

Body Treatments:

Velvet Radiance:

Full body exfoliating cream with essential oils & marine extracts helps the skin recover its youthful glow, refines the skin grain, removes dead skin cells, giving new energy and vitality. Complete with moisturising milk of marine oils to soften the skin along with the seaweed extracts to preserve.

35 mins €40.00

Absolute Recover Care:

Indulge the body in marine oils and seaweed extracts massaged into the skin, helping remove dead skin tissue to purify and refine the skin. Luxurious body massage oil that relaxes the muscle with lavender and camomile along with spirulina (seaweed extracts), which improve the skins suppleness.

45 mins €60.00

Original Marine Wrap:

A gentle formula of minerals and trace elements removes dead cells, softens the skin and gives radiance. Thalasso – oligo gel (spray dried isotonic water) is applied to the body as a powerful revitaliser, rich in magnesium and relaxing properties. Followed with cooling shaping gel by massage maintaining ingredients absorption along with velvet body milk enriched hydrating properties leaving the skin soft and silky.

1 hr €60.00

Thalivelt Silhouette Wrap 1:

This body contouring, loose centimetres treatment starts with a body exfoliation to remove dead skin tissue. Seaweed lotion is applied to prepare the body wrap containing high levels of seaweed triggering the contouring process with increased metabolic rate. Cooling shaping gel with firming shaping expert to maintain decongestion and drainage of the body.

1 hr €70.00

Relaxing Back Care:

The luxury facial for the back includes and exfoliation, this deep pore cleaning stimulates circulation. A marine mud mask is applied with a relaxing essential oil complex to tone and balance the skin tissue. A soothing back and neck massage ensures comfort and relaxation. Moisturising milk is applied to hydrate the skin completing the treatment.

45 mins €50.00

* All Wraps to include use of the thermal Envelope.*

Pure Pampering:

Detox Day:

Enjoy a seaweed “on the go” facial followed by a seaweed Body Wrap Treatment where you will be wrapped in a thermal blanket, which aids the elimination of toxins. A relaxing & rejuvenating experience. This treatment tones, and invigorates your skin from head to toe.

2 hrs €115.00

Mother Nature Day:

Ideal for Moms To Be or New Moms!

Let your body relax as we cater for your every need. Start with a relaxing facial, which includes Shoulder, Neck, Face & Head Massage. Nurture your hands and feet with a nourishing Hand treatment and Zn Spa Pedicure. Emerge feeling totally soothed and cared for

2 hrs €110.00

Sea Body Treat:

The ultimate treat for your body, which will Exfoliate, Hydrate & relax your Body & Mind. The treatment consists of a Sea Salt Glow exfoliation, followed by a Neck, Shoulder & Face Massage.

1 hr 45mins €90.00

Suite Packages:

Body Bliss Half Day:

Begin with a Body Polish/Exfoliation, followed by a soothing Back Massage, enjoy a refreshment & relaxation time. A light healthy lunch will be served. Finish your day with a suitable Facial, which will awake your senses.

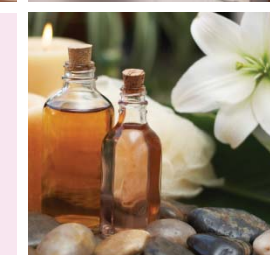
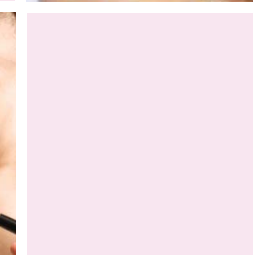
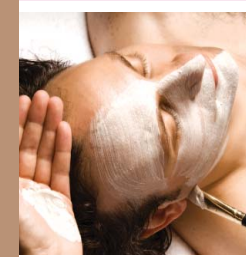
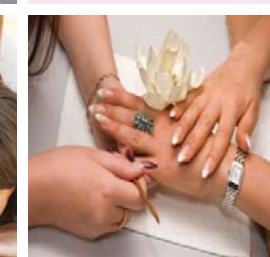
Allow Up To ...4 hours €150.00

Sheer Indulgence - Full Day:

Begin with a Body Polish / Exfoliation, followed by a therapeutic Full Body Massage. A suitable Facial for your skin type is performed. A light Lunch is served. Finish your day with a Manicure & Pedicure. A day designed especially to eliminate Stress, induce Relaxation & Boost Vitality.

Allow Up To....6 hrs €200.00

All Suite Packages Include the use of the Park Hotel Leisure facilities, use of Robes, Slippers & Toiletries. Packages also include Lunch in our Lounge area. Complimentary Herbal Tea, Coffee, Water & Fruit Juices are available during your day.



OPENING HOURS

Sunday – Wednesday

By appointment only

Thursday

12.00p.m - 6.00p.m

Friday

2.00a.m - 8.00p.m

Saturday

10.00a.m - 6.00p.m

BOOKINGS

Spirit Day Spa & Beauty Salon

Park Hotel Kiltimagh

Swinford Road

Kiltimagh, Co. Mayo

Contact Sinead (094) 93 74922

Email: info@parkhotelm Mayo.com

Spirit

DAY SPA & BEAUTY SALON

The Park Hotel Wellness Centre has created a serene & relaxing atmosphere, dedicated to your well-being, Here we specialise in the latest beauty treatments from around the world, to pamper the body, relax the mind, revive the spirit and refresh your life!

To make a booking

We recommend you book your preferred choice of treatment date & time as early as possible to avoid disappointment.

Gift Vouchers

Gift Vouchers can be purchased at Reception. They are valid for 1 year, and will only be extended in extraordinary circumstances. Gift Vouchers must be presented upon arrival for your treatment.

For Bookings

Contact Sinead (094) 93 74922

Or Email us on info@parkhotelmayo.com

Manicures

Nails are not alike! As hair & skin differ from person to person – dry, normal or damaged – so do nails. All our manicures include a paraffin wax treatment.

Nourishing Manicure	€45.00
Mini-Manicure	€30.00
French Polish	€18.00
File and polish	€14.00
Male manicure	€25.00

Pedicures

Pedicure for the Spirit:

All too often we forget our feet, which have to carry us around all day. Give your feet the treat they deserve, with our luxurious pedicure. Choose from calming Green Tea or energising Ginger pedicure products, which cater to your individual needs & designed for your total comfort and well-being.

Spa Pedicure 1 Hour	€45.00
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Waxing

Sensitive areas of the body are waxed using a gentle soft wax minimising discomfort. The skin is nourished in a hydrating moisturising cream when waxing is completed.

Half Leg Wax	€16.00
Half Leg Wax & Bikini	€28.00
Full Leg Wax	€30.00
Full Leg Wax & Bikini	€35.00
Bikini Line	€12.00
Underarm Wax	€12.00
Lip & Chin	€12.00
Arm	€14.00
Abdomen	€ 6.00
Lip	€ 7.00

* For any advise needed prior to booking your waxing treatments, please consult a member of staff *

Eye Essentials

Eye Brow Wax	€ 9.00
Eyebrow Trim / Shape	€ 9.00
Eyebrow Tint	€ 7.50
Eye Lash Tint	€11.00

Note: Patch test required 24 hours prior to first time tinting treatment

Finishing Touches – For That Special Occasion

Make-Up Application	€30.00
Bridal Make-Up	€60.00
<i>(Trial & Make-Up On The Day)</i>	
Make-up lesson (including application)	€45.00

Tanning

We are delighted to introduce our new spray tan product FAKE BAKE. It has long been recognised as the number one leading fake tanning solution.

Fake bake (spray tan) Full body	€40.00
Fake bake, half body	€28.00
Bronze Express, full body	€35.00
Bronze express, half body	€20.00

Precious Facial Treatments:

Algo`pur Correction:

This facial is ideal for oily / problem skin, ingredients such as witch hazel and algae extracts which help to regulate the sebaceous glands, purify the skin, along with anti – inflammatory and antibacterial properties to reduce sensitivity and further skin irritation. Seaweeds used within the facial containing minerals and trace elements stimulate the circulation and cell renewal restoring suppleness and moisture.

45 mins	€55.00
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Algo`lif Anti-age:

Luxurious facial using Marine properties high in amino acids, vitamin C and zinc, helps repair the skins cutaneous tissue reducing fine lines and wrinkles. The skin becomes smoother and younger looking and radiant.

1 hr 15mins	€70.00
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Hydralift:

Marine Seaweed based ingredients bring moisture and freshness to your skin. The radiance mask has a lifting and toning effect visible with first application. The signs of fatigue are smoothed out; it softens wrinkles and fine lines while also improving blood circulation and cell regeneration. (Suitable for slightly mature skin)

1 hr	€65.00
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Oligozen Serenity:

Ultra soothing facial containing ingredients such as vitamin E, shea butter and horse chestnut along with soothing marine extracts. This facial is designed to desensitize skin, it also calms and helps repair broken and dilated capillaries making the skin and complexion more even. These products also help rebuild the skins strength against environment damage.

45 mins	€45.00
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Well Being Treatments:

Foot Massage: 30 mins	€30.00
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Swedish Massage:

Chronic tension in muscle tissue can restrict performance, causing pain. This can be relieved by regular massage treatments. Blood circulation is stimulated helping the body deliver its nutrients and oxygen easing stiffness and bringing a healthier tone to the skin.

Full Body 1 hr	€60.00
Back -30 mins	€30.00

Holistic Massage:

The ultimate in luxury healing massage, which benefits the whole well-being, not just the body. Following this massage, the energy is restored and zest for life returns.

Full Body 1 hr	€60.00
Back -30 mins	€30.00

Hot Stone Therapy:

This timeless technique combines massage with the thermogenic benefits of heated Irish Basalt Stones and the therapeutic qualities of essential oils.

Full Body Hot Stone Massage:	
1hr 15mins	€90.00

Hot Stone Back Massage:	
40 mins	€45.00

Holistic Head Massage:

This treatment aims to balance the mind, body & spirit. Includes techniques for shoulders, upper arms, neck & scalp. These areas are very susceptible to stress & tension. A gentle, soothing treatment for the quick relief of stress.

30 mins	€30.00
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Hopi Ear Candling:

An ancient, Native-American healing ceremony. Induces a pleasant feeling of warmth & balance of pressure in the ear, forehead and sinuses. It is soothing & helpful for earache, headache, ear noise, stress & nervousness. The treatment brings about a wonderful deep sense of relaxation.

30 mins	€25.00
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