



ESCAPE

DAY SPA

ESCAPE Make time...Take time.....Shhhhhhhhhhhhhhhhh!

for the day

WELCOME TO ESCAPE

Dedicated to offering you the ultimate in luxury pampering, treatments and packages created to transcend you into a world of escapism, Urban Escape Cork will delight you with its uniqueness, exclusive treatment and product houses, including Yonka with its pure and natural aromatic blends with a wealth of plant extracts and Lu'lur, the products favoured by the Egyptian princesses, and the ever popular pregnancy line Mama Mio. We always pride ourselves in supporting Irish products and we are delighted to introduce the hugely popular, results driven line, ÓG Ireland to our treatment and product list.

With over twenty years experience and expertise, our friendly therapists are trained to the highest standards in the industry, we pride ourselves on our ongoing training and staff development to ensure that we are consistently offering you the very best, we believe in giving you more than just a pampering experience, we are devoted to your unique needs.

Explore our luxurious collection of half day and day retreats, as well as personalised individual treatments, and discover for yourself why Escape is Irelands Leading Spa and Beauty Specialists.

Our Team of expert Therapists are on hand to offer you a world of pampering in our Cork, Limerick & Ennis Spa. Vanilla Browns Hair Salon opened November 2009 and is exclusive to our Limerick Spa!

The Ultimate Spa for the Ultimate You...

PACKAGES

All our packages include a light lunch in The River Lee Hotel.
A small charge will apply to non residents if you wish to use the leisure facilities (€10.00)

ESCAPE MORNING PACKAGE

€145.00 approx 2.5 hrs

Our most popular spa package, begin with a Back Massage, a prescription facial to suit the needs of your skin, all finished off with a manicure and pedicure.

HALF DAY BODY BLITZ

€195.00 approx 3 hrs

Treat your skin to a luxurious pampering experience for the whole body, using rich coconut cream, excellent for treating skin before and after holidays.

- Lu'lur hibiscus and tumeric body scrub
- Lu'lur coconut cream body massage
- Total Indulgence Facial

GIRLS SPECIAL OCCASION

€220.00 3.5 hrs

What more could a girl want, a package to cater for all the needs of the modern woman

- Absolute Harmony Facial
- Lu'lur hand Ritual
- Lu'lur Foot Ritual
- Make-up

ULTIMATE ESCAPE

€350.00 5 hrs

Our best value spa package Begin with a ..

- Full body exfoliation
- Rich Seaweed Body Wrap
- Full Body Massage
- O2 Facial
- Lu'lur hand ritual
- Lu'lur foot ritual

MUM TO BE

€240.00 approx 3.5 hrs

We know that mothers need some extra pampering at this important time, which is why we have purposely selected the following treatments to deliver relaxation and harmony for our very special guests.

- Nurturing dream massage
- Yummy Mummy body bliss
- Blissful Beginnings pregnancy facial
- Manicure and Pedicure

ESCAPE FOR MEN

€130.00 Approx 2 hrs

- Back Massage
- Indian Head Massage
- Prescriptive Yonka for Men Facial



YONKA
PARIS



Yonka Active Glow Facial

"lift effect"

€95.00 60mins

"Optimizer"

This Beautiful and Luxurious treatment leaves the skin radiant and glowing; a miracle treatment which encourages flawless skin and perfect tone, after thorough cleansing, a reviving massage is performed, along with a stimulating scalp massage which increases circulation leaving the mind feeling rebalanced.

Total Indulgence Facial

€115.00 85mins

(Includes Back Massage)

This Facial starts with a foot cleanse followed by a deeply relaxing back massage, While you relax and unwind your skin is pampered with nourishing vitamins and aromatic oils, your skin is then treated to a deeply nourishing specialised mask chosen for your skins particular needs, while your mask is working its magic, you can further relax as you receive a gentle scalp massage.

Pure Bliss Facial

€95.00 60 mins

"Hydralessance"

Our Beautifying and Luxurious Facial has been specially designed to pamper and nourish dehydrated skin, this is a facial experience using pure hands on therapy helping you glow from the inside out.

Dermabalance Facial

"Acne Solution Treatment"

€75.00 60 mins

"Soin Purete"

A facial designed for problem skin using specifically formulated products with a high percentage of anti bacterial and anti-inflammatory vitamins and minerals, this treatment is deep cleansing which removes impurities and rebalances the skin.

Absolute Harmony Facial

€75.00 60 mins

"Le Grande Classique"

An Intensive deep pore cleansing and stimulating facial suitable for all skin types, benefits include exfoliation, skin refinement and deep cleansing

FACIALS

Radiance Facial

€55.00 40 mins

“Escale Beaute”

A great pick me up facial for when you are in a hurry, also great to do the day of a special event to give your skin a radiant glow.

Crystal Eye treatment

€55.00 40 mins

“Éclat Contour”

A relaxing and hydrating eye treatment to help smooth away fine lines, puffiness and Dark Circles.

OXYGEN THERAPY

The Oxygen revolution has arrived in Ireland, get glowing skin like never before, feel like a celebrity, Eliminate Toxins, and reduce fine lines, wrinkles and impurities, with our Oxygen treatments.

Oxygen Shot

€20.00 15 mins

Kick start your body with pure oxygen, and deep relaxation.

O2 Facial

€80.00 65 mins

The ultimate in facials, suitable for all skin types, particularly good for mature skin, and smokers' skin, reducing fine lines, wrinkles and impurities and leaving your skin completely rejuvenated.



MASSAGE

Back Massage

€45.00 30 mins

A deeply relaxing massage for the back, neck and shoulders.

Full Body Massage

€75.00 60 mins

A gentle relaxing massage for the whole body.

Aromatherapy Massage

€80.00 60 mins

All The benefits of a body massage with aromatic oils chosen specifically for your needs.

Swedish Massage

€75.00 60 mins

A firm Invigorating massage for the entire body, still our most popular massage.

Deep Tissue Massage

€80.00 60 mins

Focusing on the deep layers of the muscle tissue to release deep tension.

Hot Stone Massage

(full body) €95.00 75 Mins

(back massage) €50.00 30 mins

The most renowned and requested massage worldwide, relax and unwind whilst your therapist places heated stones on strategic points all over your body, releasing tension and aiding deep relaxation, you will awake feeling completely rejuvenated.

Nurturing Massage Ritual

€65.00 40 mins

A pure Indulgent pampering experience to soothe and hydrate the skin. Enjoy a massage of special massage oils designed to focus on releasing tension around the neck and shoulder area, this is followed by an application of our rich coconut cream to intensely nourish your skin.

Lomi Lomi Hawaiian Massage

€95.00 80 mins

An Ancient and Powerful healing massage using specialised massage techniques.

Lu'lur Balinese Massage

(with mandi susu foot soak)

€95.00 75 mins

A slow rhythmic traditional deep pressure massage, with mandi Susu foot soak to begin your journey.

Sports Massage

€60.00 45 mins

Massage and stretch techniques to enhance and maximise athletic performance

SPORTS INJURY/PHYSICAL THERAPY

€70.00 60 mins

Tailor made to your specific injury.

Reflexology

€70.00 60 mins

Based on ancient holistic principles, Reflexology is a healing art centring on reflex points on the feet that reflect the organs, zones and energy channels of the body.

Indian Head Massage

€45.00 30 mins

Indian Head Massage is a relaxing treatment specific to the upper body, the area most vulnerable to stress and tension, this massage will help re-balance and stimulate vital energy centres, promoting a sense of well being and positive energy.

Hopi Ear Candles

€45.00 30 mins

An old North American Indian relaxation technique, this treatment brings relief to blocked ears, headaches, sinus problems and stress.

ALTERNATIVE TREATMENTS

Mama Mio Pregnancy Treatments

The nine month journey is a special time, connecting with the mother the power of touch, working with two heartbeats as one!
(Treatments not suitable during the first 12 weeks of pregnancy)

Yummy Mummy Body Wrap

€85.00 80 mins

Start with a gentle cleanse and exfoliation of your skin followed by an application of our Mama mio body cream designed specifically to soothe, moisturise and tone your skin, Relax as you are warmly wrapped, while you receive a lower leg and foot massage.

Nourishing Dream Maternity Massage

€85.00 60 mins

Rest at Leisure as your body is soothed and your skin pampered. This decadent treatment includes a full body massage and scalp massage with massage oils specifically designed for pregnant women, massage using special pre-natal techniques to aid relaxation, increase circulation and alleviate tired muscles and reduce excess water retention.

Face, Neck and Shoulder Massage " Free your Mind"

€60.00 45 mins

A gentle face and head massage, designed to release tension, followed by a deep neck and shoulder massage, using specific pre-natal techniques.

Lighten Up

€60.00 45 mins

Begin with a foot soak to energise and reduce swelling. Relax and enjoy a gentle hand, lower leg and foot massage followed by a file and paint to finish.

Blissful Beginnings Facial

€95.00 70 mins

Our Beautifying and Luxurious facial has been specially designed for the mother to be, to pamper and nourish using natural ingredients to calm and replenish your skin. This is a facial experience using pure hands on therapy helping you to glow from the inside out.



All of our treatments are specifically designed to suit male and female skin types, however Yonka's facial treatments are designed to balance and preserve a youthful glow particularly for the male skin.

Energising Mens Prescriptive Facial

€80.00 70 mins

A prescriptive facial designed to meet the particular needs and texture of your skin.

Your therapist will prescribe one of Yonka's facial range designed to meet your particular needs and texture of your skin.

Power Moist "Hydration treatment"

Skin Fitness "Deep cleansing"

L'Anti Age "Anti wrinkle, firming & energising"

Conditioning Hand and Nail Treatment

€30.00 25 mins

A manicure designed to nourish the hands and Nails

Conditioning Foot and Nail Treatment

€50.00 40 mins

A pedicure specially designed for you.

WAXING FOR MEN

Arms	€20.00
Chest	€25.00
Back	€30.00
Eyebrow Trim	€10.00
Full Body (chest, back and arms)	€70.00

ESCAPE.....
FOR MEN

BODY

Lu'Lur Hibiscus and Tumeric Body Scrub

€55.00 40 mins

(Includes Mandi Susu Foot Soak)

An exotic scrub designed to exfoliate and nourish the skin naturally; it leaves your skin beautifully soft and hydrated.

Coconut Cream Body Wrap

€80.00 60mins

Experience the ultimate in relaxation, as your body is gently exfoliated with our exotic body scrub, then treated with warm rich coconut cream, while you are wrapped in a warm cocoon you will receive a gentle scalp massage as your body absorbs the skin nourishing minerals, you will emerge with beautifully soft and hydrated skin.



Detox Seaweed/ Mud Wrap

€85.00 (full body) 75 Mins or

€70.00 (Hips and Thighs)

The Ultimate Body Sculpting treatment, fantastic for cellulite and inch loss. A revolutionary range from Yonka to remedy cellulite, sculpt the body's contours and improve bust firmness the natural way. These effective treatment infuses the body with wonderfully hydrating and reviving minerals, Includes a gentle scalp massage.

Finishing Touches

Manicure (35 mins)	€40.00
French Manicure	€45.00
File and Polish for the hands	€20.00
French polish for the hands	€25.00
Lu'Lur hand ritual - a facial for the hands (60mins)	€55.00
Pedicure (35 mins)	€40.00
Pedicure with French polish	€45.00
Lu'Lur Foot Ritual (60mins)	€70.00
File and Polish for the Feet	€20.00
French Polish for the feet	€25.00

Tanning

Escape Spas offer the finest spray tanning available on the market today, our partnership with the celebrity favourite Vani-T ensures you have a fabulous tan every time.

Full Body Tan	€39.00
Top-up (must be done within 48 hrs)	€20.00
Legs only	€20.00

Make-up

Cleanse, Tone, Moisturise and Make-up	€40.00
Make-up lesson including application	€65.00
False eyelash supply and application	€20.00
Wedding Make-up	€50.00

Waxing

Eyebrow wax	€10.00
Lip wax	€10.00
Chin wax	€8.00
Lip and Chin	€15.00
Lip, Chin and Eyebrow wax	€25.00
Underarm	€18.00
Bikini	€15.00
Californian	€30.00
Brazilian	€40.00
Full Leg Wax	€30.00
Half Leg Wax (lower)	€23.00

Beauty Essentials

TINTING

Eyelash	€12.00
Eyebrow	€10.00
Eyelash and Brow	€20.00
Eyelash, Brow ,tint and trim	€30.00



The Lash Bar

Europes Largest Selection of False Lashes

Strips from €12 – €20
application €8.00

Individual Lashes
including application
€30.00

See instore for our full collection.



Minx Nails 30Minutes - €30

Get Minxed! The celebrity craze extending fashion to your fingers & toes.

Stockist of Yonka, Lu'Lur, The Lash Bar, Óg Ireland, Mama Mio, Giralactik, Pacifica, Minx Nails.



OPENING HOURS

Monday – Friday 10am -8pm

Saturday 10am -7pm

Sunday and bank holidays

10am-5pm

Free Parking



Add us as a
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Escape offer you treatments seven days a week, however opening hours may differ in each location, and seasonally, so please check on opening hours when booking.

THINGS TO KNOW

SPA ETIQUETTE

The spa will provide a robe and slippers for you to wear for your treatments we can also supply disposable underwear if preferred. (robes not usually supplied for single treatments, request if required).

Guests are requested to please arrive 5-10mins before treatment is due to start. Regrettably late arrival may result in reduced treatment time.

As the spa is a place of relaxation, mobile phones and pagers must be switched off.

We request that you leave your valuables at home or in your room safe.

BOOKINGS

To book a treatment or a package please call us in Cork on 021 427 2027 or email us at relax@urbanscapecork.com/ or info@escapebeauty.ie and state which location. Hotel guests can also call from their room. Credit Card details will be requested to secure your booking

CANCELLATIONS

Please ensure that 48 hours notice is given, otherwise a 50% cancellation fee will be incurred, if less than 24 hours notice is given the full cost of the treatment will be incurred.

VOUCHERS

Vouchers can be purchased direct from the spa, call on 021 427 2027 or online at www.escapebeauty.ie www.urbanscapecork.com (vouchers can be redeemed at escape spas nationwide)

Vouchers are valid for six months and are non refundable.

SUITABILITY

Please be aware that pregnancy treatments are not suitable in the first trimester, or those with certain medical conditions, our staff will be happy to discuss any special needs you may have and advise on which treatment will be most suitable for you.

FOR BOOKINGS CALL CORK 021 4272027 ENNIS 065 6797507 LIMERICK 061 463608

Escape Spa Group

Cork, The River Lee Hotel, Western Road, Cork. T: 021 427 2027

Ennis, Woodstock Hotel Spa and Golf Resort, Shanaway Road, Ennis, Co Clare. T: 065 679 7507

Limerick, Absolute Hotel, Sir Harrys Mall, Limerick. T: 061 463 608

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