



ESCAPE

DAY SPA

ESCAPE

for the day

Make time...Take
time.....Shhhhhhhhhhhhhhhhh!

**Winner Best
Spa 2010**
as voted by
Limerick Now
readers choice
award

WELCOME TO ESCAPE

Dedicated to offering you the ultimate in luxury pampering treatments and packages created to transcend you into a world of escapism. Escape will delight you with its uniqueness, exclusive product houses, including Spa find Skincare with therapeutic muds and Lu'Lur , the products favoured by the Egyptian princesses, the ever popular pregnancy line Mama Mio, Youngblood Mineral make-up and newly introduced our results driven line Og Ireland.

With Over Twenty years experience and expertise Our friendly therapists are trained to the highest standards in the industry, we pride ourselves on our ongoing training and staff development to ensure that we are consistently offering you the very best, we believe in giving you more than just a pampering experience, we are devoted to your unique needs.

Explore our Luxurious collection of half day and day retreats, as well as personalised individual treatments, and discover for yourself why Escape is Irelands leading spa and beauty specialists.

We would like to welcome our partner in Limerick "Vanilla Brown's" .

Vanilla Brown's Hair salon opens November 2009 and is exclusive to Limerick, A state of the art salon overlooking the river Shannon, a Bumble and Bumble exclusive salon, Inspired by the House of Bumble which comprises 7 floors in New York overlooking the Hudson River.

The Ultimate Spa for the Ultimate You...

PACKAGES

All our packages include a light Lunch in the Absolute Hotel Limerick/Woodstock Hotel Spa and Golf Resort Ennis.
(Add a wash and Blow dry at Vanilla Browne's to any package for €20.00)

PARTY GIRL

€170.00 approx 2 hrs

Let us prepare you for the ultimate night on the Town.

- All over body Tan for that red carpet Glow (24 hrs previous if possible)
- Radiance Facial gives your skin a radiant glow
- Eyebrow shape
- Manicure
- Pedicure

Consultation with our top make-up artist, discuss the look you wish to achieve.

Followed by make-up application (add lashes for €20.00)

Hair styled with a top stylist from Vanilla Browne's,

ESCAPE MORNING PACKAGE

€145.00 approx 2.5 hrs

Still our most popular spa package, begin with a 1 Hour in the Thermal suites followed by a back massage, a prescription facial to suit the needs of your skin, all finished off with an OPI mini manicure and mini pedicure.

HALF DAY BODY BLITZ

€195.00 approx 3 hrs

Treat your skin to a luxurious pampering experience for the whole body, using warm dead sea mud rich in 21 vitamins and minerals, excellent for treating the skin before and after Holidays.

- Thermal Suites
- Dead Sea Salt Brushing
- Black Mud Envelopment
- Pure Bliss Facial

GIRLS SPECIAL OCCASION

€220.00 3.5 hrs

What more could a girl want, a package to cater for the needs of the modern woman

- Thermal Suites
- Active Glow Facial
- Cleopatra Hands
- Spa Klean Feet
- Make-up (add lashes for €20.00)

MUM TO BE

€240.00 approx 3.5 hrs

We know that mothers to be need some extra pampering at this important time, which is why we have purposely selected the following treatments to deliver relaxation and harmony for our very special guests.

- Nurturing Dream Massage
- Yummy Mummy Body Bliss
- Blissful Beginnings pregnancy Facial
- Spa Klean Feet
- OPI Manicure

ESCAPE FOR MEN

€130.00 Approx 2 hrs

- Thermal Suites
- Indian Head Massage
- Back Massage
- Prescriptive Facial

ULTIMATE ESCAPE

€350.00 5 hrs

Our best value spa package

- Thermal suites
- Detox seaweed Mud wrap
- Active Glow Facial
- Spa Klean feet
- Full Body exfoliation
- Hot stone massage
- Crystal eye treatment
- Cleopatra Hands



spa find

NATURAL MINERAL THERAPY

Active Glow Facial

"lift effect"

€95.00 60mins

This Beautiful and Luxurious treatment leaves the skin radiant and glowing, a miracle treatment which encourages flawless skin and perfect tone, after thorough cleansing, a reviving massage is performed along with a stimulating scalp massage which increases circulation leaving the mind feeling rebalanced.

Total Indulgence Facial

€115.00 85mins

(Includes Back Massage)

This Facial starts with a foot cleanse followed by a deeply relaxing back massage, while you relax and unwind your skin is pampered with nourishing vitamins and aromatic oils, your skin is then treated to a deeply nourishing specialised mask chosen for your skins particular needs, while your mask is working it's magic, you can further relax as you receive a gentle scalp massage.

Pure Bliss Facial

€95.00 60 mins

Our Beautifying and Luxurious Facial has been specially designed to pamper and nourish dehydrated skin, this is a facial experience using pure hands on therapy helping you glow from the inside out.

Dermabalance Facial

"Acne Solution Treatment"

€75.00 60 mins

A facial designed for problem skin using specifically formulated products with a high percentage of anti-bacterial and anti-inflammatory vitamins and minerals, this treatment is deep cleansing which removes impurities and rebalances the skin.

Absolute Harmony Facial

€75.00 60 mins

An Intensive deep pore cleansing and stimulating facial suitable for all skin types, benefits include, exfoliation, skin refinement and deep cleansing.

FACIALS

Radiance Facial

€55.00 40 mins

A great pick me up facial for when you are in a hurry, also great to do the day of a special event to give you skin a radiant glow.

Microdermabrasion

€80.00 60 mins

Excellent results driven facial, A gentle non invasive skin resurfacing treatment suitable for most skin types, get glowing skin like never before, reduce the appearance of scars, fine lines, wrinkles, age spots and impurities with our microdermabrasion treatments.

Crystal Eye treatment

€55.00 40 mins

A relaxing and hydrating eye treatment to help smooth away fine lines, puffiness and dark circles.

Busy Eye Distressing

€45.00 40 mins

A Distressing treatment designed to desensitise and revitalise eyes suffering from computer tiredness or irritated by driving and overwork, finished off with a relaxing neck and shoulder massage.



MASSAGE

Back Massage

€45.00 30 mins

A deeply relaxing massage for the back neck and shoulders.

Full Body Massage

€75.00 60 mins

A gentle relaxing massage for the whole body.

Aromatherapy Massage

€80.00 60 mins

All the benefits of a body massage with aromatic oils chosen specifically for your needs.

Swedish Massage

€75.00 60 mins

A firm, Invigorating massage for the entire body, still our most popular massage.

Hot Stone Massage

(full body) €95.00 75 Mins

(back massage) €50.00 30 mins

The most renowned and requested massage worldwide, relax and unwind whilst your therapist places heated stones on strategic points all over your body, releasing tension and aiding deep relaxation, you will awake feeling completely rejuvenated.

Lu'lur Balinese Massage

(with mandi susu foot soak)

€95.00 75 mins

A slow rhythmic traditional deep pressure massage, with mandi susu foot soak to begin your journey.

ALTERNATIVE TREATMENTS

Reflexology

€70.00 60 mins

Based on ancient holistic principles, Reflexology is a healing art centring on reflex points on the feet that reflect the organs, zones and energy channels of the body.

Indian Head Massage

€45.00 30 mins

A relaxing Treatment specific to the upper body, the area most vulnerable to stress and tension, This massage will help rebalance and stimulate vital energy centres, promoting a sense of well being and positive energy.

Hopi Ear Candles

€45.00 30 mins

An Old north American Indian relaxation technique, this treatment brings relief to blocked ears, headaches, sinus problems and stress.

Dead Sea Salt Brushing / Lu'Lur Hibiscus & Tumeric Body Scrub

€45.00 30 mins

(Includes Mandi Susu Foot Soak)

An exotic scrub designed to exfoliate and nourish the skin naturally, it leaves your skin beautifully soft and hydrated.

Alгимud

(one area) €60.00 45 mins

(two areas)€85.00 75mins (includes a gentle scalp massage)

A body treatment for specific trouble spots, a favourite with celebrities for firming and restoring elasticity post pregnancy/weight loss.

Dead Sea Mud Envelopment

€85.00 75 mins (includes a gentle scalp massage)

A luxurious pampering treatment for the whole body using warm dead sea mud rich in 21 vitamins, minerals and trace elements, excellent for brightening tired skin, increasing circulation and alleviating conditions such as eczema and psoriasis.

Coconut Cream Body Wrap

€80.00 60mins

Experience the ultimate in relaxation, as your body is gently exfoliated with our exocitic body scrub, then treated with warm rich coconut cream, while you are wrapped in a warm cocoon you will receive a gentle scalp massage as your body absorbs the skin nourishing minerals, you will, emerge with beautifully soft and hydrated skin.

Inchwrap / Detox

(Full body)€85.00 75mins

(Hips and Thighs) €70.00 45 mins (Includes a gentle scalp massage)

The ultimate body sculpting treatment, fantastic for cellulite and inch loss, a revolutionary range of spa products to sculpt the body's contours and improve bust firmness the natural way. These effective treatments infuse the body with wonderfully hydrating and reviving minerals from the dead sea.

Mama Mia Pregnancy Treatments

The nine month journey is a special time, connecting with the mother the power of touch, working with two heartbeats as one!
(Treatments not suitable during the first 12 weeks of pregnancy)

Yummy Mummy Body Wrap

€85.00 80 mins

Start with a gentle Cleanse and exfoliation of your skin followed by an application of our Mama Mia body cream designed specifically to soothe, moisturise, and tone your skin, Relax as you are warmly wrapped while you receive a lower leg and foot massage.

Nourishing Dream Maternity Massage

€85.00 60 mins

Rest at leisure as your body is soothed and your skin pampered. This decadent treatment includes a full body massage and scalp massage with oils specifically designed for pregnant women, massage using special pre-natal techniques to aid relaxation, increase circulation and alleviate tired muscles and reduce excess water retention.

Face, Neck and Shoulder Massage

€60.00 45 mins

A gentle face and head massage, designed to release tension, followed by a deep neck and shoulder massage, using specific pre-natal techniques.

Lighten Up

€60.00 45 mins

Begin with a foot soak to energise and reduce swelling, Relax and enjoy a gentle hand , lower leg and foot massage followed by a file and paint to finish.

Blissful Beginnings Facial

€95.00 70 mins

Our Beautifying and Luxurious Facial has been specially designed for the mother to be, to pamper and nourish using natural ingredients to calm and replenish your skin. This is a facial experience using pure hands on therapy helping you to glow from the inside out.



All our treatments are specifically designed to suit male and female skin types, however , here we have selected facial treatments designed to balance and preserve a youthful glow particularly for the male skin.

Energising Mens Prescriptive Facial

€80.00 70 mins

A prescriptive facial designed to meet the particular needs and texture of your skin.

Your Therapist will prescribe one of our male specific facials to meet the particular needs and texture of your skin.

Power Moist "Hydration Treatment"
Skin Fitness "Deep Cleansing"
Anti Age "Anti wrinkle, Firming and Energising"

Conditioning Hand and Nail Treatment

€30.00 25 mins

A manicure designed to nourish the hands and Nails

Conditioning Foot and Nail Treatment

€50.00 40 mins

A pedicure specially designed for you.

WAXING FOR MEN

Arms	€20.00
Chest	€25.00
Back	€30.00
Eyebrow Trim	€10.00
Full Body (chest, back and arms)	€70.00

ESCAPE.....
FOR MEN

Finishing Touches

Manicure 35 mins	€40.00
French Manicure	€45.00
File and Polish (Hands)	€20.00
French Polish(hands)	€25.00
Cleopatra Hand Ritual	
A facial for the hands 60 mins	€55.00
Spa Kleen Feet Ritual 60 mins	€70.00
A facial for the feet	
Pedicure 35 mins	€40.00
Pedicure with French polish	€45.00
File and polish for the feet	€20.00
French polish for the feet	€25.00

Tanning

Escape Spas offer the Finest spray tanning available on the market today, our partnership with celebrity favourite Vani-T ensures you have a fabulous tan every time.

Full Body Tan	€39.00
Top-up (must be done within 48 hrs)	€20.00
Legs only	€20.00

Beauty Essentials

TINTING	
Eyelash	€12.00
Eyebrow	€10.00
Eyelash and Brow	€20.00
Eyelash, Brow ,tint and trim	€30.00

Waxing

Eyebrow wax	€10.00
Lip wax	€10.00
Chin wax	€8.00
Lip and Chin	€15.00
Lip, Chin and Eyebrow wax	€25.00
Underarm	€18.00
Bikini	€15.00
Californian	€30.00
Brazilian	€40.00
Full Leg Wax	€30.00
Half Leg Wax (lower)	€23.00

Make-up

Book you appointment now with our top makeup Artist, let us create a look for you which will make you shine.

We are always looking to offer our clients the very latest advances in the beauty industry, we were the first spa to introduce Youngblood Mineral Make-up in Ireland, which become hugely popular with a celebrity following such as Cheryl Cole and Madonna. This mineral foundation glides on all skin types beautifully to give excellent coverage and a translucent glow, as well as treating your skin as gently as a moisturiser.

Cleanse Tone Moisturise and Make-up	€40.00
(Spend over €100.00 on Youngblood Products and receive your €40.00 refund)	
Make-up Lesson including Application	€65.00
Wedding Make-up	€50.00

Vanilla Browns

HAIR SALON



The Ultimate in creative hairdressing, luxurious surroundings and exceptionally skilled stylists unite to bring you a Salon experience like never before, surrounded by water, and overlooking the Shannon, you cannot help but relax, while our expert team look after your every need.

Inspired by the House of Bumble and Bumble in New York, and exclusive stockists and Retailers of Bumbleand Bumble Products, Vanilla Browns will delight you with its Uniqueness.

Shampoo Cut and Blow Dry €40.00
Shampoo and Blow Dry €25.00
Colour, Cut and Blow Dry €75.00
12 week Blow Dry €250.00

Treatment €15.00
T-Bar Hi-lites €60.00
T bar Hi-Lites and cut €70.00
HalfHead Lite €75.00
Half Head Lites and cut €85.00
Full Head Lites €90.00
Full head lites and cut €100.00
Permanent wave and cut €75.00
Upstyles €35.00

Mens

Shampoo cut and style €20.00
Dry Cut €10.00

Children

Girls dry cut €12.00
Boys dry cut €10.00
Girls wash, cut and blow dry €25.00

flip-in HAIR®

are available in 12", 16" & 20" lengths.
Prices from €130.00 to €180.00

It takes less than 1 minute to fit and literally 1 second to remove. Extensions can be coloured to your exact hair colour.



The Lash Bar

Europes Largest Selection of False Lashes
Strips from €12 - €20
application €8.00

Individual Lashes
including application €30.00
See instore for our full collection.



Minx Nails 30Minutes - €30

Get Minxed! The celebrity craze extending fashion to your fingers & toes.

Stockist of Spa Find, Lu'Lur, The Lash Bar, Óg Ireland, Mama Mio, Young Blood Mineral Make-up Minx Nails.



OPENING HOURS

Monday – Friday 10am -8pm

Saturday 10am -7pm

Sunday and bank holidays

10am-5pm

Free Parking



Add us as a
facebook friend

Escape offer you treatments seven days a week, however opening hours may differ in each location, and seasonally, so please check on opening hours when booking.

THINGS TO KNOW

SPA ETIQUETTE

The spa will provide a robe and slippers for you to wear for your treatments we can also supply disposable underwear if preferred. (robes not usually supplied for single treatments, request if required).

Guests are requested to please arrive 5-10mins before treatment is due to start. Regrettably late arrival may result in reduced treatment time.

As the spa is a place of relaxation, mobile phones and pagers must be switched off.

We request that you leave your valuables at home or in your room safe.

BOOKINGS

To book a treatment or a package please call us in Limerick on 061 463608 or email us at relax@urbanscapecork.com/ or info@escapebeauty.ie and state which location. Hotel guests can also call from their room. Credit Card details will be requested to secure your booking

CANCELLATIONS

Please ensure that 48 hours notice is given, otherwise a 50% cancellation fee will be incurred, if less than 24 hours notice is given the full cost of the treatment will be incurred.

VOUCHERS

*Vouchers can be purchased direct from the spa, call on 061 463608 or online at www.escapebeauty.ie www.urbanscapecork.com (vouchers can be redeemed at escape spas nationwide)
Vouchers are valid for six months and are non refundable.*

SUITABILITY

Please be aware that pregnancy treatments are not suitable in the first trimester, or those with certain medical conditions, our staff will be happy to discuss any special needs you may have and advise on which treatment will be most suitable for you.

FOR BOOKINGS CALL LIMERICK 061 463608 ENNIS 065 6797507 CORK 021 427 2027

Escape Spa Group

Limerick, Absolute Hotel, Sir Harrys Mall, Limerick. T: 061 463 608

Ennis, Woodstock Hotel Spa and Golf Resort, Shanaway Road, Ennis, Co Clare. T: 065 679 7507

Cork, The River Lee Hotel, Western Road, Cork. T: 021 427 2027

info@escapebeauty.ie www.escapebeauty.ie www.vanillabrowns.com