

# Acadayspa

## DETOXIFYING WOOD STONE MASSAGE

Allow 1hr €55.00

This treatment helps to redefine the body's contours using sculpting techniques and the wood stones to obtain a slimmer silhouette, a thinner waist, slender thighs, firmer hips and gluteus and toned up arms.

Add a Body Wrap for an extra €30.00

Allow an additional 45 Mins

## RELAXING BAMBOO MASSAGE

Allow 1hr €55.00

This treatment helps to deeply revitalise and relax the body using Bamboo sticks.

Add a Body Wrap for an extra €30.00

Allow an additional 45 Mins

## BALANCING TREATMENT

Allow 1hr €55.00

The warmth created by the orange spheres used in this treatment melts away the tension buried in the heart of the muscular fibres. The blue indigo spheres provide relief that allows inner peace.

Add a Body Wrap for an extra €30.00

Allow an additional 45 Mins

Quality Hotels are Ireland's Leading Family Hotel Group and this includes the Quality Hotel & Leisure Club, Clonakilty which prides itself in being one of the Leading Family Hotels around Ireland. The Hotels extensive family facilities includes a supervised playroom and creche with outdoor playground, an award winning Health and Fitness Club, Children's Camps in Season and a three screen cinema complete the complex.

[www.qualityhotelclonakilty.com](http://www.qualityhotelclonakilty.com)



# Male Grooming Treatments



Vitaman was the first Australian Company to manufacture a natural mens skin and hair care range along with a Professional Spa Treatment range for male clients. They are also the first to introduce unique Australian plant extracts into their male products that have been used by Australian indigenous aborigines for thousands of years.



## TREATMENTS AVAILABLE

### VITAMAN YHI FACIAL

Allow 40mins €55.00

This is a revitalising skin care facial which involves a relaxing, chest and neck massage.

### VITAMAN MULLEE MULLEE

Allow 1 hour €60.00

This treatment involves a Facial, Australian Back Massage and a relaxing foot treatment. It is ideal for men wishing to relax and get away from pressure.

### VITAMAN BORA

Allow 1 hour €60.00

This treatment involves an Australian Back Massage with a relaxing scalp treatment. It is ideal for men.

## CONTACT US:

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E-mail: [info@clonpool.com](mailto:info@clonpool.com)

[www.clonpool.com](http://www.clonpool.com)

[www.qualityhotelclonakilty.com](http://www.qualityhotelclonakilty.com)

# Clonakilty Park

Health & Leisure Club



# Treatments & Therapy Rooms



Quality Hotel & Leisure Club  
Clonakilty

Tel: 023 8834387

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# Beauty Treatments

All Treatments need to be pre-booked.



## HAND AND FOOT TREATMENTS

Manicure	€35.00
Luxury Manicure	€45.00
Pedicure	€35.00
Luxury Pedicure	€45.00
Nail File	€6.00
Polish	€7.00
French Polish	€10.00

## WAXING

Half Leg	€20.00
Full Leg	€30.00
Full Leg (incl bikini line)	€40.00
Underarms	€10.00
Bikini	€10.00
Lip & Chin Wax	€14.00
Back Wax	€20.00
Eye Brow Wax	€8.00
Lip	€8.00
Chin	€8.00

## EYE CARE

*Eyelash Tint	€10.00
*Eyebrow Tint	€6.00
*Eyebrow Tint & Tidy	€14.00
*Eyebrow Wax, Lash + Brow tint	€20.00

\*Patch test required 24 hours prior to treatment

## BRONZE EXPRESS SPRAY TAN

Full Body	€35.00
Upper Body	€25.00

## BODY POLISH

Allow 30mins €30.00  
An exfoliating treatment using a dry friction scrub, ideal to use in conjunction with a body wrap or the day before your spray tan for best results.

## BODY WRAP

Allow 45mins €45.00  
Detoxifying Body Wrap ideal to reinforce the effects of the Acadayspa massage.

## Facials



## ERICSON LABORATOIRE AROMA SENSITIVE FACIALS

Mini Facial (45 mins)	€35.00
Full Facial (1 hour)	
-Dry Skin	€45.00
-Oily Skin	€45.00
-Sensitive Skin	€45.00
-Dull/Mature Skin	€45.00

## TERMS AND CONDITIONS

All treatments are subject to availability and must be booked and paid for in advance. Our therapists are on call which means our clients can usually have treatments on Sundays, Bank Holidays and late in the evenings. This does mean that we have a minimum charge of €30 and a cancellation fee of €25 for treatments cancelled less than 24 hours before the appointment time.

# Massage



## SWEDISH MASSAGE

Allow 1 Hour €45.00  
Soft tissue techniques are used to help ease muscular aches & pains as well as everyday stress and tension.

## INDIAN HEAD MASSAGE

Allow 45mins €40.00  
Pressure points are used to help clear headaches & tension to the scalp, neck & shoulder area.

## AROMATHERAPY MASSAGE

Allow 1 Hour €45.00  
Experience a sense of well being with essential oils hand picked to suit the individual's needs.

## SPORTS MASSAGE

Allow 1 Hour €45.00  
Using pressure point techniques to work on the deeper layers of the muscular system.

## REFLEXOLOGY

Allow 1 hour €45.00  
A relaxing foot massage to harmonise and rebalance the body's systems.