



PICK & MIX AT
escape HEALTH CLUB & SPA

Whether you want to spoil yourself or someone else, with our pick and mix package you can tailor treatments to suit so you can enjoy another level of relaxation.

Handpick your favourite treatments from the menu below, then sit back, relax and leave the rest to us.

TOTAL TREATMENT TIME: 75 MINUTES
COST: €95

CHOOSE ONE TREATMENT FROM EACH SECTION BELLOW

PART I (30MINS)

Back, Neck &
Shoulder Massage

Foot and ankle massage

Body Scrub

PART II (30MINS)

Luxury Face, Decollate
& Scalp Massage

Aveda Pure Focus Facial

Leg Massage

PART III (15MINS)

Hot Oil Scalp Massage

Hand & Arm Massage

Rejuvenating Eye Treatment

This offer is limited to one person and treatments cannot be split and used by multiple clients.