



## The Victorian Treatment Rooms at Castle Leslie Estate



### The Victorian Treatment Rooms

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Your spa experience begins with a cup of herbal tea. Herbal teas are a long tradition at Castle Leslie Estate dating back to the annual lime blossom picking from great lime trees planted on the pleasure grounds.

By choosing the greenest of products from our organic ranges, the Victorian Treatment Rooms ensure the perpetuation of this environmental oasis, shrouded in the mist of time and history. We aim to make your visit to the Victorian Treatment Rooms an unforgettable experience for all the right reasons.

After consultation with our highly trained therapists, they will tailor each treatment exclusively to your needs. This encompasses treating mind, body and spirit to leave you relieved, indulged, relaxed and at peace with yourself.

## *Stimulating Deep Tissue*

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### GRIP FAST FULL BODY MASSAGE – €105 (60 MINS)

An intense and deep tissue massage from top to toe to rebalance aching muscles and disperse toxins.

### ATILLA'S HUNGARIAN MUD WRAP – €120 (60 MINS)

Begin with a herbal detox tea. After a light scrub, your body is treated to a mineral-rich mix of Hungarian Herbal Mud and Clay. The body is then wrapped to encourage the release of toxins from the skin. While you relax, your face, neck and head are treated to a massage. Then the mud is removed and soothing organic body lotion is massaged into your skin.

## *Relaxing & Soothing*

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### THE PLEASURE GROUND MASSAGE – €110 (60 MINS)

A tantalising massage for the body, face and head. Choose between a revitalising pear and green apple massage soufflé or a rich blueberry soufflé. To achieve additional richness, we choose the oils of soothing calendula, antioxidant tomato seed or revitalising yarrow to relax and soothe the face, body & scalp.

### CHOCOLATE TRUFFLE WRAP – €105 (60 MINS)

Your body is prepared with a piquant cranberry and pomegranate sugar scrub and then immersed in aromatic 100% cocoa whipped to a truffle with macadamia and almond oils steeped in Vitamins C, E and B3. The skin will be hydrated, toned and plumped with new collagen. Complete and utter chocolate Heaven! Indulgently relaxing.

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### THE PEAR STEAM MASSAGE – €125 (60 MINS)

Your skin will be polished with a pear and green apple sugar scrub. While you relax, your face, neck and head are treated to a massage. After a hot shower, enjoy a delicate body massage with a delectable sweet pear and green apple soufflé.

### CELL-U-LESS MASSAGE – €95 (60 MINS)

Help defeat cellulite and renew elasticity with this massage that uses stimulating Hungarian paprika in a blend of antioxidants, herbs and minerals from deep thermal mud lakes. Stinging nettle and ivy increase blood flow to the cells to break down fat. The skin is detoxified leaving it smooth, silky and regenerated.

### PEAR & APPLE WRAP – €95 (60 MINS)

High in antioxidants and blended with burdock root and green tea, this cooling treatment is suited to warmer body types. It reduces body fluid, clears lymph congestion leaving the skin toned, tightened and refined.

## *Massage Treatments*

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### LA STONE THERAPY – €120 (60 MINS)

A full body massage using hot stones, this popular therapy achieves deep states of relaxation whilst allowing the therapist to deliver an effective and therapeutic treatment

### LA STONE BACK MASSAGE €70 (45 MINS)

Incorporating manual and stone massage.

## *Men Only*

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### HANDS FIT FOR A LORD – €40 (30 MINS)

A manicure for hands, nails and cuticles, with a hand and arm massage to complete the experience.

### FEET FIT FOR A LORD – €40 (30 MINS)

A pedicure using ginger or green tea and natural botanical products leaving nails and feet smooth and soft.

## *Day Experiences*

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### THE ULTIMATE INDULGENT DAY – €280

LA Stone Therapy Body Massage - 60 mins

A choice of Reiki or Reflexology - 60 mins

A choice of a Manicure or Pedicure - 60 mins

## *Finishing Touches*

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### LUXURY MANICURE – €70 (60 MINS)

A luxurious spa manicure which soaks the nails and provides cuticle treatments, heat experience, massage of hands and arms, nail shape and polish.

### FRENCH MANICURE – €75 (60 MINS)

A specific spa manicure with nail analysis, shaping and cuticle work, with the groomed classic French polish completes the look.

### SPA PEDICURE – €70 (60 MINS)

Aromatherapy and natural botanicals of stimulating ginger or calming green tea, kelp and aloe vera to name but a few, help leave the feet ‘walking on air’. Complete the treatment with a toenail polish.

### OPI GEL HANDS AND FEET WITH MINI MANICURE AND PEDICURE – €60 (60 MINS)

We have an extensive selection of gel colours (by OPI Gelcolor) for manicures and pedicures. Gelcolor goes on like polish, cures in 30 seconds, and lasts for weeks!

### WAXPERT WAX

Full leg wax (including bikini)	€45
Half leg wax (15mins)	€22
Underarm wax (15 mins)	€20
Bikini line basic (15 mins)	€30
Extended Bikini Line (20 mins)	€35
Brazilian/Hollywood (40 mins)	€55
Chest/Back for Men starting from	€45

## *Alternative Treatments*

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### REIKI – €80 (60 MINS)

The art of Reiki can be traced back to the ancient Tibet of some 3,000 years ago. It’s a hands-on healing treatment, gentle yet effective that’s used to help rebalance physical and emotional conditions.

### REFLEXOLOGY – €80 (60 MINS)

A session or course of reflexology will help reduce stress and assist in the reduction of many unwanted conditions. Working on reflex points on the feet, this therapy improves elimination of toxins enabling the body to function fully.

### FACIAL CONSULTATION – €50 (60 MINS)

Enjoy a one hour consultation with our expert facial therapist

## *Voya Massages*

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THE VOYA MASSAGE – €110 (60 MINS)

VOYA MASSAGE WITH DRY BRUSHING – €120 (60 MINS)

This is an invigorating massage with that Voya touch. We energise your skin by deeply infusing it with the world's only organic seaweed oil. This oil can help renew damaged skin cells, add tone and elasticity and combat cellulite and signs of ageing. The world's only organic seaweed oil containing 2lbs of seaweed oil in one bottle!

Dry brushing can be added to this treatment to give ultra smooth skin. Dry brushing helps remove the outer layer of dry, dull skin and improves the absorption of skin treatments. The treatment starts from the soles of your feet and works all the way up, brushing towards your heart. This is then followed by our seaweed massage oil.

## *Voya Wraps*

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ORGANIC SEAWEED LEAF WRAP – €110 (60 MINS)

Unlike any other seaweed treatment, this truly amazing body therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a bladder wrack body buff, this treatment detoxifies, firms and softens the skin and is excellent in conjunction with a weight loss programme.

## *Voya Exfoliation*

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SWEET ORGANIC LAVENDER AND SEAWEED

SUGAR GLOW – €80 (60 MINS)

This treatment uses a medley of ingredients including organic seaweed, organic lavender buds and organic sugar to invigorate, exfoliate and nourish the skin. After this treatment enjoy a light shower and an application of a *Softly Does It* luxury organic body cream.

PURE ORGANIC PEPPERMINT  
AND SEAWEED – €80 (60 MINS)

This refreshing and all over exfoliating treatment awakens the body and the skin. This treatment contains a fabulously fragrant mix of organic peppermint leaf, seaweed and sugar all of which perform the double action of gently removing dead skin cells while introducing you to the uplifting effects of our organic peppermint essential oil. After this treatment enjoy a light shower and an application of a *Softly Does It* luxury organic body cream.

BLADDERWRACK BODY BUFF – €80 (60 MINS)

Our organic bladderwrack body buff is the ultimate treat for tired dull skin. The bladderwrack seaweed combines with massage oils to offer an all over body scrub. After this treatment enjoy a light shower and an application of a *Softly Does It* luxury organic body cream.

## We politely request the following

- Please arrive on time for your appointment dressed in your robe and slippers.
- We will give you PPE on arrival. Our therapist will also be wearing appropriate PPE.
- All treatments are carried out subject to completion of our consultation form which we will ask you to complete prior to your arrival.
- On the day of your appointment we will ask you to review this form and sign it, in the event of any changes.
- Treatments are strictly by appointment only and these appointments must be booked three days prior to arrival.
- Please cancel your appointment if you are unable to keep your booking. If you do not cancel at least 24 hours in advance, we reserve the right to charge the cost of treatments booked.
- To reserve a treatment, we will ask for your credit card number as our system needs this in order to register the booking.

- We will be taking payments by room charge or non-contactless credit card only.
- Treatments and prices may be subject to change.
- Please secure your valuables as we cannot take responsibility for them.
- Our changing facilities will only be used by guests to use the bathroom facilities and only two guests can use this area at the one time.
- Please do make us aware of any medical conditions before your treatment commences.
- Our outdoor Hot Tub, Sauna and Relaxation beds will not be in use at the present time, due to HSE guidelines.
- Treatments are only available to persons aged 18 or over.

Thank you for your co-operation.

We hope you enjoy your visit to The Victorian Treatment Rooms at Castle Leslie Estate.