

Facial Treatments

All our Facials include a relaxing and rejuvenating facial, scalp, neck and shoulder massage to ensure total relaxation of the body and mind.

**ELEMIS PRO COLLAGEN AGE DEFY** (75 minutes) **€139**  
This exceptional face and eye treatment helps slow down the signs of premature aging, reducing the appearance of fine lines, wrinkles and crows feet on the face.

**ELEMIS SUPER FOOD PRO RADIANCE** (75 minutes) **€139**  
Ideal for ageing, stressed and slack skins. Anti aging face and eye treatment.

**FACE AND BODY SENSATIONS** (60 minutes) **€139**  
30 minute hot stone massage that leads seamlessly in to a 30 minute Elemis Facial.

**ELEMIS SKIN SPECIFICS FACIAL** (60minutes) **€129**  
A tailor made facial suitable for all skin types, concentrating on your personal skin concerns.

**ELEMIS DYNAMIC RESURFACING PRECISION PEEL** (60 minutes) **€129**  
lines and wrinkles, improving skin tone and scar tissue.

**ELEMIS TASTER FACIAL** (45 minutes) **€99**  
A prescriptive facial suitable for all skin types.

Massage Therapy

**DEEP TISSUE MASSAGE** (45 minutes) **€119** (60 minutes) **€149**  
An invigorating massage with firm pressure, ideal for over worked and tense muscles

**ELEMIS PEACEFUL PREGNANCY MASSAGE** (60 minutes) **€149**  
A gently nurturing, specially formulated massage for mothers-to-be that deeply relaxes.

**HOT STONE MASSAGE** (45 minutes) **€119** (60 minutes) **€149**  
This is a unique experience to relax the mind, body and spirit.  
Excellent for muscular problems and relaxation

**TRADITIONAL SWEDISH MASSAGE** (45 minutes) **€109** (60 minutes) **€139**  
A relaxing massage using light to medium pressure, ideal for relieving tension and promoting relaxation

**WOLSELEY SPA SCALP MASSAGE** (30 minutes) **€79**  
Combines techniques of Ayurvedic, Indian & Shiatsu Scalp Massage, including a sequence of Neck & Shoulder massage for pure relaxation

Body Treatments

**ELEMIS CELLUTOX WRAP** (60 minutes) **€119**  
A Detoxifying blend of Juniper and Lemon which decongests and stimulates the bodies systems. Excellent for reducing cellulite and fluid retention.

**MUSCLEASE OCEAN WRAP** (60 minutes) **€119**  
A warming blend of pine and rosemary essential oils to help ease the pains of rheumatism, arthritis, muscular spasms and fatigue

**EXOTIC COCONUT RUB AND MILK RITUAL** (60 minutes) **€119**  
Balinese ritual that indulges the senses, drenches your skin in moisture, leaving the skin smoother, softer and conditioned.

**EXOTIC FRANGIPANI SALT GLOW** (60 minutes) **€119**  
An exotic exfoliation ritual that cleanses and nourishes the body, drenching the skin with a luxurious blend of Franjipani flower and Tahitian coconut oil, treating the body and senses alike.

**REFLEXOLOGY** (60 minutes) **€125**  
A foot treatment that boosts circulation, helps increase energy levels, promotes relaxation and balances the body

Signature Rituals

**DRY FLOATATION** (30 minutes) **€65**  
The best treatment for tired bodies. 30 minutes equates to 3 hours sleep!  
You are literally suspended in water but never get wet. Experience total weightlessness and complete relaxation of musculature.

**HYDRO JET MASSAGE** (25minutes) **€59**  
The almost weightless body receives a massage starting at the thighs , moving up to the shoulders in the direction of the heart, passing 5 anatomic zones.  
Instead of a therapist's hands - you will feel temperature-regulated water jets that massage the body through the film layer.  
You will experience the healing power of water without ever getting wet.

**RASUL**  
Cleanse and remineralise the skin while having fun in our Turkish steam chamber. Different muds are used on the face and body, leaving your skin glowing and the body revitalised.

45 minutes of sheer invigoration.

2 people **€109**  
3 people **€139**  
4 people **€165**

Thermal Suite Facilities

- THERMAL POOL** - Warm water pool for total relaxation.
- FOOT SPA** - Warm pool giving a gentle foot massage.
- STEAM ROOM** - A detox for the skin with respiratory benefits.
- EXPERIENCE SHOWERS** - Rejuvenating effect for body and mind.
- LACONIUM** - Gently heated room safe in pregnancy, enjoyed by all.
- SABIA MED** - Our indoor beach taking you on a journey from dawn to dusk.
- RELAXATION ROOM** - Tranquil space for pure relaxation.

Robes, slippers and towels are provided with our compliments to all guests of the Wolseley Spa.  
**Enjoy the facilities of the exclusive Wolseley Thermal Suite, €30.00 per person for 60 minutes.**  
The Thermal Suite is Complimentary with any Treatment Booked.



Packages

*Why not indulge in one of our Exclusive Luxury Packages*

**MOUNT WOLSELEY BEAUTIFUL WOMAN** (2 Hours 20 minutes)      **€249**  
30 minute Swedish massage, Elemis Skin Specifics facial, Scalp Massage

**MAN TIME** (1 Hours 30 minutes)      **€199**  
Full Body Exfoliation, Scalp Massage, Deep Tissue Massage

**REVITALISING PAMPER** (2 Hours)      **€199**  
Exotic Coconut Rub and milk ritual, Elemis mini facial, 30 minute massage

**COUPLES PAMPER PACKAGE**      **€165 per person**  
30 minute massage *OR* 30 minute facial, Rasul, Dry Floatation and Afternoon Tea

*Afternoon Tea to complete your treat:  
€32 per person*



Spa Etiquette

The Wolseley Spa is suitable for guests 18 years old and over.  
Guests who wish to change their treatment dates or treatment times are required to provide a minimum of 24 hours notice.  
Guests who wish to cancel their treatments are required to provide a minimum of 24 hours notice or the full treatment amount will be charged.  
No show appointments will be charged in full.  
Please respect the privacy of other Spa guests by speaking quietly, switching off mobile phones and not using cameras.  
Please arrive 20 minutes prior to your appointment as this will allow you time to check-in and change before your treatment.  
Robes, slippers and towels are provided with for all our Spa guests.  
Please bring your swimwear for use of the Thermal Suite.  
Please ensure you collect all personal belongings from your locker or bathrobe before leaving, as the Wolseley Spa is not responsible for any personal items left behind.  
As a courtesy to other guests, please be aware that your late arrival may result in a reduction of your treatment time.  
Please return all locker keys to Spa reception upon departure.



Tullow, Co. Carlow  
Tel: +353 59 9180116 Fax: +353 59 9152123  
Email: [spa@mountwolseley.ie](mailto:spa@mountwolseley.ie)  
**[www.mountwolseley.ie](http://www.mountwolseley.ie)**

TREATMENT LIST

