Powerscourt Wellness Experience

Unwind the busy mind, escape the pace of everyday life and emerge feeling focused, with a positive 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.

Duration 1 Hour
Price Midweek €115, Weekend €125

ESPA FACIAL

Inner Beauty Facial

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.

Duration 1 Hour
Price Midweek €115, Weekend €125

ESSENTIAL BODY MASSAGE

Swedish Massage

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.

Duration 1 Hour
Price Midweek €115, Weekend €125

www.powerscourthotel.com espa@powerscourthotel.com
+353 1 274 9710
Inner Calm Massage

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.

Duration 1 Hour
Price
Midweek €115, Weekend €125

Reflexology

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.

Duration 1 Hour
Price
Midweek €115, Weekend €125

Maternity Massage

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 to alleviate muscular aches, whilst helping to relax, restore and revitalise.

Duration 1 Hour
Price
Midweek €115, Weekend €125
EXPRESS TREATMENTS

Express Facial

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 Mask and finishes with an application of a booster serum to suit your skin.

Duration 30mins.
Price Midweek €75, Weekend €85

Tension-Relieving Head Massage

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.

Duration 30mins.
Price Midweek €75, Weekend €85

Back, Neck and Shoulder Massage

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.

Duration 30mins.
Price Midweek €75, Weekend €85

Salt and Oil Body Scrub

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

Duration 30mins.
Price Midweek €75, Weekend €85

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Luxury Retreat

The ultimate retreat when you decide to switch off and unwind. It’s the time you need to refresh and restore calm and tranquillity to both mind and body. Includes:

A choice of 2 of the following 1 hour treatments:
- Inner Beauty Facial
- Swedish Massage
- Inner Calm Massage
- Salt and Oil Body Scrub & Back, Neck and Shoulder Massage

A light afternoon tea style lunch in the Spa Café

**Monday - Friday: €200**
Subject to Availability

Time For Calm

Relax and allow your mind to slow down in the warmth and tranquillity of ESPA at Powerscourt Hotel. Includes:

A choice of 2 of the following 30 minute treatments:
- ESPA Express Facial
- Back, Neck and Shoulder Massage
- Tension Relieving Head Massage
- Foot & Leg Massage with Paraffin Wax Treatment
- Salt & Oil Body Scrub

A light afternoon tea style lunch in the Spa Café

**Monday - Friday: €140**
Subject to Availability
Relax & Recharge

Take some time out of your busy schedule to relax and recharge the mind and body. Includes:

- Back, Neck and Shoulder Massage
- ESPA Express Facial
- A light afternoon tea style lunch in the Spa Café

**Monday - Friday: €140**
Subject to Availability

Afternoon Treat

The perfect way to spend an afternoon, spa time and afternoon tea. Includes:

A choice of one of the following 1 hour treatments:

- Inner Beauty Facial
- Swedish Massage
- Inner Calm Massage

Afternoon Tea in The Sugar Loaf Lounge.

**Monday - Thursday: €160**
Subject to Availability

[Website Links]