



Spa Treatment Menu

About The Spa

Nestled between the Irish Sea and the Wicklow Mountains, our resort offers a tranquil escape in the heart of nature.

Surrounded by peaceful woodland, our spa blends natural beauty with luxurious comfort, creating the perfect space to unwind.

Begin your spa journey in our health club with an invigorating swim in the 18-metre pool, followed by time in the jacuzzi, sauna, steam room, or refreshing plunge pool. Continue with a personalised spa treatment tailored to your needs. Afterwards, retreat to our relaxation room, where soft lighting, calming surroundings, and light refreshments await.

Our skilled therapists, soothing essential oils, and tranquil treatment rooms combine to create a truly restorative experience.



IRISH TATLER SPA AWARDS 2011

HIGHLY COMMENDED

Best Holistic Body
Treatment of the Year
2022

WINNER

Best in Wellness
2019

HIGHLY COMMENDED

Best in Service
2018

HIGHLY COMMENDED

Best Treatment Package
2018

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HOTEL & GOLF RESORT

Our Spa Facilities

HEATED POOL

A 15-metre heated pool filled with natural light. Large windows frame the surrounding greenery.

RELAXATION ROOM

A softly lit space designed for complete calm. Comfortable loungers, light refreshments, and reading material.

HEALTH CLUB

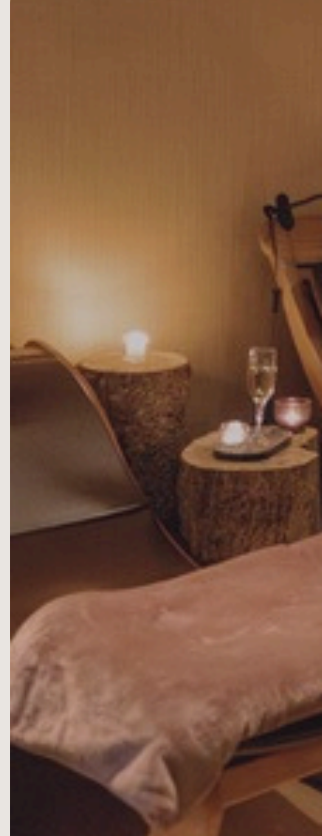
A fully equipped gym with modern facilities. Group classes and expert guidance available.

JACUZZI & PLUNGE POOL

Hot and cold therapy to refresh and restore.

SAUNA & STEAM ROOM

Heat therapy to relax body and mind. Helps ease tension and improve circulation.





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Our Spa Partners

IMAGE
SKINCARE

IMAGE Skincare is a global skincare brand powered by proven ingredients, smart botanicals and results first technology. Our IMAGE therapists will tackle your skin concerns with customisable facials and peels.

Indulge in their customised treatments that offer instant relaxation while nourishing skin and boosting radiance.

GROUND

GROUND crafts natural plant-based ingredients to create products and intuitive self-care rituals. The products are handmade in small batches in Cork, using vegan ingredients.

Their collection includes specialised treatments for pregnancy, providing safe, supportive care during this important time, as well as treatments designed for those in need of gentle, restorative support.



I
IMAGE
SKINCARE



ORMEDIC
balancing
facial cleanser
démaquillant
équilibrant

6 fl oz / 177 mL

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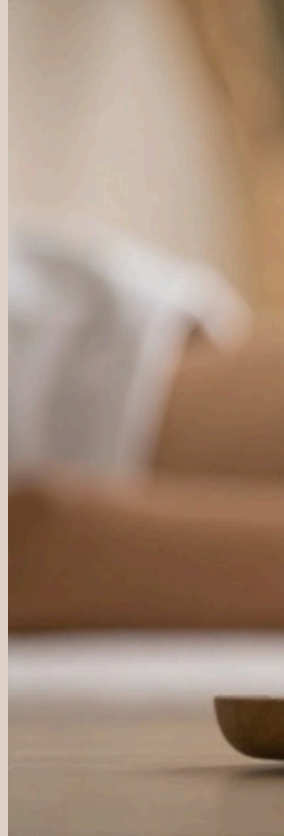
Signature Treatment

RELAXING SIGNATURE TREATMENT

70 mins | €160

Our signature ritual is a wonderful combination of customised massage and an Image booster facial.

The journey begins with a foot ritual using hot towels. Heated aromatherapy oil is then drizzled onto the back of the body and your expert therapist will knead away those aches and pains. Focus is then given to the skin to restore its vitality and radiance.





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HOTEL & GOLF RESORT

IMAGE

SKINCARE

Customised Facials

THE MAX STEM CELL FACIAL

50 mins | €125

An anti-ageing, redness-diffusing active facial. This treatment strikes the ideal balance between a gentle peel and a therapeutic facial, and is designed to really target those pesky wrinkles, elasticity concerns and combat generally lethargic and dull skin. All the latest anti-ageing technology gives you results driven luxury.

ILLUMINATING FACIAL

50 mins | €125

Clarity in an instant. A clinical results-driven facial designed to give beautiful luminosity, radiance and glow. The treatment uses a blend of powerful antioxidant protection, nutrition and enzymes all sandwiched together to provide immediate measurable differences. Perfect for the more delicate skin.

ANTI-OXIDANT ANTI-AGEING FACIAL

50 mins | €125

Replenish what your lifestyle diminishes. The facial that does it all- even the most experienced 'facial enthusiast' will be impressed! This cleansing and invigorating vitamin-infused treatment will deliver tightening, lightening, brightening and nourishing hydration to leave you feeling fully refreshed and renewed.

EXPRESS FACIAL

35 mins | €85

An express treatment ideal for refreshing the skin. This quick facial cleanses, tones, and exfoliates, leaving your skin feeling rejuvenated and glowing.

Facial Peels

I PEEL | ORMEDIC LIFT 35 mins | €90

A blend of papaya, pineapple and mango this non chemical peel naturally rebalances, regenerates and restores your skin using organic ingredients with medical effectiveness. Organic Aloe Vera works as a delivery system with pumpkin pulp as an exfoliator. Polypeptides provide maximum rejuvenation and hyaluronic acid adds moisture, leaving your skin feeling fresh, clean and rejuvenated. Skin type indications: Unbalanced, irritated, sensitive.

I PEEL | SIGNATURE FACELIFT 35 mins | €90

Performed over four layers, this lift will change the image of your skin in just one application. Vitamin C and fruit enzymes blended in an organic Aloe Vera base will visibly quench your skin, providing extreme rejuvenation. This revolutionary treatment has a 30% compound of Glycolic Acid and Vitamin C to speed up cellular renewal and botanicals to reduce redness while infusing the skin with anti-oxidants.

Body Treatments

EASTERN HEAD MASSAGE 35 mins | €90

A deeply relaxing massage influenced by the principles of Ayurveda, perfect to release tension stored deep within the shoulder, neck and head muscles and to stimulate the scalp, leaving you calm, refreshed, and completely rejuvenated.

EXOTIC COCONUT BODY NOURISH WRAP 50 mins | €120

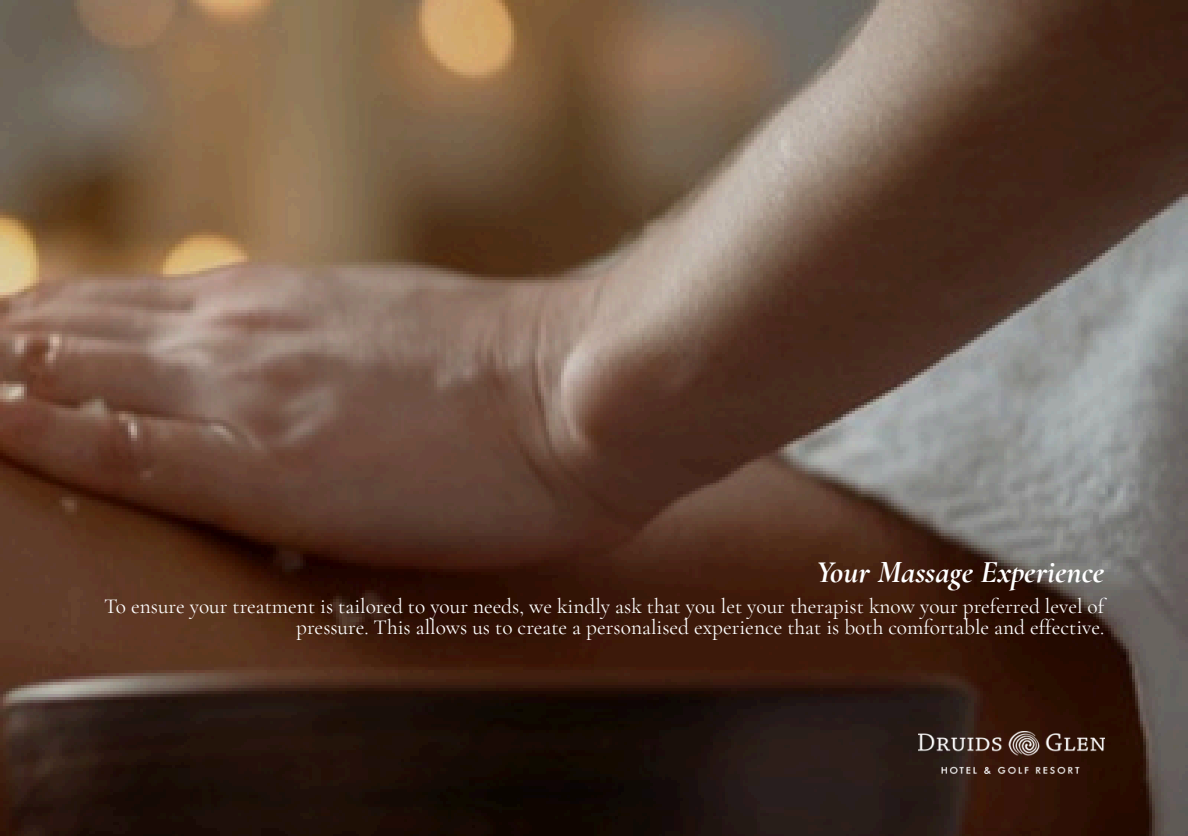
This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic hot aromatic Tahitian Coconut is drizzled on the entire body. Whilst wrapped, you are treated to a neck, shoulder, facial and pressure point scalp massage.

BROWN SUGAR SALT GLOW 50 mins | €120

An exotic exfoliation ritual to invigorate and revitalise the skin. Warm oil is drizzled over the body before the Brown Sugar Salt Glow is applied. The skin is deeply cleansed, polished and softened to perfection with an express facial exfoliation and hydration to conclude.

REFLEXOLOGY 50 mins | €130

A therapeutic foot treatment based on a detailed reflex map, where specific points correspond to organs and systems in the body, promoting relaxation, improved circulation and overall balance.



Your Massage Experience

To ensure your treatment is tailored to your needs, we kindly ask that you let your therapist know your preferred level of pressure. This allows us to create a personalised experience that is both comfortable and effective.

GROUND

Customised Treatments

THE GROUNDING RITUAL

Surrender in full and return to source; ideal to soothe anxiety and burnout

60 mins | €145
90 mins | €185

This treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body. The treatment is completed with special attention to reflex points in the feet. Feel your body and soul come together again with this medium to firm pressure massage.

THE SLEEP RITUAL

Rest is central to wellbeing; developed to soothe physical fatigue and exhaustion

60 mins | €145
90 mins | €185

The Sleep Ritual serves one purpose; to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in.

Feel your whole body soften as deep rest descends while enveloped in the aromas of organic geranium and jasmine absolute. This is a light to medium pressure full body massage treatment.



THE RESTORATIVE RITUAL

Ease tension and stress in the face, head, neck and scalp, promoting deep relaxation overall

60 mins | €145
90 mins | €185

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness and tension, eyestrain, migraines, headaches, TMJ issues, sinuses and puffiness.

Massage

Face and Body Heat Sensation

65 mins | €150

Experience the perfect treatment duo. A sensational Hot Stone Powered Muscle Release Back Massage combined with a prescribed Image skin booster facial. A unique indulgence for the mind and soul.

Back Massage

25 mins | €70

A perfect treatment to help relieve tension and reduce stress, this experience is designed to restore balance to both body and mind. Using carefully applied techniques, it works to either stimulate or calm the nervous system.

Aroma Stone Therapy

65 mins | €150

35 mins | €90

Aroma hot stones are placed on key energy points of the body, whilst the deep penetrating heat from the stones are used to massage the body using the traditional techniques to ease the pain and tension of aching muscles.

Body Massage

65 mins (Full body) | €140

35 mins (Back of body) €90

Restore inner peace and harmony through the power of massage. Whether you are looking for a relaxing or deep tissue massage, this customised treatment, following a thorough consultation, will ensure your every need is met. Choose the length of massage that suits your schedule and allow the relaxation to begin.

GROUND

Maternity Treatments

WHAT ARE THE BENEFITS OF THIS TREATMENT?

Gentle, but firm rhythmical massage to hold and relax expecting Mum. Soothe and release tired muscles specifically in the shoulders, back and lower legs. Relief to those who may be experiencing aches and pains or fluid retention.

WHO IS IT FOR?

Those who are in the second or third trimester of pregnancy. May be a preferred treatment for those who are postpartum and breastfeeding also.

The Comforting Ritual

60 mins | €145

90 mins €185

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting treatment for the second and third trimester of pregnancy. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows through pregnancy. Enhance your experience by opting for the 90 minute treatment which includes 30 minutes of massage and Gua Sha techniques on the face and scalp.

Day Spa Packages

Each Day Spa Package includes full use of our health club facilities including time in the relaxation room and lunch in the Gardens Rooms and Bar. We recommend using the health club facilities between 11am and 2pm as this is adult only swimming times.

DAY SPA ESCAPE

50 mins | €140

Enjoy one 50 minute treatment of your choice from the list opposite.

DAY SPA DELIGHT

100 mins | €225

Enjoy two 50 minute treatments of your choice from the list opposite.

DAY SPA RESET

35 mins | €99

Enjoy a 35-minute treatment of your choice, including an Eastern Head Massage, Skin Booster Facial, or Back of Body Massage.

**Set lunch menu is served 1pm-5pm and guests must be fully dressed to dine. Upgrade to our delicious Afternoon Tea at a supplement from €28 per person, served 1:30pm-4pm daily.*





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Day Spa Treatment Choices

EXOTIC COCONUT BODY NOURISH WRAP

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic hot aromatic Tahitian Coconut is drizzled on the entire body. Whilst wrapped, you are treated to a neck, shoulder, facial and pressure point scalp massage.

CUSTOMISED MESSAGE

Restore inner peace and harmony through the power of massage. Whether you are looking for a relaxing holistic massage or deep tissue, this customised massage treatment will ensure your every need is met following a thorough consultation.

BROWN SUGAR SALT GLOW

An exotic exfoliation ritual to invigorate and revitalise the skin. Warm oil is drizzled over the body before the Brown Sugar Salt Glow is applied. The skin is deeply cleansed, polished and softened to perfection with an express facial exfoliation and hydration to conclude.

CUSTOMISED COMBINATION

Customised 25 minute Image facial with a customised 25 minute massage.

SPA CUSTOMISED IMAGE FACIAL

Ideal for refreshing the skin. Our facials cleanse, tones, and exfoliates, leaving your skin feeling rejuvenated and glowing.



*Set lunch menu is served 1pm-5pm in The Garden Rooms & Bar and guests must be fully dressed to dine.
Upgrade to our delicious Afternoon Tea at a supplement from €28 per person, served 1:30pm-4pm daily.



Spa Guide

At booking stage you will receive a confirmation email containing a consultation form which must be completed prior to your arrival for your treatment. Guests are welcome to enjoy the swimming pool and health club facilities prior to treatments. Please note that we require all guests to wear a swimming hat for hygiene purposes. All facilities are complimentary when having treatments to the value of €85 or more. In consideration of other guests, we ask that phones are turned off and that the noise level is kept to a minimum in order to maintain the serene and relaxing environment within The Spa. At peak times, time in the relaxation room may be restricted to 1 hour post treatment only due to business levels.

ARRIVAL

If you are a Hotel Resident, we ask that you arrive in your robe and slippers which are provided for you in your guest room. If you are a Day spa guest we ask that you bring your own flip flops - due to

our sustainability mission we no longer provide single use slippers at the Spa. Flip flops can be purchased at €2 per guest if required. We also request that you arrive to The Spa reception 5 minutes prior to your treatment time. Please note, spa treatment times will be confirmed upon arrival to spa reception as times may deviate by thirty minutes. We have a team of male and female therapists, please inform us if you have a preference for either.

LATE ARRIVALS

In the event of a late arrival, we will endeavour to provide full treatment duration where possible.

MEDICAL

Please advise The Spa at booking stage of any allergies, medical conditions or disabilities e.g. pregnancy, recent surgery, cancer, current or historic (past 6 months). Some treatments are cautioned for certain conditions, although The Spa may be able to tailor a programme to individual needs.

CANCELLATION POLICY

Credit card details are required to secure your booking. Guests who wish to change or cancel an appointment are asked to give 48 hours' notice; for groups of 3 or more, 72 hours' notice is required, otherwise 50% of the treatment will be charged to your credit card. Unfortunately, non-arrivals will be charged the full treatment price.

OPENING HOURS

Monday to Sunday: 9.30am - 6.30pm

ADULT ONLY SWIM TIMES

Monday to Friday: 6.00am - 8.00am,
11.00am-2.00pm & 6.00pm - 9.15pm
Saturday, Sunday & Bank Holidays:
7.00am-8.00am, 11.00am -2.00pm &
6.00pm-7.15pm

Please contact The Spa on 01 287 0834 or if you are staying with us 8834 direct from your room.

To view and book all our treatments in more detail please [CLICK HERE](#).



www.druidsglenresort.com | T +353 1 287 0834 | E spa@druidsglenresort.com | Newtownmountkennedy, Co. Wicklow

