



your *self* centre

@ o'Callaghan Stephen's Green



Turn Page

luxurious spa & beauty treatments

enquiries & bookings call: **tel 01 485 3820**

OPEN 7am to 7pm 7 days a week!

'Pampering you is our passion'

Welcome to Your **Self** Centre @ o'Callaghans Stephens Green Hotel, the ultimate luxury in Spa and Beauty therapy, delivering indulgent Natural & Organic Spa/Beauty treatments directly to you at a time that suits you.

We offer a range of in-room treatments for both women and men 7 days a week including Facial, Nail, Makeup as well as a range of Luxury Massage treatments.

Our qualified therapists will transform your hotel room into a luxury spa. With scented aromatherapy oils and relaxing music we create a chilled and healing environment in the comfort of your own room. In addition we have a weekend spa on Fridays, Saturdays & Sundays.

in-room treatments
7 days a week
7am to 7pm

If you are feeling tired, stressed, jet-lagged, or in need of some serious pampering, let us help you to relax, revitalize, refresh & rejuvenate. Our team will carry out a consultation to ensure that your treatment is individually tailored to you.

For enquiries or bookings
Call: **01 485 3820**

weekend spa
Fri 10am to late
Sat 10am to late
Sun 11am to 5pm

Our products

At Your **Self** Centre @ o'Callaghans Stephens Green Hotel, we only offer healthy treatments and services and use the best quality Products and Equipment.

Most of our bespoke Aromatherapy Blends are made from Natural & Organic Essential Oils extracted from flowers and plants. Our skin Products are 100% Organic with essential bio-active nutrients that stimulate the natural process of renewal and regeneration, helping to restore the

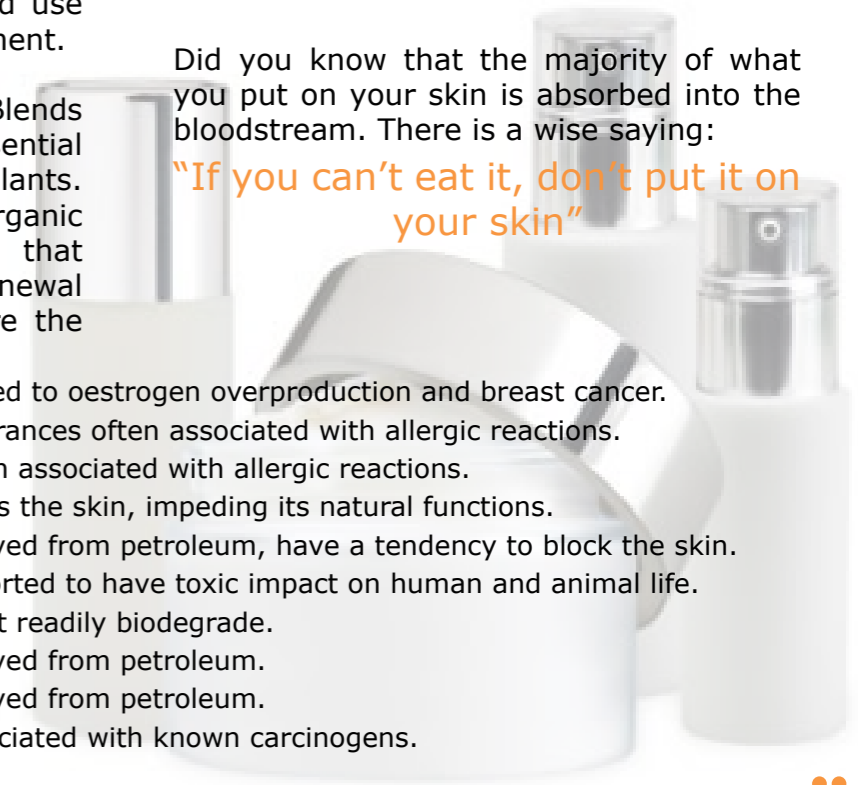
- NO Parabens
- NO Synthetic Fragrances
- NO Synthetic colours
- NO Silicons
- NO Mineral oils
- NO Phthalates
- NO EDTA
- NO Propylene Glycol
- NO Carbomer
- NO DEA

- Linked to oestrogen overproduction and breast cancer.
- Fragrances often associated with allergic reactions.
- Often associated with allergic reactions.
- Coats the skin, impeding its natural functions.
- Derived from petroleum, have a tendency to block the skin.
- Reported to have toxic impact on human and animal life.
- Don't readily biodegrade.
- Derived from petroleum.
- Derived from petroleum.
- Associated with known carcinogens.

suppleness and elasticity of your skin. In addition they can help to stimulate the skin's natural protection mechanism helping fight moisture loss and free radical attack.

Did you know that the majority of what you put on your skin is absorbed into the bloodstream. There is a wise saying:

"If you can't eat it, don't put it on your skin"





menu

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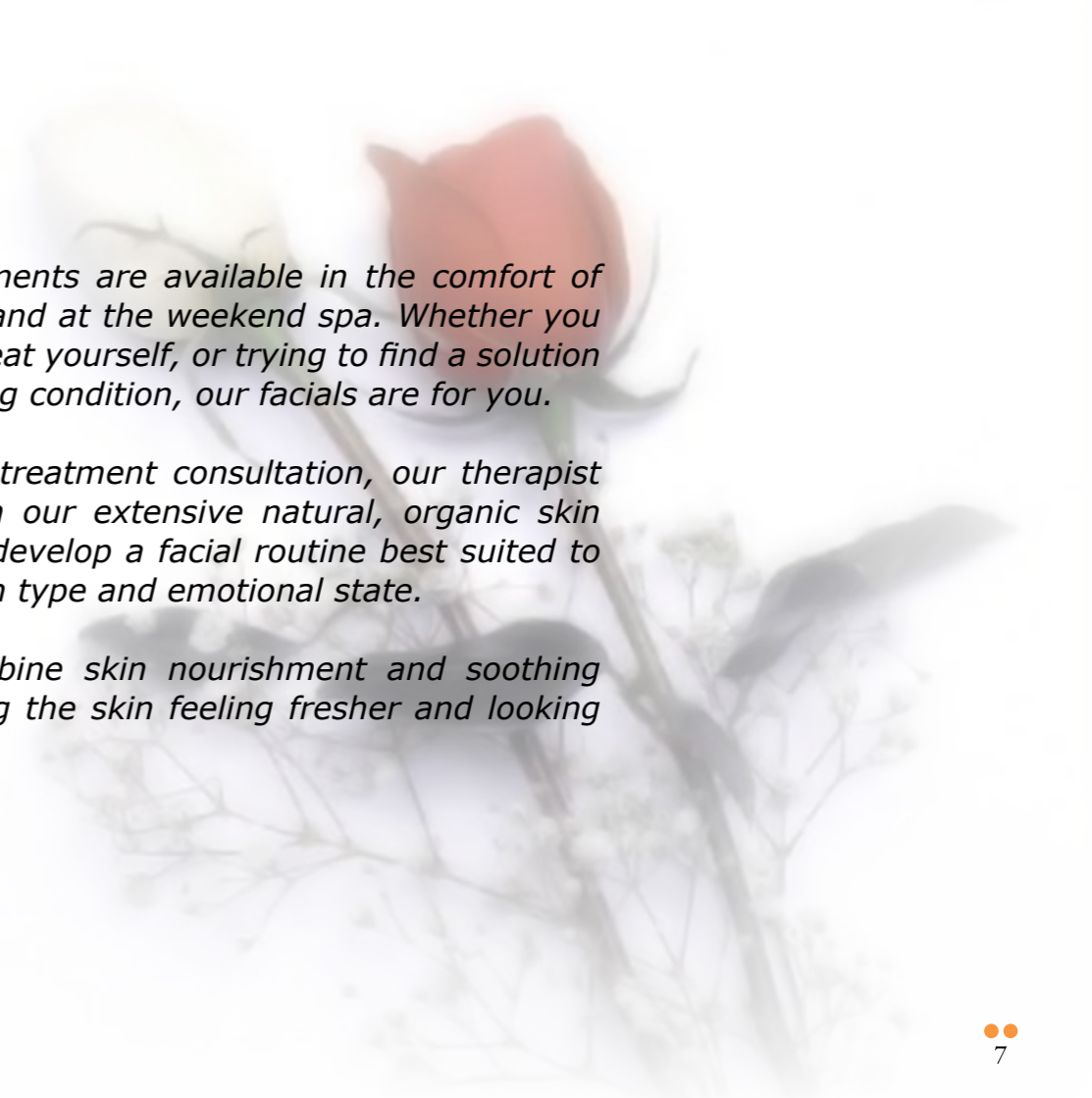


Facial

Our facial treatments are available in the comfort of your own room and at the weekend spa. Whether you are looking to treat yourself, or trying to find a solution to a long standing condition, our facials are for you.

Following a pre treatment consultation, our therapist will choose from our extensive natural, organic skin care range and develop a facial routine best suited to nurture your skin type and emotional state.

Our facials combine skin nourishment and soothing massage, leaving the skin feeling fresher and looking more radiant.





Facial

All our facial treatments involve cleansing, toning, massage, exfoliation and moisturising of the face.

Our professional therapists select the correct products for your skin type to leave you with glowingly smooth and satin soft skin.

Mini-Facial

30 min €49

This is an express treatment made for every skin type, if you are in a hurry or to complement a body massage. Our beauty therapist will start with cleansing, toning, quick mask/exfoliating, moisturiser or tainted moisturiser and massage.

Deluxe Facial

60 min €79

Our Deluxe facial is made for every skin type and helps to combat wrinkles, boosts the skin's elasticity, and being antioxidant, helps protect against premature ageing. Treatment includes cleansing, toning, exfoliating, mask, and a glorious face & décolleté massage using Orange Blossom, Jasmine, and Neroli. These oils have long been revered for their skin-nourishing and hydrating qualities.

Age Protection Facial

90 min €124

Based on Ayurveda massage using products that provide very high levels of circulatory and lymphatic systems to slow down the ageing process. Includes age protection cleansing foam, clarifying toner, eye wrinkle or eye gel cream, lip contour or hydro-lip balance depending on your needs. This treatment also uses an age protection wrinkle therapy fluid and lifting serum or skin firming gel, depending on the skin requirements.



Eye Rescue

€14

Add this intensive eye treatment to any facial. Designed to diminish fine lines and wrinkles, improve dark circles, relieve puffy eyes, and totally rejuvenate this delicate area for brighter, more luminescent eyes.

*Note:
Minimum call out is 1h or €70
You can mix & match treatments*



Lip Rescue

€14

This intensive hydro lip balance can be added to any facial, as it is designed to diminish fine lines and wrinkles, create a natural barrier function on the skin to slow premature ageing and delay moisture loss in this delicate area for brighter, more Voluptuous lips.

*Note:
Minimum call out is 1h or €70
You can mix & match treatments*



Manicure Treatments

Express Manicure

30 min €48

When time is of the essence, this express manicure treatment will have your nails looking gorgeous in just 30 minutes. Including cuticle work, filing and shaping of the nails and an application of either clear, colour or French polish.

Luxury Manicure

60 min €79

Using carefully selected products to reflect the seasons, cool and refreshing for summer, warm and aromatic for winter, this manicure treatment includes soaking in an aromatic nail bath, cuticle work, nail shaping, hand & arm exfoliation and massage. It also includes the added luxury of a special thermal mask to intensively treat the cuticles and skin on the hands and finishes with an application of your choice of polish.



Pedicure Treatments

Express Pedicure

30 min €48

This foot spa treat will totally re-balance your feet. Dead skin is removed by exfoliation followed by a massage using essential oils. A varnish of your choice for the finishing touch.

Luxury Pedicure

60 min €79

Using carefully selected products to reflect the seasons, cool and refreshing for summer, warm and aromatic for winter, this pedicure treatment includes soaking of the feet in an aromatic foot bath, cuticle work, hard skin removal, nail shaping, foot & leg exfoliation and massage, a special thermal mask to intensively treat the cuticles & skin on the feet and finishing with an application of your choice of polish.

Pre and Post Natal

Mum-to-Be Massage

with specially selected essential Oils

60min €110

Neroli, Rose and Frankincense, Sandalwood with Apricot oils.

Fusion of just pure, natural and organic ingredients creates this lovely soothing and calming massage oil. It is ideal to use to help prevent stretch marks.

Mum to be Facial

60min €89

Give your skin a moisture boost, with our pregnancy safe Hypoallergenic facial, featuring a celebrity favourite skin care range based on organic ingredients. Includes mild exfoliation, massage, refreshing toner and moisturiser.



Pre and Post Natal Massage

60min €89

Pregnancy massage is also known as prenatal massage. Massage in pregnancy is the best gift a pregnant woman can receive. Mothers- to- be experience stress and pains as a result of increased weight, changes in hormonal levels and shifted posture. Regular massage helps to alleviate these and other symptoms.

Mum delicate blend

60min €110

A blend of Jojoba, Pomegranate, Apricot Kernel, Evening Primrose, Carrot and Rose hips oils

A tailor made blend especially for Hypoallergenic skin. Our Mum Delicate Blend will nourish and support the skin during pregnancy, helping to reduce stretch marks.



Waxing

We use only the best quality waxing equipment. Our PhD applicator is attached to a tube of high quality wax and is applied directly and evenly onto the treatment area.

The applicator is disposed of after each treatment, eliminating the risk of cross-contamination.

With PhD we can offer our clients a professional, hygienic, quick, easy and less painful hair removal service, with the added assurance that there is no danger of infection.

menu



Waxing Treatments

Half Leg wax	€29	Upper lip with chin	€25
1/2 leg upper	€29	Chest	€35
1/2 leg with bikini	€40	Back from	€35
Full Leg wax	€49	Full Arm wax	€29
full leg with bikini	€60	Abdomen	€15
Bikini	€18	Half arm wax	€17
Brazilian Bikini wax	€59	Underarm wax	€19
Hollywood	€65	Full Face	€66
Upper Lip	€14	Eyebrow shaping	
Chin wax	€14	with waxing	€24

Threading

Eyebrow Shaping	€15
Lips	€15
Lips & Chin	€20
Full Face	€65



Massage

The therapeutic effects of touch have been used for centuries to help heal ailments and imbalances in the body.

As well as releasing tension in the soft tissues of the body, massage stimulates the circulation and the lymphatic system helping to eliminate waste toxins, relaxes the body while also boosting the immune system and increasing vitality.

Tip: To Choose the correct Massage

First choose from one of the following massage types:

Group 1: Anti-Cellulite, Age Protection, Pregnancy related.

Group 2: Couples, Deep Tissue, Holistic, Manual Lymphatic Drainage, Sports, Swedish.

You can upgrade any **Group 2** massage to Aromatherapy by choosing from one of our 15 custom blends listed below p24-27. Or if you are not sure, we are happy to advise on the best one for you.



Anti-Cellulite Massage

60 min €98

Helps to improve the texture and appearance of areas on the skin suffering from weak connective tissues. Using organic oils based on Kiwi Seed, Olive, Argan oil and Rosemary, this massage will provide a new elasticity and help to stimulate blood circulation. This massage concentrates on the affected area only. Your therapist will be working on the thigh, the gluteus maximus, the hips and the posterior with circular movements combined with the use of deeper pressure in special needed areas.

Age protection massage

60 min €98

Age protection massage is based on the whole body but gives more attention to the hips, stomach, the posterior and the thigh area. Helps the skin with weakened connective tissue and noticeable cellulite. The organic extract of Jojoba and Safflower oils nourish the skin with long lasting hydration that produces a visibly firmer and more supple skin texture.



Couples Massage

60 min €79 pp

Couples Massage or duo Massage is a treatment for two people at the same time in the same place. You can choose from a variety of Massage treatments such as Swedish massage, Deep Tissue Massage, Aromatherapy Massage or any other from our extensive treatment list, all in the comfort of your own room.

Deep Tissue Massage

60 min €79

Deep Tissue Massage aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibres of the muscles, tendons and fascia. This will help to loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly.



Holistic Massage

60 min €79

Designed to relax muscles, increase oxygen in the blood and release toxins from muscles. Stroking in the direction of the heart stimulates circulation and flushes the tissues of lactic acid, uric acid, and other metabolic wastes, all of which help shorten recovery time after muscle strain. As well as providing specific medical benefits, holistic massage improves general health and well being.

Manual Lymphatic Drainage Massage

60 min €79

A very light pressure massage combined with soft pumping movements in the direction of the lymph nodes. This form of massage stimulates the body's lymphatic system, helping the body to detoxify thus improving the metabolism and providing a boost to the immune system.



Reflexology

60 min €79

Reflexology is a connection between specific areas on the hands, feet or ears with the rest of the body. By putting pressure on particular points on the foot, hand or ear, a corresponding area of the body is stimulated and so healing is facilitated.

Reiki Massage

60 min €79

Reiki therapy is a simple, non invasive healing method that works with the higher self of the sender and the receiver to endorse the health and well being of the whole physical, emotional and psychic body. The aim is to promote completeness of mind, body and spirit.



Sports Massage

60 min €79

Massage encourages blood flow to the treated area preventing the build up of lactic acid and adhesions thus improving performance.

Swedish Massage

60 min €79

Swedish massage is generally considered a relaxing full body massage, combining gentle but firm movements and stretches. Swedish body massage is normally done in the evening or during stressful times to gain back the body's balance.

Aromatherapy Blends

Aromatherapy uses natural essential oils extracted from flowers and plants to balance the emotions and improve health and wellbeing.

At Your Self Centre @ o'Callaghans Stephens Green Hotel, we have created our own bespoke range of Aromatherapy blends made from the finest Natural & Organic essential oils.

Very good for major pampering, acne, eczema, sinus, varicose, PMT, dermatological issues, water retention, cellulite, jet lag, travel sickness and even to reduce stress and aid sleeping.

To upgrade simply choose one blend to add to your massage depending on your mood.

Alleviate

60min €19

Black Pepper, Frankincense, Ginger, Lemon, Rosemary, Roman chamomile with Apricot oils

Alleviate stiffness, improve mobility and reduce aches and pains with regular application of this powerful yet soothing formula.

Balancing

60min €19

Atlas Cedarwood Grapefruit, Frankincense, Sandalwood, Myrrh, Geranium, rosemary with Apricot oil.

The perfect blend before an important meeting that will keep you grounded and balanced at the same time.

Decongestant

60min €19

Peppermint Eucalyptus, Tea tree, Pine , Lavender with Apricot oils.

This blend helps alleviate a congested chest or sinusitis and can help you to breathe easier.

De-Stress

60min €19

Sweet Marjoram, Geranium, Bergamot Sandalwood, Palmarosa , Vetiver with Apricot oils

"Tranquillity" to relax and comfort the mind, body and soul.

Energising

60min €19

Black Pepper , Grapefruit, Lavender true, Tea tree, Thyme , Rosemary with Apricot oils.

The perfect blend for boosting the immune system. This combination helps to prevent and banish persistent infections and viral syndromes. Immune booster massage blend.

Equilibrium

60min €19

Black Pepper, Ginger Orange Bitter, Rosemary, Rose with Apricot oils.

This invigorating synergy will stimulate poor circulation bringing warmth and vigor to even the chilliest individuals! Circulation massage.



Fusion

60min €19

Ginger, Rosemary, Eucalyptus, Sweet Marjoram, German Chamomile with Apricot oils.

A warming aromatherapy blend to help soothe sports or everyday aches and pains.

Hangover

60min €19

Roman Chamomile, Coriander, Cardamom, Sandalwood, Peppermint, Ginger with Apricot oils

This blend is for people that over indulge themselves and find it hard to handle the next morning. Helps you to hit the ground running again!

Harmonising

60min €19

Bergamot, Myrrh, Geranium, Rosewood, Ylang Ylang, Clary Sage with Apricot oil.

After a hectic day, when things are getting too hard to handle, this blend will help you to bring harmony to your body.

Jet lag

60min €19

Ylang Ylang, Grapefruit, Geranium Peppermint, Lavender and Ginger, with Apricot oils

A balancing blend that offers support and comfort in times of need. This aromatherapy blend creates a balance to soothe and inspire.

Pick me up

60min €19

Roman Chamomile, Clary Sage, Geranium, Lavender with Apricot oils.

Ladies, this blend is for hormonal balancing, helping you to pick up the pieces before any meeting. A good blend for a challenging day.

Regenerate

60min €19

Cypress, Fennel, Juniper, Lemon, Geranium, Grapefruit with Apricot oils.

Banish unsightly cellulite and refine and tone thighs, hips and buttocks with regular use of this detoxifying, purifying and invigorating blend.

Sleep easy

60min €19

Clary Sage, Frankincense, Sandalwood, Lavender, Sweet Marjoram, Ylang Ylang with Apricot oils.

Dispel insomnia, soothe worries and encourage a deeply relaxing and revitalising sleep with this warming synergistic blend of harmonious oils.

Travel Sickness

60min €19

Peppermint, Coriander, Cardamom, Roman Chamomile, Lavender, Ginger with Apricot oils.

Do you suffer from travel sickness and nausea? Try our special travel sickness aromatherapy blend with a special selection of oils to make your journey easier.

Your Self Centre Summer Breeze

60min €29

Jasmine rose, Sandalwood, Neroli, Petitgrain with Apricot oils.

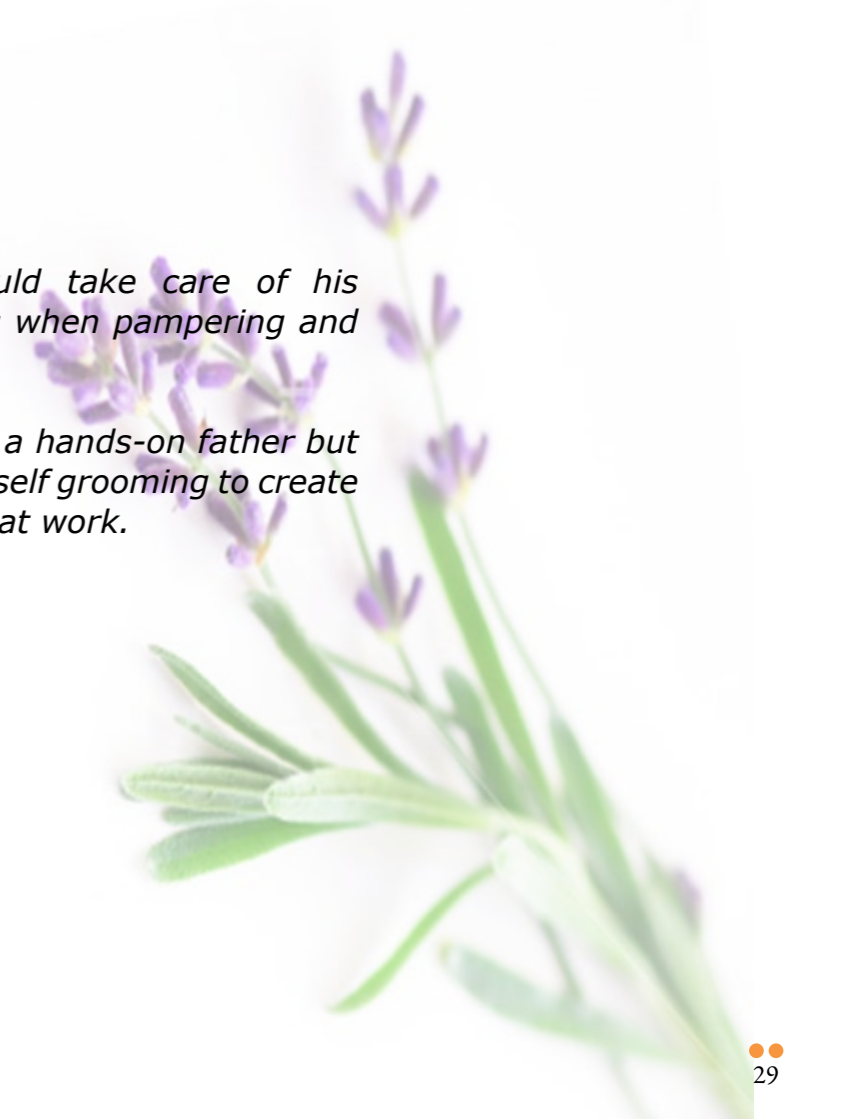
This exquisite blend will transport you to a balmy, mediterranean evening. Containing some of the worlds most expensive and exotic oils, including Jasmine Rose, Sandalwood and Neroli, no expense is spared.



Male Grooming

Every contemporary man should take care of his appearance. Gone are the times when pampering and products were just for women!

You are a busy, working man or a hands-on father but you still need to find the time for self grooming to create the right impression at home or at work.





Facials for Men

Our therapists will assess the nature of your skin, and the effect you want to achieve. A wide range of treatments are available, using top of the range facial products. Cleansing, toning, exfoliating and massaging are at the heart and soul of this treatment.

Our Organic creams are formulated to nourish and help rejuvenate the skin, working in harmony with cilium to relax facial muscles and ease micro-contractions

These treatments are available for men who would like their skin revived, rejuvenated and glowing.



Mini-Facial *30 min €49*

Cleanse, tone, mask and quick face massage, to relax the muscles from stress and strain.

Facial *60 min €79*

A deep-cleansing, therapeutic facial designed specifically for the special skin care needs of men. Relaxes the skin as it refines pores. Includes a luxurious massage and deep-cleansing masque. Specifically addresses sensitivity and razor burn.

Deluxe Facial *(90 min) €124*

This Deluxe Facial utilises ingredients brimming with antioxidants, including an application of natural ingredients rich in protein, vitamins, minerals and botanical extracts, to combat premature ageing, disrupt hyper pigmentation and provide skin with a healthy glow. This facial includes a luxurious massage, a hydrating hand treatment and a scalp massage. Skin is noticeably smoother and younger looking.



menu

Wax Treatments for men

Back wax	€49
Upper back	€29
Shoulder	€19
Chest wax	€49
Upper Chest	€29
Chest & Stomach	€78

We use only the best quality waxing equipment. Our PhD applicator is attached to a tube of high quality wax and is applied directly and evenly onto the treatment area.

The applicator is disposed of after each treatment, eliminating the risk of cross-contamination.

With PhD we can offer our clients a professional, hygienic, quick, easy and less painful hair removal service, with the added assurance that there is no danger of infection.

Manicure and Pedicure for men

Our treatments for men revive hardworking hands and tired feet whilst achieving a perfectly groomed finish.

Men's Manicure

30min €49

Involves intensive treatment of the cuticles, nail filing and a hand & arm massage.

Men's pedicure

30min €49

Involves intensive treatment of the cuticles, hard skin removal, exfoliation, nail filing and a foot and leg massage

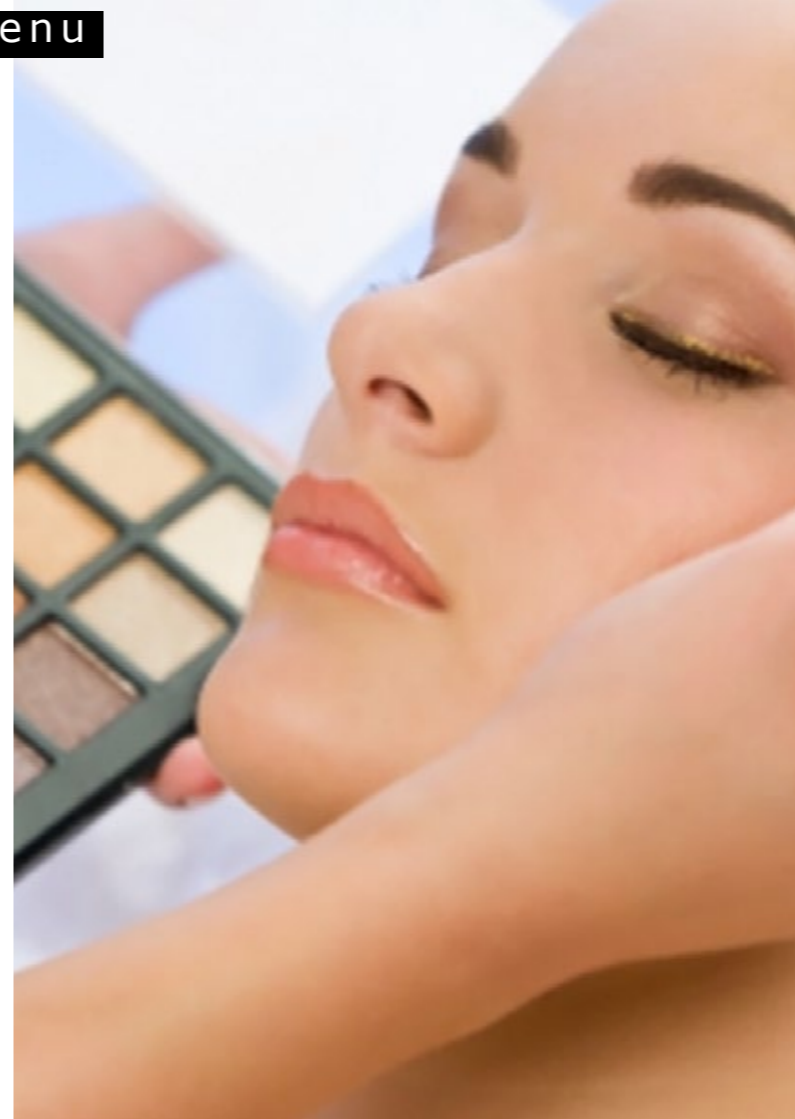


Hairdresser

from €40

Why travel to the hairdresser when you can relax and enjoy your hairstyling in your room. Avoid the long waits and hassle and let us come to you at a time that suits you.

Your hair stylist will start with a full consultation to determine your hair type and the specific requirements for your session. Your hair will be treated and primed with products tailored to your needs.



Makeup

from €30

Whatever the occasion, from business meetings to that special night out, our makeup artist will enhance your natural beauty using professional techniques and colours tailored just for you.

All in the comfort of your Hotel room or at our weekend spa

Tip:

We have a minimum callout charge of €70 for in-room treatments, so this is more cost effective when combined with other treatment such as Nail/beauty/Waxing etc. You can mix and match treatments.



Style

First impressions count, today more than ever. Do you have a wardrobe full of clothes but struggle to find anything to wear. Did you ever wish you could have a personal stylist to advise you and help you dress. If so, then our personal stylist consultation could be just the solution you need.

Our personal shopper can pick up a gift for a loved one or even buy a whole new outfit for you for an important night out.

Stylist

€79 ph

4 hours €230

8 hours €450

Our Stylist will visit you to have an in depth consultation and learn more about your lifestyle. Our stylist will then help you to determine your fashion goals and to refine your wardrobe so it only contains items that compliment your personality and style.

Personal Shopper - fashion

€79 ph

4 hours €295

8 hours €495

If you feel overwhelmed by the vast and changing trends that hit the shops, why not invest in the guidance of our fashion consultant and discover the looks that suit you best. Our personal stylist/shopper will help you to browse many great Dublin stores and boutique. You will receive impartial and inspirational advice on what suits you and your budget.

Personal Shopper - gifts

€79 ph

Our unaccompanied personal shopper will take care of those all important purchases when you're simply too busy to visit the stores yourself. This service is ideal as a gift, for sourcing special outfits or even shopping in the sales.



Hotel Pamper Parties

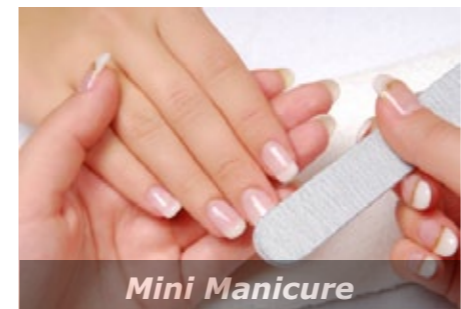
Birthday, Engagement, Bride-to-be party, Friends Reunions, Leaving party, Girl's night in, Piyama Party, Hen Parties.

Ladies, why not get the night off to the perfect start with our in-hotel Pamper Party. We can even arrange with the hotel a larger more comfortable space where you can all be treated together while being served refreshments and cocktails.

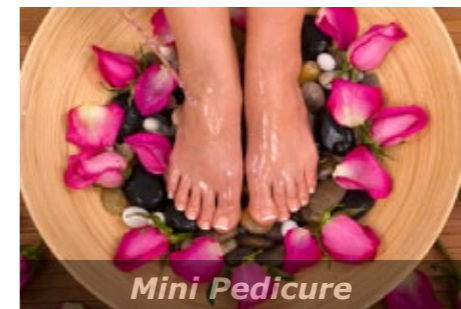
All you need to do is let us know the date, how many will be present and we will help you organise the perfect party.

FREE pamper treatment for the host!
Book a party with 10 or more guests and you'll receive your treatment absolutely FREE.

only €30pp



Mini Manicure



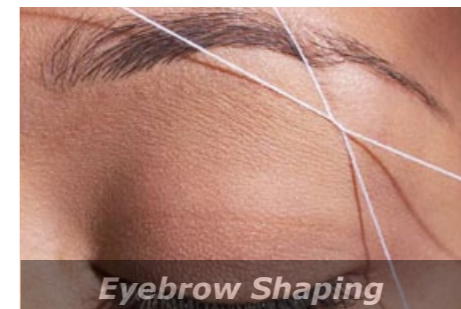
Mini Pedicure



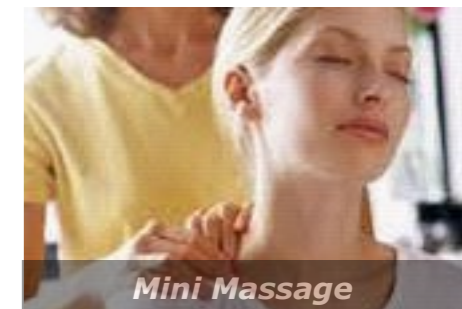
Mini Facial



Mini Makeup



Eyebrow Shaping



Mini Massage

How it works

Any 3 mini treatments [10 minutes each] or any one treatment [30 minutes]

Term and conditions

Reservation: To book a treatment call **01 485 3820**. We recommend that you book in advance. A credit/debit card will be required to secure all appointments.

The Price of the treatments / products shall be set out in our price list, however the prices may be subject to variation. Your Self Centre will notify you of any price variations, if applicable. Your Self Centre also reserves the right to change/vary the list of treatments offered.

We will provide the service at the appointed time requested by you, if the requested time slot and our therapist is available. If the requested time slot requested by you is not available we will advise you of the nearest or next available appointment time.

Your Self Centre will always require a credit or debit card to take a booking and you agree and consent to Your Self Centre applying the charge to your card for the full amount of the treatment cost in advance. Where a credit card is used you may be charged a 2.5% surcharge to cover the cost and you will be advised of this surcharge. There is no fee for using a debit card.

Cancellation Policy: 24 hours notice is required for all cancellation of treatments. Cancellations of treatments made within this timeframe will be fully refunded. Cancellations made between 24 and 12 hours prior to treatment will be charged at 50% of original treatment cost. Cancellations made less than 12 hours prior to treatment will not be refunded. Courses of treatments must be paid for in advance at the time of reservation.

Clothing: Gentlemen are requested to wear briefs during Hotel in-room massage treatments.

Age restrictions: Your Self Centre services and products are only available to persons over 18 years of age.

Opening Times

Our in-room service is open **7 days a week**. Our first appointment time is at **7am** (earlier times can sometimes be accommodated) Last appointment time is **7pm**. Our booking line is open from 7 am to 7 pm, 7 days a week.

Medical Disclaimer

Our therapist will conduct a consultation with you prior to any treatment and will also require you to complete a Health Questionnaire / Treatment Plan prior to any treatments taking place.

You must advise the therapist if you have a medical condition, if you are taking any medication, or disclose any factors listed on the Health Questionnaire / Treatment Plan or other relevant factors which may not be listed.

There are a number of medical conditions which may not be compatible with certain treatments / products.

Your Self Centre is not a medical service and does not provide any medical advice. If necessary you should consult with a Doctor or your General Practitioner (GP) prior to a treatment or use of a product.

Whilst the following is not intended as an exhaustive list, for individuals who suffer from fever, nausea, or thrombosis and/or any major illnesses or physical issues, Your Self Centre will recommend that you consult with a Doctor or your GP before booking any treatment.

Women in the first 12 weeks of pregnancy should avoid receiving any treatment and check with their GP. In later pregnancy, massage therapy can be helpful in relieving aches and tiredness.

Your Self Centre or o'Callaghans Stephens Green Hotel does not accept responsibility or liability for any adverse health or medical reactions to a treatment or product and by agreeing to the use of the service / products you agree to indemnify, and keep effectually indemnified Your Self Centre and any third-party providers, partners, affiliates, officers, directors, employees, representatives and agents, from any such claims, proceedings costs and expenses against Your Self Centre or o'Callaghans brought by or on your behalf.

For a full list of our terms and conditions, please refer to our web site
http://www.yourselfcentre.ie/ysc_terms.html