



INSPIRED BY NATURE
Delivered with Excellence



POWERSCOURT

SPA & WELLNESS

INDULGE EVERY SENSE WITH A WORLD-CLASS SPA EXPERIENCE AT
POWERSCOURT SPA & WELLNESS

Inspired by nature, delivered with excellence

Restore and nourish body and mind with personalised treatments, results-focused facials, high-performance body therapies, immersive massages, and signature rituals designed to leave your skin radiant and naturally beautiful.



About our Spa

Embrace the restorative energy of nature in a sanctuary designed for complete renewal. With 17 luxurious treatment rooms, a 20-metre Swarovski crystal-lit pool, a state-of-the-art thermal suite, and a tranquil Serenity Room, Powerscourt Spa & Wellness offers the perfect setting to recalibrate body, mind, and spirit.

Our light-filled Fitness Suite features a full range of cardiovascular and resistance equipment, while the Spa Café invites you to linger a little longer - where wholesome breakfasts and nourishing lunches can be enjoyed in the comfort of your robe.

Inspired by the natural beauty of the Wicklow landscape, the spa's dramatic design weaves together elements of stone, wood, and slate - materials that mirror the grounding strength of the valley itself. Floor-to-ceiling views draw the eye to the majestic Sugar Loaf Mountain, a serene backdrop that anchors each guest in the rhythm of nature and the tranquility of the estate.



Discover our Spa Facilities

POOL & HOT POOL

Immerse yourself in the calming embrace of water within our iconic 20-metre Swarovski crystal-lit pool, a serene sanctuary that glows with quiet elegance. Soothe tired muscles in the hot pool, or unwind beside the water on exclusive Gharieni relaxation loungers, designed for ultimate comfort and tranquility.

FITNESS SUITE

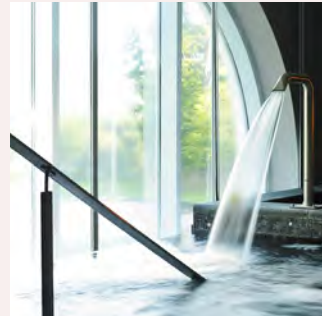
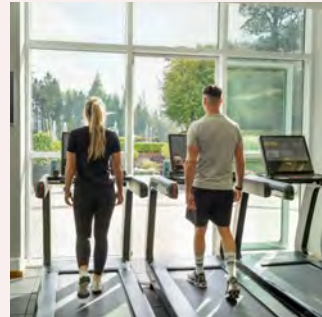
Reawaken your energy in our light-filled Fitness Suite, featuring Technogym's advanced equipment designed to support strength, balance, and wellbeing. This uplifting space invites movement that feels both mindful and empowering.

THERMAL SUITES

Experience the rejuvenating power of heat and steam in our separate male and female thermal areas, each thoughtfully designed to restore harmony and enhance wellbeing. Enjoy a sequence of relaxation through the steam room, sauna, tepidarium, ice fountain, and vitality pool, allowing the body to unwind and the mind to still.

SERENITY ROOM

Retreat to our tranquil Serenity Room, a peaceful haven with relaxing Gharieni beds and breathtaking views of the Sugar Loaf Mountain, perfect for quiet reflection and relaxation.





IMMERSE IN NATURE

Discover the serene beauty of County Wicklow - the Garden of Ireland - where the rhythm of nature inspires balance and renewal. Wander through the magnificent Powerscourt Estate, breathe deeply on scenic woodland trails, or greet the day with yoga on the lawn.

Here, amidst mountain air and timeless gardens, stillness comes naturally - inviting you to slow down, reset, and reconnect with yourself.



Our Spa Partner

OMOROVICZA

Powerscourt Spa & Wellness is proud to be the first and flagship spa in Ireland to partner with Omorovicza, the award-winning Hungarian skincare brand that embodies the art of modern luxury and the timeless science of mineral healing.

Omorovicza's story begins in Budapest, known for over two millennia as the City of Healing Waters. Beneath its surface, the Earth's crust is thinner than anywhere else in Europe, allowing mineral-rich thermal waters to rise pure and potent. These waters, renowned for their regenerative properties, form the foundation of Omorovicza's skincare philosophy.

Harnessing this natural wonder, Omorovicza has perfected the Healing Concentrate™, a patented biotechnology that transforms minerals from these ancient thermal springs into a form the skin can absorb. Clinically proven to strengthen, firm, and renew, this innovation lies at the heart of every treatment - elevating the skin's vitality while restoring balance within.

Each ritual combines 26 essential minerals with traditional Hungarian massage techniques, designed to stimulate microcirculation, awaken luminosity, and leave skin visibly transformed. The experience is sensorial and restorative - a journey that connects touch, scent, and stillness in perfect harmony.

At Powerscourt Spa & Wellness, this partnership finds its truest expression. Set against the healing landscape of County Wicklow, where mountain air and flowing waters inspire renewal, Omorovicza's mineral heritage meets Powerscourt's spirit of natural wellbeing. Together, they create a sanctuary of modern luxury, elemental energy, and holistic rejuvenation - where the essence of Budapest's thermal waters meets the serenity of Wicklow's hills.



Touchless Therapies



THE WELNAMIS SOUND WAVE EXPERIENCE

22 MINUTE SESSION

Select from Power Nap, Stress Relief, Awareness or the Mindfulness programme

Experience deep relaxation with the Gharieni Welnamis, a cutting-edge acoustic and vibrational therapy designed to calm the mind and restore inner balance. Gentle sound waves and binaural tones harmonise body and mind, easing stress and enhancing wellbeing. Based on Quantum Harmonic sound therapy, this revitalising experience promotes clarity, balance, and renewal.

THE HIMALAYAN SALT SUITE

30 MINUTE SESSION

Breathe deeply in our serene Himalayan Salt Suite, where inhaling fine pharmaceutical-grade salt particles helps cleanse the lungs, improve oxygen intake, and soothe respiratory conditions. This touchless therapy also supports skin repair, aiding concerns such as eczema, acne, and psoriasis.

Non-Resident Guests are required to book a minimum treatment time of 1 hour (or a Day Spa Package) and can add the touchless therapy to their experience.

Signature Rituals

Each Signature Ritual at is inspired by the natural serenity of Wicklow. Blending advanced therapies, refined techniques, and the pure luxury of Omorovicza skincare, these exclusive experiences restore balance and rejuvenate body, mind, and spirit.

POWERSCOURT WELLNESS EXPERIENCE

1 HOUR

Unwind and restore balance with this revitalising treatment. A soothing back massage, express facial using luxurious Omorovicza skincare, and relaxing scalp massage work in harmony to refresh the body, calm the mind, and leave you feeling renewed and focused.

POWERSCOURT RENEWAL RITUAL

1 HOUR 30 MINUTES

Indulge in our signature Powerscourt Renewal Ritual, beginning with a revitalising back exfoliation and a bespoke back massage enhanced with copper Gua Sha, inspired by the natural beauty of Wicklow. The ritual concludes with a luxurious Omorovicza facial, leaving skin radiant, nourished, and fully rejuvenated – a complete journey to restore balance and elevate the senses.

THE OMOROVICZA GOLD RITUAL

2 HOURS

A luxurious ritual designed to restore strength, hydration, and radiance. Beginning with the Gold Sugar Scrub to smooth and refine, followed by a nourishing back massage with Gold Shimmer Oil, it culminates in the Gold Hydralifting Facial to visibly lift, firm, and plump. This indulgent experience leaves the skin glowing, revitalised, and luxuriously hydrated.



Facial Treatments

POWERSCOURT BESPOKE FACIAL

1 HOUR

A personalised facial ritual tailored to your skin's unique needs, using the luxurious Omorovicza range. Harnessing Hungarian thermal waters and mineral-rich formulations, this treatment restores radiance, refines texture, and leaves the complexion deeply nourished, luminous, and balanced.

THE ILLUMINATING FACIAL

1 HOUR 15 MINUTES

This glow-boosting facial brightens, firms, and revitalises tired or uneven complexions. Combining a fortifying scalp and hair mask with a traditional rose quartz gua sha, it releases tension and enhances the massage's effectiveness, leaving body, mind, and skin renewed with a lit-from-within radiance.

LED & NANO-DERMABRASION FACIAL

1 HOUR 15 MINUTES

A fusion of advanced technology and luxurious skincare. Crystal-free Nano Dermabrasion gently exfoliates and smooths the skin, while Omorovicza's mineral-rich formulations deeply hydrate and rejuvenate. Customised LED light therapy boosts collagen, reduces inflammation, and targets specific concerns, leaving the complexion healthy, luminous, and revitalised.

THE MOOR MUD DEEP CLEANSING FACIAL

1 HOUR 15 MINUTES

A detoxifying treatment with mineral-rich Hungarian Moor Mud from Lake Hévíz. This purifying facial deeply cleanses, refines texture, and minimises pores. With a signature facial massage inspired by ancient Hungarian techniques, it lifts, sculpts, and tones, leaving skin clearer, balanced, and enriched with essential minerals.

THE BLUE DIAMOND FACIAL

1 HOUR 30 MINUTES

A high-performance facial designed to restore energy, elasticity, and radiance. Beginning with a gentle resurfacing peel, followed by the Blue Diamond Super Serum, the treatment incorporates a trio of sculpting techniques - signature facial massage, cooling dermaglobes, and gua sha - to visibly lift, smooth, and rejuvenate the complexion.

Massage

POWERSCOURT BESPOKE MASSAGE

1 HOUR / 1 HOUR 30 MINUTES

A personalised massage tailored to your individual needs, combining expert techniques with a specially selected blend of oils to restore balance, ease tension, and leave you feeling deeply relaxed and renewed.

SWEDISH MASSAGE

1 HOUR / 1 HOUR 30 MINUTES

A classic massage using regulated pressure and stimulating movements. Ideal for releasing knots and tension, easing tired muscles, and promoting overall relaxation and wellbeing.

MATERNITY MASSAGE

1 HOUR

A deeply nurturing massage designed for expectant mothers, targeting areas prone to stress and tension during pregnancy to restore comfort, relaxation, and wellbeing.

HOT STONE MASSAGE

1 HOUR 15 MINUTES

Heated stones melt away muscle tension, improve circulation, ease stiffness, and promote deep physical and mental relaxation, leaving the body revitalised and balanced.

MINERAL WAVE MASSAGE

1 HOUR / 1 HOUR 30 MINUTES

Inspired by Hungary's thermal waters, this warm, wave-like massage soothes muscles, calms the mind, and delivers full-body relaxation and serenity.

REFLEXOLOGY

45 MINUTES

A therapeutic foot treatment based on a detailed reflex map, where specific points correspond to organs and systems in the body, promoting relaxation, improved circulation, and overall balance.



Body Treatments

QUENCH BODY WRAP

1 HOUR

This treatment begins with gentle exfoliation to smooth and prepare the skin, followed by a warm body wrap using intensely moisturising Omorovicza cream. Rich in essential nutrients and minerals, it deeply hydrates, soothes, and visibly rejuvenates skin, leaving it soft, nourished, and radiant - perfect for dry, dull, or sensitive skin.

THE MOOR MUD BACK TREATMENT

1 HOUR

A targeted back treatment combining exfoliation, massage, and a Moor Mud mask to relieve tension, clear congestion, and restore comfort, leaving the back relaxed, refreshed, and revitalised.

THE GOLDEN BODY TREATMENT

1 HOUR 30 MINUTES

A radiance-enhancing Omorovicza body treatment beginning with a Gold Sugar Scrub, followed by a full-body massage with Gold Shimmer Oil. This treatment smooths, nourishes, and illuminates the skin, leaving it glowing with golden luminosity.

THE MOOR MUD RITUAL

2 HOURS

A deeply nourishing, full-body experience powered by mineral-rich Hungarian Moor Mud from Lake Hévíz, the largest thermal lake in the world. The ritual begins with a full-body exfoliation, followed by a restorative Omorovicza Moor Mud body wrap. A revitalising head and scalp treatment enhances relaxation and concludes with a bespoke full body massage to relieve tension, tone the body, and leave skin radiant and renewed.



Day Spa Experiences

Our Day Spa Experiences listed in the menu include 2 hours of full access to the luxurious spa facilities and lunch in the Spa Café.

POWERSCOURT CALM & RESTORE

Select two 30 minute treatments from below

- Omorovicza Express Facial
- Back, Neck and Shoulder Massage
- Head & Scalp Massage
- Gold Sugar Scrub
- Soothing Eye Treatment
- Leg Reviving Massage

POWERSCOURT SALT & GLOW

1 hour treatment & Salt Therapy

- Himalayan Salt Therapy - 30 MINS
- De-stress Back Massage - 25 MINS
- Refresh Facial - 25 MINS
- Relaxing Scalp Massage - 10 MINS

POWERSCOURT HARMONY ESCAPE

1 hour treatment & Welnamis

- The Welnamis Sound Wave Experience - 22 MINS
- De-stress Back Massage - 25 MINS
- Refresh Facial - 25 MINS
- Relaxing Scalp Massage - 10 MINS

POWERSCOURT REVITALISE

1 hour 30 minutes treatment

- Powerscourt Bespoke Massage - 1 HOUR
- Omorovicza Express Facial - 30 MINS

POWERSCOURT OPULENT RETREAT

Select two 1 hour treatments from below

- Powerscourt Bespoke Facial
- Powerscourt Bespoke Massage
- Swedish Massage
- Quench Body Wrap
- Gold Sugar Scrub & Back Massage
- Gold Sugar Scrub & Head Massage
- Gold Sugar Scrub & Express Facial

POWERSCOURT TOUCHLESS TRANQUILITY

- Himalayan Salt Therapy - 30 MINS
- The Welnamis Sound Wave Experience - 22 MINS



Express Treatments

BACK, NECK & SHOULDER MASSAGE

30 MINUTES

Targeted massage to release tension, ease stiffness, and restore comfort in the upper back, neck, and shoulders.

HEAD & SCALP MASSAGE

30 MINUTES

Relaxing massage to relieve stress, improve circulation, and restore a sense of calm and balance.

GOLD SUGAR SCRUB

30 MINUTES

Luxurious exfoliation using Gold Sugar Scrub to smooth, polish, and illuminate the skin for radiant results.

OMOROVICZA EXPRESS FACIAL

30 MINUTES

A revitalising mini facial using Omorovicza skincare to refresh, hydrate, and leave the complexion glowing.

SOOTHING EYE TREATMENT

30 MINUTES

Gentle treatment designed to reduce puffiness, refresh tired eyes, and restore luminosity to the delicate eye area.

REVIVING LEG MASSAGE

30 MINUTES

Energising massage to ease tired legs, improve circulation, and leave the lower body feeling light and refreshed.

*Minimum treatment booking time for
Non-Resident Guests is 1 hour.
30 minute treatments can be added
as upgrades.*

Spa Guide

POWERSCOURT SPA & WELLNESS

Open daily from **7am - 9pm**. The spa areas are adult-only. Children are welcome only in the pool area during **9am - 12pm** and **3pm - 6pm**; outside these hours, the pool is strictly adult only hours.

BOOKING & ARRIVAL

Treatments can be booked through our Spa Reception team at **+353 (1) 274 9710** or **spa@powerscourthotel.com**. Residents are advised to arrive 15 minutes prior and non-residents 30 minutes prior to the treatment start time. Late arrivals may result in reduced treatment time.

WHAT TO BRING

Swimwear is required for use of the pool, hot pool, and thermal suites, while gym attire is needed for access to the fitness suite. Luxurious robes, slippers, and towels are provided for your comfort, though guests are welcome to bring their own if preferred.

HEALTH CONDITIONS

Please advise of any health conditions, allergies, recent medical or cosmetic procedures, or injuries which may have a bearing on your treatment.

PREGNANCY

Expectant mothers (12+ weeks) and nursing mothers can enjoy specialised treatments.

CANCER CARE

Please advise the Spa Reception team upon making the booking if you or a guest is undergoing or recovering from cancer treatment. Our treatments can be tailored with our specialised therapists.

AGE REQUIREMENTS

The minimum age for spa treatments, thermal suites, and the gym is 16.

TREATMENT REQUESTS

We are an inclusive Spa and respect diversity; while therapist gender preferences will be noted, they cannot be guaranteed.

SPA CAFÉ

Open **12pm – 3pm**. Advance table booking required. Enjoy breakfast or lunch in the comfort of your robe.

ETIQUETTE

Our Spa is one of relaxation and tranquility. In light of this, the Spa is a mobile and technology free zone and the Serenity Room is a silent area.

PAYMENTS & CHECK OUT

Guests must check out at the Spa Reception before leaving the Spa to ensure the treatment charge has been processed. Payments must be processed on the day of the treatment. All payments will be collected via room charge, credit/debit card or a relevant gift card. Guests also have the option to pre-pay securely in advance of their visit. There is no service charge on the treatments. Gratuities are at the guest's discretion.

CANCELLATIONS

A 50% cancellation charge applies for treatments cancelled less than 48-hours before the appointment. A 100% charge applies for cancellations made within 24-hours of the appointment. A treatment cancellation should be received in writing to **spa@powerscourthotel.com** in advance of the cancellation timeframe to avoid a charge.

GIFT VOUCHERS

Give the gift of wellness with luxurious, personalised spa experiences for any occasion. Gift vouchers can be purchased in the hotel or online at **www.powerscourthotel.com**



Powerscourt Hotel, Powerscourt Estate, Enniskerry, County Wicklow, A98 DR12, Ireland.
Call: +353 (0)1 274 8888 | **Email:** spa@powerscourthotel.com | **www.powerscourthotel.com**

