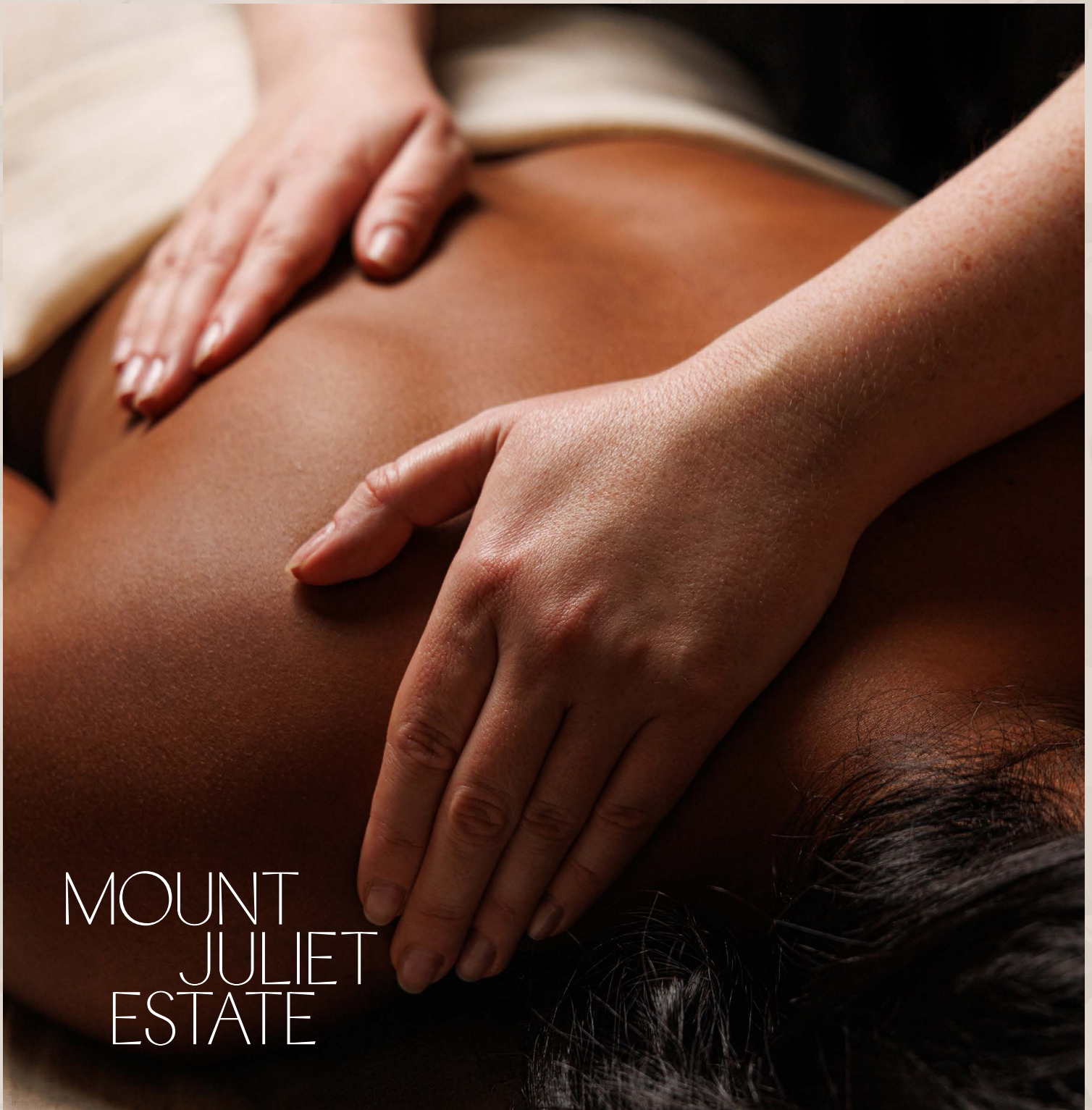


MOUNT JULIET ESTATE

TREATMENT MENU

GROUND



MOUNT
JULIET
ESTATE

OUR SIGNATURE RITUAL

Mount Juliet Estate Signature Ritual 115 minutes | €280

The ultimate in skin and body wellness.

Surrender fully to our signature grounding ritual, designed to ease stress and anxiety, followed by your choice of a GROUND BIOME Face Ritual tailored to your skin type. This restorative treatment helps repair the skin's delicate barrier and supports overall skin wellness.

OUR FACIAL RITUALS

BIOME Bespoke55mins | €140

Bespoke facial ritual designed upon consultation.

Designed to support each and every skin using a tailored combination of therapeutic massage techniques, lymphatic drainage and bio identical ingredients. All with the aim to work on the skin and gut microbiome connection, relaxing both the mind and the skin. This facial treatment is customised based on thorough consultation making it especially beneficial for those with challenging skin conditions.

BIOME Awaken55mins | €140

Energising and deep cleansing.

Restore energy flow and vitality to the skin with this invigorating facial that combines the power of probiotic-rich botanicals with detoxifying techniques to trigger the skin's natural cell-renewal process. Gua Sha massage techniques encourage circulation and lymphatic flow, stimulating the natural exfoliation process to leave the skin feeling purified and renewed.

OUR MASSAGE RITUALS

Full Body Massage Tóg go Bog É55mins | €140

A GROUND approach to traditional massage.

This full body massage treatment incorporates aromatherapy and breath-work alongside slow and rhythmical techniques helping to alleviate muscular tension whilst having a mediative, deeply relaxing effect.

The Grounding Ritual55mins | €140

Soothing mental anxiety and stress.

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and realign and will leave you feeling replenished and grounded in your body.

The Muscle Recovery Ritual55mins | €140

Repair and recovery.

Flowing, rhythmical and firm; this back of body massage was created to assist in releasing overworked muscles of the body from their tense and tightened position. Helping to alleviate aches and stiffness whilst also improving circulation.

The Cleansing Ritual55mins | €140

To encourage gut harmony.

With the intention of moving the system into a state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply with the body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs.

BIOME Repair55mins | €140

Restoring and supporting skin barrier.

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. This BIOME facial works to soothe and repair the skin's natural barrier, helping to reduce inflammation and increase the natural skin function.

BIOME Calm55mins | €140

Soothing and cooling for sensitive, hormonal skin.

Support your skin's natural ability to soothe and heal with this deeply relaxing facial that will comfort the skin and calm the mind. Designed to nourish the skin blending bio-identical ingredients, plant lipids, calming massage and face reflexology techniques to restore, replenish and soothe the skin.

The Restorative Ritual55mins | €140

Ease tension in the face, neck, head, scalp and feet.

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind and body. The focus of the ritual is on releasing tension in the face, neck, décolleté, feet and scalp.

Ache Away Hot Stone Back Treatment . . .70mins | €160

The warmth of hot stone massage treats the muscles, relieving tension in the back, neck, shoulders and feet. But first, a thorough exfoliation rouses the pores and the nerve endings. The treatment finishes with a soothing mask and scalp massage.

The Stress Reliever Ritual 85mins | €180

Ideal for insomnia and physical fatigue.

This ritual was especially developed 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.

The Balancing Ritual 85mins | €180

Empowering through the menopause journey.

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each ritual commences with an aromatherapy foot bath and breath work and uses cold stone massage, Gua Sha, reflexology and lymphatic drainage helping to soothe the body during hormone fluctuations.

OUR PREGNANCY OFFERING

Blissful Face Ritual (13+ Weeks)55mins | €140

Ease tension in the face, neck, head and scalp.

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatments works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp.

Soul to Sole Connection (16+Weeks)55mins | €140

Soother inflammation, reduce fluid retention.

This deeply relaxing ritual commences with an aromatherapy foot bath and mindful breath work followed by a rich botanical exfoliation of the lower legs and feet. Tap into your body's ability to self-repair and realign with this restorative, reflexology inspired massage ritual created to release tension and restore balance. Ideal to ease tired, heavy, aching legs.

The Comforting Ritual70mins | €160

Relief for the 2nd and 3rd trimester.

Relive pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual. 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 throughout pregnancy.

OUR ACCREDITED CANCER CARE TREATMENTS

The Barróg Full Body Massage70mins | €140

Tailored and thoughtful.

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

The Barróg Calming Ritual 85mins | €160

Full body with calming scalp ritual.

This nourishing, relaxing ritual was created for the scalp and skin that may be feeling dry and delicate. It can support new hair growth and nourish the hair follicles.

The Barróg Soothing Ritual 85mins | €160

Full body with soothing feet and hands ritual.

Nourish and soothe the compromised skin of the feet and hands in this deeply restorative massage.

The Barróg Restful Ritual 85mins | €160

Fully body with lymphatic support.

This ritual focuses on supporting the lymphatic system and soothing the nervous system through breathwork and mindful massage to the décolleté and abdomen to ease the body into a more restful state.

OUR WELLBEING RITUALS

Reflexology55mins | €140

Restorative foot therapy to rebalance body and mind.

Reflexology is a holistic treatment focused on specific points of the feet that correspond to different areas of the body. Through skilled manipulation and pressure techniques, it encourages circulation, promotes relaxation and supports overall balance. Deeply calming, this ritual also enhances the body's natural ability to heal itself.



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 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 the 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 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 approval to perform any treatments, as a safety precaution. Maternity face rituals are suitable from 13 weeks onwards. Maternity massage from 16 weeks onwards. 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 Suites 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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