

## Waxing

Full Leg	€25
Full Leg including bikini	€33
Half Leg	€15
Underarm	€9
Back / Chest	€25
Lip or Chin	€9
Side of Face	€9
Arm	€12
Abdomen	€10
Regular Bikini	€15
Californian (Thong Width)	€25
Brazilian (Landing Strip)	€35
Hollywood (All Off)	€40

## Eyes

Eyebrow Tidy	€9
Eyebrow Reshape	€11
Eyelash Tint	€10
Eyebrow Tint	€7
EBS + Tint	€15
All three together (Eye Trio)	€23

## NRGize Health & Beauty

### Opening Hours

#### Monday - Thursday

10am - 6pm

#### Friday

12pm - 8pm

#### Saturday & Sunday

10am - 6pm

 [nrgizehealthandbeauty](https://www.facebook.com/nrgizehealthandbeauty)

***SPECIAL OFFERS  
AVAILABLE MONTHLY***

***10% OFF FOR ALL  
MEMBERS OF NRG***



**nrgize**

Beauty Clinic

NRG HEALTH & FITNESS  
CLYBAUN HOTEL  
KNOCKNACARRA  
GALWAY

**091 585800**

[www.nrgfitness.ie](http://www.nrgfitness.ie)  
[info@nrgfitness.ie](mailto:info@nrgfitness.ie)



PLEASE NOTE : A 48 HOUR PATCH TEST IS  
REQUIRED FOR WAXING, TINTING IF IT HAS  
NEVER BEEN DONE BEFORE IN NRGIZE SALON

## Facial Treatments

### Hydrating Facial

This is a super hydrating treatment that saturates your skin with moisture to help diminish fine lines, improves skin tone and texture and helps with tired eyes...Start with cleanse followed with exfoliation, hydrating mask and relaxing massage to leave your skin hydrated.

**50min - €60**

### Deep Cleansing Facial

This deep cleansing facial using Dermalogica products includes a deep cleanse with extraction, provides a steam treatment, deep massage on the facial and shoulder area. Complete with a mask, the therapist will examine your skin to ensure the most suitable products are used.

**50min - €65**

### Anti-Ageing Galvanic Electric Facial

This electrical facial for ageing skin, starting with a cleanse and exfoliation followed by mask plus a galvanic current which is used to facilitate and transport key ingredients into the skin, finishing with a relaxing massage to leave your skin looking and feeling younger.

**50min - €70**

### 30 Minute Miracle Facial

A quick-fix for those on the go... start with a cleanse and exfoliation, mask and complete with a facial massage.

**30min - €30**

### Men's Executive Facial

A deep cleansing facial which includes a relaxing scalp, neck & shoulders massage.

**50min - €60**

## Body Treatments

### Swedish Massage

Combining various hands-on techniques including gliding, kneading, and cross-fibre friction, this relaxing massage is ideal for breaking up muscle tension, pain relief, stress release.

**50min - €60 | 25min - €30**

### Full Body Deep Tissue Massage

Applying firm pressure and slow strokes to reach deep layers of muscle and the connective tissue surrounding the muscles.

**50min - €70 | 30min - €35**

### Hot Stone Massage

Heated basalt stones combined with spicy, sensual oils are used on key energy points on your body, evoking an aura of deep relaxation and warmth.

**55min - €65 | 40min - €40**

### Indian Head Massage

Using key pressure points, this massage is ideal for relieving tension, aches and pains in the scalp, shoulder and neck area. Will help to clear your sinuses and relieve stress. Perfect for those who suffer with migraines and stiff neck.

**25min - €30**

### Pregnancy Massage

Combines tried and tested, safe pregnancy massage techniques adapted to each stage of your pregnancy. Helps to relieve tension in desired areas.

**25min - €30**

### Leg Massage

Stimulates not only muscles, but also gives a positive effect on the whole body. Can help alleviate pain in the back and bring a general easiness to the body. Good for poor circulation and relieve tired, aching feet and legs.

**25min - €30**

### Deep Tissue Leg Massage

Perfect for areas of extreme tension. Through the use of specialized massage movements & pressure points to relieve tension and stress from the muscles. Ideal for physical athletes suffering with tension in the feet or legs.

**40min - €45**

## Elegant Nails

### Luxury Manicure

Relaxing hand soak, nail work including filing, cutting and cuticle removal. Hand and lower arm massage with hand mask in insulated thermal mitt and complete with nail colour application

**50min - €35**

### Mini Manicure

Cuticle work, file and polish

**30min - €20**

### Luxury Pedicure

Relaxing bubble foot soak, nail work including cutting, filing and cuticle removal. Foot scrub and dead skin removal. Relaxing lower leg and foot massage with foot mask in insulation thermal foot mitt and complete with nail colour application

**60min - €40**

### Mini Pedicure

Cuticle work, file and polish

**30min - €25**

### File & Polish

**20min - 15**

**€5 extra charge for French Polish with any of above.**

## Shellac

### Shellac Application

**€22**

### Shellac French

**€27**

### Shellac Manicure

File the nails, cuticle work, relaxing massage, shellac application.

**€40**

### Shellac Pedicure

File and polish, cuticle work, relaxing massage, shellac application

**€40**

### Shellac Removal

**€15**

### Shellac Removal (with re-application)

**€32**