

# Treatment Menu

## Facials

### Taster Facial • €55 • 25 Mins

This express facial encompasses all the essential steps of a full facial crafted to revitalise your skin with maximum efficiency in a shorter period of time.

### Royal Elixir De-Stress Facial • €90 • 50 Mins De-stressing

Royal Jelly, rich in antioxidants and vital nutrients, is highly effective for revitalising tired and stressed skin by boosting its natural immunity. Combined with Poria Cocos, it helps the skin combat daily environmental aggressors, promoting a radiant, healthy complexion and restoring overall skin resilience.

### Hydraluronic Facial • €95 • 50 Mins Hydrating

This innovative cosmetic treatment offers a non-invasive alternative to traditional aesthetic injections, significantly reducing the appearance of fine lines, wrinkles and tired skin. Utilising exclusive formulations that deliver a new dimension of hydration, this treatment works by releasing Hyaluronic Acid into the deep skin layers, promoting plumping, volume addition and the preservation of the skin's natural Hyaluronic Acid.

### Vitamin C Facial • €95 • 50 Mins Anti-aging

This facial utilises a powerful patented formulation that amplifies the benefits of Pure Vitamin C sixfold to enhance skin firmness, stimulate collagen production and diminish dark spots and pigmentation. This treatment is complemented by a specialised massage ball, which lifts facial muscles, relieves tension and boosts blood circulation, resulting in a more radiant, youthful complexion with improved skin texture and tone.

### O2 Cityproof Facial • €110 • 50 Mins For suffocated Skin

This Oxygenating anti-pollution facial offers an innovative solution for stressed, pollution-exposed skin by utilising a unique bubble mask that infuses pure oxygen into the dermal layers to detoxify and revitalise. A second mask boosts the skin's immune response for enhanced protection and resilience. It effectively repairs damage caused by environmental pollutants, leaving the skin visibly healthier, radiant and better equipped to handle external stressors.

### Modern Man Facial • €90 • 50 Mins

This personalised facial treatment is ideal for men seeking a sharp, energised appearance, offering deep cleansing, revitalisation and detoxification tailored to your skin's needs. It effectively combats dryness, wrinkles and premature aging signs, leaving your skin refreshed, smooth and rejuvenated.

## Signature Treatments

### Spa Signature Treatment • €125 • 75 Mins Radiance + Energy

Elevate your spa experience with the ultimate combination of a relaxing Back, Neck and Shoulder Massage combined with a nourishing signature *Germaine de Capuccini* Facial to hydrate, brighten and leave the skin youthful in appearance. A feeling of relaxation, combined with the joy of having glowing, smooth, soft and supple skin.

### Ultimate Body Experience Heavenly Relaxation

This deeply restorative in experience effectively combines exfoliation, hydration and relaxation to enhance skin health and overall well-being. The journey begins with a Full Body Salt Exfoliation which removes dead skin cells, revealing a smoother surface, followed by an Oil & Lotion Wrap to deeply nourish and hydrate - improving skin elasticity and softness. A relaxing massage further promotes circulation, reduces tension and leaves you feeling refreshed and revitalised - an ideal solution for rejuvenating the body and mind.

Ultimate Body Experience with  
Back, Neck & Shoulder Massage  
€125 • 75 mins

Ultimate Body Experience with  
Full Body Massage  
€150 • 90 mins

### Just for Men • €125 • 75 Mins Look Sharp + Rejuvenated

Experience the ultimate relaxation with this rejuvenating face and body treatment, combining a soothing Back, Neck and Shoulder Massage with the Modern Man Facial. The massage alleviates tension, eases muscle pain and calms the mind, while the facial deeply cleanses, revitalises and refreshes your skin. Designed to unwind and energise, offering a perfect escape from daily stress, leaving you feeling perfectly groomed and super sharp.

## Body Treatments

### Sperience Body Drench Wrap • €90 • 50 Mins Nourishment + Hydration

A full body exfoliation removes dead skin cells to enhance absorption and detoxification, ensuring the skin is prepared to effectively absorb subsequent nourishing and hydrating products for optimal results.

### Swedish Massage Melts away tension + stress

This traditional Massage uses gentle, flowing pressure to relax, rejuvenate and ease tired muscles - restoring balance and relaxation. An excellent treatment to soothe away aches, pains and stiffness resulting in a deep sense of relaxation and renewed vitality.

- Swedish Full Body Massage • €95 • 50 Mins
- Swedish Back, Neck & Shoulder Massage • €55 • 25 Mins
- Swedish Head, Neck & Shoulder Massage • €55 • 25 Mins

## Eye Treatment

### Crystal Eye Treatment • €50 • 25 Mins Softens Fine Lines + Wrinkles

*Germaine de Capuccini's* exclusive aqua-gel patch is expertly designed to target all wrinkles around the eye contour. Its innovative formulation offers immediate hydration and smoothing effects, helping to diminish the appearance of fine lines and wrinkles for a refreshed, youthful look.  
**Add this Crystal Eye Treatment to any Facial for €25.**

## Advanced Skin Treatments

### HydraTouch H2 Facial Bring your skin back to life Zero Downtime Instant Results

If your skin is looking and feeling tired, stressed, dull or drained, this unique, advanced all-in-one solution restores the skin's radiance and glow while giving you fresh and rejuvenated-looking skin. This treatment is non-invasive yet exceptionally powerful with results evident after the first treatment. It improves the skin's appearance but also enhances the skin's health and well-being, improving both the strength and integrity of your skin leaving it feeling alive, refreshed, soft and full of moisture.

### Platinum H2 Facial • €125

- Hydra-dermabrasion
- First Peel infusion with AHA (Hydration)
- Second Peel infusion with BHA (Deep Cleansing)
- Hydration / Moisture infusion
- Transdermal Mesotherapy with a hydrating serum
- Skin tightening and lifting treatment

### Express H2 Facial • €65

- First Peel infusion with AHA (Hydration)
- Second Peel infusion with BHA (Deep Cleansing)
- Hyaluronic Acid Moisture Mask

### Omnilux Medical LED Light Therapy Stimulates Collagen Production

This is the most powerful LED system on the market offering red and near-infrared light to enhance complexion, even out scars and spots, plump and rejuvenate ageing skin and improve the appearance of inflamed skin caused by conditions such as acne. The rejuvenating and anti-inflammatory properties improve skin health, reduce wrinkles and accelerate recovery for visibly smoother, brighter skin.

Choose: **LED Light Therapy for Face & Neck** or  
**LED Light Therapy for Pain & Inflammation**

Single Session • €60 (20 minutes) | Course of 8 • €400

Course gives optimised results and includes two sessions per week within a month

### Microneedling | Face €120 • Face & Neck €150 Tackle your skin woes

This treatment works by using microscopic needles to puncture the dermis, triggering your skin's self-healing process. This stimulates the natural production of new collagen and elastin, reducing hyper-pigmentation and breaks down scar tissue, rejuvenating your skin from within. *Cliniccare* Medical Grade Products are used to penetrate through the top skin layer and reach the dermis layer, helping to replenish natural nourishment, restore cells activity and promote skin health. Includes an Instant Skin Peel, Microneedling and a 52 Ingredient Peptide Serum followed by a highly active Sheet Mask to feed the dermis layers. To achieve the best results, a treatment course is recommended. Pre-consultation required.

### Idenel Liquid Microneedling • €175 Top Seller Zero Downtime Pain-free

Idenel Liquid Microneedling is an advanced Korean skincare treatment designed to address fine lines, wrinkles and overall skin texture. Discover the next generation of skin rejuvenation, incorporating a unique combination of ingredients and technology that sets it apart from traditional microneedling. This innovative facial delivers polynucleotides and approximately 8 million altum micro-spicules, derived from natural marine sponges, into the skin. These microscopic structures create temporary micro-channels, dramatically increasing the absorption of active ingredients by up to 60 times. This results in enhanced collagen production, improved elasticity and a visibly smoother, firmer and more radiant complexion. To achieve the best results, a treatment course is recommended.

### Skin Analysis • €30 €30 redeemable against 2 or more Spa products

This sophisticated skin analysis system uses high-resolution imaging to deliver a comprehensive report on your skin health, pinpointing issues such as wrinkles, spots, pores, texture irregularities, UV damage and bacterial presence like porphyryns. By accurately identifying your skin concerns, our team formulate a personalised skincare routine and targeted treatment plan, ultimately enhancing your skin health and addressing individual needs more effectively.

## Spray Tanning Get your glow

**Full Body €30 • Half Body €20 • Re-Spray €20**

## Nails

### Manicure • €60

A soothing, beautifying treatment that removes dead skin cells from the hands and arms followed by a hand and arm massage. Let our skilled technicians expertly file and shape your nails, tidy up your cuticles, and apply a beautiful polish to leave your hands looking polished and perfect.

**Add Shellac Polish €10 extra**

### Pedicure • €70

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.

### File & Paint • €30 • 20 Mins Hands or Feet

### Shellac Nails • Colour €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



GERMAINE<sup>®</sup> CAPUCCINI

Spa Treatments over 50 minutes include use of  
Swimming Pool, Thermal Facilities & Relaxation Lounge

We recommend a two week break between having Aesthetic Treatments such as Botox/Fillers, and Spa Treatments. Therapists will not be held responsible if treatments commence under the recommended 2 week break time.

BLOOMFIELD  
SPA  
★★★★



# SPA PAMPER PACKAGES

Indulge in the ultimate relaxation experience with Bloomfield Spa's luxurious Ultimate Pamper Package or delightful Afternoon Tea Pamper Package. Have a rejuvenating self care experience or bestie catch-up filled with soothing treatments and exquisite dining.

## Ultimate Pamper Package

- Swedish Back, Neck & Shoulder Massage •
- Germaine de Capuccini Taster Facial •
- Hand & Arm Massage •
- Unwind in the Relaxation Lounge •
- Use of Swimming Pool & Thermal Facilities •
- Lunch, a Glass of Wine & Tea or Coffee •

Mon - Thurs €125pp

Fri - Sun & Bank Hols €135pp

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

## Afternoon Tea Pamper Package

- Swedish Back, Neck & Shoulder Massage •
- Germaine de Capuccini Taster Facial •
- Hand & Arm Massage •
- Unwind in the Relaxation Lounge •
- Use of Swimming Pool & Thermal Facilities •
- Afternoon Tea and a Glass of Bubbly •

Mon - Thurs €135pp

Fri - Sun & Bank Hols €145pp

Advance Booking Required • T&C apply • Lunch (Main Course) & Afternoon Tea served in main Hotel  
Total Treatment Time 50 mins • Not available in conjunction with any other Spa Offers or Hotel Spa Package



## Idenel Altum Spicule Liquid Microneedling €175

Idenel Liquid Microneedling is an advanced Korean skincare treatment designed to address fine lines, wrinkles and overall skin texture. Discover the next generation of skin rejuvenation, incorporating a unique combination of ingredients and technology that sets it apart from traditional microneedling. This innovative facial delivers polynucleotides and approximately 8 million altum micro-spicules, derived from natural marine sponges, into the skin. These microscopic structures create temporary micro-channels, dramatically increasing the absorption of active ingredients by up to 60 times. This results in enhanced collagen production, improved elasticity and a visibly smoother, firmer and more radiant complexion. To achieve the best results, a treatment course is recommended.

## Hydra touch H2

The Hydra H2 is not just another facial. It is the ultimate facial - an experience that gives you both results and relaxation rolled into one!

### Platinum HydraTouch H2 Facial • €125

- Hydra-dermabrasion
- First Peel infusion with AHA (Hydration)
- Second Peel infusion with BHA (Deep Cleansing)
- Hydration / Moisture infusion
- Transdermal Mesotherapy with a hydrating serum
- Skin tightening and lifting treatment

### Express HydraTouch H2 Facial • €65

- First Peel infusion with AHA (Hydration)
- Second Peel infusion with BHA (Deep Cleansing)
- Hyaluronic Acid Moisture Mask

If your skin is looking and feeling tired, stressed, dull or drained, this unique, advanced all-in-one solution restores the skin's radiance and glow while giving you fresh and rejuvenated-looking skin. Suitable for all skin types to tackle the many visible signs of ageing, it improves the appearance of fine lines and wrinkles as well as puffiness, dehydration, mild sagging and age spots while addressing enlarged and blocked pores, congestion and breakouts. The multi-level and multi-layer approach not only improves the skin's appearance but also enhances the skin's health and well-being, improving both the strength and integrity of your skin. This treatment is non-invasive yet exceptionally powerful with results evident after the first treatment. This Hydra H2 Facial helps to relax, renew, hydrate and rejuvenate the skin leaving it feeling alive, refreshed, soft and full of moisture.

## OMNILUX™ LED LIGHT THERAPY

This is the most powerful LED system on the market offering red and near-infrared light to enhance complexion, even out scars and spots, plump and rejuvenate ageing skin and improve the appearance of inflamed skin caused by conditions such as acne. The rejuvenating and anti-inflammatory properties improve skin health, reduce wrinkles, and accelerate recovery for visibly smoother, brighter skin.

### Benefits:

- Rejuvenating and anti-inflammatory effects on the skin
- Increase cellular energy (ATP) which in turn kick starts cellular renewal
- Highly absorbed by fibroblasts increasing the synthesis of collagen
- Proven to stimulate blood circulation and lymphatic flow to eliminate toxins, accelerate healing and calm the skin
- Medical grade - has been used on the repair of scar tissue and burns
- Increases collagen, elastin and growth factor production to treat visible signs of photodamage
- Stimulates cellular repair mechanisms essential in the wound healing process

Choose: **LED Light Therapy for Face & Neck**  
or **LED Light Therapy for Pain & Inflammation**

Single Session • €60 (20 minutes)

Course of 8 • €400

Course gives optimised results and includes two sessions per week within a month



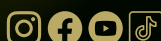
### Spa Etiquette

- 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.
- 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.
- 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.
- We recommend that you book Treatments in advance.



GERMAINE DE CAPUCCINI

Bloomfield Spa • Belvedere, Mullingar, Co. Westmeath N91HP8E  
044 9340894 • spa@bloomfieldhouse.com • www.bloomfieldhousehotel.ie



BLOOMFIELD  
**SPA**  
★★★★