

# NAILS

## Manicure • €45

This treatment removes dead skin cells from the hands & arms followed by a hand & arm massage. Includes: cuticle work, nail file and paint.

Add a Shellac Polish to your Manicure for an additional €10.

## Pedicure • €60

Rejuvenate your feet with our relaxing pedicure combining deeply nourishing products to leave your feet soothed and replenished. Includes: foot bath, nail file & shape, exfoliation, hard skin removal, cuticle work, foot massage & polish.

Add a Shellac Polish to your Pedicure for an additional €10.

## File & Paint • €20 • 20 Mins

## Shellac Nails • Colour €28 | French Polish €30 (Hands or Feet)

Preparation and polish combining the best UV gel polish. Shellac dries instantly and wears for up to two weeks.

## Shellac Removal • €10

# WAXING

### For Her:

Bikini Line .....	€20
Extended Bikini Line .....	€25
Half Leg Wax .....	€22
Full Leg Wax .....	€35
Full Leg Wax including Bikini Line .....	€45
Lip or Chin Wax .....	€9
Lip & Chin Wax .....	€16
Arm Wax .....	€18
Under Arm Wax .....	€15

### For Him:

Chest Wax .....	€25
Back Wax .....	€25



# SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment. To ensure all appointments run smoothly, a late arrival will result in a shortened treatment time and full payment will be taken.
- Mobile phones must be switched off on entering the Spa and noise kept to a minimum.
- Guests under 16 are not permitted in the Spa.
- 48 hours cancellation period is required to help us re-schedule your appointment. Cancellations made 24 hours prior to your appointment will incur a 50% cancellation charge. Cancellations made within a 12 hour period or failure to arrive for your appointment will incur a 100% charge.
- Please note that a credit card number is required to confirm all bookings.
- Some treatments may require a patch test 24 hours prior to the treatment.
- We ask that valuables are not taken into the Spa. Management and staff accept no responsibility for loss of money or valuables.
- We recommend that you book treatments in advance.

All Treatments over 50 minutes include full use of Swimming Pool, Thermal Facilities and Relaxation Lounge

### Hotel Resident Spa Discount

10% Spa Discount when spending over €50 per Resident

### Leisure Club Member Discount

20% Spa Discount for Leisure Club Members  
Monday to Thursday when spending over €50 per Member

Valid in one transaction only | Not valid with any other offers or promotions  
Discount applies to each individual residents spend | Guests cannot pool spend



# BLOOMFIELD SPA ★★★★

## Treatment List



ESCAPE TO A  
*world* of PURE  
**INDULGENCE**  
and **TOTAL**  
*Relaxation*

Bloomfield House Hotel, Leisure Club & Spa  
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## FACIALS

**Taster Facial • €45 • 25 Mins**  
(Suits all skin types)

The perfect introductory facial for an instant skin boost.

**Glycolic Skin Peel • €45**  
(Suits all skin types)

Glycolic skin peel works at the cellular level to diminish fine lines fade skin spots, increases hydration levels and stimulates cell renewal for youthful looking skin. **The Glycolic Peel can be added to any of our 50 Min facials for an additional €20.**

**Timexpert Beauty in-Fusion Facial • €65 • 50 Mins**  
(Suits all skin types including sensitive skin)

The exclusive cosmetic technology facial treatment where infusion of active ingredients are penetrated into the skin. Our therapist will infuse the skin with the serums most suited to your skin requirements. Your beauty is renewed instantly leaving you iridescent and beautiful.

**Hydracure Facial • €70 • 50 Mins**  
(For dry dehydrated skin)

This is a long lasting, hyaluronic deep nourishing facial that will revive the most dehydrated complexions with immediate and long lasting results.

**Men's Facial • €65 • 50 Mins**

For men who want to look and feel good. Enjoy a deep cleansing, revitalising, detoxifying, soothing and refreshing treatment that works against dryness, wrinkles and signs of premature ageing. This facial can be adjusted to your skin condition.

**Vitamin C Facial • €80 • 50 Mins**  
(Anti-aging facial)

This luxury vitamin C facial takes you into a state of relaxation. Your skin will feel firm and immediately recover a specular youthful appearance. Pure vitamin C and ume extract is introduced to the skin making this a highly recommended 5 star facial. **Ume is a fruit with high quantities of protein and minerals than any other fruit.**

**O2 Cityproof Facial • €90 • 75 Mins**

**Oxygenating anti-pollution facial for all skin types**

Three revolutionary masks work to repair and defend the skin against pollution damage and external stress. A salicylic exfoliator mask lifts off dull, lifeless skin. A second oxygenating bubble mask releases pure Oxygen into the deep dermal layers of the skin. A third mask uses our Dual Matrix technology to activate the skin's immune system increasing its defence capability.

- Improves cell metabolism and oxygenation
- Stimulates the natural process of skin regeneration
- Reinforces the skin's defences, activating the immune system
- Eliminates the dull appearance and greyish tone of the skin
- Stimulation of micro-circulation

## BODY TREATMENTS

**Swedish Full Body Massage • €80 • 50 Mins**

A full body massage using traditional Swedish movements to promote relaxation, stimulate circulation and ease muscular tension.

**Swedish Back, Neck & Shoulder Massage • €45 • 25 Mins**

Specifically targeting the back, neck and shoulder areas, where you need it most.

**Swedish Head, Neck & Shoulder Massage • €45 • 25 Mins**

Specifically targeting the head, neck and shoulder areas.

**Reflexology • €70 • 50 Mins**

Also known as zone therapy, this is an alternative medicine involving application of pressure to the feet with specific thumb, finger and hand techniques using oil or lotion to help relieve stress and related issues.

**Body Moisturising Wrap • €75 • 50 Mins**

This treatment is a must for dehydrated skin, the body is exfoliated and hydrated with a luscious cocktail of vitamin C, E and beeswax extract, leaving your skin radiant and soft to touch.

**Diamond Wrap • €75 • 50 Mins**

This luscious wrap leaves the skin smooth, soft and glowing with anti-aging ingredients to brighten up tired skin.

**Moisturising Exfoliation • €45 • 25 Mins**

## ADVANCED TREATMENTS

**Advanced Skin Peel • €70**

Miraculously smooth away fine to moderate lines and wrinkles, acne, age spots, uneven pigmentation and rough skin texture. Improve the appearance of the skin with an intense volume of Hyaluronic acid to repair, hydrate and target fine lines and wrinkles

**Refresh Peel** Suitable for all skin types. Skin rejuvenating and moisturising anti aging, lifting and anti wrinkle treatment.

**Glow Peel** Suitable for skin types with photo damage and hyper-pigmentation. This deeply exfoliates dead skin cells, activating new healthy cells and inhibits melanin.

**Pure Peel** Suitable for combination skin with or without acne problems. Prevents shine and regulates hyperactive sebaceous glands with an anti inflammatory technology.

**Micro Needling • Face €120 | Face & Neck €150**

This treatment creates a series of thousands of vertical microscopic channels into the dermis which stimulates the natural production of collagen and elastin, reduces hyper-pigmentation and breaks down scar tissue enhancing penetration of active ingredients. Accompanying this with Cliniccare Skin Products that penetrate through the top skin layer and reach the dermis layer helping to replenish natural nourishment, restore cells activity and promote skin health. The result is healthy, glowing, beautiful skin. This treatment includes an Instant Skin Peel, Micro-needling, a 52 Ingredient Peptide Serum followed with a highly active Sheet Mask to feed the dermis layers.

Talk to our highly skill therapists regarding courses and packages

## SIGNATURE TREATMENTS

**Spa Signature Treatment • €90 • 75 Mins**

Experience a relaxing back massage combined with a nourishing facial which hydrates, brightens and leaves the skin youthful in appearance.

**A Ruby and Diamond Experience • €90 • 75 Mins | €120 • 90 Mins**  
(90 min treatment includes a full body massage)

A diamond glowing, hydrating, anti-aging exfoliation and wrap which will leave the skin radiant and full of vitality followed by a relaxing back massage for total indulgence.

**Just for Men • €90 • 75 Mins**

A face and body treatment to re-energise! A relaxing aromatherapy back massage combined with the Men's Facial, the perfect way to unwind. Soothing massage techniques calm the mind and soul, relieving aches and pains from tender muscles. This is followed by a deep cleansing, revitalising and refreshing facial. This recommended treatment is highly relaxing and most effective.

## MAKE UP

**Make Up €40 • Make Up Trial €45 • Bridal Makeup €50**

A €15 surcharge applies if guests require Make-up done in their bedroom.

**ADD ON: (Below add-ons only available with Make-up application)**

**Individual Cluster Lashes • €20**

**Strip Lashes • €10**

**Own Lash Application • €5**

## EYE TREATMENTS

**Crystal Eye Treatment • €35 • 25 Mins**

This specific treatment rejuvenates and firms the delicate area around the eyes. It provides deep nourishment, reduces dark circles and minimises expression lines. **Add a Crystal Eye Treatment to any Facial for an additional €20.**

Brow Shape ..... €12

Brow Tint ..... €9

Lash Tint ..... €15

Lash & Brow Tint ..... €20

Lash & Brow Tint + Brow Trim ..... €30

## SPRAY TANNING

Full Body €25 • Half Body €15 • Re-Spray €15