



escape spa



# CONTENTS

Welcome	3	Escape Facials	11
Escape Ethos	5	Escape Massage	15
Escape Stress Relievers	6	Escape Hand and Feet Rituals	20
Escape Body Treatments	8	Escape Half Day Spa Rituals	22
		Escape Finishing Touches	23

# WELCOME escape Spa

Relax and unwind in our Escape Spa, the most popular spa in Cork city. Perfect for a girlie weekend, a spa afternoon or a short indulgent treatment “just for you”.

At Escape Spa we are partnered with both Voya and Aveda. Aveda believes in restoring balance to the five elements holistically, by engaging all five senses (sight, smell, sound, taste and touch) through pure aromas, plant-based products, nurturing high-touch treatments and unique sensory experiences.

Through Voya wild nature is tamed, ingredients are potent, treatments are therapeutic and unparalleled. Seaweed is carefully harvested by hand and selected by sight from the wild Atlantic coast.

**AVEDA**  
the art and science of pure flower and plant essences

**VOYA**



# YOUR VISIT

We would advise you to make appointments in advance, though we will always do our best to accommodate you.

Each Escape treatment includes a 15 minute consultation and foot ritual with your spa therapist.

Please note that we require you to arrive at Escape Spa at least 15 minutes prior to your treatment start time, for check in and registration. Late arrival may result in a reduction of your treatment time.

## ATTIRE

We provide robes and spa footwear. Swimwear is required for the Vitality Suite.

## GIFT VOUCHERS

Gift Vouchers for the Spa are perfect for any occasion. Please ask a member of staff for more information.



# ESCAPE STRESS RELIEVERS

Enhance your experience at the  
Escape Spa by adding one  
of the following:

## DRY FLOATATION

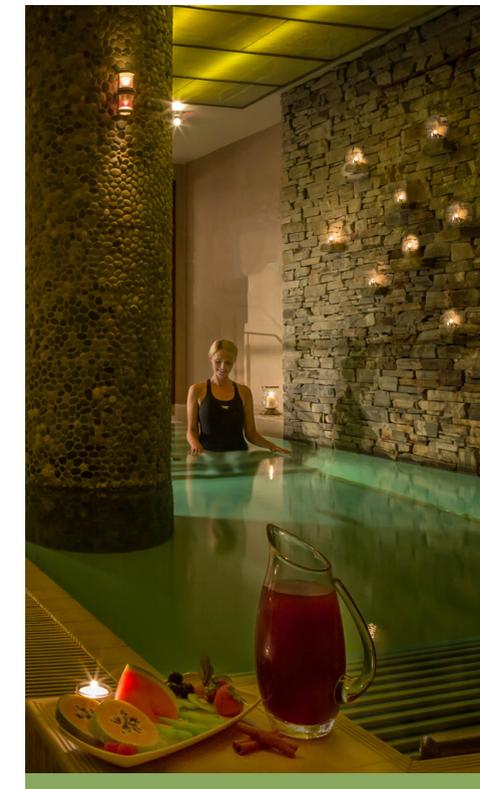
30MIN / 1HR

Relax on a free-floating water-filled mattress. You are cradled by a warm cosy cushion which adjusts to the shape of your body allowing you to experience a heavenly weightless sensation. This helps to achieve a profound feeling of relaxation and wellbeing. Every muscle in the body is allowed to rest and recover. Experts say that a half hour float is as restful as three hours sleep – a truly tranquil experience.

## VITALITY SUITE

1HR

Reflect, de-stress and rebalance at our oasis of relaxation and revitalisation in the heart of the city. Experience our unique Hydrotherapy pool, with specialised jets to ease tension, enjoy our tropical rain and mist showers and our unique Aroma and Salt Grottos.



# ESCAPE BODY TREATMENTS

## AVEDA CUSTOMISED BODY WRAP

1HR 15MIN

Renew body and mind with this invigorating treatment. Your body is exfoliated and softened, followed by an application of hydrating, aromatic and heated lotion. As you lie on a heated bed, a relaxing head and foot massage will help to balance the whole body. Allow our experienced Spa therapist customise your body treatment to suit your needs with Aveda's Rosemary Mint, Beautifying, Shampure or Stress Fix aromas to ensure a personalised treatment to help you feel renewed and balanced.

## VOYA DETOX LEAF ENVELOPMENT

1HR 45MIN

This is the crème da la crème of body wraps, a signature seaweed wrap by VOYA using fresh leaves of Atlantic seaweed to cocoon the body and deeply detoxify, moisturise, soften and revive. The treatment begins with finely ground down seaweed to exfoliate and prep the skin for the application of warm leaves of Irish seaweed to the body. Enjoy a relaxing scalp massage while the leaves packed with minerals, vitamins & amino acids work their magic with immediate effect.

A woman is shown from the back, wrapped in a white towel. Her back is covered in a brown, textured exfoliant. The background is a soft, warm glow with faint floral patterns.

## VOYA EXFOLIATION RITUAL

1HR 15MIN

An invigorating body exfoliation refines skin texture which increases lustre and also adds intense moisture to the skin. Ground down seaweed combined with a melody of botanicals works to remove dead, lifeless skin cells and in turn encourages cell regeneration and promotes even skin tone. To finish, an all-over application of organic body moisturiser is applied. Your therapist will discuss the benefits of each exfoliator with you so that you can choose the ideal exfoliator treatment for you.

Escape Spa has created five different exfoliations to choose from:

- » **Luscious Salt Glow:** Infused with Dead Sea salts and organic seaweed oil to hydrate the skin and stimulate blood and lymphatic flow, while removing toxins and dull skin.
- » **Organic Lavender, Seaweed and Sugar Glow:** Removes dead skin cells, heals, smooths and calms the skin. The lavender relaxes the body and mind and is also an anti-inflammatory.
- » **Organic Peppermint, Seaweed and Sugar Glow:** Removes dead skin cells. The peppermint is uplifting and invigorating.
- » **Organic Stimulating Body Buff:** Ultimate treat for tired and dull skin. Dual action formula exfoliates and nourishes the skin.
- » **Organic Hydrating Body Scrub:** Finely ground walnut shells, shea nut butter seaweed and ginger remove dead skin cells, combats cellulite, improves elasticity and reduces the signs of ageing.

A close-up photograph of a forest floor. Several small white flowers with yellow centers are scattered among fallen brown leaves and a tree trunk. The lighting is soft and natural, creating a serene atmosphere.

## ESCAPE FACIALS

## AVEDA CUSTOMISED FACIAL

50MIN / 1HR 15MIN

Allow our Aveda specialised skin therapists to choose from a full range of facial techniques to restore balance and clarity to your skin. A combination of powerful plant technology and high touch skin therapy, along with the use of essential oil aromas will leave your skin feeling balanced and appearing radiant.

This facial allows your therapist to choose from the following Aveda skin care families to ensure a personalised treatment to allow optimum results designed just for you:

- » **Green Science** (Anti-Ageing)
- » **Outer Peace** (Blemish Relief)
- » **All Sensitive** (Calming)
- » **Tourmaline** (Reveal Radiance)
- » **Botanical Kinetics** (Elemental Nature)

The ultimate treat to restore balance to tired skin. This facial is customised according to your skins needs and incorporates the use of essential oil aromas and chosen products containing pure flower and plant essences. This facial combines facial massage techniques to increase nutrition and circulation. Throughout this facial also enjoy a luxurious hand, scalp and foot massage.

## AVEDA ELEMENTAL NATURE FACIAL FOR SELF-RENEWAL

1HR 45MIN

## VOYA SPECIFIC FACIAL EXPERIENCE

1HR 15MIN

Unsure of your skin type? Allow your Voya therapist to tailor your facial specifically to your needs. In the comfort of the treatment room, we will go through a comprehensive skin analysis and choose specific facial products to target your particular skin concerns. Using a combination of gentle enzyme exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.

Alternatively, choose from the below options if you know exactly what your skin needs:

- » **Purifying Facial for Oily Skin** 1hr 15 min
- » **Ultra-Calming Facial for Sensitive Skin** 1hr 15 min
- » **Intensive Hydra Veil Facial for Dry Skin** 1hr 15 min

## VOYA ESSENTIAL BACK FACIAL TREATMENT

50MIN

VOYA's Essential Back treatment is perfectly designed for those with problematic skin or those in search of the perfect "time out" treatment. A warm oil back massage helps calm and soothe the area, whilst releasing any built up tension. A balancing seaweed mask is then applied to the back area which helps to heal and nourish even the most problematic skin with the treatment finishing with a blissful foot, leg and back massage.

## VOYA DELUXE FACIAL EXPERIENCE

1HR 30 MIN

The ultimate facial experience allowing you the best of both worlds. Starting with a relaxing back massage to induce relaxation and gently melt away muscular pain. Next let us raise your organic skincare expectations with a 70 minute results driven hydrating facial. Featuring a 20 minute facial massage to deeply hydrate the skin and a dual action facial mask using Voya's exclusive re-mineralising Mermaid's Purse face mask and skin brightening luminaria leaves. This facial leaves the skin rejuvenated and hydrated, whilst fine lines and deep set wrinkles are reduced. A truly deluxe facial experience.

## ESCAPE ENHANCEMENTS

15 MIN

- » AVEDA Perfecting Plant Peel Enhancement
- » AVEDA Green Science Eye Enhancement
- » AVEDA Green Science Neck/ Décolleté Enhancement
- » VOYA Cleanse, Tone and Moisturise
- » VOYA Hot Oil Hair Treatment
- » VOYA Marine Eye Mask Enhancement

## ESCAPE MASSAGE

## AVEDA BACK NECK & SHOULDER MASSAGE

50MIN

## AVEDA CUSTOMISED FULL BODY MASSAGE

1HR 15MIN / 1HR 45MIN

## AVEDA HOT STONE MASSAGE

1HR 15MIN

This personalised massage is specifically designed to unravel tension knots in your back, neck and shoulders. This treatment offers rapid relief to muscle tension and eases stress related aches and pains.

A personalised full body massage incorporating your favourite Aveda aromas. A variety of massage techniques and heated aromatic towels will be used to create a thoroughly relaxing treatment.

Your massage therapist will customise your treatment with a choice of Aveda Aromas:

» Rosemary Mint » Beautifying » Shampure » Stress Fix

Experience the aromatic power of Aveda Pure Flower and Plant Essences fused with the sensation of a smooth stone massage. Your chosen aroma will embrace your senses, while the sensation of the warm stones combined with massage techniques will balance, soothe and energise your body.

## HYDROTHERM™ MASSAGE

1HR 15MIN

## HYDROTHERM™ MASSAGE FOR MOTHERS TO BE

1HR 15MIN

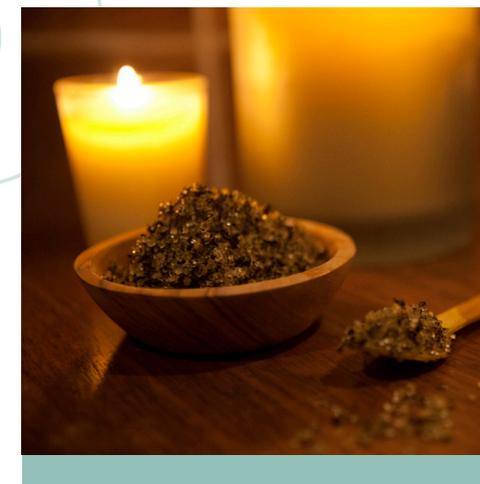
## AVEDA PROFESSIONAL STRESS-FIX™ BODY MASSAGE

50MIN / 1HR 15MIN

Discover this new dimension to the nurturing art of massage. This unique deep massage treatment using warm water-filled cushions cradles your body, easing strain on muscles as your spa therapist reaches the most tense, stressed areas of the body. This treatment includes all the benefits of traditional massage along with uninterrupted relaxation.

Designed for maximum comfort, the Aveda Hydrotherm™ system is ideal during pregnancy – relieving many of the physical and psychological stresses unique to the expectant mother. Cradled by warm water-filled cushions, your spa therapist targets deeply tense areas providing pure relaxation for the whole body. This treatment is suitable from 16 weeks onwards in the pregnancy.

A focused treatment that uses Swedish massage techniques along with some deep tissue techniques to reduce muscular tension and increase circulation in high stress areas of the body.



## VOYA DETOX WARM OIL MASSAGE JOURNEY

1HR 30MIN

A complete head to toe VOYA experience incorporating an opening foot ritual, scalp massage, stretches and movements of the sea. Your journey begins with revitalizing body brushing to improve blood and lymph flow. The world's first organic seaweed oil is then massaged deep into any stiff, tight or aching muscle, releasing built up tension. Stimulating massage movements aid the detox process and encourage the circulation to function in a healthier manner. Finally the invigorating organic body cream is applied to seal in the essential oils, leaving the skin intensely hydrated.

## VOYA WARMED HERBAL BAG MASSAGE

1HR 45MIN

The ultimate massage experience. Warmed muslin bags containing a combination of the finest herbs and seaweed are deeply massaged into the body, gently moulding to every contour. The heat radiates through the body and relaxes and soothes aches and pains. This full body treatment reconditions and rejuvenates your skin by gently exfoliating the outer layers and nourishing deep within. The herbal bags offer a relaxing way to detox as the seaweed gel is a powerful anti-oxidant and increases the body's metabolism.

## AVEDA CHAKRA BALANCING MASSAGE

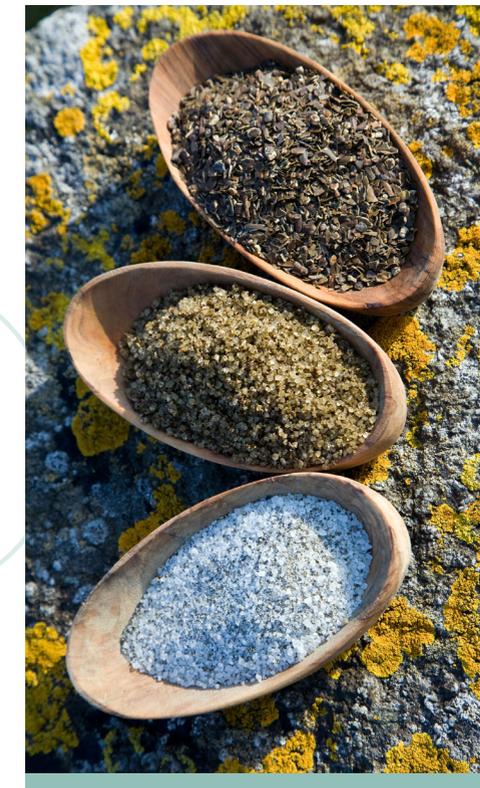
1HR 15MIN / 1HR 45MIN

An innovative massage experience that focuses on the seven chakra centres in the body using a variety of massage techniques. The combination of Aveda Chakra balancing blends with deep tissue massage and reflexology, the chakra energy leads to stress relief, decreased muscular tension and increased energy. The treatment is enhanced by guided meditation to bring about balance to the entire chakra system.

## INDIAN HEAD MASSAGE

1HR 15MIN

Indian head massage is an Ayurvedic form of healing and relaxation, it addresses the back, neck and shoulders and the scalp and face using a variety of massage pressures and techniques. This treatment promotes relaxation, relieves headaches and reduces stress.





# ESCAPE HAND, FEET AND RITUALS

## VOYA LUXURY MANICURE

1HR 15MIN

Reap all the benefits of a luxury manicure with the perks of a relaxing spa treatment. Enjoy a gentle exfoliation followed by a deeply relaxing massage. Your hands are then enveloped in warmed Atlantic seaweed leaves to hydrate, increase circulation, stimulate the lymphatic system and nourish dry and parched hands. A therapeutic scalp massage allows you to drift into a complete state of relaxation. Hands feel silky soft and deeply nourished after the layering of rich organic hand cream. Completed the manicure with a file and polish of your choice.

*\*Shellac upgrade available.*

## VOYA LUXURY PEDICURE

1HR 15MIN

Just what you need after a day exploring our incredible city. Steep your feet in a warm foot bath, whilst an exfoliation of the lower legs rehydrates and refines the skin. Next enjoy a massage to renew those tired legs with our deeply nourishing organic massage oil, followed by a dual mask of Fucus Serratus and laminaria leaves applied to the legs. Drift away as a therapeutic blend of aroma oils are massaged into the scalp helping to nourish the hair cuticle and scalp. Changing the traditional pedicure into a complete relaxation journey. Completed with a file and polish of choice.

*\*Shellac upgrade available.*

## ESCAPE HALF DAY SPA RITUALS

With all Escape Spa Rituals you will begin your journey in the Vitality Suite letting the unique hydrotherapy jets, aroma steam room and Salt grotto revitalise your senses and balance your body and mind. Tropical rain and mist showers gently wash away every day stresses. Following your bespoke treatments your therapist will guide you to relax and drift away in an oasis of calm underneath a mood lit ceiling whilst cocooned in cosy blankets.

### VOYA Indulgence 5 Hrs

- » VOYA Deluxe Facial Experience
- » VOYA Marine Eye Mask Enhancement
- » VOYA Luxury Pedicure
- » VOYA Luxury Manicure
- » Dry Floatation Experience

### AVEDA Pure Bliss 4.5 Hrs

- » AVEDA Customised Body Wrap
- » AVEDA Customised Facial
- » AVEDA Enhancement of Choice
- » Dry Floatation Experience

### Executive Escape Combo 4 Hrs

- » AVEDA Professional Stress-Fix™ Body Massage
- » VOYA Specific Facial
- » Dry Floatation Experience

### Escape Mother to Be 3.5 Hrs

- » Hydrotherm Massage for Expectant Mothers
- » VOYA Luxury Pedicure
- » Dry Floatation Experience

## ESCAPE FINISHING TOUCHES

ONLY AVAILABLE WHEN BOOKING A FULL LENGTH TREATMENT

### Hair removal

- » Full Leg and Bikini
- » Full Leg
- » Half Leg
- » Full Arm
- » Half Arm
- » Back or Chest
- » Lip & Chin
- » Bikini Line
- » Underarm

### Tinting

- » Eyebrow
- » Eyelash

Note – patch testing for both waxing and tinting must be carried out at Escape Spa 24hrs prior to your first waxing or tinting treatment.





THE IMPERIAL HOTEL  
CORK

With **escape** spa

Escape Spa, Morgan Street, Cork, Ireland.

T: +353 21 730 66 22

E: [escape@imperialhotelcork.ie](mailto:escape@imperialhotelcork.ie)

[www.FlynnHotels.com](http://www.FlynnHotels.com)



A FLYNN HOTEL