

MOUNT JULIET ESTATE

TREATMENT MENU

GROUND



MOUNT
JULIET
ESTATE



GROUND WELLBEING SPA RITUALS

Advanced hands on therapy, encouraging sincere wellbeing.

The power of touch, especially developed to encourage deep balance in the body is custom delivered to your wellbeing needs and concerns. Whether you are suffering from mental or physical exhaustion, burnout or hormone fluctuations, together with your Spa Therapist, a tailored massage journey will be created which can be further enhanced by face rituals to support skin wellness for the absolute restoration of self.

SKIN WELLNESS: FACE RITUALS BY GROUND

Intuitive face rituals that are guided, not just by skin type, but also by how we are feeling. Adopting a “forward to basics” approach by utilising hands-on massage techniques, plant-based aromatherapy, gua sha and breathwork.

The Awakening Face Ritual 55 minutes - €140
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.

The Mindful Face Ritual 55 minutes - €140
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.

Mini Face Ritual 25 minutes (no scalp massage) - €75
Skin Wellness

This mini face ritual cleanses, a mask exfoliates, and skin is massaged. Leaving your completion fully refreshed.



ADVANCED MASSAGE RITUALS BY GROUND

The Grounding Ritual 55 minutes - €140
Surrender in full and return to source; ideal to soothe mental anxiety & burnout

Sacred time for you to allow healing in. This treatment will provide you with the space and time 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 especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body. The treatment is completed with special attention to reflex points in the feet. Feel your body and soul come together again with this medium to firm pressure massage.

The Sleep Ritual 85 minutes - €180
Rest is central to wellbeing: developed to soothe physical fatigue & exhaustion

This ritual serves one purpose; to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in. Feel your whole body soften as deep rest descends while enveloped in the aromas of organic geranium and jasmine absolute. This full body massage treatment is ideal for jet lag, fatigue & tiredness as well as for those who feel that stress is disrupting their sleep and their day to day life

The Restorative Ritual 55 minutes - €140
Ease tension and stress in the Face, Head, Neck & Scalp

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

The Scalp Ritual 55 minutes - €140
A GROUND approach to traditional scalp massage

Working with the belief that mind and body are intricately connected and thus can influence one another this intuitive & therapeutic treatment focuses on massage & acupressure techniques along the head, neck, and shoulders to ease tension, promote energy flow & improve hair and scalp condition. This treatment features GROUND's Recovery Hair Oil or Calm Scalp Relief Oil depending on your individual needs.

Tóg go bog é' Full Body Massage 70 minutes with scalp massage - €160
A GROUND approach to traditional massage

This full body massage treatment incorporates aromatherapy and breathwork alongside slow and rhythmical techniques helping to alleviate muscular tension while having a mediative, deeply relaxing effect. The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.

The Muscle Recovery Ritual 55 minutes - €140
Designed to assist the body with the natural process of repair & recovery

Flowing, rhythmical and firm; this massage was created to assist in releasing the overworked muscles of the body from their tense & tightened position. Helping to alleviate aches & stiffness while also improving circulation, this deeply relaxing massage will aid in restoring balance, improving quality of movement and renewing energy levels. While the Muscle Recovery Ritual places specific focus on the forearms, back, shoulders, hips & glutes it will be intentionally personalised to your individual needs.

The Cleansing Ritual 55 minutes Abdomen Focused - €140
To encourage gut harmony: ideal for those who hold stress in the tummy

The gut is our second brain, much of our well being depends on it. With the intention to move our system into the state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph 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. Massage techniques are used to release stagnated energy and emotions from the abdominal area while acupressure points on the face & feet are worked on to further promote digestion and metabolism.

ADVANCED MASSAGE RITUALS BY GROUND

The Balancing Ritual **85 minutes - €180**
Empowering & supporting through hormone change: Perimenopause & Menopause

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each massage is highly customised to the individual and includes elements of Reflexology and Lymphatic Drainage. The treatment commences with an aromatherapy foot bath and breathwork and the option to include Marble Stone Massage Therapy and Gua Sha. This unique and purposeful massage will bring alignment and balance when going through this change and experiencing the symptoms of menopause at any stage.

Mount Juliet Estate Signature Ritual **1 hour 55 minutes - €280**
A holistic and mindful approach to minding your skin & 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.

MATERNITY TREATMENTS

Please note maternity face ritual is suitable from 13+ weeks and massage from 16+ weeks which 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.

Blissful Pregnancy Face Ritual (13+ weeks). **55 minutes - €140**
This is a deeply hydrating face ritual, making it the perfect antidote for delicate, hormonal skin we experience during pregnancy. It finishes with a luxurious shoulders, face and scalp massage to soothe you and your baby.

Mind and Sole Massage (16+ weeks). **55 minutes - €140**
Anyone who has been pregnant knows how tiring it is for calf's and feet. This super rejuvenating treatment combines a thorough face and scalp massage, with a deluxe leg and foot massage. It soothes aches, relieves pains putting you in a positive emotional and physical state in advance of your delivery.

The Comforting Ritual (16+ weeks). **70 minutes includes scalp massage - €160**
Pregnancy care: specific relief for the second & third trimester

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting treatment for the second and third trimester of pregnancy. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows through pregnancy.



The Barróg Rituals by GROUND Wellbeing

Carefully created for those living with or beyond cancer

Offering a menu with therapists fully empowered to modify & adapt to your individual needs, GROUND believes in the importance of delivering heartfelt & meaningful bespoke treatments to those living with or beyond cancer.

All cancer care massages are subject to availability at the time of booking

The Barróg Full Body Massage **70 minutes - €140**
A tailored & thoughtful full body massage

This massage was developed to not only bring comfort and specific relief to compromised skin in a safe way, but to also support wellbeing, encouraging calm and rest at a time where care & minding is needed most.

The Barróg Calming Ritual **85 minutes - €160**
This ritual consists of the deeply relaxing Barróg full body massage enhanced with a calming scalp ritual. Utilising the benefits of GROUND's Barróg products this nourishing, relaxing ritual was created for the scalp & skin that may be feeling dry & delicate. It can support new hair growth and nourish the hair follicles and therefore is ideal for those who have lost their hair and are encouraging back the regrowth.

The Barróg Soothing Ritual **85 minutes - €160**
A tailored & thoughtful full body massage

This ritual consists of the deeply relaxing Barróg full body massage enhanced with a soothing hand & foot ritual. Nourish and soothe the compromised skin of the feet and hands in this remedying massage. Specific emphasis is placed on hydrating and protecting the cuticles, nails and skin through the use of GROUND's Barróg products. Deeply relieving, this ritual may assist in alleviating the discomfort of peripheral neuropathy & hand and foot syndrome.

The Barróg Restful Ritual **85 minutes - €160**
A tailored & thoughtful full body massage

This ritual consists of the deeply relaxing Barróg full body massage enhanced with a lymphatic support ritual. The therapeutic grade essential oils of Mandarin and Frankincense found in GROUND's Barróg oils help to reduce anxiety and calm the mind. This ritual focuses on supporting the lymphatic system & soothing the nervous system through breathwork & mindful massage to the decollete & abdomen to ease the body into a more restful state.

HOLISTIC TREATMENTS

Indian Head Massage **55 minutes - €140**
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 **55 minutes - €140**
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 70 minutes - €160

The warmth of hot stone massage treats the muscles, relieving tension in the back, neck ,shoulders & feet. 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 55 minutes - €140

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 25 minutes - €75

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 25 minutes - €75

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 Estate Tension Massage 25 minutes - €75

This is a back massage that relieves tension and undoes ‘knots’. By talking with your Therapist about the areas you sense stress, they can help to alleviate.

Shoulders, Face and Scalp Massage 25 minutes - €75

Tension and stress are often felt most in the shoulders and head, 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 20 minutes - €70

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 20 minutes - €70

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.

TREATMENT SUITE ETIQUETTE

Please read the important information below, so we can ensure all our Guests have the best experience with us.

1. 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’s suits. Bookings are secured with a credit card number on confirmation of booking. Cancellations made less than 24 hours before the appointment time are subject to a 100% cancellation fee- as are “No Shows”.
2. ATTIRE
- We ask that Guests to the Treatment suites use bathrobes, slippers and towels provided. We recommend that belongings are stowed in the lockers provided for safekeeping.
3. CHECK-IN
- We ask Guests to arrive 15 minutes before their treatment is due to start, to ensure that they get the maximum benefit out of the time allocated. The Treatment Suites are located in the Hunters Yard area of the Estate, which is about 5 minutes’ walk from the Manor House. Late arrival to appointments will result in reduced treatment time, as all bookings are allocated timings on a schedule.
4. ETIQUETTE
- The Treatment Suites are over 16’s only, no exceptions.
 - We cannot give treatments to guests that have consumed alcohol.
 - Treatments are suitable for both Men and Women & our Reading Room is communal.
 - There are separate Male & Female changing areas, showers and bathroom facilities.
 - Underwear must be worn for all treatments
 - We ask that guests remember that the Treatment Suites are a place of peaceful sanctuary. Please speak softly and keep noise levels down.
 - Please make sure your mobile phone is switched off and left in your personal locker.
5. HEALTH
- As a duty of care to our Guests, please kindly advise us at booking stage of any allergies, health conditions, medical or cosmetic procedures, injuries e.g. Heart Issues, recent surgery. This is required in case of any adverse reactions to our Treatments.

If we have any concerns regarding your medical history, we may require GP’s approval prior to your visit, as a safety precaution.

If you have cancer, ongoing treatment or have had cancer within the last 6 months, please notify us. Barróg rituals are suitable at this time. These treatments require specialised Cancer Care Therapists which are subject to availability at the time of booking.
6. PREGNANCY
- If you are pregnant, please make us aware when making a booking. This will enable us to guide you through the best and most suitable treatments available to you.

If you have pre-existing health conditions including but not limited to, asthma/diabetes, underactive/overactive thyroid, taking medications, or have had issues with previous pregnancies – We will require your GP’s approval to perform any treatments, as a safety precaution.

Maternity face rituals are suitable from 13+ weeks.

Maternity massage from 16+ weeks

All treatments are subject to medical suitability at the time of Treatment.
7. VALUABLES
- Please remove all Jewellery before your visit to the Treatment Suites

Opening Times

The Treatment Suits are open from Monday to Sunday.

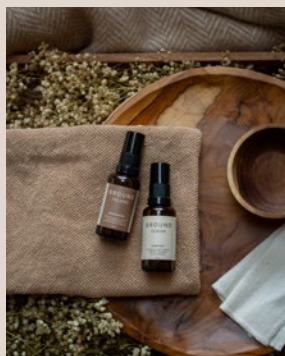
Treatments are available from 10:00am to 6:00pm Sunday to Thursday

Treatments are available from 10:00am to 7:00pm Friday & Saturday

Contact

To book your treatment please call (056) 7773016 or email us thespa@mountjuliet.ie

Alternatively visit www.mountjuliet.ie/spa



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