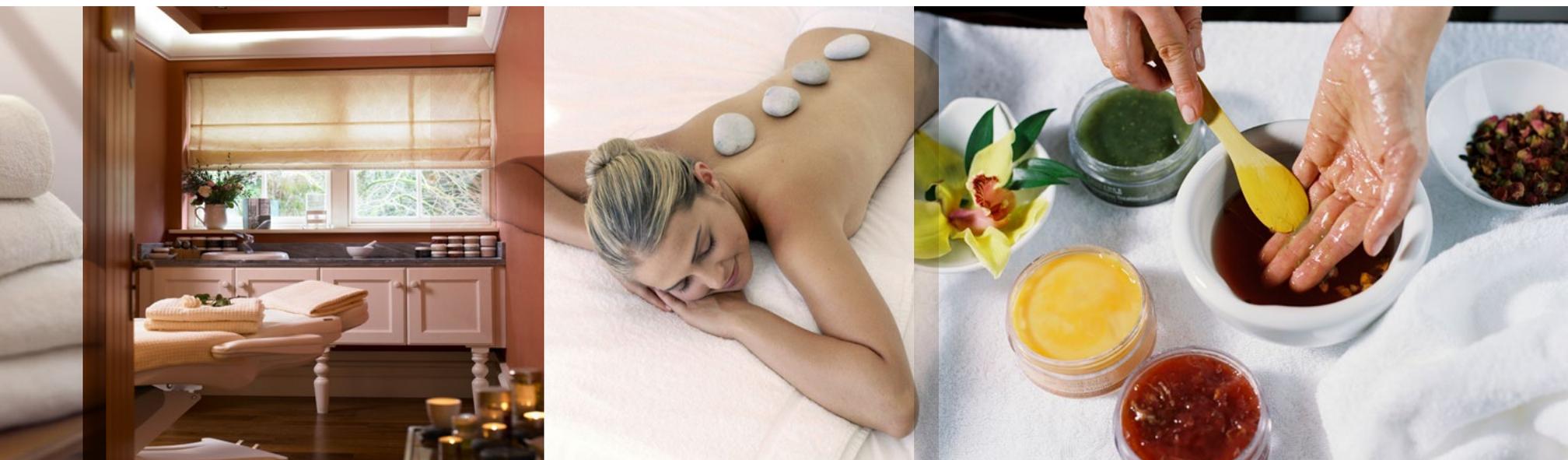




# The Victorian Treatment Rooms at Castle Leslie Estate

CASTLE  
*Leslie*  
ESTATE



## *A Sensual Experience...*

**E**minence and the Voya Organic range which are the exclusive products used in the treatment rooms reflect the uniqueness of Castle Leslie Estate with its unspoilt natural surroundings rich in wild plants and mineral springs deep within its lakes.

## The Victorian Treatment Rooms

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.

Using different combinations of our hand-picked organic products, body and face and holistic treatments can be revitalizing and energizing, detoxifying and cleansing, relaxing and soothing.



## Eminence

Treat your senses and your skin to an exotic skin care line that brings together high quality Hungarian ingredients with old world knowledge of herbs and fruits. By choosing Eminence you join the fight against global warming. Eminence products address a variety of skin concerns such as premature ageing and wrinkling, sun damage, acne, loss of vitality, tone and radiance. The cures come from nature with ingredients that are good enough to eat!

Each Eminence treatment is tailor made to suit each individual. Eminence skin care range is vitamin rich, colourful, made from fruits, vegetables, flowers and herbs, total natural ingredients feeding your skin with nourishment. Let the aromas treat your senses and the ingredients impart health and beauty to your skin.

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## *Stimulating Deep Tissue*

### **BACK MASSAGE AND FACIAL – €100 (60 MINS)**

### **GRIP FAST FULL BODY MASSAGE – €95 (60 MINS)**

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

### **GRIP FAST BACK, NECK AND SHOULDER MASSAGE – €60 (30 MINS)**

A deep tissue massage to relieve tension in the back and shoulders. Ideal before or after exercise.

### **ATILLA'S HUNGARIAN MUD WRAP – €120 (90 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*

### **THE PLEASURE GROUND MASSAGE – €110 (70 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 – €95 (55 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.

## *Revitalising & Detoxifying*

### **THE PEAR STEAM MASSAGE – €125 (90 MINS)**

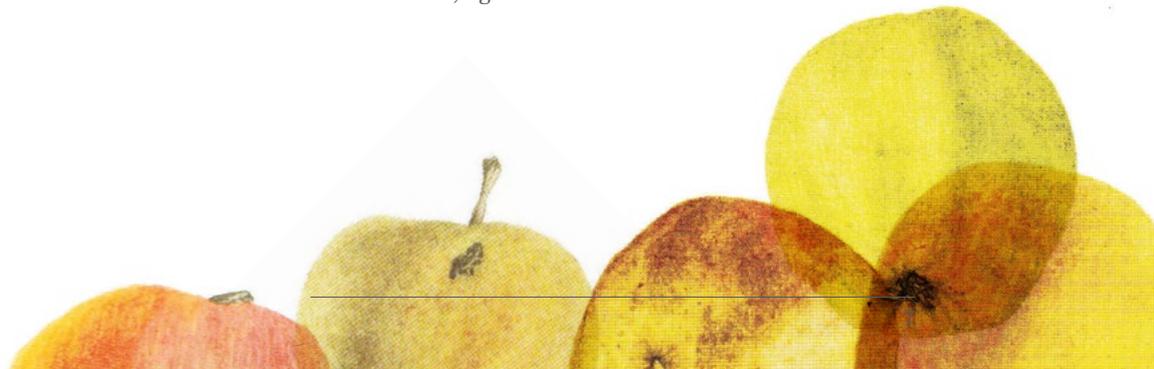
Your skin will be polished with a pear and green apple sugar scrub. While you relax, your face, neck and head are treated to a massage. After a hot shower, enjoy a delicate body massage with a delectable sweet pear and green apple soufflé.

### **CELL-U-LESS MASSAGE – €95 (55 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 (55 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

### LA STONE THERAPY – €120 (75 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 (40 MINS)

Incorporating manual and stone massage.

### REJUVENATING BACK CLEANSING – €55 (30 MINS)

A deep cleansing and rejuvenating treatment concentrating totally on the back to restore a calm and clear 'complexion' to an area of the body that is often forgotten.

## Mother to Be Treatments

### HEAD TO TOE FOR MUM TO BE – €135 (90 MINS)

Total body treatments that will safely address all areas of concern from head to toe, using ingredients that will safely exfoliate, nourish and replenish the skin.

### PREGNANCY MASSAGE – €90 (55 MINS)

POST NATAL REFLEXOLOGY – €70 (55 MINS)  
(only applicable after 4 months)

### PREGNANCY EXFOLIATION SCRUB – €60 (55 MINS)

### SIGNATURE FACIAL OF THE MONTH – €60 (45 MINS)

*Unless otherwise stated, the above treatments are only available after 3 months of pregnancy.*

## Facials

*Facials can be tailored to suit all skin types.*

### NEVER A DULL MOMENT – €125 (90 MINS)

This is The Victorian Treatment Rooms most popular facial. You receive a complete skin grooming analysis and prescription tailored to your specific needs as you experience a deeply effective and relaxing facial that will leave your skin glowing for days. Your therapist will guide you deftly through this 'never a dull moment' facial.

### FIRE AND ICE HOUSE FACIAL – €115 (75 MINS)

A fantastic 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. It increases circulation, plumps the skin and refines it to smooth out fine facial lines.

### GREEN LAKE FACIAL €95 – (60 MINS)

A phyto facial of rich organic garden nutrient greens, this treatment also includes oxygenated parsley, red clover, yucca and agnus castus blended with mineral rich thermal lake waters. See and feel extraordinary results of fresh oxygenation on fatigued skin leaving you revived and refreshed.

### CASTLE'S RELISH FACIAL – €50 (30 MINS)

A soothing and calming facial for tired, stressed or wind/sun exposed skins. After just 30 minutes, you'll see a refreshed, glowing healthy complexion.

### THE LAKE'S EYE TREATMENT – €45 (25 MINS)

This treatment helps to reduce puffiness and dark shadows using lymphatic drainage techniques to re-oxygenate and hydrate fine lines and dark shadows.

### SIGNATURE FACIAL OF THE MONTH – €60 (45 MINS)

Indulge in a different facial each month using the 'Eminence' range, which is an exclusive product used at The Victorian Treatment Rooms. Using different combinations of our hand picked products, you will leave feeling revived and refreshed.

## *Men Only*

### **STONECROP WHIPPED FACIAL – €95 (55 MINS)**

A Stonecrop Gel Wash is followed by customized skin treatments, skin polish and deep cleaning. It is balanced with Stonecrop Fresh Pulp Masque to heal and regenerate the skin, restoring lost moisture after exposure to the elements.

### **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.

### **HOT TOWEL SHAVE – €80 (55 MINS)**

Relax and enjoy the hot aromatherapy towels, specially chosen products and close double shave, followed by a face and scalp massage to leave you feeling totally restored.

### **HOT TOWEL SHAVE – €40 (30 MINS)**

Relax and enjoy the hot aromatherapy towels, specially chosen products and a close shave, followed by an Indian head massage to leave you feeling totally restored.

### **HOT TOWEL SHAVE FOR THE 'GROOM TO BE' – €50 (45 MINS)**

Relax and enjoy the hot aromatherapy towels, specially chosen products and close double shave, followed by a scalp massage and glass of brandy to leave you feeling totally restored.

## *Day Experiences*

### **THE ULTIMATE INDULGENT DAY – €270**

LA Stone Therapy Body Massage - 75 mins

Victorian Woodland Facial - 60 mins

Choice of a Manicure or Pedicure - 60 mins

## *Hot Tub*

Use of this facility is complimentary if you have booked a Treatment (Clients must be aged 18 or over.)

### **HOT TUB**

Relax and revive in our outdoor hot tub, ease away aching muscles and the stresses of the day. Choose in conjunction with other treatments, on its own or as part of one of our inclusive 'Castle Leslie Estate Day Experiences'.

### **THE COCOON DUO ROOM - €210 PER COUPLE (60 MINS)**

The Cocoon offers treatments for two people at the same time, by two different therapists. Perfect for couples, moms and daughters or best friends.

Choose from one of the below one hour treatments followed by a refreshing spa fruit platter to enjoy after your treatment in the private relaxation area of The Cocoon.

- Full Body Massage
- A Green Lake Facial
- Choice of Reiki or Reflexology which includes an Indian head massage.



## *Finishing Touches*

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### **LUXURY MANICURE – €60 (55 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 – €65 (55 MINS)**

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

### **SPA PEDICURE – €60 (55 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 OR FEET – €29 (45 MINS)**

### **OPI GEL HANDS AND FEET SPECIAL – €50 (70 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!

### **MINI MANICURE - €30 (30 MIN)**

### **MINI PEDICURE - €30 (30 MIN)**

### **WAXPERT WAX**

Full leg wax (including bikini)	€45
Half leg wax (15mins)	€22
Lip wax	€10
Underarm wax (15 mins)	€20
Bikini line basic (15 mins)	€25
Extended Bikini Line (20 mins)	€30
Brazilian/Hollywood (40 mins)	€50
Chest/back for Men starting from depending	€40
Eyebrow shaped (10 Mins)	€15
Eyelash tint (15 mins)	€25
Eyebrow tint (10 mins)	€10
Make-up Bridal (30 Mins) includes lashes	€45
Dramatic Make Up (30 mins)	€35

## *Alternative Treatments*

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### **REIKI – €70 (70 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 – €70 (65 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.

### **INDIAN HEAD MASSAGE – €60 (40 MINS)**

This traditional treatment relieves stress and tension from face, neck, shoulders and head.

### **EAR CONING – €40 (30 MIN)**

Alternative treatment to help improve general health.



## Voya

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Our goal is to create exceptional beauty and skincare treatments with integrity that are in full harmony with nature. Based on our wonderful hand harvested seaweed, certified organic and our knowledge of the local traditions of seaweed baths and seaweed treatments. Every Voya product contains extract from organic wild seaweed, which has been sustainably hand harvested only when ripe.

## Your selection of treatments

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## The benefits of seaweed and its extracts

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- \* The mineral content of some seaweeds accounts for up to 80% of dry matter.
- \* Compared to most plants, seaweed contains a number of extraordinary amino acids and essential fatty acids that are parts of the lipid layer in your skin and helps to maintain the suppleness and elasticity of the skin.
- \* Seaweed contains Algal Polyphenols and Carotenoids which have been proven to be powerful antioxidants.
- \* Seaweed also contains a wide variety of vitamins which include Vitamin A (beta carotene) C,E,D,K and folic acid.
- \* Algae extracts have a pronounced moisturizing effect on the hair, increasing hair luster and softness and decreasing its electrostatic charge.
- \* Seaweed has been used as an effective treatment for conditions like psoriasis, eczema, dermatitis and acne. Certain seaweed species have been used in China for the treatment of cancer.

The Voya treatments offer a unique experience as we invite you to enter our protected journey to relax and invigorate your body. Give yourself some special time to drift away and dream, purify the mind from clutter and enjoy the world of simplistic and natural Voya therapies and experience.

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## Voya Facials

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### RADIANCE FACIAL – €100 (60 MINS)

This organic facial is deeply detoxifying. It helps to revitalise, even skin tone and increases clarity. It incorporates a relaxing facial massage that releases any build-up of toxins which helps improve radiance and restore a glowing complexion. Suitable for oily, sensitive and dry skin.

### ANTI-AGING RESTORATIVE FACIAL – €120 (75 MINS)

This skin rejuvenating facial uses the Voya organic ingredients combined with anti-oxidant algae complexes. In addition, Pro-collagen organic extracts and a restorative blend of organic ingredients are used to fight the signs of visible ageing and reduce the appearance of fine lines and wrinkles. Your skin will feel instantly firmed and tightened with a natural radiant glow. Includes an eye treatment with lymphatic drainage and a head massage to give extra relaxation.

### DELUXE FACIAL – €140 (90 MINS)

This revolutionary seaweed facial is a truly “Me time” treatment. This wonderful treatment starts with a relaxing back massage. Then the seaweed facial will commence using a bamboo exfoliator and a warm poultice seaweed mask is applied with harvested seaweed leaves which will leave your skin renewed and revived. This facial is ideal for dry and dehydrated skin and will reduce the appearance of fine lines and wrinkles.



## *Voya Bathing Rituals*

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### **SEAWEED PEAT BATH – €50 (40 MINS)**

An ancient traditional therapy enhanced using only hand harvested Irish seaweed and peat. It is also known to help with fluid retention. This dark deep relaxing bath will soothe away your body's muscular aches and pains relieving stress and fatigue.

### **AROMA BATH THERAPY – €50 (40 MINS)**

A relaxing bath soak with a blend of Voya organic essential oils, organic lemon, lime, clove, basil, mandarin and patchouli combined with organic bath salts. Deeply breath in the aroma from the therapeutic combination of relaxing oils. Great prior to a Voya facial or body treatment.

### **DETOX SEAWEED BATH – €50 (40 MINS)**

Immerse in a bath of organic seaweed hand harvested from the unspoilt Atlantic coast of Ireland. This treatment helps to relax the muscles & ease arthritic aches & pains, plump up and add definition to your skin, and supports skin regeneration and renewal while combating the effects of ageing. The wonderful protein oils from the seaweed condition the skin and remineralise the body for a feeling of well being.

## *Voya Massages*

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### **THE VOYA MASSAGE – €100 (60 MINS)**

### **VOYA MASSAGE WITH DRY BRUSHING – €120 (90 MINS)**

This is an invigorating massage with that Voya touch. We energise your skin by deeply infusing it with the worlds 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 BODY POLISH AND BACK MASSAGE – €100 (80 MINS)**

This is one of Voya's award winning body exfoliators which brightens and polishes the skin using finely ground walnut shells giving you a healthy radiant glow and silky soft skin. A nourishing blend of almond oil, seaweed and ginger extract.

## *Voya Wraps*

### **ORGANIC SEAWEED LEAF WRAP – €110 (75 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.

### **ORGANIC SEAWEED LEAF WRAP AND VOYA MINI FACIAL – €140 (90 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.

To include a mini organic detoxifying facial which is suitable for all skin types, of particular benefits for facial puffiness. Maskerade facial mask detoxifies the skin whilst replenishing the nutrients. After this treatment, the skin becomes smooth and soft.

### **SEAWEED PEAT WRAP – €100 (80 MINS)**

Our organic seaweed peat wrap combines our seaweed extracts with micronized peat. There is a long existing tradition of peat wraps in Eastern Europe, which are traditionally used for a variety of skin and rheumatic conditions. This treatment is very relaxing and detoxifying and includes stimulating body brushing to increase the circulation and prepare for the benefits of the peat wrap. The client gets the extra indulgence of a head massage, while experiencing this therapy.

## *Voya Exfoliation*

### **SWEET ORGANIC LAVENDER AND SEAWEED SUGAR GLOW – €70 (55 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 – €70 (55 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 – €70 (55 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

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- \* Please arrive earlier than your appointment time – at least 15 minutes to allow us to familiarise you with the facilities.
- \* Switch off your mobile phone when entering the treatment rooms for your relaxation and that of other guests.
- \* Please cancel your appointments 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 – our system needs this in order to register the booking.
- \* Treatments and prices may be subject to change.
- \* Please secure your valuables – we cannot take responsibility for them.
- \* Ensure that we are aware of any medical conditions before your treatment commences.
- \* All treatments are carried out subject to completion of our consultation form, which you are required to complete on arrival to the treatment rooms.
- \* Please advise us if you are pregnant or nursing, as at this time some treatments are not advisable. We have a range of special treatments which we highly recommend for ‘mothers to be’.
- \* Swimwear is obligatory when using the hot tub and sauna.
- \* Treatments and facilities are only available to persons aged 16 years or over.
- \* A gown and slippers are supplied for your use whilst in the treatment rooms. Please advise our team if you have any special requirements or require alternative sizes.
- \* Young adults can avail of a file and paint or a mini manicure, once they are accompanied by an adult and this must be authorised by the Spa Manager.
- \* Thank you for your co-operation, we hope you enjoy your visit to The Victorian Treatment Rooms at Castle Leslie Estate.



