

wellbeing

# S i m p l i c i t é

beauty

Feel Well

Look Well

Live Well



## 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.

### Aromatherapy Massage

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.

30 mins | €50  
50 mins | €70

### Swedish Massage

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

30 mins | €50  
50 mins | €70

### Deep Tissue Massage

Using deep massage techniques, the circulation is stimulated, helping alleviate muscular tension, targeted stretches lengthen the muscles and soften tight tendons and ligaments.

30 mins | €50  
50 mins | €80  
75 mins | €120

### Sports & Remedial Massage

Using sports rehabilitation techniques, this massage locates and repairs damage caused to muscles, tendons, fascia and joints.

30 mins | €50  
50 mins | €80  
75 mins | €120

### Hot Stone Massage

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

30 mins | €50  
75 mins | €120

### Made for Life™ Pregnancy Indulgence

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

80 mins | €100

### Made for Life™ Indian Head Massage

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.

45 mins | €60

## 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

## TEENS

<b>Made for Life™ Fabulous Fingers</b>	30 mins		€20
Includes nail shaping, cuticle tidy, hand massage and application of chosen nail colour.			
<b>Mini Pedicure</b>	30 mins		€25
Includes mini soak, nail shaping, cuticle tidy and application of chosen nail colour.			
<b>File &amp; Paint</b>	15 mins		€15
Includes a file and shape and a colour of choice			

\* Facial & massage are recommended for teenagers 13 years and over. Written consent is required.

## 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.

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### New Client Consultation

Up to 30mins | €20

Redeemable off next facial booked.

A quick cleanse and thorough examination of the skin followed by a treatment and homecare plan to start you on the path to glowing skin.

Virtual Skin Consultation also available on request

### Medical Grade Microneedling

Single Treatment  
90mins | €200

Best performed as a course for optimum results.

Patch test is essential for topical anaesthetic at least 48hrs prior to treatment.

Course of 3 €550  
(includes post treatment care)

Micro needles are used to create a controlled injury within the dermis to stimulate growth factors and collagen. Working at a dermal level this will have permanent anti-ageing and skin renewal benefits. Recommended for scar tissue, acne scarring, pigmentation and ageing skins.

### Mesotherapy

Single Treatment | €150

Similar to microneedling but works in the epidermal level resulting in less downtime. Smaller needles are used to stimulate hydration, smoothing of fine lines and overall plumping to achieve that envious glow. Suitable for all skins specifically dull, dehydrated, aged skins.

Course of 3 | €399

### The RevitaPen Infusion Facial

65mins | €125

The 'no needle alternative to needling' creates nano channels within the skin to break down the fluid that binds the cells allowing deeper penetration of our active Vitamin A (1%,2%, 2.5%). This no acid peel increases cellular turnover leaving the skin smooth, plump and youthful. Suitable for all skin types but can only be carried out on skins acclimatised to vitamin A.

**Simplicité's Prescription Facial with RevitaPen** 65mins | €110

This facial is customised to the skins needs. Including a deep cleanse, exfoliation and extractions (if needed), our RevitaPen is used to create nano channels for product penetration to ensure deeper delivery of what your skin needs. Our powder blends and serums allow us to customise all of facials to what our clients skins need.

**Osmosis Introduction Facial** 50mins | €80

An introduction to our brand. A prescribed facial will be carried out to suit your skins needs. Including cleanse, exfoliation, extractions, mask and hydration. Suitable for all skin types but specifically clients looking for a deep cleanse and a gentle introduction to Osmosis.

**Teen Cleansing Facial** 30mins | €40

(For 12-16year old only)

A deep cleanse facial including extractions and finishing hydration and SPF. Suitable for young congested skins.

**Back Facial** 50mins | €60

This treatment cleanses those tough to reach spots targeting a variety of concerns such as back acne, clogged pores and dehydrated skin.

## HANDS & FEET

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File & Polish	20 mins		€20
<b>Mini Manicure</b> Includes cuticle work and nail shape with a nail colour of choice.	30 mins		€25
<b>Simplicité Signature Manicure</b> Includes cuticle work, nail shape, scrub, hot towels, massage, heated mitts and a colour of choice	45 mins		€50
<b>Gelish Hands</b> Includes cuticle work and nail shape with colour of choice.	40 mins		€35
<b>Gel Extensions</b>	90 mins		€65
<b>Gel Refills (up to 3 weeks)</b>	90 mins	From	€45
<b>Gel Extensions Removal</b>	30 mins		€25
<b>Extensions Removal &amp; Mini Mani</b>	60 mins		€45
<b>Mini Pedicure</b> Includes mini soak, cuticle work, nail shape and paint of polish.	30 mins		€30
<b>Simplicité Signature Pedicure</b> Full pedicure including soak, cuticle work, nail shape, exfoliation, dead skin removal, massage and paint of polish	50 mins		€60
<b>Deluxe Signature Pedicure</b> Full pedicure including soak, cuticle work, nail shape, exfoliation, dead skin removal, heated botties, relaxing foot and leg massage, collagen socks and paint of polish	75 mins		€75
<b>Gelish Feet</b> Includes cuticle work, nail shape, and colour of choice	30 mins		€35

## EXTRAS

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<b>Add Gelish Hands</b>	€15
<b>Add Gelish Feet</b>	€10
<b>Gelish Removal</b> Removal includes file/shape, cuticle tidy and protein treatment	€15
<b>French Polish</b>	€5
<b>Structure/Gummi</b>	€5
<b>Extension Nail Fix</b>	€3
<b>Ombre</b>	€10

## BROWS\*

Brow Shape	€15
Brow Tint	€12
Brow Shape & Tint	€25
Lash Tint	€18
Brow Shape, Tint and Eyelash Tint	€35
Henna Brows	€45
Hi Brows	€45

## THREADING

Lip & Chin	€22
Full Face	€45
Brow Threading	€15
Lip Thread	€10
Chin	€15
Sides of Face & Jaw	€15
Jaw	€10

## PERRIN RIGOT WAXING\*

Eye Brow	€15
Lip	€10
Chin	€15
Lip & Chin	€22
Sides of Face	€15
Full Face	€45
Nasal	€12
Underarm	€18
Forearm	€20
Lower Back	€30
Half Leg	€25
Full Leg	€45
¾ Leg	€35

\*Add a half leg wax to any bikini for €20

\*Add a full leg wax to any bikini for €30

## MEN'S WAXING

Chest	€40
Back	€50
Abdomen	€35
Any two areas	€70
Nasal	€12
Ear	€12

## LASHES

Classic full set	€100
Classic half set	€70
Classic Refills 2-3 weeks	€55
Classic Refills 3-4 weeks	€65
Volume Full Set	€120
Volume Half set	€90
Volume Refills 2-3 weeks	€65
Volume Refills 3-4 weeks	€75
Lash Lift & Tint	€65
- Lifts, lengthens and darkens natural lashes to their full potential. Lasts up to 8 weeks.	

\* Patch test required.

\* Lash Lift not suitable during pregnancy.

Standard Bikini Line	€20
- A tidy-up around the edges	
Extended Bikini Line	€25
- A slightly tighter wax, more suitable for high cut underwear	
G-String Bikini Line	€35
- A much tighter wax, hair from behind is also tidied	
Brazilian	€45
- All hair underneath and behind is removed, a small area is left at the front	
Hollywood	€50
- All hair is removed	

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

## PACKAGES AVAILABLE AT SIMPLICITÉ

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### Hot Stone Back Massage & Osmosis Facial

65 mins | €85

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 Osmosis Brightening Facial leaving you looking and feeling radiant

### Simplicité Signature Experience

90 mins | €175

This popular ritual incorporates a full body massage. A de-stressing scalp massage is included whilst hot stones are applied to your back. An Osmosis Hydration facial follows and the treatment concludes with a luxurious hot stone foot massage which will send you into Relaxation Heaven

### Relax into Radiance

75 mins | €100

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.

## SIMPLICITÉ ETIQUETTE

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We respectfully request that our clients come alone into treatment rooms. We ask that you respect the relaxing atmosphere for other customers by switching off your phone.

## SIMPLICITÉ POLICIES

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We require 24 hours notice for cancellations.

We operate an appointment only policy.

Booking deposit required for all appointments.

# Live Well

## Life Coaching

Pricing on Request

Coaching is a powerful and collaborative engagement between a coach and an individual which results in new thinking and positive change. Emma is a qualified Life & Executive Coach with over twenty years senior leadership experience in different companies, counties, and continents. She established her own business, Simplicité, after twenty successful years in the corporate world! She is also qualified in Emotional Intelligence psychometric testing.

People come to Emma for coaching for different reasons such as:

- o Seeking a career change
- o Looking to setup a business
- o Eager to improve their emotional intelligence to allow greater success in both their personal and professional lives.
- o Wanting to find their sparkle and confidence again

Emma is a qualified Nutrition & Lifestyle Coach with the Institute of Health Sciences and will be working with people who:

- o Would like to improve and optimise their diet and lifestyle
- o Want to decrease stress in their lives
- o Want to increase their energy levels through diet and lifestyle changes
- o Would like to improve their sleep
- o And generally, improve their overall wellness



**Emma Keogh**

**Owner and Founder  
of Simplicité**

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

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