

THE GROOMING ROOMS

barbering and treatments for men

Barbering	Haircut & Finish	€35
	Precision cutting and styling at its finest from our top barbers. This service includes a consultation, shampoo and conditioner	
	Dry Haircut	€25
	Scissor or clipper haircut	
	Boy's Haircut (under 16 years)	€25
	Shampoo and conditioning, haircut and finish	
	Hot Towel Shave	€35
	A traditional wet shave with hot towels and face massage is one of the most relaxing experiences known. Using an open razor with a new blade for each shave, hygiene and comfort are assured	
	Hot Towel Head Shave	€35
	A wet head shave with hot towels and head massage. Using an open razor with a new blade for each shave, hygiene and comfort are assured	
Beard & Moustache Trim	€20	
Wash and trim of beard and moustache		
Beard & Moustache Design	€35	
A hot towel shave which provides the opportunity to be more creative and individual with your beard design		
Haircut & Colour*	€50	
Haircut and colour to blend away white hair for a natural result with no obvious sign of colouring <i>*Patch test required</i>		
Haircut & Hair Conditioning Treatment	€50	
Haircut and intense hair conditioning treatment with application of hot towels		
Haircut and Hot Towel Shave	€60	
Hot Towel Shave and Head Shave	€60	
Massage	Traditional Swedish Massage	€70 60mins full body €40 30mins back
	An invigorating massage that relaxes the muscles, eases tension, improves circulation and promotes general well-being	
	Deep Tissue Massage	€80 60mins full body €45 30mins back
	A massage that uses deep tissue techniques to target knots, aches and pains associated with over strain and tiredness	
	Indian Head Massage	€50 45mins
A rejuvenating massage on the head, face, neck and shoulders, ideal for relief of muscle tension and stress		
Hot Stone Massage	€90 75mins	
A massage that combines the therapeutic benefits of aromatic oils with the relaxing rebalancing effects of warm, smooth basalt stones		

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Facials



Dermalogica Express Facial

A facial designed to freshen the skin which includes cleansing, exfoliating, treatment mask and moisturising

€45 | 30mins

Dermalogica Prescriptive Facial

In consultation with a therapist a customised facial will be prescribed to suit your skin's needs leaving it fresh, cleansed and restored

€75 | 60mins

Dermalogica AGE Smart

This revitalising power boost facial is designed to nourish, regenerate and energise the skin. It is the ultimate in skin therapy for prematurely-aging, mature and devitalised skin

€80 | 60mins

Dermalogica MediBac Clearing

A facial designed for acne prone skin that includes exfoliation to remove pore clogging skin cells and extractions to help clear current breakouts. The application of our soothing professional masque system detoxifies skin while calming irritation and redness

€80 | 60mins

Dermalogica Purifying Deep Cleanse

A facial designed for oil rich skin, it will aid the elimination of blocked pores and congestion, reduce future breakouts and clarify the skin

€85 | 75mins

Dermalogica Revitalising Eye Rescue Treatment

The perfect add-on (or on its own) to one of our Dermalogica facials concentrating on the eye area to help minimise signs of aging, puffiness and dark circles

€25 | 20mins

Dermalogica Purifying Back Treatment

A power cleanse to help reduce the skin's impurities. Hot towels are applied to assist deep pore cleansing followed by a treatment mask, back and shoulder massage

€75 | 60mins

Facials



Yon-Ka Skin Fitness

This deep-cleansing treatment purifies, balances and brightens your complexion. Blackheads and dead cells are gently eliminated by the professional face peel technique that remains mild on the most delicate skin. This skin cleansing phase is followed by a relaxing and aromatic massage

€75 | 60mins

Yon-Ka Power Moist

The first signs of ageing and a dull complexion are often caused by lack of hydration. This treatment begins by cleansing, exfoliating and a steam bath followed by a double moisturising and repairing mask. It ends with a massage of the face and back and front of the neck

€80 | 60mins

Yon-Ka Age Defense

This expert anti-wrinkle, firming and energising treatment acts like a mini facelift. Ultra-targeted cleansing, exfoliation, misting and masks follow each other in harmony. A treatment highly concentrated in natural active ingredients to give your face a real burst of energy

€80 | 60mins

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Pedicures	Express Pedicure Feet are soaked, nails and cuticles are cleaned and shaped followed by foot moisturising	€30 30mins
	Executive Pedicure Feet are soaked and exfoliated, nails and cuticles are cleaned and shaped followed by application of a heated hydrating mask, foot massage and moisturising	€45 50mins
	Extended Foot & Leg Massage	€15 15mins
Manicures	Express Manicure Hands are soaked, nails and cuticles are cleaned and shaped followed by hand moisturising	€25 25mins
	Executive Manicure Hands are soaked and exfoliated, nails and cuticles are cleaned and shaped followed by application of a heated hydrating mask, hand massage and moisturising	€40 45mins
	Extended Hand & Arm Massage	€15 15mins
Eyebrows & Eyelashes*	Eyebrow Tint	€15
	Eyelash Tint	€20
	Eyebrow and Eyelash Tint	€30
	Eyebrow Shape	€15
	Eyebrow Shape and Tint	€25
	Eyebrow Shape, Eyebrow and Eyelash Tint	€40
	<i>*Patch test required</i>	
Waxing*	Chest	€40
	Abdomen	€15
	Chest and Abdomen	€50
	Shoulders	€15
	Full Back (including shoulders)	€50
	Half Back	€30
	Full Leg	€60
	Lower Leg / Upper Leg	€35
	Arms (including hands)	€40
	Under Arms	€20
	Eyebrows	€15
		<i>*Patch test required</i>



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Packages	1. Haircut & Hot Towel Shave	€60 1hr 15mins
	2. Express Facial, Express Manicure & Express Pedicure	€85 1hr 30mins
	3. Haircut, Hot Towel Shave, Swedish Back Massage & Executive Manicure	€125 2hr 30mins
	4. Haircut, Hot Towel Shave & Hot Stone Massage	€135 2hr 30mins
	5. Prescriptive Facial, Executive Manicure & Executive Pedicure	€135 2hr 30mins
	6. Purifying Deep Cleanse Facial & Full Body Deep Tissue Massage	€140 2hr 15mins
	7. Haircut, Hot Towel Shave, Indian Head Massage, Executive Manicure & Executive Pedicure	€175 3hr 30mins
	8. Haircut, Full Body Hot Stone Massage, Prescriptive Facial, Executive Manicure & Executive Pedicure	€240 4hr 15min

Gift Certificates

Gift Certificates can be purchased from The Grooming Rooms for any service, package, product or monetary amount. Gift Certificates may also be ordered by phone or online (please email us and we will contact you by phone to take credit/debit card details).

The Gift Certificate will be sent by post to the delivery address specified by you.

Gift Certificates are non-refundable.