

RETREAT

re:fresh personalised retreat

Choose your own personalised package from our extensive menu. Full use of West Wood's gym facilities, including the hydro spa area. Prices available on request.

MAKE-UP

€25*

We use the world's No. 1 mineral make-up, i.d. bareMinerals "So pure, you can sleep in it!" Makeovers for weddings, Parties and Deb's.

* redeemable against purchase of bareMinerals make-up.

HANDS & FEET

File and Polish - Fingers and toes €23

Manicure - For grooming hands €36

Pedicure - For grooming feet €50

Delux Manicure €38
Everything the manicure offers combined with heated mittens

Delux Pedicure €52
All the luxury of a pedicure combined with heated mittens

Gel Nails* €50

Refills* €35

Refills + re-white* €45

Gel toes* €35

Removal* €45

* Available at re:fresh, Clontarf Rd only

Jessica Geleration - 2 week polish

Application only €33

Application and manicure €46

Application and Pedicure €60

Removal + Application €33

Removal with Mini Manicure €15

Removal only F.O.C

Removal of 2 week polish not applied in re:fresh €10

FOR MEN

Back wax €31

Back & Shoulder wax €35

Chest wax €31

Chest & Abdomen wax €45

Deep Cleansing Back treatment €45
Reduces blemishes and oily problematic conditions

Skin Fitness treatment €72

While skin is the same, men's skin does have different needs and concerns. This treatment focuses on deep cleansing, smoothing exfoliation, extractions and critical hydration for healthier skin.

re:fresh is also home to a number of specialised treatments: Reiki and Shiatsu massage, Osteopathy (Clontarf Rd only), Indonesian Massage (Leopardstown only), Acupuncture and Physical Therapy.

Gift Vouchers available

Not for use on products.

See our wide range of skin care products

West Wood Members Discount

A 10% Discount is available to members. CONDITIONS APPLY.

Cancellation Policy

24 hour cancellation is required.
Without sufficient notice 50% cancellation fee may be charged.

Opening Hours

Monday - Friday 10am - 10pm Saturday 10am - 6pm
Sunday and Bank Holiday 10am - 6pm

re:fresh

*a day spa
sanctuary within a city*

re:fresh

West Wood Club
Clontarf Rd,
Dublin 3.
Ph: 01 853 0381

re:fresh

West Wood Club
Leopardstown Racecourse,
Foxrock, Dublin 18.
Ph: 01 289 1392

Contact Sandymount for our Thalassotherapy Treatments

1a St John's Rd. Sandymount, Dublin 4.
Ph: 01 203 3713

FACE

Dermalogica

Ultra-calming facial €72

Ultra-calming facial for even the most sensitive skins. Super soothing cleansing will remove impurities from your skin, followed by a calming oatmeal masque that will instantly calm redness and reduce inflammation. Incredibly soothing and skin protecting treatment.

Prescriptive facial - all skin types €72

This facial is **customised** at every step by the skin therapist based on your own skin's needs. The treatment will be unique to each individual client by using dermalogica's botanic mixers throughout the step by step process to provide additional benefits to the clients needs.

Age smart €72

A combination of vitamin and hydroxyl acid exfoliation and energising massage techniques that release tension in the facial muscles and a specialized masque makes this the ultimate skin therapy for prematurely aging, dry or devitalized skin. Skin will be noticeably firmer, smoother and revived.

Mini facial €52

A great boost to your homecare routine or when you simply dont have a lot of time.

Back facial €55

Lift 6 natural face lift** €90

A revolutionary skin toning treatment. It is suitable for tired or lifeless skin or after rapid weight loss, for lined, stressed or a smokers skin. Treatment includes full facial.

For best results: Package of 12 €650
Includes 3 full facials & 9 x 40 min treatments with Lift 6

Total eyecare treatment 30 mins €35

Only €15 when included with your favourite facial.

This treatment diminishes fine lines of dryness, reduces piuffiness, instantly smoothes and firms the delicate eye area. Incorporate this treatment in your facial for pure luxury.

MD Formulations Facial

Glycolic Peels €82

A unique treatment which eliminates dead skin build-up to allow skin to glow with health. Pores are deeply cleansed and impurities removed. The skin's moisture levels and natural collagen are improved. Ideal for all skin types.

Microdermabrasion and Mask 45 mins €99

A safe non-surgical procedure. Diamond crystals are used to remove dead skin cells to reveal new living skin that is glowing with health.

Thalgo

Pure Collagen Velvet Facial** €100

This 100% collagen velvet mask absorbs into the skin resulting in deep hydration whilst smoothing out lines and wrinkles on the surface layers.

A course of three is recommended €270

TOOTH WHITENING

Gentle Touch Tooth Whitening** €199

A revolutionary 40 minute tooth whitening system. A cleaner, whiter smile can be yours right now.

BODY

Dermalogica

Dermalogica Deep Thermal Therapy with Thermal Stamp treatment* 75 mins €72

This treatment utilizes a unique fabric stamp filled with skin-benefitting ingredients and the power of heat to detoxify, remineralise, de-stress, exfoliate and relax. The deep manipulation will relieve aching muscle tissue and work to rebalance the body.

Dermalogica Body Foliation therapy €60

Give your body the customised exfoliation it needs! An oatmeal and rice bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells. You'll leave this therapy with silky, healthier skin.

MASSAGE

Sports Massage 30:40:60 mins €54:€59:€72

Works well with the treatment of muscle ache/fatigue, sports related injury recovery and their prevention.

Swedish Massage 40:60 mins €59:€72

Tension Massage 30:40:60 mins €54:€59:€72

A tailor-made massage for your individual aches and pains. A fantastic stress buster!

Back and Face Massage 40 mins €59

Indian Head Massage 40 mins €59

A relaxing/rejuvenating massage on the head, neck and shoulders. Ideal for relief of muscle tension, stress and headaches.

Reflexology 30:40:60 mins €54:€59:€72

By aiding the body's natural healing mechanism through stimulation/massage of the reflex points on the feet. This is a wonderful aid to de-stressing, balancing and healing the body.

Combo Reflexology with Massage 60 mins €72

A relaxing back, neck, shoulder massage combined with a reflexology treatment on the feet.

Aromatherapy Special 90 mins €85

Experience the powerful medicinal properties of aroma essential oils for treatment of a wide range of conditions and ailments, both physical and mental. A detailed consultation; a prescribed aroma oil blend; an aromatherapy massage and a home oil blend will complete this treatment.

Full Body Massage 60 mins €72

A theraputic relaxing massage to leave you feeling de-stressed.

Ayurvedic Massage* 60:75 mins €72:€93

Using diverse techniques such as stretching, rubbing and acupressure points, Ayurvedic Massage incorporates long and energetic movements with special herbal oils. This massage is specifically geared toward the need of each individual.

Packages available for all massage treatments.
Member discount does not apply.

TANNING

Using Mystic Tan 30 second UV-free tanning

Full Body Tan application €20

Exfoliation and Tan €70

Spray Gun Full Body* €35

Spray Gun Half Body* €20

TINTING

- patch test required
48 hrs before treatment

Eyelash tint €16

Eyebrow tint €14

Eyebrow shape €13

Lash and Brow tint with Eyebrow shape €39

Eyelash extension* €80

ELECTROLYSIS

- Leopardstown only

15 mins (minimum) €17

15 - 30 mins €22

Package of 6 €102

WAXING

- patch test required
24 hrs before treatment

Full leg wax €44

Full leg and bikini €49

3/4 leg €32

3/4 leg and bikini €40

Half leg €25

Half leg and bikini €36

Bikini line €20

Underarm €18

Half arm - wrist to elbow €16

Full arm - shoulder to wrist €25

Lip wax €13

Lip and chin €18

Ladies abdomen €10

Chin wax €13

Specialised Waxing

Californian - Extra tidy €30

Brazilian - Landing strip €50

Hollywood - All gone €60

* Available in Clontarf Rd only.

** Available in Leopardstown only.