



FLOURISH
ORGANICS

Facials using Flourish Organics Cosmetics & Skincare, hand-made in Killarney, Co. Kerry with organic ingredients. I am proud to provide organic skincare, made in Ireland, at affordable prices. A luxurious treat to pamper your senses.

Mini Facial (30 mins) €35.00
Cleanse, tone, exfoliation and mask using products to suit your skin type. While your mask gets to work you will receive an energising head massage. Finished with an intense moisturising treatment.

Pamper Facial (60 mins) €50.00
Incorporates all the elements of the mini facial, plus a deeply relaxing chest and face massage, together with a luxurious nourishing treatment for your hands and eyes. Feel truly pampered!

Skin Calming Facial (45 mins) €45.00
Specifically designed for sensitive skin, using a calming mask with Jasmine, and Calendula Lotion which relieves itching and rebalances moisture levels. Finishing off with Hemp and Macadamia Cream, enhanced with soothing Shea Butter, which is excellent for dry skin. Includes massage to your chest, face and head.

Teenage Facial (30 mins) €35.00
This facial is excellent for younger, hormonal skin. A warm towel is applied to gently steam the face and open the pores, and then the skin is given a gentle but thorough deep cleanse and exfoliation. A clay mask will draw out the toxins and improve the moisture content of the skin, whilst removing excess oil.

Skin-Refining Facial for Men (45 mins) €45.00
Your skin will benefit from deep-pore cleansing, exfoliation, a clay or seaweed mask, toning and moisturising. Especially devised to leave you feeling revitalised, the treatment will also include a vigorous facial, neck and shoulder massage.



Manicures and pedicures using nail polishes by O.P.I.

Mini Manicure or Pedicure (30 mins) €15.00
Mini Manicure & Pedicure (50 mins) €25.00
Ideal when time is limited. Your nails will be filed, buffed, and polished, and your hands and feet moisturised, leaving them looking conditioned and elegant.

Pamper Manicure (50 mins) €25.00
Treat yourself to a hand soak, cuticle work, massage, exfoliation, mask, and moisturisation. The treatment is completed with a polish application of your choice.

Pamper Pedicure (50mins) €30.00
Foot soak, cuticle work, massage, exfoliation, mask and moisturisation. Warm booties will be used to aid the absorption of the nourishing mask. This treatment is then finished with an application of nail polish of your choice.

Pamper Manicure and Pedicure (90mins) €45.00
Relax and unwind while your hands and feet are pampered. After soaking and exfoliating your feet, the cuticle work is done, and a nourishing mask is applied. While warm booties aid the absorption of the foot mask, work on your hands will begin with a relaxing massage. On completion of the pedicure, the manicure will commence. Both are finished with a polish application of your choice.

Tinting
Eyelash €10.00
Eyebrow € 4.00
Eyelash & eyebrow €12.00
Eyelash & eyebrow tint, and eyebrow shape €16.00

Waxing
Eyebrow € 6.00
Lip or chin € 5.00
Lip & Chin € 7.00
Bikini €10.00
Under Arm € 8.00
Arm or Half Leg €12.00
Full Leg €18.00
Half Leg & Bikini €20.00

Other combinations available - please ask

Aromatherapy Massage

A holistic massage aimed at improving overall health and balance. It is a great relaxing way to ease tired muscles and aching limbs.

Full Body €40.00
60mins
Back Neck & Shoulder €30.00
45min
30mins €20.00

Indian Head Massage

This calming treatment is a stress-buster. Releasing tension in the face, head, neck and shoulders, it helps to clear the mind and revitalise mental capacity as well as relieving eyestrain, headaches, sinusitis, congestion and insomnia.
45 mins €30.00
30 mins €20.00

Reflexology

This pampering, holistic treatment is very individual, and helps your body to restore its balance naturally. Stimulating precise pressure points on your feet will reduce tension and induce overall relaxation.
45 mins €30.00
30 mins €20.00

Sports Injury Massage / Deep Tissue Massage

Do you suffer from aches and pains at the end of the day, or have a particular injury that keeps re-occurring? A deep tissue massage will boost circulation, relieving tension and muscle fatigue.
45 mins €45.00
30 mins €25.00

Hot Stone Massage

Hot Stone Massage is the placement and movement of hot basalt stones all over the body. A wonderfully relaxing massage, designed to work on muscle tension at the deepest level, it will also create a state of deep mental relaxation.
60 mins €45.00
45 mins €35.00
30 mins €25.00

Make-up from €20.00
Using products from the **benefit** range.

Body Exfoliation (30 mins) €25.00
Combine a body scrub with another treatment of your choice, and get the scrub for just €15.00
Leaving your skin silky smooth, Body Scrubs from *Flourish Organics* are a luxurious and deliciously fragranced exfoliating treatment for your whole body. Choose from Grapefruit, Lemongrass & Lime, or Mandarin (which is suitable during pregnancy).

Reiki Healing (30 mins) €20.00
The word Reiki means spiritually guided life force energy. It is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

Pamper Room Special Packages

Face & Eyes (90 mins) €60.00
Pamper Facial, including eyelash & brow tint, and brow shape.

Mum-To-Be (1 hour 45 mins) €65.00
Includes Pamper Facial and Pamper Pedicure.

Body & Face (2 hours) €70.00
Full Body Massage and Pamper Facial.

Top-to-Toe Indulgence (3 hours) €90.00
Full Body Massage, Pamper Facial, Mini Manicure and Mini Pedicure.

Special Deals

Pre-pay for 5 treatments and get a 20% reduction in price.

Example:

Full body massage x 5 = €200

Book and pay in advance for just €160.00

For details of monthly special offers, please visit my website: www.thepamperroom.ie

Josie Hodgson Massage & Beauty Therapist

Face & Body Treatments,
Manicures, Pedicures, Tinting, Waxing,
and Make-up.

Massage, Aromatherapy,
Indian Head Massage, Reflexology, Reiki, and
Hot Stone Massage.

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For enquiries, appointments and information about Pamper Days including use of the sauna/steam room and pool, and lunch or afternoon tea in the Courtyard Café, please call:

(0)21 477 0595
or (0)87 6926187
(International Code: +353)

or email:
josie.hodgson@yahoo.ie

Web: www.thepamperroom.ie

Walton Court, Oysterhaven Bay,
Kinsale, Co.Cork, Ireland.

The Pamper Room

at Walton Court
Oysterhaven Bay



*Relaxation treatments
7 days a week*

Pamper Days and Gift Vouchers available

