

The Gentlemen's Facial Menu

Express Facial (30mins)	€30
Zone Regeneration Facial (45mins)	€45
Men's Special Re-energise Facial (60mins)	€55

Teenage Skin Facial Menu

Clean Start Facial (25mins)	€35
Deep Cleanse Facial (55mins)	€45

Course of treatment plans available

Eye Care (48 hour patch test is essential for waxing or tint)

Eyebrow Shape/ Wax	€12
Eyebrow Tint & Shape	€23
Eyelash Tint	€15
Eye Combo	€28
Eye Wrinkle or Eye Puffiness Treatment	€25
Mink Eyelash Extensions	€120
Make-up Lessons	€65
Make-up Application	€40

(Bridal packages & make up available & call outs to home day of wedding. Enquire for more info.)

Waxing

Half Leg	€20
Half leg inc. reg Bikini line	€30
Full leg inc. reg Bikini Line	€40
Bikini Line Regular	€15
Californian Wax	€25
Underarm	€12
Lip & chin	€12

Nail Therapy

2 Week Polish Application	€30
Removal €10 If Not Applied Here	
Nail art available	€1 per nail
File & Paint	€20
Manicure	€40
Mini Pedicure	€35
Deluxe Pedicure	€55
A Hand or Foot Ritual	€40

(This is a treatment for skin on hands or feet not a manicure)

Tanning

Full Body Spray Tan	€25
Half Body	€15

Treatments for Men

THE POWER HOUR (55mins)	€70
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Back treatment combining a deep cleanse exfoliation. Mask application & a hot stone back massage. The ultimate treatment that will leave you warm relaxed & rejuvenated.

MEN'S SPECIAL (50mins)	€60
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Deep tissue aroma back, neck & shoulder massage tailored specifically for males as included foot cleanse & relaxation cocoon movements.

DEEP TISSUE BACK MASSAGE	
Back (45mins) €50	Full Body Deep Tissue (60mins) €75

SPORT'S MASSAGE THERAPY	
(30mins) €50 / (50mins) €65 / (60mins) €80	

This is a specific advanced technique designed to focus on athletes, those in training or people suffering from repetitive strain injury.

BODY THERAPY TREATMENTS	
DETOX SEAWEED WRAP (75mins)	€100

Dry body brushing, detoxifying seaweed treatment & relaxing scalp treatment. Nourishing body butter cream to finish.

FULL BODY EXFOLIATION SCRUB (30mins)	€50
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With a choice of mandarin, black pepper or pomegranate

AROMA COCOON WRAP (60mins)	€80
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Excellent detoxifying treatment. Dry body brushing to stimulate the lymphatic system, followed by a specific lymphatic drainage massage & head & scalp massage to ease out tension & stress. A pre-blend of aroma & coconut oils used. Relaxing & your skin will feel amazing after.

A wide range of spa package's available
Half & Full Pamper Rituals available

Gift Vouchers Available

BOOKINGS: We recommend you book well in advance
CANCELLATIONS: Please allow a minimum of 24hours notice of cancellation to avoid a 50% charge. Cancellation within 24hours or non arrivals will incur a 100% charge.

t: 057 8695 933

e: info@bodyandsoultherapy.ie

w: www.bodyandsoultherapy.ie

Body & Soul Therapy



Maldron Hotel, Abbeyleix Road, Portlaoise, Co. Laois

Tel: 057 8695 933

www.bodyandsoultherapy.ie

Luxury treatments at affordable prices.

Think Massage, think Body & Soul!

Massage & Body Therapy Treatments

BODY & SOUL SIGNATURE HOLISTIC MASSAGE

Holistic massage is a gentle rhythmical stroking & kneading of the body's soft tissues, soothing away tensions & relaxing & balancing mind & body. With this approach the whole body is treated. Our signature massage therapy.

Back (30mins)	€40
Back, Neck & Shoulder Massage (45mins)	€50
Full Body Massage (60mins)	€70
Pressure Point Scalp Massage & Coconut Scalp Treatment (add on treatment)	€25

SWEDISH MASSAGE

The main purpose of Swedish massage is to increase the oxygen flow in the blood & release toxins from the muscles. Swedish massage, feels good, is relaxing & invigorating.

Back (30mins)	€35
Full Body Massage (55mins)	€65

BODY & SOUL SIGNATURE HOT STONE MASSAGE

Back (30mins)	€40
Head, Neck & Shoulder (45mins)	€50
Full Body (60mins) €70 (75mins) €80	

BODY & SOUL SIGNATURE MASSAGE

(Our own signature massage treatment. A combination of Swedish, holistic, Thai & our own stamp of massage therapy)

Back (30mins)	€35
Full Body (60mins)	€65
Full Body Melt (1hr 30mins)	€80

INDIAN HEAD MASSAGE THERAPY

The ancient tradition of specific massage to the head, neck shoulder face & scalp massage. Extremely relaxing for tired shoulder's & sinus issue's.

Indian Head Massage (30mins)	€45
Indian Head Massage (45mins)	€60

BODY & SOUL SIGNATURE HEAD, NECK & SCALP MASSAGE (30mins)

	€40
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COCONUT SCALP MASSAGE TREATMENT (Add on)

Excellent for conditioning hair & scalp

	€25
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RELAXING AROMA MASSAGE

A pre-blend of hot essential oils to relax tired, stressed & worn out minds & bodies. Mind your body, mind your soul.

Back (30mins)	€40
Full Body Massage (55mins)	€60

PREGNANCY/ PRE & POST MATERNITY SPA TREATMENTS

(Please note you must be over your 1st trimester)
Pregnancy massage eases back pain, promotes sleep & improves skin tone, aids the circulatory & lymphatic system. Doctors agree that a relaxed mother will be more likely to have a happier & healthier baby.

Back, Neck & Shoulders (45mins)	€45
Full Body Massage (75mins)	€75
LIGHTEN UP TREATMENT (30mins)	€55

A mineral rich foot soak, exfoliation & massage for lower legs & feet to help with circulation & water retention while you sit back & relax, we massage your hands & cuticles too. Pure Relaxation.

A TUMMY FACIAL (55mins) €60

This is a facial for your tummy, it's your tummy that needs the attention to maximise skin strength health & elasticity. Combined with the luxury of an upper back, neck & head massage to ensure it is a full on stress banishing treatment.

LYMPHATIC DRAINAGE MASSAGE

A therapeutic massage treatment that uses very light pressure & long gentle strokes to increase lymphatic flow & get rid of toxins in your body.

Full Body Therapy Session (55mins)	€65
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Holistic Complementary Therapies

REFLEXOLOGY (30mins) €40

(A course of six treatments is Recommended) (60mins) €55

Reflexology is a holistic therapy which is based on the principal that there are reflexes in the feet which correspond to all of the organs and parts of the body. Due to stress & frantic lives we lead, excess calcium salts and uric acid can build up deposits and tensions, causing a blockage of energy flow throughout the body. Reflexology can help restore & encourage healing in a natural way. This treatment is especially great for hay fever, sinus and allergy sufferers.

HOPI EAR CANDLING (30mins) €50

Using an age old therapy of gently inserting Hopi candles slightly into the ears to create warmth and suction effect to treat ear and sinus problems.

REIKI THERAPY (55mins) €60

Hands on healing therapy. In standard treatment energy flows from the practitioners hands into the clients. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.

CRYSTAL & BREATHING MEDIATION THERAPY (50mins) €55

Using crystals and breathing techniques to help calm and heal the mind, body and soul. Excellent introduction to the world of meditation.

STRESS MANAGEMENT (60mins) €55

Visit our on site stress manger for a consultation and an assessment to tailor a treatment programme for you.

BABY MASSAGE CLASSES

Enquire in Body & Soul for details.

Facial Menu

PROFOUND - ADVANCED SKIN CARE RANGE

'Profound Skin Care' is the new evolution from Danielle Skin Care now being developed in Ireland: Original unique formulas including the unrivaled Dr's peels, which have now risen to cult status, plus new products with scientifically proven skin changing ingredients. Men & women now have the potential to see real changes to their skin in just 3 easy steps over 21 days!

Skin Consultation Free

The Doctors Prescriptive Facial (60mins) €75

Glycolic Peel €75

(Course of peels recommended for max results)

Course Offers available ask your Skincare Therapist

Hyper Pigmentation Treatment (45mins) €75

Profound Rosacea Facial €75

& Anti - Redness Facial (60mins) €75

Ultimate Eye Treatment (25mins) €45

Excellent to simulate brightness & collagen production

Back Treatment - A facial for the back €55

(Excellent for brides to be or back congestion)

KAESO SKIN CARE RANGE

The Kaeso Collections ethos is to embody naturally derived ingredients with essential treatment formulas to deliver effective & luxurious professional products. A luxurious, considerate & effective collection.

Mini Facial (25mins) €30

La Zone Prescriptive Facial (60mins) €45

Balancing Facial (60mins) €45

Purifying Facial (60mins) €45

Desensitising Facial (60mins) €45

Firming Facial (60mins) €45

Hydration Facial (60mins) €45

Deep Cleanse Facial (60mins) €45

Eye Wrinkle Treatment (15mins) €20

Eye Puffiness Treatment (15mins) €20

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