



The Victorian Treatment Rooms at Castle Leslie Estate

CASTLE
Leslie
ESTATE



A Sensual Experience...

Eminence 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 addresses 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, colorful, made from fruits, vegetables, flowers and herbs, total natural ingredients feeding your skin with nourishment. Let the aromas treat your senses and the ingredients impair health and beauty to your skin.

Your selection of treatments

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Stimulating Deep Tissue

GRIP FAST MASSAGE – €85 (55 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 – €50 (25 MINS)

A deep tissue massage to relieve tension in the back and shoulders. Ideal before or after exercise, but particularly beneficial after a ride.

ATILLA'S HUNGARIAN MUD WRAP – €110 (90 MINS)

Begin by relaxing in a Victorian steam box followed by a herbal detox tea. After a light scrub, your body is treated to a cooling 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 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 – €100 (70 MINS)

A tantalising massage for body, face and head. Choose between rich honeydew, warming sugar plum massage soufflé, revitalising pear and green apple massage soufflé, healing stonecrop and warming cinnamon massage 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 – €90 (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 – €120 (90 MINS)

Begin by relaxing in a steam box to open the pores and release toxins. Then your skin will be polished with a pear and green apple sugar scrub. After a hot shower, enjoy a delicate body massage with a delectable sweet pear and green apple soufflé.

CELL-U-LESS MASSAGE – €90 (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 – €90

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 – €110 (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 €60 (30 MINS)

Incorporating manual and stone massage.

REJUVENATING BACK CLEANSING – €50 (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 TREATMENT – €120 (80 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.



Facials

NEVER A DULL MOMENT – €120 (90 MINS)

This is the Victorian Treatment Rooms signature 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 – €110 (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 promotes increased circulation, plumps the skin and refines it to smooth out fine facial lines.

GREEN LAKE FACIAL €90 – (55 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 – €40 (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 – €40 (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. Facials can be tailored to suit all skin types.

Men Only

STONECROP WHIPPED FACIAL – €90 (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 (40 MINS)

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

FEET FIT FOR A LORD – €40 (40 MINS)

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

HOT SHAVE – €70 (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.

Day Experiences

THE ULTIMATE INDULGENT DAY – €260

LA Stone Therapy Body Massage
Victorian Woodland Facial
Choice of a Manicure or Pedicure

LADY IN WAITING – €230

'Mother to be' treatment, manicure and pedicure

Hot Tub & Steam Boxes

Use of these facilities is complimentary if you have booked a treatment. Alternatively a small charge of €10.00 will apply.

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'.

VICTORIAN STEAM BOXES

Take time out to detox and relax in our specially designed steam boxes. It can be used before treatments or on its own.



Finishing Touches

LUXURY MANICURE – €55 (50 MINS)

A luxurious spa manicure with soaks, cuticle treatments, heat experience, massage of hands and arms, nail shape and polish. You also keep the polish of your choice for later use.

FRENCH MANICURE – €55 (50 MINS)

A specific spa manicure with nail analysis, shaping, cuticle work etc. with the groomed classic French polish to complete the look.

SPA PEDICURE – €55 (50 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'. Completing the treatment is a toe-nail polish and you keep the polish of your choice for later use.

WAXING

Full leg wax (including bikini)	€35
1/2 leg wax	€20
Lip wax	€10
Underarm wax	€15
Bikini line	€15
Eyelash and brow tint (20 Mins)	€22
Eyebrow tint	€10
Eyebrow shape	€10
Make up (55 Mins)	€45

Alternative Treatments

REIKI – €60 (55 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 – €60 (55 MINS)

A session or course of reflexology will help reduce stress, 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.

AURICULAR EAR CONING – €40 (25 MINS)

To ensure good ear health, we recommend this treatment to help alleviate sinus and sinus headaches, problems experienced after flying (wonderful after long haul flights) or diving, and general ear congestion.

INDIAN HEAD MASSAGE – €48 (30MINS)

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



Voya

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, certificated 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

- * 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.

Voya Bathing Rituals

SEAWEED PEAT BATH – €40 (30 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, and also helps to stimulate stress and fatigue.

AROMA BATH THERAPY – €40 (30 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 – €40 (30 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

ORGANIC MUSLIN BAG MASSAGE – €95 (1HR 15 MIN)

A real sensory treat! Warm soaked bags of herbs & seaweed are gently massaged into the body; releasing the precious seaweed oils. We use a combination of the finest organic herbs & seaweed to massage your body and gently exfoliate & nourish your skin. Truly a therapeutic treatment that is completely indulgent. Choose between calming chamomile, detoxifying peppermint, or stimulating fennel.

THE VOYA MASSAGE – €85 (55 MINS)

VOYA MASSAGE WITH DRY BRUSHING – €100 (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.

SEAWEED HOT STONE MASSAGE – €135 (80 MINS)

This treatment goes beyond any normal massage, ideal for deep tissue relaxing. It combines hand-harvested organic seaweed leaves and aromatic organic essential oils. Heated stones are placed onto leaves all over the body. The heat of the stones soothes the muscles while releasing the precious seaweed extracts below the warm stones.

Voya Wraps

ORGANIC SEAWEED LEAF WRAP – €95 (80 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 – €120 (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 treatment, the skin becomes smooth and soft.

SEAWEED PEAT WRAP – €95 (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 clients gets the extra indulgence of a head massage, while experiencing this therapy.

Voya Exfoliation

SWEET ORGANIC LAVENDER AND SEAWEED SUGAR GLOW – €50 (45 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 – €50 (45 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 – €50 (45 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 which is. After this treatment enjoy a light shower and an application of a *Softly Does It* luxury organic body cream.

Voya Handmade Candles and Organic Teas

Voya candles release a seductive scent and is made by hand with organic beeswax and organic essential oils. The scent is refreshing zesty mandarins and floral patchouli is balanced by aromatic cloves in Voya's signature blend.

The Voya tea consists of three different types:

CHAMOMILE CALM

Chamomile Calm will soothe away the tense strains of the day and help to relax and ease those stresses. Packed full of anti oxidant seaweed leaves.

PEPPERMINT PLEASURE

Peppermint Pleasure is the perfect tea for a soothing and refreshing experience. Packed full of anti-oxidant seaweed leaves.

FENNEL FUSION

Fennel Fusion has an aroma and flavour as fresh as the wild sea air. A fantastic compliment to a wellness and slimming programme. Packed full of anti oxidant seaweed leaves.



We politely request the following

- * 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.
- * 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 steam boxes.
- * 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.
- * Thank you for your co-operation, we hope you enjoy your visit to the Victorian Treatment Rooms at Castle Leslie Estate.



