

MIDLANDS PARK *Spa & Beauty*

www.midlandsparkhotel.com



Spa & Beauty Packages

Dermalogica Revive Package €125.00

Customised Dermalogica Facial, Pressure Point Head Massage, Hand & Arm Massage
85 minutes

Diamond Package €260.00

Experience a Revitalising Thai Foot Massage, followed by a luxurious Yonka facial. Enjoy the soothing warmth of a Hot Stone Full-Body Treatment, complemented with Warm Scalp Oil Massage, and finish with our Signature Pedicure. Treatment time 180 minutes

Midlands Park Restore €135.00

A ritual enjoyed by both our male and female clients. Hot Towel Back Compress, Relaxing Hot Stone Back, Neck & Shoulder Massage with Indian Head Massage. Treatment time 70 minutes

Midlands Park Relax & Renew €135.00

A favourite with all our clients! Coconut Foot Soak, Hot towel Back Compress, Relaxing Back, Neck & Shoulder Massage, Intensive Foot Massage, Dermalogica Facial with Indian Head Massage, and Relaxing Foot Massage. Treatment time 75 minutes

Spa & Beauty Packages

Midlands Park Signature Ritual

€226.00

Customised Image Facial, Indian Head Massage, followed by Thai Soak & Relaxing Foot Massage

Treatment Time 120 minutes

Just For Him

€165.00

Tailor made for our male clients, the package includes a traditional full body Swedish massage, followed by a relaxing Indian Head Massage and culminating in a 'Men's Dermalogica Facial'

Treatment Time 85 minutes

Mum To Be

€205.00

A perfect package for an expectant Mum! Hormonal changes can play havoc with the skin so what better than a customised Dermalogica Facial, Maternity Massage Our Mums to Be usually suffer from heavy, aching limbs so this treatment is concluded with a Mum-to-Be Pedi which includes peppermint soak to reduce swelling, gentle foot and leg massage to soothe tired legs and toe paint of choice. Treatment time 110 minutes

Spa & Beauty Packages

In Ayurveda, maintaining balance among the three doshas – Vata, Pitta, and Kapha – is essential for overall health.

Pitta Package €90.00

Warm towel cleanse on the feet - Dermalogica ultra calming facial - Ayurvedic Head Massage - Detoxifying meridian pressure point foot massage with hot towels targeting abdominal blockages (based on reflexology principles).
Treatment time 60 minutes

Vata Package €90.00

Luxury Yonka essential oils facial including Ayurvedic head massage. Hot stone arm & leg massage with eucalyptus oil.
Treatment time 60 minutes

Kapha Package €90.00

Indulge in a soothing Dermalogica hot towel facial, complete with a calming drainage facial massage. Treatment time 55 minutes

Midlands Park Restore Ritual €112.00

Coconut Foot Soak, Hot towel Back Compress, Relaxing Back, Neck & Shoulder Massage. Indian Head Massage and Hand & Foot Massage. Treatment Time 55 minutes



Massage

Our Massage Therapists are dedicated specialists who continually enhance their skills through ongoing training to ensure they meet your unique needs.

Swedish Back Massage (25 minutes)	€45
Swedish Full Body Massage (55 minutes)	€80
Deep Tissue Massage (25 minutes)	€55
Deep Tissue Massage (55 minutes)	€95
Traditional Full Body Hot Stone Massage (1 hour 15 minutes)	€120
Hot Stone Massage (55 minutes)	€90
Hot Stone Massage (30 minutes)	€60
Aromatherapy Massage (55 minutes)	€85
Maternity Massage (25 minutes)	€45
Maternity Massage (55 minutes)	€80
Indian Head Massage (40 minutes)	€55
Thai Foot Massage (25 minutes)	€40
Ear Candling with Head & Face Massage (40 minutes)	€55



Facials

Dermalogica Pro 30 (25 minutes) €50

Advanced technology from Dermalogica offers:
Diagnosis, treatment, recovery & prevention.

Dermalogica Pro 60 (55 minutes) €80

A longer version of the Pro 30 involving double
cleanse, extractions, exfoliation, customised masque
and a luxurious facial massage.

Yonka Le Grande Classique (1 hour 10 minutes) €99

This is one of the most elaborate, complete facials. It
leaves you with cleansed, perfectly balanced skin and
a radiant complexion. Customised & recommended
for any age.

Yonka Hydralessence (1 hour 10 minutes) €110

This high-performance treatment will quickly help to
restore its balance, suppleness, and softness. This
facial includes the powerful softening action of seaweed
& fruit extracts.

Yonka Escale Beaute (25 minutes) €55

Whether you're dealing with clogged pores, dry
patches or fine lines, your Yon-Ka aesthetician can
address and treat your concerns in just half an hour.

Image Facials & Peels

Image Refresh Facial (25 minutes) €50
Classic Image facial

Image Biome+ Glow Facial (50 minutes) €90
NEW! Image Facial using The Biome+ Collection formulated with natural-origin ingredients that power a healthy skin barrier. Suitable for Young, Sensitive and irritated skin.

Image Customised Facial (55 minutes) €105

Image Vit C Facial (55 minutes) €105

Image Purifying Facial (55 minutes) €105
A skincare treatment designed to deeply cleanse, detoxify, and clear clogged pores

Slimming

Mini Me Wrap (60 minutes) €110
This breaks down fat cells by Lipolysis. Fat deposits are then transported to the lymph nodes and excreted by the body. immediate results.

Advanced Facial Treatments

Microdermabrasion (40 minutes) €110

A non evasive procedure where the therapist rubs fine crystals on your skin with a wand that gently exfoliates.

Image Ormedic Lift (35 minutes) €125

Image Lightening Lift (35 minutes) €125

Image Acne Lift (35 minutes) €125

Image Signature Facelift (35 minutes) €125

Image Wrinkle Lift (35 minutes) €125

Dermal Pen (55 minutes) €150

Utilising a device with fine needles, that creates small punctures in the skin, that triggers a healing response by creating new collagen and elastin.

IPL Skin Rejuvenation (45 minutes) €120

A non-invasive cosmetic treatment that uses broad spectrum light to target and reduce various skin concerns, such as pigmentation, sun damage, redness, and fine lines.

IPL Laser Treatment is available to book for all hair removal. Visit our website to book your consultation.

***Patch Test needed for all the above treatments**



Male Treatments

Back & Shoulder Wax	€45
Chest Wax	€35
Eyebrow Tidy	€13
Pedicure	€55
Back of Body Swedish Massage (55 minutes)	€80
Deep Tissue Back Massage (45 minutes)	€55
Back of Body Deep Tissue Massage (55 minutes)	€85
Back of Body Hot Stone Massage (55 minutes)	€90
Hot Stone Back Massage (30 minutes)	€60

Nail Boutique

Toe File, cuticle push back & Kiara Sky hi-gloss polish	€18
Toe File, cuticle push back & French Kiara Sky polish	€20
30 Minute Pedicure; soak, cuticles, file, buff & colour	€35
Medispa Callus Peel Pedicure	€55
Kiara Sky Gel Polish	€35
Pedicure with Kiara Sky Gel	€55
Peppermint Pedicure (60 mins)	€75
Rosemary Pedicure (60 mins)	€75
Lavender Pedicure (60 mins)	€75
Mum-to-Be Pedicure	€75
- Thai foot soak, exfoliation, sole & heel buff, hot towel compress, heated booties, cuticles, Kiara Sky polish colour or French. Includes refreshing mint soak to reduce swelling and gentle foot and leg massage to ease discomfort.	
BIAB with shellac on clean nail (noting to be removed)	€50
Parental consent for under 16 years.	
BIAB Refill	
BIAB refill with shellac colour	€40
BIAB with Shellac French on clean nail	55.00
BIAB Removal	
Removal of biab by Kiara Sky or any other 'soak off.	€20
Biab. not for hard gel	

Kiara Sky Nail Bar

We offer Kiara Sky hi-gloss polish, or for longer lasting nails
Kiara Sky LED Gel polish.

File cuticle push back & Kiara Sky hi-gloss

Colour Polish €18

File, cuticle push back and

Kiara Sky hi-gloss French Polish €20

Signature Protein Manicure Colour or French €35

Kiara Sky Gel Polish (Colour)* €30

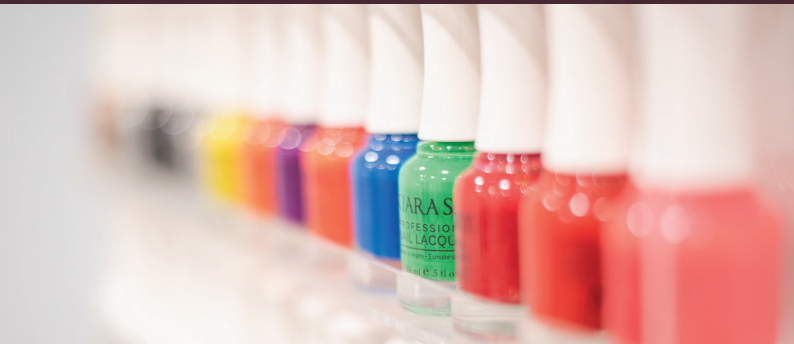
Kiara Sky Gel Polish (French)* €35

Kiara Sky Gel Polish and manicure (Colour)** €50

Kiara Sky Gel Polish and manicure (French)** €55

Gel Polish removal add on (with reapplication) €55

Gel Polish removal with protein application €15



Waxing & Threading

Please be aware that all clients are required to have a patch test 48 hours before their waxing or tinting appointment.

If it has been more than six months since your last waxing with us, a new patch test will be necessary. This policy is in place to ensure your safety and well-being.

Eyebrow, Lip or Chin

(Wax, Tweeze or Thread)	€13
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Combo all 3	€32
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Under Arm	€14
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Half Leg	€24
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Full Leg	€35
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Standard Bikini	€22
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Extended Bikini (Tight Triangle)	€25
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Specialised Waxing (Lycon Hot Wax)

Californian (Tight Triangle and Underneath)	€35
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Brazilian (Landing Strip)	€45
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Hollywood (All Gone)	€45
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Brow Bar

Eyebrow Tidy (Wax, Tweeze or Thread)	€13
Eyebrow Tint	€14
Eyelash Tint	€16
Eyelash Tint & Eyebrow Tint	€25
Eyebrow Shape & Tint	€26
Eyebrow Shape, Lash & Brow Tint	€38
HD Brows (7 steps: Tint, design, wax, thread, tweeze, trim and fill in with strong definition)	€40

Lash Boutique

Occasional Lashes (lasts 3-7 Days)	€30
LVL Lashes	€65



Tanning

Organic Aussie Bronze full body spray tan	€27
Organic Bronze Leaf half body	€19
Full body exfoliation & full body tan	€60

Make Up

Our in-house Make-Up artists specialise in giving you the look you want. Opt for full day or evening make-up, or if you prefer minimalist just go with eye make-up and lashes.

Cleanse and Make-up €40

Eye Make-up & Lashes €30



Cancellations

To ensure your appointment, we kindly request that you secure your booking with a credit card. If you need to cancel, please provide at least 24 hours' notice; otherwise, the full appointment fee will be charged.

For shorter appointments, we may not require a credit card, but we still ask for 24 hours' notice for cancellations. Our system tracks missed appointments and late cancellations, and if this occurs twice or more, we reserve the right to request prepayment for future bookings.

Hotel and Day Spa Cancellation Policy

Weekend Spa appointments are always confirmed via email or text. If you do not receive confirmation, please contact the Spa directly (not hotel reception) to ensure your booking is in place. A 50% deposit is taken 24 hours prior to your appointment.

Please notify us at least 24 hours in advance if you need to cancel. Cancellations must be made via email or text, using the same contact information as your booking confirmation. This will confirm that no deposit will be charged to your credit or debit card.

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