

wellbeing

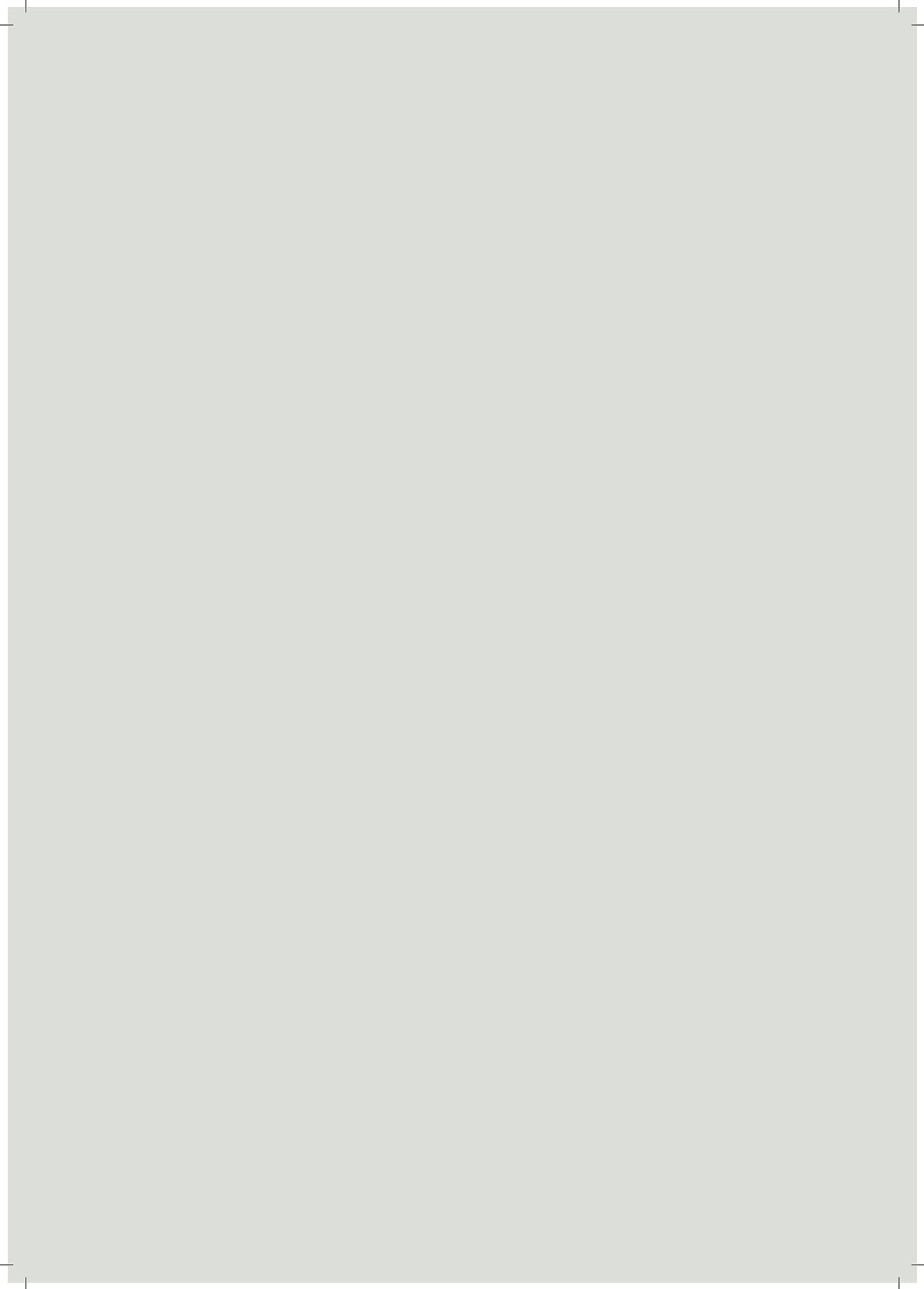
# S i m p l i c i t é

beauty

Feel Well

Look Well

Live Well



## About

Simplicity means different things to different people. We believe it is about feeling well, looking well and living well; a great recipe for self-care. We provide wellbeing treatments to nurture and restore calm to help you feel well. We offer luxurious skin care and all the beauty essentials to help you look well. Our personal coach “The Simplicity coach” can collaborate with you to help you live well. It may be time for the greater balance you’ve always wanted, the change that needs to happen or to regain the sparkle you may have lost.

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## Feel Well

Made for Life Organics is an award-winning, 100% certified organic skin and body care range combining dermatological science with the strength and purity of botanicals. The formulations are created using the synergy of organic herbs and flowers and the products are made by hand in Cornwall and are suitable for men and women. Made for Life Organics’ treatments combine 100% effective organic products and mindful, complimentary therapy techniques to create a new sense of wellbeing for the body, mind and emotions.

### Simplicité Head in Heaven by Made for Life™ 75 mins | €85

This nurturing and calming treatment for the back, face and head uses a combination of slow, soothing, hypnotic massage techniques and facial pressure points to clear the mind and drift into a meditative state of relaxation.

### Made for Life™ Mindful Moments 50 mins | €70

A beautiful, nurturing, meditation experience with a calming foot ritual, head, neck and shoulder massage along with a firm back massage, clears the mind and soothes the soul.

### Made for Life™ Relax into Radiance 75 mins | €95

Relax your mind and body with this all-encompassing exfoliation massage that concludes with a skin brightening facial which cleanses and hydrates the skin and a head massage to clear and calm the mind.

### Made for Life™ The Body Restore 75 mins | €90

A full body exfoliation to reveal glowing skin with an application of hydrating rich body balm to soothe and soften skin.

### Made for Life™ Aromatherapy Massage 30 mins | €40 50 mins | €60

This holistic massage using the Made for Life aromatherapy oils works on rebalancing the mind through the sense of smell whilst slow, rhythmic, lymphatic drainage movements gently ease away the stresses of the body to create a deeper sense of relaxation.

### Made for Life™ Swedish Massage 30 mins | €40 60 mins | €70

A full body exfoliation to reveal glowing skin with an application of hydrating rich body balm to soothe and soften skin.

**Made for Life™ Deep Tissue Massage** 30 mins €50  
Using deep massage techniques, the circulation is stimulated, helping alleviate muscular tension, targeted stretches lengthen the muscles and soften tight tendons and ligaments. 50 mins | €70  
90 mins €120

**Made for Life™ Sports & Remedial Massage** 30 mins €50  
Using sports rehabilitation techniques, this massage locates and repairs damage caused to muscles, tendons, fascia and joints. 50 mins | €70  
90 mins €120

**Made for Life™ Hot Stone Massage** 30 mins €50  
This muscle soothing massage uses smooth hot stones in conjunction with Made for Life aromatherapy oils to ease away tensions within the muscles. The heat enhances relaxation, promotes detoxification and results in the body feeling comforted and serene. 90 mins | €120

**Made for Life™ Uplift & Rejuvenate Facial** 60 mins | €85  
Using a special combination of massage techniques from India (Ayurvedic) and Japan (Anma), this natural uplifting and anti-ageing facial prevents and reduces tension, softens facial wrinkles, reduces age spots and improves the complexion by stimulating circulation and releasing toxins.

**Made for Life™ Pregnancy Indulgence** 80 mins | €100  
A soothing, relaxing all over body treat designed for Mums to be, using slow smooth massage techniques to calm and alleviate any aches and pains and oils help to prevent stretch marks. This treatment concludes with a brightening facial to clear and calm the mind. \*Please note this treatment is not recommended during the first 12 weeks of pregnancy

**Made for Life™ Indian Head Massage** 45 mins | €50  
An Indian Head Massage works with Ayurvedic concepts going beyond the limits of healing and places emphasis on balance. Working on the chakras, Indian Massage powerfully brings the energy of the body back into balance.

**Reflexology** 55 mins | €65  
A deeply relaxing treatment with benefits that can be felt throughout the body. This treatment focuses on specific points on your feet, hands, and ears that relate to specific organs and glands.

**Hopi Ear Candling** 50 mins | €65  
The ear candles induce a revitalising heat upon the head and ears, which soothes, relieves and relaxes. Includes head massage and pressure point massage to alleviate concerns such as migraine, sinusitis and rhinitis.

**Acne Out Back Facial** 40 mins | €45  
This treatment cleanses those tough to reach spots targeting a variety of concerns such as back acne, clogged pores and dehydrated skin.

## MADE FOR LIFE™ CANCER TOUCH THERAPY

Our highly trained therapists are trained in Cancer Touch Therapy from the UK Made for Life Foundation™ (Charity Number 1138846). The course is accredited by the Complementary Medical Association. The training included studying different forms of cancer and how to adapt spa treatments to suit the individual's diagnosis.

<b>Hand on Heart™ Back, Face &amp; Scalp Treatment</b>	75 mins		€85
This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation and take the body out of fight or flight. Slow Tui Na Chinese movements rebalance and calm the upper body while the facial will replenish, nourish and revive the skin and ease tension.	55 mins		€70
<b>Catch the Breath™ Back and Head Treatment</b>	30 mins		€40
This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body and provide complete tranquillity			
<b>Soothe &amp; Nurture™ Organic Facial</b>	30 mins		€40
A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst a deeply relaxing face and scalp massage calms the mind and soothes the soul.			
<b>Touch Therapy™</b>	30 mins		€40
An exceptionally relaxing sequence of slow, soothing movements tailored to your needs. Soothing and nurturing touch to full body or part body induces a deep sense of relaxation enabling you to find peace and enjoy the present moment.	55 mins		€70

## MADE FOR CHILDREN

<b>Made for Life™ Teen Natural Facial</b>	30 mins		€25
This facial begins with a gentle cleansing followed by a soothing and rhythmic facial massage and is completed with comforting moisturiser.			
<b>Made for Life™ Recovery Massage</b>	30 mins		€25
A soothing back, scalp and foot massage which aids sleep and relaxation.			
<b>Made for Life™ Fabulous Fingers</b>	30 mins		€20
Includes nail shaping, cuticle tidy, hand massage and application of chosen nail colour.			
<b>Made for Life™ Trendy Toes</b>	30 mins		€20
Includes nail shaping, cuticle tidy, foot massage and application of chosen nail colour.			
<b>Made for Life File &amp; Paint</b>	15 mins		€12
Includes a file and shape and a colour of choice			

*\* Treatments are recommend for children aged between 4-16 years. Written consent is required for all treatments and an accompanying adult must be present throughout.*

## Look Well 🌿

Osmosis uses a holistic approach but is rooted in science as it is formulated by Doctor Ben Johnson. Osmosis is an internationally renowned skin care brand that is making huge headway in London using a non-inflammatory approach to treating the skin at the source. Osmosis uses a patented delivery system to enhance the penetration of active vitamins, minerals and amino acids to treat the skin at a cellular level unlike most brands.

Sothys is an exclusive luxury skincare brand that combines science and sensory wellbeing to ensure real skin results. A legendary name that represents excellence and prestige in beauty institutes and spas all over the world.

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### Osmosis Holistic Consultation

Our advanced Holistic skin therapists will listen to your needs during this in-depth consultation of your skin, body and soul. Depending on our analysis we will best advise you on the next steps to take for total skin and wellbeing health. This is part consult, part topical analysis including an Osmosis skin prep treatment.

45 mins  
Complimentary

### Osmosis Holistic Medi Facial (.05% Vitamin A)

Using ancient Chinese massage techniques, the Osmosis Holistic Medi-facial incorporates active ingredients while working in harmony with your skin and body. Depending on your energy levels, we will use stimulating or calming massage movements. Creating balance in the body and healing in the skin. By performing a four-point analysis of body temperature, energy levels, skin appearance and, condition, we can create a customized treatment. For all-skin types.

60 mins | €85

### Osmosis Facial Infusion (2.5% Vitamin A- Retinaldehyde)

The first non-acid peel in the skin industry that creates substantial collagen production and fibroblast activity. Instead of wounding this skin, we gently resurface the skin by feeding the lower layers to increase cell renewal. This treatment is customised with concentrated formulas to increase cellular turnover, heal, lighten, lift hyperpigmentation and impurities. For all skin types – must be acclimatised to Osmosis Vitamin A serum.

45 mins | €95

### Osmosis Holistic Medi Infusion (2.5% Vitamin A – Retinaldehyde)

Enjoy all the benefits of Osmosis active 2.5% Retinaldehyde infusion in a relaxing massage and customised masks to further enhance nourishing results, from Berry Blends, tropical mango and Hyaluronic acid with Aloe Vera masks, you will leave floating on a cloud with brilliant skin. For all skin types – must be acclimatised Osmosis Vitamin A serum.

75 mins | €110

### The Osmosis Drenched in Hydration

An intensive hydrating booster facial ideal for dehydrated and sensitive skin. It is also deeply relaxing made so by our heated beds, heated pads and our gorgeous music.

60 mins | €80

### The Osmosis Mandelic Acid Power Peel

This power peel will brighten a dull and tired complexion, perfect for this time of the year as we transition seasons.

30 mins | €50

€10 off next facial within 4 weeks of last treatment

### Prescription Facial

This treatment is tailored for you. Your skin expert will determine which skin brand is a fit for your skin

50 mins | €60

### RevitaPen

This treatment offers immediate and long-lasting results with our non-invasive device, RevitaPen, to enhance product absorption and drive active ingredients deep into the skin for optimal skin restoration. This enhanced treatment stimulates circulation, softens fine lines, reduces scarring, improves hydration levels and control breakouts. For all skin-types, except inflamed or broken skin. Must be acclimatised Osmosis Vitamin A serum.

€35

### Taste of Sothys

Indulge in 50 minutes of pure pampering with a specialised Sothys Taster facial to include an eye treatment designed exclusively for Simplicité.

50 mins | €60

### Simplicité Signature Eye Treatment

Treat the delicate eye area with this rejuvenating professional eye treatment to target dark circles, fatigue, and puffiness and put the sparkle back in your eyes.

45 mins | €50

### Sothys Soothing Skin Recovery

Infused with spa thermal water, this spa thermal treatment will soothe your sensitive skin, leaving you balanced and reinforced with its healing and protective ingredients.

50 mins | €60

### The Miracle Worker – Sothys Cosmeceutical Peel

Medically inspired, this Glysalac treatment contains an active blend of glycolic and salicylic acids which retexturize and refine the skins surface and is the ultimate fresh beginning for healthy skin.

30 mins | €50

### Sothys Men Face Detox Treatment

An essential facial treatment to boost and detoxify the skin, combining relaxation and results for more resilient skin and an impeccable complexion.

50 mins | €60

## HANDS & FEET

<b>Mini Manicure</b> Includes cuticle work and nail shape with a nail colour of choice.	30 mins		€20*
<b>Simplicité Signature Manicure</b> A gentle exfoliation, massage, hydrating mask, heated towels and cuticle work with a colour of choice	45 mins		€45*
<b>*Add Gelish</b>	10 mins		€10
<b>Nailtiques Deluxe Manicure</b> Includes cuticle work, nail shape, specifically formulated protein treatment and heated mitts	45 mins		€50
<b>Gelish Hands</b> Includes cuticle work and nail shape with colour of choice.	30 mins		€30*
<b>*Add 10 mins for removal</b> Free removal following application at SimPLICITÉ	10 mins		€10
<b>Acrylic Nail Enhancements</b>	75 mins		€60
<b>Acrylic Refills</b>	50 mins		€40
<b>Acrylic Soak off</b>	30 mins		€25
<b>Mini Pedicure</b> Includes cuticle work, nail shape and heated towels with a colour of choice.	30 mins		€20*
<b>Simplicité Signature Pedicure</b> Includes a soak, exfoliation, massage, nourishing mask, heated towels, cuticle work with a colour of choice.	60 mins		€55*
<b>*Add Gelish</b>	10 mins		€10
<b>Gelish Feet</b> Includes cuticle work, nail shape and hot towels with colour of choice.	30 mins		€30*
<b>*Add 10 mins for removal</b> Free removal following application at SimPLICITÉ	10 mins		€10

## BROWS\*

Brow Shape	€12
Brow Tint	€10
Brow Shape & Tint	€20
Lash Tint	€15
Brow Shape, Tint and Eyelash Tint	€30
Brow Threading	€12
Hi Brows	€40

## LASHES

Mink Lashes Full Set	€90
Mink Lashes Half Set	€55
Mink Lashes Refills	From €35
LVL Lash Lift	€60

## THREADING

Threading 2 Areas	€22
Full Face	€35
Brow Threading	€12



## PERRIN RIGOT WAXING\*

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Eye Brow	€12
Lip	€12
Chin	€10
Lip & Chin	€22
Sides of Face	€16
Full Face	€35
Underarm	€15
Forearm	€20
Back	€30
Half Leg	€25
Full Leg	€40
Full Leg including Bikini	€45
¼ Leg	€35
Bikini	€15
Californian	€30
Brazilian	€45
Hollywood	€50
Full Leg & Californian	€60
Full Leg & Brazilian	€70
Full Leg & Hollywood	€75

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## MEN'S WAXING

Chest	€40
Back	€50
Abdomen	€35
Any two areas	€70

\*24 hour patch test required for tint and wax treatments

## Live Well 🌿

Life Coaching  
Bundle of 4

75 mins | €125  
4 x 75 mins | €450

Coaching is a powerful and collaborative engagement between a coach and an individual which results in new thinking and positive change. The process of coaching empowers an individual to make changes they may not have been able to visualise or actualise on their own. Great coaching is when you feel trust, curiosity, energy and excitement. People come to coaching for different reasons; some are looking to find their sparkle again and others are determined to make positive change. We all have answers within us; coaching helps us to uncover these.

Known as the 'Simplicity Coach', our onsite coach Emma works with people to help them uncover what 'Simplicity' could mean for them in their home and professional lives. She is passionate about empowering people to live more consciously. Emma is a qualified Life & Executive Coach with over twenty years leadership experience in different companies, countries and continents. If you are ready to roll up your sleeves with Emma, Owner & Founder, contact us on 01-6278498 for a complimentary initial coaching session.



**Emma Keogh**  
Owner and Founder  
of Simplicité

## PACKAGES AVAILABLE AT SIMPLICITÉ

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### Hot Stone Back Massage & Organic Facial

50 mins | €70

The combination of Made For Life Organic Aromatherapy oils and Hot Stones will melt away tension and stress. The treatment begins with our Made for Life Hot Stone experience followed by our Organic Brightening Facial leaving you looking and feeling radiant.

### Ladies Deluxe Gelish Manicure & Prosecco

Four ladies | €200

Sip Prosecco and spend time with your friends at our luxurious nail bar while you receive a luxurious Gelish manicure

### Simplicité Signature Experience

90 mins | €150

This popular ritual incorporates a back facial using our Made for Life lemongrass body exfoliation to hydrate and nourish your skin. Our restorative Body Balm is massaged to the back to restore, regenerate and rejuvenate your skin. A destressing scalp massage is included while hot stones are applied to your back. A Drenched in Hydration facial follows and the treatment concludes with a luxurious hot stone foot massage which will send you into relaxation heaven..

— wellbeing —

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[www.simplicité.ie](http://www.simplicité.ie)

01-6278498