



DRUIDS  GLEN

HOTEL & GOLF RESORT

SPA TREATMENT MENU



## DRUIDS GLEN

Step into the boutique Spa at Druids Glen Hotel & Golf Resort in Wicklow and you will be entering an effortless cocoon of calm delivered by our team of male and female therapists.

Indulge your senses with the aromas of fragrant essential oils and a full range of treatments in a softly lit haven.

Take a trip to the health club and enjoy an invigorating dip in our 18-metre swimming pool, followed by time in the jacuzzi, sauna, plunge pool and steam room.

Once your treatment ends unwind further in the relaxation room complete with refreshments and reading materials, or just snuggle up and enjoy the peaceful atmosphere.

## IRISH TATLER SPA AWARDS

HIGHLY COMMENDED  
**Best Holistic Body  
Treatment of the Year**  
2022

WINNER  
**Best in Wellness**  
2019

HIGHLY COMMENDED  
**Best in Service**  
2018

HIGHLY COMMENDED  
**Best Treatment Package**  
2018



THE MOST  
LUXURIOUS  
PRODUCTS

THE MOST  
DEDICATED  
THERAPISTS

THE MOST  
SUPERIOR  
TREATMENTS



# IMAGE

S K I N C A R E

IMAGE Skincare is a global skincare brand powered by proven ingredients, smart botanicals and results first technology. Armed with expert knowledge and pro-only formulas, our IMAGE therapists will tackle your skin concerns with customizable facials and peels.

**CUSTOMISED SPA FACIALS:** Indulge in some instant relaxation while nourishing skin and boosting radiance.

**FACIAL PEELS:** Transform skin by removing dull, dead skin, then adding clinically proven ingredients for next-level results.

# GROUND

The Spa at Druids Glen is delighted to have partnered with GROUND.

GROUND crafts natural plant-based ingredients to create products and intuitive self-care rituals. All of the products are handmade in small batches in Cork, using vegan ingredients; organic where possible and blended with sincere intention to soothe the soul.

# SIGNATURE TREATMENTS

## RELAXING SIGNATURE TREATMENT

70 MINS | €160

Our signature ritual is a wonderful combination of customised massage and an Image booster facial.

The journey begins with a foot ritual using hot towels. Heated aromatherapy oil is then drizzled onto the back of the body and your expert therapist will knead away those aches and pains. Focus is then given to the skin to restore its vitality and radiance.

## 'GROUND' ENERGY BALANCING RITUAL

60 MINS | €145 90 MINS | €185

Designed for guests that feel low in vitality, perhaps lethargic or need a boost to their system. Working from head to toe, to help clear stagnant energy and revitalise the soul. This treatment harnesses the power of our natural energy chakras to release blocked meridians and restore flow of Chi in the body. Working with the intention of release and letting go of fatigue to promote peace and calm to both the mind and body once more.





IMAGE  
SKINCARE

## SPA CUSTOMISED FACIALS

THE MAX STEM CELL FACIAL  
50 MINS | €120

An anti-ageing, redness-diffusing active facial. This treatment strikes the ideal balance between a gentle peel and a therapeutic facial, and is designed to really target those pesky wrinkles, elasticity concerns and combat generally lethargic and dull skin. All the latest anti-ageing technology gives you results driven luxury.

ILLUMINATING FACIAL  
50 MINS | €120

Clarity in an instant. A clinical results-driven facial designed to give beautiful luminosity, radiance and glow. The treatment uses a blend of powerful antioxidant protection, nutrition and enzymes all sandwiched together to provide immediate measurable differences. Perfect for the more delicate skin.

ANTI-OXIDANT ANTI-AGEING FACIAL  
50 MINS | €120

Replenish what your lifestyle diminishes. The facial that does it all – even the most experienced ‘facial enthusiast’ will be impressed! This cleansing and invigorating vitamin-infused treatment will deliver tightening, lightening, brightening and nourishing hydration to leave you feeling fully refreshed and renewed.



# FACIAL PEELS

## I Peel | Ormedic Lift™

35 mins | €90

A blend of papaya, pineapple and mango this non chemical peel naturally rebalances, regenerates and restores your skin using organic ingredients with medical effectiveness. Organic Aloe Vera works as a delivery system with pumpkin pulp as an exfoliator. Polypeptides provide maximum rejuvenation and hyaluronic acid adds moisture, leaving your skin feeling fresh, clean and rejuvenated. Skin type indications: Unbalanced, irritated, sensitive.

## I Peel | Signature Facelift®

35 mins | €90

Performed over four layers, this lift will change the image of your skin in just one application. Vitamin C and fruit enzymes blended in an organic Aloe Vera base will visibly quench your skin, providing extreme rejuvenation. This revolutionary treatment has a 30% compound of Glycolic Acid and Vitamin C to speed up cellular renewal and botanicals to reduce redness while infusing the skin with anti-oxidants.





# BODY TREATMENTS

## Eastern Head Massage 35 mins | €90

A deeply relaxing massage influenced by the principles of Ayurveda, perfect to release tension stored deep within the shoulder, neck and head muscles and to stimulate the scalp.

## Exotic Coconut Body Nourish Wrap 50 mins | €120

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic hot aromatic Tahitian Coconut is drizzled on the entire body. Whilst wrapped, you are treated to a neck, shoulder, facial and pressure point scalp massage.

## Exotic Lime and Ginger Salt Scrub or Brown Sugar Salt Glow 50 mins | €120

An exotic exfoliation ritual to invigorate and revitalise the skin. Warm oil is drizzled over the body before the Exotic Lime and Ginger Salt Scrub or Brown Sugar Salt Glow is applied. The skin is deeply cleansed, polished and softened to perfection with an express facial exfoliation and hydration to conclude.

# MASSAGE RITUALS

## by GROUND

### THE GROUNDING RITUAL

Surrender in full and return to source; ideal to soothe mental anxiety and burnout

60 mins | €145

90 mins | €185

This treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body. The treatment is completed with special attention to reflex points in the feet. Feel your body and soul come together again with this medium to firm pressure massage.

### THE SLEEP RITUAL

Rest is central to wellbeing; developed to soothe physical fatigue and exhaustion

60 mins | €145

90 mins | €185

The Sleep Ritual serves one purpose; to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in. Feel your whole body soften as deep rest descends while enveloped in the aromas of organic geranium and jasmine absolute. This is a light to medium pressure full body massage treatment.

### THE RESTORATIVE RITUAL

Ease tension and stress in the face, head, neck and scalp

60 mins | €145

90 mins | €185

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness and tension, eyestrain, migraines, headaches, TMJ issues, sinuses and puffiness.



## THE BARRÓG RITUALS

Carefully created for those living with and beyond cancer

Offering a menu with therapists fully empowered to modify and adapt for the individual needs of each client GROUND believes in the importance of delivering heartfelt and meaningful bespoke treatments to those living with and beyond cancer. In the wise words of Christine Clinton, “We are not treating the cancer, we are treating the client.”

### The Barróg Full Body Massage

Ease tension and stress in the face, head, neck and scalp

60 mins | €145

This highly customised and deeply relaxing massage was developed to not only bring comfort and relief, but to also support wellbeing, encouraging calm and rest at a time where care and minding is needed most.

### The Barróg Calming Ritual

Ease tension and stress in the face, head, neck and scalp

90 mins | €185

This ritual consists of the deeply relaxing Barróg full body massage plus a calming scalp ritual. Utilising the benefits of GROUND’s Calm Scalp Relief Oil & Nourish Super Seed Face and Body Oil this nourishing, relaxing treatment was created for the scalp and skin that may be feeling dry and delicate. It can support new hair growth and nourish the hair follicles therefore it is ideal for those who have lost their hair and are encouraging back the regrowth.

# MASSAGE

## Body Massage

65 mins (Full body) | €140

35 mins (Back of body) | €90

Restore inner peace and harmony through the power of massage. Whether you are looking for a relaxing or deep tissue massage, this customised treatment, following a thorough consultation, will ensure your every need is met. Choose the length of massage that suits your schedule and allow the relaxation to begin.

## Aroma Stone Therapy

65 mins | €150

35 mins | €95

Aroma hot stones are placed on key energy points of the body, whilst the deep penetrating heat from the stones are used to massage the body using the traditional techniques to ease the pain and tension of aching muscles.

## Face and Body Heat Sensation

65 mins | €150

Experience the perfect treatment duo. A sensational Hot Stone or Poulitce Powered Muscle Release Back Massage combined with a prescribed Image skin booster facial. A unique indulgence for the mind and soul.

## Poulitce-Powered Muscle release

65 mins | €150

35 mins | €95

A tension taming treatment that is deeply nurturing. Body and mind are rebalanced, skin feels invigorated and alive. Each area of tension is specifically targeted with the unique Amber and Quartz Poulitce to dissolve knots and ease tensions.





# MATERNITY TREATMENTS

## What are the benefits of this treatment?

- Gentle, but firm rhythmical massage to hold and relax expecting Mum;
- Soothe and release tired muscles specifically in the shoulders, back and lower legs;
- Relief to those who may be experiencing aches and pains or fluid retention.

## Who is it for?

Those who are in the second or third trimester of pregnancy. May be a preferred treatment for those who are postpartum and breastfeeding also.

## THE COMFORTING RITUAL

60 mins | €145

90 mins | €185

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting treatment for the second and third trimester of pregnancy. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows through pregnancy. Enhance your experience by opting for the 90 minute treatment which includes 30 minutes of massage and Gua Sha techniques on the face and scalp.

## DAY SPA PACKAGES

Each Day Spa Package includes full use of our health club facilities including time in the relaxation room and lunch\* in the Garden Rooms and Bar. We recommend using the health club facilities between 11am and 2pm as this is adult only swimming times.

DAY SPA ESCAPE                      50 mins | €135

Enjoy one 50 minute treatment of choice from the list opposite.

DAY SPA DELIGHT                    100 mins | €215

Enjoy two 50 minute treatments of choice from the list opposite.

DAY SPA DREAM                      150 mins | €285

Enjoy three 50 minute treatments of choice from the list opposite.

\*Set lunch menu is served 1pm – 5pm and guests must be fully dressed to dine. Upgrade to our delicious Afternoon Tea at a supplement from €28 per person, served 1.30pm – 4pm daily.

## TREATMENT CHOICES

### EXOTIC COCONUT BODY NOURISH WRAP

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Whilst wrapped you are treated to a neck, shoulder, facial and pressure point scalp massage.

### EXOTIC LIME AND GINGER OR BROWN SUGAR SALT GLOW

An exotic exfoliation ritual to invigorate and revitalise the skin. After light body brushing, warm oil is drizzled over the body before the Exotic Lime and Ginger Salt Scrub or Brown Sugar Salt Glow is applied. The skin is deeply cleansed, polished and softened to perfection with an express facial exfoliation and hydration to conclude.

### CUSTOMISED MASSAGE

Restore inner peace and harmony through the power of massage. Whether you are looking for a relaxing holistic massage or deep tissue, this customised massage treatment will ensure your every need is met following a thorough consultation.

### CUSTOMISED COMBINATION

Customised 25 minute Image facial with a customised 25 minute massage.

### SPA CUSTOMISED IMAGE FACIAL

#### THE MAX STEM CELL FACIAL

An anti-ageing, redness-diffusing active facial. This treatment strikes the ideal balance between a gentle peel and a therapeutic facial, and is designed to really target those pesky wrinkles, elasticity concerns and combat generally lethargic and dull skin. All the latest anti-ageing technology gives you results driven luxury.

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# SPA ETIQUETTE

At booking stage you will receive a confirmation email containing a consultation form which must be completed prior to your arrival for your treatment. Guests are welcome to enjoy the swimming pool and health club facilities prior to treatments. Please note that we require all guests to wear a swimming hat for hygiene purposes. All facilities are complimentary when having treatments to the value of €85 or more. In consideration of other guests, we ask that phones are turned off and that the noise level is kept to a minimum in order to maintain the serene and relaxing environment within The Spa. At peak times, time in the relaxation room may be restricted to 1 hour post treatment only due to business levels.

## ARRIVAL

If you are a Hotel Resident, we ask that you arrive in your robe and slippers which are provided for you in your guest room. If you are a Day spa guest we ask that you bring your own flip flops – due to

our sustainability mission we no longer provide single use slippers at the Spa. Flip flops can be purchased at €2 per guest if required. We also request that you arrive to The Spa reception 5 minutes prior to your treatment time. Please note, spa treatment times will be confirmed upon arrival to spa reception as times may deviate by thirty minutes. We have a team of male and female therapists, please inform us if you have a preference for either.

## LATE ARRIVALS

In the event of a late arrival, we will endeavour to provide full treatment duration where possible.

## MEDICAL

Please advise The Spa at booking stage of any allergies, medical conditions or disabilities e.g. pregnancy, recent surgery, cancer, current or historic (past 6 months). Some treatments are cautioned for certain conditions, although The Spa may be able to tailor a programme to individual needs.

## CANCELLATION POLICY

Credit card details are required to secure your booking. Guests who wish to change or cancel an appointment are asked to give 48 hours' notice; for groups of 3 or more, 72 hours' notice is required, otherwise 50% of the treatment will be charged to your credit card. Unfortunately, non-arrivals will be charged the full treatment price.

## OPENING HOURS

Monday to Sunday: 9.30am – 6.30pm

## ADULT ONLY SWIM TIMES

Monday to Friday: 6.00am – 8.00am,  
11.00am – 2.00pm & 6.00pm – 9.15pm  
Saturday, Sunday & Bank Holidays:  
7.00am – 8.00am, 11.00am – 2.00pm  
& 6.00pm – 7.15pm

Please contact The Spa on 01 287 0834 or if you are staying with us 8834 direct from your room.



