

SPECIAL OFFERS

MONDAYS, TUESDAYS & WEDNESDAYS

25% OFF ALL FULL BODY MASSAGES & FULL FACIALS

THURSDAYS

GET 1 TREATMENT AND GET 2ND ONE HALF PRICE
(CHEAPEST ONE HALF PRICE. ONE PERSON ONLY)

FRIDAYS

10% OFF ALL WAXING

*TERMS & CONDITIONS APPLY



OPEN 7 DAYS A WEEK

MONDAY TO FRIDAY 9.30AM TO 9PM
SATURDAY 9AM-8PM
SUNDAY 10AM-6PM

TO MAKE AN APPOINTMENT PLEASE CONTACT:

NRGIZE HEALTH & BEAUTY CLINIC

AT NRG HEALTH & FITNESS
HOTEL CLYBAUN
WESTERN DISTRIBUTOR RD | KNOCKNACARRA
GALWAY

091 585800

WWW.NRGFITNESS.IE

~ SHELLAC ~

~ DERMALOGICA STOCKISTS ~
~ GIFT VOUCHERS AVAILABLE ~
~ FREE PARKING ~

NRG Health & Fitness
Members Receive
10% Discount on All Treatments



nrgize

Beauty Clinic

NRGIZE HEALTH & BEAUTY CLINIC

AT NRG HEALTH & FITNESS
HOTEL CLYBAUN
WESTERN DISTRIBUTOR ROAD
KNOCKNACARRA
GALWAY

091 585800

www.nrgfitness.ie



Facial Treatments

- Dermologica Prescriptive Facial** Consisting of a full consultation, incorporating face mapping & your prescribed & customized facial(50min).....€60
- Environmental Facial** Ideal for sensitive, dehydrated skin and also a perfect facial to brighten up tired skin(50min).....€65
- 30 Minute Miracle Facial** A quick-fix for those on the go.....€30
- Men's Executive Facial** A deep cleanse facial which includes a relaxing scalp, neck & shoulders massage(50min).....€50

Elegant Nails

- Luxury Manicure (incl. mask)**.....30
- Mini Manicure**.....€20
- Luxury Pedicure (incl. mask)**.....€35
- Mini Pedicure**.....€25
- File & Polish**.....€15

€5 EXTRA CHARGE FOR FRENCH POLISH WITH ANY OF ABOVE

Shellac

- Shellac Application**.....€22
- Shellac Manicure or Pedicure with Massage**.....€35
- Shellac Removal**.....€15
- Shellac Removal (with re-application)**.....€10

Body Treatments

- Full Body Swedish Massage** is the most common type of massage at the spa. Swedish massage combines various hands-on techniques including gliding, kneading, and cross-fiber friction to break up muscle knots, called adhesions (50min).....€60
- Back, Neck & Shoulder Swedish Massage**(25min).....€25
- Full Body Deep Tissue Massage** Excellent for those requiring a whole body work over to target deep levels of tension(50min).....€65

- Full Body 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
- Hot Stone Back Massage** (40min).....€40

- Indian Head Massage** Using key pressure points, this tension relieving scalp massage is ideal for promoting relaxation (25mins).....€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(25 min).....€30

Waxing

- Full Leg**.....€25
- Full Leg including toes**.....€33
- Half Leg**.....€15
- Underarm**.....€9
- Back/Chest**.....€25
- Lip or Chin**.....€9
- Side of Face**.....€8
- Arm**.....€12
- Abdomen**.....€10
- Regular Bikini**.....€15
- Californian**.....€25

Eyes

- Eyebrow Shape/Wax**.....€9
- Eyelash Tint**.....€10
- Eyebrow Tint**.....€7
- All three together**.....€23

Tan

- Fake Bake or Crazy Angel Spray Tan Full Body**.....€25
- Fake Bake or Crazy Angel Spray Tan Top Up**.....€15

.PLEASE NOTE : A 48 HOUR PATCH TEST IS REQUIRED IF WAXING, TINTING OR HAS NEVER BEEN DONE BEFORE OR HAS NOT BEEN DONE IN THE LAST 3 MONTHS