



# THE TREATMENT SUITES

## GROUND RITUALS

### The Grounding Full Body Massage 55mins - €98

A restorative massage treatment to soothe and comfort the full body using slow and rhythmical techniques, this treatment helps to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils will help set your intention to ground and connect to self while restoring balance in the body.

### The Grounding Ritual 55mins - €98

Sacred time for you to allow healing in. This treatment will provide you with the space and time to reconnect to source, to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. Focused on the back of the body and specifically centred on the areas that are prone to tightness and tension. Feel your body and soul come together again.

### Mums To Be Comforting Ritual 55mins - €98

*Please note: Maternity massage is suitable from 16+ weeks. All non-vaccinated pregnant Guests will require GP's approval to have Spa treatments during Covid. GP's note can be given on check-in to Spa Reception.*

A deeply comforting treatment for Mum to Be as she cradles her baby within. This treatment centres on a gentle rhythmical massage to hold and relax expecting Mum. It is a grounding treatment to soothe and release tired muscles specifically in the shoulders, back and lower legs as the body grows and glows with each trimester.

### Abdominal Cleanse Ritual 55mins - €95

The gut is our second brain, much of our wellbeing depends on it. With the intention to move our system into the state of rest and digest, this treatment helps encourage our gut to connect deeply into our body.

The aim is to gently stimulate the circulation of lymph, nerve and fresh blood flow to the digestive organs. The fresh circulation helps bring the body's core back to homeostasis and balance. This warming treatment focuses on relaxing and soothing the abdomen physically, while stimulating the area to aid detoxification. Acupressure points on the feet are worked on to prompt digestion and metabolism.

Breathwork and mindfulness help tune into this powerhouse within the body to manage anxiety and stress, helping to tune in to our deeper consciousness and intuition.

## THERAPEUTIC MASSAGE

### The Classic Full Body Massage 55mins - €95

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.

## HOLISTIC TREATMENT

### Reflexology 55mins - €85

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.

## NAIL CARE

### Manicures

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

### Pedicures

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

### File and Polish

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|-------------------------------------|--------------|
| 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 |