

## HANDS & FEET

File & Paint	\$30	Petite Manicure 30mins	\$55
Classic Manicure 40mins	\$70	Petite Pedicure 30mins	\$55
Classic Pedicure 50mins	\$90	Gel Polish Nails 30mins	\$55
Gel Polish soak off Treatment	\$35		

## ADDITIONAL NAIL SERVICES

Gel Polish with manicure or pedicure	\$15
Gel Polish soak off with manicure or pedicure	\$15
Natural Nourishing Wax Treatment Mask	\$20

## WAXING

Eyebrow Sculpting	\$22	Bikini from	\$24
Lip	\$13	G-String	\$32
Chin	\$13.50	Brazilian	\$52
Lower leg	\$32	Maintenance	
Full Leg	\$60	(less than 4 wks)	\$42
Under arm	\$23		

## MENS WAXING

Chest	\$36	Stomach	\$20
Full Back	\$63	Arms from	\$35

**ELECTROLYSIS** from \$30 min. Progressive permanent hair removal

## SPRAY TAN

Classic Tan	\$35 (wash off after 6 hours)
Flash Tan	\$40 (wash off after 2 hours)
Eminence	\$40 (wash off after 1/2 hours)
Extend the life of your tan with TechnoTan homecare products	

## LASH & BROW BAR

Eyelash Tint	\$27.50
Eyebrow Tint	\$16.50
Henna Brow Tint	\$30.00
Eyebrow Makeover	\$37 (brow shape and tint) Henna \$45
Defining Eyes	\$106 (Lash perm & tint, brow shape & tint)
Lash Perm	\$65 add \$15 for tint

## SPA ETIQUETTE

**Arrival:** Please arrive 10 mins before your appointment time. If you are new to Tir na nOg, we will ask you to complete a consultation form so that any health or treatment concerns can be considered.

**Mobile Phones:** Please put on silent beyond reception.

**Bookings, Cancellations & Rescheduling:** To reserve your appointment time, we may ask for a 50% deposit for some treatments of 1 hour or more duration. If you are unable to keep your appointment, we ask that you respectfully give us a minimum 24 hours notice, to allow us to accommodate our other clients. We are happy to reschedule, however, we do have a policy for "no show" & late cancellations. Failure to keep an appointment will result in any deposit being forfeited. If you are using a Gift Voucher to pay for the treatment, please advise us of your Gift Voucher number at time of booking.



## TREATMENT MENU

**Skin Prescription** **\$30**

**Redeemable on product purchase on the day of consultation**  
Consultation to discuss your skin concerns. (Complimentary with all facials.) Purchase 5 of any of our facials & receive the 6th one FREE.

*DMK Transdermal Nutrition Treatments are a range of relaxation facials that achieve great results with DMK's unique transdermal delivery system. These facial treatments help to Hydrate, Protect and Restore the natural balance of your skin.*

**Express Nutrition** **\$85**

Express facial treatment with DMK unique transdermal delivery system tailored for your skin needs.

**DMK Nutrition Facial** **\$120**

A traditional relaxing, results-driven facial using DMK to generate cellular change to improve the appearance and health of the skin.

*DMK Enzyme Therapy is the signature treatment of DMK and unlike anything that you have ever experienced before. Enzyme Therapy improves the skin's ability to function by removing stagnant lymph and cellular waste. This in turn restores vital cellular nutrition and oxygenation required for cellular regeneration. Enzyme Therapy stimulates collagen production, helping to restore structural integrity of the skin. Allow 90 minutes for DMK Enzyme Facials.*

**LEVEL 1** **\$170**

### DMK Enzyme Facial

Our Level 1 Enzyme therapy is the ideal introduction to DMK's Enzyme Therapy treatments. Excellent for treating anti-aging, pigmentation, acne, rosacea and sensitive skins & even skin with no obvious concerns. Dissolves dead cell build up and helps to get your skin functioning properly.

**LEVEL 2** **\$200**

### Muscle Banding Enzyme Therapy Treatment (Age Management)

*DMK Muscle Banding is an extremely popular age management treatment due to it's tightening qualities. It is designed to lift, firm, tone and brighten the face and neck area with notable results. Includes a pre-exfoliation. Ideal for clients with sun damage, wrinkles, fine lines & sagging skin lacking bounce.*

## FACE

### LEVEL 3 DMK Double Exfoliation \$230

Up the anti and get double the results! Building on the results from Enzyme therapy, the therapist will choose which 2 advanced exfoliations and techniques to further push the results. Treatment will vary and can include Hydradermaze, Alphazyme, Eliminare, Bihaku, Melanoplex, and Red Vein Treatment. Courses of 6 and 12 recommended for truly WOW results.

### LEVEL 4 DMK Instant Lift \$250

The triple combination of enzyme therapies is the perfect treatment for a special occasion with breathtaking results. Desired by many for its instant lifting and tightening qualities, it is perfect for special occasions! This treatment will leave you red carpet ready and is the ultimate anti-ageing treatment.

## ALKALINE TREATMENTS

### Alkaline Skin Revision Facial \$250

This treatment dissolves dead skin & hair and unplugs the hair shaft and is the ultimate for acne, scarring, pigmentation and rosacea. This treatment is finished with Enzyme therapy to re-balance the skin and control functional changes underneath.

### Alkaline Hair Removal

Lip \$30      Chin \$40      Half Face \$85

An effective high level pH hair removal treatment to remove and reduce the regrowth of fine fluffy hairs of the face. The alkaline wash softens, swells and dissolves unwanted hair and dead skin on the face and body.

### Balancing Facial \$125

A personally designed facial treatment including exfoliation, deep cleanse, massage and treatment mask. Leaves skin rejuvenated and radiant.

### Seasonal Oxygenating Facial \$99

Inspired by nature, this treatment contains vitamins & minerals for radiance, oxygenation, hydration & anti-oxidant protection.

### Cosmeceutical Professional Peel \$80 (add to Sothys Facial \$25)

Resurfacing, repairing, medical grade skin peel  
(A series of 5-10 professional treatments, while using prescribed Sothys professional skincare in home support is recommended for optimal results)

### Moisture Quench \$145

Intense hydration for a plumper, more youthful looking skin.

### Diamond Microdermabrasion \$115

Exfoliating treatment to leave the skin smooth and refined.

## BODY

### Body Exfoliation \$80

An invigorating treatment which leaves your skin feeling smooth and hydrated.

### Sensorial Spa Escape \$130

A personalised body ritual, commencing with exfoliation for skin rejuvenation, followed by massage to soothe & relax. Choose from 3 unique essential oil blends.

### Body Mask & Wrap \$130

Begins with dry body brushing to stimulate the skin & allow maximum penetration of active ingredients. Enjoy a petite spa facial while relaxing in a clay mask cocoon.

### Geisha Bath Soak 1 person \$45, 2 people \$50

Enhance your treatment experience with a refreshing & relaxing soak in our Geisha Plunge Bath.

## MASSAGE

### Sensory Journey 30 mins \$60, 40 mins \$70, 60 mins \$90, 90 mins \$135

Deeply relaxing & de-stressing massage with your choice of essential oil blend (add \$20 to upgrade to hot stones)

### Indian Head Massage \$60

A blissful seated massage concentrating on shoulders, neck, face and scalp. Perfect to ease tense muscles & may help to promote healthy hair growth.

### Aromatic Stone Massage \$120

Heated stones are used to massage & infuse warm oil and exotic spices to create a deep sense of peace and well-being.

*Pregnancy - For your comfort, we offer a pregnancy massage mattress to accommodate your baby belly.*

### Reflexology 40 mins \$70 (Reflexology can be applied to the face or feet)

Performed by a qualified Reflexologist, this treatment works specific reflexes to stimulate nerve and blood supply to organs and glands of the body.

## SPA RITUALS

### Restore \$195

Feel stress disappear & restore well-being with our Sensory Journey Massage combined with our Balancing Facial.

### Sulis \$175

Smoother, Soothe & Relax. Body Exfoliation, Geisha Plunge Bath & 40 minute Massage.

### Shirodhara \$99

Indian Head Massage followed by continuous flow of warm oil to the forehead, creating a gentle, soothing sensation to induce deep relaxation.

### Spa Mix \$175

30 minute Massage, Spa Facial, & Petite Manicure OR Pedicure