

MOUNT JULIET ESTATE

TREATMENT MENU



MOUNT JULIET ESTATE
Thomastown, Co. Kilkenny
+353 (0)56 777 3000
www.mountjuliet.ie



AUTOGRAPH
COLLECTION
HOTELS





FACE RITUALS BY GROUND

We have created holistic face rituals that adopt a “Forward to Basics” approach to Skin Wellness by utilising hands-on massage techniques, plant-based aromatherapy, gua sha and breathwork. Intuitive Face Rituals that are guided not just by skin type but also by how we are feeling.

The Awakening Face Ritual

55 minutes - €130

Stimulate the Skin & Uplift the Mind

Harnessing the power of nutrient-rich botanicals, lymphatic drainage & gua sha techniques, this energising face ritual works to trigger the skin's natural function, leaving the skin deeply cleansed, detoxified, and invigorated while providing a sense of focus, clarity and inner strength.

What are the benefits?

- Detoxing & Reviving
- Gua Sha assists with the movement of Qi, vital energy within the body & circulation.
- Uplifting massage techniques to encourage a sense of inner strength.
- Suitable for dull, fatigued, or lacklustre skin.
- Ideal for anyone who is feeling tired, fatigued & sluggish.

The Mindful Face Ritual

55 minutes - €130

Comfort the Skin & Calm the Mind

Tune into the gentle rhythms of our deepest selves with this mindful face ritual designed to help restore balance and harmony, supporting your skin's natural ability to soothe and heal, making it the perfect choice for those seeking comfort and support during turbulent times or hormone fluctuations.

What are the benefits?

- Soothing & balancing on mind, body & skin.
- Deeply relaxing massage techniques encouraging a sense of calm.
- Support the skin's natural ability to heal.
- Suitable for hormonal, dry or sensitive skin.
- Ideal for anyone feeling the effects of stress & hormonal fluctuations.

GROUND BODY RITUALS

Restorative Face, Neck & Scalp Ritual

55mins - €120

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.

GROUND BODY RITUALS CONTINUED

Grounding Full Body Massage

55mins - €120

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 - €120

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 - €120

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.

Mount Juliet Signature Ritual

1 hour 55mins - €260

A holistic and mindful approach to minding your skin and restoring balance in the body.

This Signature Ritual is designed to calm and soothe the body and mind using slow, rhythmical techniques to relieve muscular tension combined with a deeply relaxing Aromatherapy Facial suited to your skin's needs. The focus of this treatment is to promote flow and energy in the body and skin. A holistic and mindful approach to minding our skin and restoring balance in the body.

This treatment is ideal for anyone who wants to bring their body back into a state of equilibrium. This truly wonderful treatment will help bring anyone out of a stressful state while soothing and nourishing their skin.

- What are the benefits?
- Encourage healing and repair within the body.
 - Improved quality of movement.
 - Deeply relieving on aching or overworked muscles.
 - Balancing and soothing the skin.

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 - €120

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 - €120

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 - €120

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 - €98

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.

HOT STONE MASSAGE

Ache Away Hot Stone Back Treatment

55mins - €120

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.

THERAPEUTIC MASSAGE

The Classic Full Body Massage

55mins - €115

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 Massage

25mins - €70

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

Golfers Tonic

25mins - €70

This will do better than any tonic available at the 19th hole! It's a 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

25mins - €70

This is a 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 - €70

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 - €65

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 - €65

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.