



## PACKAGES

<b>• 20/20/20 Unwind Package</b>	60 Mins	€60.00
20 mins Back massage		
20 mins Facial		
20 mins head massage		
<b>• Chill out Package</b>	135 Mins	€140.00
Back Neck and Shoulder (BNS) Massage		
Indian Head Massage		
Prescribed Facial		
<b>• 30/30/30 Yummy Mummy</b>	90 Mins	€90.00
Pregnancy massage		
Foot Massage		
Express Facial		

## MALE TREATMENTS

<b>Eminence Facial</b>	60 Mins	€65.00
(Luxurious facial using plant based rich ingredients.)		
<b>In House Facial</b>	60 Mins	€50.00
(This facial Involves skin analysis.)		

### WAXING

Patch Test Required (48 hrs in advance)

<b>Chest</b>	€25.00
<b>Back</b>	€35.00
<b>Eyebrows</b>	€15.00

## WELLBEING TREATMENTS

Treatments helpful for client's suffering from low self esteem, phobias, anxiety and a lack of confidence

See [www.claddaghheart.ie](http://www.claddaghheart.ie)

<b>Coaching and Wellbeing Healing</b>	65 Mins	€150.00
<b>Combination Treatment</b>		
<b>Taster Session</b>	25 Mins	€50.00
<b>4 Session Package</b>		€500.00
<b>8 Session Package</b>		€1,000.00

## OPENING HOURS

Monday	Closed
Tuesday	10am to 5pm
Wednesday	10am to 5pm
Thursday	10am to 7pm
Friday	10am to 7pm
Saturday	10am to 5pm
Sunday	Closed

**PHONE: 091 632 358**

**WWW.CLADDAGHHEART.IE**

Follow us on Facebook for our  
Monthly Special Offers



## Gift Vouchers Available

Stockists of:

Callus Peel, Fushia, Eminence, Waxpert, He Shi and Bellamianta tan,  
Gellish, Seminac, Essie and Manicure Company nail polishes

## TERMS & CONDITIONS

- 24 hr cancellation notice required or client has to pay 50% of treatments
- Please arrive 5/10 min before treatment to receive your full treatment
- Free parking is available
- All Visa, Mastercards and Lazer accepted

Claddagh Heart Beauty and complementary centre is situated at the rear of the Lady Gregory Hotel. The second door on the right across from the Swan Leisure Club if entering by the back door.

**We look forward to seeing you in our warm and relaxing holistic salon.**



**WORKING FROM THE HEART...  
BEAUTY, HOLISTIC &  
WELLBEING TREATMENTS**

**THE LADY GREGORY HOTEL  
ENNIS RD  
GORT  
CO. GALWAY**

**091 632358**

**OR**

**TEXT OR WHATSAPP  
(089 2150621)**

**CLADDAGH HEART OFFERS AN HOLISTIC  
APPROACH TAILORED TO OUR CLIENT'S NEEDS  
PERFORMED BY EXPERIENCED THERAPISTS**

**WWW.CLADDAGHHEART.IE  
CLADDAGHHEART7@GMAIL.COM**

**EILEEN McMAHON**



## FACIALS

<b>Eminence Prescriptive Facial</b>	75 Mins	€80.00
This facial is skin specific, and the luxurious products used consist of natural, plant based rich ingredients blended together for maximum effect. The facial incorporates massage of the face, arms and neck tailored to suit the client's specific skin needs.		
<b>Eminence Prescriptive Facial</b>	60 Mins	€65.00
Same as above without a massage of the arms.		
<b>Eminence Taster Facial</b>	35 Mins	€40.00
This facial is also skin specific and it introduces client's to the eminence products.		
<b>In House Facial</b>	60 Mins	€50.00
This facial involves an analysis of the client's skin.		

## BODY SCRUBS/WRAPS

<b>Lime and Ginger Salt Glow Body Exfoliation</b>	60 Mins	€50.00
Removes dry skin, aids exfoliation, improves circulation and leaves the skin smooth with an even tone. This is a good treatment before applying spray tan.		
<b>Stone Crop Eminence Restorative Wrap</b>	60 Mins	€65.00
Excellent for removing dry skin, aids exfoliation, improves circulation, promotes well being, restores and replenishes the skin's texture.		

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## HOLISTIC TREATMENTS

The therapist will discuss the treatment that best suits a client's needs. This will include the pressure of the massage and duration. Massage is an excellent way of promoting, physical and emotional wellbeing.

Full Body Massage	75 Mins	€80.00
Full Body Massage	60 Mins	€70.00
Back, Neck & Shoulders	50 Mins	€50.00
Back, Neck & Shoulders	30 Mins	€30.00
Maternity Massage	30 Mins	€30.00
Hot Stones Back, Neck & Shoulder	35 Mins	€40.00
Indian Head Massage	35 Mins	€30.00
This treatment is helpful for client's suffering headaches, migranes, insomnia and aids relaxation.		
Foot Massage	30 Mins	€30.00
This treatment aids relaxation.		
Reflexology	60 Mins	€60.00
This treatments involves the therapist working on pressure points on the feet, which assists in balancing the corresponding organs and systems of the body.		

## NAILS

Gel Polish (2 week nail colour)		€30.00
Gel Polish removal (no charge if applied at Claddagh Heart)		€10.00
File & Polish (File nails, push back cuticles, finish with polish)		€15.00
French Polish (File nails, push back cuticles, finish with French polish)		€20.00
Manicure (Nails are cut, cuticles treated, nails filed and shaped, hands exfoliated and massaged and then polish applied.)		€30.00
Claddagh Heart Deluxe Pedicure (This treatment includes 75 Mins cutting of nails, cuticle work, dry skin removed, nails filed and shaped. The feet are then exfoliated and massaged, heated mitts are then applied, finishing with the polish.)		€40.00
Pedicure	60 Mins	€30.00
Callus Peel (Callus Peel applied, which assists the removal of hard skin. Free file and polish.)	60 Mins	€35.00

## MAKE UP

Make up application	€30.00
Make up and lashes	€35.00
Bridal trial and day Make-up	€45.00
Lashes applied	€15.00

## TINTING (BRIGHT EYES)

Patch Test Required (48 hrs in advance)

Eyelash Tint	€15.00
Eyebrow Tint	€10.00
Eyelash, Eyebrow tint and shape	€30.00
Eyebrow Shape Tweezing or Waxing	€12.00

## SPRAY TAN

Full Body	€30.00
Half Body (waist up)	€25.00
Upper body (chest up)	€15.00

## WAXING TREATMENTS

Patch Test Required (48 hrs in advance)

### FACIAL WAXING

Lip Wax	€10.00
Lip & Chin Wax	€15.00
Chin Wax	€10.00
Side of face (and upwards)	€10.00
Neck Waxing (and upwards)	€10.00

### BODY WAXING

Under arm	€15.00
Arm wax (half)	€18.00
Half Leg	€20.00
Three quarter leg	€25.00
Upper leg wax	€20.00
Full leg wax	€30.00

### SPECIALISED PERSONAL WAXING

Regular Bikini Waxing	€18.00
Californian Waxing (thong style)	€25.00
Brazilian Waxing (landing strip)	€35.00
Hollywood Waxing (all gone)	€40.00

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