

Treat Yourself

The Mill Park Wellness centre has created a serene & relaxing atmosphere, dedicated to your well-being. Here we specialise in the latest beauty treatments from around the world, to pamper the body, relax the mind, revive the spirit and refresh your life!

All treatments are designed to pamper & relax guests of all ages, and treatments are available for both male & female clientele.

You can choose from a variety of relaxing Facials, Manicures & Pedicures, Body Wraps & Massage with so much more available. We can design a beauty regime to suit your needs, be they for relaxation, for vitality or to detoxify the body.

Each treatment is as individual as you are.

Please ask about other services (courses of treatments etc), which may not be listed in our brochure due to the extent of our range.

BOOKINGS: *Tel: 00353 74 9722880*



Facial Treatments

Algo'pur Correction

This facial is ideal for oily/problem skin, ingredients such as witch hazel and algae extracts which help to regulate the sebaceous glands, purify the skin, along with anti-inflammatory and antibacterial properties to reduce sensitivity and further skin irritation. Seaweeds used within the facial containing minerals and trace elements stimulate the circulation and cell renewal restoring suppleness and moisture.

45 mins

€55

Algo'lif Anti-age

Luxurious facial using Marine properties high in amino acids, vitamin C and zinc, helps repair the skins cutaneous tissue reducing fine lines and wrinkles. The skin becomes smoother and younger looking and radiant.

1 hr 15 mins

€70

Hydralift

Marine seaweed based ingredients bring moisture and freshness to your skin. The radiance mask has a lifting and toning effect visible with first application. The signs of fatigue are smoothed out; it softens wrinkles and fine lines while also improving blood circulation and cell regeneration. (Suitable for slightly mature skin)

1 Hour

€65

Oligozen Serenity

Ultra soothing facial containing ingredients such as vitamin E, shea butter and horse chestnut along with soothing marine extracts. This facial is designed to desensitize skin, it also calms and helps repair broken and dilated capillaries making the skin and complexion more even. These products also help to rebuild the skins strength against environment damage

45 mins

€45

Algo'pur Normality

Designed to balance the ph of combination skin using products such as zinc and potassium. This facial regulates the oil flow and speeds up cell regeneration. It is the perfect anti-oxidant leaving the skin perfectly balanced and radiant.

45 mins

€55

Algo'lift Oxygenating & Regenerating

Brings life to dull, tired, undernourished skin. This treatment brightens the complexion while working against free radicals, which attach to the skin daily. It uses marine sources rich in vitamin C, which not only brightens the skin but also improves its elasticity and tone. At the same time the skin is stimulated along with increased cell regeneration.

1 hr 15 mins

€70

Thalsource Hydration

This facial is perfect for thirsty skin, designed for skin suffering from dehydration. This wonderful facial floods the skin with moisture that has been lost due to daily stressful living – leaving it feeling soft and looking both fresh and radiant.

45 mins

€50

Body Treatments

Velvet Radiance

Full body exfoliating cream with essential oils & marine extracts helps the skin recover its youthful glow, refines the skin grain, removes dead cells, giving new energy and vitality. Complete with moisturising milk of marine oils to soften the skin along with the seaweed extracts to preserve.

35 mins €40

Absolute Recover Care

Indulge the body in marine oils and seaweed extracts massaged into the skin, helping remove dead skin tissue to purify and refine the skin. Luxurious body massage oil that relaxes the muscle with lavender and camomile along with spirulina (seaweed extracts), which improve the skins suppleness.

45 mins €60

Original Marine Wrap

A gentle formula of minerals and trace elements removes dead cells, softens the skin and gives radiance. Thalasso – oligo gel (spray dried isotonic water) is applied to the body as a powerful revitaliser, rich in magnesium and relaxing properties. Followed with cooling shaping gel by massage maintaining ingredients

absorption along with velvet body milk enriched hydrating properties leaving the skin soft and silky.

1 Hour €60

Thalivelt Silhouette Wrap 1

This body contouring, loose centimetres treatment starts with a body exfoliation to remove dead skin tissue. Seaweed lotion is applied to prepare for body wrap containing high levels of seaweed triggering the contouring process with increased metabolic rate. Cooling shaping gel with firming shaping expert to maintain decongestion and drainage of the body.

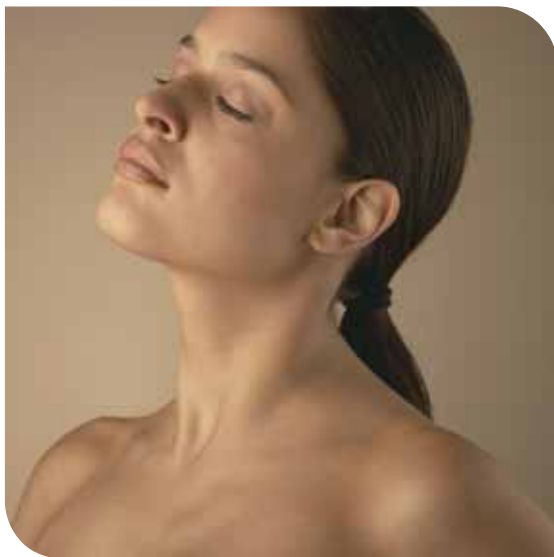
1 Hour €70

Relaxing Back Care

The luxury facial for the back includes and exfoliation, this deep pore cleansing stimulates circulation. A marine mud mask is applied with a relaxing essential oil complex to tone and balance the skin tissue. A soothing back and neck massage ensures comfort and relaxation. Moisturising milk is applied to hydrate the skin completing the treatment.

45 Min €50

** All wraps to include use of Thermal Envelope.*



Well Being Treatments

Foot Massage 30 Min €30

Swedish Massage

Chronic tension in muscle tissue can restrict performance, causing pain. This can be relieved by regular massage treatments. Blood circulation is stimulated helping the body deliver its nutrients and oxygen easing stiffness and bringing a healthier tone to the skin.

Full Body 1 Hour €60
Back 30 Min €30

Holistic Massage

The ultimate in luxury healing massage, which benefits the whole well-being, not just the body. Following this massage, the energy is restored and the zest for life returns.

Full Body 1 Hour €60
Back 30 Min €30

Hot Stone Therapy

This timeless healing technique combines massage with the thermogenic benefits of heated Irish Basalt Stones and the therapeutic qualities of essential oils. The Therapy of Nature's Healing Stone includes the strategic placement of stones

on the body to improve energy flow, the application of Pure Pro essential oils to improve the structural alignment of the body, and the incorporation of the stones into classic Western Massage techniques.
90 Min €80

Hot Stone Back Massage

40 Min €45

Holistic Head Massage

This treatment aims to balance the mind, body & spirit. Includes techniques for shoulders, upper arms, neck & scalp. These areas are very susceptible to stress & tension. A gentle, soothing treatment for the quick relief of stress.
30 Min €30

Hopi Ear Candling

An ancient, Native-American healing ceremony. Induces a pleasant feeling of warmth & balance of pressure in the ear, forehead and sinuses. It is soothing & helpful for earache, headache, ear noise, stress & nervousness. The treatment brings about a wonderful deep sense of relaxation.
30 Min €25



Manicure & Pedicure

Manicures

Nails are NOT alike! As hair & skin differ from person to person – dry, normal or damaged – so do nails. Using the renowned Jessica nail care system, this manicure diagnoses your nail type and nourishes & restores your nails accordingly. It will teach you how to look after your nails successfully at home.

Jessica Nourishing Manicure

45 Min €35

Jessica Mini-Manicure

20 Min €15
(Nail soak, File & Polish)

Jessica French Polish

Add €5

Pedicure for the Spirit

All too often we forget our feet, which have to carry us around all day. Give your feet the treat they deserve, with our luxurious pedicure. Choose from calming Green Tea or energising Ginger pedicure products, which cater to your individual needs & designed for your total comfort and well-being.

Jessica Zen Spa Pedicure

1 Hour €40



Grooming Perfection

Waxing

Sensitive areas of the body are waxed using a gentle soft wax minimising discomfort. The skin is nourished in a hydrating moisturising cream when waxing is completed.

Half Leg Wax	€19
Half Leg Wax & Bikini Line	€27
Full Leg Wax	€29
Full Leg Wax & Bikini Line	€37
Bikini Line	€11
Underarm Wax	€10
Lip & Chin	€12
Arm	€14
Abdomen	€6
Lip	€7

For any advice needed prior to booking your waxing treatment, please consult a member of the Wellness Centre staff.

Eye Essentials

Eye Brow Wax	€7
Eyebrow Trim / Shape	€6
Eyebrow Tint	€6
Eye Lash Tint	€9
Combine 3 of the above	€20

Patch test required 24 hours prior to first time tinting treatment.

Finishing Touches

For that Special Occasion

Make – Up Application	€17
Bridal (Trial & Make Up On the Day)	€35

Spray Tans

Spray tans available, please ask for further details.



For that Extra Special Treat..

SUITE PACKAGES

Body Bliss: Half Day

Begin with a Body Polish / Exfoliation, followed by a soothing Back Massage, enjoy a refreshment & relaxation time. A light healthy lunch will be served. Finish your day with a suitable Facial, which will awake your senses.

Allow up to 4 Hours

€150



For that Extra Special Treat..

Sheer Indulgence: Full Day

Begin with a Body Polish / Exfoliation, followed by a therapeutic Full Body Massage. A suitable Facial for your skin type is performed. A light Lunch is served. Finish your day with a Manicure & Pedicure. A day designed especially to eliminate Stress, induce Relaxation & Boost Vitality.

All Suite Packages include the use of the Mill Park Leisure facilities, use of Robes, Slippers & Toiletries. Packages also include Lunch in our private Lounge area. Complimentary Herbal Tea, Coffee, Water & Fruit Juices are available during your day.

Allow up to 6 Hours

€200



Pure Pampering

Detox Day

Enjoy a seaweed “on the go” facial followed by a seaweed Body Wrap Treatment where you will be wrapped in a thermal blanket, which aids the elimination of toxins. A relaxing & rejuvenating experience. This treatment tones, and invigorates your skin from head to toe.

2 Hours

€115

Mother Nature Day

Ideal for Moms to be or New Moms! Let your body relax as we cater for your every need. Start with a relaxing facial, which includes Shoulder, Neck, face & Head Massage. Nurture your hands & feet with a nourishing Hand Treatment and Zen Spa Pedicure. Emerge feeling totally soothed and cared for.

2 Hours

€110

Sea Body Treat

The ultimate treat for your body, which will Exfoliate, Hydrate & Relax your Body & Mind. The treatment consists of a Sea salt Glow exfoliation, followed by a Neck, Shoulder & Face Massage.

1 Hour 45 Min

€90

Gift Vouchers

If you have enjoyed your stay with us, why not treat someone you know to the same experience. Gift Vouchers make a perfect gift. Vouchers can be purchased for packages or individual treatments.



Booking Information

We look forward to treating you at the Wellness centre soon.

To Make a Booking

We recommend you book your preferred choice of treatment date & time as early as possible to avoid disappointment.

During your visit at the Wellness Centre

The centre is a retreat from the stresses and strains of every day life.

Out of consideration for others, we request that noise be kept to a minimum. Switching off mobile phones is greatly appreciated.

The Wellness Centre cannot accommodate Children under 5 years.

To avoid rushing; we suggest arriving at least 10 minutes before your scheduled appointment, allowing you sufficient time to unwind, enjoy refreshments and ease into your visit with us.

Arriving late for your appointment will cause reduced treatment time.

All treatment times on the brochure are an approximation. The times shown allow for changing or showering depending on individual treatments.

Cancellations / Terms Policy

Clients who wish to change or cancel an appointment are kindly requested to provide a minimum of 24 hours notice or the full cost of the appointment will be charged. To accommodate other clients we require 72 hours cancellation notice for Pamper & Suite packages.

Gift Vouchers

Gift Vouchers can be purchased at the main reception. They are valid for 1 year, and will only be extended in extraordinary circumstances. Gift Vouchers must be presented to Wellness Centre reception on arrival.

BOOKINGS

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