



# Castle Wonders

Our Spa Spy travels to the Castle Leslie Estate to revel in the wonders of Fire and Ice

My first time visiting the Castle Leslie Estate was for my cousin's wedding, which was a stunning affair. Although we stayed outside the gates of the castle, I loved every minute of the event; from the incredible meal we enjoyed to the beautiful old-worldly drawing rooms where we sat drinking champagne, and feeling very grand indeed.

It's one of the few great Irish estates that's still owned and run by its founding family. Nestled in 1,000 acres of Irish countryside that still seems almost feudal, with ancient woodland and pretty lakes dotted around, you feel like you're going back in time to a different age.

I had the good fortune of returning there, this time as a guest of The Victorian Treatment Rooms, the castle's unique spa. The Victorian Treatment Rooms feature seven treatment rooms, a relaxation area and an outdoor hot tub overlooking the stables. Upon entering the exquisite reception area I was greeted by the very friendly face of my therapist.

I opted for the 'Fire and Ice House Facial' by Eminence Organics Skin Care. It started with deep exfoliation with a warming spicy kick of paprika, sage and the horsetail plant. The tingling hot sensation is cooled with an application of chilled rosehip menthol masque followed by a lightly whipped moisturiser.

Eminence is a high quality brand which counts many celebrity fans such as Alicia Keys (who credits her no-make-up look to it), Madonna and Jessica Biel - and I can see why. As well as each product that was presented to me smelling so incredible, my therapist, a major Eminence enthusiast told me that the brand addresses premature ageing, wrinkling, sun damage, acne and loss of vitality. My vitality, on the other hand, felt restored. I did at one point feel rather heated on the cheeks, but the chilled rosehip masque brought everything down to an even keel. I think that's the point of the rather Game of Thrones sounding 'Fire and Ice' facial, it increases circulation, plumps the skin and refines it to smooth out fine facial lines. I felt very fresh-faced, and the crease lines in my forehead seemed to

be non-existent. My make-up looked flawless that night, which restored my faith in skincare being the holy grail of beauty.

The Victorian Treatment Rooms feel bright, airy and luxurious. It has what all five star spas have, an almost uncanny sense of time slowing down; as if you're just stopping to fully relax before getting back to your crazy life. The relaxation room is like an extension of the castle's beautiful drawing rooms, a cocoon of luxury.

The Castle Leslie Estate's charm lies in its intimate atmosphere and elegance. It's no surprise that it was voted by Trip Advisor as one of the Top 25 hotels in Ireland for romance. Being a haven of tranquillity, you won't find televisions, radios or minibars within the bedrooms, so it has that break from tech that we all need sometimes.

That evening we dined in the 2AA Rosette award-winning Snaffles Restaurant, which is located in The Lodge. It was an excellent meal accompanied by a perfect wine choice. The Castle Leslie Estate is well worth a 2017 visit.

Booking: +353 (0) 47 88100 or email [reservations@castleleslie.com](mailto:reservations@castleleslie.com). If you are looking at changing or adding a skincare line and would like to try Eminence Skincare go to: +353 (0) 1 6777 911, or email: [info@annemcdevitt.com](mailto:info@annemcdevitt.com) to have some samples sent to your business



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