



Revive

DAY SPA



DECOY
Country Cottages

Relax, Unwind, Recharge

Welcome to Revive where we aim to provide you with the best possible products and treatments available today. Our professional, friendly staff are trained to deliver a unique and memorable experience in the relaxed surroundings of Decoy Country Cottages. We hope you enjoy your experience with us.

At Revive, we have chosen to use Dermalogica products because they use only the finest ingredients available. They are free from artificial colours and fragrances and are friendly to the environment. They are not tested on animals and are currently the most requested professional-use-only skin product in the world.

The Dermalogica treatment range is based on a unique system of analysis, allowing the therapist to design a personalised treatment for each client, using either face or body mapping.

dermalogica[®]
a skin care system researched and developed by The International Dermal Institute



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Revive



Face Mapping

This combines the latest in skin analysis techniques with the proven results of Chinese Diagnosis. The face is divided into fourteen zones, assessing individual problems so that your facial and home care needs can then be prescribed accurately. Face mapping is complimentary with Dermalogica treatments.

Body Mapping

The body is divided into fourteen zones, front and back, to better tailor the body treatment to the client's needs. Body mapping is complimentary with Dermalogica body treatments

Facials

All our facials are customised at every step of the way based on your face mapping procedure. It is unique to you and may vary on every visit. It will include a combination of the following steps double cleansing, exfoliation, extractions, massage, masque application, concentrated booster application, conditioning, eye protection and the application of moisturiser and solar defense. Following your treatment you will be presented with your prescription.

CHOOSE FROM:

DERMALOGICA FACE TREATMENT 1HR 15 MINS €65

Customised to your skin and designed to suit your individual skin concerns, it will use unique botanical mixers throughout the step by step process to provide additional benefits to your skin.

POWER REGENERATION TREATMENT 1 HR 15 MINS €70

Concerned about the signs of aging on your skin? Feel like your skin needs a revitalising power boost? Then this is the treatment for you! Combined vitamin and hydroxy acid exfoliation, energising massage techniques that release tension in the facial muscles and Dermalogica's specialised Contour Masque make this the ultimate in skin therapy for prematurely-aging, dry, devitalised skin! Your skin will be noticeably firmer, smoother and revived.

MEDICATED CLEARING TREATMENT (ACNE) 60 MINS €60

Breakouts have finally met their match. This medicated clearing treatment will focus on purifying your skin with deep cleansing followed by extraction. Results are amazing after this treatment.

ENVIRONMENTAL CONTROL TREATMENT 60 MINS €60

If your skin is looking red and inflamed, then this is the treatment for you. Our super skin smoothing cleansing will remove impurities followed by a calming oatmeal masque that will instantly reduce redness and inflammation.

SKIN BRIGHTENING TREATMENT 60 MINS €60

Help stop your uneven pigmentation at its cause. This treatment, when combined with proper home care, actually regulates pigment production on a cellular level helping to balance out the complexion

MEN'S SKIN CARE TREATMENT 60 MINS €60

We'll start your treatment with a deep cleansing, followed by a smoothing exfoliation and extractions. We'll also help release tension with a hand, foot or shoulder massage while your skin re-hydrates with a customised treatment masque.

EXPRESS FACIAL 30 MINS €40

This complete treatment achieves maximum results in the minimum of time, with a perfect blend of power cleansing, exfoliation, customised masque, toning and moisturising for people on the go.

AGE SMART™ LIP RENEWAL 20 MINS €25

Be remembered for your healthy smile with this smoothing, conditioning treatment for an area that is often ignored - the lips!

AGE SMART™ EYE RESCUE TREATMENT 20 MINS €25

Firm, tone and revitalise your tired eyes with our unique blend of peptides, firming proteins and therapeutic vitamins. Our gentle exfoliation will remove dulling debris, while a super-smoothing masque will help soothe and revitalise the skin

Thermal Body Therapy Treatments

Get ready to take on the world again with our revitalising and energising body treatments.

CHOOSE FROM:

MINERAL SALT SCRUB

45 MINS €45

Completely customised to either energise or reduce stress. Mineral sea salts & seaweed polish the skin to a soft glow while infusing it with the critical hydration & nourishment the skin needs. Recommended for all skin conditions except sensitive or sensitised skin.



BODY FOLIATION 45 MINS €45

Give your body the customised exfoliation it needs coupled with the warming sensation it craves! A gentle oatmeal & rice bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin & helps reduce the appearance of sun spots & hyperpigmentation. Skin is smoother & prepped for maximum absorption of rich, smoothing botanical oils. You will leave with silkier healthier skin. Recommended for all skin conditions

BODY HYDRO THERAPY WRAP 45 MINS €50

An ultra soothing, hydrating treatment personalised with aromatherapy oils. A natural, aloe based pack is swaddled in a thermal wrap to infuse the skin with moisture. Ideal for sun exposed skin.

POWER RECOVERY THERAPY WRAP 45 MINS €50

An intense wrap therapy dedicated to feeding your skin with the nourishments it craves. A unique blend of wheat protein & honey act as maximum hydrators. White Wasabi Ginger & White tea stimulate blood circulation to promote healthier skin. Customised essential oil blends offer therapeutic benefits, while rich Kukui Nut, Olive & Grape Seed oils smooth & provide antioxidant protection. Recommended for drier or prematurely aging skin conditions.,

NOURISHING SEA MUD THERAPY WRAP 45 MINS €50

Detoxify, exfoliate and nourish your body with a purifying seaweed and mineral body wrap therapy. Rest in a warming wrap that induces blood circulation while encouraging absorption of nourishing botanicals.

MUD MASSAGE THERAPY 75 MINS €65

A unique & exotic treatment that combines the detoxifying & cleansing capabilities of earth clays with the intensely moisturising power of natural oils. Customised essential oils provide therapeutic & skin benefits while skin is purged of toxins. Olive & grape seed oils protect, smooth & condition while fortifying the skin with antioxidants, & a unique blend of Asian herbs stimulate circulation. Your skin is smooth, soothed & protected. Includes full body massage.

Why not add on a Thermal Touch Therapy for the scalp to any of our body treatments. At this very moment, you're storing the days stress in your scalp! Quickly release tension while infusing skin & hair with oceanic minerals & essential nourishment vital to skin health.

DEEP THERMAL THERAPY WITH THERMAL TOUCH TECHNIQUES THERMAL STAMP 90 MINS €105

Inspired by the practices of Thai Therapy of the 14th century, this Thermal Body Therapy Treatment utilises a unique fabric stamp filled with skin benefiting ingredients & the power of heat to detoxify, remineralise, de-stress, exfoliate & relax. Natural Earth clay draws out impurities while Ginger & White Tea stimulate circulation & smooth skin. The deep manipulations along pressure points and the meridians of the body relieve muscle tissue & work to rebalance the body. Using heat, the thermal stamp manipulates ingredients into the skin while relaxing and soothing tired muscles. It can be used to treat a variety of skin conditions.

THERMAL TOUCH PURIFYING BACK TREATMENT 30 mins €45
De-stress your muscles & cleanse the skin of impurities with this purifying & relaxing back treatment. A deeply cleansing scrub sloughs off dead skin cells, readying the skin for the removal of toxins. Your neglected back will be cleansed, polished, hydrated & refreshed.

REVIVE BACK TREATMENT 30 mins €40
Exfoliation of the back is followed by a Jasmine based aromatic massage. A natural clay based mask is applied to the back while pressure points of the scalp are worked on. A relaxing treat for the neglected back.

A FULL BODY OR BACK MASSAGE CAN BE ADDED TO ANY OF THE EXFOLIATION OR WRAP TREATMENTS.

Massage

AROMATHERAPY MASSAGE 60 MINS €65

Aromatherapy is the practice of using essential oils from plants for their therapeutic properties, to delight the senses and balance the body, mind and spirit. Promoting total relaxation. Blended to suit your individual needs for psychological and physical well-being.



SWEDISH MASSAGE 60 mins €60

This popular massage technique improves circulation & elimination of toxins, which aids in reducing cellulite, eases muscle aches and tension, increases flexibility and creates relaxation. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management. Beneficial to exercisers by helping shorten recovery time from muscular strain

DEEPTISSUE MASSAGE 60 MINS €60

Incorporating a combination of deep tissue massage techniques aimed to release muscle stiffness and tension. Adapted to suit individuals needs

HOLISTIC MASSAGE 60 MINS €60

The holistic approach takes into account the person's whole being, and not just the physical symptoms or problems. The treatment enables the person to improve their health and re-establish their body's natural equilibrium, known as homeostasis

INCOMPARABLE BODY MASSAGE 1 HR 15 MINS €70

A gentle relaxing massage of the body combined with hands & feet, cocooned in a heated a nourishing masque finishing with pressure point massage of face & scalp

BACK,NECK & SHOULDERS/BACK MASSAGE 30 MINS €40

Maximum tension-relieving results for those with minimal time. Specifically targeting the back, shoulders and neck areas.

FACE AND SCALP MASSAGE 30 MINS €40

A pressure point massage of the face and scalp to promote relaxation and balance the mind and body. Scalp massage is a great way to promote scalp circulation and boost healthy hair growth A caring face massage will smooth away some of this tension, leaving you looking (and feeling) more at ease and relaxed. Uses specifically blended oils.

All massages are tailored to your individual needs and can have aromatherapy oils incorporated into them.

REFLEXOLOGY 55 MINS €60

Reflexology can be used to help restore & maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance. Reflexology has been shown to be effective for back pain, migraine, infertility, arthritis, sleep disorders, hormonal imbalances, sports injuries, digestive disorders and stress related conditions. It can also help many common pregnancy ailments. Research has shown that women who have regular reflexology treatments during pregnancy have shorter labours. The course of treatment will vary depending on your body's needs. Usually about six weekly sessions are recommended for optimum results.

Bupa/quinn health approved

Grooming Treatments

Eyebrow shaping	€12
Eyebrow tint	€10
Eyelash tint	€14
Combination	€30

WAXING

Full leg	€30
Half leg	€18
Bikini	€12
Underarm	€12
Lip/ Chin	€12
Full Leg & Bikini	€40

FOR HIM

Chest or back	€25
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FOR THE HANDS...

File & polish	€15
File & French polish	€20
File & buff (men)	€10

MINI MANICURE €25

Soak, file, cuticle work and polish of your choice.

HOUSE MANICURE €40

Manicure with gentle hand soak nail shaping, cuticle work, a hand and arm massage. Finished with polish of your choice

DELUXE MANICURE €55

A relaxing experience, the hands are steamed with hot towels as you lie in our atmospheric treatment room, then incorporating your personal customisation with one of our specialised treatments (while hands are cocooned in a nourishing mask) your therapist will de-stress you with a scalp massage.

REVIVE

HAND TREATMENT

30 MINS €35

Formulated with Neroli for its restorative benefits & Rosemary to moisturise and protect, this nourishing treatment with the use of heated mittens for deeper penetration, hydrates & conditions the hands.



FOR THE FEET...

File & polish	€15
File & buff	€10
File & French polish	€20

MINI PEDICURE €25

Soak, file, cuticle work and polish of your choice.

HOUSE PEDICURE €40

Treatment consists of nail shaping, cuticle work and a leg and foot massage. Finished with a polish of your choice

DELUXE PEDICURE €55

The feet are pampered and groomed in a relaxing atmosphere with the addition of your personal customisation with one of our specialised treatments.

To prevent smudging open toe sandals are recommended to be worn post treatment

REVIVE FOOT TREATMENT 30 MINS €35

A soothing treatment formulated with essential Tea Tree and peppermint oils and botanical of Apple to soothe and relax sore, tired feet incorporating a massage, leaving them refreshed and revitalised

Specialised Grooming Treatments

DERMALOGICA MULTIVITAMIN HAND /FOOT TREATMENT 30 MINS €45

This treatment gives your hands and feet the latest in Retinol-based vitamin repair, plus the deep moisturising benefits of a soothing paraffin wax bath. Instant Hydration and Repair for dry, chapped or prematurely ageing hands and feet.

To maintain results it is recommended to use Dermalogica multivitamin hand & nail treatment spf 15 as your professional home care .



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DERMALOGICA

THERMAL TOUCH TREATMENT 20 MINS €35

This thermal touch treatment is designed to cleanse, exfoliate, hydrate and condition the hands & revitalise the feet so they are smoother, brighter, healthier & refreshed.

PARAFFIN MASK 20 MINS €30

The hands and feet are exfoliated, followed by a luxurious hot paraffin mask, enriched with vitamin E, to hydrate and nourish the skin, leaving a smooth, silky finish

TANNING

FULL BODY SPRAY TAN €40

HALF BODY SPRAY TAN €25

Top up within 3 days €25/€15

Packages

DETOX 3HRS 30 MINS €160

- Aromatherapy full body massage
- Sea Mud therapy wrap
- Facial of your choice

DE-STRESS 3 HRS 30 MINS €195

- Deep thermal therapy with thermal touch techniques
- Reflexology session
- Facial of your choice

MUM TO BE PACKAGE 3 HOURS €150

- Hydrotherapy wrap (non-thermal).
- Facial of your choice
- Reflexology

MINI PACKAGE 90 MINS €90

- Express facial
- Thermal touch therapy for hands and feet
- Back treatment

Conditions

- For new clients, a patch test is required 48 hours prior to tinting & waxing treatments
- For full body massage, underwear must be worn
- Please arrive 15 mins before your appointment to complete consultation
- Late arrivals will result in reduced treatment time at the full listed price
- Revive accepts no responsibility for loss or damage to personal property on or about the premises
- Credit card details required to book an appointment and failure to give 24 hours notice of cancellation will result in a 50% charge to your card of the treatment cost.

Opening Hours

Monday - Closed

Tuesday 10-6

Wednesday 10-6

Thursday 10-8

Friday 10-6

Saturday 10-5

To book your appointment please call us on:

00 353 (0) 46 902 6960

or email:

info@decoycountrycottages.ie

or visit us at:

www.decoycountrycottages.ie

GIFT CERTIFICATES AVAILABLE

Full range of Dermalogica products
available for purchase

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