

ESTD



2013

# TOUCH & GLOW

---

THE LEADING SKIN SPECIALISTS

**[www.touchandglowskinandlaser.com](http://www.touchandglowskinandlaser.com)**  
**Book online 24/7 [www.touchandglowskinandlaser.com](http://www.touchandglowskinandlaser.com)**

Clinical Director Charlene McMahon is proud to welcome you to Touch & Glow Skin and Laser Clinic. A state of the art multi award winning Clinic specialising in the latest and most advanced non surgical aesthetic treatments in the Beauty Industry.

Touch & Glow is renowned for achieving transformative results for the most challenging of skin concerns, we truly set the bar for next generation anti-ageing.

Based in Carrickmacross Co Monaghan and Ardee Co Louth the team of highly skilled dermal and advanced skin therapists are trained in paramedical and dermal skin techniques, taking a long term approach to optimum skin health using the very best of corrective and procedural treatments available.

Touch and Glow provides treatments for both men and women of all ages with great results and the foundation for truly beautiful skin.

We use internationally renowned names such as Advanced Nutrition Programme / Environ Skincare / Image Skincare / Danne Montague-King Skincare / Ultraceuticals Skincare / Candela Medical Grade Lasedr Hair Removal / Caci Non Surgical Facelift / Jane Iredale Mineral Makeup Cosmetics & Et Al Science Based Makeup Range.

## Digital/Online Consultation

€50

Your consultation fee is only redeemable once you spend over €120 on retail.

A consultation with our Clinic Director and Clinic Manager is €50.00 and not redeemable of any service or retail product.

A skin consultation with a skin specialist is key when it comes to finding a skincare programme to suit you.

No two skins are the same so a tailor made programme will deliver the best results. Every first visit to the clinic starts with a skin consultation. This is done to give both a professional skin analysis and to ascertain your own concerns and goals for your skin. We truly believe in the importance of the right daily home care and will spend time making sure your plan is bespoke to your skin.

The consultation takes 30 - 45 minutes and will include an in-depth skin analysis using our digital skin analysis machine. We will advise the best homecare plan and in salon treatment plan suited to your skin concerns.

Tips for best results:

- On the day of your appointment, we ask that you cleanse your skin the morning of the consultation and apply no moisturisers, serums or makeup. This gives us a clear view of your skin in its natural state. Freshly cleansed skin can remove surface oils that are important for us to see as part of the consultation.
- We also ask that you bring along any products you are currently using on your skin. Whenever possible we will try to work with the products that you have and may add some recommendations suitable to your skin.
- We advise a photo to be taken on day 1 and monthly afterwards to monitor changes.

**FEED**

## Advanced Nutrition Programme

When it comes to healthy skin, what you put inside the body can be as important as what you apply topically. The Advanced Nutrition Programme is a cutting edge range of supplements that supports skincare regimes.

These premium nutraceuticals provide the optimum daily amounts of vitamins, minerals and plant extracts to help maintain vibrant health and glowing skin. Only the finest, purest ingredients are used, in a form that is easily absorbed by the body.

Ask one of our team for more information.  
You can purchase Advanced Nutrition Programme from our online site  
[www.touchandglowskinandlaser.com](http://www.touchandglowskinandlaser.com)

**FORTIFY**

## Skin Formulas – Signature Glow treatments

### Glow Signature Facial Treatment

**€90**

Skin Formulas is a results based skincare brand which encompasses both luxury and science. Active cosmeceutical ingredients combined with uplifting essential oils work together to create a luxurious yet results driven treatment. A gentle enzyme exfoliation that will leave skin brighter, smoother and more hydrated. A soothing massage will leave you feeling fully relaxed and rejuvenated.

### Glow Signature Lactic Peel Treatment

**€90**

This multipurpose chemical exfoliation utilises lactic acid to gently resurface the skin. This achieves an improvement in the appearance of fine lines and wrinkles, reduction of inflammation, brightening and lightening of pigmentation. Acne and congestion prone skins will also benefit from the antibacterial properties of the peel solution. Excellent introduction to advanced skin treatments. Suitable for all skin types.

**FORTIFY**

## Environ Skin Treatments

**Environ Skincare Finalist Salon of the Year 2014/15/16/17/18/19**

**Premium Gold Stockist 2017, 2018**

**Premium Platinum Clinic 2019/2020/2021**

**Salon of Excellence Finalist 2019/2021**

**Salon of Excellence Winner 2022/2023**

**NEW**

### Electro-Sonic Essential Treatments

**€89**

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skincare treatments. Low frequency sonophoresis together with pulsed iontophoresis in combination with Environ's professional skin care products, help deliver more of what skin needs where it needs it most - making a real lasting difference to your skin, for life.

### Essential Youth Reset

**€89**

Help soften the appearance of fine lines, sun-damage & sagging skin with this peptide and vitamin-packed treatment for a more youthful appearance.

### Essential Moisture Boost

**€89**

Help reduce the appearance of fine lines caused by dehydration and promote a more moisturised glow with this intensive treatment featuring hyaluronic acid as the key ingredient.

### Essential Comfort Calm

**€89**

Help soothe and comfort sensitive and irritated skin with this treatment which combines powerful ingredients to leave the skin feeling restored with a healthy-looking radiance.

### Essential Radiance Reveal

**€89**

Help target the signs of sun-damage and pigmentation with this treatment which boosts the skin with the correct combination of ingredients for a even-toned, radiant-looking appearance.

### Essential Vitamin Touch (Non DF)

**€85**

This treatment is recommended for anyone contra-indicated to Electro-Sonic current. Enjoy the relaxing power of touch that delivers essential vitamins to where skin needs them most for healthy-looking beautiful skin.

**Customised Environ Skin Treatment****€89**

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skincare treatments. Low frequency sonophoresis together with pulsed iontophoresis in combination with Environ's professional skincare products help deliver more of what the skin needs where it needs it most – making a real lasting difference to your skin, for life.

In this this customised facial, your therapist will use products & techniques to precisely fit your skincare concerns. Custom facials can address a variety of needs ranging from premature aging and environmental damage to acne flare-ups to a dull and patchy complexion.

**Customised Essential Skin Treatment (All Areas)****€114**

Using ultrasounds and electrical current to penetrate, three peptides are used to repair and boost collagen and elastin. Your customized treatment will assist in creating an overall improved skin appearance, softening fine lines, tightening lax skin and refining the appearance of scarring and uneven skin texture. Includes both the face & neck areas.

**Fous-On Treatments****€58**

Specially developed to target specific areas using Environ's revolutionary Dual Electro-Sonic DF Technology, ensuring that your primary skincare concerns are directly addressed. Perfect for when time is limited.

**Focus-On Filler****€58**

This innovative, intense and non-invasive treatment helps to smooth the look of facial lines and restore a rejuvenated, plumped youthfulness to the skin's appearance.

**Focus-On Frown****€58**

The iconic peptide blend in this treatment assists to reduce the appearance of expression and frown lines on the forehead as well as eyes, leaving skin looking more smooth and relaxed.

**Focus-On Eye****€58**

Combining powerful peptide complexes with hyaluronic acid, this intense treatment promotes a refreshed, hydrated and youthful-looking eye area.

**Focus-On Texture****€58**

An intensive combination of the three Environ Technologies; Dual Electro-Sonic, Cool Peel and Micro-Needling which assists to improve the appearance of mild scarring, revealing smoother, evenly-textured skin.

**NEW****Focus-On Filler Skin treatment****€75**

The Environ Tri-Complex Dual Effect Filler Serum is a non-invasive alternative to dermal fillers. This prestigious skincare serum promotes youth-enhancing benefits and works in 30 minutes. The serum works to achieve a natural-looking enhancement through its plumping and volumizing effects.

Traditionally, dermal filler injectables come with much discomfort and downtime. Environ's painless serum alternative can be used as part of Environ's 'New Focus on Filler Treatment' to achieve the same dermal filler results. It can also be used as a complementary treatment to injectables. In addition, the company made technological advancements to its facial protocol, which smooths the look of facial lines while restoring and rejuvenating the skin.

The Tri-Complex Dual Effect Filler Serum focuses on the forehead, eyes, and cheek area to leave the skin looking naturally youthful.

**Customised Focus On Skin Treatment****€58**

The "FOCUS-ON" Environ facials target specific areas of concern such as frown lines, texture & eye area with the powerful Electro-Sonic DF Technology and active serum combinations. Each facial is customised to suit your skin & specific concerns

**Focus-on Body Profile****€58**

This powerful body sculpting treatment will help you to say goodbye to the "orange peel appearance". The effective combination of active ingredients with our dual electro-sonic DF technology assist in firming and conditioning, and helps to maintain a smoother, suppler and toned-looking skin. This treatment can also improve the appearance of an unwanted double chin.

**Focus-On Even Tone****€58**

The powerful combination of vitamin A, C and AHA's assists to improve the appearance of pigmentation irregularities for a more even-toned and brighter-looking skin.

### Environ Cool Peel® Treatments

€89

Environ's unique Cool Peel Technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes to safely and effectively help refine, revive and brighten the appearance of skin. Experience a real, lasting difference through beautiful science.

### Youth Renew Cool Peel

€89

This cool peel treatment assists to reduce the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

### Moisture Boost Cool Peel

€89

Designed to gently peel the skin's surface and revitalise dry, tired-looking skin to a healthy glow. Suitable to do all year round with no visible peeling or downtime.

### Deep Cleansing Cool Peel

€89

This unique method of deep cleansing the skin is gentle yet effective in helping to purify and control the appearance of congestion and breakouts, leaving the skin looking clear, healthy and refreshed.

### Bright Recovery Cool Peel

€89

This gentle lactic acid cool peel assists to reduce the appearance of premature ageing, fine lines and uneven skin tone as a result of excessive sun exposure.

### Blemish Control Cool Peel

€89

This powerful cool peel treatment assists to improve the appearance of blemish-prone, distressed skin helping to unclog pores and remove surface impurities related to problematic skin conditions.

### Vibrant-C Micro Peel

€89

A concentrated vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy looking, evenly toned appearance as well as improved skin texture. An excellent choice for sun-damaged, pigmented and ageing concerns.

## Collagen Stimulation Therapy

€250

Course price is available

This is a cutting-edge treatment technique that harnesses your body's natural powers of healing to increase collagen and achieve incredible results. The body responds to CST in the same way it would react to an injury. The small amount of bleeding caused during treatment releases powerful growth factors which are part of a natural healing response, resulting in increased collagen and elastin production. It is especially effective for addressing the visible signs of ageing as well as sun damage, scarring, slackened skin, stretch marks, uneven skin tone and dilated blood vessels. Patch test required 48 hours prior to treatment.

**Consultation and Patch Test required for this treatment.**

### Rejuvapen Needling

The rejuvapen is a remarkable, non-laser, non-surgical treatment that causes skin to stimulate collagen production and fresh, new tissue. Skin tightens; wrinkles, fine lines, scarring, and hyperpigmentation significantly diminish; pores become finer; and the overall health and circulation of the skin is improved. The instrument itself utilizes what is called medical micro-needling, and in Rejuvapen's case, 9 micro-needles are used on the skin to create thousands of invisible and virtually painless perforations. By creating these microscopic channels in the epidermis, the body immediately responds by increasing the formation of new tissue to refresh mature skin, as well as releasing of growth factors that promote scar and hyperpigmentation repair and healing. Adjustable needle length from 0.2 to 1.5mm allows customized treatments from skin freshening to deep scar repair anywhere on the body.

After the initial treatment, patients often notice that their skin has a healthy pink glow and that fine lines are diminished.

Skin naturally takes roughly four weeks to synthesize new collagen, but it is not until about four months that patients can see the full effect of Rejuvapen treatments. It is suggested that patients receive four treatments, spaced at least two weeks apart.

**Consultation and Patch Test is required for this Treatment**

### Rejuvapen Only - No Numbing Cream

€165

Course price is available

### Rejuvapen - with Numbing Cream

€190



**O2 Lift –**
**€89**

A hydration and oxygen combination that promotes divine hydration.

This luxurious treatment infuses oxygen, plant-derived anti-ageing stem cells, peptides and a high concentration of enzymatic botanicals into the skin leaving it luminous, refreshed and rejuvenated. This is an ideal prep programme immediately before any event.

**Customisable Image Facial**
**€89**

Customisation for best results.

A clinical results-driven facial designed to give beautiful lifted, firmer, deep cleansing and glow. The treatment uses a blend of powerful antioxidant protection, nutrition and enzymes and stem cells all sandwiched together to provide immediate measurable differences for the discerning client. Ideal as a quick fix pre-event facial or as an incentive to commence the skin health journey.

**Image Skincare Customised Peels**
**€89**

Our image enzyme peels are high-level AHA/BHA chemical exfoliators, IMAGE Skincare has a treatment to suit your specific skin type. Beautiful skin starts with healthy skin. The circle of skin health consists of highly effective professional treatments perfectly customized to specific skin conditions. These signature IMAGE treatments are complemented by daily home-care products to enhance and maintain outstanding results.

Note For all Peels:

Allow a minimum of 2 weeks between treatments for maximum results. Pre-treatment of your skin is necessary prior to all peels excluding Ormedic Lift.

**Illuminating Facial – Clarity in an instant.**
**€89**

A clinical results-driven facial designed to give beautiful luminosity, radiance and glow. The treatment uses a blend of powerful antioxidant protection, nutrition and enzymes all sandwiched together to provide immediate measurable differences for the discerning client. Ideal as a quick fix pre-event facial or as an incentive to commence the skin health journey.

**The MAX Stem Cell Facial –**
**€89**
**An anti-ageing, redness-diffusing active facial.**

A must-have pre-event hybrid facial adored by brides worldwide. This treatment strikes the ideal balance between a gentle peel and a therapeutic facial, and is designed to really target those pesky wrinkles, elasticity concerns and combat generally lethargic and dull skin. All the latest anti-ageing stem cell technology is used to guarantee immediate and long-lasting results, while the client enjoys being pampered in absolute luxury.

**Be Clear Purifying Facial –**
**€89**
**Inhibit the spots, increase the confidence.**

An ideal teen facial or mild preventative acne-formation treatment. The treatment includes a thorough deep cleanse and exfoliation, followed by hydration to conclude. Ideal for occasional hormonal breakouts or for the individual who craves a deep cleanse at a cellular level.

**Antioxidant Anti-Ageing Facial –**
**€89**
**Replenish what your lifestyle diminishes.**

The facial that does it all – even the most experienced ‘facial enthusiast’ will be impressed! This cleansing and invigorating vitamin-infused treatment will deliver tightening, lightening, brightening and nourishing hydration to leave you feeling fully refreshed and renewed.

**Firming Neck & Décolletage Treatment –**
**€89**
**Pay attention to the region that was once forgotten.**

The neck region is often a zone of concern for many when it comes to ageing. This standalone treatment offers the ability to defy years within an hour. It guarantees fuller, plumper, healthier and more vibrant skin for anyone who may have “neck-lected” this particular region!

**Image Skincare Facial Peels –**  
**Skin must be prepped before progressing to these treatments.**

**Ormedic Lift – €89**  
**The underdog that promises unmissable results.**

Dubbed nutrition in a bottle, this treatment recharges the youthfulness factor within the skin, and increases internal hydration. A papaya, pineapple, pumpkin and mango-infused blend of organic and medically effective ingredients designed to rebalance tired, stressed and dull-looking skin.

This non-chemical peel naturally rebalances, regenerates, restores and soothes your skin with organic ingredients. It is literally a green cocktail for sheer skin health.

**Signature Facelift – €89**  
**An anti-redness, anti-inflammatory, anti-pigment, collagen-creating, rosacea-suited, all-round award-winning peel.**

This revolutionary treatment performed in four layers will change the texture and tone of your skin in just one application. Quench your skin with high doses of the most sophisticated forms of Vitamin C for extreme rejuvenation.

Gentle yet highly active enzymes will create a flawless complexion instantly. Dubbed the 'VIP peel', this is our core and bestselling peel as it delivers the results.

**Lightening Lift / Lightening Lift Forte – €89**  
**Bye-bye age spots to reveal a lighter, brighter you.**

Treat medium to severe pigmentation with this ultra-lightening treatment option to balance your complexion through a blend of kojic acid and a cocktail of lightening and brightening agents to reduce sun spots, brown spots and the redness caused by rosacea and acne scarring.

The result is silky smooth and supple skin with a noticeable healthy glow. Suited to hand and décolletage areas too.

Expect a more even, brighter and healthier reflection after just one session.

**Acne Lift – €89**  
**Step Two in the fight against acne.**

A beta and alpha-hydroxy acid cocktail giving antibacterial, anti-inflammatory and antiseptic benefits to fragile compromised and reactive skin. This safe and outstanding resurfacing modality has a dual benefit, reducing and treating all kinds of acne while resurfacing and smoothing the skin after just one treatment. Expect a more even, brighter and healthier reflection after just one session.

**Wrinkle Lift / Wrinkle Lift Forte – €89**  
**Peel away the years with instant results in a bottle.**

Whether medium or severe lines and wrinkles are a concern this ultra-resurfacing glycolic and retinol treatment option exfoliates dead surface skin cells and improves circulation, leaving skin firmer, healthier and visibly reducing lines, age spots, open pores and rougher, tougher skin.

The treatment will truly channel the most active and results-driven ingredients into the lower layers of the skin with a view to measurable and long-term additive results.

## Dermalux led

**Dermalux Led Single Session**  
**Course of Dermalux Session x12**  
**Add on Treatment**

**€40**  
**€200**  
**€25**

Multi Award winning Dermalux® LED Phototherapy is the leading, non-invasive treatment that harnesses the power and beauty of light for visibly radiant, rejuvenated and refined skin.

Voted 'Treatment of the Year' for 4 consecutive years. Dermalux® combines clinically proven wavelengths of light with the latest generation LED technology to deliver safe and effective results for a wide range of skin conditions without discomfort or downtime.

After just one treatment, Dermalux® instantly energises skin cells to revitalise a dull and tired complexion. A course of treatment offers long lasting results, stimulating the skin's natural rejuvenation and repair processes to promote healthy looking skin, accelerate cell renewal and resolve a range of skin concerns. Great skin doesn't happen by chance. Discover the benefits of Dermalux® and find out how this award winning treatment can transform your skin. While we often associate light exposure with skin ageing and damage, light also has many positive influences on the body. It helps us produce vitamin D and provides energy and serotonin and can also accelerate Whether medium or severe lines and wrinkles are a concern this ultra-resurfacing glycolic and retinol treatment option exfoliates dead surface skin cells and improves circulation, leaving skin firmer and healthier and visibly reducing lines, age spots, open pores and rougher, tougher skin.

The treatment will truly channel the most active and results-driven ingredients into the lower layers of the skin with a view to measurable and long-term additive results.



**FORTIFY**

## How DMK Enzyme Therapy Works

The skin treatment that achieves long term results. DMK's focus is on improving the long-term health of the skin, not on quick fixes.

The skin's chemistry is an ecosystem and functions similarly to a factory, the product that the factory produces is what you see on the skin's surface. The DMK concept REMOVE, REBUILD, PROTECT and MAINTAIN works to regulate and enhance the internal functions and structures of the skin to maximum capacity. DMK is the only sole company which uses the transfer of messenger enzymes in their DMK Enzyme Therapy which is used as the base of all DMK treatments to oxygenate, strengthen, nourish and tone the skin. To encourage the skin to perform like younger, healthier skin DMK's signature Enzyme Therapy works alongside DMK skin protocols and Home Prescriptive programs to achieve long-term results.

### What is Enzyme Therapy?

ENZYME THERAPY is DMK's world renowned, signature skin revision treatment designed to rapidly restore the health and natural functioning of your skin enabling it to perform just as it did when it was younger. This is the only company in the world to utilise the benefits of transfer enzyme messengers. Enzyme therapy stimulates your facial muscles and works from WITHIN the skin to leave it firm, healthy and nourished. Ageing and other skin problems are the result of a loss of functioning in the skin. ENZYME THERAPY helps to quickly restore lost functioning enabling the natural processes of the skin to return to normal.

### What are Enzymes?

Enzymes are living substances that work with certain minerals in the body to orchestrate all processes in the body. When properly formulated, enzymes can remove dead protein, toxins and other effluvia from the epidermis using a process called reverse osmosis. Over 50 years have been spent perfecting DMK's signature Enzyme Therapy treatments, utilising the beneficial effects of transfer messenger enzymes. It encourages blood circulation, oxygenation and lymphatic drainage, while simultaneously, through reverse osmosis, helping to flush away toxins and free radicals to stimulate collagen production. These enzymes strengthen the structural integrity of the skin to create a healthy environment for the cells to thrive in.

When you have a DMK treatment the DMK Skin Treatment, your therapist will locate your main concerns, thoroughly assess the skin from a functional and structural perspective and tailor a bespoke treatment, combining various DMK formulations, followed by our signature Enzyme Therapy Masque.



## DMK Skin Treatments

DMK Enzyme Therapy Treatments act on three very important systems of the body:

The facial muscles.

The blood vessels of the skin.

The lymphatic system.

Every treatment you have with DMK will be different from the last and will be customized by our DMK Therapists to address your current skin condition and concerns on that day.

### Treatment Menu

#### DMK Oxygenating Enzyme #1

€105

ENTRY LEVEL – Level #1 Enzyme Therapy is required for all new clients before advancing to levels #2, #3 and advanced peels.

DMK Enzyme Treatments work to oxygenate, detoxify, and improve your skin's ability to function by removing dead skin cells and impurities trapped in the skin. The results are brighter, younger-looking skin.

This Level #1 treatment is the starting point for all enzyme therapy treatments. This treatment improves the skin's ability to function by dissolving dead cells and impurities trapped within the skin and increases oxygenation to the tissues. This in turn restores vital cellular nutrition and oxygenation required for cellular regeneration. Enzyme Therapy stimulates collagen production, restoring structural integrity back to the skin whilst being suitable for a wide range of conditions such as ageing skin, sun damage, acne, rosacea, and pigmentation. This is also pregnancy safe.

#### DMK Cellular Revival Enzyme #2

€130

Level #2 treatment, a combination of the two treatments (Level #1 and #2 enzyme therapies) which now includes a more advanced skin resurfacing procedure that is specifically designed to suit your skin's needs and effectively remove redundant dead skin cells and build a healthier, happier skin function.

This can be customized to address almost any skin concern; aging, pigmentation, scarring, acne, and works deep within the skin at the cellular level to restore your skin to its peak condition, keeping your skin looking younger and feeling lifted, tightened, and toned.

## DMK Enhanced Muscle Banding Enzyme #3

€140

Level #3 treatment – comprises of a pre-exfoliation and then all 3 enzyme therapy masques. This is a muscle banding advanced treatment, designed to lift, firm, tighten, and brighten tired sagging skin as well as restore optimal skin function which is the key to youthful, healthy, firmer skin. \*The term "banding" refers to the technique used during the application of the DMK Enzyme Masque which is designed to act directly upon the muscles of the face, neck and décolleté.

Level #3 includes either 2 exfoliants or 2/3 masques and continues to give amazing results throughout.

#### DMK Teen Blackhead Buster

€49

Ideal for teenage oily, congested skin. If you are experiencing blackheads and breakouts this express but effective treatment will help leave the skin clean, clearer & more balanced. This deep cleansing facial includes a deep cleanse, exfoliation, steamed hot towels, 15 minutes of blackhead removal & moisture. We focus on helping teens start a healthy skincare routine.

#### DMK Adult Blackhead Buster

€89

Treat your skin to a deep pore, detoxing facial. Pollution, wind, sun, make-up, perspiration and hormones are just some of the day to day factors that our skin's have to contend with which can lead to clogging of the pores. This treatment will leave your skin feeling thoroughly cleansed, balanced and energised with pores feeling more refined and re-balanced. Included in this deep cleansing facial is a deep cleanse, exfoliation, detoxing & blackhead busting solutions, steamed hot towels, 15-20 minutes of blackhead removal, treatment mask and moisture.

Add ons may vary on all DMK Facial treatments.

This varies from €10 - €20 depending on your therapist's advice.

## Peel & Reveal

€120

For those who want to significantly and quickly revise signs of ageing or target dark spots of pigmentation or scarring on the skin, this is the peel for you!!

An aesthetic approach to skin restoration, this peel works on ageing skins to restore the skin back to optimal health, encouraging it to perform like it did when it was younger. It can also be applied to areas of pigmentation using melanin inhibiting and brightening benefits, even perfect for that skin looking for that even glow! Working to draw the free water levels up in the skin, this peel also dislodges acne causing blockages and clears the pores. It also encourages dead skin cells to lift and shed away to revise the overall texture and appearance of the skin. The strength of the formulation is tailored by your therapist to suit your skin colour, texture, sensitivity, and condition. In just 10 days old damaged skin tightens, lifts and peels away to reveal younger-looking, smoother, optimally functioning skin.

This can be used for many different skin conditions, such as dehydration, ageing, wrinkles, hyper-pigmentation, open pores, oily, congested skins and sun damaged, thickened skins.

## Ice Glow Peel

€110

This peel firstly oxygenates the blood and then delivers this blood, with healing enzymes and nutrients, to your skin. This helps increase the production of collagen, which improves the elasticity and firmness of the skin. Skin's immunity is now boosted, and toxins removed from through the lymphatic system, which helps in the reduction of the appearance of fine lines and wrinkles. Dead cells freeze, fracture, and fall away when exposed to this cold temperature peel. This process removes the top layer of dead skin cells while protecting the healthy living cells beneath stimulating collagen synthesis while breaking up pigment and brightening the skin to recreate a more youthful complexion.

This is suited for skin experiencing dermatitis, acne, rosacea, and other inflamed conditions. It is also ideal for hyperpigmentation and advanced sun damage.

## Ultraceuticals Skin Treatments

### Ultra Signature Facial

€89

A classic combination of gentle exfoliation with Signature facial massage and a customized mask, this facial is designed for relaxation and to smooth and hydrate skin. Suitable for normal, dry and oily skin.

### Ultra Signature Back Treatment

€89

Combining a customized peel with massage and a customized performance mask the Signature back treatment is suitable for congestion, uneven skin, dullness and dryness, leaving the skin feeling softer, smoother and brighter.

### Ultraceuticals Performance Peel Facials

Ultra performance peel facials can be customised to suit each individual's needs using chemical peels customised with corrective serums and performance masks alongside sonophoresis to help deep cleanse and infuse essential ingredients into the skin, to produce a truly bespoke facial to suit your individual needs. With customised innovative treatments plus your home care plan, you can expect to enjoy radiant healthy glowing skin in 90 days.

### Ultra Radiance & Glow

€89

Combining a customized Peel and Brightening Accelerator Mask this multi-tasking facial treatment provides exfoliation, deep cleansing and hydration, leaving the skin looking youthful and luminous. Suitable for normal, dry and oily skin.

### Ultra Matify & Clear

€89

Features Mandelic Peel to deeply cleanse and clarify. Helps to effectively exfoliate the complexion leaving it looking and feeling smooth, clear and even. Suitable for oily, congested and problematic skin.

### Ultra Hydrate & Firm

€89

This Lactic Peel is ideal for skin showing early signs of aging including fine lines and wrinkles. This facial peel helps increase hydration and provide a firmer, more supple looking skin. Suitable for normal and dry skin.

### Ultra Rejuvenate & Revitalize

€100

Our A-Zyme™ Peel is the powerhouse of all Peels. Combining Retinol (Vitamin A) with the enzyme Bromelain to help brighten and provide overall skin rejuvenation to the look of your skin. Suitable for normal, dry and oily skin. Not to be applied whilst trying to conceive, during pregnancy or lactation.

### Ultra Add On Booster/Hydrogel Mask

€20

Boosters extend the results of your Performance Facial Treatment to include additional areas of concern. Our boosters address signs of premature aging and blotchy uneven skin.



### Lifting & Toning

### CACI Signature Non Surgical Facelift

Considered the most advanced electrical facelift system of its time, CACI utilises a computer aided cosmetology instrument to lift, tone and re-educate the muscle back to its original position.

As well as stimulating collagen and elastin it also offers numerous rejuvenation benefits. CACI uses a unique, patented waveform which allows the micro current to penetrate directly into the core of the muscle giving unrivalled treatment results.

We offer a wide variety of CACI facials that will target lines and wrinkles to lift, tone and rejuvenate the skins complexion and treat blemishes & acne. Our highly qualified skin specialists will be happy to recommend the treatment that will suit you best.

### CACI Signature Non Surgical Facial toning

€80

This non-invasive facial features S.P.E.D.® Dual Action Technology that provides simultaneous skin rejuvenation and facial toning. This treatment uses microcurrent impulses, to life and tone and LED light therapy to improve skin elasticity and reduce the appearance of fine lines and wrinkles. Firms your face and gives your skin a more youthful, fresh appearance and glow.

### Synergy Advanced Non-Surgical Facial Toning

€99

Combines CACI's Signature Non-Surgical Facial Toning with advance skin exfoliation techniques to revitalise your skin, resulting in a brighter and smoother complexion. A combination of advanced technologies are used to plump fine lines and wrinkles, instantly lift and tone your face and firm your neck.

### CACI Eye Wrinkle Revolution Lift

€45

Targets deep lines and wrinkles, such as crow's feet and laughter lines. This treatment is a non-invasive, needle free alternative to collagen injections and dermal fillers that will instantly plump fine lines and wrinkles from the very first treatment.

### Advanced Blemish Removal

€45

Advanced blemish removal is an effective, non-invasive treatment for Blemish and Skin Tag Removal.

Common Blemish Removals such as Skin Tags, Thread Veins, Milia, Age Spots and other brown marks or Pigmentation are all possible to remove with this treatment.

**Consultation required before you book this treatment.**



FINISH

### Jane Iredale Mineral Make Up

2014 Salon of the Year Winner

2015, 2016 & 2017 Salon of the Year Finalist

We only use mineral make up as its chemical free and the most gentle irritant free make up on the market. We have been doing Bridal & Occasional make up for 10 years using the Jane Iredale brand.

Every season we introduce the latest colours and update our professional make up training annually. Having your make up applied by Touch & Glow means wearing a look that you are comfortable with and not having to worry about reapplying all day.

You can purchase Jane Iredale from our online site [www.touchandglowskinandlaser.com](http://www.touchandglowskinandlaser.com)

**Make Up**

€33

**Make Up & Lashes**

€38

**Make Up Lesson**

€50

**Express Eyes**

€25





## Artdeco Make Up

**Artdeco** is driven by individuality, inspiration, and the art of makeup. They love to develop products that inspire a love for makeup and increase self confidence. The ARTDECO cosmetics label was founded in 1985 by Helmut Baurecht, inspired by a love of beauty, an innovative concept and a great vision. With the idea of offering high-quality cosmetics at an affordable price, he made beauty accessible to all women with unique products.

### Artdeco offers Makeup that empowers

As an undisputed market leader in the German retail trade, ARTDECO's mission for the last 35 years has been to create makeup that makes people feel more radiant & confident. Today, these high quality products are loved in around 70 countries.

### Affordable Luxury

ARTDECO stands for "luxury that everyone can afford". Providing it's customers with luxury makeup - The best quality, at affordable prices.

Using carefully selected ingredients, they develop luxury textures that meet the latest technology standards. High quality & tasteful packaging add the finishing touches to these products.

### Individual Beauty

At ARTDECO, they want to help you bring out your personality. With a wide array of beauty products, it's easy to choose one that helps you uncover your individual style with a large selection of fantastic colours & individual solutions.

The brand is staying true to its recipe for success, offering top-quality cosmetics at affordable prices. ARTDECO wants to integrate this affordable luxury into everyday use. The combination of simplicity and elegance brings out individual beauty and transforms the simple act of applying make-up into a fine art. ARTDECO wants to offer this to every woman.

We are delighted to bring you this incredible assortment of ARTDECO products.

Purchase online at [www.touchandglowskinandlaser.com](http://www.touchandglowskinandlaser.com)

## Et Al Make Up - Meet the makeup that does more.

This brand new pioneering makeup from iiaa & Environ Skincare blends the science of skincare with the joy of makeup, while being responsible to the planet. They believe that makeup should not undo the visible benefits you are witnessing with your skincare routine, instead providing protective, hydrating qualities that last.

The Et Al story starts with two women, a scientist, and a makeup artist, backed by over 30 years of skin health science at the iiaa, designing the makeup they - and you - wish existed. A makeup that looks and feels amazing, but also does amazing. Lots of amazing. Protecting your skin today, nurturing your skin tomorrow, looking after the planet always. Simple products made of thousands of beautiful complexities. Created for and by our beautiful collective who inspire the journey, every day.

This brand new makeup line features Intelligent Skin Cream Foundation SPF 20, 3-In-1 Face Mist, Complexion Glow Blusher, Complexion Glow Eyeshadow & 100% synthetic and cruelty free brushes.





## Medical Grade Laser Consultation

€50

Redeemable against courses only

Laser Hair Removal for women/men is the most effective method of removing unwanted hair. The question is why continue to wax and shave when you can have a smooth and silky body with a course of Laser Hair Removal. We use only the most advanced technology available, using what's called "medical-grade laser" which means we can guarantee successful results. A course of six treatments is generally recommended but you will notice a significant difference after just two or three sessions. We are the only clinic in the North East to boast 3 Candela Gentlase Pro Systems.

Red, blonde, grey or white hairs are not suitable to laser hair removal.

Call the salon for a consultation and patch test and be hair free.

### Factors to consider when thinking of laser hair removal.

- Hair must be dark in colour.
- You must not have an active tan on the area and no fake tan should be on the skin 21 days prior to treatment.
- Your sessions are generally 4-6 weeks apart depending on the area.
- Clients are asked to shave the area 24 hours prior to treatment.  
Please do not shave the same day as laser.
- No photosensitive medication (nurofen) 24 hours prior to treatment.
- The clinic is not responsible for shaving.
- Consultation Fee is redeemable against courses.

## Medical Grade Laser Hair Removal

Treatment	Cost per session	Course of 6	Top Up x 3
Lip	€44	€238	€106
Chin	€44	€238	€106
Neck	€64	€346	€154
Sides of Face	€64	€346	€154
Full Face	€85	€459	€204
Nipples	€35	€189	€84
Underarm	€48	€260	€115
Forearm	€48	€260	€115
Full Arm	€55	€297	€132
Abdomen	€44	€238	€106
Lower Leg	€90	€486	€216
3/4 Leg	€100	€540	€240
Full Leg	€134	€724	€322
Standard Bikini	€44	€238	€106
Californian	€48	€259	€119
Brazilian	€55	€297	€132
Hollywood	€60	€324	€144
Toes	€42	€226	€100
Chest	€65	€351	€156
Full Back	€100	€540	€240
Lower Back	€60	€324	€144
Upper Back	€60	€324	€144
Mono Brow	€25	€135	€60

## Laser Hair Removal Packages

All courses must be paid in full before your courses starts,  
otherwise Pay Per Session Prices apply.  
You must complete 12 sessions of laser with us to qualify  
for course top up prices.

### Platinum Laser Package

€1499

Unlimited Laser Hair Removal for 12 months for any area  
with any amount of treatments  
Valid for 12 months from the date of 1st treatment.

### Combo 6 x Underarm and ANY Bikini

€450

### Combo 6 x Half Leg, Underarm and ANY Bikini

€810

### Combo 6 x Full Leg, Underarm and ANY Bikini

€1040

### Combo 6 x Lip and Chin

€399

### Combo 6 x Full Face and Neck

€550



Nordlys is the light and laser medical system from Candela which provides treatments for many of the most in demand aesthetic treatments. Including, Skin Rejuvenation, Rosacea, Acne, Wrinkles, Vascular Conditions and Hair Removal. Visit our Website for frequently asked question.

All treatments and results are from the Nordlys by Candela machine are documented in clinical articles and it has both FDA and CE Mark accreditation. The Before and After pictures speak for themselves.

A thorough consultation and patch test are required prior to treatment to formulate an accurate treatment plan and price.

Using IPL to stimulate collagen production, improves skin texture, brightens the complexion, and reduces visible signs of premature aging, such as fine lines and wrinkles, sun damage, brown spots, visible veins and discolouration.

<b>IPL Consultation and Patch Test</b> Redeemable against course price	<b>€50</b>
<b>Cheeks Thread Vein Removal</b>	<b>€100</b>
<b>Prepaid x 4 Sessions</b>	<b>€340</b>
<b>Cheeks &amp; Nose Thread Vein Removal</b>	<b>€120</b>
<b>Prepaid x 4 Sessions</b>	<b>€410</b>
<b>Full Face Pigmentation &amp; Thread Vein Removal</b>	<b>€160</b>
<b>Prepaid x 4 Sessions</b>	<b>€550</b>
<b>Full Face &amp; Neck Pigmentation &amp; Thread Vein Removal</b>	<b>€220</b>
<b>Prepaid x 4 Sessions</b>	<b>€750</b>
<b>Neck &amp; Décolletage Pigmentation &amp; Vascular/Thread Vein Removal</b>	<b>€240</b>
<b>Prepaid x 4 Sessions</b>	<b>€820</b>
<b>Hands - Sunspots/Pigmentation</b>	<b>€85</b>
<b>Prepaid x 4 Sessions</b>	<b>€820</b>
<b>CFT- Combined facial treatment (one treatment)</b>	<b>€199</b>

Course Price is Available

Using a combination of our Environ, Image or DMK skincare peels along with Candela's cutting edge technology in the form of IPL to safely reveal healthier, clearer & brighter Skin. It includes a skin peel, Laser light therapy (IPL) and hydrating and brightening masks and vitamin Serums. It is finished with a relaxing face and scalp massage.

This facial will leave skin deep cleansed, brighter and with an improvement in skin texture instantly with no down time. A Consultation and Patch Test is required for this treatment.

## PHI Brows

PHI Brows is a manual skill of semi-permanent eyebrow drawing. The treatment is for anyone who wants to have perfect, symmetrical brows without the hassle of having to fill them in. Hair strokes are drawn on in the direction of the natural hair growth using pigment to achieve a hyper realistic look. The pigment is applied into the surface layer of the dermis using sterilized tools. The pigment is chosen so to match the natural hair colour. After the healing, the colour may become several hues lighter than the natural hair colour.

Treatment is performed with disposable sterile tools (PHIBrush), and pigments are produced in accordance with the highest standards (PHI Brows Microblading Pigments). Correction is done a month after the first treatment, because between 10 and 15% of drawn strokes disappear after the first treatment. Colour is extremely dark during the first 5 - 7 days. 7 days later, it loses 40 to 50% of its intensity. On average, expected time until a new colour refreshment is between 10 and 12 months. With oily skin it is up to 6 months. The healing is fully completed after 28 days and this is when we perform an obligatory addition of the pigment that has been lost. Post-treatments flow makes 70% of the treatments success. Consequently obey advice, because if you don't do so you may lose up to 80% of drawn strokes. Rinsing and applying creams is of great importance. Pain during the treatment is relative. Consultation and Patch test required upon booking this treatment.

<b>Consultation - Redeemable against treatment only (non refundable)</b>	<b>€50</b>
<b>PHI Brow 1st</b>	<b>€240</b>
<b>PHI Brow 2nd</b>	<b>€110</b>
<b>PHI Top Ups (within 12 months of part 2)</b>	<b>€100</b>
<b>PHI Top Ups (within 18 months of part 2)</b>	<b>€180</b>
<b>Top up from other salons - must be accessed by PHI artist €50 fee redeemable against treatment. (non refundable)</b>	

## Beauty Clinic

**\* 24 Hour Patch Test Is Required for all Waxing / Tinting Treatments.**

<b>Eye Treatments</b>	<b>Price</b>
Eye Brow Tweeze	€11
* Eyebrow Tint	€12
* Eyelash Tint	€15
* Eye Trio	€29
False Lashes (individual)	€20
Trio Threading	€33
<b>Threading Treatments</b>	
Eyebrows	€16
Lip	€12
Sides of Face	€16
Chin	€12
Lip & Chin	€22
Face Thread	€45
<b>Waxing Treatments (Using Lycon Strip Wax )*</b>	
Full leg inc standard Bikini	€47
Full Leg	€35
1/2 Leg	€25
3/4 Leg	€28
Standard Bikini	€21
Arm	€29
Buttocks	€15
Chest	€40
Back	€40
Shoulders	€10

## Beauty Clinic

\* 24 Hour Patch Test Is Required for all Waxing / Tinting Treatments.

### Specialised Lycon Waxing (Peel Wax)\*

Lycon Hot wax is made of the finest ingredients to ensure you have the most pain-free and enjoyable specialised wax treatment possible.

Underarm	€16
Lip	€11
Eye brow	€11
Chin	€11
Neck	€12
Face (Sides Face, Lip and Chin)	€25
G String	€23
Holiday/ Californian (this removes hair on your bikini line and the inner thighs)	€29
Brazilian (leaves hair on the front in either a strip or mini- triangle shape, all other hair is removed)	€45
Hollywood (totally bare- the treatment removes all hair)	€50
Hollywood Maintenance (must be within 4 Weeks)	€39

## Semi Permanent Lashes

Full Set	€55
Refills	€55
Removal	€15

Refill every 2-3 weeks. After 3 weeks Full Set will need to be applied.

- No Contacts
- No Mascara 24 hours prior to treatment.
- Patch Test required 24 hours prior to treatment.
- Removals need to be 48 hours before application of New Set.
- We will not fill another clinics lashes.

### LVL Lashes (New System 2nd May 2023 requires New Patch Test.)

LVL Lashes is one of the quickest ways to brighten and lift the entire face.

LVL Lashes give you the opportunity to get longer looking lashes, without the need for lash extensions.

LVL Lashes can give you a fabulous wide eyed appeal that is completely natural, some of the advantages include:

A treatment for natural lashes – no lash extension needed. LVL adds Volume and Lift.

Treatment takes just 45 Minutes and lasts up to 6-8 weeks. Results are immediately visible.

\*This treatment requires a patch test 48 Hours in advance

**LVL Lashes** €59

## HD Brows

€35

Our treatment begins with an in-depth consultation to agree the size, shape and the look you want, before starting to create the perfect, bespoke brows to fit your face.

We'll apply custom-blended colour and your Stylist will darken, lighten\* or simply tone the natural shade of your brow to ensure your look is complimented, not overtaken. Our exclusive brow mapping formula then works to build your unique shape before using a combination of HD hair depilation techniques to create it. We'll then perfect your brows using our brilliant make up collection, along with a mini make up lesson to help the upkeep of your brows between appointments.

Worried you don't have enough hair to create a perfect arch? Don't worry! We'll put you on a regrowth programme and work with you every step of the way to get the brows of your dreams.

## HD Express(within 4 weeks)

€30



## Nail Treatments

Full set acrylic/gel + 2 Week Polish	€49
Full set acrylic/gel ombré/French	€55
Refills acrylic/gel + 2 Week Polish	€49
Acrylic/gel removal	€20
2 Week Polish Removal	€12
2 Week Polish	€28
2 Week Polish Removal + reapply (with us)	€30
2 Week Polish Removal + reapply (done elsewhere)	€35

Builder no colour	€42
Builder + 2 Week Polish	€48
Builder with Nail Art /French	€52
Refill Builder no colour	€42
Refill Builder + 2 Week Polish	€48
Builder refill nail art/French	€52
Kids file and paint	€14
Adults file and paint	€20
Builder Removal	€20
Builder Add on Fee over 3 weeks	€10

## Pedicure Treatments

Acrylic 1 Toe	€15
File & Paint TOES (Vinylux 1 week polish)	€20
Lyco Pedi	€59
Callus Peel (1 week polish)	€45
2 Week Polish Toes	€30
2 Week Polish Removal/Reapply Toes	€35
Add 2 Week Polish to Pedi	€10
Lusso Pedi	€59

Please be advised there is an additional cost for all Nail Art / Diamonds at the Nail Bar at Touch and Glow and appointment must be made upon booking as additional time is required. Nail health checks are so important and your nail health is of the utmost importance to us. You must refill your nails every 3 weeks. If you require any advice on your nail health please call us. If your Builder/Acrylic Nails are over 3 Weeks an additional fee of €10 will be added to your service as this will take longer.



NEW

## DMK Medi Pedi

**DMK Medi Pedi (includes 1 Week Polish)**

€65

The DMK MediPedi foot treatment removes calluses / corns / cracked heels / rough, dry hard skin build up / dark pigmented areas and any fungal or bacterial infections. MediPedi, the "Danné Alkaline Wash Callus Treatment" for the feet is exceptional. It leaves the most rough, cracked and callused feet feeling smooth and soft without the use of any blades or rasps.

Clinical trials have proven that Medi Pedi reduced further callus build up and left the feet smoother and softer for much longer. Unlike rasping and scraping techniques, which research has shown to cause a thickening of the skin that resulted in a short-lived / unsatisfactory solution to dry callused feet.

Today's clients are concerned with hygienic environments, cross contamination and risk of infection and rightly so. The Danné alkaline foot treatment is 100% hygienic, safe and best of all effective. Alleviating the concern in all these areas while achieving a more superior result than aggressively blading or rasping skin from the feet.

MediPedi, gently, yet very effectively and efficiently dissolves away dry hardened crusty skin build up on the feet.

MediPedi incorporates our unique alkaline solution, herbal pigment oil and Maximum Moisture. These products swell, dissolve and soften redundant cuticle build up and then returns the skin to a normal pH level.



## Margaret Dabbs Manicure and Pedicure

The ultimate authority in Hand and Foot Care, we are delighted to welcome Margaret Dabbs to Touch and Glow.

Her Supreme Manicure and Pedicure offer clients outstanding results, returning nails back to their optimum condition.

Our staff are all trained in the Margaret Dabbs treatments, offering you the highest experience.

Her take home range is now available in our clinic and online delivering luxury and indulgence along with true result driven protection every day.

### Signature Glow Supreme Pedicure

€59

Step into a Margaret Dabbs pedicure for the ultimate transformative treatment for feet. This pedicure begins dry; delivering precise nail and cuticle work. An exfoliating mousse is applied leaving the skin feeling soft and supple. Using the power of organic Emu Oil, this treatment provides anti-fungal protection, which is infused throughout her line. Your feet will feel fresh, detailed and radiant. Nails are shined to a healthy finish, you may not want to polish but we do add a 1 week polish if you wish.

### Signature Supreme Manicure

€40

This prescriptive manicure was developed with the health of the hands in mind. It will deliver lasting hydration to the skin and nails using the power of organic Emu Oil. Performed dry to begin with for precise cuticle work, until a creamy exfoliant is applied. Enjoy the aromas of geranium and mandarin while a cooling serum sinks into the skin. A hand and arm massage completes the experience, finishing with a layer of soothing hand protection spray. Nails are left looking bright and healthy, you may not want to polish but we do offer a 1 week Polish if you wish.



## Tanning Treatments

**BEST SELLER**

St. Tropez / Half Body (patch test required)

€30/€20

Bellamianta Tan/ Half Body

€25/€20

Elite Tan/ Half Body

€20/€18

**BEST SELLER**

Vita Liberata Tan/ Half Body

€25 /€20

Dripping Gold/Half Body

€25/€20

Tanning Thursdays (4-9pm) (Call clinic for special)

€15

Top Ups Next Day (must be within 2 Days)

€10

Lusso Tan

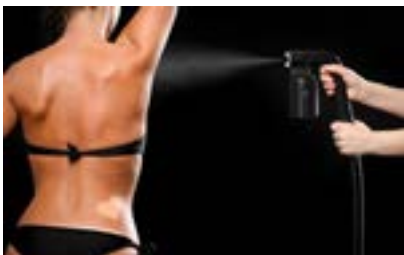
€20

### Tan Aftercare Advice:

- Your tan will begin to develop immediately after treatment.
- Do not shower or bathe for a minimum of 4 hours after your treatment.
  - The ideal development time is 8 hours.
- During the development time, do not participate in any activity which may cause perspiration.
- It is fine to leave the guide colour on overnight and wash in the morning.
- Guide colour is light to minimise guide colour transfer. If you do have guide colour transfer this will wash out of cotton but not so easily from man-made fibres or wool.

### Tan Maintenance Tips:

- With the correct aftercare, your tan can last longer, apply Tan Primer every day to hydrate your skin and maintain your tan for longer.
- Exfoliate your skin at least once a week to avoid patchy fade.
- Do not rub but pat your skin dry after showering or bathing.
- Avoid swimming pools as chlorine can bleach the skin so your tan will fade faster.



## Mini Mi Inch-Loss Body Wraps

The advanced technology used in the Mini Mi solution, breaks down fat cells resulting in a reduction of fat and inches from those difficult areas on the body.

Targets fat reduction in specific problem areas

- Permanent fat loss not fluid
- Results seen in a hour
- Fat reduction continues for up to 72 hours
- Improves skin tone, tightens and firms
- Reduces the appearance of cellulite
- Drop a dress size in a single treatment
- Solution needs to be left on Skin for 24 hours
- Diet plan to be followed after treatment

### Full Body Wrap

€65

### Half Body Wrap (Tummy only)

€50

(Course Prices are available)



## Body Scrubs

### **Gommage Douceur (Cream Scrub) €85**

The Gommage Douceur scrub is a cream scrub, bespoke with the essential oil of your choice. Designed to polish the skin, leaving it soft & subtle.

### **Gommage Gourmand (Sugar Scrub) €85**

The Gommage Gourmand scrub is a sugar scrub, bespoke with the essential oil of your choice. Designed to polish the skin, leaving it soft & subtle.

### **Gommage Marin (Salt Scrub) €85**

The Gommage Marin scrub is a salt scrub, bespoke with the essential oil of your choice. Designed to polish the skin, leaving it soft & subtle.

## Body Massages

### **Aroma Luxe Massage €90**

Relaxing, full body massage with 100% manual exclusive Yon-ka techniques.

### **Aroma Sculptant Massage €90**

Full body massage with additional toning massage with bamboo sculpting techniques on the legs.

### **Aroma Relax Massage €90**

Relaxing full body massage with hot stone techniques on the back.

### **Aroma Energy Massage €90**

Re-balancing massage with energizing digitopressure techniques on the hands & feet.



## Massage & Aroma Fusion Body Treatments

### **Yon-ka Aroma Fusion Body Scrub €49**

This full body invigorating scrub experience includes a choice of an intense or gentle scrub tailored to your skin's needs. Removed with heated towels to leave the skin renewed and silky smooth.

### **Yon-ka Aroma Fusion Massage**

A completely manual Yon-ka massage which is a combination of relaxing, draining and energising techniques for a night relaxing and renewing experience. Your treatment will begin with deep inhalation's after choosing your desired scent from our 4 collections: Detox, Silhouette, Vitality & Relax.

#### **Choose from:**

**30mins – back neck & shoulder massage €35**

**40mins – back neck & shoulder & back of legs €45**

**60mins – full body massage €65**

### **Hot Stone Full Body Massage €80**

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones to warm up tight muscles so they can work on pressure points and problem areas to alleviate tension and stress.

### **Journey to Polynesia €110**

Transport to a heavenly place with the warm & floral notes of Tiare flowers & Jasmine Decadent. A 2 – sugar scrub, combined with an indulgent massage with volcanic hot stones. Relax your body & mind so can totally 'let go' and enjoy the journey.

### **Corsican Delight €110**

Corsica is a blend of fruity fragrances and it's revitalizing mandarin & sweet orange notes. A sweet gourmet scrub, combined with a re-balancing massage to awaken your senses, free your stress, fight against physical and mental fatigue and recover energy levels.

### **A Walk in the Forest €110**

A re-energizing breath of fresh air with essential oils of Cedar & Cypress inspired by French Forests. The invigorating experience includes an intense salt scrub, followed by a full body massage, combined with a sculpting bamboo-based leg massage for a renewed feeling of lightness & well-being.

### **Getaway to Provence €110**

Our Getaway to Provence package has a re-balancing & calming effect of the essential iconic Provence; Lavender & Everlasting. Rich in precious, iconic essential oils, this is the perfect ally for detoxifying treatments. A gentle scrub, combined with a relaxing and detoxifying massage, for a harmonizing journey.

## Basq Pregnancy Treatments

### In The Moment Pregnancy Massage €80

A customised full body massage using safe pre-natal techniques. To help relax, reduce fatigue, release tension, aches, pains, swelling all associated with pregnancy.

### Baby Bump Treatment €50

This treatment is designed to reinforce the skin with deep hydration and a mega dose of nourishment that targets scars and marks.

### TLC Head To Toe Experience €95

A complete head to toe experience to include; head, bump and lower legs. To begin melt the stresses away with a relaxing head, neck & shoulder massage to release tension. Then a treat for the bump, where gently dry brushing increases circulation and exfoliation follows to remove dead dull cells to improve the tone and elasticity of the skin. Next our basq resilient body oil and basq mega moisture butter are applied to treat the skin to prevent stretch marks. While the cream absorbs and takes affect you are treated to a lower leg exfoliation and foot massage to reduce swelling and stimulate circulation.

### Skin Boosting Body Exfoliation €75

Relax and breathe deep; inhale the calming benefits of Lavender in this completely balancing and rejuvenating spa experience. Using our basq Perfecting Lavender Sugar scrub as our secret weapon for damage repair and smooth youthful skin. An instant fix for dry, itchy and stretched skin. Exfoliation is the absolute best way to fuel skin renewal and push damage up and out. Following this is a pampering application of basq Mega Moisture Butter to nourish the skin with the powerful omega oils.

### Tired Leg Soother €30

An exfoliating lower leg and foot massage to improve circulation and improve any swelling and heaviness in the legs associated with pregnancy. Whilst the legs are wrapped you are treated to a relaxing scalp massage.



## Comfort

For your comfort and convenience during facial and body treatments please put your mobile on silent to create a relaxed environment.

In consideration for all our clients, if you are running late, please phone ahead, we will try to accommodate as best we can.

Please understand we only allocate a specific amount of time for each treatment to be carried out.

If you are late, your appointment may have to be shortened so as the next client's treatment is not affected.

You will be charged for the amount of time and treatment you reserved when booking your appointment.

Please arrive 10 minutes prior to your 1st treatment to fill in a consultation form, if you have not filled it in online.

Our medical questionnaire must be filled out for insurance purposes.

All appointments require a 50% booking deposit to secure the booking.

The deposit is non refundable should you cancel within 24 hours.

If you are unable to keep your appointment for any reason, please contact us 24 hours prior to your appointment time. In the event that a cancellation is made less than 24 hours prior to booking, please be advised that you will be charged 50% of the price of the treatment.

No show appointments will be charged in full – this includes treatments booked from courses, you will forfeit one of your treatments already paid for in a course if you do not cancel in advance or fail to show up for your appointment.

For insurance health and safety children under 16 are not allowed on the premises unless they are being treated and have parental consent or a GP Letter.

There is no credit facility at Touch and Glow.  
Offers cannot be used in conjunction with any other offer.

The Management and Staff are not responsible for personal damages or losses.

We thank you for your patience and hope you relax and enjoy your time with us.



Your personal recommendation  
to a friend is our best award.

If you enjoyed your visit  
tell a friend.

If you did not..... Tell Us.



Chakere





**Download our App on Android or Iphone  
Follow us on Instagram  
"touchandglowskinandlaser"**

**Opening Hours**

**Monday 9.00am - 5.30pm**

**Tuesday 9.00am - 5.30pm**

**Wednesday 9.00am - 9.00pm**

**Thursday 9.00am - 9.00pm**

**Friday 9.00am - 8.00pm**

**Saturday 9.00am - 5.00pm**

**Sunday Closed**

**Book on line 24/7**

**Gift Vouchers Available to download from  
[www.touchandglowskinandlaser.com](http://www.touchandglowskinandlaser.com)**