

*The Beautique*

— HEALTH & TREATMENT ROOMS —

# *The Beautique*

The Beautique at Hayfield Manor was opened in 2007 and has become a significant ingredient of the luxurious Hayfield Manor experience.

The Beautique's classic design was inspired and created using the theme "Chandeliers, Pearls and Girls". Unique to each individually decorated treatment room are chandeliers, vintage accessories, antique furnishings & elaborate wall coverings and fabrics.

In addition to 8 treatment rooms, The Beautique has a relaxation suite overlooking the indoor heated pool, a steam room adjacent to the outdoor Jacuzzi and is also equipped with a cardio-vascular and weight training gym.





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*The concept for The Beautique is to create a place of pure luxury and relaxation which envelopes guests from the moment they step foot inside and for a long while after their departure. I believe that we have achieved that at Hayfield Manor.*

Margaret Scally, Proprietor

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Elemis

SKIN  
NOURISHING  
HAND AND BODY LOTION

enriching body lotion  
lotion enrichissante pour le corps

BODY SOLUTIONS

Elemis

MELTING  
CLEANSING GEL

SKINCARE

Elemis

PRO-COLLAGEN  
MARINE CREAM  
ANTI-AGING

Elemis

EXOTIC  
FRANGIPANI  
MONOI  
BATH & SHOWER  
CREAM

EXOTICS

200ml e 6.8fl.oz.

## *Elemis Spa Therapy*

The Beautique at Hayfield Manor was the first Elemis Spa in Ireland.

Elemis Spa Therapy is the cornerstone of The Beautique's lifestyle concept with products created to respect the skin and the body's complex physiology. Offering an unparalleled experience, unique massage sequences and advanced therapy facials, combined with the most potent actives available, ensures that dramatic, visible results are achieved.

Our ultimate aim is to provide our guests with five-star treatments in a stylish haven of relaxation. Our staff of Elemis-trained experts will conduct a personal consultation with all spa guests.



# Spa Packages

## Rejuvenating Retreat

*Half Day | 4.5 hours*

Indulge in a day of total escape to relax your body and mind, and revive your soul. On this exclusive package, you can enjoy your choice of Body Treatment for aching muscles, a soothing facial, a deluxe manicure and pedicure, with a luxurious moisturising mask and massage. Unwind in the relaxation room overlooking the pool and complete your indulgent day with Hayfield Manor's award winning Afternoon Tea served in the elegant Drawing Room.

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- Body Wrap, choose from Muscle Aroma OR Cellutox
  - Detox Aroma
  - Oxygen Skin Calm Facial
  - OPI Luxury Manicure
  - OPI Luxury Pedicure

*After a wonderful day of relaxation top it off with Hayfield Manor's award winning Afternoon Tea.*

## Invigorating Retreat

*Half Day | 4 hours*

Feel reborn after experiencing the invigorating essential oils of Elemis spa products delivered in treatments tailored to your specific requirements. Feel tension melt away with a penetrating massage, while your skin is rejuvenated with a total body wrap. Complete the transformation with a deluxe manicure and pedicure, inclusive of moisturising mask and massage. Unwind in the relaxation room overlooking the pool and complete your indulgent day with Hayfield Manor's award winning Afternoon Tea served in the elegant Drawing Room.

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- Deep Tissue Full Body Massage
  - Exotic Coconut Rub & Milk Ritual Wrap
  - OPI Luxury Manicure
  - OPI Luxury Pedicure

## Luxury Retreat *Half Day | 4 hours*

This package guarantees relaxation and a return to inner calm. A full body massage eases away all tension, while your skin receives prescribed attention with a skin specific facial. Lie back with a cool glass of complimentary champagne while treated to a blissful manicure and pedicure, concluded with a moisturising mask and massage. *This Package is Ideal for anyone in need of unwinding and relaxing or simply just to indulge in a rare treat.*

- Swedish Full Body Massage
- Skin Specific Facial
- OPI Luxury Manicure
- OPI Luxury Pedicure

## Time for Men *Half Day | 4 hours*

Our bodies need time to recover from the stresses and strains of everyday life. Take time for yourself with this invigorating combination of treatments. A range of massage techniques and skin cleansing rituals work in partnership to allow you completely relax while revitalising your body. *This Package is ideal for aching muscles and targeted back pain.*

- Full Body Massage
- Back Cleansing
- Muscles Aroma Spa Ocean Wrap
- Ear Candling
- Scalp Massage

## Cleansing Retreat for Men *Half Day | 4 hours*

When your body is in need of restoration, this package will reveal a new you, both inside and out. A deep tissue body massage delivered at the ideal intensity level helps restore equilibrium, while a back cleansing ritual reconditions your skin. A taster facial reveals fresh skin and a new you. *This package is the ideal treatment in preparation for a special occasion or for targeting problem areas.*

- Full Body Deep Tissue Massage
- Back Cleansing
- Pure Aroma Taster Facial

# Body Rituals

## Exotic

### Coconut Rub & Milk Ritual Wrap

A traditional Balinese recipe of Coconut, Mung-bean, Spices, Lavender and Exotic Frangipani Monoi Moisture Melt is applied to the body and is designed to polish the skin. Warmed skin nourishing milk bath is then poured over your entire body before you are cocooned in a comforting wrap. This treatment is excellent for skin smoothing and softening, and is combined with a facial pressure point massage and de-stress scalp treatment.

60 mins

## Detox

### Cellutox Aroma Spa Ocean Wrap

Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying at all levels. *This treatment is ideal for post pregnancy or for individuals who are looking for an all over detoxing of the skin.*

75mins

## For Aching Muscles

### Musclease Aroma Spa Ocean Wrap

The power of aromatherapy is combined with the riches of the ocean in this deeply muscle warming treatment. *This treatment is ideal for warming and loosening aching and tight muscles, excellent for athletes.*

75mins

## *Body Nourishing*

### Exotic Frangipani Body Nourish Wrap

Aromatic Tahitian coconut and frangipani flowers are soaked together to produce the Monoi oil, which is poured all over the body followed by a nourishing foil wrap to cocoon the body & polish the skin.

45 mins

## *Deep Cleansing*

### Exotic Lime and Ginger Salt Glow

Your skin is deeply cleansed, polished and softened to perfection using Lime and Ginger Salt Glow. This is completed with an application of Exotic Island Flower Body Lotion leaving the skin glowing and vibrant, replenished and flawless.

45 mins

## Herbal Back Cleanse

This treatment acts like a facial for the back, helping to cleanse and replenish, leaving your skin radiant and glowing. This treatment also includes a back massage, Ear Candling & Scalp Massage.

45 mins

## *Therapeutic*

### Ear Candling & Scalp Massage

An ancient art recently rediscovered, Ear Candling is a relaxing and therapeutic treatment where the warmth and gentle drawing action helps increase circulation to assist the body's natural process to excrete impacted earwax or other debris. When combined with a soothing scalp massage using Indian Head Massage techniques, the result is an overall feeling of wellbeing.

45 mins



# Facial Therapies

## Aroma Pure Taster Facial

The perfect way to experience a taste of the world renowned Elemis Facial with a cleanse, tone, polish and face mask combined with a face, neck and shoulder massage.

30 mins

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## Skin Modern Facial

*Designed for skin challenged by modern living.* Bursting with antioxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: a clearer, radiant and more balanced skin.

*This treatment is recommended once every 3 weeks*

60 mins

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## *Skin Specific Facials*

60 mins

### **Fruit Active Glow**

*For dull, lifeless skin*

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions.

### **Exotic Moisture Dew**

*For dry skin*

For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect.

### **Herbal Lavender Repair Mask**

*For combination and oily skin*

For perfect restoration of skin balance, this facial helps to heal and repair oily, problem and congested skin.

## *Skin Solutions Facials*

75 mins

### **S.O.S Purifying Facial**

*For oily, problem and congested skin*

This powerful purifying face and eye treatment helps to absorb excess sebum, while regulating and balancing the function of the skin.

### **Oxygen Skin Calm Facial**

*For sensitive skin*

This face and eye treatment is pure soothing heaven for sensitive skin.

## *Advanced Anti-Ageing Facials*

75 mins

### Pro-Collagen Marine Facial

*For fine lines and wrinkles*

Providing immediate results in the fight against time, this exceptional face and eye treatment helps to slow down the signs of premature ageing. Skin will have a more youthful appearance after just 1 treatment.

### Pro Collagen Quartz Lift Facial

*This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%.*

Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

*This treatment is recommended once every 3 weeks.*

### Visible Brilliance Facial

*For ageing, stressed and slackened skin*

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin while reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by 38% and elasticity by 28% after just 1 treatment.

### Tri Enzyme Resurfacing Facial

Peel away the years for smoother, more radiant skin. This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment.

*For a course of Anti-Aging facials please enquiry with our Elemis trained team.*



## *Facial Therapies for Men*

### **Aroma Pure Taster Facial**

The perfect way to experience a taste of the world renowned Elemis Facial with a cleanse, tone, scrub and face mask combined with a face, neck and shoulder massage.

30 mins

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### **Skin IQ Facial**

*For tired, stressed skin*

Helping to calm irritation and minimise the signs of ageing, this facial is the ultimate overhaul for male skin.

75 mins

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### **Urban Cleanse**

*For oil-rich skin in need of a deep cleanse*

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities.

75 mins

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# Massage

## Aroma Face Massage

Aromatherapy face and neck massage combined with a cleanse, tone and facial polish.

30 mins

## Swedish Body Massage

Promotes an overall feeling of relaxation, stimulates circulation, reduces muscle tightness and enhances muscle tone.

60 mins

## Head, Neck & Shoulder

Stimulates the soft tissues in the shoulders and scalp to relieve tension, stress and aching muscles.

30 mins

## Indian Head Massage

A calming and energising scalp massage focusing on vital energy points of the upper body to increase circulation and relieve tension.

40 mins

## Deep Tissue Body Massage

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout.

60 mins

## Deep Tissue Back Massage

Focuses purely on the back and shoulder area to relieve tension and aching muscles.

30 mins

## Hot Stone Massage

Stones, rich in minerals, are applied with deep massage to clear blocked energy centres, relax and dissolve stress, bringing new energy to the body.

Full Body 60 mins

Back & Shoulders 30 mins

## Absolute Deep Tissue Ritual

Experience the invigorating, intense Deep Tissue Muscle Massage to relieve specific stress and muscle tension, combined with a prescribed Skin Solutions Facial or an Advanced Anti-Ageing Facial

120 mins

## Cooling Hot Stone Body Facial

Experience the luxurious hot and cold sensations of this massage to target your specific problem areas, alleviate stress and ease aching muscles. You will then be treated to one of Elemis' Advanced Anti-Ageing Facials, designed to smooth out wrinkles and restore youthful radiance.

75 mins



# Mother to Be

With the joys of motherhood just about to begin, why not take some time to escape and unwind, with a selection of treatments to help you relax – making a happy mom for a happy baby.

As your body undergoes major changes when you become pregnant, massage is not recommended within the first 3 months to ensure the health of both you and your baby.

*Why not treat yourself to Hayfield Manor's famous Afternoon Tea pre or post treatment.*

## Elemis Tension Reliever

Full Body Massage, followed by Aroma Pure Taster Facial and a head massage.

90mins

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## Elemis Light Legs Treatment

A pedicure and leg massage with instant refreshing gel and the specially formulated Japanese Camilla oil for mothers to be. This is an ideal treatment to help with fluid retention, puffy ankles and fatigue. This is followed by a face, neck and shoulder massage with Japanese Camilla Oil.

75mins

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## Elemis Stress Reliever

Seated back neck and shoulder massage, followed by Aroma Pure Taster Facial with head massage.

60mins

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# *Hand Treatments*

## **OPI Luxury Manicure**

Pure Indulgence for hands. Hands, cuticles and nails are nourished with warmed aromatherapy and Elemis Frangipani Monoi Oils. The hands are then gently polished and a warm mask is applied for beautifully smooth, soft and supple hands. Nails are trimmed, filed and polished with your choice of colour from our OPI polish range.

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60 mins

## **OPI File + Polish**

Nails are filed and polished with an OPI colour of your choice and the hands are gently massaged.

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15 mins

## **Exotic Grooming Ritual**

Bath, followed by a hand polish and nails are filed and polished with your choice of OPI colour.

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30 mins



## **The 3 week Manicure**

Say goodbye to chipped nails and ensure you have a perfectly smooth nail colour or manicure with our 3 week varnish.

15 mins

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# Foot Treatments

## OPI Luxury Pedicure

A total sensory experience for your feet. Warmed aromatherapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin. Nails are trimmed, filled and polished with your choice of colour from our OPI polish range.

75 mins

## Aroma Ritual Grooming

Feet are bathed in a combination of Lavender oil and Elemis Nourishing Milk bath, followed by a gentle scrub. Nails are filed and polished with your choice of OPI colour.

30 mins

## Reflexology

Reflexology is the application of pressure to particular points on the feet that are believed to correspond with special organs within the body. Reflexology cleanses your body and gets your natural energy flowing the way it should and helps reduce physical as well as emotional stress.

60 mins

## OPI File + Polish

Nails are filed and polished with your choice of OPI colour and the feet are gently massaged.

15 mins

# Grooming

## Waxing Treatments

Full Leg Wax	60 mins
½ Leg Wax	45 mins
Underarm Wax	30 mins
Bikini Wax	20 mins
Lip Wax	10 mins
Eyebrow Wax	10 mins

## Eye Treatments

Eye Lash Tint	30 mins
Eye Brow Tint	15 mins
Eye Brow Trim	15 mins



# Spa Etiquette

## Opening Times

Monday to Saturday: 9.30am-8pm

Sunday: 10am-6pm

*Out of hours are available on request.*

## Arrival Times

- You are advised to arrive at least 15 minutes before your appointment time. This will allow time for you to relax into your surroundings and complete a consultation before your treatment commences.
- Late arrival could result in your treatment time being shortened as all treatments will end at the scheduled time.

## Cancellation Policy

- Cancellation between 24-12 hours will incur a 50% charge of the original treatment cost.
- Cancellation between 12 hours and treatment time will incur full cost of treatments booked.

- When making a booking our reservations will require credit card details to register your booking.

## Pregnancy

- Please inform our spa team at the time of booking if you are an expectant or nursing mother as we have specially designed treatments for you at this special time.

## Health Conditions

- Please advise our spa team at the time of booking of any health conditions, allergies or injuries that may effect your treatment.

## The Beautique Etiquette

- The Beautique environment is one of relaxation and tranquillity and we would ask you to respect all other guest's privacy and serenity.

- The use of mobile phones is not permitted at The Beautique.
- The Beautique is strictly not available to people under 18 years of age.
- An Advisor is available at all times to deal with any queries you may have about treatments or pool and fitness facilities.

### The Beautique Attire

- Bathrobes, slippers, towels and Elemis toiletries are available for guests at The Beautique.
- Disposable underwear will be provided for treatments where it is required.
- Should you forget your swimwear, swimwear is available for purchase.

## *The Ideal Gift*

Gift vouchers are available to purchase for any treatments at The Beautique and can also be redeemed against Elemis Spa Therapy Products.

Our day packages are particularly popular for gifts and make an ideal gift for a special occasion

### *To Purchase Vouchers*

Hayfield Manor vouchers are available to buy on-line at: [www.hayfieldmanor.ie](http://www.hayfieldmanor.ie) or feel free to phone the hotel direct on: +353 (0)21 4845900 or email us: [enquiries@hayfieldmanor.ie](mailto:enquiries@hayfieldmanor.ie)

*Please note: Gift vouchers are non refundable and must be presented at the time of treatment.*

# *The Hotel*

Located alongside the historic University College Cork, Hayfield Manor is set within a beautiful secluded walled garden and is just a pleasant stroll to the heart of Cork city. As you make your way up our tree lined path, leave cares at the door and retreat to an oasis of calm, where our staff are dedicated to providing individual and memorable service.

With generations of experience in traditional hotel keeping, married with our solid commitment to excellence, we are proud that Hayfield Manor is considered one of the finest privately owned hotels in Ireland today.







HAYFIELD MANOR



[www.hayfieldmanor.ie](http://www.hayfieldmanor.ie)

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Perrott Avenue, College Road, Cork

GPS codes: Latitude: 51.8915 Longitude: - 8.4892



Our Sister Hotel:  
Killarney Royal  
*[www.killarneyroyal.ie](http://www.killarneyroyal.ie)*