

PRICE LIST



PREGNANCY TREATMENTS

OUR MASSAGE AND FACIALS ARE SUITABLE FROM 12th WEEK OF PREGNANCY ONWARDS

ESPA PRE/POST NATAL TREATMENT

1 HOUR 25 MINS €145

This treatment uses advanced massage techniques in safe areas to slowly relax and de-stress the body. The treatment begins with a gentle back exfoliation followed by a full body and scalp massage using Nourishing Treatment Oil.

ESPA PREGNANCY FULL BODY MASSAGE

50 MINS €95

This full body massage is designed to aid in the immediate and specific needs of pregnant women and provides a relaxing and calming way to clear your mind day or night, or an energising boost to the start of a busy day.

ESPA PREGNANCY BACK MASSAGE

20 MINS €50

Pregnancy Massage eases back pain, promotes sleep, improves skin tone, aids the circulatory and lymphatic systems keeping blood flowing to both mother and baby.

FINISHING TOUCHES

MAKE-UP APPLICATION

DAY OR EVENING MAKE-UP
40 MINS €45

BRIDAL MAKE-UP
Make Up Trial €45
Wedding Make Up €45

TANNING

Full Body Spray Tan €30
Half Body Spray Tan €20

To add the perfect finish, choose from:

LASHES & BROWS

24 Hour Patch Test Required

Choose from:

Eyelash Tint €20

Eyebrow Tint €15

Eyelash/Eyebrow Tint €30

WAXING

Choose from:

Full Leg Wax €35

Half Leg Wax €25

Bikini Wax €20

Underarm Wax €20

Lip Wax €10

Chin Wax €10

Lip & Chin Wax €15

Eyebrow Shape /Wax €15

MEN'S WAXING

Back Wax €40

Chest Wax €35

Back & Chest Wax €65

NAIL TREATMENTS

ESPA HOLISTIC HAND AND NAIL TREATMENT WITH HOT STONES-MANICURE

50 MINS €55

An holistic arm, hand and nail treatment including a therapeutic massage incorporating hot stone therapy with the appropriate aromatherapy massage oil chosen for your individual needs.

ESPA PEDICURE - WITH HOT STONES & PARAFFIN WAX

1 HOUR 10 MINS €80

An holistic foot and nail treatment including gentle skin softening exfoliation, and a relaxing acupressure point massage with hot stones. Paraffin wax is also incorporated to soften dry areas on the feet.

ESPA PEDICURE

55 MINS €65

Treatment as above with a choice of either hot stone massage OR paraffin wax used.

(Hot Stone Massage unsuitable during pregnancy)

PRICE LIST



ESPA BODY TREATMENTS

ESPA FULL BODY MASSAGE 50 MINS €95

Following consultation with your therapist choose from the following options:

- DETOXIFYING MASSAGE
- BODY TONER MASSAGE
- MUSCLE RELAXING MASSAGE
- STRESS RELIEVING MASSAGE
- ENERGISING MASSAGE

FULL BODY HOT STONE MASSAGE

50 MINS €105

Hot stone massage is a specific massage using Espa blended aromatherapy oils and volcanic hot stone which are used to massage out tight muscles and relax the body.

ESPA BACK NECK & SHOULDER MASSAGE

20 MINS €50

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

ESPA SALT AND OIL SCRUB

WITH SCALP TREATMENT

45 MINS €79

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple followed by pink hair and scalp mud treatment massaged into scalp which soothes and hydrates dry areas while the mud stimulates circulation to help boost growth and strengthen hair.

ESPA AROMATHERAPY BODY MASSAGE

1 HOUR 20 MINS €145

A deeply therapeutic, holistic full body and scalp massage, using blends of essential oils which appeal deeply to the senses and whose aromatic appeal is a personal response to each individuals needs.

ESPA SWEDISH BODY MASSAGE

1 HOUR 20 MINS €145

A truly traditional massage with regulated pressure which is excellent for releasing knots and tensions in the body. Stimulating movements are used for effectively easing tired and aching back and limbs leaving the mind and body soothed and relaxed.

ESPA SIGNATURE BODY TREATMENTS

MARYBOROUGH SIGNATURE RADIANCE BODY TREATMENT

50 MINS €105

Our specially designed body treatment helps reduce the appearance of cellulite by increasing circulation, improving skin tone and hydrating your skin. A full exfoliation is followed by a two part leg massage. The first part will consist of a deep massage to stimulate circulation followed by a soft, slow Lymphatic Drainage massage which helps rid the body of toxins. Following an application of ESPA TriSerum, the skin will be left firmer, softer and more radiant.

ESPA HOLISTIC BACK, FACE AND SCALP MASSAGE

1 HOUR 50 MINS €180

An all-embracing treatment commencing with an exfoliation and hot stone massage on the back with aromatic oils followed by a full ESPA Intensive Facial, with acupressure, face and head massage. This treatment has powerful de-stressing benefits to mind and body.

ESPA CHAKRA BALANCING WITH HOT STONES

1 Hour 50 Mins €180

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony and through which one's life force energy flows. This treatment commences with a full body exfoliation followed by an indulgent hot stone massage.



PRICE LIST

AA HOTEL OF THE YEAR
2014 - 2015

ESPA BODY WRAPS

50 MINS €100

Following consultation with your therapist choose from the following options:

DETOXIFIER

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid, and helps improve the appearance of the skin, minimising the dimpled appearance of cellulite.

MUSCLE RELAXER

The Muscle Relaxer is soothing and warming, and eases tension and tightness in the muscles helping to ease mobility and reduce aches and pains.

STRESS RELIEVER

Stress comes in many forms, but comfort, warmth and a tension relieving wrap will restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

ENERGY BOOSTER

The systemic cleansing of Marine Algae combines perfectly with the refreshing uplifting blends of essential oil to re-establish a sense of well-being and inspired energy.

AYURVEDIC WRAPS 1 Hour 50 Mins €180

The Ayurvedic inspired treatment begins with a consultation and foot ritual followed by a full body exfoliation and an application of an individually Dosha specific wrap where you will receive a luxurious Indian Head Massage while you relax. After, a Dosha specific oil will be poured onto the body for your Ayurvedic style massage, leaving you revitalised.

PITTA PACIFIER

The pitta person may suffer sensitive skin and is often affected by hot weather. This treatment helps to cool and soothe the skin.

KAPHA STIMULATOR

The kapha person suffers from dull, possibly oily skin, tendency to put on weight and is affected by cold damp weather. This treatment helps to clarify the skin, stimulate circulation and warm the body.

VATA COMFORTER

The vata person may suffer from dry skin, anxiety and be affected by cold dry weather. This treatment helps enhance the comfort of the skin and balance the mind.

ALTERNATIVE TREATMENTS

REFLEXOLOGY

50 MINS €95

Reflexology is a method of activating the healing powers of the body by applying pressure to the feet to clear the energy zones which can affect all the organs of the body. It is considered an effective way to reduce stress.

INDIAN HEAD MASSAGE

20 MINS €50

A calming yet energising scalp massage focusing upon vital energy points of the upper body. This compact treatment helps to reduce tension, increase circulation and leave an improved feeling of well-being.

NEW BAMBOO MASSAGE

50 MINS €95

This massage is an innovative way to provide Swedish or deep tissue massage using heated bamboo sticks to roll and knead the tissue to create an extreme sensation of relaxation and well-being. Bamboo massage is also used as a powerful preventative therapy against modern-day stress and to aid relief from many physical and emotional problems.

PRICE LIST

AA HOTEL OF THE YEAR
2014 - 2015

ESPA FACIALS

MARYBOROUGH SIGNATURE FACIAL

1 HOUR 20 MINS €125

This is our exclusive Maryborough Spa Signature Facial. After the initial cleanse a skin lamp is used to view the underlying layers. Steam combined with Clarisonic brush is used to gently exfoliate the face with the exfoliation extended to the chest and upper arms. After a relaxing face and upper arm massage, the ESPA lift and smoothing mask is applied. This menthol mask tightens and lifts the skin and gives a youthful glow. While the mask is setting, a scalp and foot massage is carried out by the therapist. Upon the removal of the mask, the skin is left taut, lifted and toned.

ESPA SKIN BRIGHTENER

50 MINS €95

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin.

ESPA OIL CONTROLLER

50 MINS €95

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance.

ESPA DE-SENSITISER

50 MINS €95

A specifically gentle facial for truly sensitive, fragile skins which are prone to redness and irritation.

ESPA RE-HYDRATOR

50 MINS €95

Ideal for dry, dehydrated, flaky skin requiring hydration and moisture, an excellent regenerating boost for normal and dry skins.

ESPA AGE DEFYER

50 Mins €105

This regenerating facial treatment helps minimize fine lines, combat the signs of aging and improves the appearance of your skin. Suitable for all skin types and all ages.

ESPA CELLULAR RENEWAL ENZYME FACIAL

1 HOUR 25 MINS €150

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, softly glowing complexion. A skin brushing deep cleanse with Clarisonic brush is followed by an intense Enzyme Peel containing botanical extracts to deeply exfoliate. Treatment is completed with a Lifting and Smoothing Mask containing Seaweed Extracts, Argan Oil and Menthol which will give the skin a more plumped and firm appearance.

*A course of facials is recommended. 50min treatment also available.

ESPA MINI FACIAL

20 MINS €50

This mini facial incorporates the basic elements of a facial treatment - cleanse, exfoliation and massage. This is the perfect way to maintain your regular homecare routine.

ESPA EYE LIFT

20 MINS €50

Perfect for all skin types who are concerned with those first signs of ageing which appear around the eye area. The Eye Lift is a welcome treat for those suffering from eye-strain and computer headaches and contact lens wearers.

MENS TREATMENTS

ESPA MEN'S FACE TREATMENT WITH SHOULDER & SCALP MASSAGE

50 MINS €95

This treatment has been designed to address the specific skin care needs of men. This relaxing facial hydrates the skin and leaves you feeling de-stressed and renewed.

ESPA MEN'S MUSCLE RELAXING MASSAGE

50 MINS €95

This massage is designed specifically with men in mind to ease any tension and knots built up over time.

