

# Le Jardin<sup>®</sup>

LUXURY SPA



Ireland's  
Best Day Spa

# TREATMENT TARIFF

## FACE

### Signature Facial - Le Beaute (50 Min) £75

Using essential oils distilled fresh in spa, this facial combines a gentle cleanse tone and exfoliation of the skin, finishing with the application of a vitamin and nutrient laden bespoke facial oil.

### Botanical Bloom (50 Min) £90

Le Jardin's super lifting No-Tox facial. A gentle aqua peel and oxygen airbrush of skin combine to tackle dark circles under the eyes, reduce pores, increase skin elasticity, define face, slim jaw line strengthen capillaries and improve blood flow.

### Skin Comfort\* - Natura Bisse (50 Min) £100

Designed to rebuild skin tolerance, visibly reduces sagging and reverses micro inflammation that causes premature aging. Specifically designed to instantly revive the skin this tailored facial is the sought after answer for hypersensitivity and rosacea.

*\*Suitable for people with weakened immune systems and undergoing medical therapies.*

*\*\*The Inhibit Facelift includes 60 minutes complimentary use of the Thermal Suite.*

### Pour Homme (50 Min) £75

While all our facials are non-gender specific this facial was inspired by the techniques used by traditional barbers who comforted the skin with steaming towels. It is followed by a stimulating face massage designed to counteract the effects of under eye circles, daily stress and abrasive shaving.

### Diamond Cocoon\*\* - Natura Bisse (60 Min) £125

Breath new life into your skin with this intensive pre-biotic facial. Boost the lymphatic system's natural detox to leave skin brighter, tighter and glowing with new life.

### Inhibit Facelift\*\* - Natura Bisse (60 Min) £160

Inhibits, fills, reforms. This professional lifting not only reduces expression lines and corrects signs of aging it completely rejuvenates signs of aging.

### Enhance Your Facial (20 Min) £30

Enhance any facial by adding a boosting indulgent gold, caviar, CBD or pearl mask with scalp massage.

## BODY

### Vive Le Mer (75 Min) £90

A warm and detoxifying seaweed wrap followed by a circulation stimulating cryo globe massage and adipose targeting gel make this a highly results driven treatment. Significantly targeting cellulite with the aim of firming and smoothing the skins surface.

### Le Jardin - Exfoliating Body Scrubs (50 Min) £80

A full body exfoliation of your choice followed by a warm herbal mist and nourishing warm body melt balm application. All guests receive a pot of scrub to take home for their next at home application.

### Bare Roots (50 Min) £80

Soak away tension with a serene footbath and scrub. Then feet will be grounded with a warm foot mask while a hot stone calve massage relieves tension in the calve muscles.

### Foot Reflex Treatment (40 Min) £60

Working exclusively on the feets pressure points to help alleviate stress and encourage healing.

### Scalp Rever (40 Min) £65

Enjoy a sedating warm argan oil and nettle infused hair restore scalp massage and warm oil drizzle treatment with Le Jardins Shriodara inspired Indian head treatment.

### The Alchemists Choice (50 Min) £95

Blending nature and science to create a results driven treatment targeting issues such as cellulite and stubborn fat deposits. This treatment also involves a health consultation and dietary advice to ensure results continue at home.

*Contact the spa for information on seasonal body treatments and unique holistic offerings.*

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### MASSAGE

**Signature Massage - Lux Linen Massage (50 Min) £80**

Our signature massage is the ultimate in relaxation, following an inhalation of our seasonal inspired scent, your therapist will cover your body in warm scented linen before beginning a sedative massage.

**Deep Tissue (50 Min) £85**

Our spa favourite with athletes or those who have pushed their body to extremes. This treatment works out tight knots and also softens worn muscles as your therapist uses various massage modalities to stretch and loosen your body and helping you regain a balance.

**Hot Stone (50 Min) £85**

Relieve stress and melt muscular tightness with an aromatherapy massage combining hot stones and sedating acupressure techniques. This massage uses our own bespoke carved stones which work their way into deep seated knots and tension.

**Lomi Juma (60 Min) £90**

Restore your inner balance with Natura Bisse fusion of massages and stretches to improve microcirculation, relieve joints and relax muscles.

**Herbal Poultice (80 Min) £100**

A wonderfully relaxing treatment utilizing steamed poultices and herbal compresses which are made in house using therapeutic herbs. Heated herbs wrapped in organic linen are massaged into the body help to relax tense muscles whilst the residual steam in the room will relax the senses.

**Massage Lumiere (50 or 80 Min) £80 or £110**

Choose a 50 or 80 minute spa treatment which uses warm soya bean candle for in-room aroma and therapeutic effect. Experience a range of unique therapeutic techniques from shiatsu, Thai massage, trigger point and meditation.

Contact the spa for seasonal massage treatments such as bamboo and thai.

### DAY SPA

**Floraison Bebe (120 Min) £155**

Meaning baby bloom, this is the ultimate retreat for expectant mothers. An all encompassing day of much needed pampering, begins with Le Jardins pregnancy massage and sensitive skin facial followed by a gentle foot reflex treatment. The treatment ends with a seasonal light lunch.

**Le Jardin Seasonal Gourmet (120 Min) £155**

An indulgence of all the senses in this seasonal delight which changes quarterly, a Le Jardin Linen dream massage, followed by choice of Le Beaute or Botanical Bloom facial. Served after your treatments in spa relaxation room platter of 3 seasonal taster light bites, with complimentary accompaniment of paired wine or gin.

**Viva Le'Chocolat (135 Min) £205**

Who wouldn't desire to be cocooned in chocolate, this devilish delight includes an full body scrub and a mint chocolate body wrap before ending with a warm oil massage, included in this treatment is a decadent mint choc martini and a choc dipping platter of delights.

**Perfectly Provence (150 Min) £215**

A bouquet of delight this package includes a damask Rose body wrap and a luxurious facial with a melted soya and cocoa butter hand treatment. The treatment ends with a refreshing floral body spritz of choice of distilled wild rose and elderflower water or Provence inspired lavender mist, along with a light lunch.

**Herbal Hedonism (105 Min) £150**

Herbal infused gin, was the inspiration for this salt scrub and body massage combination. Bespoke your treatment by selecting your chosen scent and end your days therapy with a complimentary Gin taster tray, so you can experiment by adding herbs and become your own mixologist.

**Twin Flames (100 Min) £285**

A treatment for deux. In our luxurious couples treatment room begin this experience with a warm candle massage carried out in sequence culminating in a decadent and bespoke botanical facial. End this romantic, shared day spa with a glass of prosecco and sweet delight.

All Day Spa packages include 90 minutes complimentary use of the Thermal Suite.

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### THERAPIST RECOMMENDS

#### *Green Goddess or Green Man*

**(180 Min) £225**

For those urban botanical babes or garçon's who wish to breathe in the green goodness of all that nature's best has to offer: Le Jardin ode to all things Vert, begins with a eucalyptus and pine sinus inhalation and facial massage treatment. Followed by an alpine body scrub and a full body warm spirulina and seaweed wrap and then ends with a body massage with a botanical massage oil of your selection, a green tonic drink and seasonal platter served in our relaxation suite.

#### *Le Aroma Maman*

**(120 Min) £155**

Le Jardin pregnancy treatment will cocoon you during this unique time. Designed to thoroughly calm, balance and support. Utilising pregnancy safe botanicals this treatment incorporates a foot soak and exfoliation followed by foot and leg massage before mother and baby are supported during a sedative back and scalp massage.

#### *Diamond Rose Body Ritual*

**(60 or 90 Min) £125 or £150**

Face and body treatment designed by Natura Bisse. Indulge your skin and senses with an exquisite face and body ritual using the antiaging properties of the damask rose from Natura Bisse. Your body will be pampered with an exfoliating blend of rosehip seeds and diamond dust to revive the skin's texture and appearance followed by a blissful massage using rose scented dry oil.

#### *Agua Relaxation*

**(80 Min) £125**

Have the sensation of floating away as you lay upon heated water blankets during this wonderfully supportive massage. Using warm hydro-therm blankets this treatment allows for a deep massage to be performed with the added therapy of all over heat to relax the muscles even further unwind further as your skin drinks in a nourishing Le Jardin Serum. You select your oil pre-treatment and following your treatment you will receive a complimentary frozen cocktail to match your oil, a decadent and all encompassing treatment.

#### *Life Infusion Ritual*

**(90 Min) £130**

Have the sensation of floating away as you lay upon heated water blankets during this wonderfully supportive massage. Using warm hydro-therm blankets this treatment allows for a deep massage to be performed with the added therapy of all over heat to relax the muscles even further unwind further as your skin drinks in a nourishing Le Jardin Serum. You select your oil pre-treatment and following your treatment you will receive a complimentary frozen cocktail to match your oil and a chocolate truffle; a decadent and all encompassing treatment.