



## TREATMENT MENU

*Come hide away in our secret place...*

*Shhhhh no one will find you here!*

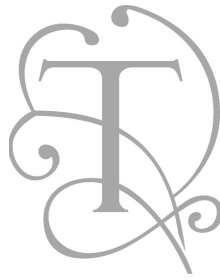
The Hide-Out is tucked away in a quiet corner at Tankardstown, you can steal away for a while and enjoy some well earned pampering during your visit with us.

*Payot Paris: Beauty in Motion,*

*used in all of our products.*

A beauty visionary and philosopher, Dr. Payot created a brand that pushed the boundaries of beauty and well being. Opting for gentle, natural methods she created tailor made organic products for each and every woman, perfecting the balance between body and mind.

*Retreat • Escape • Relax*



Simply a list of the treatments available by our in-house beauty therapist in the The Hide-Out at Tankardstown. If you would like treatments tailored to suit your own personal needs just let us know.

Opening Hours:

Monday: 9.30 to 12.00 pm.

Wednesday- Friday: 9.30am to 3.30 pm.

Saturday: 9.00am to 3.00 pm.

Sunday: Closed.

Advance booking is required for any treatment  
on (041) 9824621

We politely request that you arrive on time as late arrival could result in a shorter treatment time and incur a full charge.

A 100% charge will be incurred  
for 'no shows' or treatments not cancelled within 24  
hours of your scheduled treatment time.

*Retreat • Escape • Relax*

## FAIR OF FACE

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Discovery Deep cleansing	€50
<i>Express radiance treatment to rid your skin of impurities and revive its luminosity.</i>	
Discovery Flash Éclat	€50
<i>A solution for instant beauty. A super fruit cocktail for all skin types in need of light and vitality.</i>	
Solution Techni Liss	€75
<i>A peeling treatment that smooths deep wrinkles &amp; fine lines that has a rejuvenating effect leaving skin feeling silky and new.</i>	
Hydra Experience	€75
<i>A hydrating experience combining effectiveness, pleasure for the senses and total relaxation. The perfect treatment for plumped and perfectly hydrated skin.</i>	
My Payot Experience	€75
<i>An energising experience for your skin leaving it illuminated, radiant and revitalised.</i>	
Solution Pureté	€75
<i>A purifying, balancing treatment to eliminate impurities and restore clean, matte and flawless skin.</i>	
Nutri Solution	€75
<i>A facial that brings suppleness, softness and soothes dry skin. Leaving the skin complexion luminous, softened and plumped.</i>	
Discovery Optimale	€50
<i>A specific 40 minute facial treatment for men.</i>	
Solution Opti-Male	€70
<i>Men's treatment that stimulates and eliminates impurities to restore clean, smooth and relaxed skin.</i>	

\* All facials include a relaxing mini head massage.

## BODY BEAUTIFUL

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Relaxing treatments to help unwind, relieve tension and improve circulation

Full body Relaxation Massage	60 minutes	€75
Full body Deep Tissue Massage	60 minutes	€75
Aromatherapy Massage	60 minutes	€75
Pregnancy Massage	60 minutes	€75
Hot Stone Back Massage	30 minutes	€50

Back, Neck & Shoulder Massage	30 minutes	€50
Indian Head Massage	30 minutes	€50
Hopi Ear Candling	40 minutes	€50

## FEET TREATS & DANDY HANDIES

Manicure	€35
<i>Soak, cuticle work, massage, file &amp; paint</i>	
Manicure with French Polish	€40
Manicure with Shellac/ Gelish	€50
Pedicure	€35
<i>Exfoliation, cuticle work, massage, file &amp; paint</i>	
Pedicure with French Polish	€40
Pedicure with Shellac/ Gelish	€50

\*When opting for pedicure treatment please bring or wear open toe shoes.

Nail File & Paint	€15
Nail File & French Polish	€20
French Polish	€35
Shellac/ Gelish Polish	€30

## EMBELLISHED EYES

Brow Shape	€15
Brow Tint	€12
Lash Tint	€15
Brow Shape & Tint	€20
Eye combination	€30

## WAXING WONDERFUL

Lip Wax	€8
Chin Wax	€8
Lip & Chin Wax	€14
Lip, Chin Wax and Sides of Face	€18
Underarm Wax	€15
Forearm Wax	€15
Bikini Wax Regular	€15
Holiday Wax	€20
Californian Wax	€25
Brazilian Wax	€30
Hollywood Wax	€35

1/2 Leg Wax	€20
Full Leg Wax	€30
1/2 Leg Wax & Regular Bikini Wax	€38
Full Leg Wax & Regular Bikini Wax	€45

## MAKE UP & LASHES

Fuschia Make-up Application (30 minutes)	€30
Au Natural False Lashes	€15
Volume False Lashes	€15

## GIVE YOURSELF A GLOW

LA Fast Tan - develops 2-4 hours	€30
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*No Moisturiser & wear lose clothes*

## GIVE YOURSELF A LIFT

BYAS-Bionic Youth Activation System	€55
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*Non-surgical face lift using latest technology*

## PACKAGES

Relaxation Bliss (1 hour)	€75
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*Escape from lifes hustle and bustle with this deeply relaxing treatment to include a luxury back, neck & shoulder massage followed by a Payot discovery facial and Indian head massage. A truly divine experience.*

*Suitable for both our ladies and gents.*

Total Escape (2 hour)	€135
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*Indulge yourself with a full body massage choosing from a deep tissue or relaxation, followed by a Payot experience facial to suit individual skin type.*

*You will enjoy a relaxing scalp massage & Payot's signature 42 step facial modelling massage.*

*An exceptionally relaxing treatment, thee ultimate massage experience.*

*Suitable for both ladies and gents.*

## GIFT VOUCHERS



A helpful way to treat yourself or a friend...

Available to purchase through Tankardstown website:

[www.tankardstown.ie](http://www.tankardstown.ie) .