



*escape*  
HEALTH CLUB & SPA

# CONTENTS

Welcome	3
Your Visit	4
Aveda Facials	6
Aveda Massage	8
Hot Stone Massage	10
Treatments for Him	12
Pregnancy	14
Escape Spa Signature Treatments	16
Escape Spa Signature Packages	24

## *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.



*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**

45min

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.

**EXPRESS FACIAL**

30min

Our Aveda Products will bring balance to all skin types with our Express Facial to those who look for a fast but effective treatment



*aveda* MASSAGE

**AROMA MASSAGE  
LIGHT PRESSURE**

1hr

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.

**STRESS RELIEVING MASSAGE**

30min

Reduce muscle tension and increase relaxation for those who look for a fast and effective treatment

**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* TREATMENTS

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

### 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

### 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 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.



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SIGNATURE  
TREATMENTS

**CHOCOLATE BODY  
TREATMENT**  
1hr

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.



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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.



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SIGNATURE  
TREATMENTS

**REFLEXOLOGY**  
50min

Reflexology rests on the ancient Chinese belief of vital energy. Natural healing of the body that promotes relaxation, energy balanced and disease free. Working in different points of the body using pressure points that unblocks energy. Reflexology helps to reduce stress and anxiety, reduce pain, boosts immune system, helps with digestive problems, etc.

Please enquire in advance that this treatment is available to avoid disappointment as spaces are limited.

A woman with dark hair is lying on her stomach on a massage table, covered with a brown towel. A therapist's hands are visible, performing a massage on her back. The background is softly lit with warm, out-of-focus lights.

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SIGNATURE  
PACKAGES

ESCAPE DREAM PACKAGE  
3hr 05min

Includes 45min back of the body massage, 50min facial and 15min foot cleansing ritual. Use of the facilities and light lunch included.



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PACKAGES

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



**Newpark Hotel**  
KILKENNY

With **escape** Health Club & Spa



A FLYNN HOTEL

Castlecomer Road, Kilkenny, Ireland.

t: +353 56 776 0504

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

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