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The Peacock Salon

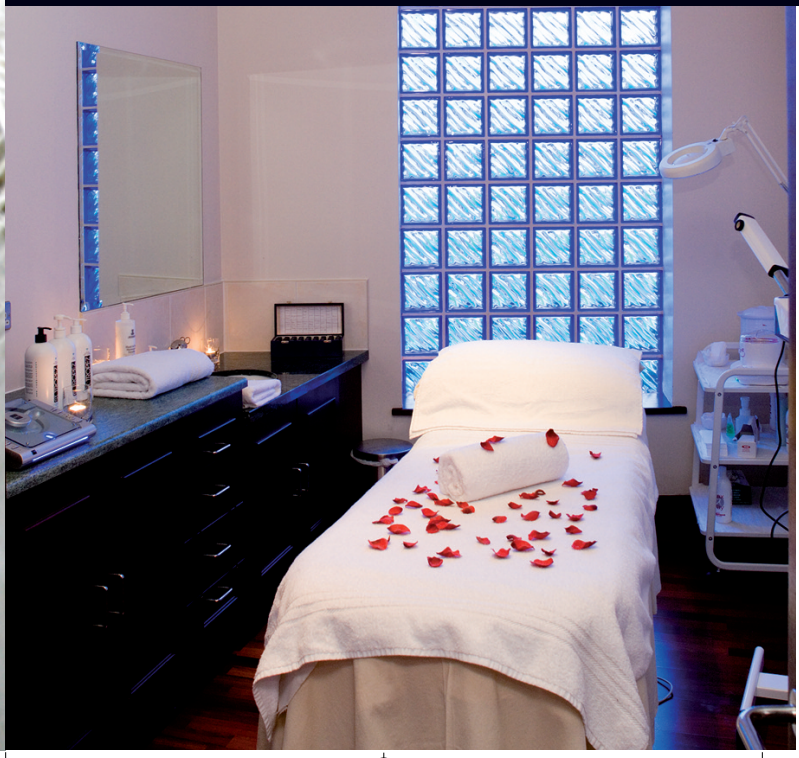
HEALTH SPA & BEAUTY CLINIC

A Special Time

We invite you to come and experience the ultimate in relaxation, with us at The Peacock Salon Health Spa & Beauty Clinic.

Allow yourself time out to drift away, while being pampered by our experienced staff, cocooned within our quite calming ambience.

'Relaxation means releasing all concern and tension and letting the natural order of life flow through one's being'



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All of the Treatments are available to members & non-members Seven Days a week

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Bookings and Enquiries
Tel: (01) 802 5906 / (01) 823 7709
Email: westmanstown@crunchfitness.ie

Preparation for your Spa Experience

The Peacock Salon is located on the mezzanine floor of the Crunch Fitness Premier Westmanstown. The salon is a tranquil haven offering full beauty therapy and day spa services.

We want you to gain the most from your experience at The Peacock Salon, so we would like to inform you that clients who book treatments receive complimentary access for the day to our Crunch Fitness Premier Facilities. This includes full use of spa including Jacuzzi, Sauna, Steam room and free usage of the gym.

Prepare for your treatment

- If it is your first visit to The Peacock Salon for tinting, waxing or tanning we would recommend that you have a patch test 24hrs prior to your treatment.
- When having a pedicure, it is advisable to bring with you open-toed shoes or flip-flops to wear at the end of the treatment as nail polish takes a considerable amount of time to dry.
- When having a tan, loose, dark, comfortable clothing is to be worn, no tight-fitting shoes. Skin should be clean and dry with no products (perfume, body lotion deodorant etc)

Please note

- Some treatments should be avoided during pregnancy, please contact one of our therapists who will advise you.
- The Peacock Salon is a place for tranquillity therefore unwind and relax and please turn off your mobile phones.
- Providing that there are no medical problems that would stop you from doing so, a sauna before a treatment relaxes the muscles and opens the pores. The sauna is particularly effective if you suffer from stiffness of the muscles or joints or suffer from arthritis or other related conditions.
- Avoid wearing make-up to a facial treatment. Your therapist will have to remove it and that takes time away from your treatment.
- Avoid wearing jewellery to a treatment or to the Spa.
- Please remember to shower before treatments.
- If for whatever reason you are unable to make your appointment we do ask that you give us a minimum of 24 hours notice. If you are running late every effort will be made to honour your full treatment time, however this may not always be possible.
- If there is any particular treatment that you would like to experience and it is not available in The Peacock Salon, please let us know and we will do our best to accommodate where possible.

Gift vouchers are available for all treatments and are valid for 6 months after date of issue.

Massage

Full body aromatherapy massage 55min €65
Essential oil blends are specially selected to suit your personal needs.

Deep tissue full body massage 55min €63
Working deeper into the muscle fibres, soothing aches and unwanted stress.

Four hand massage 1hr €120
The ultimate body massage, two professional massage therapists working together in a rhythm to heathen your massage experience.

Hot stone massage 1hr 10min €100
Hot stone massage can be a dual purpose massage. Due to the heat of the stones it is always a highly relaxing, stress reducing massage. The hardness of the stones allows your therapist to address specific problem areas with more detailed work or deeper pressure.

Green feather aromatherapy massage 1hr 10min €80
A green feather massage is a relaxing de-stressing full body aromatherapy massage. This treatment begins with the feet soaked in a bath of rose water followed by a tension release Indian head & full body massage.

Indian head massage 30min €45
This treatment is for easing headaches, tension and sinus problems.

Back, neck and shoulder aromatherapy massage 30min €45

Ear candling 40min €60
This treatment offers pressure points in the head followed by the ear candling which helps clear the sinuses and offers relief from ear infection. Added to this is lymphatic drainage of face and shoulders.

Ear candling Course of 5 €240

Swedish Full Body massage 55min €63

All Massages can be bought as a course:
buy 4 and get the 5th one FREE or buy 5 and get the 6th one FREE
plus 10% OFF total price.

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Facials

Prescriptive facial 1hr €65
This treatment is completely customised by your skin care therapist to suit your skin individual needs incorporating face mapping skin analysis. This treatment is deeply relaxing while leaving your skin refreshed and glowing.

Ultra calming (sensitive) treatment 1hr €60
If your skin is looking red, inflamed or feeling itchy, then this treatment is for you! This super soothing treatment is ideal for sensitised skin.

Acne control treatment 1hr €55
A medicated clearing treatment that targets current blemishes while helping to prevent future breakouts. Focusing on purifying your skin with deep cleansing followed by extractions, it also helps to calm sensitivity.

Dermalogica booster facial 40min €40
This facial will be customised to your individual needs. Enjoy the benefits of our award-winning facial care range.

Dermalogica multivitamin anti-aging facial 1hr 10min NEW €75
This is a luxurious facial that includes special exfoliation for anti-aging that brings back illumination to your skin. Followed by massage on the shoulders, neck, hands and feet.

Skin brightening treatment 1hr NEW €65
This treatment helps to stop uneven pigmentation. When combined with proper home care, actually regulates pigmentation on a cellular level, helping to balance the complexion.

Revitalising eye rescue 30min NEW €30
A masque of soothing moisturizer which helps reduce fine lines and puffy eyes.

Dermalogica microzone treatment 25min NEW €25
Microzone Dermalogica treatments are 25 minute zone targeted treatment solutions. These treatments are offered to address zone specific issues such as breakouts, congestion and even the need for exfoliation on your skin.

Mini facial treatment 30min €35
A facial cleans, exfoliates and facial mask is applied to target your skin type (dry, oily, combination, sensitive, mature) to promote clear and well-hydrated skin.

Dermalogica face scanning 10min NEW €10
The Skin Scanner is a piece of equipment that uses a Light allowing both the therapist and the client to look "beneath" or "through" the skin to reveal the full condition, thus allowing for an accurate skin analysis and prescriptive treatment to be given, in turn giving you the opportunity to achieve the perfect complexion.

skin
smoothing
cream
dermalogica®
a skin care system researched and developed by The International Dermal Institute
1.7 Fl. Oz. / 50 mL
daily resurfacer
35 doses (.51 FL OZ / 15 mL)
dermalogica®

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Mini face lift – without surgery 45min NEW €60
Super thermal modelling mask, which is full of minerals and crystals. Lifts the cheeks and firms the jaw line, diminish appearance of fine lines and wrinkles.

The mask can also be applied to stimulate blood circulation and has a slimming effect.

DERMALOGICA BODY TREATMENTS

Exfoliating body scrub treatment 35min €45
This Hydroactive Mineral Salt exfoliating body scrub, customised with aromatherapy essential oils, smooths away surface debris while restoring vital nutrients to tired skin.

Dermalogica sea mud wrap 45min €55
Detoxify, exfoliate and nourish your body with a purifying seaweed and mineral mud poultice sealed in a warm, relaxing wrap. Infused with aromatic, botanical extracts and fruit enzymes, this treatment will leave your skin smooth and supple.

Dermalogica feet ritual 50min €30
Clean of feet, exfoliate with our EA35 that take off the dry skin and soft the callus of the feet, finish off with a masque.

Anti-aging hand treatment 30min €25
Cleans the hand, multivitamin capsule exfoliate, multivitamin masque + massage.

BODY TREATMENTS

Detoxifying body wrap 45min NEW €50
Provides maximum firming benefits while encouraging skin to eliminate damaging toxins. Caffeine promotes micro-cellular circulation and reduces the appearance of cellulite, sea algae moisturises and softens, green coffee provides antioxidants, kaolin clay detoxifies the body by pulling toxins through the epidermal layer.

Body exfoliation and polish 30min NEW €30
Exfoliate dead skin cells, draws away impurities from the body and softens the skin. Suitable for more sensitive skin types.

Our Instore Dermalogica Product Range

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Men's TREATMENTS

MASSAGE

Men's healing back treatment 40min €45
Back exfoliation. Seaweed mask applied on back covered by plastic sheet and towel and back of legs massaged.

Back, neck & shoulder aromatherapy massage 30min €45
Course of 5 €210

Indian head massage 30min €45
This treatment is renowned for easing headaches, tension and sinus problems.

Balinese massage 1hr 10min NEW €100
Balinese massage – an interactive manipulation of the body using passive stretching and gentle pressure along energy lines. It helps increase flexibility, stimulate internal organs and balance the body's energy system.

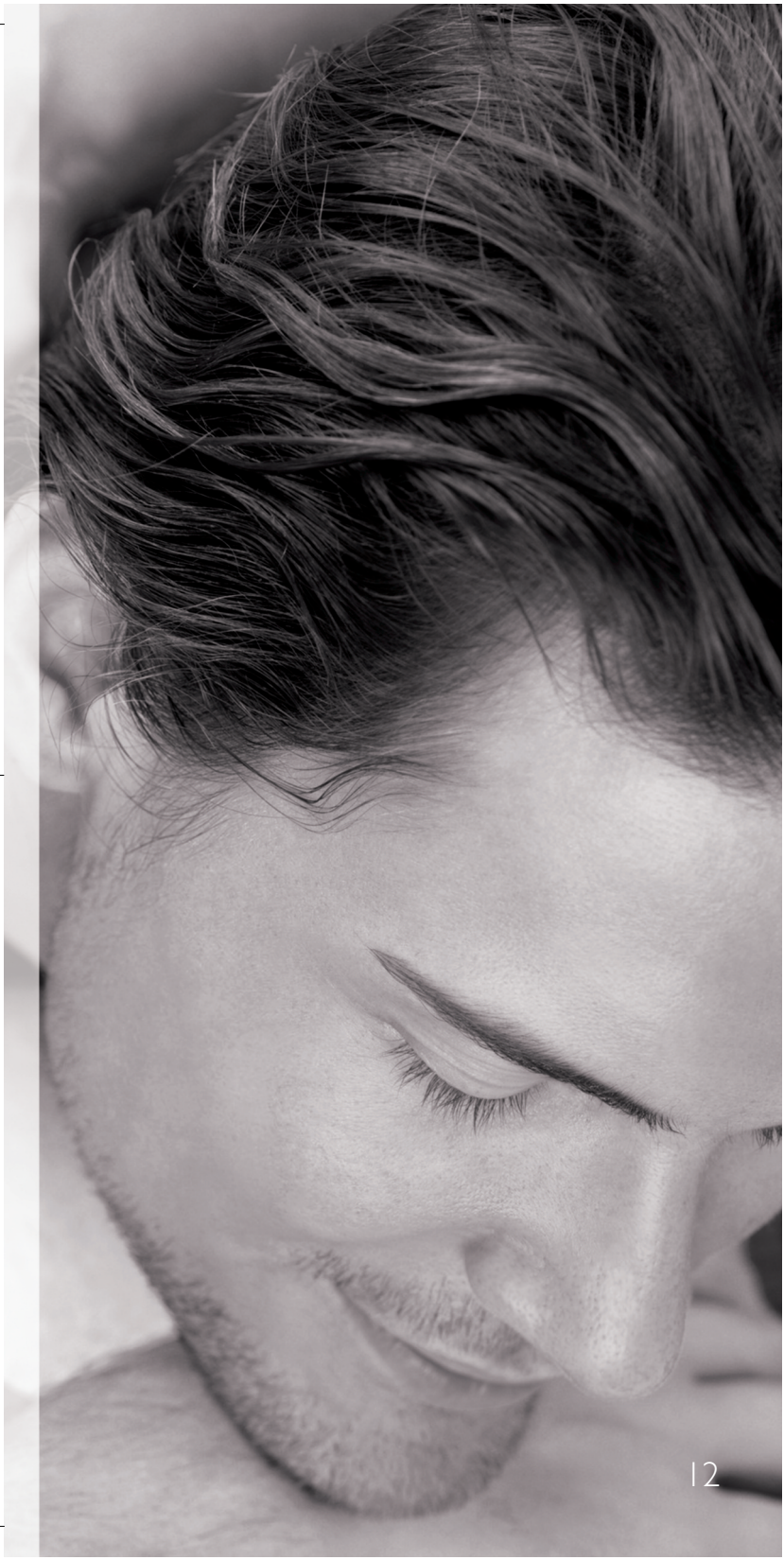
Hot stone massage 1hr 10min NEW €100
Hot stone massage can be a dual purpose massage. Due to the heat of the stones it is always a highly relaxing, stress reducing massage.
The hardness of the stones allows your therapist to address specific problem areas with more detailed work or deeper pressure.

Swedish massage 55min €63
Swedish massage relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow. The main purpose of **Swedish massage** is to increase the oxygen flow in the blood and release toxins from the muscles.

It stretches the ligaments and tendons keeping them supple and pliable. It also stimulates the skin and nervous system and soothes the nerves themselves at the same time.

Deep tissue full body massage 55min €63
Working deeper into the muscle fibres, soothing aches and unwanted stress.

Full body aromatherapy massage 55min €65



Men's TREATMENTS

FACIAL

Dermalogica express facial for men 30min €35
This express treatment educates the client on skincare and what products would be of benefit to his individual needs, while applying products exclusive to the male care range.

Men's prescriptive facial treatments 1hr €65
Designed to treat problems specific to men's skin. Deep cleansing treatment using an exfoliating scrub to help with ingrown hairs caused by shaving. We also relieve the tension with shoulder massage.

Dermalogica booster facial 40min €40
This facial will be customized to your individual needs. Enjoy the benefits of our award-winning skin care range.

Acne control treatment 1hr €55
A medicated clearing treatment that targets current blemishes while helping to prevent future breakout activities. Focusing on purifying your skin with deep cleansing followed by extractions, it also helps to calm sensitivity.

Dermalogica multivitamin anti-aging facial NEW €75
1hr 10min
This is a luxurious facial that includes special exfoliation for anti-aging that brings back illumination to your skin. Followed by massage on the shoulders, neck, hands or feet.

Power regeneration treatment 1hr NEW €100
Dermalogica's most powerful treatment for premature aging, sun damaged & dry skin. There are immediate visible results on the skin from using the multivitamin Power exfoliant. Contour Masque is applied to leave your skin noticeably firmer, smoother & revived.

WAXING

Stomach 10min	€12
Chest wax 30min	€28
Chest & stomach 35min	€38
Chest & shoulders 35min	€40
Upper back (including shoulders) 30min	€40
Full back for men 1hr	€45
Upper back, chest and stomach 1hr	€65

MANICURE·PEDICURES

Men's mani or pedi 20min €20

Manicure 40min €25
Nails are filed and shined, hand exfoliation along with massage.

Pedicure 40min €35
Nails are filed, foot scrub, soak, hard skin removed from heels and base of feet followed by massage.

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Manicures & PEDICURES

Manicure 1hr €30
(with French) €32
Nails are filed and shined, hand exfoliation along with massage & polish.

File & polish 20min €18
(with French) €20

Deluxe manicure 1hr 15min €38
This treatment is to pamper your tired hands. Filed, cuticle work, scrub, masque, massage, paraffin wax and the polish of your choice.

Pedicure 1hr 15min €38
(with French) €40
Nails are filed, foot scrub, soak, hard skin removed from heels and base of feet followed by massage and polish.

File and polish pedicure 20min €18
(with French) €20

Deluxe pedicure 1hr 15min €43
This treatment is to pamper your tired feet. Filed, cuticle work, scrub, masque, massage, paraffin wax and the polish of your choice.

Mini Mani 40min €22

Mini Pedi 40min €30

SHELLAC NAIL TREATMENTS

Say good-bye to chips, smudges, and dry time and say hello to Shellac Hybrid Nail Colour! This revolutionary product is the first hybrid nail colour that applies like polish, wears flawlessly for 14 days of high gloss shine, and is removed in minutes Shellac manicures and pedicures resist chipping and fading and can last as long as three weeks.

Shellac file and polish 30min €30
Shellac file and polish with French 40min €35
Shellac manicure 60min €50
Shellac manicure with French 60min €55
Shellac pedicure 60min €60
Shellac pedicure with French 65min €65
Shellac removal 15min €15

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SPRAY TANS

St Tropez

Full body 20min €28

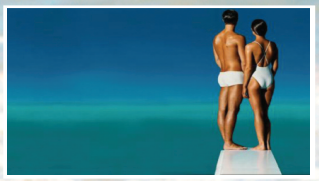
Half body 15min €22

Loose, dark, comfortable clothing is to be worn, no tight-fitting shoes.

Vita Liberata (X Factor)

Full body 20min €28

Half body 15min €22



ST TROPEZ

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Eye TREATMENTS

Eyelash tint 20min	€18
Eyebrow tint 15min	€13
Eyebrow shape 15min	€13
Eye combo (all three) 30min	€30

Waxing

Full leg 45min	€40
Half leg (upper) 30min	€28
Half leg (lower) 25min	€25
Bikini line 20min	€20
Underarm 15min	€15
Tummy line 10min	€10
Forearm (wrist to elbow) 15min	€23
Full arm 30min	€28
Lower back 15min	€13
Lip, chin or brow 15min	€13
Side of face 15min	€13
Back of upper leg 15min	€13
***Half leg & bikini line** 45min	€35
***3/4 of leg & bikini line** 1hr	€45
***Full leg & bikini line** 1hr 10min	€50
***Full leg & Californian** 1hr 15min	€65
***Full leg & Brazilian** 1hr 20min	€75
***Full leg & Hollywood** 1hr 30min	€85
***Full leg & Playboy** 1hr 35min	€90

SPECIALISED WAXING

Californian 25min	€35
Brazilian 35min	€45
Hollywood 45min	€50
Playboy 1hr	€65

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Peacock Indulging PACKAGES

PEACOCK BRIDAL PACKAGE €184
(with Shellac additional €15)

- Half leg & bikini wax
- Manicure
- Pedicure
- Booster facial
- Eyelash tint
- Eyebrow shape

MOTHER OF THE BRIDE PACKAGE €159
(with Shellac additional €15)

- Dermalogica multivitamin anti-aging facial
- Eyelash tint
- Eyebrow shape
- Manicure
- Pedicure

HOLIDAY SPECIAL I €116
(with Shellac additional €15)

- Full body exfoliation
- Eyelash tint
- Eyebrow shape
- Express manicure
- Express pedicure

HOLIDAY SPECIAL II €99

- Full leg and bikini wax
- Underarm wax
- Eyebrow shape
- Express manicure
- Express pedicure

PEACOCK DEBS PACKAGE I €64
(with Shellac additional €15)

- Spray Tan
- Express manicure
- Express pedicure

PEACOCK DEBS PACKAGE II €95
(with Shellac additional €15)

- Spray Tan
- Eye Combo
- Express manicure
- Express pedicure

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PRE-OCCASION PAMPER €92

(with Shellac additional €15)

Includes use of sauna, steam room, jacuzzi and gym.

- Body exfoliation
- Full body spray tan
- Express manicure
- Express pedicure

HALF DAY SPA PACKAGES

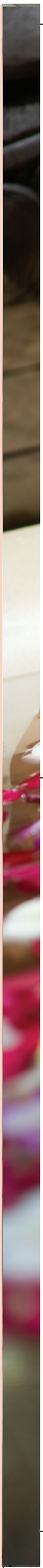
Includes use of sauna, steam room, jacuzzi and gym.

HALF DAY SPA I 3hrs €140

- Full body massage
- Dermalogica prescriptive facial (including face mapping and face scanning)
- Express manicure
- Express pediicure

HALF DAY SPA II 4hrs €199

- Dermalogica sea mud wrap
- Full body aromatherapy massage
- Dermalogica prescriptive facial (including face mapping and face scanning)
- Eye Combo (eyebrow shape, eyebrow tint & eyelash tint)



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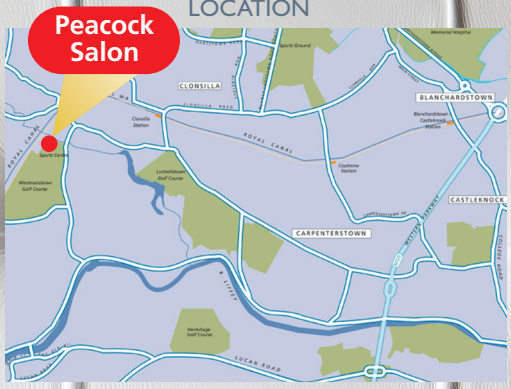
LOCATION



Reservations can be made in person or by telephone on

(01) 823 7709

24 hours notice of cancellations is required
For bookings of over one hour,
we require fifty percent deposit payable by credit card.
This is fully refundable if we receive a minimum of
24 hours notice on cancellation.

Opening hours
Mon to Fri: 10am-8pm· Sat and Sun: 10am-7pm· Bank Holidays: 10am-7pm

The Peacock Salon

HEALTH SPA & BEAUTY CLINIC

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