



ESSENCE

Day Spa & Beauty Rooms

The Clayton Hotel, Sligo

A woman with her eyes closed and a serene expression is lying on a massage table. Her head is resting on her hands, which are placed on a rolled-up beige towel. The background is softly blurred, showing warm, golden light, suggesting a peaceful spa environment.

WELCOME TO OUR SPA

Essence Day Spa & Beauty Rooms at the Clayton Hotel is dedicated to offering you a spa experience that will rejuvenate your mind, body and spirit. Our luxury skincare brand Germaine de Capuccini is truly results driven whilst focusing on your relaxation and well-being. Our experienced team of therapists will deliver a memorable treatment. Discover our packages here at Essence Spa, the perfect way to spend time with the people you care about. Begin your journey into ESSENCE

The Spa Team



ABOUT GERMAINE DE CAPUCCINI

Over 50 years of excellence in professional skincare. Germaine de Capuccini is responsible for some of the most important breakthroughs in skincare technology & remains one of the world's most important skincare brands.

These facials are truly results driven whilst focusing on your relaxation and wellbeing.



GERMAINE DE CAPUCCINI

ESSENCE SPA PRESCRIPTIVE FACIAL

Designed to suit all skin needs. All facial treatments will include a skin consultation prior to your treatment, this gives your therapist the best understanding of the needs your skin requires for optimum results. Enjoy a warm welcome ritual, double cleanse, exfoliation. Targeted massage techniques & neck stretches that not only your skin will benefit from but relax your mind and body. Unwind with a scalp massage whilst your skin absorbs the active ingredients from the mask application. Your facial is complete with the application of Rose Hip Oil, moisturiser & an awaken protocol.

55 min | €80

ADVANCED SKINCARE FACIALS

VITAMIN C ANTI-AGE FACIAL

70 minutes €100

This facial offers firmness, hydration, suppleness & luminosity. Vitamin C is anti-ageing & improves the appearance of fine lines, dark spots & acne.

EXCEL THERAPY O2

70 minutes €95

An anti-ageing shield packed with oxygen to regenerate your skin from the inside & protect it on the outside. If you're looking to prevent blue light damage from screens, sun & pollution, Excel Therapy o2 is just what you need.

TIMEXPERT HYDRALURONIC

70 minutes €95

A new dimension of hydration is delivered to the skin by exclusive formulations that plump & add volume. Skin will be visibly denser, dewier & more hydrated.



HOLISTIC TREATMENTS

Aromatherapy massage will treat all areas of the body most prone to stress & tension. The blend of incredible oils & luxurious massage will send you into complete relaxation & you'll leave feeling renewed. Add hot stones to enhance circulation and aid the relaxation of tight muscles.

Full Body Revive - 60 minutes €90

Back Revive - 30 minutes €50

Hot Stones Full Body Revive - 65 minutes €95

Hot Stones Back Revive - 35 minutes €55

Indian Head Massage - 30 minutes €55

Combines ancient techniques from India and Swedish massage techniques to stretch & soothe the head, upper back, shoulders & face.

Reflexology - 55 minutes €75

Reflexology is a natural healing art & is the practice of applying precise hand & finger pressure to specific points on the feet to stimulate the body's own healing system & will relax both body & mind.

Full Body Exfoliation - 45 minutes €65

Choose from a lime & lemongrass or nectarine & honey salt exfoliation to eliminate dead skin cells & soften dry skin. Skin will be smooth & hydrated.





HOLISTIC TREATMENTS

CANDLE RITUAL MASSAGE

This unique treatment uses a special soy-based candle that heats oil to a warm temperature that can be poured onto the skin. It is the ultimate way to smooth & soften both the mind & body.

60 min | €95

FOOT & LEG REFRESHER

A revitalising treatment for heavy & tired legs with a foot cleansing ritual, exfoliation & nourishing mask to leave legs & feet feeling light.

45 min | €60

DAY SPA EXPERIENCES

ESSENCE SPA TASTER

Choose 3 of the following treatments;

- **Glow & Go Facial**
- **Back Revive**
- **Indian Head Massage**
- **Body Exfoliation**
- **Foot & Leg Refresher**

75 min | €95

ESSENCE HALF DAY PACKAGE

Full Body Revive, Timexpert Hydraluronic Facial.

120 min | €160

ESSENCE FULL DAY PACKAGE

Full Body Revive, Timexpert Hydraluronic Facial, Indian Head Massage & Full Body Exfoliation.

210 min | €260



MUM TO BE AT ESSENCE SPA

These carefully selected treatments & products are perfectly safe to be enjoyed during your pregnancy & offer relaxation & time out.

SOLE SOOTHER

To relieve aching feet & tired lower legs during pregnancy. Enjoy a foot & leg exfoliation and unwind with a sweet mandarin oil massage to hydrate and soothe those aches.

25 min | €45

REFLEXOLOGY

Reflexology is used to soothe the aches & pains in your back & joints from your growing bump.

55 min | €85

BUMPS - A - DAISY MASSAGE PREGNANCY

Back Revive.

30 min | €50

Full Body Revive.

60 min | €90

BUMP & ME PACKAGE

Full Body Pregnancy Revive Prescriptive Facial, Body Exfoliation Leg & Foot Refresher.

120 min | €150



ESSENCE FOR HIM

Created uniquely for men. Choose from a selection of treatments to reduce stress, boost energy & restore harmony to your body & mind.

HYDRA ELEMENT FACIAL

Helps combat the signs of ageing by revitalising & detoxifying the skin with super charged ingredients.

55 min | €80

DEEP CLEANSING BACK RITUAL

Restore your back with our ritual. Treatment includes cleanse & exfoliating of the back, massage, mud mask, back hydration & leg massage.

45 min | €70



HANDS & FEET

FOOTLOGIX MEDI-PEDI

Footlogix is the world's first & only foot care line offering innovative products that provide effective & transformational results. Products are safe for all skin types including Diabetics. Treatment includes all cuticle and nail work, exfoliating seaweed scrub, dry skin and callus work and a hydrating lower leg and foot massage, complete with polish.

60 min | €65

ESSENCE MANICURE

Treat your hands & nails to a deeply nourishing treatment. Enjoy an almond oil soak, exfoliation, nail & cuticle work, mask with heated mitts & massage. Finished with a nail polish.

50 min | €55

2 WEEK GEL POLISH

Durable gel polish in a range of colour for a long-lasting finish. Includes nail preparation, cuticle work and nail shaping. Suitable for toe nails too.

40 mins | €25

**Add gel polish to manicure/pedicure for €15 extra*

LASH & BROWS AT ESSENCE

YUMI KERATIN LASH LIFT

60 min | €55

This treatment will curl & lift your natural lashes making them appear longer & fuller. Includes lash tint & will last 8-10 weeks.

INFINITY HYBRID BROWS

35 min | €35

Extra long-lasting brow dye with henna effects. The results last up to 7 days on the skin & 7 weeks on the hairs. It can give a natural or dramatic look, depending on what you wish for.

BESPOKE BROWS

20 min | €25

Precision tinting & shaping of your brows to suit for face shape & style preferences.

ESSENCE EYE TRIO

30 min | €30

Lash tint with eyebrow tint & shape.

Lash Tint	15 min €15
Brow Tint	15 min €15
Brow Thread	15 min €15
Brow Shape	10 min €12

HAIR REMOVAL AT ESSENCE

LADIES WAXING

FACIAL WAXING

Eyebrows	€12
Lip	€10
Chin	€10
Lip & Chin	€18
Sides of Face	€15

BODY WAXING

Underarm	€15
Forearm	€15
Half Leg	€20
Full Leg	€30
Bikini	€18

SPECIALISED WAXING

Californian	€25
Brazilian	€30
Hollywood	€35

MEN'S WAXING

Eyebrow	€12
Chest	€25
Back	€25
Forearm	€15
Half Leg	€18
Full Leg	€30



SPA ETIQUETTE

The Essence Spa is an area of peace and tranquillity. Please respect all spa guest's right to serenity and privacy. Essence Spa is a mobile phone, smart phone and camera free zone.

CANCELLATION POLICY

A 50% charge will be incurred for treatments not cancelled within 24 hours of your scheduled treatment time. 100% charge will be incurred for no show on the day. Late arrival will shorten your treatment time.

ARRIVAL TIME

We ask that you arrive 20 minutes prior to your appointment time so you can complete a spa consultation form and prepare for your treatment. Please note that times stated are for actual treatments. Regretfully, late arrivals may result in a reduction of treatment time, so other guests are not inconvenienced.

PREGNANCY

We have treatments that have been specially designed for expectant women and nursing mothers. Please ask the spa reception team who will be happy to guide you in choosing the treatment that best suits your needs at this special time. Treatments will only be carried out from 13 weeks onwards.

GIFT VOUCHERS

A gift voucher for Essence Day Spa & Beauty Rooms is always the perfect gift for someone special. You can purchase a voucher from the main hotel reception, over the phone or online. If you are a voucher holder, please present it on arrival to the spa.

PRICES

All prices are quoted in Euros. Gratuities are not included and are welcomed at your discretion. All treatments are subject to availability & all prices are subject to change without prior notice.

CHILDREN POLICY

We regrettably cannot accommodate babies or children within the spa including the spas waiting area. Persons under 16 are not permitted in the Spa.*





ESSENCE

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The Clayton Hotel, Sligo

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CLAYTON
HOTELS