

THE TREATMENT ROOMS

Massage - Manicure & Pedicures - Waxing - Facials



Take
some
YOU
time...

The Treatment Rooms at the Glenview Hotel and Leisure Club allows you the chance to pamper yourself and have some "YOU" time...

At the Treatment Rooms we offer a range of treatments including massages, manicures and pedicures to waxing and a range of facials.

Our qualified therapists are happy to guide you through our treatment menu and 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.

The 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 Treatments is recommended.

The Treatment Rooms, Glenview Hotel & Leisure Club,
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<https://www.glenviewhotel.com/healthleisure/haven-treatment-rooms/>



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Treatment Menu

Massage Treatments	Length of treatment	Price	Description
Swedish Full Body Massage	60 min	€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 min	€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 min	€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 min	€45	The 30 minute deep tissue massage will relieve tension in the major back muscles.
Indian Head Massage	30 min	€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 min	€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 min	€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 min	€60	This treatment will restore lost moisture & relieve dry, thirsty skin with added hydrating boosters
Skin Brightening Facial Treatment	60 min	€60	Our brightening treatment will help prevent hyper pigmentation while restoring a brighter even complexion
Express Facial	30 min	€35	Our 30 minute express facial will revitalise your skin's radiance, leaving it healthy, cleansed & toned.
Bright Eyes Treatment	30 min	€35	This treatment helps to smooth out fine lines & wrinkles, minimising dehydration and has a soothing cooling effect.

Nail Treatments	Length of treatment	Price
Mini Manicure	30 min	€25
Manicure	45 min	€35
Deluxe Manicure	60 min	€55
Mini Pedicure	40 min	€50
Deluxe Pedicure	60 min	€65
Callus Peel	30 min	€40
Shellac (hands)	30 min	€25
Shellac (toes)	30 min	€30
Removal	15 min	€10

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 by a relaxing foot massage.

Eyelash and Eyebrow Tinting	Length of treatment	Price
Eyelash	15 min	€15
Eyebrow	10 min	€12
Eyelash & brow	20 min	€25

