



The Haven treatment rooms at the Glenview Hotel and Leisure Club allows you the chance to pamper yourself in a sanctuary of peace and tranquillity. At the Haven we use the Dermalogica range of products to ensure we offer our guests the highest quality service.

Our qualified therapists are happy to guide you through our treatment menu from Facials and Massages to Manicures and Pedicures, Hopi Ear Candling as well as a full waxing menu.

All of our treatments can be tailored to meet your needs and address any concerns you may have, leaving you de-stressed and recharged to face the day ahead.

Add to your Haven experience by using the facilities in our Leisure Club, including an 18-meter Indoor Pool, Sauna, Steam Room, Jacuzzi, and Outdoor Hot Tub.

*(Please note that there is an additional fee of €10 for non-Residents to use the leisure club facilities for treatments under €60.00)*

#### **Haven Treatment Rooms Opening Hours**

Tuesday to Saturday 10.00am to 6.00pm

Late appointments on Fridays and Saturdays may be available upon request with at least 72 hours notice.

In order to avoid disappointment and due to high demand advance booking at least 48 hours in advance of arrival for all Haven Treatments is recommended.

## Massage Treatments

	Length of treatment	Price	Description
Swedish Full Body Massage	60 minutes	€70	Swedish massage goes beyond relaxation. It increases oxygen levels in the blood, decreases muscle toxins and improves circulation.
Swedish Back, Neck, Shoulder Massage	30 minutes	€40	Although this Swedish Massage may be shorter in duration it is just as relaxing. Focusing on the back, neck and shoulders this will leave you relaxed.
Deep Tissue Full Body Massage	60 minutes	€80	This type of massage is used to target knots & release muscle tension & ends with a calming aromatherapy hot compress.
Deep Tissue Back Massage	30 minutes	€45	The 30 minute deep tissue massage will relieve tension in the major back muscles.
Indian Head Massage	30 minutes	€35	The Indian head massage will release the stress that has accumulated in the muscles and joints of the head, face, neck & shoulders leaving you feeling great.
Hopi Ear Candling	40 minutes	€40	This ancient, natural therapy is gentle & relaxing. It can help treat Sinusitis, rhinitis, earwax, earache, and irritation of the ears including tinnitus. It also aids headaches & migraines.

## Facials

	Length of treatment	Price	Description
AGE Smart Facial	60 minutes	€65	Combined vitamin & hydroxy acid exfoliation resurfaces & refreshes skin while the energising massage techniques release tension in the facial muscles and a multi vitamin facial masque makes this the ultimate skin therapy.
Hydrating Facial	60 minutes	€60	This treatment will restore lost moisture & relieve dry, thirsty skin with added hydrating boosters
Skin Brightening Facial Treatment	60 minutes	€60	Our brightening treatment will help prevent hyper pigmentation while restoring a brighter even complexion

Express Facial 30 minutes €35

Our 30 minute express facial will revitalise your skin's radiance, leaving it healthy, cleansed & toned.

Bright Eyes Treatment 30 minutes €35

This treatment helps to smooth out fine lines & wrinkles, minimising dehydration and has a soothing cooling effect.

### ***Nail Treatments***

Mini Manicure	30 minutes	€25
Manicure	45 minutes	€35
Deluxe Manicure	60 minutes	€55
Mini Pedicure	40 minutes	€50
Deluxe Pedicure	60 minutes	€65
Callus Peel	30 minutes	€40
Shellac (hands)	30 minutes	€25
Shellac (toes)	30 minutes	€30
Removal	15 minutes	€10

### ***Waxing***

Full leg	45 minutes	€45
Half leg	25 minutes	€30
Lip	10 minutes	€10
Chin	10 minutes	€10
Underarm	10 minutes	€15
Bikini line (extended extra €5)	15 minutes	€20
Hollywood	45 minutes	€60

- Our manicures consist of a nail file and shape, cuticle shape, hand massage and nail paint.
- Our pedicures consist of a foot scrub and foot soak, filing of any hard skin, cuticle tidy, Nail shaping and painting followed off by a relaxing foot massage.

### ***Eyelash and Eyebrow Tinting***

Eyelash	15 minutes	€15
Eyebrow	10 minutes	€12
Eyelash & brow	20 minutes	€25





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<https://www.glenviewhotel.com/healthleisure/haven-treatment-rooms/>