

	Price
<b>Make-Up Application</b>	25

*GLó minerals. Skin nurturing mineral make-up.*

Glo minerals is a make-up system uniquely formulated for skincare professionals and their clients. These advanced formulation combine pharmaceutical-grade ingredients, natural high pigment minerals and the power of antioxidants. The result is clinically advanced mineral make-up that covers and helps correct and protect.

<b>Universal Contour Wrap</b>	60
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This is a totally natural, effective and safe way to achieve excellent and lasting weight loss. Detoxify the body, cleanse the skin and leave you feeling totally rejuvenated with wonderfully smooth and silky skin.

**Tan Sun Vitesse Stand Up Sun Room**

75 mins	50
45 mins	30
Single Session	6

**Air Brush Tanning System**

**VITA Liberata Tan**

The 'A' list tan. The one & only odourless, organic, paraben free & perfect fade tan.

Full Body	25
Upper Body	10

**San Tropez**

This is famed for being the celebrity tan that's available to everyone. Fast and easy way to create the richest looking tan without the sun.

Full Body	30
Upper Body	15

**Jessice Manicure**

Standard Manicure	25
File & Paint	15

<b>Shellac Polish</b> -14 day non chip polish	30
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<b>Shellac Pedicure</b>	35
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<b>Jessica (Zen Spa)Pedicure</b>	40
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Luxurious and essential foot treatment.

For nails and calluses with foot massage and hot booties.

**Pamper Packages.**

<b>Full Day Package:</b>	215
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Full Body Massage, Repechage Facial, Light Lunch, Manicure, Pedicure, Wash & Blow Dry

<b>Half Day Package:</b>	130
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Full Body Massage, Repechage Facial, Wash & Blow Dry.

*Bridal Packages available -*

Please enquire for full details

**Opening Hours**

<i>Monday</i>	10.00am -6pm
<i>Tues &amp; Wed</i>	9.30am - 6pm
<i>Thurs - Late evening</i>	9.30am - 8pm
<i>Friday</i>	9.30am - 7pm
<i>Saturday</i>	9.00am -5.30pm.

Terms & Conditions.

Please make appointments well in advance, to avoid disappointment.

Please give 24 hours notice of cancellation.

Please inform us if you are running late so that we can accommodate you or re-schedule.

Mobile phones should be switched off to ensure comfort to all customers.

Patch tests can be arranged at short notice and are complimentary.

Treatments should be peaceful and relaxing and may slightly run over stated times.

**Solitude Spa**

*Abbey Court Hotel*

*Nenagh*

*Tel. 067-42182 ext 482*



**Solitude Spa**

*is an idyllic haven of tranquility,*

*the ideal place*

*where you can indulge yourself*

*and retreat from*

*the demands of the day.*

*We look forward to welcoming you.*

*Treatments for men and women*

<i>Facials</i>	<i>Time</i>	<i>Price</i>
<i>Pea Escape Stone Facial</i>	90 mins	120
Combining natural hot & cold stones with the Repechage signature 4 layer facial for total mind and body balance.		
<i>Four Layer Facial</i>	60 mins	70
To achieve that youthful look instantly Repechage have incorporated cooling seaweed with a thermal mineral mask.		
<i>European Peaweed Facial</i>	60 mins	60
Honey & Almond gently cleanse the skin, followed by a vitamin C enriched serum and hydrating massage.		
<i>Rapidex Renewal Facial</i>	60 mins	60
(Dry mature photo aged skin) Marine hydroxy acid and seaweed, exfoliates & hydrates the skin leaving it smoother and younger looking.		
<i>Agera</i>	60-90 mins	
The beauty of science skin peels. Represents a major advancement in the non-invasive treatment of ageing skin, acne and unwanted pigmentation.		
<i>Anti-Ageing:</i> Skin care that has been clinically proven to reverse many signs of skin ageing such as fine lines, wrinkles and uneven skin tone.		60
<i>Acne:</i> The regime targets the causes of acne inflammation and helps reduce and control blocked pores and bacteria.		60
<i>Pigmentation:</i> The Agera peels have been clinically proven to effectively reduce the appearance of pigmentation in the skin.		60
<i>Mini Facial</i>	30 mins	40
Includes honey scrub & a balance of hydrating mask. For all skin types		
<i>Gentlemen Facial / Male Grooming Facial</i>		50

<i>Reflexology</i>	50 mins	50
This is a complimentary therapy which works on the feet, to help heal the whole person not just the prevailing symptoms and it is also a way of relaxing the mind and body and counteracting stress.		

<i>hdBROWS</i>	25
Express yourself in high definition with our Official hdBrow stylist.	
This is a treatment you don't want to miss out on.	

<i>Body, Hands &amp; Feet</i>	<i>Time</i>	<i>Price</i>
<i>Peaweed body treatment</i>	60 mins	60
(Detoxifying & rejuvenating) Based on traditions of thalassotherapy, this treatment is the heavenly way to relieve stress and hydrate the body		
<i>Honey body polish</i>	60 mins	60
(exfoliating treatment) Indulge the body with pure honey, almond & fresh buttermilk to cleanse & slough off dead skin. Leaves the body silky smooth.		
<i>Pomegranate Crab-Apple Body Scrub</i>	60mins	60
Pure cane sugar with potent antioxidants which create a gentle natural exfoliant that leaves skin deliciously smooth and delectably radiant.		
<i>Pea salt Glow</i>	50 mins	55
(dry sun damaged skin) This deep pore cleanse removes rough dry skin from head to toe leaving it smooth and refreshed.		

### *Specialised Treatments*

<i>Repechage - Pea of Quark</i>	120 mins	140
(hot stone body treatment) This complete head to toe pampering treatment using hot & cold stones to massage the body while the hydra dew lift moisture mask protects and hydrates the face. Pure bliss.		
<i>Hopi Ear Candles</i>		35
A pleasant non-evasive of the ears used to treat migraines, tinnitus, sinusitis and blocked ears.		
<i>Back Cleansing Facial</i>	60 mins	50
Detoxifies and deep cleanses the back by removing impurities		
<i>Bust Treatment</i>	60 mins	50
Tightens and tones while hydrating and mineralising the skin. Improves overall skin tone and texture.		

<i>Eyes</i>		
Eyebrow shape		10
Eyebrow tint		10
Eyelash tint		13
Eyebrow tint, lash tint & Trim		25

Threading available

<i>Eye Contour Treatment</i>	45 mins	45
for dark circles, puffiness & Wrinkles.		

<i>Massage</i>	<i>Time</i>	<i>Price</i>
<i>Swedish (Full body)</i>	60 mins	65
Eases aches and pains with soothing oils and massage techniques.		
<i>Swedish (back)</i>	30 mins	35
targets area of tension directly		
<i>Hot Stone full body</i>	60 mins	75
Soothing and relaxing treatment using hot basalt stones and warm oil to relieve tense muscles.		
<i>Indian Head Massage</i>	40 mins	40
Relieves tension and stress. Stimulates the hair follicles and promotes hair growth.		
<i>Mum's to be</i>	60 mins	65
Massage of legs, feet and arms followed by a shoulder,scalp and face massage ending with a lower back rub.		

### *Waxing* Patch test to be done 24hrs in advance

Half leg (knee to ankle)	18
Half Leg (thigh to knee)	22
Bikini line	15
Californian Bikini line	25
Brazilian bikini	35
Full leg & bikini	35
Underarm	10
Half arm	10
Full arm	15
Lip or chin	10
Sides of face	10

### *Men*

Half back	15
Full back	25
Chest	15
3/4 leg	24