

— s k i n —

S i m p l i c i t é

— b e a u t y —

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

# Skin Clinic

Our Skin Clinic services blend the strict standards of a medical environment with the nurturing ambiance of a spa, using clinical strength skin products from Ultraceuticals, Alumiers, and Osmosis and medical aesthetic devices including Viora IPL Treatment and LED Therapy.

All our facial treatments are tailored by our skin experts at your visit to address your individual skin needs and concerns on the day. Below is a guide of some of our facials we offer however, rest assured our skin experts will guide you on the day to ensure optimum results from your treatment.

---

## New Client Consultation

Up to 30 mins | €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.

## Back Facial

50 mins €60

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

## Teen Cleansing Facial

30 mins | €40

(For 12-16year old only)

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

# AlumierMD

AlumierMD is a true professionally-dispensed medical-grade skincare brand dedicated to the latest advancements in Clean Science, and delivering therapeutic outcomes for patients presenting an array of skin conditions and concerns.

---

## AlumierMD Prescription Peel

50 mins | €100

AlumierMD Peel Treatments are the next generation of clinical exfoliation. With a variety of peels, each with a unique complex of ingredients, your AlumierMD professional can customise your program of treatments to target your specific skin concerns whether it be aging, pigmentation or acne. This unique experience includes an exfoliating peel treatment, brightening enhancement followed by prescriptive targeted serums which reveal a more radiant, soft and luminous skin.

## AlumierMD Prescription Peel with Neck Décolleté & Eye Treatment

80 mins | €160

This treatment includes the AlumierMD prescription peel as above, with some added extras.

The neck and décolleté areas are not given as much care and attention as they deserve.

AlumierMD's Luxurious Neck and Décolleté treatment starts with a resurfacing peel, which enhances skin renewal and boosts absorption of brightening, antiaging and antioxidant ingredients. It finishes with a firming cream specifically designed for the neck and décolleté area and a moisture mask for optimal hydration.

Our Eye Rescue Treatment is also included for the ultimate skin treatment.

## AlumierMD Targeted Express Treatment

30 mins | €65

This treatment is ideal for treating a specific skin concern in an express results driven treatment. The ideal lunch time treat! It can be tailored to treat a range of concerns, such as anti-aging, radiance, congestion or deep moisturising. A customised peel will be incorporated by your therapist to give optimal results.

## Add on service: Eye Rescue Treatment

Add €15

Eye Rescue Pads are soothing and cooling gel pads to rejuvenate the eye area. This add on is a must for anyone that is looking to improve the appearance of the delicate eye area. You will be treated to a pressure point massage to improve circulation and clarity leaving your eyes looking brighter and refreshed.

# Ultraceuticals

Your skin is unique, and your skin treatment should be too. After a thorough Skin Health Consultation, your professional Skin Expert will create your bespoke Skin Journey plan to tackle concerns like dryness, dullness, the first signs of premature skin ageing, uneven skin tone, congestion, breakouts, enlarged pores and problematic skin. With customised, innovative treatments, plus your home care plan, you can expect to enjoy radiant, healthy glowing skin in 90 days.

---

## Radiance & Glow

60 mins | €125

Brightening Accelerator mask with a cocktail of tried and tested ingredients to deliver a more even and smooth skin tone.

KEY CONCERNS: dull, blotchy, uneven skin tone

## Hydrate & Firm

45 mins | €99

Lactic acid increases support in the skin creating plumpness and instant dewiness.

KEY CONCERNS: dry, dehydrated, lack lustre

## Mattify & Clear

45 mins | €99

Mandelic acid targets excess oil and cell build up to provide skin clarity and deep cleanse.

KEY CONCERNS: problematic, breakout skin

## Simplicité's Signature Skin Treatment

75 mins / €199

The ultimate results driven facial combining our bespoke Ultraceutical/Alumier peel with Mesotherapy. This facial is for clients looking for optimum results. Skin is exfoliated and rejuvenated with our peel of choice followed by mesotherapy for collagen stimulation. Suitable for all skin types, especially clients concerned with ageing and scarring.

# Osmosis

Osmosis' unique philosophy is based on analyzing the skin and body as a whole, treating skin conditions at the source to restore beauty and wellness. Osmosis provides the tools needed to create the ideal environment to encourage real results while teaching you the most important causes of skin decline to help guide prevention for the future.

---

## 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.

## 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.

## Simplicite'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.

# Advanced Skin Treatments

We deliver the best results possible to our clients using the most advanced devices and technologies. For optimal results a course of treatments is always recommended by your skin expert.

---

## Skin Needling

Single Treatment

90mins | €200

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 anti-ageing and skin renewal benefits. Recommended for scar tissue, acne scarring, pigmentation and ageing skins. 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.

## Mesotherapy

Single Treatment €150

Course of 3 €399

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.

# IPL Skin Rejuvenation

IPL is a very popular skin correction treatment that helps those who have imperfect skin due to over exposure to the sun. Intense Pulsed Light [IPL] treats and corrects a wide range of facial concerns safely and effectively, such as broken capillaries, freckles, age spots and uneven skin texture.

---

## IPL Skin Rejuvenation Consultation

30 mins | Complimentary

We offer a complimentary consultation to all clients considering this treatment. This takes 30 minutes and includes a patch test (if suitable). We request that no false tan (2 weeks) or retinols / AHAs (5 days) be used on the area you are considering treating in advance so we can carry out a patch test.

## IPL Skin Rejuvenation

30 mins | €200 per session  
Course of 4 | €640

## Advanced Aesthetics Skin Package

6 Sessions | €995

This package is ideal for anyone looking for a customized, bespoke skincare package, tailored to them by one of our skin experts, using a suite of advanced skincare brands and treatments.

Treatments available to be selected include:

- Needling
- IPL Skin Rejuvenation
- Medical & Cosmeceutical skin peels
- Radiofrequency skin tightening

# Radiofrequency Skin Tightening

Radio-frequency skin tightening is an aesthetic technique that uses radio frequency energy to heat skin with the purpose of stimulating cutaneous collagen, elastin and hyaluronic acid production in order to reduce the appearance of fine lines and loose skin. It has an immediate effect on the skin but is best performed as a course of treatments for optimal results

---

Per Session | Course of 4

Full Face	€175	€560
Neck & jaw Line	€175	€560
Eye Tight	€120	€384

# IPL Hair Removal

Using our Lasertech Viora V20 technology we are able to perform successful hair removal with minimal client discomfort. This service, quickly and effectively eliminates hair from the body regardless of the follicle depth or how large / small the area is.

---

## IPL Hair Removal Consultation

30 mins | Complimentary

We offer a complimentary consultation to all clients considering this treatment. This takes 30 minutes and includes a patch test (if suitable). We request that no false tan / sun exposure (2 weeks) or retinols / AHAs (5 days) be used on the area you are considering treating in advance so we can carry out a patch test.

	Per Session	Course of 6
Full Face & Neck	€160	€610
Extended Bikini Line	€120	€504
Feet	€50	€210
Full Arms	€180	€756
Full Bikini	€160	€630
Full Leg	€230	€966
Lip	€40	€168
Abdomen	€100	€420
Neck	€100	€420
Nipples	€60	€252
Sides of Face	€60	€252
Underarms	€90	€375
Upper Leg	€200	€840
Basic Bikini	€90	€375
Buttocks	€150	€336
Chest	€120	€504
Chin	€60	€252
Full Face	€100	€420
Half thighs	€100	€420
Lower Arms	€140	€672
Lower Back	€100	€420
Lower Leg	€180	€756
Navel Line	€60	€252

## Course of 6 Bundles

Lip & Chin	€330
Face & Neck	€610



# Beauty Rooms

The Simplicity Beauty Rooms offers a full spectrum of beautiful salon services, from brows to nails, and almost everything in between. Our caring team are here to listen to exactly what you want, and guide you in the treatments and options that suit you best. Each service is customised to your specifications, and mindful of your natural beauty.

---

<b>File &amp; Polish</b>	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>Shellac Hands</b> Includes cuticle tidy and nail shape with colour of choice.	40 mins   €35
<b>Fedua Gel Polish</b>	Plus €5
<b>Shellac Hands with detailed cuticle work</b> Includes detailed cuticle work and nail shape with colour of choice.	50mins   €45
<b>Fedua Gel Polish</b>	Plus €5
<b>Gel Extensions</b>	90 mins   €65
<b>Gel Refills (up to 3 weeks/ 4 weeks)</b>	90 /100mins   €45 / €55
<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 Mens Pedicure €45	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>Shellac Toes</b> Includes cuticle tidy, nail shape, and colour of choice	40 mins   €35
<b>Shellac Toes with detailed cuticle work</b> Includes detailed cuticle work and nail shape with colour of choice.	Fedua + €5 50mins   €45
<b>Extras:</b>	Fedua + €5
Add Shellac	€15
Add Shellac Toes	€10
Shellac Removal (includes file/shape, and protein treatment)	€15
Add French Polish (Multi Colour French tips: €10)	€5
Structure/Gummi	€5
Extension Nail Fix	€5
Ombre	€10
Add Nail Art (per nail)	€2

## 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

## For Men

---

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

# 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 mins  
€50 | €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

## Dry Needling

Dry needling is a treatment performed by a skilled, trained body therapists, certified in the procedure. A thin monofilament needle penetrates the skin and treats underlying muscular trigger points for the management of neuromusculoskeletal pain and movement impairments.

30 mins | 50 mins  
€50 | €80

# 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.

## Hand on Heart™ Back, Face & Scalp Treatment

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.

75 mins | €85

55 mins | €70

## Catch the Breath™ Back and Head Treatment

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

30 mins | €40

## Soothe & Nurture™ Organic Facial

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.

30 mins | €40

## Touch Therapy™

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.

30 mins | €40

55 mins | €70

## Teens

---

### Made for Life™ Fabulous Fingers

Includes nail shaping, cuticle tidy, hand massage and application of chosen nail colour.

30 mins | €20

### Mini Pedicure

Includes mini soak, nail shaping, cuticle tidy and application of chosen nail colour.

30 mins | €25

### File & Paint

Includes a file and shape and a colour of choice

15 mins | €125

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

# Live Well

## Life & Executive 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, countries, and continents. She established her own business, Simplicity, after twenty successful years in the corporate world. She is also qualified in Emotional Intelligence, psychometric testing, and coaching.

People come to Emma for coaching for different reasons such as

- Seeking a career change
- Looking to setup a business
- Eager to improve their emotional intelligence to allow greater success in both their personal and professional lives
- 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

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

# Simplicite Packages

Treat yourself to luxury. Alone time or with a loved one, Simplicity Packages will leave you feeling rejuvenated, refreshed and ready to face the world.

---

## Hot Stone Back Massage & Brightening Facial

65mins | €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 Organic Brightening Facial leaving you looking and feeling radiant.

## Simplicité Signature Experience

90mins | €175

This relaxation ritual includes a back exfoliation using our made for life lemongrass scrub, followed by a back massage using our restorative body balm. A de-stressing scalp massage is included while hot stones are applied to your back. A hydrating facial follows, and the treatment concludes with a luxurious 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.

# General Information

## Simplicite Etiquette

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.

## Simplicite Policies

We operate a 24 hour cancellations. Cancellations within 24 hours will incur a 50% charge

No show to appointments will incur a 100% charge

We operate an appointment only policy.

Booking deposit required for all appointments.

## Contact details

Phone: 001 627 8498

Email: [info@simplicite.ie](mailto:info@simplicite.ie)

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

Address: 2 The Forge,

Straffan,

Co. Kildare,

Ireland