

SPECIAL OFFERS

MONDAYS, TUESDAYS & WEDNESDAYS

25% OFF ALL FULL BODY
MASSAGES & FULL FACIALS

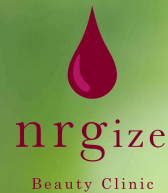
THURSDAYS

GET 1 TREATMENT AND GET 2ND ONE
HALF PRICE
(CHEAPEST ONE HALF PRICE. ONE PERSON ONLY)

FRIDAYS

25% OFF ALL WAXING

*TERMS & CONDITIONS APPLY



OPEN 7 DAYS A WEEK
MONDAY TO FRIDAY 9.30AM TO 9PM
SATURDAY 9AM-8PM
SUNDAY 10AM-6PM

TO MAKE AN APPOINTMENT PLEASE CONTACT:

NRGIZE HEALTH & BEAUTY CLINIC
AT NRG HEALTH & FITNESS
HOTEL CLYBAUN
WESTERN DISTRIBUTOR RD | KNOCKNACARRA
GALWAY

091 585800

WWW.NRGFITNESS.IE

~ SHELLAC ~

~ DERMALOGICA STOCKISTS ~

~ GIFT VOUCHERS AVAILABLE ~

~ FREE PARKING ~

NRG Health & Fitness
Members Receive **10% Discount** on
All Treatments



nrgize

Beauty Clinic

NRGIZE HEALTH & BEAUTY CLINIC
AT NRG HEALTH & FITNESS
HOTEL CLYBAUN
WESTERN DISTRIBUTOR ROAD
KNOCKNACARRA
GALWAY

091 585800

www.nrgfitness.ie

Facial Treatments

- Dermologica Prescriptive Facial** Consisting of a full consultation, incorporating face mapping & your prescribed & customized facial(50min).....€60
- Environmental Facial** Ideal for sensitive, dehydrated skin and also a perfect facial to brighten up tired skin(50min).....€65
- 30 Minute Miracle Facial** A quick-fix for those on the go.....€30
- Men's Executive Facial** A deep cleanse facial which includes a relaxing scalp, neck & shoulders massage(50min).....€50

Elegant Nails

- Luxury Manicure**.....€22
- Mini Manicure**.....€15
- Luxury Pedicure**.....€25
- Mini Pedicure**.....€20
- File & Polish**.....€13

€5 EXTRA CHARGE FOR FRENCH POLISH WITH ANY OF ABOVE

Shellac

- Shellac Application**.....€25
- Shellac Manicure/Pedicure with Massage**.....€35
- Shellac Removal**.....€10
- Shellac Removal (with re-application)**.....€5

Body Treatments

- Full Body Swedish Massage** is the most common type of massage at the spa. Swedish massage combines various hands-on techniques including gliding, kneading, and cross-fiber friction to break up muscle knots, called adhesions.(50min).....€55
- Back, Neck & Shoulder Swedish Massage**(25min).....€25
- Full Body Deep Tissue Massage** Excellent for those requiring a whole body work over to target deep levels of tension(50min).....€60
- Full Body Hot Stone Massage** Heated basalt stones combined with spicy, sensual oils are used on key energy points on your body, evoking an aura of deep relaxation and warmth(55min).....€65
- Hot Stone Back Massage**(40min).....€40
- Indian Head Massage** Using key pressure points, this tension relieving scalp massage is ideal for promoting relaxation (25mins).....€30
- Sports Injury Massage** Used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries (25/50mins).....€30/€60
- Reflexology** Uses pressure points that are located on the hands and feet. May be as effective for promoting good health and for preventing illness as it may be for relieving symptoms of stress, injury, and illness (50 min).....€50
- Pregnancy massage** Combines tried and tested, safe pregnancy massage techniques adapted to each stage of your pregnancy. Helps to relieve tension in desired areas(25 min)€30

Waxing

- Full Leg**.....€25
- Full Leg including bikini**.....€33
- Half Leg**.....€15
- Underarm**.....€9
- Back\Chest**.....€25
- Lip or Chin**.....€9
- Side of Face**.....€8
- Arm**.....€12
- Abdomen**.....€10
- Regular Bikini**.....€13
- Californian**.....€22
- Brazilian**.....€30
- Hollywood**.....€45

Eyes

- Eyebrow Shape/Wax**.....€9
- Eyelash Tint**.....€10
- Eyebrow Tint**.....€7
- All three together**.....€23
- 3 D Brows (henna tint)**€22

Tan

- Fake Bake Spray Tan Full Body**€25
- Fake Bake Spray Tan Top Up**.....€15

PLEASE NOTE : A 48 HOUR PATCH TEST IS REQUIRED IF WAXING, TINTING OR HAS NEVER BEEN DONE BEFORE OR HAS NOT BEEN DONE IN THE LAST 3 MONTHS