

# escape HEALTH CLUB & SPA

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*welcome to* escape HEALTH CLUB & SPA

Escape Spa uses Aveda organic products along with Aveda techniques to provide our spa guests with an unforgettable experience.

Aveda's mission is 'to care for the world we live in, from the products we make to the ways in which we give back to society. At Aveda, we strive to set an example for environmental leadership and responsibility not just in the world of beauty but around the world'



YOUR VISIT

## ATTIRE

We provide robes & spa footwear. Swimwear, swimming hat and flip flops are required in the wet areas.

## POOL SESSION

Pool and Infinity pool sessions run on the hour every hour for 45min duration. Booking is essential.

## 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.

## CANCELLATION POLICY

Card details are required at the time of booking. For cancellations 48 hours prior to your treatment no charge will occur. For cancellations 24 hours prior to your treatment a 50% fee will occur. For cancellations less than 24 hours in advance of your treatment or in the event of a "no show", the full fee for the treatment will occur.

## LATENESS & PAYMENT

We ask that you arrive at least 15 minutes prior to your allocated appointment. In the event that you are late, your treatment time will be affected. Payment is required upon arrival at the Escape Spa



ESCAPE SPA  
SIGNATURE  
TREATMENTS

## CANDLE MASSAGE

Full Body Massage  
1hr

Candles have been a part of prayer and magic for thousands of years. Therapeutically, they can impart a sense of comfort and serenity.

Massage candles are a special kind of candle which have various uses. They generally work as a candle, massage oil, and exfoliator all in one.

Massage candles have natural ingredients and are made from pure essential oils, are organic, and offer an absolute aromatherapy experience.

An excellent way to nourish, exfoliate and encourage skin cell regeneration, offering great health benefits for the skin and works with aromatherapy that balances energy and promotes relaxation.



ESCAPE SPA  
SIGNATURE  
TREATMENTS

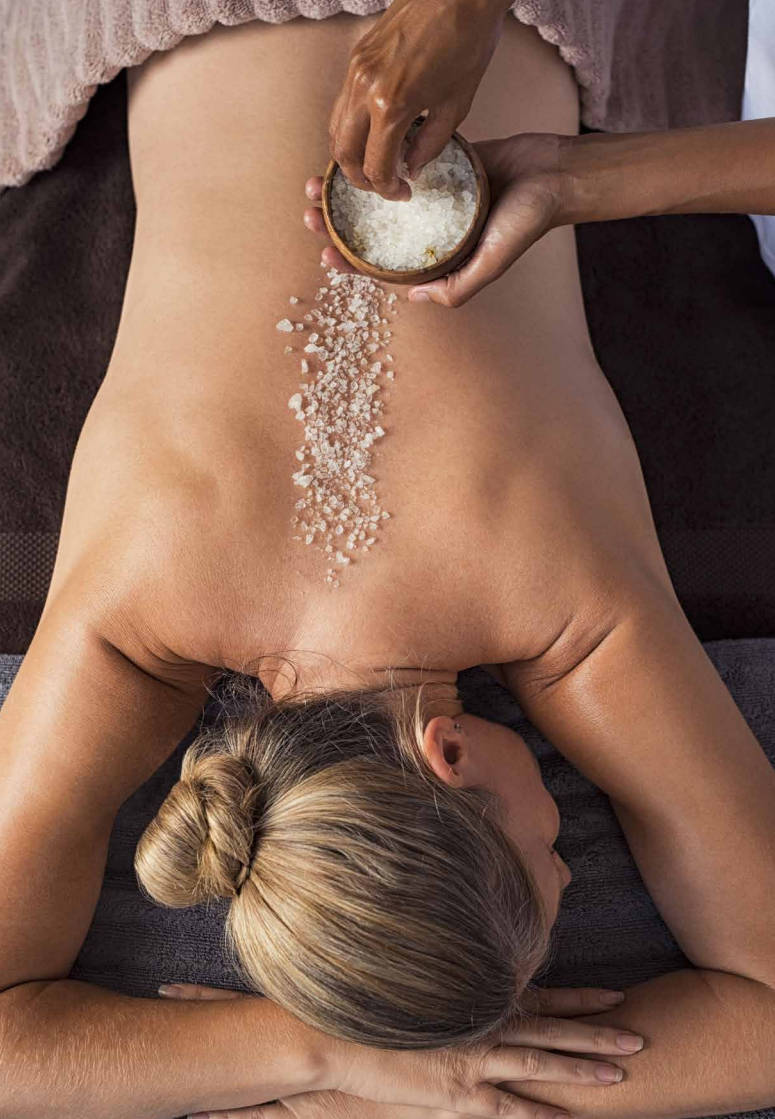


## CHOCOLATE BODY TREATMENT

1hr 15min

Antioxidant and anti-aging natural detox treatment will satisfy your body's hunger for replenishment and revitalisation and leave your skin hydrated and irresistible to the touch.

Body scrub that removes dead skin cells, regenerates the skin and improves circulation with a chocolate body moisturiser that deeply hydrates all over.

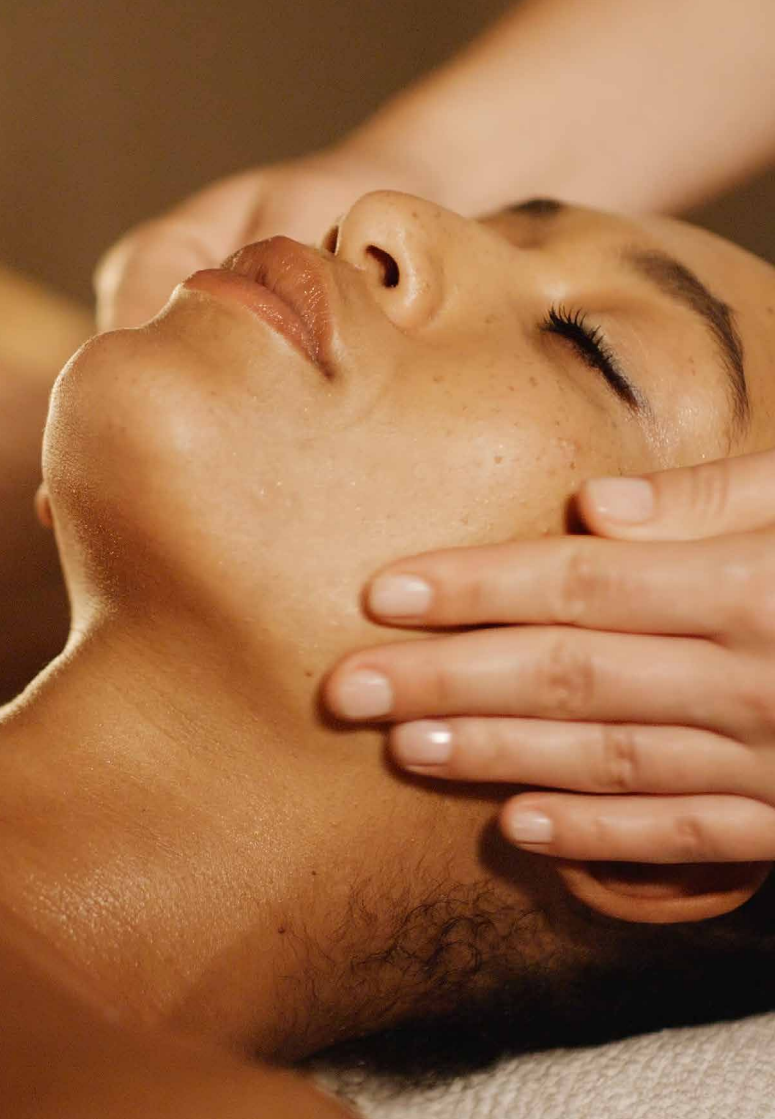


## AVEDA BODY TREATMENTS

## AROMA BODY POLISH

45min

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  
FACIALS

## CUSTOMISED FACIAL

1hr 15min

Dry, oily, ageing, uneven, sensitive and acneic skin conditions and eye concerns can all be addressed with a customised facial treatment. After a thorough consultation, your 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.

## PURE FOCUS FACIAL

50min

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.

## RESTORATIVE EYE THERAPY

15min

This treatment focuses on the eyes. Your therapist will plump out fine lines in the eye area through ice massage techniques followed by mini hot stones. Please note this is an add on treatment and cannot be booked on its own.



AVEDA  
MASSAGE

AROMA MASSAGE  
LIGHT PRESSURE

1hr 15min

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.

DEEP TISSUE FULL BODY MASSAGE  
FIRM/MEDIUM PRESSURE

1hr

This specific muscular treatment will release muscle tension, revitalise your body and induce a feeling of inner calm.

BACK OF THE BODY MASSAGE

45min

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

INDIAN HEAD MASSAGE

45min

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



## HOT STONE MASSAGE



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.

HOT STONE BACK OF  
THE BODY MASSAGE

45min

A personalised Hot Stone Massage based on the Ayurvedic Techniques will help you relax and ease tense muscles.



## TREATMENTS FOR HIM

## ATHLETIC LEG MASSAGE

45min

This personalised massage is specifically designed to alleviate muscle tightness in your legs caused from exercise.

## ESCAPE FOR HIM PACKAGE

2hr 30min

- Pool Session (booking is essential)  
45min
- Foot Cleansing Ritual  
15min
- Back, Neck and Shoulder Massage  
30min
- Athletic Leg massage  
30min
- Relaxation Room  
30min
- Healthy Lunch



## PREGNANCY

Massage treatments are only recommended after 16 weeks gestation. All facials are suitable for pregnancy.

## FULL BODY PREGNANCY MASSAGE

1hr 15min

This massage uses safe pre-natal techniques allowing the mum-to-be an opportunity to relax, reduce stress and fatigue, improve sleep, ease aches and pains, reduce swelling and boost energy levels. The ultimate massage for any mum-to-be.

## BACK, NECK & SHOULDER PREGNANCY MASSAGE

45min

Relaxing pregnancy massage, by our highly trained therapists, focuses on the most commonly affected areas of the body during pregnancy to relieve mum-to-be of stress and tension.



ESCAPE  
SIGNATURE  
PACKAGES

## ESCAPE DREAM PACKAGE

3hr 05min

- Pool Session (booking is essential)  
45min
- Foot Cleansing Ritual  
15min
- Back of the Body Massage  
45min
- Pure Focus Facial  
50min
- Relaxation Suite  
30min
- Light Lunch

## ESCAPE DELIGHT PACKAGE

2hr 30min

- Pool Session (booking is essential)  
45min
- Foot Cleansing Ritual  
15min
- Stress Relieving Massage  
30min
- Pure Focus Facial  
30min
- Relaxation Suite  
30min
- Light Lunch

### **Our Gift to You: 15% off all Aveda Products (excluding bundles)**

All our packages are suitable for pregnancy once over 16 weeks gestation.  
Please notify staff when booking your treatment.









With **escape** Health Club & Spa



Castlecomer Road, Kilkenny, Ireland.

t: +353 56 776 0504

e: [spa.escape@newparkhotel.com](mailto:spa.escape@newparkhotel.com)

[www.flynnhotels.com](http://www.flynnhotels.com)