.

PURE FOCUS FACIAL 45MIN/30MIN

A purifying facial treatment suited to all skin types. This facial combines the power of Aveda's unique plant based products and the expertise of our spa therapist. Choose from either a face and neck massage or a masque treatment during this facial.

TULASARA™ FACIAL TREATMENTS 45MINS/1HR 15MIN*/1HR 45MIN*

Dry, oily, ageing, uneven, sensitive and acneic skin conditions and eye concerns can all be addressed with a customised Tulasara™ facial treatment. After a thorough consultation, your skin therapist will provide the best combination of products, personalised Aveda aromas and techniques and design a customised treatment that will move your skin toward balance and reveal its natural beauty.

GREEN SCIENCE EYE ENHANCEMENT

This treatment focuses on the eyes. Your therapist will plump out fines lines in the eye area through ice massage techniques followed by mini hot stones.

Please Note - This is an add on Treatment and can not be booked on its own.

AVEDA HAND & FOOT TREATS



FILE & POLISH

20MIN

OPI GEL COLOUR MANICURE OR PEDICURE

45MIN

AVEDA LUXURY SPA MANICURE

1HR 15MIN

MAINTENANCE MANICURE

30MIN

AVEDA LUXURY SPA PEDICURE*

1HR 15MIN

MAINTENANCE PEDICURE

30MIN

Nails are filed and shaped and OPI polish application.

Cuticle work, file and OPI Gel polish

A rejuvenating manicure that includes proper maintenance and grooming of nails and cuticles, personalised massage and customised exfoliation. This treatment includes a nail buff and an application of your choice of polish.

Moisturising hand massage and polish.

Indulge your feet with an Aveda spa pedicure. Feel the release of tension with our unique sea salt exfoliation and a reflex foot massage. The Aveda spa pedicure leaves your feet feeling soft, smooth and revitalised. This treatment includes an application of polish.

Nail file and polish.

AVEDA MASSAGE



INDIAN HEAD MASSAGE*

1HR

A treatment based on old Ayurvedic techniques, involving work on the upper back, shoulders, neck, scalp and face. It helps reduce stress, fatigue, and eyestrain, increase mental clarity, relaxes and rejuvenates the receiver.

HOT STONE BACK, NECK & SHOULDER MASSAGE*

45MIN

Experience the aromatic power of Aveda Pure Flower and Plant Essences fused with the sensation of a smooth stone massage. Your chosen aroma will embrace your senses, while the sensation of the warm stones combined with massage techniques will balance, soothe and energise your body.

ELEMENTAL NATURE MASSAGE*

1HR 15MIN / 1HR 45MIN

A personalised massage based on the Elemental Nature Philosophy and your favourite Aveda aromas. A variety of massage techniques will be incorporated to create a thoroughly relaxing treatment.

HOT STONE FULL BODY MASSAGE*

1HR 15MIN

Experience the aromatic power of Aveda Pure Flower and Plant Essences fused with the sensation of a smooth stone massage. Your chosen aroma will embrace your senses, while the sensation of the warm stones combined with massage techniques will balance, soothe and energise your body.

DEEP TISSUE MASSAGE*

1HR 15MIN

Combining relaxing massage techniques this specific muscular treatment will release muscle tension, revitalise your body and induce a feeling of inner calm.

BACK NECK AND SHOULDER MASSAGE*

45MIN

This personalised massage is specifically designed to unravel the tension knots in your back, neck and shoulders. This treatment offers rapid relief to muscle tension and eases stress related aches and pains.

STRESS RELIEVING MASSAGE

30MIN

Ideally suited to the “time poor”, this express massage will relieve tension and stress in the back and neck.



TREATMENTS FOR HIM

DEEP TISSUE BACK, NECK AND SHOULDER MASSAGE*

45MIN

This personalised massage is specifically designed to unravel the tension knots in your back, neck and shoulders. This treatment offers rapid relief to muscle tension and eases stress related aches and pains.

FOCUS FACIAL FOR HIM

45MIN

A revitalising pure focus facial treatment designed and tailored specifically for men combining aromatic steam towels. We recommend clients shave 24hrs prior to this treatment.



BEAUTY & PREGNANCY

BEAUTY @ESCAPE

Day/Evening MakeUp 45MIN

He Shi Full and Half Body Spray Tan

Wax and Tint

A patch test is required 24hours prior to your visit.

Facial Waxing / Body Waxing / Eyebrow & Eyelash Tinting

PREGNANCY @ESCAPE

Massage is only recommended after 1st trimester of pregnancy, all facials, manicures and pedicures are suitable for pregnancy.

Pregnancy Package 1HR 15MIN

15 minute foot ritual & consultation, 30 minute back, neck and shoulder massage & 30 minute leg and foot massage. Fruit plate in relaxation room after treatment.

Pregnancy Massage 30MIN/ 45MIN/ 1HR 15MIN

Relaxing Swedish massage performed by highly trained therapists in pregnancy massage.

ESCAPE SIGNATURE PACKAGES

PLATINUM PACKAGE €115

- » Time in the Vitality Suite and Infinity Pool
- » 15min Consultation & Cleansing Foot Ritual
- » A 30min Stress Relieving Massage
- » A 30min Pure Focus Facial
- » Aveda Scalp Massage
- » A 30min Maintenance Manicure or Pedicure
- » Time in the Relaxation Suite with a selection of fruit
- » Newpark Signature Afternoon Tea in the Hotel Lobby plus

Our Gift to You

Two Travel Size Aveda Retail Products to continue your Escape Experience at Home

GOLDEN PACKAGE €95

- » Time in the Vitality Suite and Infinity Pool
- » 15min Consultation & Cleansing Foot Ritual
- » A 30min Stress Relieving Massage
- » A 30min Pure Focus Facial
- » Aveda Scalp Massage
- » Time in the Relaxation Suite with a selection of fruit
- » Newpark Signature Afternoon Tea in the Hotel Lobby

Our Gift to You

Two Travel Size Aveda Retail Products to continue your Escape Experience at Home

SILVER PACKAGE €85

- » Time in the Vitality Suite and Infinity Pool
- » 15min Consultation & Cleansing foot Ritual
- » A 30min Pure Focus Facial
- » Aveda Scalp Massage
- » A 30min Maintenance Manicure or Pedicure
- » Time in the Relaxation Suite with a selection of fruit
- » Newpark Signature Afternoon Tea in the Hotel Lobby plus

Our Gift to You

Two Travel Size Aveda Retail Products to continue your Escape Experience at Home

ESCAPE PIX & MIX

Choose 1 treatment from each Section for €90

Section 1 (45min)

- » Back, Neck & Shoulder Massage
- » Aveda Pure Focus Facial
- » Aveda Back Treatment

Section 2 (30min)

- » Aveda Facial
- » Luxury Face, Decollate & Scalp Massage
- » Maintenance Manicure
- » Maintenance Pedicure

Section 3 (15min)

- » Hot Oil Scalp Massage
- » Hand & Arm Massage
- » Foot Massage

Enhance your Spa Experience by adding any of the following for €10:

- » 15min Hand & Arm Massage
- » 15min Scalp Massage
- » 15min Foot Massage

AVEDA BODY TREATMENTS

Rosemary Mint Awakening Body Treatment*	1hr 15min	€95
Aqua Polish	1hr	€80

AVEDA FACIALS

Elemental Nature Facial for Self Renewal*	1hr 45min	€155
Elemental Nature Facial for Radiant Skin*	1hr 15min	€105
Elemental Nature Facial for All Skin Types*	1hr 15min	€100
Pure Focus Facial*	45min	€69
Focus Facial for Him*	45min	€65
Tulasara Facial	45min / 1hr15min/1hr	45min €69 / €100 /€155

(Add an Aveda enhancement to any of the above facials)

AVEDA FACIAL ENHANCEMENTS

Green Science Eyes Enhancement	€20
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AVEDA MASSAGE

Elemental Nature Massage*	1hr 15min/1hr 45min	€105 /€135
Fusion Stone Massage*	1hr 15min	€125
Deep Tissue Massage*	1hr 15min	€110
Back, Neck and Shoulder Massage*	45 min	€79
Stress Relieving Massage	30 min	€50
Fusion Stone Back, Neck & Shoulder Massage*	45 min	€85
Indian Head Massage	1hr	€90

EYELASH & EYEBROW TREATMENTS**

Eyelash Tint	€10
Eyebrow Trim	€10
Eyebrow Wax	€10
Eyelash Tint, Eyebrow Tint and Wax	€25

* denotes a 15min consultation and foot ritual is built into the treatment time

** please note that a patch test will have to be carried out at escape24 hours prior to your first waxing or tinting treatments with us.

AVEDA HAND & FOOT TREATS

All Aveda Hand and Foot Treats include an OPI Nail Polish application.

OPI Gel Polish Manicure/Pedicure	45min	€25
Aveda Luxury Spa Manicure	1hr15min	€65
Aveda Maintenance Manicure	30min	€25
Aveda Luxury Spa Pedicure*	1hr 15min	€65
Aveda Maintenance Pedicure	30min	€25
File & Polish	20min	€15

AVEDA FINISHING TOUCHES

Day /Evening Make-up	45min	€30
He Shi Spray Tan	Full/Half Body	€25/ €15

WAXING **

Full Leg and Bikini	€48
Lip or Chin	€12
Half Leg and Bikini	€30
Bikini Line	€15
Full / Half Leg	€35/ €25
Back or Chest	€35
Underarm	€15
Lip and Chin	€16
Eyebrow Wax	€10

TREATMENTS FOR HIM

Deep Tissue Back Neck and Shoulder Massage	45min	€85
Pure Focus Facial	45min	€69

PREGNANCY TREATMENTS

Back, Neck and Shoulder	30min / 45min	€50 / €79
Pregnancy Package		€80
Full Body Massage		€105



With **escape** Health Club & Spa

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A FLYNN HOTEL