



Pricelist and Treatment Menu



COMFORT ZONE CONCEPTS

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Gift vouchers Available

Cancellation policy:
24 hours 50% charge
12 hours full charge

Body Treatments

Intensive Remodeling Body Treatment 100€
90 minutes

This intensive unisex Remodeling Treatment focusing on the abdomen and thighs helps redefine the body by reducing fatty tissue, cellulite, fluid accumulation and improves the appearance of stretch marks. This six step body treatment including a stimulating massage contains 5 different types of Algae .

Reflexology - 60 minutes 70€

A treatment based on the theory that our hands and feet are connected to certain organs and systems in the body. Particularly beneficial for insomnia, hormone imbalance, hypertension and anxiety.

Pedicure - 60 minutes 40€

Meridian Acupressure - 60 minutes 70€

Soothing and relaxing full body treatment stimulating the meridian lines within our body "paths". Our "paths" circulate blood, nutrients and energy throughout our body.

Bacial Treatment 60€

**a facial for your back*

Combining a deep cleansing exfoliation, vapour and treatment mask our Deep Cleansing Back Treatment eliminates impurities, re-balances the skin and helps to clear blemishes.



Waxing

Half Leg Wax €25
Full Leg Wax €35
Bikini Wax €20
Brazilian Wax €30
Hollywood (all off) €40

Eyes

Eyebrow tint & wax 30 minutes €30
Eyelash tint 30 minutes €25
Eye package 45 minutes €45

Facials

Pure Oxygen – 75 minutes 90€

A deep cleansing facial containing mint, algae and malic acid is suitable for all skin types. This treatment increases circulation by providing pure oxygen directly to the cells. Skin feels rejuvenated and purified.

Men’s Facial – 75 minutes 90€

A deep cleansing, relaxing skincare treatment using products and ingredients adapted to individual skin condition and concerns.

Teenage Facial – 60 minutes 70€

This educational and beneficial treatment includes a gentle exfoliation, steam, extractions, massage and mask appropriate for skin condition.

Organic Skin – 60 minutes 80€

Nourish your skin with this wholesome facial treatment containing oats, lavender and sweet almond oil, using locally produced organic products that cleanse, hydrate and soothe all skin types.

Glow to go – 90 minutes 100€

This luxurious facial, containing 24 carat gold, vitamins A, C and E and magnesium, increases luminosity and gives your skin an immediate boost of vitality, leaving it glowing and ready for that special event or night out.

Hydration and Lift – 90 minutes 100€

This sublime hydrating and lifting treatment containing wakame kelp, hyadisine and rice bran oil is highly firming, reverses cellular ageing and restores lost volume.

Lightening and Brightening – 90 minutes 100€

This anti-ageing treatment containing citric, red grape and mandelic acid, reverses sun damage and removes superficial layer of dark spots. Reduces further accumulation of melanin to the hyperpigmented area

Botox effect – 90 minutes 110€

This highly effective “wrinkle filling” treatment containing glycolic and hyaluronic acid, as well as avocado oil has a powerful firming action that minimizes the appearance of wrinkles and scars. Reduce the signs of ageing and general skin fatigue from within with this “non-botox” effect face treatment.

Q10 Regeneration - 90 minutes 110€

This exceptional Q10 technology treatment is ideal for more mature skin types or pre/post menopausal skin imbalances. This deeply nourishing treatment provides an intense feeling of comfort and ease. Leaves skin visibly softer, plump and hydrated.

The Eye Treatment - 75 minutes 90€

This six step deeply relaxing and rejuvenating treatment focuses on flaccidity, eye bags and periorbital wrinkles. This treatment is packed with powerful ingredients like blueberry, cucumber, ginkgo biloba, ginseng and Tumeric.

*All facials include use of facial equipment to suit skin type.

Facials continued...

Age Defence – 90 minutes 120€

An innovative and fortifying approach for sensitive and reactive skins. This treatment, containing pre and pro-biotics, jojoba oil and lime, balances and strengthens the skin's natural defense by stimulating collagen synthesis.

Advanced Skincare

Vitamin B6 & Serotonin – 90 minutes 120€

A facial containing melatonin, Vitamin B6 and tryptophan, improves the energetic abilities of the skin. This holistic facial stimulates the synthesis of serotonin “the happy hormone”, aids a good night’s sleep whilst improving the condition of the skin.

Microneedling – 60 minutes 120€

Microneedling is a cosmetic procedure that encourages collagen production using tiny, sterilized needles. It helps smooth, firm, and tone skin and improve the appearance of scars, acne, and wrinkles. Your Microneedling serum options can be seen below:

Age Reverse

Vitamin C Radiance

Pigmentation Reverse

Microneedling – Package 450€

A package of 4 Microneedling treatments.

Chemical Peels

Chemical Peel - 60 minutes 120€

Regenerating | Anti-ageing | Stimulates collagen production | Reverses sun damage | Reduces hyperpigmentation | Brightens complexion

P.S.F Chemical Peel - 60 minutes 500€

(5 week course)

Regenerating | Anti-ageing | Stimulates collagen production | Reverses sun damage | Reduces hyperpigmentation | Brightens complexion

S.A.S Chemical Peel – 60 minutes 500€

(5 week course)

Regenerating | Purifying | Intense cleaning and exfoliation | Reduces acne scarring | Regulates sebaceous secretion

Massages

Deep Tissue

Deep pressure massage that relieves tension, tightness and inflammation held in the muscles, connective tissue and fascia. This massage specifically focuses on areas of discomfort.

Restorative

This is a blend of all my massage techniques, modified to suit your requirements. Improves circulation, flexibility and range of motion, restoring balance to the body.

Lymphatic Drainage

Treatment aimed at reducing lymphedema/swelling. Reduces bloating, fatigue, insomnia and stress. Increases detoxification.

Indian Head Massage

This stimulating but deeply relaxing treatment focuses on the face, head, neck and shoulders, using acupressure and circular strokes. Good for hair and scalp health.

Pregnancy Massage

Pre-natal massage is important in reducing stress, swelling in the arms and legs. Relieves muscle and joint pain. Benefits both Mum and baby.

Golfer’s Massage

Focusing specifically on the back, hamstrings, hip flexors, shoulders and wrists to improve flexibility and reduce injury.

Face Massage

Using organic locally produced oils that promote healthy skin, whilst relaxing your facial muscles. Improves overall appearance of the skin, relieves sinus pressure, increases circulation. A favourite of clients who have temporomandibular joint (TMJ) conditions.

Aromatherapy

A medium pressure slow massage focusing on bringing balance to the body. A blend of essential oils specifically made for you to improve your health and wellbeing.

- 45 minutes €50
- 60 minutes €70
- 90 minutes €100

