

The advertisement features a central photograph of a spa treatment room. In the background, a light-colored armchair is set against a wall with a pattern of overlapping circles. In the foreground, a dark wooden table holds a white ceramic vase and a lit candle in a white, boat-shaped holder. The overall atmosphere is warm and relaxing.

# Eco

spa

At

CLONMEL PARK

Eco Spa - unwind, relax, rejuvenate, refresh and  
take time out just for you!



**BRENNAN HOTELS**

Clonmel, Co. Tipperary  
Tel: (052) 61 88709 | email: [ecospa@clonmelparkhotel.com](mailto:ecospa@clonmelparkhotel.com)  
[www.brennanhotels.com](http://www.brennanhotels.com)

## DERMALOGICA FACIALS

Dermalogica facials are based on a unique system of analysis, allowing the skin therapist to design a personalised treatment for each client. Our Facials include specialised face mapping and aim to achieve the highest skincare results.

### ENVIRONMENTAL CONTROL FACIAL

€65

A soothing, skin-protecting treatment designed to instantly soothe red, inflamed or very sensitive skin.

### MEDICATED CLEARING FACIAL

€65

This is the ultimate in acne management because it targets current blemishes while helping to prevent future breakout activity.

### SKIN BRIGHTENING FACIAL

€70

This facial balances uneven pigmentation from hormonal imbalance, UV exposure and pregnancy, by helping to regulate melanin production.

### MULTIVITAMIN POWER FACIAL

€80

Designed to treat prematurely-ageing skin conditions, this treatment includes a non-irritating vitamin power exfoliation and a vitamin recovery masque to noticeably improve skin elasticity, tone and texture.

### AGE SMART FACIAL

€80

A revolutionary anti ageing system using the power of anti-oxidant vitamins and protective organic silicones. This treatment controls the biochemical triggers that lead to skin ageing.

## SPA PAMPER DAYS

Take a day out to enjoy complete luxury and total tranquillity, relax in a fluffy robe and slippers while your're taken to a new level of wellbeing.

### ESCAPE PAMPER DAY -

€175

Relaxing Balneotherapy Bath  
MATISPA Full Body Treatment or MATISPA Advanced Facial  
Light Lunch  
Luxury Manicure, Luxury Pedicure or Back Massage  
Full use of pool, sauna and steam room.

### PRE - HOLIDAY PACKAGE -

€90

Full Body exfoliation and St Tropez spray tan  
Full leg and bikini wax.



## ESPECIALLY FOR MEN –

Bath  
Choice of Facial from Men's skincare menu.  
Light Lunch  
Full Body Massage  
Full use of pool, sauna and steam room for the rest of the day.

€175

## MUMS TO BE –

Energy Boost Facial  
Indian Head Massage  
Light Lunch  
Relaxing Pedicure

€150

## BRIDAL PACKAGE AVAILABLE Tailor made to Suit Your Individual Needs

### ONE WEEK TO GO

Your choice from the MatiSpa Body Programme  
Eyelash Tint  
Luxury manicure & pedicure  
Trial makeup – to try out colours and textures and design the look you want to achieve on your big day.

### FOUR DAYS TO GO

Full leg, and bikini wax. Other areas may be treated in consultation with your therapist.

### TWO DAYS TO GO

Spa peeling to promote soft and silky skin and give you a good base for your tan  
St Tropez spray tan. Round off your look with a perfect sun-kissed glow.

### YOUR SPECIAL DAY

Cleanse and make up.  
File and polish.

Total cost of package €300. However, this is a sample package only and your dedicated therapist will be delighted to tailor make a package to suit your individual requirements.



## SPA ETIQUETTE

### ARRANGING YOUR VISIT:

We would suggest that all appointments are booked in advance to avoid disappointment.

### CHECK IN:

We ask that clients arrive at the spa 10 minutes prior to scheduled treatments.

### FOR YOUR HEALTH AND SAFETY:

Consultation with your doctor may be necessary prior to your visit to establish your suitability for certain treatments. We would strictly advise that clients, who may be pregnant, suffer from high/low blood pressure, allergies, heart conditions or diabetes would inform their dedicated therapist prior to commencement of any treatment.

### WHAT TO WEAR:

Gown and footwear will be provided upon arrival where required. Disposable underwear will be provided for body treatments. We recommend that no jewellery be worn at the Spa. Our management and staff accept no responsibility for loss of money or valuables brought to, or left at the spa.

### GIFT VOUCHERS

Gift vouchers are available for friends or loved ones and may be redeemed against any spa treatment or retail product. They are non refundable and valid for one year from date of issue.

### CANCELLATION POLICY

24 hour notice of cancellation is required. We will endeavour to reschedule your appointment which will be subject to availability. Any cancellation within 24 hours will incur a 50% cancellation fee. Guests cancelling an appointment within 12 hours of the original appointment time will incur the full cost of the treatment.

### CHILDRENS POLICY

We ask guests not bring children under the age of 12 into the Spa area.

### OTHER DETAILS

To ensure full relaxation for all our clients, we request that all mobile phones are switched off upon entry to the Spa area.

Prices are subject to change without prior notice.

### OPENING HOURS

Mon Closed Tues 9 - 7 Wed 9 - 9 Thur 9 - 9 Fri 9 - 9 Sat 10 - 6 Sun 10 - 6



## ECO SPA FACIALS

Step into the luxurious world of tranquillity where your journey begins with Eco Spa facial treatments combined with the very best ingredients from MatiSpa. Eco Spa use many natural sources including flower, plant and fruit bases to provide the ultimate relaxing and effective facial treatments.

## MATISPA ANTI AGEING FACIALS

### UNIQUE FACIAL

€95

A regenerating, nourishing and anti ageing treatment like no other. Stimulates the skins natural functions and re-energises even the most tired skin, scarred by the ravages of time.

### TOTAL YOUTH FACIAL

€85

An anti aging treatment like no other, this treatment specifically targets lines and wrinkles with AHA & BHA treatment ampoules. Designed for skin showing signs of ageing and sun damage.

## MATISPA ADVANCED FACIALS

### PURIFYING FACIAL FOR PROBLEM SKINS

€85

Highly advanced skincare treatment to help purify and improve the appearance of problem skin. Ultra gentle and has an immediate impact on the clarity and purity of the composition.

### DELICATE AND SENSITIVE FACIAL

€80

This treatment is designed to deal with the problem of sensitivity. It not only diminishes redness but will also desensitise your skin. Unique ingredients calm even the most delicate of skins.

### WHITE BRIGHTENING FACIAL

€75

This unique brightening treatment uses white wild mulberry to rid the skin of pigmentation problems. An Ideal treatment for smokers or those with dull skin, a truly revitalising treatment.

### ENERGY BOOSTING FACIAL

€65

A real energy boosting programme which is the ideal antidote to a dull complexion, the signs of fatigue and stress, related to today's hectic lifestyles. This new skincare treatment is targeted and adapted to help fragile skin defend itself against harsh everyday attacks.

### ECO SPA REFRESHER FACIAL 30 minutes

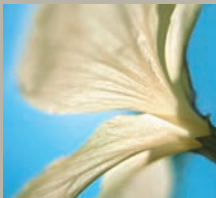
€45

Experience a MatiSpa "mini facial" which leaves your face refreshed and glowing. Ideal for lifeless skin.

### CRYSTAL EYE TREATMENT

€30

Why not put the sparkle back into your eyes with this lovely treatment which caters for all eye contour problems, wrinkles, fine lines, puffiness and dark circles. Combine with any any of our facials for only €20.



## MATISPA BODY THERAPY

€95

Embark on the absolute MatiSpa journey which begins with the Jasmine Salt Foot Exfoliation. In consultation with your therapist you will choose a fragrance such as Jasmine, Honey, Rose, Orange, Tea Vanilla or Tiare. This will be incorporated into your MatiSpa treatment to give you a sensory experience tailored to your needs.

## RELAXING

### SOOTHING CRYSTAL DREAM – 90 minutes

This intensely relaxing treatment begins with a Crystal Peeling with Flower Petals, combined with a MatiSpa Self-Heating Soothing Mask that cocoons the body in a balm of soothing warmth. Indulge yourself in absolute serenity.

## DRAINING

### ORANGE ZEST AWAKENING - 90 minutes

Gentle exfoliation with the delicate scent of orange to stimulate the senses. Combined with a draining and relaxing mud wrap. This program is ideal for detoxification and reduction of fluid retention.

## REPLENISHING

### BLACK MUD ENERGISER – 90 minutes

Luxurious Body Exfoliation combining Marine and Plant Extracts, prepare to plunge to the depths of the Brittany Coast with this Mineral Mud Treatment and benefit from its revitalising and invigorating properties.

## SLIMMING

### WARM HIBISCUS PETAL TREATMENT – 90 minutes

Deep exfoliation with Hibiscus petals stimulates the circulation and stubborn areas of cellulite. A pleasant sensation of heat follows, to melt away those contours for this unique, all over body slimming treatment.

### SILHOUETTE SMOOTHIE – 90 minutes

Smooth away localised imperfections with this treatment designed for problem areas. Regain the contours of your body with the draining action of a green tea exfoliation and the stimulating effects of our specialised ampoules. Course of treatments recommended.

## MATISPA EXFOLIATION

€50

Full body exfoliation with two salt scrub to gently stimulate the circulation and remove dead skin cells. Followed by a light moisturising balm to sooth and moisturise.

## ECOSPA PURE RETREAT

Bathing should be a quiet time of pure pleasure, sensual and serene, remote from all the noise and pressures of the day. Close your eyes, breathe slowly and deeply, and let your body and mind relax and retreat into a peaceful oasis of a pure aroma bath.

### BALNEOTHERAPY BATH – 20 minutes

€30

Why not begin your spa journey with your choice from one of our bathing rituals. Fragrant salts or oils are combined with massage in warm bubbly water. This is the ultimate in bathing relaxation. Wonderful followed by a Massage or Body Treatment.

## JASMINE BATH SALTS

Mediterranean bath provides your Body with Essential Minerals and Trace Elements. The bewitching scent of Jasmine promotes a feeling of calm and serenity.

## TAHITI JOURNEY

Sweet, intoxicating fragrance of these flowers gathered at dawn will whisk you to the very heart of Polynesia.

## SPANISH JOURNEY

The scent of orange stimulates, invigorates and arouses the senses. This zesty bath erases fatigue and weariness.

## ORCHID JOURNEY

The sweet scent of vanilla swathes the body in a luxurious aura which will take you on a journey to a tranquil world of quiet relaxation and harmony.

## HOLISTIC TREATMENTS

Reduce tension and relieve the negative effects of everyday stress. Our expert massage therapists will restore your sense of well – being with customised combinations of massage techniques.

**Full Body Massage – 60 minutes** €70

**Back, Neck Shoulders Massage – 30minutes** €45

**Indian Head Massage – 30 minutes** €40

We focus on pressure points, we can promote relaxation, relieve head-aches and reduce stress by working on the upper back, head, forehead and shoulder area.

**Reflexology – 40 minutes** €50

This ancient pressure point treatment concentrates on a map of the body's organs and structures. This technique helps the body's natural healing process.

**Hopi Ear Candling – 40 minutes** €50

A non-invasive treatment which is beneficial for stress, sinuses and migraines.

**Hot Stone (Full Body) – 60 minutes** €85

**Hot Stone Back Massage – 30 minutes** €50

## COURSE HOLISTIC TREATMENTS – SIX TREATMENTS FOR THE PRICE OF FIVE. FINISHING TOUCHES

### TANNING

St Tropez New Airbrush Tan Full Body €45

Half Body €30

Tan & Exfoliation €65

### EYE CARE

Eyebrow Tint €10

Eyelash Tint €12

Eyebrow Wax, Tint and Eyelash Tint €25

Eyebrow Wax €10

## WAXING TREATMENTS

Full Leg & Bikini	€40
Full Leg	€30
Half Leg & Bikini	€28
Half Leg	€18
Lip Wax	€10
Chin Wax	€10
Lip & Chin Wax	€16
Underarm Wax	€15
Arm Wax	€15
Bikini Wax	from €15
Advanced Waxing Available	

<b>CLEANSE &amp; MAKE UP</b>	<b>€30</b>
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## JESSICA HAND AND FOOT CARE

<b>Jessica Luxury Manicure</b>	<b>€45</b>
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A customised and luxurious treatment designed to cultivate the natural nail.

<b>Jessica Zen Spa pedicure</b>	<b>€50</b>
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State of the art pedicure system that caters to your individual needs

<b>Finger Tip Treatment</b>	<b>€20</b>
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Nail shape and polish for fingers or toes using Jessica products to care for the nail.

## GENTLEMEN'S SKINCARE & TREATMENTS

Our Facial treatments are developed especially for men. Because men spend approximately 3000 hours of their life shaving, their skin is prone to irritation. This treatment not only calms but also revitalises and hydrates the skin. Hot towels envelop the face while silt and linen extract give immediate results.

### ENERGISING FACIAL TREATMENT

Provides all necessary ingredients for a healthy skin while improving all signs of vitality.

<b>PURIFYING FACIAL TREATMENT</b>	<b>€80</b>
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Balances oily secretion, refines pores and fights blackheads. A facial treatment which brings an immediate improvement to the skin.

<b>DEEP CLEANSING BACK TREATMENT - 45 minutes</b>	<b>€60</b>
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A great treatment for problematic skin and great for this often neglected and hard to reach area. The back is deep cleansed and exfoliated to help stimulate circulation, remove dead skin cells and promote cell renewal. This is followed by a soothing massage with a relaxing balm. The final touch is the application of a light soothing balm which will ensure that the skin is left smooth and revitalised.

<b>BACK, NECK &amp; SHOULDER MASSAGE - 30 minutes</b>	<b>€45</b>
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<b>INDIAN HEAD MASSAGE - 30 minutes</b>	<b>€40</b>
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