



THE IMPERIAL HOTEL  
CORK

# escape | Spa

A TRANQUIL SANCTUARY

*In the Heart of Cork City*



# *Welcome to* escape | Spa

AT THE IMPERIAL HOTEL CORK

Whether you're seeking a soothing massage, results-driven facial, or simply time to unwind in our thermal suite, every experience at Escape Spa is guided by expert hands and the renowned Elemis product range. With treatments tailored to your individual needs, our dedicated team is here to help you feel your best - inside and out.

Discover timeless wellness in the heart of the city at Escape Spa, Cork.





## SIGNATURE EXPERIENCES

# Girls Day Out Package

€159 Midweek | €165 Weekend (Friday to Sunday)

(Price is per person. Booking is required per person.)

Treat yourself and your mum, friend or partner to the ultimate Girls Day Out.

### YOUR EXPERIENCE INCLUDES:

- 60 minutes in the Vitality Suite with hydrotherapy and steam time
- 20-minute Customised Facial
- 20-minute Warm Oil Back Massage
- 10-minute Eye Enhancement
- 10-minute Head & Scalp Massage
- Refreshments in the Starlit Relaxation Room
- Complimentary Lunch at The Imperial Hotel

Total treatment time: 60 minutes



# Just For Him

€165

(Price is per person. Booking is required per person.)

### YOUR EXPERIENCE INCLUDES:

- 60 minutes in the Vitality Suite
- Muscle-melting Back, Neck & Shoulder Massage
- Soothing Head & Scalp Massage
- Deep Cleansing Express Facial
- Time in the Relaxation Room
- Complimentary lunch in Helena's at The Imperial Hotel

Total treatment time: 75 minutes



## *Just the Two of Us*

**€185 Midweek | €195 Weekend (Friday to Sunday)**

(Price is per person. Booking is required per person.)

### **YOUR EXPERIENCE INCLUDES:**

- 60-minute Vitality Suite
- 30-minute treatment of your choice: Back, Neck & Shoulder Massage **OR** Express Facial
- 10-minute Mini Indian Head Massage
- 20-minute Floatation Bed
- Relaxation Room
- **Complimentary Lunch at The Imperial Hotel**

Total treatment time: 60 minutes



## *The Great Escape Package*

**€185 Midweek | €195 Weekend (Friday to Sunday)**

### **YOUR EXPERIENCE INCLUDES:**

- Full Body Brush Exfoliation to brighten and smooth skin
- Foot Scrub Exfoliation & Massage to improve circulation
- Full Body Hydration using Elemis lotion with wave-like lomi-lomi movements
- Elemis Skin-Specific Facial tailored to your skin concerns
- Tension-relieving Scalp Massage
- **Complimentary Lunch at The Imperial Hotel**

Total treatment time: 75 minutes





## *The Sweet Escape* Afternoon Tea Package

€150 Midweek | €160 Weekend (Friday to Sunday)

Pre-booking of Afternoon Tea required 24 hours in advance

Treat yourself to the most indulgent spa and afternoon tea experience.

### **YOUR EXPERIENCE INCLUDES:**

- 60 minutes in the Vitality Suite (hydrotherapy pool, aroma steam room & brine grotto)
- Soothing Skin-Specific Facial using Rose Facial Oil
- Elemis Moisturiser with Rose Extract
- Choice of: Warm Oil Back, Neck & Shoulder Massage  
OR Indian Head Massage (Grace's signature bergamot scent)
- Refreshments & relaxation time in the Starlit Relaxation Room
- Afternoon Tea at The Imperial Hotel

Total treatment time: 50 minutes



## *Women's Wellbeing Journey*

€165

Reconnect, restore and rebalance. A bespoke 80-minute holistic experience designed to nurture body and mind — ideal for emotional, physical and hormonal harmony.

### **YOUR EXPERIENCE INCLUDES:**

- 30-minute Back, Neck & Shoulder Massage
- 50-minute Renew Facial (hydrating, lifting and firming)
- Relaxation Room time
- Complimentary Lunch in Helena's at The Imperial Hotel

Total treatment time: 80 minutes

## BODY & WELLNESS RITUALS

### *Escape Exfoliation Ritual*

€165

An invigorating full-body exfoliation using seaweed and botanicals to refine texture, encourage cell renewal and deeply hydrate.

**Escape Luscious Salt Glow:** Dead Sea salts blended with organic oils to stimulate lymphatic flow, remove toxins and brighten the skin.

Treatment time: 75 minutes

### *Mindful Dreams Sleep Ritual*

€165

A world-class ritual combining wellness therapy and Balinese/Hawaiian massage techniques to calm the nervous system, release tension and encourage deep sleep. Perfect for stress, travel fatigue and busy lifestyles.

Treatment time: 75 minutes



### *Dry Flotation - Drift Away Package*

€69 Midweek | €79 Weekend (Friday to Sunday)

#### YOUR EXPERIENCE INCLUDES:

- 60-minute Vitality Suite
- 45-minute Float Session
- Relaxation Room with Seasonal Refreshments



## FACIALS

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### *30-Minute Express Facial*

€85

A refreshing cleanse, exfoliation and mask using premium Elemis products - perfect for instant glow.

### *Elemis Renew Facial*

€120

Hydrate, lift and firm with clinically proven formulas and skin-lifting techniques.

Treatment time: 60 minutes

### *Elemis Define Facial*

€120

Energise, rejuvenate and sculpt with intelligent skincare for visibly revitalised skin.

Treatment time: 60 minutes

### *Elemis Reveal Facial*

€120

Resurface and smooth using Tri-Enzyme technology for glowing, refined skin.

Treatment time: 60 minutes

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## MASSAGE THERAPIES

### *Detox Journey Ritual*

€200

A complete head-to-toe Elemis ritual including: Opening Foot Ritual, Scalp Massage, Body Brushing, Deep Massage to relieve tension, Elemis Skin-Nourishing Milk Bath finish

Total treatment time: 90 minutes

### *Elemis Holistic Back, Neck & Shoulders*

€85

A tailored massage incorporating hot stones, stretching, Shiatsu and classic techniques.

Treatment time: 30 minutes

### *Elemis Back of Body Massage with Stretching*

€110

30-minute Back, Neck & Shoulders, 10-minute Back of Legs, 10-minute Scalp or Foot Massage

Treatment time: 50 minutes

### *Elemis Full Body with Stretching Movements*

€165

Swedish and deep tissue techniques to ease muscular stress.

Treatment time: 75 minutes

### *Elemis Holistic Back of Body*

€110

A personalised massage combining classic, Shiatsu and hot stone techniques.

Treatment time: 50 minutes

### *Elemis Holistic Full Body Massage*

€165

A deeply therapeutic massage to improve circulation and relieve stress.

Treatment time: 75 minutes

### *Elemis Holistic Front & Back of Legs + Foot Massage*

€95

Treatment time: 40 minutes



## *Elemis Indian Head Massage*

€110

Ayurvedic ritual for head, neck, shoulders and face - relieving headaches and stress.

Treatment time: 50 minutes

## *Escape Signature Ice & Fire Back of Body*

€110

A geothermal hot-and-cold stone ritual inspired by thermal medicine to boost circulation and relieve pain.

Treatment time: 50 minutes

## *Hot Stone Full Body Massage*

€165

Deep relaxation with warm volcanic stones.

Treatment time: 75 minutes



## PREGNANCY WELLBEING

### *Precious Moments*

€120

Specially tailored for mums-to-be (2nd trimester onwards).

Includes belly mask, facial, Indian head massage and foot massage.

Treatment time: 50 minutes

### *Pregnancy Glow*

€200

A top-to-toe organic wellbeing ritual to soothe tension and nourish the skin.

Includes full body brushing and a Japanese Camellia Oil massage. Available after 12 weeks.

Treatment time: 75 minutes

## DEEP TISSUE THERAPIES (MALE THERAPIST ONLY)

### *Elemis Deep Tissue Legs & Foot Massage*

€95

Front & back legs + foot massage

Treatment time: 40 minutes

### *Elemis Expert Deep Tissue Back of Body*

€110

- 30-minute Back, Neck & Shoulders
- 10-minute Back of Legs
- 10-minute Scalp or Foot Massage

Treatment time: 50 minutes

### *Elemis Expert Deep Tissue Full Body*

€95

Inspired by Hawaiian Lomi Lomi - long, flowing strokes that soothe muscles and calm the mind.

Treatment time: 75 minutes





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