



**SOMETIMES  
THE  
MOST  
PRODUCTIVE  
THING  
YOU  
CAN  
DO  
IS  
RELAX**

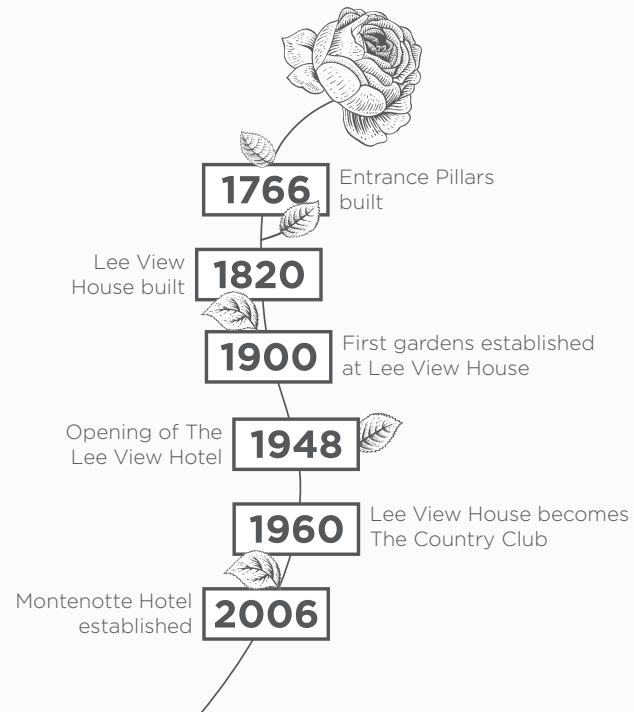
Mark Black



## WELCOME TO BELLEVUE SPA

Our boutique spa with luxurious treatment rooms is located in the original home of a Merchant Prince of Cork. This Georgian period house married the valued of old and new, to bring you the ultimate in relaxation. Our treatments are tailor-made, and we offer individual solutions and bespoke skin care for every skin type.

Taking the inspiration from our heritage, our treatment rooms are each named after an important year in the history of The Montenotte Hotel.



## OUR PRODUCTS

### BELLEVUE BOTANICALS

Inspired by our Victorian Garden, this product range was created to honour the timeless world of scent, capturing rose, lavender and rosemary. Celebrating Irish countryside by using peat from Co. Laois and Carrageen moss and beeswax from West Cork, Bellevue Botanicals are 100% natural and made in Ireland.

### DERMAVIDUALS

Bespoke skin care where customised skin solutions are formulated along the principles of Corneotherapy, a treatment focused on targeted analysis of the skin, tailor-made treatment with a focus on repairing the outer layers of the skin in order to improve the functions of the deeper skin layers. We are proud to be the only spa in Ireland working with DermaVIDUALS.



## FACIALS

REVITALISE & RESTORE

### INDULGENT SKIN SOLUTION FACIAL

The ultimate in skin correction and luxury combined. Surrender your face to the most results driven facial, experience the ultimate in luxury with a scalp, neck, shoulder and arm massage. The best of both worlds.

80 minutes | Midweek €125, Weekend €130

### CUSTOMISED SKIN SOLUTION FACIAL

Whether you are looking to treat premature ageing, pigmentation, UV damage or acne, Dermaviduals delivers incredible results. Once a Skin Condition is diagnosed, the best treatment is prescribed to correct impaired barrier function such as dryness, dehydration, rosacea, sensitive or reactive skin. These facials are ideal for pregnancy after 8 weeks and clients undergoing cancer treatments.

50 minutes | Midweek €85, Weekend €90

### BOTANICAL FACIAL EXPERIENCE

Using 100% natural ingredients, this personalised facial treatment is customised for your skin and includes a full face, neck and chest massage, using a lymph drainage technique which will leave your skin nourished and deeply cleansed.

50 minutes | Midweek €85, Weekend €90



## HOLISTIC THERAPIES

HARMONISE MIND, BODY & SOUL

### REFLEXOLOGY

This foot reflexology healing treatment is a pressure point massage based on the ancient Asian principle that reflex areas on the feet when stimulated will result in deep relaxation and create positive healing energies throughout the body.

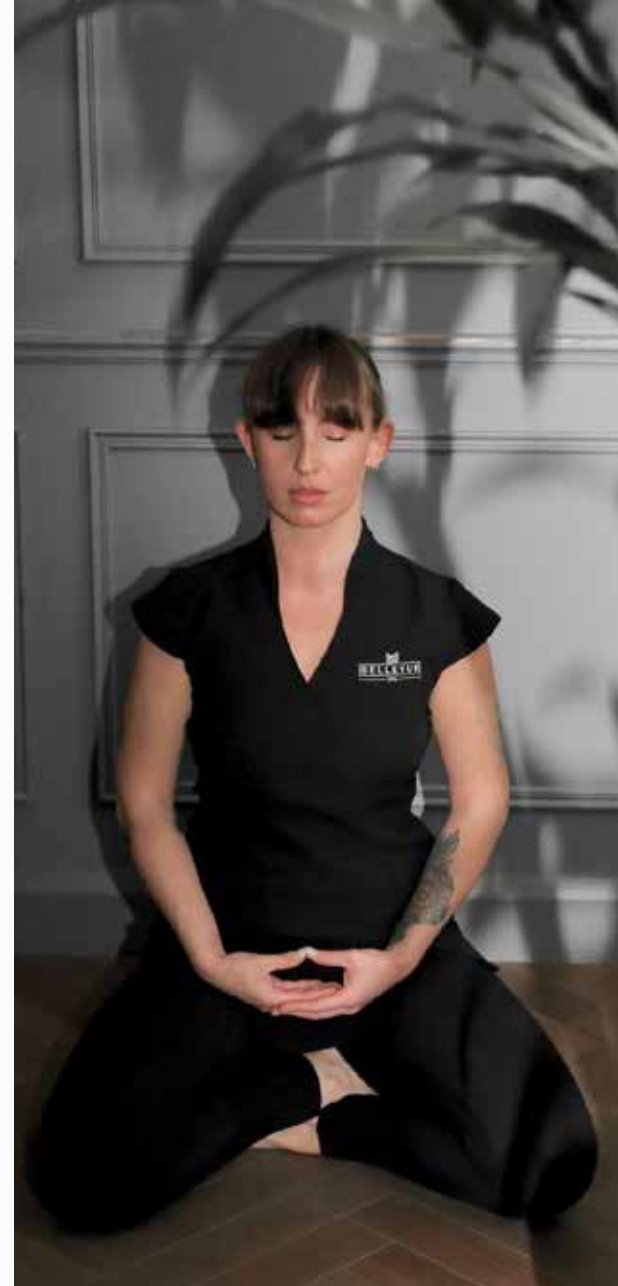
### LYMPHATIC DRAINAGE

Lymph drainage massage is a very light, slow, rhythmical massage. The intention is to stimulate the lymph vessels that run just below the skin. Lymph drainage massage drains excess fluids from the tissues returning them to the circulatory system. It helps to eliminate waste more efficiently, reduces swelling and helps to improve skin texture and rids the body of toxins.

### CUSTOMISED REIKI

Reiki is a form of alternative therapy commonly referred to as energy healing. During a Reiki treatment, the individual is reconnected to pure energy that flowed freely through them as children and unblocks all these mind and body conditions that can manifest into a range of inhibiting challenges. Therefore, Reiki has so many amazing results for so many people in all walks of life.

50 minutes | Midweek €85, Weekend €90  
80 minutes | Midweek €125, Weekend €130



## MASSAGES

DE-STRESS, RELIEVE & RELAX

### LAVENDER AND SANDALWOOD SERENITY MASSAGE

Combining the healing power of touch, this deeply relaxing massage uses carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

### ROSEMARY AND BLACK PEPPER DEEP TISSUE MASSAGE

An intensive massage that works deep into tight aching muscles to instantly release pain and tension. Slow, strong strokes work through layers of muscle fibres in this therapeutic treatment to stretch and drain the body and restore comfort.

### MOTHER TO BE MASSAGE

Gentle relief for the discomforts of pregnancy. Your therapist will create a treatment suited to your specific needs using support pillows and specially adapted massage techniques that lead to a sense of comfort and relaxation. Recommended for women in their second and third trimesters and nursing mothers.

### INDIAN HEAD MASSAGE

This classic Indian Head Massage focuses on balancing the body's energy, eliminating tiredness and improving circulation. This treatment helps alleviate headaches/migraines and eye strain. The aim of Indian Head Massage is to release the stress tension that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

50 minutes | Midweek €85, Weekend €90  
80 minutes | Midweek €125, Weekend €130



## WRAPS

RE-ENERGIZE & HYDRATE

### WARMED PEAT NOURISHING WRAP

Using peat sourced from the bogs of Co. Laois and lavender grown in our Victorian Garden, we have created the most unique, grounding treatment for the most tired and weary of bodies, come on a journey with us, let us melt away your stresses.

### GARDEN BODY POLISH AND HYDRATING WRAP

The ultimate trilogy of body brushing, exfoliation and clay mask stimulate lymph, remove dead skin cells while re-mineralising the skin. This enables the application of personalised active ingredients to penetrate efficiently into the body, resulting in a deeply recharged mind and re-energised body.

60 minutes | Midweek €95,  
Weekends €100

# PREGNANCY TREATMENTS

## MATERNITY FULL BODY MASSAGE

This customised massage is using safe pre-natal techniques and is a deeply nourishing body treatment. Designed to target areas prone to stress, pain, swelling, tension and other discomforts associated with the pregnancy.

## DERMAVIDUALS PREGNANCY FACIAL

Treatment includes a luxury facial massage with a mixture of actives, followed by a bespoke treatment. Mask is applied and followed by neck, shoulder and décolletage massage with the option of scalp or hand and arm massage.

## PREGNANCY REFLEXOLOGY

Deep relaxation and positive healing energies are delivered as a result of a pressure point foot massage. Reflexology can be used through all stages of the pregnancy to encourage an easy and healthy journey for you and your growing baby.

## PREGNANCY MINI TREATMENTS

Our mix and match option allows you to choose two of your favourite mini treatments, carefully complied with expecting mothers in mind. Choose from Maternity leg relief, Dermaividuals mini facial, Back, neck & shoulder massage, Baby bump treatment or a Soothing bust treatment.

60 minutes | Midweek €85, Weekends €90



# YOUR RESERVATION AND OUR SPA ETIQUETTE

- ✿ We recommend that you arrive 15 minutes prior to your treatment time for check in and registration. Consultation forms are available on our website.
- ✿ For your comfort, a bathrobe and slippers are provided to you upon arrival to Bellevue Spa, as for the guests of the hotel these are available in your bedroom.
- ✿ A locker with a key will be given to you upon arrival.
- ✿ The Bellevue Spa management and team cannot accept responsibility for loss of any belongings and valuables brought or left on the premises.
- ✿ We ask that you don't bring jewelry with you. We also ask for phones and other devices to be switched off or on a silent mode during your visit to the spa.
- ✿ We ask clients who may be pregnant, who suffer from high / low blood pressure, allergies, heart conditions or diabetes, would inform the spa at the time of booking.
- ✿ Guests of Bellevue Spa must be at least 16 years old to avail of facial treatments and over the age of 18 to avail of body treatments.
- ✿ A 24 hour cancellation notice is required to cancel or reschedule appointment. A full treatment price will apply for cancellations within 24 hours.
- ✿ Credit cards are required to secure bookings.
- ✿ Weekend pricing is applied on Saturdays and Sundays. All treatment prices are subject to change.

To make an appointment, please call us on 021 453 0053, email [spa@themontenottehotel.com](mailto:spa@themontenottehotel.com) or visit our website [TheMontenotteHotel.com](http://TheMontenotteHotel.com)