

THE TREATMENT SUITES
AT MOUNT JULIET



MOUNT JULIET
ESTATE

AN EXTRAORDINARY
EXPERIENCE - FOR WOMEN
AS WELL AS MEN

The products we use in our luxuriously indulgent facials, body treatments, relaxing holistic therapies and massages, are made with only the finest natural ingredients – and are not tested on animals.

By listening and observing, our highly skilled therapists are able to create individual combinations of therapies to address your specific needs. And, as tensions evaporate and pores breathe, you begin to feel the rejuvenation process from head to toe, from inside to outside.

INTRODUCTION TO OUR PRODUCTS

FACE

We use Elemis skincare for our facials. Elemis facials are a healing hub where touch and technology are turbo-charged by the power of minerals, plants and active natural aromatics.

“Elemis push the boundaries. We push to develop unique textures, ground-breaking formulations and conduct clinical trials to confirm what we already know, that we are delivering real result” Noella Gabriel, Creator of Elemis Therapies and Co-Founder.

BODY

We use Spa Find skincare for our body treatments. Spa Find offers natural mineral treatments and products blending natural de-ionised water with pure Dead Sea minerals (Harmonised Water™) and organic plant extracts – products contain allergen-free fragrance and no parabens, genetically modified organisms (GMOs) or animal ingredients.

Almost every skin condition or complaint is partly caused by a mineral or vitamin imbalance within the body. By using Spa Find products and having Spa Find treatments, the mineral levels within the body can once again begin to normalise and bring inner health back into balance.





holistic treatments

By taking into account your physiological and psychological well-being, holistic treatments help bring your mind and body back into a state of equilibrium.

INDIAN HEAD AND FOOT MASSAGE

Using ancient Ayurvedic healing techniques, this massage helps to release accumulated stress from the muscles and joints of the shoulders, neck, face and scalp. The Indian head massage is accompanied by a warming mud envelopment to the feet and ends with a foot massage. A wonderful way to rid the body of stress.

REFLEXOLOGY

Reflexology is a treatment that concentrates on points and areas of the feet that correspond with other parts of the body. Skilled manipulation and pressing on specific points helps improve circulation, encourages relaxation and promotes overall balance. As well as being wonderfully calming and relaxing, reflexology benefits your entire body by boosting its natural ability to heal itself.

AURICULAR THERAPY

Ear Candling creates a light suction within the ear. As the flame moves it causes air to vibrate within the ear cavity, generating a massage like effect on the eardrum. It's a very soothing experience and it helps relieve earache, headache, ear noise, sinusitis and migraines, as well as promoting good healthy ears. Auricular Therapy comes with a relaxing pressure point, face-and-scalp massage which, as well as being supremely relaxing, also promotes lymphatic drainage.



facials

SKIN SOLUTIONS FACIALS

These targeted facial treatments gently but firmly take on the challenges of sensitivity oiliness and dullness for healthier complexions.

SUPERFOOD PRO-RADIANCE

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising detoxifying actives. Clinically proven to leave the skin plumper, radiant and lit up with good health.

SENSITIVE SKIN SOOTHER

Fragile skin needs special attention. A soothing massage technique help reduce the appearance of redness and protect against daily stresses. Texture and moisture level are dramatically restored. Skin is left supremely soothed comforted and calm.

ANTI-BLEMISH MATTIFY AND CALM

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

EXPRESS ELEMIS FACIAL

This luxurious mini facial cleanses, tones, exfoliates and massages the skin quickly leaving your complexion fully refreshed.

ANTI-AGEING FACIALS

The hands of a highly trained ELEMIS therapist are profoundly effective anti-aging tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

PRO-COLLAGEN AGE DEFY

Tackles fine line and wrinkles with clinically proven age-defying benefits or marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

PRO-DEFINITION AND CONTOUR

Powerful breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted youthful effect.

DYNAMIC RESURFACING PRECISION PEEL

Clinically proven to target the signs of aging and uneven skin tone, this pioneering treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger looking skin.

WHITE BRIGHTENING PIGMENT PERFECTOR

Restore even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is more even, colour-corrected and illuminated complexion.

TECHNOLOGY ANTI-AGING FACIALS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven results? Visibly healthy, nourished and energised skin.

BIOTEC LINE ERASER

Targets wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines.

BIOTEC FIRM-A-LIFT

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

BIOTEC ANTI-PIGMENT BRIGHTENER

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

BIOTEC SKIN RESURFACER

This revolutionary clinically proven facial addresses skin tone, blemished and fine line to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

BIOTEC RADIANCE RENEW

This cellular-boosting treatment targets, sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

BIOTEC BLEMISH CONTROL

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage and galvanic currents thoroughly decongests and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

BIOTEC SENSITIVE SKIN SOOTHER

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.



body

SPA FIND

PURITY BACK TREATMENT

This clarifying back treatment does more than deep cleanse the skin. It also helps relieve stress with a massage and hot mud wrap, to leave skin and muscles deeply relaxed.

HEAVENLY HYDRATION SALT BRUSHING

A deep-cleansing, full-body exfoliation, using 100% Dead Sea salts and coconut oil to remove both impurities and rough skin. During the treatment, you are scrubbed from head to toe, which nourishes and invigorates the skin before you are rubbed with rich body cream – for perfectly soft, velvety skin.

body wraps WOMEN ONLY

SPA FIND



PURE DEAD SEA MUD WRAP

This mineral rich, full body treatment helps heal the skin, thanks to the therapeutic effect of pure Dead Sea mud, which helps boost the body's own processes. Dead Sea Mud is a tonic for all skin types and helps improve conditions such as psoriasis and eczema. Together with the regenerating effect of jasmine and rose extracts, this wrap leaves mind and body in a state of contentment.

MINERAL INDULGENCE BODY WRAP

An intensive, indulgent top to toe conditioning experience for the body, face and scalp. Using a combination of mineral and plant extracts. The nourishing effect of this thorough pampering session makes it ideal for very dry skin.

massage journeys

SPA FIND

Spa Find have developed a distinctive range of spa treatment journeys. By bringing together the therapeutic power of minerals and ancient techniques from around the world, they have created a suite of immensely pampering, truly effective massage rituals.

Each treatment includes a face and scalp massage, mud foot envelopment and a luxurious mineral-rich body cream application.

HAWAIIAN MASSAGE

The journey begins with an invigorating full body exfoliation, followed by a comforting massage that combines Hawaiian Lomi Lomi techniques with traditional Swedish massage, to bring peaceful relaxation in body and mind.

JAPANESE MASSAGE

This massage begins with a refreshing body exfoliation then, using a blend of Japanese pressure points techniques and Swedish massage, it soothes away all aches, unblocks stiffness and enhances flexibility.

EASTERN POULTICE MASSAGE

Warming poultices, made with sea salts and coconut oil, are used to massage the body. The muslin cloth of the poultices gently exfoliates the outer layers, as vitamin E and other ingredients deeply nourish the skin.

men's treatments

Even though all of our treatments are suitable for men and women, we have treatments specially designed for men.

BIOTEC SUPER-CHARGER FOR MEN

This facial is to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling and galvanic current deliver a deep clean for a multi-tasking time efficient solution.

HIGH PERFORMANCE SKIN ENERGISER

The hard-working facial for ageing skin, dehydrated skin and tired eyes. It maximises cell regeneration. Multi-dynamic facial massage sequences boot circulation, whilst a scalp massage deeply relaxes.

MEN'S EXPRESS FACIAL

In a hurry! This facial cleanses, exfoliates and massages the skin. It's a quick but effective pick me up for the complexion.

THE STRESS RELIEVER

Using warm coconut oil, this massage treatment awakens the senses and melts away the body's stress, anxiety and tension. The therapist works on the back, neck, shoulders and scalp, focusing on key pressure points, to rebalance the body and clear the mind. This is the ultimate way to ease tired and aching muscles, while promoting well-being.

MOUNT JULIET GOLFERS TONIC

This will do more good than any tonic available at the 19th hole! It's a deep massage, in which the therapist focuses on areas that are causing you concern or discomfort. It helps to relax tense muscles and relieve stiffness and fatigue, putting you back in great playing form.



maternity treatments

MATERNITY TREATMENTS

(16+ weeks for Massage and
12+ weeks for Facials)

Pregnancy is a time of great emotional and physical changes. These changes can bring about discomforts. We have created a wonderful series of treatments to promote a sense of well-being for you and your baby.

Our therapists will tailor your treatment specially to your needs ensuring mind and body are completely relaxed.



PRE/POST NATAL MASSAGE

Pregnancy affects your entire body, so it's important to take care of your whole self. This incredibly relaxing, deeply calming massage does just that. It's a full body, face and scalp massage that helps soothe aches and pains related to pregnancy making it an ideal treatment to have throughout your maternity and beyond.

MIND AND 'SOLE' MASSAGE

Anyone who has been pregnant knows how tiring it is for legs and feet. This super-indulgent treatment combines a thorough face and scalp massage, with a deluxe leg and foot massage. It soothes aches, relieves pains, rejuvenating you and putting you in a positive emotional and physical state in advance of your delivery.

BLISSFUL-PREGNANCY FACIAL

This is a deeply hydrating facial, making it the perfect antidote for the delicate, hormonal skin we experience during pregnancy. And it doesn't end there. We include a luxurious shoulder, face and scalp massage to soothe you and your baby.

hot stone therapy

A hot stone massage is an unforgettable sensory experience. Hot basalt stones and warm oils are used to massage the body, gently soothing the nerves and muscles to bring about a deep state of relaxation. The heat from the stones penetrates the muscles, helping to ease tension, soothe and stimulate circulation, all of which promotes self-healing.



MOUNT JULIET FUSION

This signature full body treatment begins with a top to toe full body sea salt and coconut oil exfoliation. Then hot stones are massaged to awaken the senses and melt away stresses. The feet are enveloped in nourishing Dead Sea mud to soften them. Your skin is refreshed with an express Elemis facial whilst your mind unwinds with an easeful shoulders, face & scalp massage. All followed by an indulgent body cream application. It's a true fusion of treatments.

SERENITY HOT STONE FULL BODY MASSAGE

The therapist massages the body with long, fluid strokes, using heated stones, which loosens muscles and relieves tension. A soothing face and scalp massage completes the relaxation process.

'ACHE AWAY' HOT STONE BACK TREATMENT

The warmth of hot stone massage treats the muscles, relieving tension in the back, neck and shoulders. But first, a thorough exfoliation rouses the pores and nerve endings. The treatment finishes with a soothing mask of black mud from The Dead Sea.

therapeutic massage

Massage can be traced back over 5,000 years to prehistoric cave paintings depicting the “laying on of hands” for sick and injured people. Over the millennia a great deal has been learned so that today our therapeutic massages can promote healing at all levels, by balancing emotional and physical energies.

THE CLASSIC FULL BODY MASSAGE

The Classic Full Body Massage is a Swedish style massage that we tailor to your specific preferences or needs. Using rhythmic strokes and kneading techniques, our therapists alleviate general stress and restore overall harmony, while addressing any particular issues you may have.

BACK, NECK AND SHOULDER MASSAGE

This is the one we all want after a hard day, a massage that reduces stress-related tension and discomfort in the neck, shoulders and back.

MOUNT JULIET TENSION MASSAGE

This is a deep pressure back massage that relieves tension and undoes ‘knots’. By talking with your therapist about the areas you sense stress, they can alleviate localised stresses.

SHOULDER, FACE AND SCALP MASSAGE

Tension and stress are often felt most in the head and neck, so it makes sense that massaging those areas helps a great deal. A thorough, soothing massage of the shoulders, face and scalp creates a deep sense of relaxation and promotes better sleep.

FOOT MASSAGE

Feet and knees take quite a punishing through day-to-day work and play. This massage re-energises knee joints, calf muscles and feet, awakening tired, aching soles and putting a spring back in your stride.

HAND MASSAGE

Most people never even consider a ‘hand massage’ but when they realise how good it feels, they come back for more. The therapist focuses on the over-worked hand and arm muscles, leaving them soothed, refreshed and energised.



general treatments

*Please note:
All Tanning, Tinting
and Waxing require
a 24 hour patch test.*

NAIL CARE

Manicures

- Long Lasting French Manicure
- Long Lasting Manicure
- Long Lasting Polish Removal
- Spa French Manicure
- Spa Manicure

Pedicures

- Long Lasting Pedicure
- Spa Pedicure

File and Polishes

- Long Lasting File and French Polish
- Long Lasting file and Colour Polish
- File and French Polish
- File and Colour Polish

TANNING, TINTING AND HAIR REMOVAL

Tanning

- Full Body Spray Tan
- Half Body Spray Tan

Tinting

- Eyelash Tint
- Eyebrow Tint

Hair Removal

- Eyebrows threaded,
tweezed or waxed

Threading

- Lip and Chin
- Lip
- Chin
- Sides of Face

Waxing

- Full Leg Wax (with bikini)
- Half Leg Wax
- Bikini/Under Arm
- Lip and Chin
- Lip
- Chin

HAIRDRESSER

Our hairdressers are on-call
and available on request.

*Please note: All treatments are
subject to availability and to medical
suitability at the time of treatment.
24hr patch tested is required for all
tanning, tinting and waxing.*

luxury spa day packages

A luxury Day Spa Package is the perfect way for you to experience uninterrupted you time. All incorporate full use of the Pool, Steam and Sauna and a delicious lunch in the Hound or Clubhouse restaurant

THE DAY SPA ESCAPE

- Elemis Skin Solutions Facial
- The Classic Full Body Massage
- Mineral Indulgence Body Wrap
- Spa Manicure or Spa Pedicure

REFRESH DAY

- Ache Away Hot Stone Back Treatment
- Elemis Skin Solutions Facial
- Spa Manicure or Spa Pedicure

BEAUTIFUL BEGINNINGS DAY PACKAGE

- Pre/Post Natal Full Body, Face and Scalp Massage
- Spa Manicure or Spa Pedicure

RENEW DAY

- Mount Juliet Tension Massage
- Express Elemis Facial
- Heavenly Hydration Body Scrub
- Shoulders, Face & Scalp Massage or Foot Massage

REVITALISE DAY

- Back, Neck and Shoulder Massage
- Express Elemis Facial
- Shoulders, Face and Scalp Massage or Foot Massage



We can also create a tailor-made package just for you
– why not ask us?

Spa Etiquette

A few pointers, to ensure the best Spa experience for you and for others.

APPOINTMENTS

The Treatment Suites at Mount Juliet are open to Hotel Guests and non-residents alike. We recommend that everyone books in advance to be sure of getting a time that suits. Bookings are secured with a credit card number when they're being confirmed. Cancellations made less than 24 hours before the appointment time are subject to a 100% cancellation fee – as are “no shows”.

ATTIRE

We ask that visitors to the Spa use the bathrobes, slippers and towels provided and recommend that belongings are stowed in lockers for safekeeping.

CHECK IN

We ask visitors to arrive 15 minutes before their treatment is due to start, to be sure they get maximum benefit out of the time allowed. The Treatment Suites are located in The Hunters' Yard area of the Estate, which is about five minutes walk from the Manor House.

If you do arrive late, we may need to curtail your treatment time to accommodate subsequent bookings.

ETIQUETTE

- The Treatment Suites at Mount Juliet are only open to people aged 16 or over.
- We cannot give treatments to people who have been drinking.
- Treatments are suitable for both women and men the Relaxation Room is communal.
- There are separate male and female changing areas, showers and bathroom facilities.
- We ask that visitors remember the Spa is a place of peaceful sanctuary. Please try to speak softly and keep the noise levels down.
- Please make sure your mobile phone is switched off and left in your locker.

HEALTH

The first priority of our team is the health, safety and well-being of our visitors. If you have a medical condition however slight please us know in case it may be affected by any of our treatments. If you have any concerns regarding your own medical history and having Spa treatments we recommend getting your Doctors approval prior to booking.

If you have cancer, or are undergoing cancer treatment, please notify us.

In nearly all cases we can select a treatment or create a package that will actually help your specific condition.

PREGNANCY

If you are pregnant please let us know when you are making your booking, this will enable us to guide you through the best and most suitable treatments available to you. If you are pregnant with a pre-existing health condition or have had complications with your last or previous pregnancies please get Doctor approval before having Spa treatments.

Maternity facials are suitable from 12+ weeks.

Maternity massages from 16+ weeks.

All treatments are subject to medical suitability at the time of treatment.

VALUABLES

Please remove all jewellery before you visit the Spa.

OPENING TIMES

The Spa opens Monday - Sunday
with late opening Friday & Saturday,
opening hours are seasonal.
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*Please note: Later times are available
by appointment. Non-Residents
are welcome to use the Spa. Spa
bookings must be made in advance.*

