



RELAX  
REWIND  
REJUVENATE

YON  
KA  
PARIS

A WARM INVITING HIDEAWAY, WHERE YOU  
CAN UNWIND IN A CIRCLE OF GLOWING  
CANDLELIGHT SURROUNDED BY THE  
DELICATE AROMA OF ESSENTIAL OILS...

At The Blarney Spa we know you treasure each moment snatched from the demands of everyday life.

Our experienced therapists make the most of each second, with tailored treatments sure to leave your mind, body and soul revived and replenished.

We use a selection of treatments drawn from the world renowned Yon-Ka range, expressing the principles of purity and the vital forces of life through expertly balanced fusions of natural ingredients from all over the world.



# YON-KA FACIAL CARE

## LE GRANDE CLASSIQUE

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60 MINS

€75

Deep cleansing, healing and relaxing treatment

One of the most elaborate and complete facials. This facial leaves you with clean, perfectly balanced skin, a radiant complexion and a pure glow, whilst you experience optimum relaxation.

## HYDRALESSENCE VISAGE

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60 MINS

€75

Long-lasting, deep hydrating facial

This high performance, deep hydrating facial will revive the most dehydrated complexions. Luxuriate in the warmth of healing hands while your skin is bathed in a moisture surge of oils, creams and elixirs containing fruit extracts & green tea.

## PLAISIR D'AROMES

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60 MINS

€75

Aromatic relaxing and well-being facial

This facial will awaken your senses with all of the beneficial elements of Yon-Ka skincare including the warm aromatic compress and the enveloping relaxing massage. The scents of rosemary and grapefruit will leave you energised and your complexion glowing with health, ready to face the day.

## SKIN FITNESS

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60 MINS

€75

Deep cleansing, healing and relaxing

This deep cleansing treatment purifies, balances and clears your complexion. Blackheads and dead cells are gently eliminated by the professional face peel technique that remains mild on the most delicate skin. The skin cleanse is followed by a long, relaxing facial massage, restoring and revealing the skin's natural radiance.

## ALPHA VITAL

60 MINS

€75

### Resurfacing fruit acid treatment

Using organically sourced AHA-BHA from natural fruits, dead cells are sloughed away and the skin surface becomes noticeably smoother without a hint of sensitivity. For true anti-aging benefits, a course of 4 treatments is recommended. This treatment is ideal for brides to be.

## OPTIMIZER

90 MINS

€90

### Lifting and firming facial

This anti-aging treatment acts like a “personal trainer” for the skin. By stimulating the skin’s natural regeneration processes, it optimizes firmness, reduces wrinkles and fine lines, and intensifies glow. Skin feels visibly younger, firmer and smoother.

## ESCALE BEAUTE (MINI FACIAL)

30 MINS

€50

### Enliven and restore the skin

Take time out and treat yourself to a beauty break. The scents of citrus fruits and essential oils re-energise and stimulate while botanical extracts reveal a soft and soothed complexion, all in just 30 magical minutes.

## ÉCLAT CONTOUR

30 MINS

€40

### Eye contour treatment

This treatment targets wrinkles, dark circles and crows feet providing you with the ultimate tool to preserve the fragile beauty of eyes. Wrinkles and lines are smoothed away; specific massage helps to combat puffiness, dark circles and sinus pain. For best results we recommended an intensive course of treatments.



# YON-KA BODY CARE

## INDIAN HEAD MASSAGE

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30 MINS

€45

### Ancient healing and relief

A relaxing and healing treatment that involves a pressure point massage technique along the head, face, neck and upper body. Treatment relieves tension on the scalp and head aiding relaxation throughout the body.

## HOT STONE MASSAGE

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30 / 60 MINS

€45 / 80

### Warm and soothing

Hot basalt lava stones are laid at strategic points on the body. Along with traditional massage this alleviates stress and tension whilst inducing a deep state of relaxation.

## SWEDISH MASSAGE

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60 MINS

€75

### The best of tradition

A classical European massage using specialised techniques to ease muscle tension, loosen knots and stimulate circulation. Expertly applied strokes help relax the body, improving flexibility.

## AROMA LUXE FULL BODY MASSAGE

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60 MINS

€75

### Tailored to you

An indulgently aromatic massage available in two kinds – energising or relaxing. Individually tailored blends of essential oils including lavender, basil and verbena will fill you with calm and enliven the spirit.

## BACK, NECK AND SHOULDER MASSAGE

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30 MINS

€45

### A deeply relaxing release

This massage is ideal for taking away daily aches and pains in your back, neck and shoulder area and it can be adapted to suit your individual needs. The perfect way to unwind.



## PREGNANCY MASSAGE

30 / 60 MINS

€45 / 80

Tailored to the needs of a mum to be  
Using pre-natal techniques to improve circulation, ease muscle tension, reduce excess water retention helping the muscles responsible for supporting the pregnant tummy. Treatment promotes relaxation and a feeling of well being.

## GOMME MARIN

30 MINS

€55

Body polish

An energising scrub made with all-natural Guerande sea-salt grains is further enriched with essential oils, or a soothing and hydrating exfoliation suitable for sensitive skin. Guaranteed to leave your skin soft and satin-smooth.

## SOINS VELOURS

60 MINS

€65

Hydrates and relaxes

Choose from marine mineral salts for an invigorating scrub or a moisturising, exfoliating soft gel for a more relaxing gentle treatment. Both are followed with a gentle nourishing massage, leaving your skin as soft as velvet.

## JAMBES TONIQUES

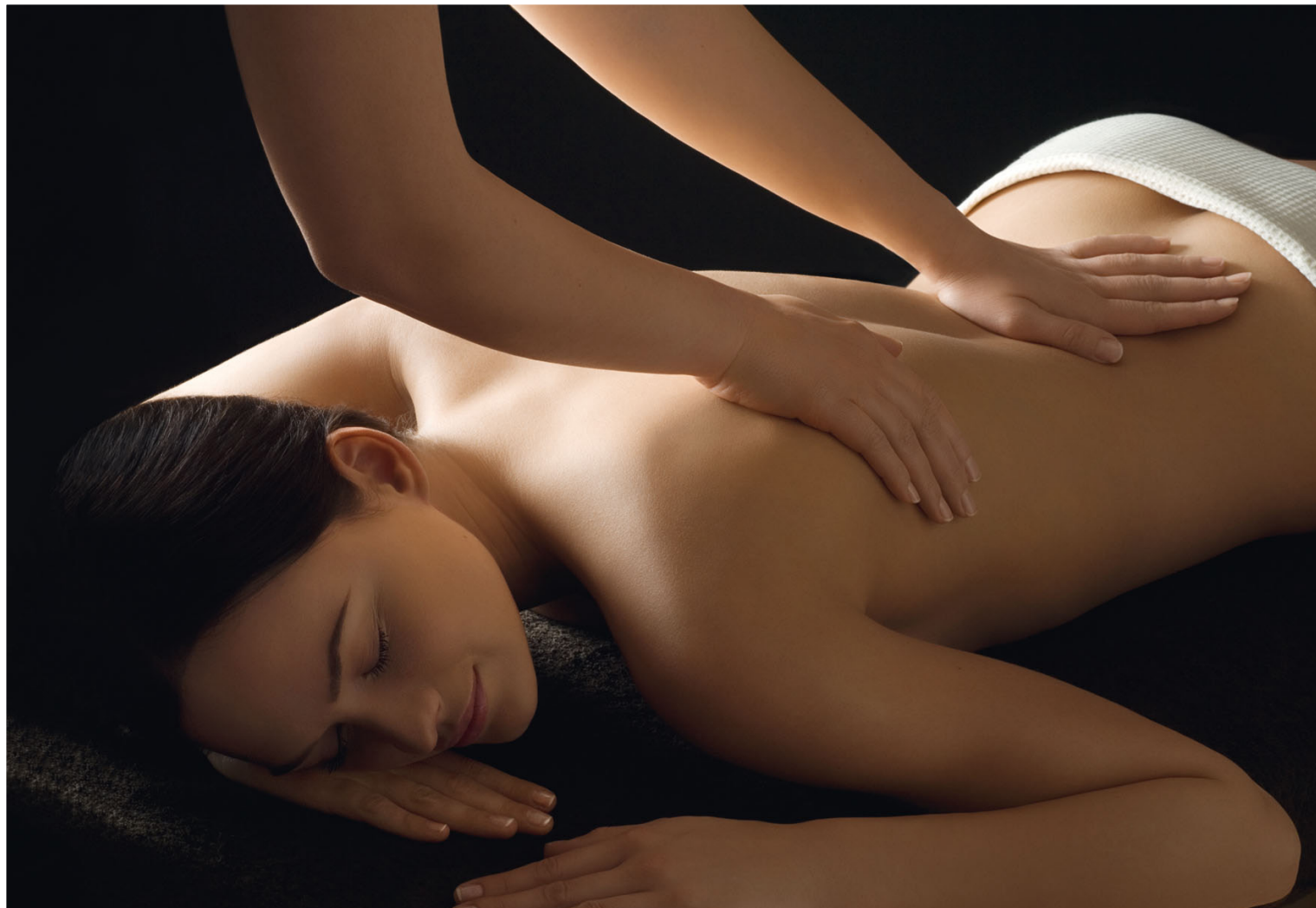
35 MINS

€45

Anti-fatigue leg treatment

Ultimate remedy for excess fluid, heavy or tired legs. This treatment stimulates surface circulation and leaves your legs feeling wonderfully light and refreshed.







# BODY MAINTENANCE

Full Leg Wax

**€30**

Half Leg Wax

**€15**

Bikini Wax

**€15**

Holiday Wax

**€25**

Brazilian Wax

**€35**

Underarm Wax

**€10**

Lip or Chin Wax

**€10**

Eyebrow Wax

**€10**

Eyelash Tint

**€15**

Eyebrow Tint

**€10**

Eyebrow Wax & Eyelash Tint

**€25**

Threading (eyes, lips, chin)

**€15** per area

Full Body Tan

**€45**

Upper Body Tan

**€20**

Make Up Application

**€35**

PLEASE NOTE:

Specialised waxing available on request.

A 24 hour patch test is required for tinting.

# NAIL CARE

## DELUXE MANICURE

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60 MINS

€45

Your experience begins with a warm hand soak. Followed by a light exfoliation and moisture quenching mask and massage. Perfect preparation for your nails to be manicured, shaped and painted.

## MINI MANICURE

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30 MINS

€25

After an indulgent soak we file and buff your nails to perfection. Some cuticle work and a colour polish completes the look.

## TWO WEEK MANICURE

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30 MINS

€30

A manicure meant to last – it's chip resistant, glossy, and glamorous! Finished with a colour polish, it's fabulous for girls on the go.

## FILE & POLISH

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20 MINS

€15 / €20

Your nails are filed, buffed and painted with a colour of your choice, or a pristine French polish.

## DELUXE PEDICURE

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60 MINS

€60

The ultimate treat for your feet, beginning with a warm foot soak, and an invigorating aromatic scrub for the lower leg and feet to eliminate hard skin. This is followed by a soothing massage and deep hydration mask. To finish enjoy a polish of your choice.

## MINI PEDICURE

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30 MINS

€30

A soothing soak and scrub is followed by filing, buffing, and a bit of cuticle work. Not to mention a gorgeous colour polish!

And don't forget...

we recommend you bring open shoes / flip flops to allow your polish to dry after a pedicure!

# OTHER INFORMATION

## ARRIVAL

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Please arrive 15 minutes before your appointment so you have time to complete a short consultation form. This is to let us know about any health conditions you have – it's completely private and confidential. If you wish to use the swimming pool, Jacuzzi, sauna or steam room before your treatment please arrive at least 45 minutes prior to your appointment time.

## CANCELLATIONS

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If you must cancel or reschedule an appointment, please notify us 24 hours in advance to avoid being charged 50% of the total value of your treatment. No shows will incur a 100% charge. Changes or amendments to group bookings may be made up to 48 hours in advance without incurring a charge.

## ETIQUETTE

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In order to ensure the ultimate relaxation experience for you and others we would ask clients to switch off mobile phones. Lockers, robes and slippers are provided for spa guest use.

## GENERAL INFORMATION

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All our treatments are suitable for both men and women. Treatments are only available to young adults of 16 years and over.

## GIFT VOUCHERS

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Gift vouchers are available for purchase and can be redeemed against both treatments and products.

## HEALTH & SAFETY

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Please inform us if you're pregnant or have any health conditions. You may need to consult a doctor regarding your suitability for receiving treatments.

## LATE ARRIVALS

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If you're running a bit late, we'll try our best to provide your full treatment. Unfortunately the treatment may need to be shortened if there's another booking immediately afterwards.

## OPENING TIMES

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Tuesday - Saturday: 10am - 6pm

## RESERVATIONS

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We recommend you make an appointment at least one week in advance, in order to avail of your preferred date and time. All treatments are subject to availability.

## VALUABLES

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Lockers are available for spa guests in the changing rooms. The management accepts no responsibility for valuables.



**THE BLARNEY**  
SPA

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