

THE GROOMING ROOMS

barbering and treatments for men

Barbering	Haircut & Finish		€35
	Precision cutting and styling at its finest from our top barbers. This service includes a consultation, shampoo and conditioner		
	Hot Towel Shave		€45
	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		
	Beard & Moustache Trim		€25
	Hot towel beard and moustache trim		
	Beard & Moustache Design		€45
	A hot towel shave which provides the opportunity to be more creative and individual with your beard design		
	Haircut & Colour*		€60
Haircut and colour to blend away white hair for a natural result with no obvious sign of colouring <i>*Patch test required</i>			
	Haircut & Hair Conditioning Treatment		€50
Haircut and intense hair conditioning treatment with application of hot towels			
	Haircut and Hot Towel Shave		€68
	Haircut and Beard & Moustache Trim		€55
	Haircut and Beard & Moustache Design		€68
Massage*	Traditional Swedish Massage	€80 60mins full body €45 30mins back	
<i>*Course of 4 available - 15% discount</i>	An invigorating massage that relaxes the muscles, eases tension, improves circulation and promotes general well-being		
	Deep Tissue Massage	€90 60mins full body €50 30mins back	
	A massage that uses deep tissue techniques to target knots, aches and pains associated with over strain and tiredness		
	Indian Head Massage	€60 45mins	
	A rejuvenating massage on the head, face, neck and shoulders, ideal for relief of muscle tension and stress		
	Hot Stone Massage	€105 75mins full body €70 40mins back	
A massage that combines the therapeutic benefits of aromatic oils with the relaxing rebalancing effects of warm, smooth basalt stones			
	Aromatherapy Massage	€90 60mins full body €50 30mins back	
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			

THE GROOMING ROOMS

barbering and treatments for men

Facials*



ProSkin 30

Looking for a high impact treatment?

Our intensive 30-minute treatment is designed by our experts specifically for you and your most pressing skin concern. This bespoke service combines key steps of professional exfoliation and deep serum treatment and visible results fast. Experience brighter and healthier skin

€50 | 30mins

ProSkin 60

Want the best skin you've ever had?

Our ultimate 60-minute treatment is customised to target all of your skin needs and to leave your skin radiant and glowing. It incorporates professional exfoliating to improve texture and tone, for deep treatment. Experience dramatic results in a secluded and relaxing environment

€90 | 60mins

* Course of 4 available
- 15% discount

Peels*



Pro Power Peel 30

Looking for a professional peel experience?

Our all-new Pro Power Peel redefines the peel experience. Our strongest and fastest peel yet, the Pro Power Peel collection features a full suite of peel products, including Alpha Hydroxy Acids (AHAs) and Beta Hydroxy Acids (BHAs). In this express 30-minute treatment, your skin therapist will create a customised peel to instantly rejuvenate and refresh your skin. With a unique system of three different acids for a deep exfoliation personalised to you, it is ideal to target lines and wrinkles, uneven pigmentation or breakouts

€90 | 30mins

Pro Power Peel 60

Want to experience a truly transformative treatment?

This effective and customised 60-minute treatment combines the benefits of our Pro Power Peel 30 treatment with additional advanced techniques and technologies. Peel results are dramatically enhanced by a supplementary deep treatment process incorporating powerful IonActive Serum™, a customized masque and relaxing massage to ensure your skin is left clear, smooth and glowing. You've never had a peel treatment like this before

€150 | 60mins

* Course of 4 available
- 15% discount

Facials*



Antioxidant Anti-Ageing Facial

Replenish what your lifestyle diminishes

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

€95 | 60mins

02 Lift Facial

A hydration and oxygen combination that promotes divine hydration

This luxurious treatment infuses oxygen, plant-derived anti-ageing stem cells, peptides and a high concentration of enzymatic botanicals into the skin leaving it luminous, refreshed and rejuvenated. This is an ideal prep programme immediately before any event

€95 | 60mins

* Course of 4 available
- 15% discount

THE GROOMING ROOMS

barbering and treatments for men

Peels*



* Course of
4 available
- 15% discount

Ormedic Lift

The underdog that promises unmissable results

Dubbed nutrition in a bottle, this treatment recharges the youthfulness factor within the skin, and increases internal hydration. A papaya, pineapple, pumpkin and mango-infused blend of organic and medically effective ingredients designed to rebalance tired, stressed and dull-looking skin. This non-chemical peel naturally rebalances, regenerates, restores and soothes your skin with organic ingredients. It is literally a green cocktail for sheer skin health. A course is always recommended for optimum results

€99 | 30mins

Signature Facelift

An anti-redness, anti-inflammatory, anti-pigment, collagen-creating, rosacea-suited, all-round award-winning peel

This revolutionary treatment performed in four layers will change the texture and tone of your skin in just one application. Quench your skin with high doses of the most sophisticated forms of Vitamin C for extreme rejuvenation. Gentle yet highly active enzymes will create a flawless complexion instantly. Dubbed the 'VIP peel', this is our core and bestselling peel as it delivers the results. A course is always recommended for optimum results

€99 | 30mins

Lightening Lift

Bye-bye age spots to reveal a lighter, brighter you

Treat medium to severe pigmentation with this ultra-lightening treatment option to balance your complexion through a blend of kojic acid and a cocktail of lightening and brightening agents to reduce sun spots, brown spots and the redness caused by rosacea and acne scarring. The result is silky smooth and supple skin with a noticeable healthy glow. Suited to hand and décolletage areas too. A course is always recommended for optimum results

€99 | 30mins

Wrinkle Lift

Peel away the years with instant results in a bottle

Whether medium or severe lines and wrinkles are a concern this ultra-resurfacing glycolic and retinol treatment option exfoliates dead surface skin cells and improves circulation, leaving skin firmer and healthier and visibly reducing lines, age spots, open pores and rougher, tougher skin. The treatment will truly channel the most active and results-driven ingredients into the lower layers of the skin with a view to measurable and long-term addictive results. A course is always recommended for optimum results.

€99 | 30mins

Acne Lift

Step Two in the fight against acne

A beta and alpha-hydroxy acid cocktail giving antibacterial, anti-inflammatory and antiseptic benefits to fragile compromised and reactive skin. This safe and outstanding resurfacing modality has a dual benefit, reducing and treating all kinds of acne while resurfacing and smoothing the skin after just one treatment. Expect a more even, brighter and healthier reflection after just one session. A course is always recommended for optimum results.

€99 | 30mins

THE GROOMING ROOMS

barbering and treatments for men

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

€90 | 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

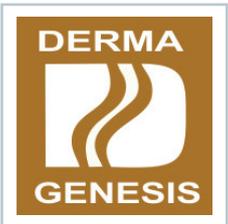
€90 | 60mins

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

€90 | 60mins

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 - €240, Course of 5 - €375)

€95 | 50mins

MicroPeel

Combine microdermabrasion with a skin peel for optimum results
(Course of 3 - €300, Course of 5 - €475)

€135 | 60mins

THE GROOMING ROOMS

barbering and treatments for men

Pedicures	Express Pedicure Feet are soaked, nails and cuticles are cleaned and shaped followed by foot moisturising	€40 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	€55 50mins
	Extended Foot & Leg Massage	€20 15mins
Manicures	Express Manicure Hands are soaked, nails and cuticles are cleaned and shaped followed by hand moisturising	€35 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	€50 45mins
	Extended Hand & Arm Massage	€20 15mins
Eyebrows & Eyelashes*	Eyebrow Tint	€14
	Eyelash Tint	€20
	Eyebrow and Eyelash Tint	€30
	Eyebrow Shape	€18
	Eyebrow Shape and Tint	€28
	Eyebrow Shape and Eyelash Tint	€34
	Eyebrow Shape, Eyebrow and Eyelash Tint	€42
<i>*Patch test required</i>		

THE GROOMING ROOMS

barbering and treatments for men

Waxing*



Chest	€46
Abdomen	€25
Chest and Abdomen	€60
Shoulders	€25
Full Back (including shoulders)	€58
Half Back	€38
Full Leg	€68
Lower Leg / Upper Leg	€40
Arms (including hands)	€48
Under Arms	€25
Eyebrows	€18

**10% discount on any 2 waxes*

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

**Patch test required*

Packages

1. Haircut & Hot Towel Shave	€68		1hr 15mins
2. Dermalogica ProSkin30 Facial, Express Manicure & Express Pedicure	€110		1hr 30mins
3. Haircut, Dermalogica ProSkin30 Facial, Swedish Back Massage & Executive Manicure	€165		2hr 20mins
4. Yon-Ka Skin Fitness Facial, Executive Manicure & Executive Pedicure	€170		2hr 30mins
5. Dermalogica ProSkin60 Facial & Full Body Deep Tissue Massage	€165		2hr
6. Haircut, Dermalogica ProSkin30 Facial & Full Body Hot Stone Massage	€170		2hr 20mins
7. Haircut, Dermalogica ProSkin30 Facial, Indian Head Massage, Executive Manicure & Executive Pedicure	€225		3hr 20mins
8. Haircut, Full Body Hot Stone Massage, Dermalogica ProSkin60 Facial, Executive Manicure & Executive Pedicure	€295		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 5 years from date of purchase.