

# CLARINS

@

## The Clarion

### Express Treatments at Essence Spa Cork

*“In just 30 minutes, allow us to relieve the stress of your busy working day”*

- 1. Back, Neck & Shoulder Massage** 30 Mins  
Perfect to unwind, take away any aches and pains in your back, neck & shoulder area.
- 2. Indian Head Massage** 30 Mins  
Renowned to relieve symptoms of stress, sinus relief & migraines, an effective therapy, using a firm and gentle rhythm.
- 3. Deep Tissue Muscle Massage** 30 Mins  
Promotes rapid recovery of sporting injuries, to help unknot blockages. Improves blood circulation, lymphatic movement and range of motion.
- 4. Clarins Taster Facial** 30 Mins  
A quick pick me up, the skin is cleansed, toned & exfoliated, followed by a revitalizing mask tailored to suit your skin's specific needs.  
\* Suitable as a pre – occasion Facial.
- 5. Mini Pedicure** 30 Mins  
File, buff, cuticle work & finished with a colour of your choice.
- 6. Mini Manicure** 30 Mins  
Hand soak, file, buff, cuticle work and finished with a colour of your choice.