



**Mini Facial (30 mins) €40**

This treatment includes a deep cleanse, tone, exfoliation, facial massage, mask and moisturise to give good hydration and a glow to your skin

**Anti-Oxidant**

**Anti-Ageing Facial (75mins) €80**

This cleansing and invigorating vitamin-infused treatment will deliver tightening, lightening, brightening and nourishing hydration to leave you feeling fully refreshed and renewed

**Men's Mini Facial (30 mins) €40**

This treatment includes a deep cleanse, tone, exfoliation, mask and moisturise and also applies additional pressure to the muscles on the male face.

**Luxury Combo (65 mins) €80**

A 30-minute Holistic OR 30-minute head, neck & shoulder massage combined with a 30-minute mini facial. See above treatments for a detailed description of the Holistic and head, neck & shoulder massages.

**Eye Combo (30 mins) €35**

A combination treatment of an eye brow tint, eyebrow shaping and eyelash tint.

Dermalogica products are used for all facial treatments.

Members and Hotel Guests enjoy a 10% discount

\*Terms & Conditions apply



ROYAL BRAY

★★★



**Beauty & Massage Treatments**

At The Merrill Treatment Rooms



### Coconut Massage (60 mins) €70

Coconut oil absorbs very quickly. Its medium chain fatty acids penetrate skin to moisturize skin and condition underlying muscle. The anti-bacterial, anti-fungal and anti-viral properties help keep skin healthy and boost immunity of the entire body. The lauric acid found within is a potent germ killer. If the skin has any sensitive areas or open sores, be sure to rub a little extra virgin coconut oil into those areas during the massage. Coconut oil can help ward off the pathogens that cause a wide variety of ailments and infections, from candidiasis to influenza.

### Holistic Massage (60 mins) €75

Holistic massage is performed with slow sweeping strokes that soothe away tension, leaving you feeling relaxed and refreshed. The intent of this treatment is to soothe and relax, treating all tissues equally and not using any specialised techniques to address any problem areas.

Holistic massage is all about relaxing. It focuses on giving the client time to recover from the stresses of daily life. When you experience this massage, you can expect a treatment that involves:

- Long smooth gliding strokes that are rhythmic and flowing
- Pressure that is deeply relaxing, but not painful
- A treatment that is designed to soothe and relax you, not to relieve chronic pain or other underlying ailments

### Deep Tissue Massage (60 mins) €80

Deep Tissue massage consists of a slower, stronger massage technique that stimulates deep into the fascia and other supportive tissues that make up the muscles and the joints. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure. This is especially helpful in contracted areas of the body such as the neck, upper back, lower back, legs, and shoulders, which tend to hold the most tension.

### Back Massage (30 mins) €45

A deep pressure massage which concentrates on relieving stress and tension in the back, neck and shoulders. Helps to soothe tight sore muscles and relieve the build-up of tension nodules.

### Indian Head Massage (30 mins) €45

Focuses on the soft tissues of the upper back, shoulders, arms, neck, scalp and face. When a massage therapist concentrates on these areas, the relief can be immediate. Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis.

### Head, Neck & Shoulder (30 mins) €40

Back, neck and shoulder massages can offer a number of health benefits. They can encourage relaxation, relieve stress, improve circulation and relax muscles. This treatment, in particular, is good for relieving tension headaches, improving flexibility and can help to strengthen the immune system.

### Face Lifting Massage (30 mins) €40

This is an amazing, non-invasive approach to restoring your youthful vitality. By increasing the skin's elasticity and tightening the facial contours, it produces a remarkable reduction in the appearance of wrinkles and expression lines.

### Foot Massage (30 mins) €35

A foot massage is also used for relaxation and to alleviate sore soles and arches. During the foot massage, your feet undergo a very relaxing experience as the reflex zones are manipulated and rubbed.

### Stress Buster Massage (45 mins) €65

The stress buster is a 45-minute deep tissue massage working specifically on your back, neck, shoulders and head to really work into those problem areas. Helping to alleviate muscular tension and stiff joints leaving you feeling freer and more relaxed.

### Mum to be Massage (60 mins) €75 (30 mins) €40

Specifically designed massage techniques ideal for relaxing both mother and child. This massage focuses on the back, neck and shoulders offering relief to tense areas.

