



SKINGYM

SKIN | BEAUTY | WELLBEING

Skin Gym offer a full range of treatments for both men and women including massage, manicure, pedicure and waxing. At Skin Gym, we know radiant skin is one of the strongest indicators of a healthy body. We help you pinpoint your internal needs and improve your overall well-being. Our therapists look beyond the surface to discover what is going on underneath. We offer a comprehensive list of holistic services, coupled with results driven skincare. All done to assist you in putting your best face forward.

At Skin Gym, we treat common skin concerns such as aging, sun damage, pigmentation, acne, problem skin, acne scarring, rosacea, and sensitivity.

It is our number one mission to help you achieve your goals. Skin health starts with us!



ENVIRON® VOYA



ASHDOWN PARK

HOTEL
★ ★ ★ ★

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ENVIRON combines the best of what science and cutting-edge technology has to offer with sound skincare principles to provide superior scientific skincare for everyone. Dr. Des Fernandes designed Environ to correct the chronic deficiency of vitamin A that everyone suffers from in the exposed areas of their skin. The formulae of Environ are entirely based on the need to replenish all the essential skin nutrients lost by exposure to the sun and environmental factors, and at the same time rehydrate the skin. Environ skincare products have been formulated to combat and relieve the harmful effects of today's harsh environmental changes and pollution, as well as the modern-day effects of stress and poor diet. Every day our skin loses vitamins due to exposure to these elements, which exacerbates the visible signs of ageing. The only way to effectively replenish these lost skin vitamins is through topical applications and supplements. At Skin Gym we offer the full range of Environ professional treatments and homecare products. Our Environ trained therapists develop custom skincare regimens and treatment plans to target your skin concerns.

ENVIRON TREATMENTS

SKIN FITNESS ASSESSMENT

€40

We encourage you to schedule a skin fitness assessment. Here, we will discuss your goals and treatment history in order to devise a holistic skin treatment plan that works for you. We emphasise education and open communication with our clients. We give you the information you need to find the best treatment available to maintain the health of your skin. Price is redeemable; reductions will apply to chosen skin treatments or homecare.

electro-sonic ESSENTIAL TREATMENTS

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

60mins €80

Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

ESSENTIAL COMFORT CALM

60mins €80

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

ESSENTIAL MOISTURE BOOST

60mins €80

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

ESSENTIAL RADIANCE REVEAL

60mins €80

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

ENVIRON TREATMENTS

electro-sonic FOCUS-ON TREATMENTS

Specially developed to target specific areas using Environ's revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed. Perfect for when time is limited.

FOCUS-ON **FROWN** treatment 30 mins €50

An iconic peptide blend assists in reducing the appearance of expression and frown lines around the eyes and forehead, resulting in a more youthful appearance.

FOCUS-ON **EYE** treatment 30 mins €50

Combining our powerful peptide complexes with Hyaluronic Acid ensures a completely refreshed, hydrated and youthful appearance.

FOCUS-ON **TEXTURE** treatment 30 mins €50

An intensive combination of the three Environ technologies; Dual ELECRO-SONIC, COOL PEEL and MICRO PERFUSION improve the appearance of mild scarring revealing smoother, evenly textured skin.

FOCUS-ON **EVEN TONE** treatment 30 mins €50

The powerful combination of vitamin A, C and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even-toned, brighter complexion.

ENVIRON COOL PEEL® TREATMENTS

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

YOUTH RENEW COOL PEEL 60 mins €75

This cool peel treatment assists with reducing 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 60 mins €75

Designed to gently treat the skin's surface and focus on revitalising dry, tired-looking skin, revealing a healthy-looking glow. This gentle yet effective peel is suitable to do all year round with no visible peeling.

DEEP CLEANSING COOL PEEL 60 mins €75

Environ's interpretation of the classic deep cleanse facial. This unique method of deep cleansing the skin is gentle in exfoliating the skin's surface, yet effective in purifying and assisting to control the appearance of congested, breakout-prone skin. This unique, gentle peel helps to achieve visible improvements, leaving the skin looking radiantly healthy and refreshed.

BRIGHT RECOVERY COOL PEEL 60 mins €75

This gentle lactic acid cool peel assists with reducing the appearance of premature ageing, fine lines and uneven toned skin complexion as a result of excessive sun exposure.

BLEMISH CONTROL COOL PEEL 60 mins €75

This powerful cool peel therapy assists with the management of blemish prone, distressed skin by purifying, cleansing and assisting to unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

VIBRANT-C MICRO PEEL 45 mins €70

A concentrated vitamin C infused peel that is freshly mixed before application to ensure optimum freshness. Proven to deliver a healthy complexion with an even skin tone and texture because vitamin C is essential for the skin to function at its best. Excellent choice for sun damaged, pigmentation and mature skins.



VOYA



Irish Organic Skincare range VOYA combines the highest-quality botanical ingredients and aromatherapy oils with certified organic seaweed. The seaweed is carefully harvested by hand and selected by sight from the wild Atlantic coast and is accredited by the Organic Soil Association. This assures that the ingredients have surpassed the strictest standards and are sourced both responsibly and ethically. Seaweed naturally cleanses and purifies your skin, helping to improve its suppleness and elasticity. It helps to reduce the signs of ageing by toning, smoothing, moisturising and stimulating skin cells. VOYA products are all certified organic, are suitable to use during pregnancy and are formulated to deeply nourish your skin and aid its natural ability to heal and repair.

FACIALS

VOYA EXPRESS FACIAL

25mins €50

This introductory facial will give a quick & instant pick-me up for dull, lifeless skin. This is also an excellent pre make-up facial for that special occasion.

VOYA SELF DISCOVERY RADIANCE FACIAL

50mins €75

This skin type-specific, ocean inspired organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. A relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced. You will be left with a revived glowing, yet non-greasy complexion, enriched and strengthened.

CHOOSE 1 OF 3 FACIALS FOR YOUR JOURNEY:

- Purifying Facial (Oily/ Combination Skin)
- Ultra Calming Facial (Sensitive Skin)
- Intensive Hydra Veil Facial (Dry Skin)

DELUXE FACIAL EXPERIENCE

80mins €120

The ultimate VOYA facial experience. Your treatment begins with a relaxing back massage to induce relaxation and gently melt away muscular pain. This is followed by a results-driven hydrating and purifying facial, which includes facial massage to deeply hydrate the skin, along with a dual-action facial mask which utilizes the exclusive re-mineralizing, seaweed Leaves. This facial leaves the skin rejuvenated, the appearance of deep-set wrinkles is reduced and the skin's texture is left hydrated and plumped.

VOYA ANTI-AGING RESTORATIVE FACIAL

50mins €80

This intensive facial is particularly good for sensitive, maturing, dry or dehydrated skin. Using a combination of anti-oxidant algae complexes and a restorative blend of organic ingredients, this facial helps to fight the signs of aging and reduce the appearance of fine lines and wrinkles through lifting, plumping and firming. Fresh leaves of wild Atlantic seaweed are placed over a richly blended oxygenating face mask while particular attention is paid to the neck and décolleté. Your skin is left beautifully hydrated and refreshed.

MASSAGE

DEEP TISSUE BACK MASSAGE 25mins €50

Deep tissue massage is designed to specifically relieve stress and tension in the body. This massage focuses on realigning deeper layers of muscles. It is used for chronic aches and pains, and contracted areas such as upper and lower back.

COCONUT MELT BACK MASSAGE 25mins €50

Our back takes a lot of pressure in our lives—whether from work or play! Tension can be carried in our neck, shoulders and lower back resulting in stress and pain. This express massage is designed to ease away tension in the back neck and shoulders.

INDIAN HEAD MASSAGE 25mins €50

An ancient head and shoulder massage to relax the mind and body.

COCONUT FACE, SCALP & HAIR TREATMENT 25mins €50

A treatment that focuses on crown chakra with deep pressures of the thumb and fingers that entrusts a powerful effect for the body and helps maintain a vigorous shape. Through the use of Virgin Coconut Oil, this treatment also nourishes the hair.

ROYAL ASH 50mins €75

A Royal Ash massage is an authentic healing treatment, which is excellent to relieve muscle stiffness and stress. This no skin on skin contact massage involves the client being wrapped in a sheet while the therapist performs pressure points, rhythmical body palming and hot stone placement designed to balance energy flow within the body.

COCONUT FULL BODY MASSAGE 50mins €80

Using rhythmical techniques to relax the deepest tension in the gentlest way, our signature massages use coconut oil to improve circulation, help oxygenate the skin and reveal a healthy glow. The mind and body are left energized and in a state of harmony.

VOYA VOYAGER MASSAGE JOURNEY 50mins €80

A complete top-to-toe relaxation journey, this treatment incorporates scalp, face and body massage alongside stretches that echo the movement of the sea. Combining both gentle and stimulating motions, this massage is the ultimate luxury treatment to relieve aches and pains. *Tailored to individual needs.

Chooses from:

- Uplift - Angelicus Serratus
- Relax - Mindful Moments
- Muscle Relief - Ginger Chai

"MUM TO BE" MASSAGE 50mins €80

This nurturing massage which has been thoughtfully adapted to each stage of pregnancy, connects mother and baby through the wonderful power of touch. The techniques specially designed by Skin Gym help relieve tension in the back as well as alleviating swelling in the hands and feet.





WAXING

FULL LEG	€30	FACE SIDES	€9
HALF LEG	€20	EYEBROW	€10
BIKINI LINE	€16	UPPER LIP	€9
UNDERARM	€16	CHIN	€9
ARM WAX	€18		

MALE GROOMING

BACK	€30	SHOULDERS	€15
CHEST	€30	BACK & CHEST	€50

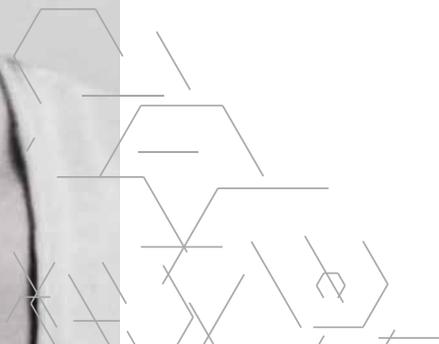
IT'S ALL IN THE EYES

EYEBROW TINT	€10	EYEBROW SHAPE	€10
EYELASH TINT	€12		

EYE TRIO €25

Experience a complete consultation and face shape diagnosis before we completely transform you with an eyebrow shaping treatment, eyelash and brow tint.

* PATCH TEST REQUIRED
FOR WAXING AND TINTING



FINGERS AND TOES

DELUXE MANICURE

€36

Includes nail file, cuticle work, hand & arm massage and your choice of colour or French polish.

DELUXE PEDICURE

€50

Includes foot soak and foot scrub, nail file, cuticle work, removal of hard skin and foot massage followed your choice of colour or French polish.

FILE AND PAINT

€20

SHELLAC MANICURE

€26

SHELLAC POLISH FEET

€26

SHELLAC REMOVAL

€5

FOR YOUR WEDDING DAY

Everyone wants to look their best on their wedding day!

To achieve your best results we advise you book a consultation six months prior to the big day. During your consultation you can discuss your treatment goals and a tailored home care and treatment package will be designed for you.



SKIN GYM SALON ETIQUETTE

In order for your experience at Skin Gym to be as enjoyable and carefree as possible we urge you to book and prepay your required treatments in advance. This can be done online or over the phone.

- Whilst we will of course facilitate you as much as possible, we cannot guarantee availability if left until the day of arrival.
- All appointments must be pre-booked and for that reason, we cannot accept walk in bookings.
- Clients are required to arrive 5 minutes prior to their appointed time. We ask that clients do not arrive any earlier to allow for social distancing.
- Prior to your appointment you will receive a digital consultation form by email that you must fully complete and return back 24 hours before your appointment.
- We ask our clients to refrain from visiting the spa if they have one or more symptom of Covid 19 or if they have come in contact with a diagnosed case of Covid 19.
- We ask our clients to refrain from visiting the spa if they are under isolation or quarantine.
- Please respect the spas sanitization standards and processes posted within the spa.
- Please be advised no children are permitted in Skin Gym Salon. All clients must be over 18 to receive treatments.
- For hotel residents we advise arrival to the salon in robe and slippers provided in room.
- Handshakes are no longer permitted.
- We are reducing our numbers to allow for effective social distancing and we are asking all clients to abide by the signage.
- Our therapists will be wearing PPE for the duration of the treatment and we ask our clients to do the same.

Skin Gym Commitment to our guests

- Meeting or exceeding all state local and regulatory guidelines relating to sanitization and hygiene.
- Prohibiting employees who have a fever or are sick from engaging with guests or guest areas.
- Training employees on sanitization and hygiene standards.
- Washing hands for a minimum of 20 seconds at the start and end of the treatment/service.
- Provide full refunds to guests unable to make their appointment due to illness with advance notice.
- Fully sanitizing all treatment spaces between each service.
- Always providing clean linen, towels, robes, slippers for each service.





PRICING

ENVIRON FACIAL TREATMENTS

ESSENTIAL YOUTH RESET	60mins €80
ESSENTIAL MOISTURE BOOST	60 mins €80
ESSENTIAL COMFORT CALM	60 mins €80
ESSENTIAL RADIANCE REVEAL	60 mins €80
FOCUS-ON FROWN	30 mins €50
FOCUS-ON EYE	30 mins €50
FOCUS-ON TEXTURE	30 mins €50
FOCUS-ON EVEN TONE	30 mins €50
YOUTH RENEW COOL PEEL	60 mins €75
MOISTURE BOOST COOL PEEL	60 mins €75
DEEP CLEANSING COOL PEEL	60 mins €75
BRIGHT RECOVERY COOL PEEL	60 mins €75
BLEMISH CONTROL COOL PEEL	60 mins €75
VIBRANT-C MICRO PEEL	45 MINS €70

VOYA FACIAL TREATMENTS

VOYA EXPRESS FACIAL	25 mins €50
VOYA SELF DISCOVERY RADIANCE FACIAL	50 mins €75
VOYA ANTI-AGING RESTORATIVE FACIAL	50 mins €80
MASSAGE DEEP TISSUE BACK MASSAGE	25 mins €50
COCONUT MELT BACK MASSAGE	25 mins €50
INDIAN HEAD MASSAGE	25 mins €50
COCONUT FACE, SCALP & HAIR TREATMENT	25 mins €50
ROYAL ASH MASSAGE	50 mins €75
COCONUT FULL BODY MASSAGE	50 mins €80
VOYAGER MASSAGE JOURNEY	50 mins €80
INDIAN HEAD MASSAGE	25 mins €50
MUM TO BE MASSAGE	50 mins €80

BEAUTY TREATMENTS

WAXING FULL LEG	€30
HALF LEG	€20
BIKINI LINE	€16
UNDERARM	€16
ARM WAX	€18
FACE SIDES	€9
EYEBROW	€10
UPPER LIP	€9
CHIN	€9
BACK	€30
CHEST	€30
SHOULDERS	€15
BACK & CHEST	€50
EYEBROW TINT	€10
EYELASH TINT	€12
EYEBROW SHAPE	€10
EYE TRIO	€25
DELUXE MANICURE	€36
DELUXE PEDICURE	€50
FILE AND PAINT	€20
SHELLAC MANICURE	€26
SHELLAC POLISH FEET	€26
SHELLAC REMOVAL	€5



ENVIRON®

VOYA

