



THE TREATMENT SUITES

THERAPEUTIC MASSAGE

The Classic Full Body Massage 55mins - €90

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 Shoulders Massage 25mins - €58

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.

Golfers Tonic 25mins - €58

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.

Mount Juliet Tension Massage 20mins - €54

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.

Hand Massage 20mins - €48

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.

Foot Massage 20mins - €48

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.

HOT STONE MASSAGE

'Ache Away' Hot Stone Back Treatment 55mins - €95

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.

BODY

Purity Back Treatment 40mins - €70

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.

HOLISTIC TREATMENT

Reflexology 55mins - €80

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 circulation, encourages relaxation and promotes overall balance. As well as being wonderfully calming your entire body by boosting its natural ability to heal itself.

Subject to availability at the time of booking

NAIL CARE

Manicures

Long Lasting French Manicure	55mins - €60
Long Lasting Colour Manicure	55mins - €55
Long Lasting Polish Removal	15mins - €12
Spa French Manicure	55mins - €58
Spa Manicure	55mins - €55

Pedicures

Long Lasting Pedicure	55mins - €62
Spa Pedicure	55mins - €58

File and Polish

Long Lasting French File And Polish	40mins - €50
Long Lasting Colour File And Polish	40mins - €48
French File And Polish	25mins - €28
Colour File And Polish	25mins - €25

