



THE WELLS SPA

tailored treatment menu

Rest, Recovery, Relaxation

*Tailored specifically for you to ensure A Safe Visit and
an Enjoyable, Relaxing Experience at The Wells Spa*

MASSAGES

The Wells Wellbeing Massage - 60 mins, €105

Enjoy a full body relaxation massage with aromatherapy oils relieving tension build up throughout the body. This treatment is recommended for those affected by stress in mind and body. This treatment will leave you feeling relaxed and rejuvenated using light to medium pressure.

Signature Foot Massage - 60 mins, €105

This treatment will give your feet the treat they deserve. A foot scrub, followed by a personalised pressure point foot massage which focusses on various parts of the body that will stimulate body and mind. A generous application of deeply nourishing creams will leave your lower legs feeling like you are walking on air.

CBD Kundalini Calm - 60 mins, €105

This deeply soothing back treatment by Ila will increase your energy by awakening the dormant energy in the base of your spine known as Kundalini. Ideal for emotionally exhausted souls, this treatment combined with anti-inflammatory effects of the CBD Healing Balm has an extraordinarily restorative effect nervous system. Tension is lifted; negativity is released; and the body is brought back to a state of awareness and balance.

Ku Nye Massage - 90 mins, €140

This Tibetan body treatment by Ila balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes, to the crown of the head.

Deep Tissue Massage - 60 mins, €125

A powerful and highly effective full body massage using firm slow movements to help ease chronic tension developed in the inner muscle tissue fibres. This massage is ideal for a need of targeted attention.

Aroma Hot Stone Massage- 75 mins, €125

A rhythmic style massage with the use of heated volcanic stones to give warmth to tired, tense muscles. This treatment promotes sleep and relaxation with natural warming properties giving you an aromatic journey for your mind, body and soul.

BODY TREATMENTS

Peppermint & Seaweed Sugar Glow - 60 mins, €100

This refreshing and all over exfoliation treatment by VOYA awakens the skin and body. It features a fabulous mix of organic peppermint leaf, seaweed and sugar all of which perform the double action of gently removing dead skin cells while introducing you to uplifting effects of our peppermint essential oil.

Organic Warming Spiced Mud Wrap - 60 mins, €100

The seaweed is taken fresh from the ocean and its purifying elements are released. The extract is rich in potent anti-oxidants and minerals. This wrap offers immediate and noticeable effects to the skin, including firming and toning the body. This is a powerful detoxifier; metabolism provides a stimulator and a natural anti-ageing boost. Infused with aromatic spices of ginger and orange which also revives the senses.

FACIALS

Prescription Facial - 60 mins, €100

This facial by Babor offers results for all skin conditions. A double cleanse, exfoliation, specialized treatment masks, a personalized ampoule and moisturizer will increase hydration and promotes younger looking skin. Unique massage techniques optimise the skins ability to absorb the products applied most suited for your skin.

CBD Gold Face Therapy - 60 mins, €115

This unique facial by Ila combines the powerful anti-inflammatory and anti-ageing effects of CBD (Cannabinoid) with the effective techniques of 'Nerve Point Therapy' and 'Polarity Balancing. Together, this powerful synergy releases tension and stress from the face whilst restoring balance and vitality within the face & body.

Ku Nye Face Therapy- 60 mins, €115

This healing therapy by Ila uses ancient organic Tibetan oil – containing a rare Omega 7 – to strengthen cell walls, regenerate skin, improve circulation and balance core energy. A rosehip and honey scrub prepare skin for the sea buckthorn elixir; deep lymphatic drainage and acupressure with hot poultices maximises penetration, followed by a harmonising lavender and honey mask.

Anti-Ageing Restorative Facial- 60 mins, €115

This treatment is suitable for all skin types, particularly for those in search of anti-ageing results. The anti-ageing restorative facial is designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes and a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. The result is instantly firmed and tightened skin with a natural and more radiant glow.

Self-Discovery Facial - 60 mins, €115

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion. Allow VOYA to tailor your facial specifically to your skin's unique needs.

TOUCHLESS WELLBEING

Private Serail Mud Chamber - 45 mins, €50 for 1 person or €85 for 2 people

The perfect treatment to share with your loved one. This authentic cleansing ritual begins with you polishing your body using a invigorating scrub followed by applying a therapeutic cleansing mud to each other. Relax in your own private aromatic steam room while this mud deeply detoxifies your skin and body. This is the perfect treatment to have before having any of our massages as it leaves the skin fresh, supple and ready to relax.

EXPERIENCES

Beautiful Back Treatment - 60mins, €100

Bring your back on a rejuvenating journey with Babor. Enjoy a purifying back cleanse followed by a gentle polish to remove dead skin cells followed by a nourishing mask to refresh the skin. Reap the relaxing benefits of a scalp massage to encourage deep relaxation. This treatment is completed with a relaxing back massage.

Adreno Restore Treatment - 120 mins, €175

Strong adrenal glands protect us from daily stresses and chronic fatigue. This strengthening therapy uses Ila's adaptogenic ingredients in a targeted scrub and abdomen wrap to keep adrenal-function at optimum levels. Naturopathic warmed adrenal packs direct the healing benefits of vetivert, pine, cedarwood, ashwagandha and pfaffia where they are needed. Deep rest then follows, courtesy of a balancing Ku Nye massage.

Ku Nye Five Element Ritual - 120 mins, €175

This Tibetan Ritual by Ila balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension, whilst warm crystals and poultices bring harmony. A strengthening Ku Nye Face therapy and an invigorating head massage brings nourishment and regeneration from the tips of the toes, to the crown of the head.

Voyager Recovery - 90 mins, €155

Reduce fatigue and stimulate circulation with a reviving body scrub, followed by a back of body massage to soothe and reduce tired muscles. Finish this treatment with a refreshing facial treatment to relieve and invigorate after travel.

EXPECTING & NEW MUM'S

Mother to Be Massage - 60 mins, €105

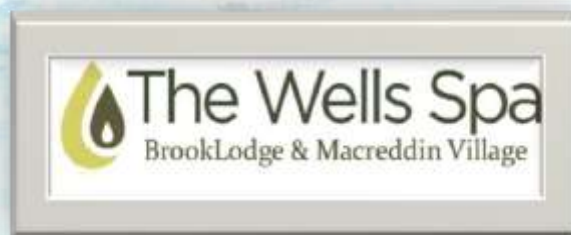
A rosehip seed and argan massage oil infused with extracts of lavender, geranium and rose replenish dry skin and support in the fight against stretch marks. Himalayan herb poultices are slowly massaged into marma points to relieve aches and pains, excess fluid and heat. Anxiety is lifted while peace and harmony surround mother and baby. Full body pregnancy massage by Ila for expecting mothers in their 2nd & 3rd trimester.

Restore to Balance Postnatal Ritual - 60 mins, €105

This body and face treatment for new moms will focus on those areas which need extra care after birth to soothe muscular aches and help in healing the skin back to balance. Commencing with a back, neck and shoulder massage, followed by a relaxing foot and lower leg massage and a skin rejuvenating facial.

Anti-Fatigue Leg Treatment - 30 mins, €60

A truly relaxing leg treatment to ease fatigue, heavy, tired legs and boost poor circulation. Enjoy warm oils applied with massage and lymphatic drainage techniques finishing with the application of deeply nourishing creams.



The Wells Spa
BrookLodge & Macreddin Village, County Wicklow
T: 0402 36444 / E: info@brooklodge.com /
W: www.brooklodge.com