

## massage rituals

- Full body Swedish (60 mins).....€55
- Swedish back massage (30 mins) .....€32
- Tension back massage (35 mins).....€37
- Hot stone full body massage (75 mins).....€75  
*A relaxing, pampering massage using hot basalt stones to bring about total relaxation, relieving stress & tension.*
- Hot stone back massage (45 mins) .....€45
- Indian head massage (35 mins) .....€35  
*An ancient Indian therapy that focuses on pressure-points on the scalp, neck & shoulders. The perfect treatment to relieve tension & de-stress the mind, body & soul.*

## blush holistic therapies

- Reflexology (60 mins) .....€50  
*An ancient Chinese treatment that focuses on the pressure points of the feet to help unwind & de-stress.*
- Reiki (60 mins) .....€60  
*Restore the natural balance and bring harmony to the body. Reiki involves channelling the universal energy around the body.*

## blush exclusive exfoliations

Our exfoliations will reveal the beauty of the skin that glows with health and restores a youthful radiance.

- Aromatic (35 mins) .....€35  
*Awaken your skin with aromatic synergy*
- Chocolate Exfoliation (35 mins).....€35

## blush wrap sensations

All wraps are applied following a full-body exfoliation and unique massage protocol.

- Body Moisturising (60 mins).....€55  
*This treatment is a must for dehydrated skin. The body is exfoliated and hydrated with a luscious cocktail of Vitamin C, E and Beeswax extract, leaving your skin radiant and soft.*
- Anti-Cellulite (60 mins) .....€55  
*Instantly improving the appearance of 'orange peel skin', this beautiful wrap contains a potent mixture of micro-encapsulated caffeine, ivy and racus plant extracts to target cellulite areas (course of 6 treatments recommended)*

## blush body therapies

- Pearl Sensation (85 mins).....€90  
*An exfoliation using pearls combines with a magnificent white pearl body wrap and a luxurious pearls facial with a warm seashell massage. Leaves your body iridescent and beautiful.*
- Chocolate Therapy (60 mins) .....€65  
*An invigorating chocolate chip exfoliation where your body is cocooned in a wrap of bubbling chocolate, leaving your skin nourished, hydrated & velvet to touch.*

## half day blush experience

- Germaine de Capuccini  
½ day experience (130 mins) .....€150  
*Full body exfoliation, body wrap & moisturiser of your choice followed by prescription facial designed according to your skin's individual requirements.*
- Blush Indulgence (145 mins) .....€160  
*An invigorating chocolate chip exfoliation whereafter your body is cocooned in a wrap of warm, bubbling chocolate, a tailor-made facial according to your skin-type, followed by a hand or foot wellness treatment.*



## special blush packages

- Mum to Be (120 mins).....€95  
*Our luxury package is specifically tailored to let you lie back and relax at this special time. This package combines a Germaine de Capuccini luxury pedicure & a facial prescribed according to your skin's requirements.*
- New Mum (130 mins).....€150  
*Be pampered & spoiled with some of our luxurious treatments after a busy time becoming a new mum! Treat yourself to a relaxing chocolate wrap, oxygen therapy facial and a wellness hand or foot treatment.*
- Bride to Be (120 mins).....€140  
*Relaxation for the mind, body & soul. An exfoliation using pearls combined with a magnificent white pearl body wrap and a luxurious pearl facial, followed by a relaxing hand & nail treatment.*
- Bride to Be... The Essentials (130 mins).....€110  
*Trial make-up & make-up on the day, eyebrow wax, tint & lash tint, full-body spray-tan, nail file & French polish*

LADYSWELL ST, CASHEL, CO. TIPPERARY  
Tel: 062 64682

## opening hours:

- Monday: Closed
- Wednesday: 10am - 6pm
- Friday: 9:30am - 6:30pm
- Tuesday: 10am - 6pm
- Thursday: 9:30am - 8pm
- Saturday: 9:30am - 5pm



gift vouchers available



Fiona Flanagan  
I.T.E.C. | C.I.B.T.A.C. | C.I.D.E.S.C.O.

## make-up + lash extensions

|  |     |
|--|-----|
| Make-up application (30 mins) .....                | €25 |
| Make-up lesson (45 mins) .....                     | €35 |
| Trial make-up (40 mins) .....                      | €28 |
| Full set extensions (20 mins) .....                | €20 |
| Full set extensions incl lash tint (35 mins) ..... | €28 |

## essentials

|  |     |
|--|-----|
| Eyebrow wax (15 mins) .....                    | €9  |
| Eyebrow trim (15 mins) .....                   | €9  |
| Eyebrow tint (15 mins) .....                   | €9  |
| Eyelash tint (25 mins) .....                   | €12 |
| Eyebrow trim & tint (15mins) .....             | €16 |
| Eyebrow trim, tint & lash tint (30 mins) ..... | €23 |
| Lip bleach (15 mins) .....                     | €10 |
| Lip wax (10 mins) .....                        | €8  |
| Chin wax (15 mins) .....                       | €9  |
| Lip & chin wax (15 mins) .....                 | €16 |
| Side of face wax (15 mins) .....               | €10 |
| Side of face, lip & chin wax (15 mins) .....   | €24 |

## waxing

|  |     |
|--|-----|
| Full leg wax (40 mins) .....             | €30 |
| Full leg & bikini wax (45 mins) .....    | €35 |
| ½ leg wax (20 mins) .....                | €18 |
| ¾ leg wax (25 mins) .....                | €25 |
| Upper leg & bikini wax (25 mins) .....   | €28 |
| Bikini wax (warm wax) (20 mins) .....    | €15 |
| Bikini wax (hot wax) (30 mins) .....     | €18 |
| Underarm wax (warm wax) (15 mins) .....  | €12 |
| Underarm wax (hot wax) (20 mins) .....   | €15 |
| Arm wax (wrist to elbow) (15 mins) ..... | €12 |
| Arm wax (full) (20 mins) .....           | €15 |
| Tummy wax (15 mins) .....                | €8  |

## specialised waxing

|                                 |     |
|---------------------------------|-----|
| Californian wax (20 mins) ..... | €25 |
| Brazilian wax (40 mins) .....   | €45 |
| Hollywood wax (50 mins) .....   | €55 |

## waxing for him

|                                  |     |
|----------------------------------|-----|
| Chest wax (20 mins) .....        | €25 |
| Back wax (20 mins) .....         | €25 |
| Back & chest wax (45 mins) ..... | €40 |

## applisonix

White, grey, blond or dark hair, as well as tanned skin, are no longer a limitation for long-term hair removal. Applisonix is the world's first clinically proven ultrasound hair removal device, offering a long-term hair removal solution for all hair colours and skin tones. A course of treatments is recommended.

*Prices depend on treatment decided after consultation*

## nail + hand treatments

|   |     |
|---|-----|
| Basic manicure (25 mins) .....  | €18 |
| Basic manicure & paint (35 mins) .....  | €22 |
| Shellac 2-Week manicure (35 mins) .....   | €30 |
| <i>includes cuticle work</i>  |     |
| Nailtiques luxury manicure (45 mins) .....  | €32 |
| <i>Indulge in a luxury treatment manicure from Nailtiques. Its a unique nail care system formulated to help problem nails, eg soft, weak, splitting or peeling nails.</i> |     |
| French manicure (40 mins) .....   | €25 |
| Nail file & French polish (25 mins) .....   | €15 |
| Nail file & paint (25 mins) .....   | €12 |
| Finger nail art (40 mins) .....   | €20 |

## foot treatments

|  |     |
|--|-----|
| Basic pedicure & paint (45 mins) .....   | €35 |
| Basic pedicure & French polish (50 mins) .....   | €40 |
| Shellac 2-Week pedicure (35 mins) .....  | €30 |
| <i>includes cuticle work</i>   |     |
| Luxury Spa Pedicure with Polish (75 mins) .....  | €50 |
| <i>Sit back and relax in our ultimate spa pedicure chair with foot jacuzzi, where a relaxing spa ritual awaits you...Bron from the sea, marine botanicals &amp; sea salts energise &amp; polish, while quartz crystals &amp; menthol cool the legs &amp; feet. with French Polish.....</i> |     |
| Toe nail-file & paint (20 mins) .....  | €15 |
| Toe nail-file & French polish (25 mins) .....  | €17 |
| Toe nail art (40 mins) .....   | €20 |

## tanning

**Academie Bronze Express & Karora:**

|  |     |
|--|-----|
| Full body spray (30 mins) .....              | €35 |
| Upper body spray (chest up) (20 mins) .....  | €20 |
| Upper body spray (waist up) (25 mins) .....  | €25 |
| Legs (20 mins) .....                         | €20 |
| Upper body (chest up) & legs (25 mins) ..... | €30 |

## advance face treatments

**Timexpert (75 mins) .....** €80  
*The most effective skincare alternative to Botox and Collagen micro-injections. This triples effect- neutralises skin contractions, fills in expression lines and soothes wrinkles.*

**Timexpert C+ (70 mins) .....** €60  
*An anti-ageing care that intensively repairs the skin's luminosity and vitality. This facial combines the most innovative technology with vitamin C to prevent and correct the signs of ageing.*

**Oxygenating Facial Therapy (75 mins) .....** €70  
*Lack of sleep and pollution beginning to reflect in your skin?  
This oxygen-boosting therapy combats the signs of ageing and reinforces the skin's defenses, leaving your skin rejuvenated and radiant. Suitable for all skin-types.*

**Strategist Refine (70 mins) .....** €70  
*Reactivates the skin's natural functions. Minimises imperfections such as large pores, marks, dark circles and pigmentation. Revives the complexion by renewing and illuminating the skin.*

## facial care

**So Delicate (60 mins) .....** €55  
*The ultimate solution for sensitive skin. Providing calming, decongesting anti-irritating and soothing properties, bringing nature and science together to diminish redness & desensitise your skin.*

**Time for Men (60 mins) .....** €55  
*For men who want to look and feel great! A revitalising, detoxifying, soothing & refreshing facial, working against dryness, wrinkles and the signs of premature ageing.*

**Blush Express (35 mins) .....** €38  
*A facial tailored to your skin requirements.*

## eye treatments

**Timexpert Eye Treatment (25 mins) .....** €35  
*Working against expression lines, wrinkles & under-eye bags, leaving this delicate area rejuvenated. (Course of 5 recommended)*

**Crystal Eye Treatment (25 mins) .....** €22  
*For tired, sluggish & puffy eyes. Decongesting & minimising dark circles (add to any facial for €15 extra)*

## agera skin peels

Agera skin peels represent a major advancement in the non-invasive treatment of anti-ageing, acne & pigmentation. These unique no down-time peels provide visible results without unsightly skin-shedding, redness or irritation.

**Treatment: €60**

**Course of 3 treatments €150**

## micro-needling

Medical micro-needling is the ultimate treatment for the non-surgical treatment of skin conditions such as fine lines, wrinkles, acne, surgical scarring and pigmentation. Scientifically proven & guarantees you maximum results for your skin. Course recommended. **Treatment: €150**