



Mount Juliet SPA

Relax in the most restful
of surroundings and return
to the world feeling completely
revitalised and rejuvenated.
Let go your cares.





Holistic treatments

Reiki



A hand on art, both gentle and powerful, helping to bring the physical, emotional and mental aspects of a person into balance, it has no side effects and is totally non-invasive.

Softime dry float experience



Softime dry float provides the best support for the body. As the bed is laid upon the aqua mattress water is displaced to contour the entire body shape, with soothing heat and gentle vibration it encourages, pure relaxation, better flexibility, decreased muscle tension and a profound feeling of wellbeing. Excellent as a stand alone treatment, or to benefit other treatments. Concluded with the Hydro Swiss shower experience.

* Book any body wrap treatments in conjunction with the use of Softime and avail of the Softime at half price.

Reflexology

Is a completely safe and effective form of therapy to promote well being, reduce stress and tension. Working on specific reflex points on the feet, it helps to improve nerve function, blood supply throughout the body and the elimination of toxins.

Holistic treatments

Indian head clarity treatment ††

This treatment incorporates Indian head massage with a warming mud wrap to the feet.

Auricular therapy (ear coning) ††

Recommended for rebalancing the auricular pressure, it has been found to be particularly helpful in alleviating sinus and headache problems. Includes a relaxing sinus massage.

Espa treatments

FACE

Aromatherapy facials ††

A purifying and nourishing treatment, using a gentle skin refiner, lymphatic drainage and pressure point massage. Using specific active aromatherapy products to help balance the skin, leaving it with a healthy glow.

Age Defying Facial ††

This treatment concentrates on reviving the skins natural moisture and pays particular attention to the delicate eye area. It hydrates, nourishes and replenishes leaving the face and neck revitalised.

Espa treatments

Rebalance facial ††

This facial uses aromatherapy to remedy skin problems such as rashes and blemishes. It calms and soothes the skin leaving it revived, revitalised and decongested.

Holistic luxury back, face and scalp ††

A therapeutic treatment to help maintain your skin, body and mind. A combination of back exfoliation and massage followed by the aromatherapy facial.

Holistic hot stone luxury back, face and scalp ††

A therapeutic treatment to help maintain your skin, body and mind. A combination of back exfoliation and massage followed by the aromatherapy facial. The back treatment incorporates the use of hot stone therapy.

Soothing nourishing eye treatment ††

This is an anti-aging treatment ideal for puffiness and sensitivity.

Espa treatments

BODY

Deep cleansing back ††

Ideal for problematic skins, the back is deep cleansed, exfoliated and body brushed followed by a luxurious aromatherapy massage and soothing mud mask.

Aromatherapy massage ††

A complete face and body massage using specific oils chosen by you for your desired action whether it be relaxation, detoxifying or energising the body and mind. The ideal anti-stress treatment.

Holistic total body care ††

A total skin brushing, exfoliation and aromatherapy massage treatment. The complete top to toe experience.

Holistic hot stone total body care ††

A total skin brushing, exfoliation and hot stone aromatherapy massage treatment. The complete top to toe experience.

Aromatherapy body polish †

A complete exfoliation to cleanse and revitalise the body with the added benefits of body brushing included.

Pre/post natal †

A total body treatment designed for pregnant and nursing mothers, specially designed to aid in relaxation and tonicity for the skin. The perfect pampering for this special time.

WRAPS †

Algae - detoxifying and purifies

Restorative mud - deep cleansing and soothing

Skin hydrating - nourishing and improves elasticity

Oshadi - warming and ideal for muscular aches and pains.

Hip and thigh - stimulating and purifying.

Excellent for fluid retention.



Spa find

FACE

Renewed radiance/ balanced beauty perfect purity facials ††

Whether you want to energise, stabilise or treat problematic acne your therapist can prescribe the perfect facial for your concerns.

Youthful you Algimud ††

This treatment combines Dead Sea mud and seaweed to refine fine lines and wrinkles and produce instant firming results.

Natural nourishment black mud ††

A therapeutic spa facial to nourish and hydrate your skin and totally relax you- the ultimate spa facial.

Exquisite eyes ††

Mineralising eye treatment. It encourages cell regeneration whilst deeply relaxing you.

Express elegance mini facial ††

Luxurious mini facial to cleanse and purify the skin.

BODY

Hawaiian massage- comfort ††

Using Lomi-Lomi techniques this full body and scalp massage completely allows the body to relax and unwind. This treatment does include full body exfoliation.

Japanese massage- tranquillity ††

A full body and scalp massage using pressure points to help ease muscular aches and pains. This treatment includes full body exfoliation.

Spa find

Eastern mud / salt poultice massage



A relaxing and calming massage to the full body and scalp to uplift your body and mind, you can chose between mud poultices for relaxation and cleansing or salt poultices for exfoliation and tension.

Hot stone therapy



This is the ideal treatment to promote health and well being. Combining heated basalt stones to traditional massage to warm, and invigorate. Relax from head to toe with this full body and scalp massage.

General treatments

Full body massage



Back massage



Mount Juliet tension massage



Facial scalp massage



Foot massage



Luxury hot shave (includes scalp massage)



Hot shave



Eyebrow tint



Eyebrow shape



Eyelash tint



Manicure



Pedicure



French manicure



Wedding/ make up



Vani-T spray tan (loyalty scheme available)



Full leg wax (with bikini)



Half leg wax



Bikini wax



Underarm/lip/chin wax



Spa packages

Refresh day

Choice of Spa Finds; renew/ balance or purify facial
Luxury body wrap and Softime dry floatation

Renew day

Espa holistic back face and scalp treatment.
Choice of manicure/pedicure or Softime dry floatation.

Day indulgence

Espa aromatherapy facial
Back massage
Exfoliating body polish
Foot massage
Softime dry floatation

Revitalise day

Tension massage
Facial scalp massage
Foot massage
Softime dry floatation

suitable for female guests.

suitable for male guests.

Mother's day;

Pre/post natal treatment
Choice of manicure or pedicure

All day packages include use of the health club and a light lunch in the President's Bar. Robes and slippers are supplied for all guests.

Spa Etiquette

1. The spa carries a 24hr cancellation policy, when booking your treatments you will be asked to provide credit card details in order that we can enter your reservation into our booking system. In the event of non arrival or cancellation less than 24hrs The Spa at Mount Juliet reserves the right to charge the full cost of treatment.
2. Please let your therapists know of any existing medical conditions when booking your treatments such as PREGNANCY, high blood pressure, cancer care and others.
3. We ask all spa guests to arrive at least 20mins prior to their appointment time.

4. Dressing gowns and slippers are provided for all guests.
5. Pre-booking of all treatments is essential to avoid disappointment.
6. Mount Juliet Spa is designed for guests of a minimum age of 16 years.
7. Please switch off all mobile phones whilst in the spa.
8. We cannot accept any responsibility for the loss of valuables. Please keep them secure.

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