

escape
at
THE NEWPARK HOTEL
health club & spa



reflect | de-stress | rebalance

Castlecomer Road, Kilkenny, Ireland.
telephone 056 7760500

www.flynnhotels.com



how to spa

ARRANGING YOUR VISIT

It is advised that appointments are made in advance, though we will always do our best to accommodate you. A credit card number will be required to confirm an appointment. Please note that guests who cancel appointments with less than 24 hours notice will incur the full cost of the treatment. For your information, each treatment time includes a 15 minute consultation and foot ritual with your spa therapist.

Please note that we request you to arrive at Escape at least 15mins prior to your treatment start time, for check in and registration.

ATTIRE

We provide robes & spa footwear. Swimwear is required for the Vitality suite.

CHOOSING YOUR TREATMENT

We are here to advise you on the best treatments for you. Please do not hesitate to ask our highly-trained therapists on how best we can meet your needs.

FOR YOUR HEALTH & SAFETY

It is important that you inform your therapist of any medical conditions. You may need to consult your doctor regarding your suitability for receiving treatment in certain instances. Please let us know if you are pregnant as specific treatments may be contra-indicated for you.

MOBILE PHONES

The use of mobiles within the spa is prohibited.

SMOKING & ALCOHOL

Smoking and the consumption of alcohol within the spa are prohibited. Also, we will not treat guests who have consumed alcohol prior to arrival.

UNDER-16

We regret that we do not accommodate children under the age of 16.



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Step inside our sanctuary of pure indulgence,
where time is left at the door.



aveda body treatments

Rosemary Mint Awakening Body Treatment* 1hr 15min
Renew body and mind with this stimulating and invigorating treatment. Your body is exfoliated and softened, followed by an application of rosemary and mint body lotion. As you lie on a heated bed, a relaxing head and foot massage will help to balance the whole body. Hair removal is not advisable for up to 24 hours prior to treatment.

Aqua Polish* 1hr
A full body exfoliation combining the therapeutic benefits of Dead Sea salts is followed by an application of warm hydrating lotion blended with your chosen aroma. The result is conditioned, soft, polished skin. Hair removal is not advisable for up to 24 hours prior to this treatment.

Caribbean Glow Body Scrub* 1hr 15min
A stimulating exfoliation that uses the healing touch and plant ingredients from the Caribbean to rejuvenate the skin and senses. This island-inspired treatment includes a head and foot massage, Caribbean Therapy Body Scrub and a gentle massage that will leave you feeling renewed. Hair removal is not advisable for up to 24 hours prior to treatment.

aveda prescriptive facials

Green Science Anti-Ageing Facial* 45min/ 1hr 15min/ 1hr 45min
A combination of the powerful plant technology of the Green Science products and high touch skin therapy to renew, repair and regenerate the skin. Featuring Aveda's signature 5-phase massage, this unique treatment is clinically proven to lift and firm the skin and to reduce fine lines and wrinkles. Choose to focus on the eye, lip or neck/décolleté area during the treatment.

Recommended Course for Best Results: 6 treatments

aveda aromatic elemental facials

Elemental Nature Facial for Radiant Skin* 1h 15min
A nurturing treatment for tired skin which results in a radiant, glowing complexion. The skin is noticeably refined, balanced and energised through the use of essential oils and pure flower and plant essences.

Elemental Nature Facial for All Skin Types* 1h 15min
A personalised treatment designed just for you to restore balance to the skin through the use of customised masque, essential oil aromas and facial massage techniques.

aveda facials

Pure Focus Facial* 45mins
A purifying facial treatment suited to all skin types. This facial combines the power of Aveda's unique plant based products and the expertise of our spa therapist. Choose from either a face and neck massage or a masque treatment during this facial.

Focus Facial for Him* 45mins
A revitalising pure focus facial treatment designed and tailored specifically for men combing aromatic steam towels. We recommend clients shave 24hrs prior to this treatment.

aveda facial enhancements

Enhance your chosen facial by adding on a mini treatment with distinct benefits. Facial enhancements last approx 15mins. These enhancements are not available as individual treatments.

Botanical Skin Resurfacing Enhancement
A natural alternative to microdermabrasion. The intense focus on exfoliation results in smoother skin, fewer fine lines and wrinkles. A course of six is recommended.

Revitalising Eye Treatment
Focuses on diminishing fine lines, puffiness & dark circles in the delicate eye area.

Green Science Eye Enhancement
Enhance your Green Science facial with a special area of focus on the eyes. Your therapist will plump out fine lines in the eye area through ice massage techniques followed by mini hot stones.

Green Science Lip Enhancement
Continuation of the 5 phase massage combining an exfoliation of the lips.

Green Science Neck/ Décolleté Enhancement
Continuation of the 5 phase massage combining massage techniques with hot and cold stones on the neck.

*Denotes that a 15min consultation and foot ritual is built into the treatment time

aveda massage

Elemental Nature Massage* 1hr 15min/ 1hr 45min
A personalised massage based on the Elemental Nature Philosophy and your favourite Aveda aromas. A variety of massage techniques will be incorporated to create a thoroughly relaxing treatment.

Fusion Stone Massage* 1hr 15min
Experience the aromatic power of Aveda Pure Flower and Plant Essences fused with the sensation of a smooth stone massage. Your chosen aroma will embrace your senses, while the sensation of the warm stones combined with massage techniques will balance, soothe and energise your body.

Deep Tissue Massage* 1hr 15min
Combining relaxing massage techniques this specific muscular treatment will release muscle tension, revitalise your body and induce a feeling of inner calm.

Back Neck and Shoulder Massage* 45min
This personalised massage is specifically designed to unravel the tension knots in your back, neck and shoulders. This treatment offers rapid relief to muscle tension and eases stress related aches and pains.

Stress Relieving Massage 30min
Ideally suited to the "time poor", this express massage will relieve tension and stress in the back and neck.

beauty @ escape

Aveda Make up
Nut seed pigment from Brazil, cinnamon from India, roses from Russia, these pure natural extracts are infused into Aveda's colours for face, eyes & lips

Makeup Lesson 1hr
Day/Evening Make up 45mins
Bridal/Special Occasion Make up 45mins

Wax and Tint
A patch test is required 24hours prior to your visit.

Facial Waxing
Body Waxing
Eyebrow & Eyelash Tinting

aveda hand & foot treats

Caribbean Therapy Hand Treatment 1hr 15min
A nurturing hand treatment that uses the healing touch and plant ingredients of the Caribbean to improve the condition of nails, cuticles and hands. A special exfoliating paste and a warm seaweed and ginger masque combined with Caribbean massage techniques smooth, soften, relax and renew tired hands. This treatment includes an application of polish.

Aveda Luxury Spa Manicure 1hr 15min
A rejuvenating manicure that includes proper maintenance and grooming of nails and cuticles, personalised massage and customised exfoliation. This treatment includes a nail buff and an application of your choice of polish.

Maintenance Manicure 30min
Nail file and polish.

Caribbean Therapy Foot Treatment* 1hr 15min
Designed to rejuvenate and nurture tired feet. Improve the condition of the nails, cuticles and feet with a special exfoliating paste, warm seaweed and ginger masque, combined with Caribbean massage techniques which allow you to relax and renew the senses. This treatment includes an application of polish.

Aveda Luxury Spa Pedicure* 1hr 15min
Indulge your feet with an Aveda spa pedicure. Feel the release of tension with our unique sea salt exfoliation and a reflex foot massage. The Aveda spa pedicure leaves your feet feeling soft, smooth and revitalised. This treatment includes an application of polish.

Maintenance Pedicure* 30min
Nail file and polish.

*Denotes that a 15min consultation and foot ritual is built into the treatment time