



POWERSCOURT

HOTEL RESORT SPA

ESPA



Treatments Menu

Escape the world to ESPA. Indulge every sense with our world class spa experience. Restore and nourish in a complete sense with this inspired collection of personalised treatments. Results-focused facials, high performance body treatments, immersive massages, and signature rituals await, to nurture your body, calm your mind and leave your skin looking radiantly and naturally beautiful.

With 20 impeccable treatment rooms, a 20 metre Swarovski Crystal-lit heated pool and a state-of-the-art thermal suite, award winning ESPA at Powerscourt Hotel has everything to recalibrate the body, mind, and spirit. Our leading-edge Fitness Suite offers a large range of cardio-vascular and resistance equipment.

In tune with the natural beauty which surrounds it, the Spa's dramatic space features stone, wood, and slate. It's a harmony reflected in the quiet serenity of the Sugar Loaf's pyramid across the valley.

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Signature Experiences

POWERSCOURT SIGNATURE RITUAL WITH HOT JADE STONES AND ROSE QUARTZ CRYSTALS (120 minutes)

Beneath the lush green Irish hillsides and rocky landscapes, lies a land filled with wondrous crystals. Advanced massage techniques and warm Jade stones are used to rebalance the body and ease muscular tension.

Starting with a purifying Salt and Oil body scrub to leave the skin feeling smooth and silky soft, an indulgent massage follows using a combination of individually chosen essential oils and Jade stones to relax tired, and aching muscles.

A therapeutic scalp massage using cool Rose Quartz crystals finishes the treatment experience. Includes: Salt and Oil Scrub, Body Massage with warm Jade Stones, Nourishing Facial Cleanse, Soothing Facial Massage, Personalised Facial Mask & Scalp Massage with cool Rose Quartz Crystals.

POWERSCOURT WELLNESS EXPERIENCE (60 MINUTES)

Unwind the busy mind, escape the pace of everyday life, and emerge feeling focused, with a sense of renewed positivity. The Powerscourt Wellness Experience targets three key areas, the Back, Face, and Scalp. Includes: A Back Massage, Express Facial and Scalp Massage.



ESPA Facials

Our facials begin with a detailed consultation and in-depth analysis using technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, including cleansing, exfoliation, and a treatment specific massage and mask.

ESPA INNER BEAUTY FACIAL (60 MINUTES)

Tailored to your skin's precise needs, Tri-Active formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. The skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored. Includes: Skin Analysis with Skin Vision Lamp, Triple Cleanse, Exfoliation, Facial Massage, Personalised Mask, Scalp Massage.

ESPA NATURAL FACE LIFT (90 MINUTES)

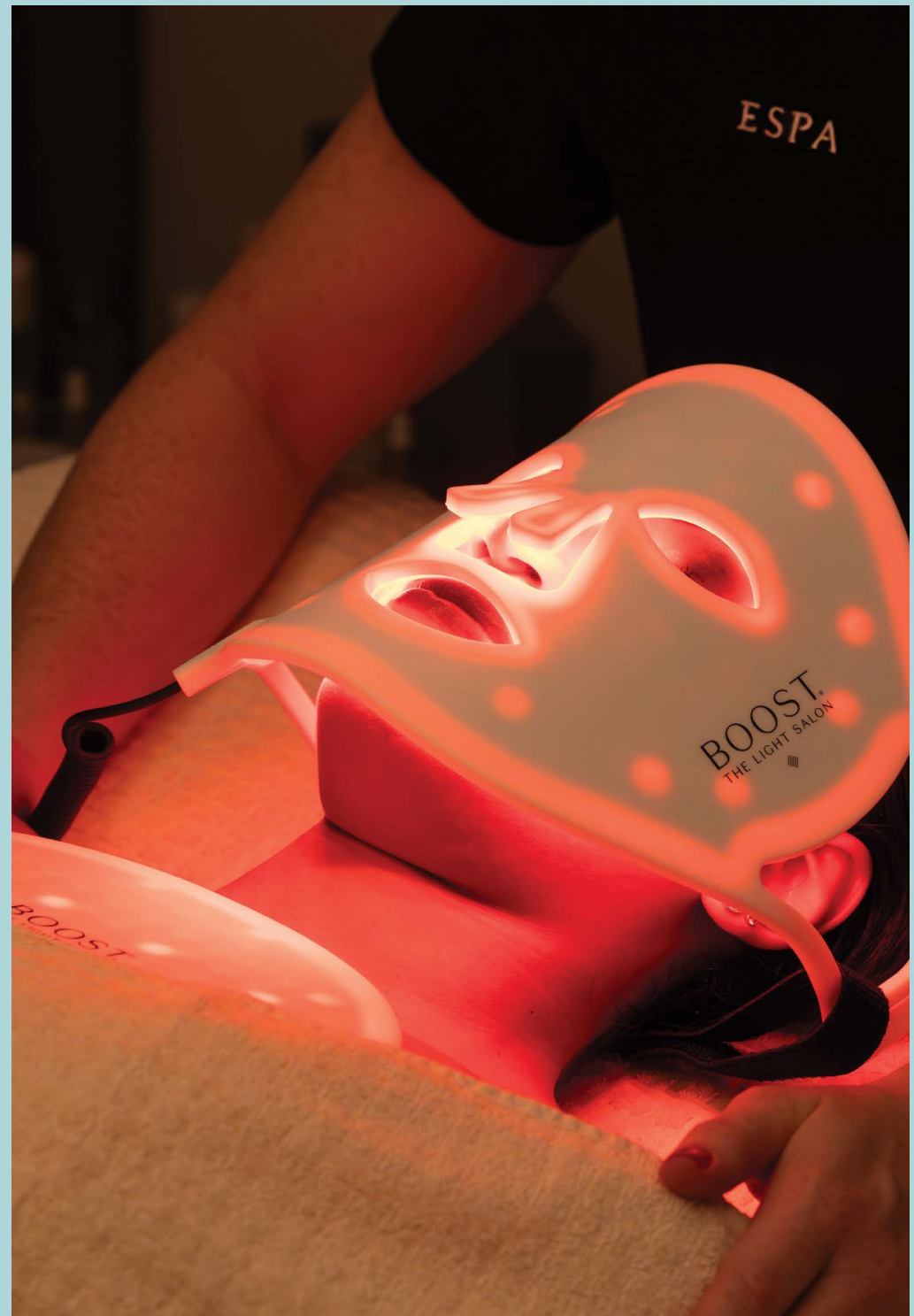
Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant. Includes: Skin analysis with Skin Vision™ lamp – double cleanse – steam – Japanese Kobido inspired facial massage - stimulating Jade rollers - sculpting & lifting massage techniques – Lifting & Smoothing Mask – scalp massage.

LED & NANO DERMABRASION FACIAL TREATMENT (60 MINUTES)

This invigorating nutrient-rich facial treatment embraces ESPA's holistic approach to restoring radiance. LED Light treatment is a non-invasive, results-driven treatment for all skin types and skin tones, that works at a deep, cellular level. Clinically proven to improve the appearance of wrinkles, even skin tone and texture, increase firmness and significantly increase the amount of collagen and elastin fibres. LED leaves skin feeling hydrated and plumped, promoting a glowing complexion. Includes: Skin Analysis with Skin Vision Lamp, Double Cleanse, Exfoliation & Nano-dermabrasion, Facial Massage, Hydrogel Mask with LED mask, Hand and Arm massage, Scalp massage.

ESPA GLOW FROM WITHIN FACIAL (75 MINUTES)

Packed with nutrient-rich active ingredients to brighten and refresh dull, lethargic complexions. An invigorating ritual for optimal glow. While your scalp and hair are nourished with a fortifying, deep conditioning mask, a traditional Rose Quartz Gua Sha releases tension and enhances the depth and intensity of the massage to maximise results, leaving the body, mind and skin feeling renewed, and your face has a luminosity that leaves you looking lit from within. Includes: Skin Analysis with Skin Vision™ Lamp - Double Cleanse - Steam - Rose Quartz Gua Sha Facial Massage - Multi Masking - Scalp Massage - Gua Sha Arm.



Essential Body Massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity.

SWEDISH MASSAGE (60 MINUTES OR 90 MINUTES)

A truly traditional massage with regulated pressure and stimulating movements which is excellent for effectively releasing knots and tensions as well as easing tired muscles.

INNER CALM MASSAGE (60 MINUTES OR 90 MINUTES)

Find your inner calm with this rebalancing aromatherapy massage for the mind and body, using a specifically selected blend of ESPA oils, tailored for you.

HOT STONE MASSAGE (60 MINUTES OR 90 MINUTES)

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

MATERNITY MASSAGE (60 MINUTES)

A deeply nourishing body massage designed to target areas prone to stress and tensions during pregnancy. A soothing body massage specifically designed to suit your individual concerns focuses on the areas needed.

REFLEXOLOGY (45 MINUTES)

Reflexology is a focused pressure point technique directed at the feet. It is based on the premise that there are zones and reflexes on different parts of the body that correspond to glands and organs. This gentle therapy encourages the body to naturally restore and maintain a healthy balance.

ESPA Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.

ESPA HOT STONE BACK, FACE & SCALP TREATMENT (90 MINUTES)

Unravel tension, instantly boost your complexion, and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant. Includes: Back exfoliation – back massage with or without hot stones – Inner beauty facial – scalp Massage.

ESPA BODY WRAP (60 MINUTES)

Purify your body or deeply replenish your skin with this body wrap. Reveal instant results from naturally detoxifying Algae. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm. Includes: Body exfoliation – algae wrap – scalp massage.

ESPA DEEP CLEANSING BACK TREATMENT (60 MINUTES)

Relax and revive body and mind with this targeted powerful yet soothing treatment. Using selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored. Includes: Back cleanse & exfoliation, back massage, marine mud mask, lower leg massage.

ESPA SALT & OIL SCRUB (30 MINUTES)

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy. Includes: Salt & oil full body exfoliation.

Express Treatments

BACK, NECK & SHOULDER MASSAGE (30 MINUTES)

This massage is tailored to address any area of concern and uses the most appropriate massage techniques along with the ESPA body oil tailored to your needs.

TENSION-RELIEVING HEAD MASSAGE (30 MINUTES)

This massage focuses on the key areas of tension using an ESPA body oil chosen for your specific needs. An excellent treatment to help ease aches and pains.

EXPRESS FACIAL (30 MINUTES)

Your therapist will select the most suitable facial for your skin. This mini personalised facial includes a consultation, Skin Vision analysis, Cleanse, Exfoliation, Personalised Facial Massage and finishes with an application of a booster serum to suit your skin.

SALT & OIL BODY SCRUB (30 MINUTES)

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished smooth and supple.

FOOT & LEG TREATMENT (30 MINUTES)

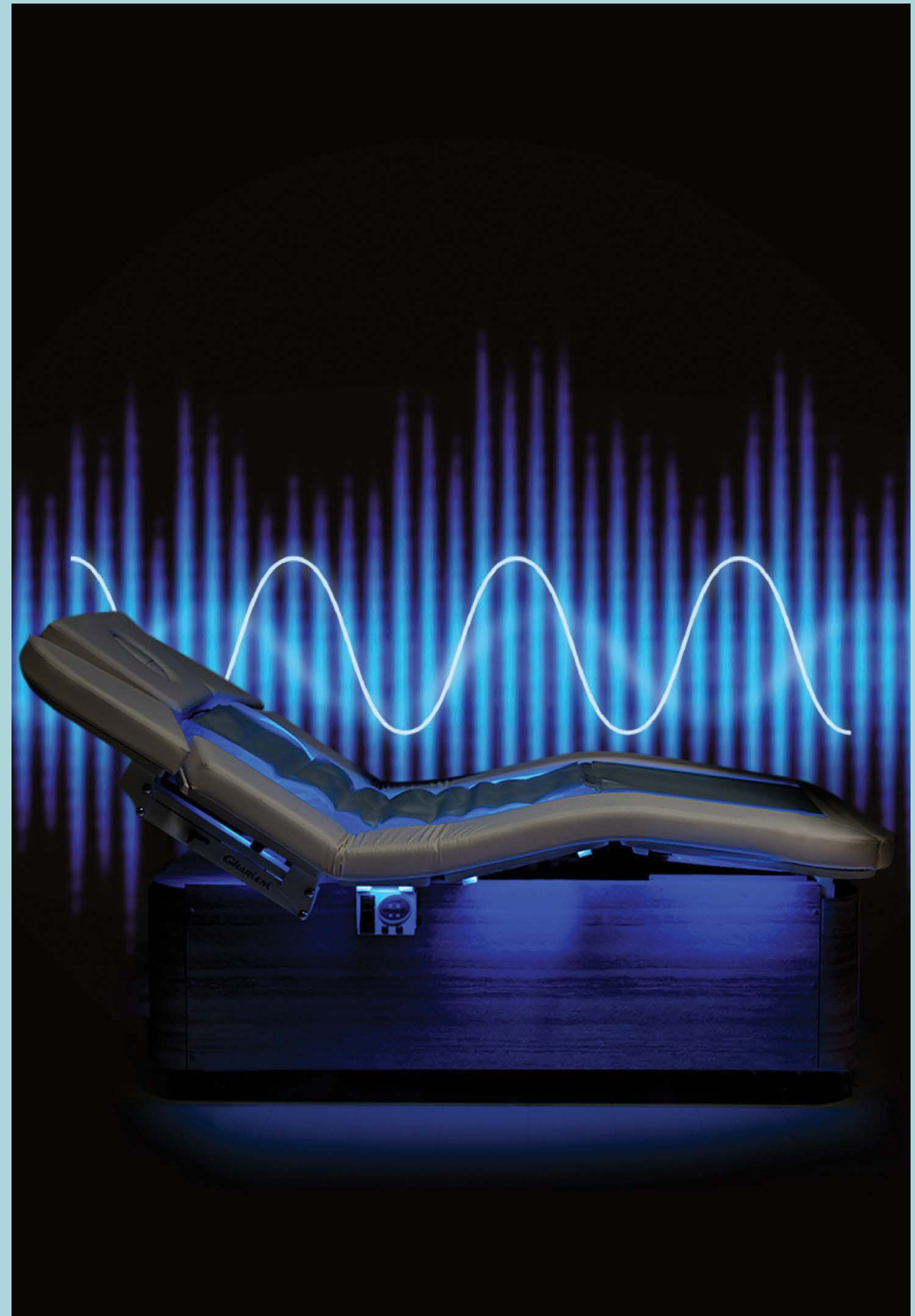
Soothe tired, aching, or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and legs, then treat them to a rejuvenating and intensely reviving massage – restoring cool comfort and leaving you ready for another active day.

Spa Facility Treatment

GHARIENI SPA WAVE SYSTEM (30 MINUTES)

The Welnamis treatment experience provides the key benefits of mindfulness, meditation and deep relaxation. Specially composed music applied through gentle acoustic waves with binaural sounds, works to release stress during the sound therapy treatment. Based on the Quantum Harmonic sound therapy, this treatment features precise and complex audio frequencies matched to the organs and chakras of the body. Refreshing and revitalising, this treatment is unique in its technology and approach.

Express Treatments & the Spa Wave Treatment do not include Spa facility use. There is an additional facility charge for non-resident guests.





Day Spa Experiences

Choose from a selection of exquisite treatment experiences which all incorporate full use of the luxurious Spa facilities including the thermal suites and vitality pool, Serenity room and Swarovski crystal-lit Swimming Pool.

LUXURY RETREAT (120 MINUTES)

Treat yourself to the ultimate Spa experience. 'Includes a light afternoon tea style lunch in the Spa Café and a choice of two of the following one-hour treatments:

- Inner Beauty Facial
- Inner Calm Massage
- Swedish Massage
- Hot Stone Massage
- Body Wrap
- Salt Scrub & Back Massage
- Salt Scrub & Express Facial
- Salt Scrub & Head Massage

TREASURED MOMENTS (90 MINUTES)

Take time to relax and escape, with a choice of traditional spa treatments. 'Includes a light afternoon tea style lunch in the Spa Café and a choice of three of the following 30 minute treatments:

- Express Facial
- Back, Neck & Shoulder Massage
- Tension Relieving Head Massage
- Salt & Oil Body Scrub
- Foot & Leg Treatment

TIME FOR CALM (60 MINUTES)

Relax and allow your mind to slow down in the warmth and tranquility of the luxury surroundings. 'Includes a light afternoon tea style lunch in the Spa Café and a choice of two of the following 30 minute treatments:

- Express Facial
- Back, Neck & Shoulder Massage
- Tension Relieving Head Massage
- Salt & Oil Body Scrub
- Foot & Leg Treatment

MUM TO BE DAY SPA (60 MINUTES)

The ultimate relaxing spa experience tailored for expecting Mum's. 'Includes a light afternoon tea style lunch in the Spa Café and a choice of the following one-hour treatments:

- Maternity Massage
- Inner Beauty Facial
- Maternity Back Massage & Express Facial

All Day Spa Experiences can be tailored for pregnancy. Please advise our Spa Reception team upon making your reservation.

Spa Guide

Our spa is open 7am-9pm daily. Children's Swim Times are 9am-12pm & 3pm- 6pm. It is strictly an adult only environment outside of the Children's hours.

SCHEDULING AN APPOINTMENT

To schedule an appointment, please speak with our specialist Spa Reception team who will guide you to make the right choice. You can contact the Spa Reception team on (01) 2749710 or via email at espa@powerscourthotel.com

ARRIVAL TIME

Residents are advised to arrive at least 15 minutes prior to the treatment in the robe and slippers from their room. Non- Residents are advised to arrive at least 30 minutes prior to the treatment. The Spa Reception team will allocate a locker with a robe and slippers.

WHAT TO BRING

Bathrobes and Slippers will be provided, alternatively guests can bring their own flip flops. Guests need to bring swimwear and gym gear. Swimwear is mandatory in the Swimming Pool, Hot Pool, Hammam Suite and Thermal Suites.

HEALTH CONDITIONS

Kindly advise of any health conditions, allergies, recent medical or cosmetic procedures or injuries, which could have a bearing on our services/treatments when making your Spa reservation. Guests may be requested to provide a note from the GP as a safety precaution.

PREGNANCY

We have specifically designed treatments for expectant and nursing mothers. Expectant mothers must be over 12 weeks pregnant for body treatments.

CANCER CARE TREATMENTS

Please advise the spa reservation team upon making the booking if you are undergoing treatment or have undergone treatment for cancer. Our treatments can be tailored accordingly with a number of specialised therapists.

AGE REQUIREMENTS

The minimum age requirement for Spa treatments and access to the Hammam Suite, Thermal Suites and Gym is strictly over 16 years.

TREATMENT REQUESTS

A Treatment Preference with a male or female therapist will be noted at the booking stage however the request cannot be guaranteed. Guests may be requested to move the treatment start time 30 minutes before or after the scheduled time. We will endeavour to contact you in advance to make you aware of your updated start time.

SPA CAFÉ

The opening hours are 12pm-3pm. Guests must book a table in the Spa Café in advance of your reservation.

SPA ETIQUETTE

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

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. There is also an opportunity to pay in advance of your treatment via a secure payment system. There is no service charge on the treatments. Gratuities are at the guest's discretion.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment not cancelled 24 hours prior to the appointment. Cancellation within 12 hours incurs a 100% charge.



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