



# 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

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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.

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

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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*

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### **BACK MASSAGE AND FACIAL – €130 (60 MINS)**

A relaxing Lavender back massage and a nourishing organic facial .

### **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.

### **GRIP FAST BACK, NECK AND SHOULDER MASSAGE – €70 (30 MINS)**

This invigorating massage relieves muscle tension, aches and pains.

## *Relaxing & Soothing*

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### **SOOTHING LEG AND FOOT MASSAGE – €70 (30 MINS)**

The perfect treatment to aid relaxation, especially those who suffer from tired, aching legs and heaviness.

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

This relaxing body and head massage using a rich soufflé mixed with an aroma Lavender oil, will help relax and soothe your body and mind. Body Bliss...

### **ATILLA'S HUNGARIAN MUD WRAP – €120 (75 MINS)**

After a light scrub, your body is treated to a mineral rich mix of spicy Hungarian Herbal Mud. The body is then wrapped to encourage the release of toxins from the skin and allowed to work its magic. While you relax your head and shoulders are treated to a massage. After the mud is removed in the shower, the lovely silky soufflé is massaged into the body leaving your skin flawless!

CHOCOLATE TRUFFLE WRAP – €105 (60 MINS)

Your body is prepared with one of the organic sugar scrubs, and then immersed in aromatic 100% cocoa whipped in truffle with macadamia and vitamin C, E and B3. The skin will be hydrated, toned and plumped with collagen. Complete and utter heaven!

*Revitalising & Detoxifying*

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THE PEAR STEAM MASSAGE – €125 (75 MINS)

To begin, your skin will be cleansed and polished to perfection. While you relax, your neck and head will be treated to a blissful massage. After a hot shower, enjoy a delicate body massage indulged with our fruity rich organic soufflé.

CELL-U-LESS MASSAGE – €100 (60 MINS)

Help defeat stubborn cellulite and renew elasticity with this body exfoliation and massage using stimulating Hungarian paprika in a blend of antioxidants. Stinging nettle and ivy increase blood flow to break down fats. Your skin is left detoxified, smooth, silky and regenerated.

PEAR & APPLE WRAP – €95 (60 MINS)

The combination of both an exfoliant and a wrap, cleanses and nourishes the skin. This treatment begins with a stimulating body scrub followed by a super nutritious wrap. The final touch is a rich nourishing body soufflé and lavender oil massaged into the body to leave your skin glowing.



## *Massage Treatments*

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### 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 €80 (40 MINS)

The hot stones are used on key energy points to relieve tension and stress areas of the back, neck and shoulders.

### REJUVENATING BACK CLEANSE – €70 (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*

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### PREGNANCY MASSAGE – €95 (60 MINS)

### PREGNANCY REFLEXOLOGY – €80 (50 MINS)

### PREGNANCY FACIAL – €80 (45 MINS)

*The above treatments are only available after 3 months of pregnancy.*



## *Facials*

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

### **FIRE AND ICE HOUSE FACIAL – €115 (70 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.

### **THE LAKE'S EYE TREATMENT – €50 (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.

## *Men Only*

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### STONECROP WHIPPED FACIAL – €95 (60 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.

## *Day Experiences*

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### THE ULTIMATE INDULGENT DAY – €270

La Stone Therapy Body Massage - 60 mins

Reflexology or Reiki - 60 mins

Choice of a Manicure or Pedicure - 60 mins

### THE COCOON DUO ROOM - €220 (60 mins each)

The Cocoon offers a treatment for two people for a one-hour treatment each, followed by a refreshing fruit platter to enjoy after your relaxing spa treatments.

Choose from one of the below treatments:

- Relaxing Full Body Massage
- Organic nourishing facial
- Reflexology

## *Hot Tub*

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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, or as part of one of our inclusive 'Castle Leslie Estate Day Experiences'.

### SAUNA

Sit and relax in our heated sauna and enjoy the cleansing heat.



## *Finishing Touches*

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### LUXURY MANICURE – €70 (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.

### SPA PEDICURE – €70 (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 – €30 (45 MINS)

### OPI GEL HANDS AND FEET SPECIAL – €55 (90 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!

### GEL REMOVAL - €10

#### WAXPERT WAX

Full leg wax (including bikini)	€60
Full leg wax	€45
Half leg wax	€25
Lip wax	€15
Underarm wax	€20
Bikini line basic	€30
Extended Bikini Line	€40
Eyebrow shaped	€15
Eyelash tint	€25
Eyebrow tint	€15

*A patch test must be done 24 hours before all waxing and tinting treatments.*

## *Alternative Treatments*

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### REIKI – €80 (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 – €80 (55 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 – €70 (30 MINS)

This traditional treatment uses pressure points to relieve tension on your neck and scalp which is perfect for relaxation and de-stressing.



## 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.

## *Voya Facials*

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### RADIANCE FACIAL – €95 (55 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 (70 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.



## *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 MESSAGE – €110 (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.

### VOYA MESSAGE WITH DRY BRUSHING – €130 (75 MINS)

Dry brushing can be added to The Voya Massage 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.

### VOYA BACK POLISH AND BACK MESSAGE – €90 (55 MINS)

The Voya exfoliator brightens the skin using ground walnut shells, leaving your back silky and soft. The treatment is finished with a back massage.

## *Voya Exfoliation*

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### **SWEET ORGANIC LAVENDER AND SEAWEED SUGAR GLOW – €80 (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 – €80 (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 – €80 (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 early for your treatment, if you are late, we may not be able to facilitate your treatment.
- \* Treatments are strictly by appointment only and must be pre-booked 3 days before your stay.
- \* To reserve a treatment, you will be asked for credit card details at the time of booking.
- \* Please ensure that we are made aware of any medical conditions when you are making the booking.
- \* Please mention at booking stage if you may be pregnant.
- \* Treatments and prices may be subject to change.
- \* Please cancel your appointment if you are unable to keep the booking. If you don't cancel at least 24 hours in advance, we reserve the right to charge you a cancellation fee.
- \* All treatments are carried out subject to completion of our consultation forms.
- \* Treatments and facilities are only available to persons aged 18 years and over.
- \* If you are staying in The Lodge and have already checked into your room, please arrive for your treatment in your bathrobe and slippers which are provided for your convenience in your bedroom.
- \* If you are a resident of The Castle, The Old Stable Mews or a non-resident guest, we will supply bathrobes and slippers, when you arrive at the spa.
- \* Please secure your valuables as we cannot take responsibility for them.
- \* Hot tub and Sauna must be booked along with spa treatments.
- \* Swimwear is obligatory when using the Hot Tub and Sauna.
- \* If you are an overnight guest of the Estate, your treatments will be charged to your room.
- \* Please switch off your mobile phone when entering the spa, for your relaxation and the relaxation of other guests.

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



