



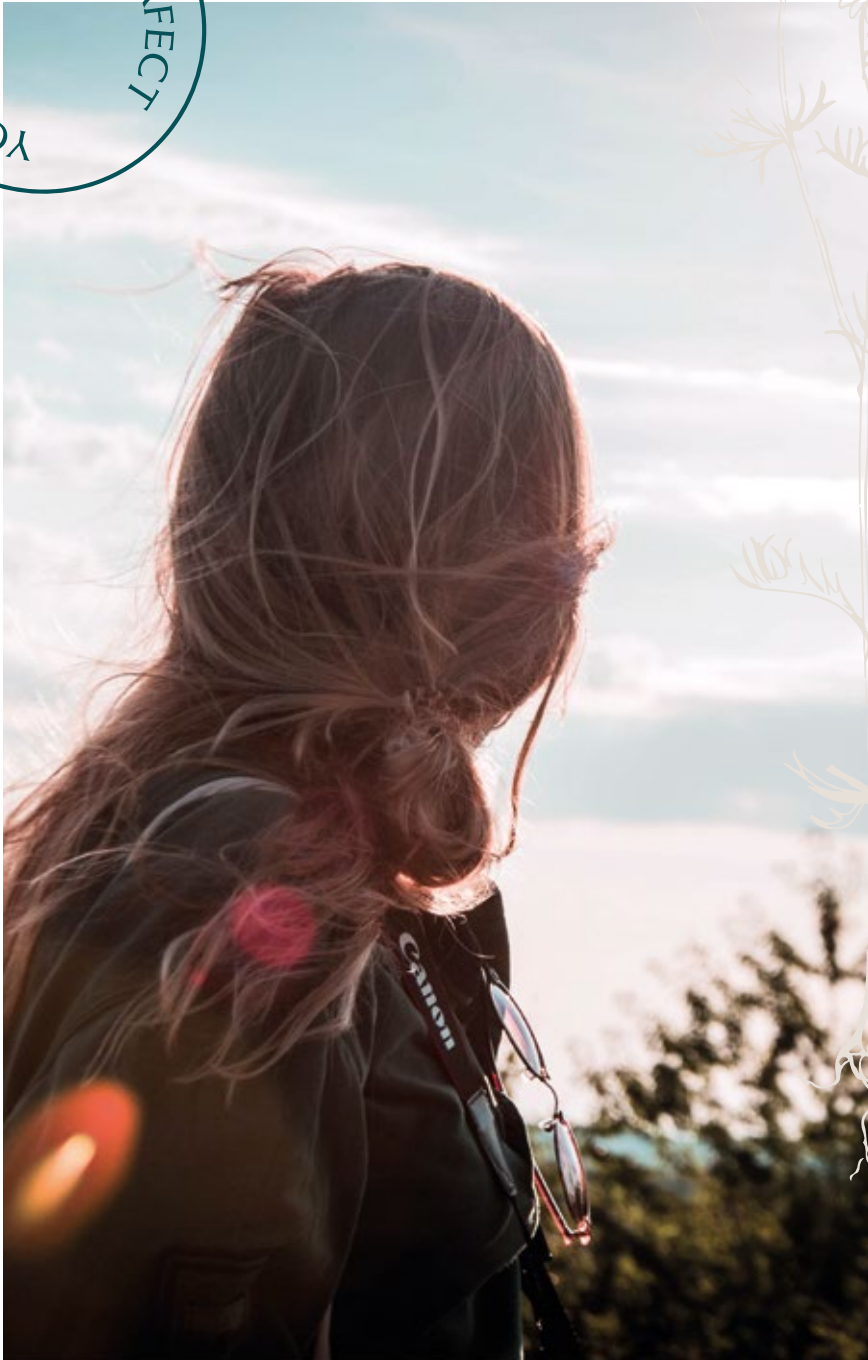
YOUR OWN KIND OF PERFECT

THE HERITAGE SPA

Adopt the pace of nature. Her secret is patience.

– Ralph Waldo Emerson





In every walk with nature one receives far more than he seeks.

– John Muir

At one with nature...

There's something magical about those few simple words.

The Heritage Spa Experience promises perfect
tranquility in a quiet, countryside setting.

No interruptions, just pure relaxation.

Our Spa Experience has been created to take you on
a journey through the elements of nature. Discover
the power of pure natural ingredients with our holistic
treatments. Immerse yourself in the ancient ritual of hot
and cold bathing. Each step will draw you further into
deep relaxation, where nothing matters but you.

DAY SPA PACKAGES

The Heritage Deluxe Retreat

A choice of 3 from the following treatments: 30 mins ESPA Salt And Oil Scrub, 30 mins Back, Neck & Shoulder Massage, 30 mins Indian Head Massage, 30 mins ESPA Express Optimal Facial. After your treatments enjoy 1 hour of pure relaxation in The Heritage Spa Experience Thermal Suite and light lunch in Seven Bar.

Glam Mum To Be

Nurture your body with ESPA Pre-Natal Relax and Restore Massage, followed by ESPA Express Facial tailored to your skin. This package includes 90 mins treatments and light lunch in Seven Bar.

Afternoon Retreat

Take a break from every day with your own kind of perfect Day Spa experience. Afternoon Retreat includes Relaxing 25 mins Back, Neck & Shoulder Massage and Rejuvenating 25 mins ESPA Personalised facial. Followed by 1 hour of pure relaxation in The Heritage Spa Experience Thermal Suite. Our signature Afternoon Tea served in The Galleria.

Melt Into Relaxation

Switch off and relax with our melt into relaxation escape. This package consists of ESPA Express Facial personalised to your needs, leaving you looking and feeling relaxed and radiant. This follows with an ESPA Back, Neck & Shoulder Massage to ease tension, re-energise your body and calm your mind.

Includes:

25 mins ESPA Express Facial and 25 mins ESPA Back, Neck & Shoulder Massage. After your treatment enjoy 1 hour in Spa Experience and Lunch in Seven bar with complimentary glass of prosecco (main course, tea or coffee and glass of prosecco).

The Midweek Breathe

Escape midweek routine with this refreshing and relaxing treatment including 25 min ESPA Optimal Express Facial and 25 mins Back, Neck and Shoulder massage. Followed by 1 hour of pure relaxation in The Heritage Spa Experience thermal suites.

The Heritage Spa Experience & Lunch

Start your spa day in the Thermal Suite Spa Experience and enjoy our range of heating and cooling experiences. Immerse in our dedicated Thermal Suite with Aroma Steam Room and breath-taking heated Hydro Pool, and Aromatic Salts Foot Baths to cleanse the body and soul. Then enjoy a tasty lunch in our Seven bar, beautiful surroundings exuding style and sophistication. This package includes 120 mins in The Heritage Spa Thermal Suites Lunch in Seven Bar (main course and tea or coffee).

Celebrate the harmony of nature and its gentle healing properties. Extensive relaxation spaces have been carefully designed so that you can experience pure luxury in a wonderfully peaceful rural setting.

The Heritage Spa Experience nourishes both body and soul.

Your journey begins with the ancient ritual of bathing, where the body is heated then cooled through a series of different bathing areas. These spaces have a natural flow, bringing you to a state of deep relaxation. The journey ends in our resting zone where you can drift away to the soothing sounds of nature.

HEAT EXPERIENCE

This ritual dates back thousands of years, with its roots in ancient Roman and Turkish bathing traditions. Each Experience has its own unique cleansing and beautifying properties.

Tepidarium

The Roman Tepidarium was a lukewarm lounging area, usually located in the opulent hall of the spa. Bathers could relax and unwind here, watching the world go by. The radiant heat of our Tepidarium helps to soothe the body, mind and soul, creating a sense of calm and well-being.

Caldarium

A 2000 year old Roman Tradition. The floor benches and walls are heated, offering a dry, warm environment for deep-cleansing the pores.

Steam Bath

A humid heating sensation also known as a Turkish or Roman Steam Bath. Particularly beneficial for the respiratory system. The heat combines with pure essential oils, helping to induce a state of deep relaxation.

Open Hydro-pool

With water fountains for shoulder and neck massage, air loungers for full body massage plus individual jetpacks tailored to specific hydrotherapeutic needs.

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Rustic Sauna Cabin

A Finnish tradition offering intense dry heat. An authentic copper kettle disperses aromatic water over hot coals, creating a warm and gently fragrant environment. Perfect for unwinding, de-stressing and resting tired, aching muscles.

Salt Room

Salt Therapy (also known as 'Halotherapy') originated with the Greek and Romans many thousands of years ago. 'Halotherapy' derived from the Greek word halos, meaning 'salt', is a form of alternative medicine which makes use of salt. Perfect for respiratory health, asthma, breathing difficulties & skin conditions.

COOLING EXPERIENCE

Like yin and yang, cooling down is a key part of our spa experience. Cooling the soft tissues not only moderates your core temperature.

It invigorates your body and stimulates the nerve endings, leaving you feeling refreshed and energised.

Elemental Showers

These showers imitate natural rainfall, offering a multi-sensory experience to help cool the body, from soft tropical rain to invigorating ice rain.

Hydro Boost

This immersive hydro experience, incorporating a waterfall shower, bucket douche, body shower and Kneipp hose, has wonderful rejuvenating properties. It helps to stimulate circulation and metabolism, firm the skin and, of course, invigorates the body and soul!

Foot Baths

Foot-baths have been used for millennia, to cleanse the body and the soul. This divine foot therapy literally melts away the stresses of life. Warm water and gorgeously aromatic salts gently soothe and massage the feet, providing deep therapeutic effects.

Resting Zone

Now it's time to commune with nature. Our resting zone is tucked away in a quiet, tranquil area. Lie back, relax, gaze out at the beautiful Laois countryside and let the gentle sounds of nature envelop you.



OUR TREATMENTS

Our philosophy is firmly rooted in the healing properties of nature. That's why we've chosen to partner with ESPA, the leading brand in natural, organic and holistic products. Our treatments are a true expression of nature's gentle healing powers. Each one has been created using a careful balance of products that work in perfect harmony with your skin type.

We believe that to get the right results, it's important that we take the time to listen and get to know your own individual needs. Every one of our ESPA treatments starts with a detailed personal consultation. Your therapist will discuss your needs to find the perfect treatment for you.

We carry out a sensory test to find out which products are best suited to your skin type. Our therapist then creates a personalised treatment that is perfectly in sync with you. That way, you'll benefit from the best results possible. We're here to make your spa journey truly special. If you need anything, just ask.





Normality is a paved road; it's comfortable to walk, but no flowers grow.

– Vincent van Gogh

SIGNATURE TREATMENTS

The Heritage Signature Face & Body Sensation

90 mins

Experience the ultimate duo, a sensational Hot Stone Massage combined with a prescribed ESPA Inner Beauty Facial. Designed as an all-over body experience, the 30-minute back of the body Hot Stone soothing back, neck and shoulder massage leading seamlessly into a 60 mins facial treatment and finishing with a relaxing scalp massage.

A Slice of Heaven at The Heritage

90 mins

Unravel tension, instantly boost your complexion, and restore inner calm with our most renowned treatment. Starting off with a deeply relaxing and tension relieving massage for the scalp and face, followed by a revitalising treatment for tired feet, a relaxing hand and arm massage and an indulgent back massage using nourishing essential oils and hot stones to penetrate tired, aching muscles.

ESPA FACIALS

Your facial is specifically tailored to you, to include cleansing, exfoliation and a treatment specific massage, mask and intensive serum. Skincare products are chosen for your individual needs to achieve the best possible results. We recommend treating yourself to a facial once a month to maintain the ultimate in healthy, radiant skin.

Please note: Your lifestyle consultation and skin analysis is part of your treatment and treatment time.

ESPA Inner Beauty Facial

60 mins

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes:

Skin analysis with Skin Vision lamp, triple cleanse, exfoliation, facial massage, personalised mask and scalp massage.

ESPA Active Nutrients Glow from Within Facial

60 mins

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Includes:

Skin analysis with Skin Vision lamp, cleanse & exfoliation, Gua Sha facial massage, double mask and hand & arm GuaSha massage.

ESPA Intense Regenerating Facial

60 mins

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.

Includes:

Skin analysis with Skin Vision™ lamp, triple cleanse, exfoliation, age-defying facial massage, mask and scalp massage.

ESPA Pro Optimal Express Facial

30 mins

Designed to reveal your skin's true potential, this luxury treatment leaves the skin with instantly visible results, appearing bright, fresh-looking, and healthy.

Treatment includes Nourishing Eye & Lip Cleanse, In-depth Skin Analysis and Bespoke Application of the entire Optimal Collection.

ESPA Men's Deep Cleansing Facial

60 mins

Deeply cleanse, hydrate and renew with these instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Includes:

Skin analysis with Skin Vision™ lamp, triple cleanse, facial massage, personalised mask and scalp massage.

ESPA LIGHT SALON FACIALS

ESPA LED + Nano Dermabrasion Tri-Active™ Treatment

60 mins

A complete approach to skin health with our innovative Tri-Active™ LED facial treatment. Designed to enhance your skin's own natural rejuvenation process and complement ESPA's naturally powerful formulations, the LED Light Treatment produces clinically proven results for a profound improvement in the skin's appearance, texture and tone. Tailored to your skin's precise needs, our Tri-Active™ formulas harness plant and marine actives to immediately transform your complexion while pure essential oil aromatherapy encompasses your mind. Skin looks visibly clear, bright, supple and restored and inner calm is blissfully restored. The renewing element of clinically proven LED optimises the health of the skin. Subsequently strengthening the skin's structure, improving the appearance of fine lines, increasing firmness and elasticity, and supporting the increase of collagen and elastin for softer, supple skin.

Includes:

Skin analysis with Skin Vision™ lamp, personalised Tri-Active™ products - cleanse - exfoliation with Nano-dermabrasion - The Light Salon Enzymatic Mask with Scalp Massage - The Light Salon LED Light Treatment with hand & arm massage - facial, décolletage and shoulder massage - Tri-Active™ finishing products.

LED + Nano Dermabrasion Active Nutrients Treatment

60 mins

Restore radiance, refreshing your skin and mind to glow with vitality. This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, nourishing your skin and your mind to glow with vitality. Dull, lethargic complexions are brightened and refreshed with the advanced nano-dermabrasion and LED smooth the skin's surface and renew the skin from a cellular level. Concentrating on your face, neck, décolleté and scalp to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

The renewing element of clinically proven LED for visibly stronger, plumper and smoother skin.

Includes:

Skin analysis with Skin Vision™ lamp, personalised Active Nutrients products - cleanse - exfoliation with Nano-dermabrasion - The Light Salon Enzymatic Mask with Scalp Massage - The Light Salon LED Light Treatment with hand & arm massage - facial, décolletage and shoulder massage - Active Nutrients finishing products

ESPA MASSAGE

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ESPA Inner Calm Massage

60 mins / 90 mins

Quieten your mind, release tension, and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes:

Breathwork, full body aromatherapy massage, scalp massage with Rose Quartz Crystals.

ESPA Swedish Massage

60 mins / 90 mins

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes:

Full body Swedish massage and scalp massage.

ESPA Hot Stone Massage

60 mins / 90 mins

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes:

Full body aromatherapy massage with hot stones and scalp massage.

ESPA Muscle Reviver

60 mins

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

Includes:

Back massage, facial massage and scalp massage.

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ESPA Pre-Natal Relax & Restore

60 mins / 90 mins

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes:

Back exfoliation (if required), focussed body massage and scalp massage.

ESPA Deep Muscle Massage

60 mins / 90 mins

This massage will alleviate high stress levels, ease aching muscles, and revive the senses with this powerful deep tissue massage. Helps to relax, recharge and re-energise, whilst tension melts away.

ESPA Back, Neck and Shoulder Massage

30 mins

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your individual needs.

BODY TREATMENTS AND RITUALS

ESPA Back, Face & Scalp Treatment

90 mins

Unravel tension, instantly boost your complexion, and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes:

Back exfoliation, back massage with or without hot stones, Inner beauty facial and scalp massage.

ESPA Body Wrap

60 mins

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes:

Skin brush, body exfoliation, algae or mud wrap and scalp massage.

ESPA Salt and Oil Scrub

30 mins

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy. Perfect as a stand-alone treatment, or in preparation for an ESPA massage

Includes:

Skin brush, salt & oil full body exfoliation

Hamam

45 mins

Influenced by the bathing ritual of the Ottoman nations, relax on a warm plinth in absolute humidity whilst being treated by your therapist. Exfoliating massage performed on a warm massage plinth.

Mud Rasul

45 mins (min of 2 people)

The Rasul is a traditional Arabian cleansing ritual for two people at a time, The treatment starts with the self-application of mineral muds.

Once the mud is applied, you relax with your friends on heated mosaic 'chairs' in the exotic Rasul Suite whilst the room gently fills with herbal steam. As you perspire the mud's natural ingredients absorb the toxins from the body to aid the detoxifying and exfoliating process. A choice of different salt and oil scrubs are also provided for you to apply over the muds on selected areas. The ceremony closes with a tropical rain shower from the star-lit ceiling to wash away the mud, leaving you with the silkiest skin imaginable.

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ESPA Body Ritual

120 mins

Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a nourishing wrap, full body massage and reviving scalp massage. Skin feels refreshed, smooth and intensely nourished. Toxins are eliminated, tension alleviated and your body and mind re-energised.

Includes:

Body exfoliation, marine or algae wrap, Inner Calm massage and scalp massage.

ESPA Sleep Ritual

90 mins

The definitive answer to a truly blissful night's sleep. Quieten your mind and release physical tension and emotional anxieties with this tailor-made experience. Returning mind and body to a perfect balance, guided breathing and visualisation combine with deeply therapeutic massage to help clear the mind and enable you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

Includes:

Breathing and visualisation techniques, full body massage with hot stones and therapeutic scalp massage

Deep Cleansing Back Treatment

60 mins

A tension releasing massage for tight muscles and congested skin on the back, neck, or shoulders. The back is deep cleansed and exfoliated to help stimulate circulation and refresh the skin. A marine mud mask is then smoothed onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away tension from the back with a calming back massage



HOLISTIC THERAPIES

These alternative therapy techniques are based on ancient traditions. They are centred around healing and rejuvenation of the mind, body and spirit.

Reflexology

60 mins

This ancient technique stimulates pressure points on the feet to rebalance your body's energy systems.

Indian Head Massage

30 mins

Designed to alleviate stress, this massage concentrates on the scalp with a focus on soft tissues in the shoulders and neck.

BEAUTY SUITE

NAIL CARE

Luxury Manicure

60 mins

Nails are analysed to ensure the right treatment for their type. Our manicure includes exfoliation, massage and cuticle care, before treating nails with the correct base coat and finished with the perfect polish.

Luxury Pedicure

60 mins

A luxurious pedicure using ESPA aromatherapy oils and creams to soften, pamper and bring feet, nails and cuticles to their best. Includes: ESPA foot soak, shape, full cuticle work, ESPA salt and oil scrub, hard skin removal, ESPA foot and leg massage, and OPI polish.

OPI Gel Polish

30 mins

Shape, cuticle work, buff, and OPI gel polish.



Everything has beauty, but not everyone sees it.

– Confucius

THE HERITAGE SPA GUIDE

Arrival Time

Arriving 1 hour before your treatment commences will give you plenty of time to relax and enjoy the surroundings. If you're late for your appointment, the time will be deducted from the length of your scheduled treatment.

If your package includes The Heritage Spa Experience, we recommend you allow a minimum of 1 hour before or following a treatment to fully utilise the area.

Booking Information

We recommend you book treatments and packages in advance as demand for the Spa is high. All bookings are subject to The Heritage terms and conditions, which are available on request.

To book please call +353 (0)57 869 5050 or email spa@theheritage.com

Health

The first priority of our team is your health, safety and wellbeing. If you have any concerns regarding your medical history we recommend consulting your GP prior to your visit. A medical note may be needed in order for us to perform some treatments. If you've undergone surgery within 6 months prior to the date of appointment, this may affect your choice of treatments available. Please ask our Spa Reception Team for advice on booking, they will be happy to help.

Pre and Post Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please contact our spa reception and a member of our Spa Reception Team will be happy to provide more information. If you have undergone a C-section in the previous 6 months, unfortunately it will not be possible to have any massage or body treatments.

Children

Due to the active nature of the products, Spa users must be a minimum age of 18 years.

Gifts and Vouchers

Gift vouchers and Spa gifts can be purchased directly from The Heritage or online at www.theheritage.com

Etiquette

As a courtesy to other clients and to preserve the ambiance of the Spa, we ask that clients switch off their mobile phones and leave them in the locker area. Smoking is not permitted in the Spa. We thank you in advance for your understanding.

What to Bring

We will provide you with a luxury bathrobe and towel. Swimwear is obligatory in The Heritage Spa area at all times.

Personal Belongings

Lockers are available to ensure the safety of your personal belongings. Please remove all jewellery before entering the Spa.

Cancellation Policy

Cancellation Policy As a courtesy to other guests and our therapists, please give us at least 48 hours' notice if you need to cancel or change your appointment. Please note that cancellations less than 48 hours prior to the booking are subject to a 100% cancellation fee. If you don't attend your appointment on the day, you will be subject to a cancellation fee of 100% of the treatment price.

For group cancellation policy, please refer to your group confirmation contract. We reserve the right to alter prices and modify or discontinue treatments without prior notice to ensure that we maintain maximum standards of service and quality.

Opening Times

Spa Treatments:

Mon - Sun 10am - 6.00pm

The Heritage Spa Experience:

Mon - Fri 10am - 8.30pm

Sat - Sun 10am - 6.30pm

Bank Holidays 10am - 6.30pm

The Health Club

Located beside the Spa, the Health Club is equipped with Technogym exercise equipment, fitness studio, leisure pool, Jacuzzi. Ladies and gents locker rooms are equipped with a separate sauna and steam room in each.



THE HERITAGE SPA

Price List

TREATMENT	PRICE
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DAY SPA PACKAGES

The Heritage Deluxe Retreat	€170 Mon-Fri
Glam Mum To Be	€170 Mon-Fri €180 Sat-Sun
Afternoon Retreat	€130 Mon-Fri €145 Sat-Sun
Melt Into Relaxation	€120 Mon-Fri €135 Sat-Sun
The Midweek Breather	€105 Mon-Fri
The Heritage Spa Experience & Lunch	€65 Mon-Fri €70 Sat-Sun

TREATMENT	TIME	PRICE
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SIGNATURE TREATMENTS

The Heritage Signature Face & Body Sensation	90 mins	€160
A Slice of Heaven at The Heritage	90 mins	€160

FACIALS

ESPA Inner Beauty Facial	60 mins	€120
ESPA Active Nutrients Glow from Within	60 mins	€130
ESPA Intense Regenerating Facial	60 mins	€130
ESPA Pro Optimal Express Facial	30 mins	€80
ESPA Mens Deep Cleansing Facial	60 mins	€120
ESPA LED + Nano Dermabrasion Tri-Active™ Treatment	60 mins	€130
LED + Nano Dermabrasion Active Nutrients Treatment	60 mins	€130

MASSAGE

ESPA Inner Calm Massage	60 mins 90 mins	€120 €145
ESPA Swedish Massage	60 mins 90 mins	€120 €145
ESPA Hot Stone Massage	60 mins 90 mins	€135 €165

THE HERITAGE SPA

Price List

TREATMENT	TIME	PRICE
ESPA Muscle Reviver	60 mins	€115
ESPA Pre-Natal Relax and Restore	60 mins 90 mins	€130 €150
ESPA Deep Muscle Massage	60 mins	€140
ESPA Back, Neck and Shoulder Massage	30 mins	€85

BODY TREATMENTS AND RITUALS

ESPA Back, Face & Scalp Treatment	90 mins	€155
ESPA Body wrap	60 mins	€110
Salt and Oil scrub	30 mins	€70
Hamam	45 mins	€100
Mud Rasul (Min of 2 People)	45 mins	€90
ESPA Body Ritual	120 mins	€205
ESPA Sleep Ritual	90 mins	€165
Deep Cleansing Back Treatment	60 mins	€110
Hamam	45 mins	€100
Rasul Mud	45 mins	€90

HOLISTIC

Reflexology	60 mins	€125
Indian Head Massage	30 mins	€80

NAIL BAR

Luxury Manicure	60 mins	€75
Luxury Pedicure	60 mins	€75
OPI Gel Polish	30 mins	€45



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FBD HOTELS & RESORTS