



essence

# Treatments

at the Clarion Hotel Cork

*Let us help you to relax, unwind and de-stress in the heart of Cork City centre*



BY CHOICE HOTELS

# CLARINS

## A JOURNEY INTO THE WORLD OF PLANTS

**Clarins treatments are totally unique. They are the encounter of the natural benefits of botanicals with the magic of the hands in perfect marriage of effective products and expert techniques.**

**Experience this exclusive combination here at Essence Spa, that will reveal your full beauty... for a firmer body, softer skin and the soothing balance of inner calm.**

## THE WAY TO BEAUTY

*"I created Clarins so that women could feel happier and more beautiful every day. Clarins products and application techniques are the fruit of 50 years of listening, dialogue and respect. At Clarins, you are loved, understood and listened to."*  
- Jacques Courtin-Clarins (Clarins Founder & President)

*"Taking time for a facial or body treatment is not necessarily a luxury but a necessity in today's world. Now, feeling good about oneself begins by taking care of oneself. At Clarins, our mission has always been to ensure your well being and to truly enhance every one's beauty."*  
- Dr. Olivier Courtin-Clarins (Clarins Managing Director)

# CLARINS



## FACIAL TREATMENTS

The following facial treatments are available as a 50 minute or 75 minute treatment.

**50 Minutes** €70

**75 Minutes** €90

### YOUTH BOOSTER

Richly replenishes mature skin facing hormonal changes, leaving it velvety smooth and youthfully radiant, with less noticeable lines. Our natural beauty secret is Japanese Pueraria Lobata, ‘the forever young’ plant, which boosts vital cell metabolism.

*At home:* Clarins Super-Restorative Skin Care

### SKIN FIRMER

Restores deep down youthful firmness and luminosity to skin that’s starting to look less supple, smooth and fresh as the years go by. Our natural beauty secret is the vitamin D-rich Hop from Bavaria, which has energizing and firming properties.

*At home:* Clarins Extra-Firming Skin Care

### THIRSTY SKIN SOOTHER

Delivers a long-lasting moisture-rush to dehydrated or sensitive skin, to counteract the effects of pollution, air conditioning and stress. Taut skin feels silky-soft, comfortable and glowing again. Our natural beauty secret is Himanthalia Elongata, a mineral-rich algae with intensive moisture-retaining powers, harvested off the west coast of France.

*At home:* Clarins Hydra-Quench Skin Care

### RADIANCE RITUAL

An immediate radiance and vitality boost for dull, tired-looking skin that’s lost its sparkle. Our natural beauty secret is the vitamin C and E rich Kiwi, the New Zealand super-fruit with the highest content of skin-protective antioxidants.

*At home:* Clarins Radiance Booster Care

### OILY SKIN RESCUER

Pure genius at regulating excess oiliness and rescuing oily or combination skin from breakouts, shine and open pores. Our natural beauty secret is the powdered bark of the Burmese Tanaka Tree, renowned for its softening and

purifying properties.

*At home:* Clarins Truly Matte Skin Care

### SKIN COMFORTER

Soothes and calms sensitive, reactive skin, repairing its natural defences and restoring its delicate bloom. Our natural beauty secret is Christophine, a Central American fruit that’s renowned for its softening, nurturing action.

*At home:* Clarins Gentle Care Range

### CLARINS MEN SKIN BLITZ FACIAL

Shaving bumps and irritation, stress and tiredness, greyness and congestion... Whatever life has thrown at your face, this super-relaxing bespoke facial will target and treat it. Your skin will look and feel refreshed, healthy and smooth.

*At home:* Clarins Men Skin Care

## EXFOLIATING TREATMENTS

### GENTLE SKIN SMOOTHER

**60 Minutes** €65

Visibly brighter, super-soft skin is the main benefit of this highly efficient body treatment scrub. Enriched with the benefits of fruit enzymes, it also refines, refreshes and detoxifies. Body products applied afterwards are perfectly absorbed. Our natural beauty secrets are exfoliating Bamboo powders and purifying Moringa extract.

*At home: Clarins Smoothing Body Scrub*

### AROMATIC POLISHER

**60 Minutes** €65

Not just a body scrub: a total well being treatment that incorporates aromatherapeutic oils to delight the senses and warm the body. Dulling dead skin is polished away, circulation boosted and surface cell renewal regenerated. Skin is left smooth, nourished and fragrant; your mind, rebalanced. Choose from:

- **Relaxing:** Our natural beauty secrets are soothing essential oils of Petit Grain, Camomile and Basil.
- **Revitalising:** Our natural beauty secrets are stimulating essential oils of

Rosemary, Geranium and Mint.

*At home: Clarins Aromatic Body Polishers*

## CLARINS SIGNATURE MASSAGES

Unique massage movements, 100% pure plants oils and a bespoke element (your expertly trained Clarins therapist tailors the treatment to your body's needs) ensure an unrivalled therapeutic experience. Circulation and lymph flow are boosted and muscular tension eased.

**90 Minutes** €85

Choose from:

- **Chill Out Massage:** Slow and relaxing massage movements melt tension in body and mind, leaving you feeling calm and rebalanced. Our natural beauty secret is Clarins inspirational Relax Body Treatment Oil, which contains soothing Geranium and Camomile.

*At home: Clarins Relax Body Treatment Oil*

- **Wake Up Massage:** More stimulating massage movements relieve aching muscles and leave you feeling fresh and clear-headed, with perked-up skin

tone. Our natural beauty secret is Clarins Tonic Body Treatment Oil which contains energizing Rosemary and Mint.

*At home: Clarins Tonic Body Treatment Oil*

## MASSAGE

### CLASSICAL BACK NECK AND SHOULDER MASSAGE

**30 Minutes** €40

This massage is perfect for taking away daily aches and pains in your back, neck and shoulder area. This massage can be adapted to suit your specific requirements. A perfect way to unwind.

### HOT STONE BACK MASSAGE

**30 Minutes** €50

Experience a luxurious and relaxing massage combined with deep heat therapy. Basalt Lava Stones are heated and incorporated into a massage. The perfect treatment to loosen tight muscles, relieve stress and ease tension.

### HOT STONE FULL BODY MASSAGE

**60 Minutes** €85

(As per Hot Stone Back Massage)

**DEEP TISSUE MASSAGE**

**30 Minutes €45**

Designed for athletes who experience muscle fatigue, spasm, tightness and pain. It targets specific areas on the body that needs attention to foster rapid recovery of sports injuries. It also improves blood circulation, lymphatic movement and range of motion. Ideal after any sporting event.

**INDIAN HEAD MASSAGE**

**30 Minutes €45**

Indian Head Massage is renowned for relieving symptoms of stress. It is safe, simple yet effective therapy, using a firm and gentle rhythm to help unknot blockages and provide relief from aches and pains.

**HYDROTHERAPY TREATMENTS**

**AQUAROMA LIGHT THERAPY BATH**

**30 Minutes €35**

Enjoy this water massage with specially selected aroma oils. Computerised multi-massage jets target specific body zones

re-energising the body and releasing everyday stress. Also relaxes the mind using a combination of colour therapy. An ideal treatment to compliment a deep tissue massage.

**AIRBRUSH TANNING**

**FANTASY TAN**

Available in 3 shades to suit each individual skin tone.

Full Body €55

Top Tan €30

Full Leg Tan €30

**ESSENCE HANDS AND FEET**

**FINGERTIP TREATMENT**

**20 Minutes €18**

The nails are filed, buffed and painted with a polish of your choice.

**MINI MANICURE**

**25 Minutes €30**

Soak, file, buff, cuticle work, colour polish.

**MINI MANICURE WITH FRENCH POLISH**

**40 Minutes €35**

Soak, file, buff, cuticle work, French polish.

**ESSENCE MANICURE**

**55 min €55**

This Spa experience begins with a warm hand soak, the nails are then shaped and manicured. Enjoy a gentle exfoliation followed by a soothing and relaxing hand and arm massage, after which your hands will enjoy a warm hydrating paraffin dip. The nails are then buffed to a smooth finish and painted with a nail colour of your choice.

**MINI PEDICURE**

**30 Minutes €35**

Foot soak, file, buff, cuticle work, colour polish.

**MINI PEDICURE WITH FRENCH POLISH**

**40 Minutes €40**

Foot soak, file, buff, cuticle work, French polish.

## ESSENCE PEDICURE

**55 Minutes**

**€65**

Our Spa pedicure is the ultimate treatment for your feet. The experience begins with a warm foot soak, the lower leg and feet are gently exfoliated with an aromatic sugar scrub. The nails are shaped and manicured, followed by a soothing massage to invigorate tired feet and legs. Finally your feet will enjoy a warm hydrating paraffin dip and a polish of your choice.

**(It is recommended that all clients bring open toe shoes/flip flops to allow their polish to dry after a pedicure.)**

## BODY MAINTENANCE

Full leg wax	€30
Half leg wax	€20
Bikini wax	€15
High cut bikini wax	€20
Full leg and bikini wax	€45
Underarm wax	€12
Lip wax	€10
Chin wax	€10
Lip and chin wax	€18
Eyebrow wax	€10

**(All waxing is also available for men.)**

## EYES BRIGHT

Eyeshadow tint	€15
Eyebrow tint	€9
Eyebrow wax and eyebrow tint	€16

**(A 24 hour patch test is required for tinting.)**



## GENERAL INFORMATION

All of our treatments are suitable for both men and women. Treatments are only available to young adults of 16 years and over.

## CANCELLATIONS

If you must reschedule or cancel an appointment, please notify us 24 hours in advance to avoid being charged 50% of the total value of your treatment. No shows will incur a 100% charge. Changes or amendments to group bookings may be made up to 48 hours in advance without incurring a charge.

## PACKAGES

Should you require a different package please feel free to ring us and we will tailor a package to suit your needs.

## RESERVATIONS

Our schedules tend to book up quickly, so we recommend you make your reservation at least two weeks in advance, in order to avail of your preferred date and time. For late requests we will always do our best to meet your scheduling needs. All

treatments are subject to availability.

## CREDIT CARD DETAILS

Credit card details will be required to secure appointments. Please have these details ready when making the booking.

## HEALTH & SAFETY

It is important that you inform us if you are pregnant or have any other health conditions. You may need to consult a doctor regarding your suitability for receiving treatments.

## ARRIVAL

We ask all clients to arrive 15 minutes before their appointment to allow time to complete our short consultation form, which advises us of any medical conditions you may have, this remains confidential and is for your own safety. If you wish to use our swimming pool, Jacuzzi, sauna or steam room before your treatment please arrive at least 45 minutes prior to your appointment time.

## LATE ARRIVALS

In the event that you are running late, we will endeavour to conduct your full

treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterwards.

## ETIQUETTE

In order to ensure the ultimate relaxation experience for you and others we would ask clients to switch off mobile phones. Lockers, robes and slippers are provided for spa guest use.

## VALUABLES

Lockers are available for spa guests in the changing rooms. The management accepts no responsibility for valuables.

## GIFT VOUCHERS & GIFT PACKS

We have a full range of our luxurious products available to purchase in the spa, we can also make up gift packs that would make an ideal present for that someone special.

Gift Vouchers are also available for purchase and can be redeemed against both treatments and products.

essence

Tel: +353 (0) 21 422 4994 | [essence@clarionhotelcorkcity.com](mailto:essence@clarionhotelcorkcity.com) | [www.clarionhotelcorkcity.com](http://www.clarionhotelcorkcity.com)



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