

## ISLAND HANDS & FEET

Using oriental inspired products which cleanse and deeply moisturise the skin and condition the nails

### HANDS

**File & Paint £8**

**Basic Manicure £15:**

File, shape, cuticle work & polish

**Deluxe Manicure £30:**

Scrub, mask, massage and polish

### FEET

**File and Polish £8**

**Basic Pedicure £18:**

File, shape, cuticle work & polish

**Deluxe Pedicure £40:**

Scrub, mask, massage and polish

**French Polish add £2**

**Nail Art £6 - £15**

## ISLAND PACKAGES

### BRIDAL PACKAGE

**Full Prep Package £150:**

Waxing, Tanning, Tinting, Nails and Make-up

**Mini Prep Package £65:**

Tinting, Nails and Make-up

**Full Prep And Relax £180:**

Choose a facial or body treatment of your choice.

**Your Choice:**

10% Discount, when you create your own package from our range of treatments. Minimum 3 treatments.

## OPENING HOURS

Wednesday - Saturday

Sundays and Late evenings  
(subject to availability)

## FACILITIES

Clients can avail of the pool, sauna and changing facilities to enhance your treatment experience.

## BOOKING POLICY

There are contra-indications for some medical conditions.

Please ensure you inform the therapist of any medical conditions or medication you are currently prescribed.

Whilst we endeavour to accommodate all requests, all treatments are subject to availability.

To avoid disappointment please call to book in advance.

Prices are subject to change.

Cancellations made within 24 hours of an appointment are subject to a 50% charge of the treatment cost.

## ENJOY YOUR TREATMENT!

Island Therapies,  
Lusty Beg Island,  
Kesh,  
Co. Fermanagh,  
Northern Ireland

Phone: +44(0)7703 723322 / +44(0)7871 067773  
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from R.o.I. 048 686 33300



AT LUSTY BEG ISLAND

## TREATMENT LIST

## ISLAND FACES

Your therapist will analyse your skin and tailor your facial with this in mind.

### Express Facial £25

Enjoy a deep cleanse, balancing tone and rich moisturising facial incorporating neck, shoulder and acupressure face massage.

### Equalising Facial £30

Suitable for confused skin. This facial incorporates an exfoliating scrub mask and a relaxing neck, shoulder and head massage.

### Zinger Facial £30

Has your skin lost its sparkle? This rejuvenating facial uses vitamin C and will leave your complexion illuminated and energised.

### Insurance Facial £50

This ultra rich facial is packed with age-defying ingredients including horse chestnut to help stop the clock. Targeting the age belying areas of the decollage, neck, eyes, lips and hands.

### Eye Treatments

Patch tests are required 24 hours prior to treatment.

### Eyebrow Shaping £5

### Eyebrow Tinting £5

### Eyelash Tinting £6

### Make-up

### Special Occasion £25

Professional application for that special time

### Bridal £45

### Bridesmaid £30

Please see packages for more information

## ISLAND BODIES

### Swedish Back Massage £25

A deep relaxing and de-stressing treatment.

### Back Treatment £35

Relaxing back massage and heat treatment followed by exfoliation and refinement and finished with deep moisturisation.

### De-stress Massage £40

Relieves tension and anxiety with manipulation of the tissues of the back, neck and shoulders. Relaxing massage of the scalp, arms and head is included with facial acupressure and cleanse.

### Full Body Massage £60

Deep tissue massage of the back, neck, arms and legs. Cleansing treatment for the face including acupressure head massage.

### Indian Head Massage £30

Upper back, neck and shoulder massage including cleansing face treatment and scalp massage. Instant relief and deep relaxation.

### Reflexology £30

Helps to gently ease congestion in the body through the manipulation of the feet.

### Aromatherapy

Your qualified therapist will use a range of aromatherapy oils designed to detox, relax or rejuvenate

### Full body £45

### Back £30

### Shoulder, neck and head £25

**Hot Stone Therapy...** coming soon.

## ISLAND BODIES

### Waxing

A deluxe crème wax is formulated with Lavender essential oil. Lavender is renowned for its soothing, calming and antiseptic properties. Suitable for sensitive skin.

### Eyebrow £5

### Upper Lip £5

### Chin £5

### Lip & Chin £7

### Lip Chin & Eyebrow £10

### Under Arm £8

### Bikini £8 - £12

### 1/2 Leg £12

### Full Leg £18

### Tanning

White to brown creates a natural looking golden brown tan. Rich and smooth, this lotion contains sunflower seed oil and cocoa butter extract to provide a long lasting colour.

Application, requires client to have exfoliated in advance.

### Full Body £30

### Half Body £20

Skin preparation and application, includes exfoliation.

### Full Body £45

### Half Body £30

### Hopi Ear Candling £25

A traditional, natural therapy which aids the loosening of waxy build up and is beneficial for sinus treatment.

Beeswax, honey, herbs and oils are combined in the candle which once lit, creates a pleasant sensation of warmth, vibration and gentle suction. A gentle drainage massage completes this treatment.