

TREATMENT MENU

A RANGE OF NATURAL THERAPIES



CLIFF
AT LYONS

MASSAGES

Body massages at Cliff at Lyons are targeted to your specific needs, whether you are seeking to galvanise a sluggish circulation, relieve stress and tension or simply relax.

CLIFF FULL BODY MASSAGE

Treat your spirit, mind and body to a reviving, de-stressing and relaxing experience. The Cliff Full Body Massage can be adapted to suit pressure for each individual. This treatment will leave you feeling recharged and rebalanced.

30 MINUTES	€45.00
55 MINUTES	€75.00
85 MINUTES	€120.00

CLIFF SPORTS/ DEEP TISSUE MASSAGE

Deep Tissue/ Sports Massage is a very effective treatment for injured or tired muscles. This massage helps promote healing and reduce inflammation. It has great benefits for those who also suffer with high blood pressure.

55 MINUTES	€75.00
85 MINUTES	€120.00

CLIFF PRE-NATAL MASSAGE

(Suitable for pregnancies over 12 weeks)

Massage during pregnancy is a wonderfully healthy way to reduce stress and promote overall wellness. This massage relieves backaches, leg cramps, fatigue, headaches and oedema.

75 MINUTES	€125 .00
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CLIFF HOT STONE MASSAGE

This unique style of massage incorporates the use of smooth, iron-rich basalt stones. The warmth of the stones has many benefits for tired muscles. This is a great treatment to balance mind and body.

30 MINUTES	€50.00
55 MINUTES	€80.00
75 MINUTES	€95.00

SIGNATURE MASSAGE - CLIFF HUG OF THE HANDS

This unique treatment was designed and developed by our award-winning therapist Laura Clarke. This massage incorporates different styles of massage movements including rocking, lifting and cradling of the muscles. This massage is individually personalised to preferred pressure. This is a top to toe treatment and concludes with a face, hair and head massage.

30 MINUTES	€45.00
55 MINUTES	€75.00
85 MINUTES	€125.00

FACIALS / HAIR RITUALS

CLIFF FACIAL MASSAGE EXPERIENCE

Facial massage has many benefits that far exceed just feeling good. Massage of the face increases blood flow which in turn increases oxygen and collagen production to the skin and creates a natural facelift by awakening and lifting the muscles of the face. This unique treatment will leave your skin feeling refreshed, uplifted and renewed.

30 MINUTES	€50.00
55 MINUTES	€80.00

CLIFF HEAD MASSAGE RITUAL

Relax the mind with this complete head, hair, face, neck and upper back massage. This treatment improves circulation of the scalp and strengthens the hair. It is a great release for tension headaches, migraines and sinus problems and helps induce relaxation and a feeling of well-being.

30 MINUTES	€50.00
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CANCELLATION POLICY

As a courtesy to other spa clients please give us at least 48 hours notice if you need to cancel. Please note there is a cancellation fee of 50% if the cancellation is made less than 48 hours prior to the booking.

No shows and on the day cancellations will be charged 100% of treatment costs.

Please note: Prices are per person and correct at time of print. They are subject to alteration.

MANICURES

CLIFF EXPRESS MANICURE

A perfect grooming treat for the hands. Beginning with a gentle hand and arm massage followed by cuticle work, nail shaping and choice of polish.

25 MINUTES	€30.00
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CLIFF LUXURY MANICURE

This treatment is ideal for restoring the skin on your hands and arms back to its natural balance. A superior exfoliation is worked onto skin at the start, then a hydrating hand mask is applied which prepares the skin for a gentle massage. The treatment is completed with cuticle work, nail shaping and choice of polish.

55 MINUTES	€50.00
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MEDICAL CONDITIONS

We want to take care of your entire well-being and so all treatments are booked subject to medical status, which must be disclosed on booking.

If you have a medical condition and would like to discuss your treatment options, our staff are happy to discuss in confidence with you.

All medical conditions must be disclosed to staff.

Cliff at Lyons, is now open everyday for all day dining in the cosy Canal Cafe. Guests can also enjoy the gourmet menu in The Orangery Restaurant and stay over in our individually designed rooms and cottages.

The newest member of CLIFF, delivers an Irish country experience to complement the Cliff House Hotel on the shores of the Atlantic in County Waterford, and Cliff Townhouse, a restaurant with events space on St Stephen's Green in Dublin.

NEW SPA IN 2017

Our luxury spa at Cliff at Lyons will open in the historic Carriage House building in 2017.

Until then, this selection of spa treatments are available in the Dovecot Treatment rooms.



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