



Mount Juliet SPA

Relax in the most restful
of surroundings and return
to the world feeling completely
revitalised and rejuvenated.
Let go your cares.





Holistic treatments

Reiki

A hand on art, both gentle and powerful, helping to bring the physical, emotional and mental aspects of a person into balance, it has no side effects and is totally non-invasive.

Softime dry float experience

Softime dry float provides the best support for the body; As the bed is laid upon the aqua mattress water is displaced to contour the entire body shape, with soothing heat and gentle vibration it encourages, pure relaxation, better flexibility, decreased muscle tension and a profound feeling of wellbeing. Excellent as a stand alone treatment, or to benefit other treatments. Concluded with the Hydro Swiss shower experience.

Reflexology

Is a completely safe and effective form of therapy to promote well being, reduce stress and tension. Working on specific reflex points on the feet, it helps to improve nerve function, blood supply throughout the body and the elimination of toxins.

Indian head clarity treatment

This treatment incorporates Indian head massage with a warming mud wrap to the feet.

Auricular therapy (ear coning)

Recommended for rebalancing the auricular pressure, it has been found to be particularly helpful in alleviating sinus and headache problems. Includes a relaxing sinus massage.

* Note : Prior to booking any treatment please advise your therapist of any medical conditions.

Spa Find

Spa Find luxurious mineral treatments utilise the natural powers of mud, salt and seaweed. By using Spa Find products and having their treatments, the mineral levels within the body can once again begin to normalise and bring inner health back into balance.

Balanced beauty facial

A deep cleansing facial perfect for those with combination skins, it helps to rebalance oil production and leaves the skin healthy and hydrated.

Perfect purity facial

This facial is to combat problematic skins, helping to reduce shine, decongest the pores and helps soothe and oxygenate acne prone skin.

Renewed radiance facial

The perfect facial to help renew and revive the skin. It naturally rehydrates a skin and is ideal for delicate/dry and dehydrated skins.

Perscriptive facial.

This facial includes a skin analysis for new clients unsure of their skin type. The therapist will then concentrate on the main concerns.

Express facial.

Luxurious mini facial to cleanse and purify the skin.

Exquisite eyes.

A natural anti aging eye treatment combating fine lines, puffiness and dark circles.

Natural nourishment mud facial.

A therapeutic spa facial to nourish, brighten and hydrate your skin. Excellent for tired and dull skin types.

Youthful you anti aging facial.

This luxurious treatment combines dead sea mud and seaweed to reduce fine lines, and produce instant firming results.

BODY

Purity back treatment

A purifying treatment that not only deep cleanses but also incorporates massage to relieve muscular tensions.

Ache away warming back treatment.

A luxurious treatment to soothe and cleanse the back. It includes exfoliation, mud and hot stone massage.

Eastern Poultice massage

A warming and calming massage using salt poultice which gently help to work to ease tension. This treatment incorporates the full Body, face and scalp.

Comfort Hawaiian Massage

Using Lomi-Lomi techniques this full body and scalp massage completely allows the body to relax and unwind. This treatment does include full body exfoliation.

Tranquillity Japanese Massage

A full body and scalp massage using pressure points to help ease muscular aches and pains. This treatment includes full body exfoliation.

Mount Juliet fusion; (women only)

Mount Juliet spa's signature treatment, a full body hot stone massage followed by mud envelopment and facial scalp treatment.

Beautiful Beginnings Pre/Post natal treatment (women only)

A top to toe pregnancy treatment that includes a three stage ritual that includes a full body exfoliation, massage and a facial scalp treatment.

Heavenly salt brushing. (women only)

A full body exfoliation to revitalise the body and mind. Using 100% natural dead sea salts.

Hot stone therapy

This is the ideal treatment to promote health and well being. Combining heated basalt stones to traditional massage to warm, and invigorate. Relax from head to toe with this full body and scalp massage.

WRAPS (women only)

Marine miracle algae - tones, firms and nourishes the skin while improving cellulite. It focuses on 1 or 2 problem areas.

Infinite indulgence mud - soothes, nourishes and relaxes aching muscles.

Body bliss algae/mud - a top to toe cleansing and purifying wrap, leaving the skin hydrated and firmer.

Softime mud envelopment - While relaxing on the Softime dry float experience enjoy all the benefits of being enveloped in nourishing black mud, Soothing, relaxing, nourishing.



General Treatments

X-fol peel - Dermedique X-fol skin rejuvenation peels, help repair sun damage, smooth rough discoloured skin, improve fine lines and wrinkles, help control acne problems and brighten the skin. Excellent as stand alone treatment or as a course.

Buy 5 peels get 6th free.

Full body massage

Back massage

Mount Juliet tension massage

Facial scalp massage

Foot massage

Luxury hot shave

Hot shave

Eyebrow tint

Eyebrow shape

Eyelash tint

“Two week” Manicure (file & cuticle work / plus “two week” paint)

Manicure

Pedicure

French manicure

Spray tan

Full leg wax (with bikini)

Half leg wax

Bikini wax

Underarm /lip/chin wax

Spa packages

Refresh day

Choice of spa finds renew/balance or purity facial
Infinite indulgence mud wrap
Softime dry floatation

Renew day

Purity back treatment or ache away back treatment
Express facial
Choice of manicure or pedicure or Softime dry floatation

Day indulgence

Choice of spa finds renew/balance or purity facial
Back massage & Foot massage
Heavenly salt brushing
Softime dry floatation.

Revitalise day

Tension massage
Facial scalp massage
Foot massage
Softime dry floatation

Mother's day

Pre/post natal treatment
Choice of manicure or pedicure

All day packages include use of the Leisure Centre
and a light lunch in the President's Bar.
Robes and slippers are supplied for all guests.

Spa Etiquette

1. The spa carries a 24hr cancellation policy, when booking your treatments you will be asked to provide credit card details in order that we can enter your reservation into our booking system. In the event of non arrival or cancellation less than 24hrs The Spa at Mount Juliet reserves the right to charge the full cost of treatment.
2. Please let your therapists know of any existing medical conditions when booking your treatments such as PREGNANCY, high blood pressure, cancer care, thyroid, shellfish allergy, iodine allergy.
3. We ask all spa guests to arrive at least 20mins prior to their appointment time.
4. Dressing gowns and slippers are provided for all guests.
5. Pre-booking of all treatments is essential to avoid disappointment.
6. Mount Juliet Spa is designed for guests of a minimum age of 16 years.
7. Please switch off all mobile phones whilst in the spa.
8. We cannot accept any responsibility for the loss of valuables. Please keep them secure.

Spa Pricelist

HOLISTIC TREATMENTS

Reiki	50mins	€55
Softime dry float	40mins	€40
Reflexology	55mins	€70
Indian head	40mins	€60
Auricular therapy	30mins	€40

FACE

Balanced beauty facial	55mins	€70
Perfect purity facial	55mins	€70
Renewed radiance facial	55mins	€70
Perscriptive facial. (men and women)	55mins	€70
Express facial.	25mins	€45
Exquisite eyes.	25mins	€50
Natural nourishment mud facial.	70mins	€85
Youthful you anti aging facial.	70mins	€85

WRAPS

Marine miracle algae	55mins	€90
Infinite indulgence	70mins	€90
Body bliss;	70mins	€90
Softime mud envelopment;	50mins	€60

BODY

Purity back treatment	40mins	€65
Ache away warming back treatment.	55mins	€75
Hot Stone Therapy	70mins	€115
Eastern Poultice massage	85mins	€100
Comfort Hawaiian Massage	100mins	€120
Tranquillity Japanese Massage	100mins	€120
Mount Juliet fusion	100mins	€120
Beautiful Beginnings Pre/Post natal treatment	85mins	€120
Heavenly salt brushing	25mins	€45



Spa Pricelist

GENERAL

Full body massage	55mins	€80
Back massage	25mins	€55
Mount Juliet tension massage	20mins	€40
Facial scalp massage	20mins	€35
Foot massage	20mins	€35
Luxury hot shave	50mins	€66
Hot shave	25mins	€32
Eyebrow tint	-	€12
Eyebrow shape	-	€10
Eyelash tint	-	€26
2 Week Manicure		€55
Manicure	55mins	€45
Pedicure	55mins	€55
French manicure	55mins	€55
Spray tan	25mins	
	full body	€35
	half body	€25

X-fol peel 30mins €70
Buy 5 peels get 6th free.

Full leg wax (with bikini)	-	€50
Half leg wax	-	€28
Bikini wax	-	€22
Lip & chin or underarm wax	-	€22
Stanard file & paint	-	€25

Upon special request subject to availability;

Hairdressing
Physical therapy

SPA DAY PACKAGES;

Revitalise	2.5hrs	€150
Renew	2.5hrs	€185
Mothers day	2.5hrs	€185
Refresh	3.5hrs	€215
Day indulgence	3.5hrs	€275

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