

TREATMENT MENU

Come hide away in our secret place...

Shhhhh no one will find you here!

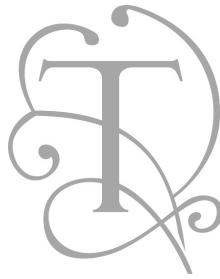
The Hide-Out is tucked away in a quiet corner at Tankardstown, you can steal away for a while and enjoy some well earned pampering during your visit with us.

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 client, 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. All treatments are suitable for men and women, and can be 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 & Bank Holidays: 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

Clear Skin

€55

This deep cleansing facial is ideal for re-hydrating and brightening the skin. Leaves your skin feeling totally relaxed and glowing with health. (40mins)

Flash Éclat

€55

A solution for instant beauty. A super fruit cocktail for all skin types in need of light and vitality. (40mins)

Intense Hydration Essential

€75

The ideal facial to moisturise, plump the skin, and prevent the 1st signs of aging from appearing. With simultaneous action of hyaluronic acid and collagen, all in a bio-cellulose mask which delivers a 2nd skin effect leaving the skin soft and thoroughly moisturised. (60mins)

Puret  Essential

€75

Deep cleanse, purify and regulate the skins oils production for a perfectly clear complexion. This ritual will treat imperfections, blemishes and minimise pore size without drying the skin. Your skin is left matte, velvety soft and feeling fresh. (60mins)

Radiance Essential

€75

This invigorating super fruits facial helps to revive a lifeless and dull complexion which will plump and energise your skin. With extracts of Goji and Acai berries reinforcing the skin's defence mechanism and protecting from free radicals, leaving the skin smooth and radiant. (60mins)

Nutrition Essential

€75

A nourishing, enveloping ritual to help dry skin regain its original softness and velvety texture. With a whipped cream like mask, enriched with avocado and sunflower oils combined with almond and cranberry particles for that skin that needs a bit of extra TLC. (60mins)

Optimale Essential

€75

Specially developed for men, with ingredients specially selected for their skin. This ritual rids the skin of impurities while giving an extreme sensation of relaxation. (60mins)

Liss Absolu

€90

The "new skin effect" helps combat the first signs of ageing by delaying the appearance of fine lines and wrinkles with professional AHA peeling, rebalancing and repairing mask. Aloe Vera, Rice Extract, Hibiscus and 15% Glycolic Acid pumps, tones and stimulates to improve elasticity. Your features are relaxed and your skin is smoother, radiant, and luminous. (75mins)

Supreme Experience

€100

Our ultimate facial ritual to help prevent the signs of ageing and loss of radiance. With a combination of exfoliation and the 42 step modellage massage, your skin is left feeling velvety soft, lifted, and toned. Relax with a scalp massage, hand scrub and hand and arm massage whilst we treat you to two specialised treatment masks enriched with magnolia and orchid extract and hyaluronic acid to smooth, plump and rehydrate skin. Wrinkles and fine lines are visibly reduced, facial contours are firmed and the skin is left looking luminous and radiant. (90mins)

FAIR OF FACE - LUXURIOUS ADD ON TREATMENTS

For that little extra special treat...

Payot Rejuvenating Eye Mask

€15

Anti-fatigue, tightening and brightening. Excellent to refresh and rejuvenate tired dull eyes.

Payot Exilir Oil Hair Treatment

€10

Conditioning treatment. With extracts of Myrrh and Amyris this deeply hydrating and relaxing blend fortifies the hair, repairing dry ends, and soothing the scalp.

BODY BEAUTIFUL

Cleansing back Treatment

€75

This deep cleansing and polishing treatment ensures your back is always perfectly clear. After a purifying exfoliation, any blackheads and blemishes are extracted. A deep relaxing massage with a blend of essential oils is followed with a deep cleansing clarifying mask to absorb any remaining impurities as you completely unwind. (60mins)

Exfoliation Gourmande*

€75

Unwind and de-stress with this ritual for baby soft, perfectly flawless skin. Your skin is gently yet deeply exfoliated with Exfoliation Gourmande, a delicious scrub with pistachio and almond extracts, to calm, soothe and relieve stress. To finish, a mineral rich cream is massaged into the skin, ensuring it is re-hydrated and your mind totally relaxed. (60mins)

Scrub only

30 mins

€40

*In room treatment only

Lighter Legs Ritual

€40

Drains and lightens. This treatment alleviates heavy legs and feet and leaves them feeling fresh and toned. Includes exfoliation and massage ritual. (30mins)

MASSAGE

Payot Massages:

Total Lacher Prise - relaxing massage

€80

60 minutes

Globale Energie - energising massage

€80

60 minutes

Intense Musculaire - deep muscular massage

€80

60 minutes

Hot Stone Back Massage

€55

The stones are heated and used to provide a deep and comforting massage. The hot stones have a sedative effect that can relieve tension, reduce stress and promote deep relaxation. (30mins)

Back, Neck & Shoulder Massage

€55

This massage improves circulation and eases muscle ache and tension. It affects the nerves, muscles, glands and circulation, while promoting health and wellbeing. Choose your own pressure from light and relaxing to deep and effective. (30mins)

Indian Head Massage

€50

A treatment that is guaranteed to lift you out of the stresses of daily life and provide you with a real cure for tension headaches, sinus problems and those aching, tense neck and shoulders. (30mins)

FEET TREATS & DANDY HANDIES

Mini Manicure

€35

Soak, cuticle work, moisturise, file & paint. (30mins)

Payot Deluxe Spa Manicure

€60

This treatment offers a relaxing, softening and enhancing experience for the hands, right down to the fingertips. Repairs the nail contour and gently removes cuticles. Includes a hydrating moisturising mask, followed by a hand and arm massage. Finish with a colour of your choice. (60mins)

Man-i-cure

€50

A simple yet classical grooming treatment designed specifically for men. Including nail grooming, cleansing, cuticle treatment and hand massage. (45mins)

Mini Pedicure

€40

Express treatment to include foot soak, shaping nails, cuticle work and colour of your choice. (30 mins)

Payot Deluxe Spa Pedicure

€60

Our deluxe treatment includes a foot soak, shaping nails, exfoliation, cuticle work, removal of hard skin, mask, and light foot massage. Finish with a colour of your choice. (60mins)

Pedicure Monsieur

€40

A simple yet classical grooming treatment for men. Includes nail grooming, cleansing, exfoliation, cuticle treatment and foot massage. (30mins)

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

Nail File & Colour

€15

Nail File & French Polish

€20

* Add French to any manicure/pedicure for €5

Shellac Colour/French Polish

€30/€35

* Add Shellac/Gelish Colour to any manicure/pedicure for €10, or French €15.

EMBELLISHED EYES

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

MAKE UP

Fuschia Make-up Application (30 minutes)	€30
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PACKAGES

Relaxation Bliss (1 hour)	€75
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Escape from life's 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.

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 essential 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, the ultimate massage experience.*

MUMS-TO-BE

Pregnancy Massage	€80
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This can only be carried out after the first trimester. You will be massaged from head to toe, helping to relieve back pain, cramps, oedema and fatigue. (60 mins)

Maternity Pedicure	€60
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Specially designed to energise and invigorate those tired legs. Begins with a soak and scrub to revive those tired feet. Followed by an extended foot and leg massage. Also, enjoy a hydrating cooling mask, removal of hard skin and finish with a colour of your choice. (60 mins)

GIFT VOUCHERS



A helpful way to treat yourself or a friend....
Available to purchase through Tankardstown website:
www.tankardstown.ie.