

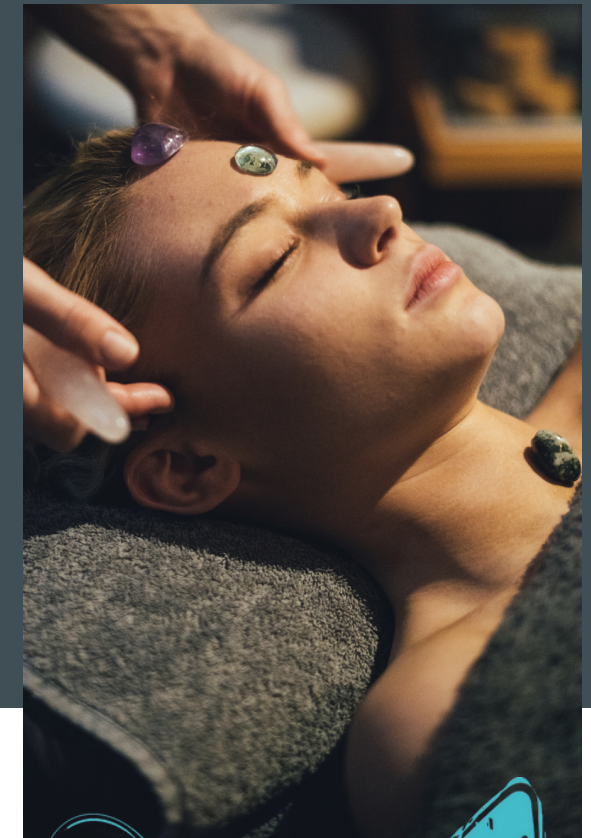
## About Us

We are an award winning Medispa, with a highly trained team committed to skin and wellness results.

We are beside the Pembroke, but just for now, your entrance is on Patrick Street. After your treatment your therapist will give you direct access to Stathams where you can enjoy a complimentary herbal tea and watch the world go by, or bring you to the lift for return to your room.

Our collection of body treatments will relax your mind and body, bringing you in to the present moment. The power of touch combined with the use of essential oils have therapeutic benefits on a physical and emotional level.

We have further treatments available to book online



## Contact Us

0567712579  
11 Patrick Street, Kilkenny  
[www.mintkilkenny.com](http://www.mintkilkenny.com)



### Opening Hours

Mon-Wed: 9.30-18.30  
Thurs Fri: 9.00-20.00  
Sat: 9.00-17.30  
Sun: Closed



# Treatment List



## Gaia Bespoke Massage

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep tissue and Aromatherapy to relax the body and mind bringing you into the present moment.

60min - €95

90 min - €140

## Gaiyoga Lifting Facial



As much as we know exercising our body is good for us well it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results. 90 min - €140



## GAIA Jade Facial

This healing massaging facial will leave your skin feeling rejuvenated and glowing... GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger 60 min - €105



## GAIA Indian Head Massage

GAIA's Indian head massage is a treatment combining massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.

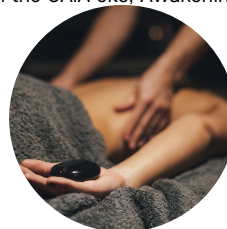
40 min - €85

## Gaia Hot Stone Massage

A therapeutic back, neck and shoulder, full body or full body and scalp massage using our specially blended GAIA oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated. Choose from the GAIA oils, Awakening, Balancing and Calming

40 min - €80

60 min - €120



## GAIA Serenity Massage

Combining your favourite treatments in one you'll receive a back exfoliation and hot stone back massage to relieve tension, followed by our unique Jade Facial and scalp massage. This bespoke treatment is catered to your needs and will leave you feeling nourished, grounded and deeply relaxed. 90 min - €150

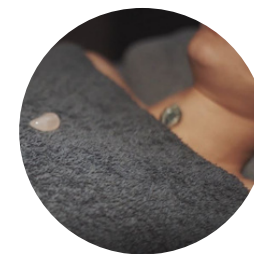


## Gaia Poultice Massage

This massage uses herbal compresses that have healing and soothing properties. All the herbs used are grown naturally and are part of the blend that makes GAIA. Aromatic herbs and spices have been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy)

60 min - €150.00

## GAIA Crystal Therapy



The ultimate goal of crystal healing is to bring the whole body back to a state of pure unconditional love. This treatment is personalised using crystals to discover which chakras are blocked and includes meditation, full body massage, facial using jade wands and a nurturing scalp massage. Aftercare, product advice and a crystal prescription will be recommended by your therapist

120 min - €180



## GAIA Raindrop Therapy

Raindrop therapy is a healing technique using pure essential oils. It combines aromatherapy oils and soothing massage to bring total balance, harmony and body wellness mentally, physically and emotionally. Techniques are used through the massage to release toxins and lymph, boosting the immune system and bringing the body back to natural alignment. Ritual includes full body massage using the purest essential oils used as droplets to the back, spine and feet, a face cleanse and a nurturing scalp massage.

120 min - €180



## Mother Gaia

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

60 min - €105

90 min - €150