

“Lose yourself in a world of complete relaxation”

ESPA is a simple collection of individual products rich in essential oils, plant extracts and marine elements. Deeply relaxing and de-stressing oils, revitalising seaweeds and natural ingredients help to achieve outstanding results on face, body and mind.

Every ESPA treatment is a totally unique, caring experience and the ultimate in luxury. By taking a holistic approach, the treatments are as much for your inner-self and mind as they are for your face or body. By using products tailored to your needs and combining them with advanced therapy techniques, ESPA has become a name that is synonymous with quality and outstanding results.

GIFT VOUCHERS

The perfect gift for any occasion. Gift vouchers are strictly valid for 6 months from the date of issue and are non-refundable.

CANCELLATION POLICY

We reserve the right to charge 50% of the treatment price if cancellations are made less than 24 hours before your appointment time.

If you fail to attend your appointment, the full price of your treatment will be charged.

Please respect the relaxing atmosphere at Alison Byrne Health & Beauty and kindly turn off your mobile phones.

We also stock a full range of ESPA, ST.Tropez, Jessica and i.d Bare Escentuals mineral make-up.

ESPA INTENSIVE FACIALS

All ESPA facials include acupressure point massage and lymphatic drainage to the face neck and shoulders and a deeply relaxing oriental massage to the scalp. Essential oils and products are chosen for specific needs and concerns.

HOLISTIC BACK, FACE AND SCALP TREATMENT

(1 hour 25 minutes)

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. Followed by an ESPA intensive facial tailored to your individual needs and finished with a therapeutic head massage to help clear the mind, calm the spirit, and ease tension.

AROMATHERAPY FACIAL

(55 minutes)

Suitable for all skin types, this deep cleansing and relaxing aromatherapy facial purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and Oriental Head Massage to leave the mind clear and the skin radiant and moisturised.

REGENERATING FACIAL

(55 minutes)

An intensive boost for maturing, stressed, or distressed skin. Included in this facial are products from the ESPA Concept range, to give concentrated protection and nourishment. Focusing on regenerating, firming and nourishing, this facial leaves the skin fresh, revitalised and toned.

RE-HYDRATOR FACIAL

(55 minutes)

Ideal for dry, dehydrated, flaky and tired skin, this re-hydrating facial is an excellent regenerating boost. Gentle deep cleansing and exfoliation helps the skin to improve the absorption of nourishing and moisturising masks, facial oils, Botanical Rescue Balm, and moisturisers, specifically chosen for their deeply re-hydrating benefits. This facial leaves the skin soft, smooth, supple and nourished.

SKIN BRIGHTENER FACIAL

(55 minutes)

This rejuvenating facial is perfect for all skin types, particularly when environmental stress, business pressures, illness or lack of sleep can leave you with dull, lifeless and sallow skin.

This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, and other regenerating skin products rich in anti-oxidants, which are skin softening and smoothing, whilst visibly improving the radiance, appearance and texture of the skin.

REBALANCING FACIAL

(55 minutes)

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance, this deep cleansing facial helps to regulate oil secretions whilst refining open pores. After cleansing with a naturally foaming cleanser made with Yucca, Sugar Beet and Honey, this facial uses products with naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme, to help soothe, calm and rebalance the skin and encourage a clear complexion.

WAXING

Full leg
3/4 leg
1/2 leg
Bikini
Brazilian
Hollywood
Underarm
Forearm
Lip / Chin / Both
1/2 leg, Bikini and Underarm
Full leg and Bikini

ESPA LUXURY WAXING

Full leg
1/2 leg

PAMPER PACKAGES

Relax and unwind by treating yourself to one of our pamper packages.

Relax

(1 hour 30 minutes)

ESPA Aromatherapy Facial, and a Back, Neck and Shoulder Massage

Bliss

(1 hour 30 minutes)

Back Neck and Shoulder Massage or Indian Head Massage, Jessica Prescriptive Manicure or ZenSpa Pedicure

Retreat

(1 hour 45 minutes)

Swedish Body Massage, Jessica Prescriptive Manicure or ZenSpa Pedicure

Revive

(2 hours 30 minutes)

Body Polish, ESPA Aromatherapy Body Massage and ESPA Skin Brightener Facial

Indulge

(3 hours 30 minutes)

ESPA Aromatherapy Body Massage, Intensive ESPA Facial and Hydrator Body Wrap

Time Out

(3 hours 30 minutes)

ESPA Express Facial, Regenerating and Firming Eye Treatment, Back, Neck and Shoulder Massage and ZenSpa Deluxe Pedicure

Holiday Prep

(2 hours 30 minutes)

ESPA 1/2 leg Wax, Bikini and Under Arm Wax, ZenSpa Pedicure and Eye Lash Tint

Proprietor Alison Byrne BABTAC, MAR.

STEREX BLEND ELECTROLYSIS

Permanent hair removal with the Sterex Blend method. Treatments are tailor-made to suit you and can be carried out on virtually all parts of the body.

ADVANCED COSMETIC PROCEDURES

This term covers the safe removal of Broken Capillaries, Spider Naevi (teleangietasia), Blood Spots, Skin Tags, Milia, Verrucae, various types of warts, and hairs found in moles.

The treatment is carried out using various methods of Sterex Electrolysis. You will be required to attend a thorough consultation before treatment begins and may be required to gain G.P. approval to treat certain conditions.

Treatment is sold in blocks of 15 minute sessions.

EAR PIERCING

Safe and sterile using the Caflon Ear Piercing System.

MEDICAL BEAUTY / REFERRAL CLINIC

Available at Alison Byrne Health & Beauty; - please ask for details.

MAKE UP - i.d. Bare Escentuals

Using revolutionary 100% pure micronised mineral make-up.

Make-up that looks and feels totally natural-because it is! No chemicals, preservatives, oils or talc.

Bare Escentuals make-up is so pure you can sleep in it. Not only does Bare Escentuals make your skin look and feel great, but it helps improve and clear the complexion, whilst also protecting it from sun damage. SPF 15 +

ST.TROPEZ TANNING TREATMENT

(1 hour 15 minutes)

Indulge yourself with the richest looking tan in the most luxurious way. A body polish removes any dry skin and prepares you for an application of St. Tropez Tanning Lotion to produce a flawless golden tan. Ideal for acquiring an instant, healthy, all over tan without risk from harmful rays.

EYE TREATMENTS

Eyebrow Shape

Eye Lash Tint (including hand massage)

Eye Brow Tint

Eye Lash and Brow Tint

Eye Brow Shape, Lash and Brow Tint

For tinting a patch test is required 24 hours prior to treatment.

REGENERATING AND FIRMING EYE TREATMENT

(25 minutes)

Perfect for those who are concerned with the first signs of ageing, which appear around the eye area.The 'Eye Lift' is also a welcome treat for those suffering from eye strain and computer headaches, and also contact lens wearers. A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, helping to reduce the appearance of fine lines and protect against the environment.

THE ALISON BYRNE TEEN FACIAL

(55 minutes)

A gentle facial, treating a younger skin to help combat blockages and breakouts. This treatment includes Steam Cleansing and High Frequency. (No scalp massage.)

ESPA BODY TREATMENTS

ESPA AROMATHERAPY MASSAGE

(1 hour 15 minutes)

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils.A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

(Includes face and scalp massage).

Choose from one of the following intensive massages to relieve physical tension and calm or uplift the spirit:

DETOXIFIER – using a detoxifying blend of cleansing Citrus oils.

DE-STRESSER – using relaxing and calming essential oils to soothe and de-stress.

INTENSIVE MUSCLE WARMER – using warming and stimulating essential oils to ease aches and pains.

JET-LAG REVIVER – rebalance energy levels with an energising blend, or relax into untroubled sleep with soothing essential oils.

IMMUNE BOOSTER – using a powerful blend of Tea Tree and Eucalyptus essential oils, known for their natural anti-viral and anti-bacterial properties.

TOTAL HOLISTIC BODY CARE

(1 hour 40 minutes)

Ultimately the most wonderfully relaxing treatment.This all-encompassing treatment begins with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a deep body,face and scalp massage, using a blend of essential oils chosen to suit your individual requirements.

LIFESAVING BACK TREATMENT

(1 hour)

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation, to help stimulate circulation and cell renewal. Followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin; this relaxing treatment will leave you feeling refreshed and renewed.

BODY POLISH

(25 minutes)

An exclusive body and skin enhancing treatment, which can be used either in isolation to remove dead or dry skin, or as a preparation for an Aromatherapy Massage. This complete exfoliation will cleanse and invigorate the body.

SALT AND OIL SCRUB

(25 minutes)

This exceptional skin softening body exfoliation combines Sea Salts, nourishing oils and essential oils to leave your skin feeling moisturised, soft and smooth.

LUXURY WAXING

Skin brushing and exfoliation to help prepare the skin prior to waxing. The treatment is finished with an application of a light, moisturising balm to soothe the skin, leaving the legs luxuriously smooth and soft.

ESPA ULTIMATE BODY WRAPS

DETOXIFYING ALGAE WRAP

(55 minutes)

This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and an Algae envelopment rich in minerals, which is designed to boost the metabolism and speed up the elimination of toxins. The treatment includes a full head massage using individually chosen essential oils for total relaxation.

RESTORATIVE MUD ENVELOPMENT

(55 minutes)

Marine Mud is known for its skin conditioning properties and is ideal for dry, dehydrated skin requiring nourishment and rebalancing. This wrap includes a full body exfoliation and an Oriental Head Massage to help ease tension and leave the skin feeling purified and smooth.

OSHADI ENVELOPMENT

(55 minutes)

Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices and therapies. After a full body exfoliation, plants and spices are infused with essential oils to form a nourishing mask, which warms and hydrates the skin and helps to relieve aching muscles and joints.

SKIN HYDRATOR BODY WRAP

(55 minutes)

A truly luxurious experience including lymphatic skin brushing, skin smoothing body exfoliation and an envelopment with oils rich in Palma Rosa and Myrrh. Combined with the Deeply Nourishing Body Cream with Wild Yam, and skin conditioning Marine Mud. Followed by a mind calming Oriental Head Massage, to achieve ultimate tranquility.

SWEDISH BODY MASSAGE

(1 hour)

A full body massage designed to ease tension, relieve stress, and promote a general state of wellbeing.

BACK, NECK AND SHOULDER MASSAGE

(30 minutes)

The effects of stress often manifest in tense muscles in the neck, shoulder and back. This massage concentrates on these areas, leaving a feeling of deep relaxation.

HANDS AND FEET

JESSICA PRESCRIPTIVE MANICURE

(45 minutes)

A treatment manicure, which analyses and treats each nail for its specific nail type. The cuticles are cared for with treatment oils and creams. The nail shape is perfected and treatment basecoats and colour are applied for the perfect finish.

JESSICA DELUXE MANICURE WITH THERMAL MITTENS

(1 hour 10 minutes)

The Jessica Prescriptive Manicure, using thermal mittens for deeper penetration of treatment oils and creams, whilst softening cuticles, improving circulation and soothing stiff joints.

JESSICA DELUXE MANICURE WITH LE REMEDI HAND TREATMENT

(1 hour 10 minutes)

An effective, luxury 'Facial' treatment for the hands. Hands will feel softer, smoother, firmer and more attractive. Combined with the Jessica Prescriptive Manicure... the ultimate in hand and nail care.

ZENSPA PEDICURE

(1 hour)

ZenSpa deep cleanses and exfoliates dry, dull skin. It works to rejuvenate skin to a healthier and softer condition.This pedicure is a luxury treatment, leaving the feet feeling relaxed and refreshed. Finished with perfectly pedicured and polished toenails.

ZENSPA DELUXE PEDICURE

(1 hour 15 minutes)

The ZenSpa pedicure, using thermal heated 'Booties' for deeper penetration of treatment oils and creams. Softening cuticles, improving circulation and soothing stiff joints.

It is strongly advised that you bring open toed footwear with you when having a pedicure.

LIFESAVING BACK TREATMENT

(1 hour)

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation, to help stimulate circulation and cell renewal. Followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin; this relaxing treatment will leave you feeling refreshed and renewed.

FLIGHT REVIVER / JET LAG

(55 minutes)

Travelling through time zones can disturb your body's natural rhythm. This full body massage uses powerful aromatherapy oils to help reset your body clock, soothing and relaxing to induce sleep, or revitalising and energising to leave you feeling fresh and alert.

BACK, NECK AND SHOULDER MASSAGE

(30 minutes)

The effects of stress often manifest in tense muscles in the neck, shoulder and back. This massage concentrates on these areas, leaving a feeling of deep relaxation.

EXECUTIVE FOOTCARE FOR MEN

(1 hour)

Toenails are perfectly shaped, cuticles conditioned, and feet massaged. A luxurious foot treatment to help combat the build up of hard, dry skin.

EXECUTIVE HAND AND NAIL TREATMENT

(45 minutes)

Using the Le Remedi hand treatment programme to condition and smoothe hands. Nails are perfectly shaped whilst cuticles are conditioned and gently pushed back.

MEN'S WAXING

Chest Wax, Back Wax.

ALTERNATIVE THERAPIES

REFLEXOLOGY

(1 hour)

Reflexology is an ancient treatment used to promote the body's own natural healing abilities. It is based on the theory that all parts of the body are reflected on the hands and feet. A soothing and deeply relaxing treatment using pressure points on the feet to help rebalance and achieve a state of well being.

INDIAN HEAD MASSAGE (Champissage)

(45 minutes)

Indian Head Massage is a powerful, but gentle and effective treatment. It can be used to help many conditions but is generally for relaxation, which in turn allows for balance within the body and mind. Indian Head Massage can help ease headaches, migraines, insomnia, neck and shoulder tension, as well as stiffness.

HOPI EAR CANDLES (Thermo-Auricular Therapy)

(45 minutes)

A gentle, soothing and non-invasive treatment, which can help calm the mind and soothe the head and ears. This wonderfully relaxing treatment can help with excessive ear wax, rhinitis, sinusitis, headaches, migraines, vertigo and tinnitus. (Includes facial pressure point massage).

ESPA BODY SPECIFIC TREATMENTS

ESPA PRE-NATAL TREATMENT

(1 hour 25 minutes)

This total body treatment has been carefully designed for those who are expecting or have just had a baby. Taking in to account all contra-indications, this treatment avoids the use of essential oils and is a luxurious treat using Calendula infused oil, Pink Clay Mud and various nourishing creams with advanced massage techniques. This treatment improves the tonicity and comfort of the skin whilst creating a sense of total relaxation.

ESPA STIMULATING HIP AND THIGH TREATMENT

(55 minutes)

A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone. Following exfoliation with a special blend of Seaweed, salt and oil, a deep, detoxifying massage and lymphatic drainage techniques, using stimulating essential oils, help to purify and cleanse the body. Relevant reflex zones and pressure points on the feet are then activated, to leave you feeling totally revitalised. A course of treatments is recommended to maximise the effects.

ESPA ADVANCED FACIALS

HOLISTIC BACK, FACE AND SCALP TREATMENT WITH HOT STONES

(1 hour 55 minutes)

A powerful stress releasing treatment using hot stones, to work on deep seated tension and restore balance to vital energy points. The initial deep cleansing back exfoliation is followed by the hot stone back massage, with essential oils restoring equilibrium to both mind and body. Hot stones are placed along the spine, neck and shoulders to soothe, relax and harmonise.

The facial includes massage with deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the Oriental Head Massage takes place to help clear the mind, calm the spirit and ease tension. The result is re-hydrated, nourished and soothed skin, combined with a sense of deep relaxation.

THE AGE DEFYER

(1 hour 25 minutes)

Suitable for anyone concerned with minimizing and protecting against the visible signs of ageing; this treatment is excellent for mature, dry, dehydrated skin.

A totally luxurious, regenerating facial treatment especially created to help combat the signs of ageing and sun damaged skin. The face, neck and décolleté are cleansed and massaged with Gentle Deep Cleansing Balm, rich in anti-oxidant Grape Seed Oil, Beeswax, and Olive Fruit Oil with Spearmint Leaf, and skin firming Rose Damascena. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with the seriously effective ESPA moisturising products, rich in natural anti-oxidants and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalized and nourished.

Oriental Head Massage techniques are incorporated to stimulate and lift the skin around the hairline and into the scalp, and to relieve tightness and tension.

ESPA ADVANCED BODY TREATMENTS

ESPA TOTAL HOLISTIC BODY CARE WITH HOT STONES

(1 hour 55 minutes)

Chakras are the seven subtle energy centres in the body, which affect our equilibrium and inner harmony. Recognised in both Ayurvedic and Chinese philosophies, blocked and congested Chakras can affect the body and mind both physically and emotionally: natural energies are stifled and the zest for life is lost or subdued.

After a full body exfoliation, this holistic treatment continues with the placing of stones along the spine at vital energy points, on hands and feet and on Chakras around the body. The body is massaged using individually tailored essential oils, combined with the use of hot stones to release tension. Critical tension points are massaged around the eyes and ears, followed by an acupressure head massage. This full body treatment ends with gentle stretching to help release deep-seated tension around the neck and shoulders, and leaves your body feeling soothed and your spirit calm.

TREATMENTS FOR MEN

Many ESPA treatments are unisex and can be adapted for male clients. ESPA MEN products are designed for deep cleansing, smooth and close shaving, effective exfoliation and intense moisturisation.

MEN'S PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE

(55 minutes)

City pollution, environmental stress, travel, business pressures and lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deeper molecular level to purify, balance and hydrate the skin, leaving you feeling de-stressed and renewed.

The triple cleanse procedure, which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning Hair and Scalp Mud combined with ESPA Body Oil to release tight muscles and tension.

HOLISTIC BACK, FACE AND SCALP TREATMENT WITH HOT STONES

(1 hour 55 minutes)

A powerful stress releasing treatment using hot stones, to work on deep-seated tension and restore balance to vital energy points.

The initial deep cleansing back exfoliation is followed by the hot stone back massage, with essential oils restoring equilibrium to both mind and body. Hot stones are placed along the spine, neck and shoulders to soothe, relax and harmonise.

The facial includes massage with deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the Oriental Head Massage takes place to help clear the mind, calm the spirit and ease tension. The result is re-hydrated, nourished and soothed skin combined with a sense of deep relaxation.

ESPA STRESS BUSTER

(1 hour 55 minutes)

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AROMATHERAPY SPORT AND FITNESS MASSAGE

(55 minutes)

This full body treatment is appropriate either before or after exercise as it uses essential oils of Lavender, Rosemary and Clove to help increase circulation and warm muscles, preventing strains and relieving aches and pains. Ideal for anyone involved in sports, fitness or heavy physical work.