



Tranquillity Retreat

Beauty & Holistic Salon

by Amanda



The Salon



Inside the Salon



View from the Salon



The Relaxation Cabin



The Pool area

 *Monu Facials***Aromatherapy Facial****1 hour 26€**

An all time favourite, this facial includes a deep cleanse, peel and warming aromatic compress. Your shoulders, neck and face are massaged using fragrant oils, followed by the appropriate mask & moisturiser. The skin is left feeling and looking radiant.

Extra Pampering Aromatherapy Facial**1 hour 05 mins 28€**

The aromatherapy facial with the added luxury of a soothing scalp massage and lower arm and hand massage.

Male Facial**1 hour 26€**

This relaxing treatment is designed for the busy man, it will deep cleanse, exfoliate, balance and moisturise the skin. The shoulders, neck and face are massaged, followed by a mask and moisturiser.

 *Aromatherapy Massages*

A synergy of oils are mixed specifically for your needs whether it is to relax, de-stress or uplift. Making these massages ideal to help you deal with your physical, emotional & psychological needs.

Adaptive Massage**20 mins 15€**

If you have a specific area which causes you discomfort ie legs/arms, a massage can be adapted as required.

Pregnancy Massage**20 mins 15€**

A relaxing massage using safe oils. Mother and baby are positioned to ensure comfort to both.

Back Neck & Shoulder Massage**30 mins 17€****Back, Neck, Shoulder, Face & Scalp Massage****45 mins 23€****Hot Stone Aromatherapy Massage****30 mins 22€**

A back massage using hot stones to penetrate deeper into your muscles and tissues to aid relaxation and relieve muscle pain and tension.

Perfect Pampering**1 hour 35 mins 38€**

Back, Neck & Shoulder Massage & Extra Pampering Aromatherapy Facial

*Bright Eye Treatments*

Eyelash tint
Lash & Brow tint
Brow tint & Shape

8€€
11€€
10€

Eyebrow tint
Eyebrow Shape
Lash, brow tint & shape

5€
6€
15€

A patch test required at least 24 hours prior to treatment.

Alternative Therapies

*Therapies which help soothe your mind, body and soul.
Balances & harmonises the flow of vital energy to help heal yourself.*

Indian Head Massage **30 mins 16€**

An holistic treatment excellent to help combat headaches, insomnia, migraines and stress. Aids relaxation and your well being. This treatment is carried out over your clothes, a good first time treatment if not used to being massaged.

Reflexology **45 mins 21€**

Activating healing powers of your body as a whole, vital organs are reflected in your feet in energy zones, and using pressure points and massage techniques help rebalance you.

Crystal Reflexology **1 hour 22€**

Using reflexology techniques with the addition of crystals, combining colour therapy. Totally rebalances your energy.

Thermal Auricular Therapy **40 mins 24€**

Hopi ear candles are used to help aid relief from sinus, congestion, headaches. Includes face and head massage for lymphatic drainage

Thai Massage **1 hour 30€**

A full body treatment with fluid rhythmic protocol of facilitated stretching, yoga positions and energy release

Allow an extra 10 mins for consultation on the first treatment to go through medical history and lifestyle

Hands & Feet Treatments

Manicure **45 mins 18€**

Using professional products. Includes cuticle work, file, arm and hand massage, finish with varnish.

Luxury Manicure **1 hour 22€**

A full manicure with your hands in heated mitts for 8 mins. Excellent for those who suffer from hard cuticles and dry skin, includes arm & hand massage. Improves circulation.

Pedicure **45 mins 20€**

Includes scrub, footbath, file & cut toenails, cuticle work, hard skin removal, lower leg & foot massage, finish with varnish.

Pedicures for men **30 mins 18€**

Includes scrub, footbath, file & cut toenails, cuticle work, hard skin removal, lower leg & foot massage.

Luxury Pedicure **1 hour 24€**

A full pedicure with your feet in heated boots which is excellent for hard skin and helps improve circulation, includes lower leg & foot massage.

File and paint **Hands 8€ Toes 10€**

PLEASE WEAR OPEN TOED SANDALS/SHOES WHEN HAVING A PEDICURE TREATMENT



Temporary Hair Removal - Waxing



Half leg wax	12€	Full leg	17€
Bikini	7€	Bikini & full leg	21€
Underarms	6€	Forearms	10€
Lip/chin	5€	Lip & Chin	8€€
Back/Chest	15€€		

Gift Vouchers

Available for any treatment or an amount of money. Gift vouchers are personalised and professionally presented and are valid for 6 months.

Notice

Please give 24 hours notice for cancellation. A cancellation of less than 8 hours or a no show will be charged.

Treatment times

Please try and ensure that you are on time for your treatment. If you are late, the time maybe taken off your treatment.

Tranquility Retreat Days

Pamper full and half days available for that special treat. Refreshments and lunch supplied. A truly tranquil day out. Different packages and prices to suit your needs.

Waxing

Please ensure you do not have any heat treatments or sunbathe 12 hours prior to or after waxing.

Eye Treatments

A patch test for tinting must be carried out at least 24 hours prior to a treatment to check for allergic reactions.

Children

Under 16 will receive a 10% discount on all treatments. And must have a parent/guardian with them.

CONTACT ME

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DIRECTIONS

On the CV415 Turis/Piccassent Road. The salon is 3.5km from the Monserrat turning and 4km from Turis town. From Monserrat turn off - take the 3rd left turn after the yellow CV415 17km road sign. There are 2 white posts at the entrance. Pass the painted wall on your left and the entrance is on your left, the first set of double gates No 108.

From Turis, pass the last Canapar entrance IV on your left. There is a tight bend with silver crash barriers, take the right turn immediately after the crash barriers. There are 2 white posts at the entrance. Pass the painted wall on your left and the entrance is on your left, the first set of double gates No 108.

Press the bell and beep your horn!

