

Vitality Bliss Day

appetizer

Herbal Tea or Orange Juice on arrival.

main course

How does a luxurious aroma ritual facial and soothing full body massage sound? A wonderful manicure and a Zen Spa pedicure for those tired feet... what a treat!

dessert

A glass of full bodied red wine or chilled white wine sipped in the luxury of your own beauty suite before floating home.

Light Champagne lunch and refreshments throughout the day included.

Conclude your day relaxing in our onsite hydrotherapy facilities.

Full Package €220.00

Aspara also offers unique and tailor made pamper packages to suit all occasions. Package suggestions available on request. Enquire at Aspara reception for further details.



Waxing

Full Leg Wax incl Brazilian	€70
Full Leg Wax incl Hollywood	€75
Full Leg Wax incl Bikini line Regular	€35
Upper leg incl regular bikini line	€25
¾ Leg incl bikini line, back of thigh	€30
½ Leg Wax (front knee down)	€18
½ Leg Wax incl Brazilian	€50

Bikini Line Regular	€16
Brazilian Wax	€50
Hollywood Wax	€60

Underarm	€15
Full Arm Wax	€20
Half Arm Wax	€10

Sides of face	€18
Lip Wax	€10
Chin Wax	€10
Lip & Chin	€16.50
Lip Bleach	€18

Waxing for Men

Chest	€25
Back	€25
Back & Chest	€50
Eyebrows	€10

Follow us on Facebook for **Exclusive Monthly Beauty Specials** Aspara beauty specials change each and every month, please call for the latest special offers! Supply us with your email address to be the first to avail of our exciting discounts.

Opening Hours

Tuesday & Wednesday 9:30am-5:30pm
Thursday & Friday 9:30am-7:00pm
Saturday 9:00am-5:00pm
Sunday Closed

Extended opening hours at Christmas
Late appointments available on request
Gift vouchers available for all occasions

On an occasion where you are late for a treatment, we will do our best to accommodate however, we regret if you are late your treatment may have to be cut short or rescheduled. No cash refunds given on vouchers.

Management & Staff look forward to welcoming you to

aspara beauty

The Limerick Strand Hotel,
Ennis Road, Limerick.
tel 061-421851
email asparabeauty@strandlimerick.ie



Relax...

...at the
LIMERICK STRAND
HOTEL

Aroma Face Rituals

Facial rituals by Decleor Holistic. Aromatherapy facials. All facial treatments include a 10 min back massage.

aroma essential

Aromaplasty €70
Comforts nourishes and relaxes
 Multivitamin treatment with a delicious and surprising texture. 100% natural. A sensation of extreme effectiveness and absolute wellbeing.

Aroma Experience d'lage €80
Age defying 40 plus facial

Aroma Expert Excellence €85
Anti age treatment
 Wrinkles appear to be pumped from within and the contours of the face reshaped

Aroma Fresh Express €55
 Experience the mini facial which leaves the skin refreshed and glowing - 45 mins

aroma expert

Hydra force €80
Intensely replenished, quenches the skin

Aroma Purity €80
Balances, purifies & refines the skins texture

Aroma Delice de Peau €80
Nourished comforts and strengthens

Harmonie Doucer Extreme €80
Soothes, calms, softens

aroma solutions for the eyes

When a sensitive area calls for special attention

Vital Eye Treatment €50 per treatment
 Tones, reduces puffiness and dark circles. Flower petals eyes and lip moisturising mask with sweet clover.

A course of 5 recommended

Aroma Body Rituals

Full Body Swedish Massage €75
 Head to toe relaxation

Hot stone full body massage €85

Decleor Tranquillity Scalp €60

Indian Head Massage
 Drift into deep relaxation with this calming massage of the scalp. All traces of tension are gently eased away.

Aroma back Massage €50
 Stimulation & releases tension using shiatsu points & essential oils

Hot Stone therapy Back Massage €55
 A therapeutic massage taken to new dimensions. Deep tissue hot stone delight.

aroma wrap rituals

Spa pure body exfoliation ritual €80
 A moment of harmony in which effleurage strokes, acupressure pints and gliding pressure follow each other in smooth succession, releasing the very essence of essential oils. A cocoon of pleasure combining aromatic balms with a comforting sauna mask with papaya.

Aroma exfoliation ritual €50
 Full body scrub - recover radiance, vitality and silky revitalised skin, with fruit powder and plant oils.

Og Ireland

Detoxing Lemon & Lime Wrap €50
Body Wrap to remove toxins and improve circulation

Luxurious Rose and Pete Body Wrap €55
 The ultimate pampering experience. Your Body is wrapped in Peat and Rose oil body mask to soothe your skin leaving you calmed.

Aspara in partnership with Og Ireland have created a selection of unique body treatment expectant mums.

Og Mother to be €75
Og Body and Sole €70
Og Yummy Mummy Facial €60

Bringing peace and tranquillity to expectant mums, releasing tensions and energizing the inner being.

Head to Toe Essential Beauty Care

Eyes

Eyelash Tint €12
Eyebrow tint €9
Eyebrow shape €10
Eyelash tint, brow tint and trim €28

Hands

Jessica Deluxe Manicure €30
Jessica Geleration 3 week Manicure €30
File, buff, polish €20
French polish €15
Nail paint €12
Nail shape €10

Feet

Deluxe pedicure €50
 Cocoon your feet with the Jessica zen spa foot experience

French polish on toes €20
 including nail file

File buff & polish on toes €25
 including foot massage

Tanning

Decleor Full Body Tan €50
 Cream Tan using Decleor Award winning tan

He-Shi Full Body Tan €35
 Liquid using Decleor Award winning tan

Decleor Upper Body Tan €30
He-Shi Upper Body Tan €22.50

Deluxe Full Body Tan €80
 Including Full Body Scrub and hydrating treatment using self tan lotion

Instant Tan available on request

Make Up

€30

Achieve the professional look for that special occasion. Our qualified make up artists are available to create the ultimate in glamour.