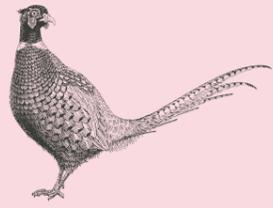


MOUNT JULIET ESTATE

TREATMENT MENU



MOUNT  
JULIET  
ESTATE



## ELEMIS FACIALS

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

### Superfood Pro-Radiance 55 minutes - €98

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 55mins - €98

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

### Anti-Blemish Mattify and Calm 55mins - €98

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 25mins - €60

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

## ELEMIS 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 55 minutes - €108

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

### Pro-Definition and Contour 55mins - €108

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 55mins - €108

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

## GROUND RITUALS

### Restorative Face, Neck & Scalp Ritual 55mins - €98

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, TMJ issues, sinuses and puffiness. This is also the perfect treatment for anyone needing respite from the effects of stress and anxiety on their body. A calming but powerful treatment with one sole purpose; to leave you feeling peaceful and re-newed.

### 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 have a mediative, 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 realign 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.

### 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.

## MATERNITY TREATMENTS

*Please note maternity massage is suitable from 16+ weeks and is subject to medical suitability at the time of treatment. Pregnant Guests who have underlying health condition may be required to provide proof of their GP's approval prior to treatments.*

### Mind And Sole Massage 55mins - €98

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.

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

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.

## HOLISTIC TREATMENTS

### Indian Head And Foot Massage 55mins - €98

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 mask envelopment to the feet and ends with a foot massage. A wonderful way to rid the body of stress.

### 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, it helps your entire body by boosting its natural ability to heal itself.

## 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 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 better 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.

### Shoulders, Face and Scalp Massage 25mins - €58

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.

### 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 and scalp massage.

## 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

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

