

# THE GROOMING ROOMS

barbering and treatments for men

|  |   |   |
|--|---|---|
| <b>Barbering</b>   | <b>Haircut &amp; Finish</b><br>Precision cutting and styling at its finest from our top barbers. This service includes a consultation, shampoo and conditioner  | €35   |
|  | <b>Dry Haircut</b><br>Scissor or clipper haircut  | €28   |
|  | <b>Hot Towel Shave</b><br>A traditional wet shave with hot towels and face massage is one of the most relaxing experiences known. Using an open razor with a new blade for each shave, hygiene and comfort are assured          | €40   |
|  | <b>Beard &amp; Moustache Trim</b><br>Hot towel beard and moustache trim   | €20   |
|  | <b>Beard &amp; Moustache Design</b><br>A hot towel shave which provides the opportunity to be more creative and individual with your beard design   | €40   |
|  | <b>Haircut &amp; Colour*</b><br>Haircut and colour to blend away white hair for a natural result with no obvious sign of colouring<br><i>*Patch test required</i>   | €60   |
|  | <b>Haircut &amp; Hair Conditioning Treatment</b><br>Haircut and intense hair conditioning treatment with application of hot towels  | €45   |
|  | <b>Haircut and Hot Towel Shave</b>  | €65   |
|  | <b>Haircut and Beard &amp; Moustache Trim</b>   | €50   |
|  | <b>Haircut and Beard &amp; Moustache Design</b>   | €65   |
| <b>Massage*</b><br><br><i>* Course of 4 available<br/>- 15% discount</i> | <b>Traditional Swedish Massage</b><br>An invigorating massage that relaxes the muscles, eases tension, improves circulation and promotes general well-being   | €70   60mins full body<br>€40   30mins back |
|  | <b>Deep Tissue Massage</b><br>A massage that uses deep tissue techniques to target knots, aches and pains associated with over strain and tiredness   | €80   60mins full body<br>€45   30mins back |
|  | <b>Indian Head Massage</b><br>A rejuvenating massage on the head, face, neck and shoulders, ideal for relief of muscle tension and stress   | €50   45mins                                |
|  | <b>Hot Stone Massage</b><br>A massage that combines the therapeutic benefits of aromatic oils with the relaxing rebalancing effects of warm, smooth basalt stones   | €90   75mins<br>€60   40mins back           |
|  | <b>Aromatherapy Massage</b><br>Aromatherapy massage uses essential oils derived from plants to achieve therapeutic benefits, the massage is customised according to your individual needs, choose from relax, detox or energise | €80   60mins<br>€45   30mins back           |

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## Derma Genesis Medical Microdermabrasion

Derma Genesis Medical Microdermabrasion uses a highly controlled flow of fine, medical grade crystals to remove the dead, outermost layer of skin. The skin exfoliation process reveals new, living skin cells that are soft, smooth and receptive to nutrients.



### Microdermabrasion

(Course of 3 - €255, Course of 5 - €400)

€100 | 50mins

### MicroPeel

Combine microdermabrasion with a skin peel for optimum results

€140 | 60mins

## Facials\*



### Dermalogica Face Mapping®

Complimentary skin analysis on your Dermalogica regime for optimum skin care results

| 10mins

### Dermalogica Express Facial

A facial designed to freshen the skin which includes cleansing, exfoliating, treatment mask and moisturising

€45 | 30mins

### Dermalogica Prescriptive Facial

In consultation with a therapist a customised facial will be prescribed to suit your skin's needs leaving it fresh, cleansed and restored

€75 | 60mins

### Dermalogica AGE Smart

This revitalising power boost facial is designed to nourish, regenerate and energise the skin. It is the ultimate in skin therapy for prematurely-aging, mature and devitalised skin

€80 | 60mins

### Dermalogica MediBac Clearing

A facial designed for acne prone skin that includes exfoliation to remove pore clogging skin cells and extractions to help clear current breakouts. The application of our soothing professional masque system detoxifies skin while calming irritation and redness

€80 | 60mins

### Dermalogica Purifying Deep Cleanse

A facial designed for oil rich skin, it will aid the elimination of blocked pores and congestion, reduce future breakouts and clarify the skin

€85 | 75mins

### Dermalogica Active Resurface 35

This advanced resurfacing treatment utilises the most advanced cosmeceutical ingredients available. It's completely customised to the needs of your individual skin, providing resurfacing to stimulate cell renewal and cell turnover

€60 | 45mins

### Dermalogica Purifying Back Treatment

A power cleanse to help reduce the skin's impurities. Hot towels are applied to assist deep pore cleansing followed by a treatment mask, back and shoulder massage

€75 | 60mins

\* Course of  
4 available  
- 15% discount

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## Facials\*



\*Course of  
4 available  
- 15% discount

### Image Signature Facial

The facial that does it all, even the most experienced 'facial enthusiast' will be impressed! A cleansing and invigorating, vitamin infused treatment that will deliver tightening, lightening, brightening and nourishing hydration to leave you feeling fully refreshed and renewed

€80 | 60mins

### Image Ormedic Facial

Restore the balance to your skin with this innovative facial which combines organic ingredients with medical effectiveness. Even the most sensitive skin types will benefit tremendously from this soothing, yet highly effective organic cocktail of essential oils, botanical extracts and medical grade peptides to deliver the maximum restoration to tired, dull and lacklustre skin

€80 | 60mins

### Image Oxygen Facial

A revolutionary facial treatment designed to exfoliate, illuminate and oxygenate all skin types. This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into your skin. Papaya and pineapple enzymes exfoliate the surface while a cutting-edge effervescent masque oxygenates at a cellular level leaving it luminous, refreshed and rejuvenated

€85 | 45mins

### Image Signature Face Lift

This revolutionary treatment performed in four layers will change the image of your skin in just one application. Quench your skin with high doses of the most sophisticated forms of Vitamin C for extreme rejuvenation. Glycolic acid and gentle but highly active enzymes speed up cellular turnover to brighten, tighten and lighten your skin in just one treatment  
*(Course of 4 recommended - 15% discount)*

€85 | 30mins

### Image Lightening Lift - Level 1

Balance your complexion with this mega-lightening treatment that gently blends lactic acid and a cocktail of lightening and brightening agents to reduce sun spots, brown spots and the redness caused by Rosacea. Receive silky smooth and supple skin with a noticeable healthy glow  
*(Course of 4 recommended - 15% discount)*

€90 | 30mins

### Image Wrinkle Lift - Level 1

This ultra-resurfacing glycolic and retinol treatment exfoliates dead surface skin cells and improves circulation leaving skin firmer and healthier. Visibly reduces the appearance of fine lines  
*(Course of 4 recommended - 15% discount)*

€90 | 30mins

### Image Acne Lift - Level 1

A beta and alpha-hydroxy acid cocktail. This safe and outstanding resurfacing modality has a dual benefit. It reduces and treats all kinds of acne while resurfacing and smoothing the skin after just one treatment  
*(Course of 4 recommended - 15% discount)*

€90 | 30mins

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## Facials\*



\*Course of  
4 available  
- 15% discount

### Yon-Ka Skin Fitness

This deep-cleansing treatment purifies, balances and brightens your complexion. Blackheads and dead cells are gently eliminated by the professional face peel technique that remains mild on the most delicate skin. This skin cleansing phase is followed by a relaxing and aromatic massage

€75 | 60mins

### Yon-Ka Power Moist

The first signs of ageing and a dull complexion are often caused by lack of hydration. This treatment begins by cleansing, exfoliating and a steam bath followed by a double moisturising and repairing mask. It ends with a massage of the face and back and front of the neck

€80 | 60mins

### Yon-Ka Age Defense

This expert anti-wrinkle, firming and energising treatment acts like a mini facelift. Ultra-targeted cleansing, exfoliation, misting and masks follow each other in harmony. A treatment highly concentrated in natural active ingredients to give your face a real burst of energy

€80 | 60mins

## Pedicures

### Express Pedicure

Feet are soaked, nails and cuticles are cleaned and shaped followed by foot moisturising

€30 | 30mins

### Executive Pedicure

Feet are soaked and exfoliated, nails and cuticles are cleaned and shaped followed by application of a hydrating mask, foot massage and moisturising

€45 | 50mins

### Extended Foot & Leg Massage

€15 | 15mins

## Manicures

### Express Manicure

Hands are soaked, nails and cuticles are cleaned and shaped followed by hand moisturising

€25 | 25mins

### Executive Manicure

Hands are soaked and exfoliated, nails and cuticles are cleaned and shaped followed by application of a hydrating mask, hand massage and moisturising

€40 | 45mins

### Extended Hand & Arm Massage

€15 | 15mins

## Eyebrows & Eyelashes\*

Eyebrow Tint

€12

Eyelash Tint

€18

Eyebrow and Eyelash Tint

€28

Eyebrow Shape

€15

Eyebrow Shape and Tint

€22

Eyebrow Shape and Eyelash Tint

€28

Eyebrow Shape, Eyebrow and Eyelash Tint

€38

\*Patch test required

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## Waxing\*



|                                 |     |
|---------------------------------|-----|
| Chest                           | €40 |
| Abdomen                         | €15 |
| Chest and Abdomen               | €50 |
| Shoulders                       | €15 |
| Full Back (including shoulders) | €50 |
| Half Back                       | €30 |
| Full Leg                        | €60 |
| Lower Leg / Upper Leg           | €35 |
| Arms (including hands)          | €40 |
| Under Arms                      | €20 |
| Eyebrows                        | €15 |

*\*10% discount on any 2 waxes*

*\*15% discount for any 3 waxes or more*

*\*Patch test required*

## Packages

|   |      |            |
|---|------|------------|
| 1. Haircut & Hot Towel Shave  | €65  | 1hr 15mins |
| 2. Dermalogica Facial, Express Manicure & Express Pedicure  | €85  | 1hr 30mins |
| 3. Haircut, Dermalogica Express Facial, Swedish Back Massage & Executive Manicure                                 | €135 | 2hr 20mins |
| 4. Yon-Ka Skin Fitness Facial, Executive Manicure & Executive Pedicure  | €135 | 2hr 30mins |
| 5. Dermalogica Purifying Deep Cleanse Facial & Full Body Deep Tissue Massage                                      | €140 | 2hr 15mins |
| 6. Haircut, Dermalogica Express Facial & Hot Stone Massage  | €145 | 2hr 20mins |
| 7. Haircut, Dermalogica Express Facial, Indian Head Massage, Executive Manicure & Executive Pedicure              | €185 | 3hr 20mins |
| 8. Haircut, Full Body Hot Stone Massage, Dermalogica Prescriptive Facial, Executive Manicure & Executive Pedicure | €240 | 4hr 15min  |

## Gift Certificates

Gift Certificates can be purchased in-store and online for any service, package, product or monetary amount.

Gift Certificates are non-refundable.

Gift Certificates are valid for 12 months from date of purchase.