



CASTLE

*Leslie*  
ESTATE

VICTORIAN TREATMENT ROOMS

Our aim at the Victorian Treatment Rooms is to pamper you & leave you feeling refreshed & revitalised.

Our products are exceptional as are our highly trained therapists.

Through consultation with them, each treatment will be tailored exclusively for you. They will encompass your mind, body and spirit leaving you feeling revived, indulged, relaxed and at peace with yourself.

By using different combinations of our hand picked organic products, body and face treatments can be relaxing and soothing, revitalising and energising, detoxifying and cleansing or stimulating.

For your visit to the Victorian Treatment Rooms, 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.

All our organic products can be purchased in the Victorian Treatment Rooms, so you can continue to pamper yourself at home. Our staff will be happy to assist.

Gift vouchers are available. They can be redeemed for any treatment or activity throughout the Estate.

## Stimulating Deep Tissue

### Grip Fast Massage (55 Mins)

€85

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

### Grip Fast Back, Neck and Shoulder Massage (25 Mins)

€50

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 (90 Mins)

€110

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 and Soothing

### The Pleasure Ground Massage (70 Mins)

€100

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 stoncrop 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 (55 Mins)

€90

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 Victorian Pear Steam Massage (90 Mins)**

**€120**

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 (55 Mins)**

**€90**

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

### **La Stone Therapy (75 Mins)**

**€110**

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

### **La Stone back Massage (30 Mins)**

**€60**

Incorporating manual and stone massage.

### **Rejuvenating Back Cleansing Treatment (30 Mins)**

**€50**

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

### **Mother-To-Be Treatment (80 Mins)**

**€120**

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 (90 Mins)**

**€120**

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 (75 Mins)**

**€110**

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 (55 Mins)**

**€90**

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 which will leave you revived and refreshed.

### **Castle's Relish Facial (30 Mins)**

**€40**

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 (25 Mins)**

**€40**

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 (55 Mins)

€90

A stonecrop gel wash is followed by customised 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 Mins)

€40

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

### Feet Fit for a Lord (40 Mins)

€40

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

### Hot Shave (55 Mins)

€70

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

### 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. Use of the steam room boxes is complimentary if you have booked a treatment. Alternatively a small charge of €10.00 will apply.

## Finishing Touches

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| <b>Luxury Manicure (50 Mins)</b>  | <b>€55</b> |
| A luxurious manicure with soaks, cuticle treatments, heat experience, hands and arms massage, nail shape and polish. You also keep the polish of your choice for later use.   |            |
| <b>French Manicure (50 Mins)</b>  | <b>€55</b> |
| A specific manicure with nail analysis, shaping, cuticle work etc. with the groomed classic French polish to complete the look.   |            |
| <b>Spa Pedicure (50 Mins)</b>   | <b>€55</b> |
| 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

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| <b>Full Leg Wax (to include bikini)</b> | <b>€35</b> |
| <b>1/2 Leg Wax</b>                      | <b>€20</b> |
| <b>Lip Wax</b>                          | <b>€10</b> |
| <b>Underarm Wax</b>                     | <b>€15</b> |
| <b>Bikini Line</b>                      | <b>€15</b> |
| <b>Eyelash and Brow Tint (20 Mins)</b>  | <b>€22</b> |
| <b>Eyebrow Tint</b>                     | <b>€10</b> |
| <b>Eyebrow Shape</b>                    | <b>€10</b> |
| <b>Make Up (40 Mins)</b>                | <b>€35</b> |

## Alternative Treatments

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| <b>Reiki (55 Mins)</b>   | <b>€60</b> |
| 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.                                |            |
| <b>Reflexology (45 Mins)</b>   | <b>€60</b> |
| 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. |            |
| <b>Auricular Ear Coning (25 Mins)</b>  | <b>€40</b> |
| 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.                           |            |
| <b>Indian Head Massage (30 Mins)</b>   | <b>€48</b> |
| This traditional treatment relieves stress and tension from face, neck, shoulders and head.  |            |



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80 minutes from Dublin  
60 minutes from Belfast