

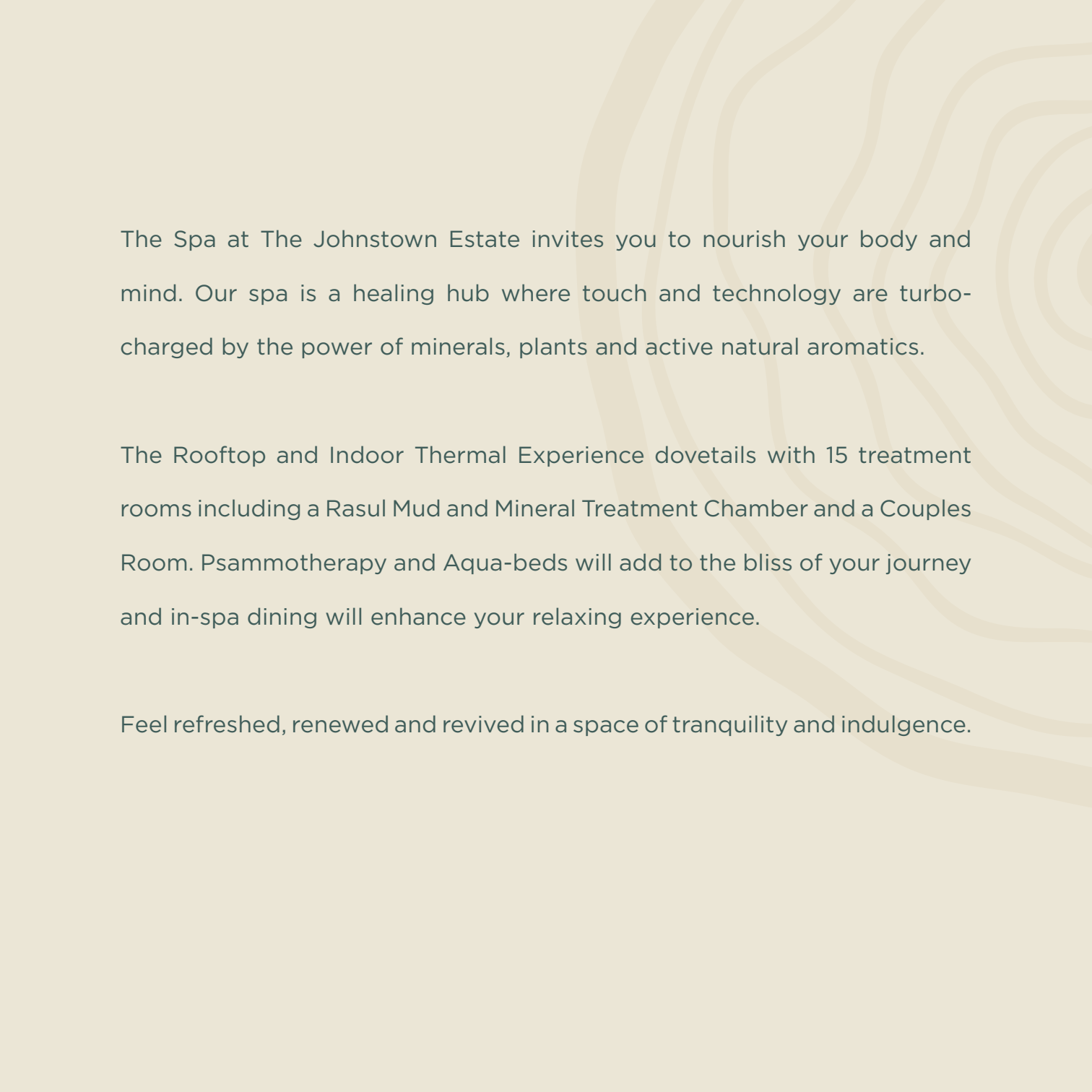


*Walk in. Float away.*



THE  
JOHNSTOWN  
ESTATE   
HOTEL & SPA





The Spa at The Johnstown Estate invites you to nourish your body and mind. Our spa is a healing hub where touch and technology are turbo-charged by the power of minerals, plants and active natural aromatics.

The Rooftop and Indoor Thermal Experience dovetails with 15 treatment rooms including a Rasul Mud and Mineral Treatment Chamber and a Couples Room. Psammotherapy and Aqua-beds will add to the bliss of your journey and in-spa dining will enhance your relaxing experience.

Feel refreshed, renewed and revived in a space of tranquility and indulgence.

*Signature  
Rituals*



# Signature

## RITUALS

### **Signature Full Body Ritual**

Our Signature holistic massage benefits mind, body and soul. Sweep away stress with our Hawaiian style massage designed to relieve tension and promote relaxation.

### **Anti-Aging and Sleep Ritual**

The ultimate anti-aging facial combines a plasma and light treatment and sleep therapy techniques to rejuvenation skin and deliver a very deep level of relaxation.

### **Quartz Sand Bath Ritual**

Allow yourself to completely dissolve into a bed of warm Quartz as the therapist uses specialised massage techniques to allow muscles to be stretched and relaxed, melting away any sign of stress and tension. This indulgent treatment is also combined with a gentle resurfacing facial which dissolves away dead skin to reveal healthy and clear skin. A fusion of superfoods and antioxidant-rich facial oils leave your skin feeling fresh, radiant and healthy.

## WELLNESS

### **IDome Detox Booster**

The ultimate detox booster. The IDome combines infrared technology with plasma and light therapy to provide three different detox treatment methods in one. This treatment is designed to provide skin rejuvenation and detoxification with visible results after one treatment.

### **Spa Wave Body Experience**

The Spa Wave Body Experience is a ground-breaking therapy which combines sounds, rhythms and vibrations to slow down mental activity, act on the energy centers (chakras) of the body and deliver a very deep level of relaxation. This 30 minute treatment provides the key benefits of mindfulness, meditation and deep-relaxation techniques for even the busiest of minds.

# Facials

No face is the same so let us prescribe the facial which will give you the best results, leaving you feeling renewed and relaxed, and your skin feeling revived and rejuvenated.





# Luxury

## ANTI-AGEING FACIALS

### **ELEMIS Pro-Glow Smooth**

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

### **ELEMIS Pro-Glow Resurface**

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

### **ELEMIS Pro-Glow Brilliance**

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

### **Medki8 Platinum Facial**

The Medki8 signature facial. A true treatment innovation delivering visible and immediate rejuvenating results. Platinum powder and haritaki superfruit are blended with lifting polysaccharides to visibly plump and firm skin, revealing a more youthful and radiant looking complexion.

### **Medki8 Deep Hydration Facial**

A multi-level hydration treatment delivering intense nourishment for dry, thirsty skin. The nutrient-rich mask floods skin with moisture to help plump dehydration lines and revive suppleness. Skin is left soft to the touch, intensively hydrated and healthy-looking.

### **Medki8 Glowing Facial**

A power-packed facial with an intense hit of brightening actives, including vitamin C, to boost the skin and help enhance cell regeneration. Luminosity and radiance are visibly restored to leave the face and senses re-energised and the complexion healthy and glowing.

# Body Treatments

Looking after your body isn't just about diets and detox. A luxurious bodycare ritual can transform the way you feel about your skin and yourself.



# Body

## TREATMENTS

### **Elemis Frangipani Body Nectar Nourishing Wrap**

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic.

### **Elemis Intensely Cleansing Salt Scrub**

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

### **Medki8 Purifying Back Experience**

A comprehensive back treatment to brighten and add clarity. Powerful exfoliation and natural clays work in harmony to reveal smoother, clearer skin. Targeted deep tissue massage techniques deliver an intense blend of lavender and petitgrain essential oils to dissolve muscle tension and ease the mind.

### **Medki8 Skin Rejuvenating Exfoliation**

A complete top to toe treatment experience with finely ground bamboo particles and hydroxy acids to exfoliate and invigorate the body. Essential oils envelope the skin in a customised massage experience to leave skin feeling soft, supple and muscle tension relieved.

# Massage

Relax into the synergy of masterful, healing hands and carefully selected essential oils designed to soothe the mind, melt tension and harmonise the body.



# Massage

B O D Y , M I N D & S O U L

## **Freestyle Deep Tissue Massage**

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tense muscles, encouraging optimum circulation. Completed with a restorative facial massage.

## **Deeper Than Deep Hot Stone Massage**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

## **Poultice-Powered Muscle Release**

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions.

## **Quartz Sand Bath**

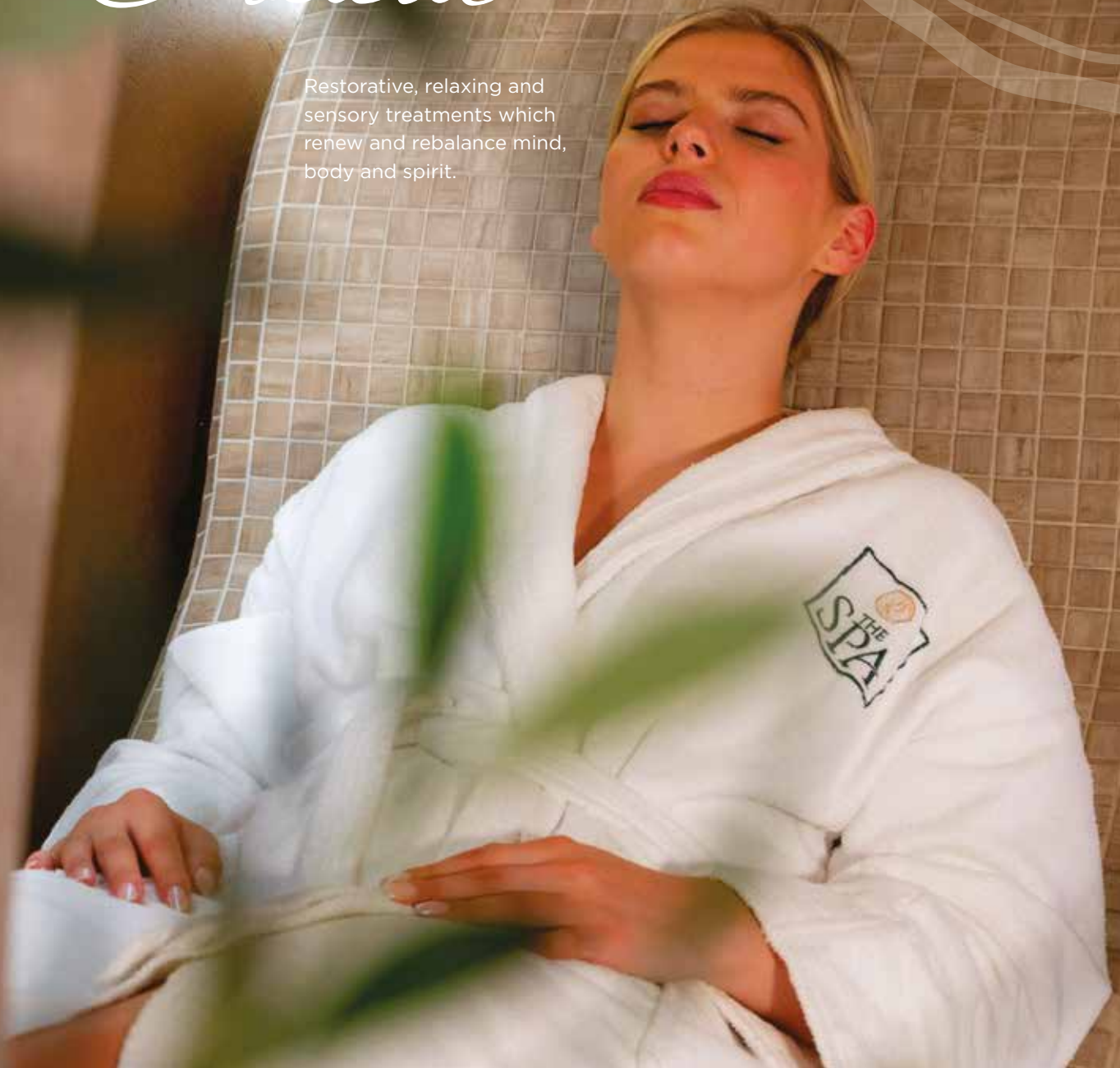
Allow yourself to completely dissolve into a bed of warm Quartz as the therapist uses specialised massage techniques to allow muscles to be stretched and relaxed melting away any sign of stress and tension.

## **Traditional Swedish Massage**

A relaxing full body massage using light to medium pressure. Relieves tension, restores energy and wellbeing.

# Holistic

Restorative, relaxing and sensory treatments which renew and rebalance mind, body and spirit.



# Artistic

## T R E A T M E N T S

### **Mud Rasul**

A traditional, Arabian-inspired, cleansing treatment that combines the health-enhancing properties of heat, steam and mud. This combination produces a totally relaxing and skin-conditioning treatment in a private environment with aromatic vapours.

**Minimum of 2 people**

### **Reflexology**

Reflexology is an ancient Chinese technique that uses pressure-point massage on the feet to restore the flow of energy throughout the entire body. This treatment helps to heal and detoxify the body, while promoting relaxation and wellbeing.

### **Oriental Head Massage**

Based on the ancient healing system of Ayurveda, this form of massage works on the upper back, shoulders, upper arms, neck, scalp, ears and face. Using firm yet gentle, rhythmic movements that involve acupressure points. This treatment relieves tension and promotes relaxation.

### **Luxury Scalp Massage**

Warm and deeply conditioning Frangipani monoi oils are massaged into your hair & scalp. This is an ancient Polynesian tradition resulting in deep relaxation and healthy hair and scalp.

### **Reiki**

A non-invasive, gentle treatment that helps restore balance to the 7 major chakras in the body. Reiki helps dispel any negative energy and realign the natural state of balance in the body.

# *Pregnancy*

Gentler treatments created to nourish mums-to-be on their own nurturing journey.



# *Pregnancy*

## T R E A T M E N T S

### **ELEMIS Peaceful Pregnancy Massage**

Performed using a supportive pregnancy pillow that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

### **ELEMIS Peaceful Pregnancy Face and Body Experience**

Performed using a pregnancy pillow this treatment will gently address any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

# Hands & Feet

Treat and nourish the most  
hardworking parts of your body.



# Hands & Feet

## T R E A T M E N T S

### **ELEMIS Luxury Hand, Arm and Foot Delight Treatment**

Simply beautiful, pure pampering for your hands and nails to restore beauty and suppleness. Cuticles and nails are nourished with warmed aromatherapy oils, whilst the ELEMIS Skin Nourishing Milk Bath bestows richness for beautifully smooth, soft hands.

For your feet, warmed aroma-therapeutic oils nourish and condition your feet and nails, whilst the decadence of the ELEMIS Skin Nourishing Milk Bath and Exotic Monoi Moisture Melt lavish a rich and healing action on your skin. A sensory experience for your feet, which promises to leave you walking on cloud nine.



# The Estate Escape

## FULL-DAY PAMPER

Indulge yourself with a full-day pampering experience.

Two Hours to Start your day with 90 minutes on the rooftop and indoor thermal experience followed by a luxurious full body massage and a choice of either a detox treatment or a meditation and relaxation experience.

Relax over lunch in our in-spa dining area, then indulge in a full body exfoliation or wrap of your choice followed by a luxury facial.

This is head to toe rejuvenation at its finest.



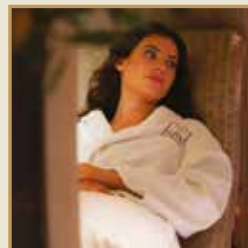
# *All About You*

## HALF-DAY PAMPER

Treat yourself to a truly luxurious spa experience.

Enjoy 90 minutes on the rooftop and indoor thermal experience. Then sink into a back, neck and shoulder massage, combined with a taster facial and a Luxury Scalp Treatment.

Afterwards relax over a lunch in our in-spa dining area.



# *Two's Company*

## PAMPER YOURSELVES

Days like these are always better shared with someone you love.

Spend 90 minutes together on the rooftop and indoor thermal suites followed by a couple's Mud Rasul Treatment.

After this enjoy a luxury back, neck and shoulder massage and a tailored facial each.

Enjoy Afternoon Tea in our spa-dining area before completing your time with us in our silent relaxation suite.





*Thermal  
Experiences*

Soak up the extensive experiences in our new indoor and rooftop thermal areas, followed by a relaxing lunch.

# *Thermal*

## EXPERIENCES

### **Thermal spa with lunch**

Enjoy 3 luxurious hours in our new indoor and rooftop thermal experience - the perfect social space to spa and enjoy the extensive range of hydrotherapy and thermal experiences. Complete your time with lunch in our in-spa dining area, including a menu of healthy, hot and cold options.

### **Thermal, Rasul with lunch**

Enjoy 3 luxurious in our new indoor and rooftop thermal experience - the perfect social space to spa and enjoy the extensive range of hydrotherapy and thermal experiences.

Then relax into our traditional Arabian-inspired Mud Rasul, a cleansing treatment that combines the health enhancing properties of heat, steam and mud for a totally relaxing and skin conditioning treatment.

This experience includes lunch in our in-spa dining area.



Gloss specialises in shorter treatments including manicures, pedicures, luxurious anti-ageing ELEMIS BIOTEC facials, massages and other grooming necessities. All against a backdrop of elegance and calm.

Take time out and make Gloss an indulgent treat for you and up to six friends: the suite can be yours exclusively for treatments, bubbles or cocktails, hors d'oeuvres and lots of gossips and giggles.

It's also perfect for pre-party glossing - nails, tan, brows and make-up - all done in one glamorous and glossy spot.



SKIN

GLOSS

# Spa Etiquette

## Relaxation is our primary goal within the spa, so please:

- Speak quietly
- Put all devices on silent
- Do not answer any phone calls inside the spa
- Remember that relaxation rooms (bright & dark) are quiet zones
- Do not take photos within the spa area
- Arrive 30 minutes prior to your appointment
- Bring swimwear if using the thermal facilities
- Ensure that you take all personal belongings from your locker and bathrobe when leaving.

Robes & slippers are supplied and The Spa is suitable for guests of 16 years and older.

## Booking Procedure

- Reservations are subject to availability and must be guaranteed using a credit card
- To avoid disappointment please book your treatments in advance of your planned visit
- Advance reservation required for the Rooftop Experience and Thermal Suite and is subject to availability

## Cancellations & Lateness

- Credit card details are taken to secure all appointments
- Guests wishing to change or cancel their bookings must provide a minimum of 72 hours notice or a cancellation fee will apply
- Clients who fail to show will be charged in full
- While we'll do whatever we can to accommodate clients, late arrivals may result in a reduced treatment time
- Management reserves the right to amend any of the details or prices at any time without prior notice

## Health Contra-indication

- At the time of booking please advise of any health conditions, allergies or injuries that may affect your treatment choice
- You will be asked to complete a detailed health questionnaire prior to your appointment. We may suggest a change to your treatment choice, if deemed unsuitable, based on the information supplied

## Oncology Patients

- Many of our experiences and treatments may be tailored to the needs of oncology patients. Please advise of this when booking and we will ensure your chosen treatment is delivered by a therapist specifically trained in this area



## Our Location

We are only 35 minutes from Dublin City Centre and the International Airport.  
We are also easily reached from the rest of Ireland.

GPS-Coordinates: 6° 49'48"W, 53° 24'35"N

We have complimentary parking for up to 750 cars and for those lucky enough  
to travel by helicopter, we can accommodate you with our helipad.



The Johnstown Estate, Enfield, Co. Meath, Ireland, A83 V070.

T: +353 (0)46 954 0030 | E: [info@thejohnstownestate.com](mailto:info@thejohnstownestate.com) | W: [thejohnstownestate.com](http://thejohnstownestate.com)