



Tailored specifically so you can enjoy a relaxing experience at The Wells Spa

Our Organic ethos, naturally means we source products for The Wells Spa from like-minded Product Houses. These are made from entirely natural materials and are as kind to your skin as we hopefully are to the planet.

→ Massages ←

FLOURISH Organic Aromatherapy Massage

Flourish Organics Aromatherapy Massage is designed to instil relaxation, nourish the skin and release tension with these unique Aromatherapy blends:

Choose from the following options:

- **Eastern Opulence** - Indulge the senses in this decadent Aromatherapy massage. The fluid motion of this deeply relaxing lymphatic massage combined with an aromatherapy blend of sumptuous Rose, Sandalwood and Ylang Ylang creates a sense of healing and wellbeing in our bodies. Surrender to the healing touch and invigorating aromas as your body finds harmony and rejuvenation during this indulgent treatment.
- **Muscle Ease** - Melt away tension and return body and mind back to harmony with this deeply relaxing and nurturing massage. A unique blend of Chamomile, Juniper, Rosemary, and Benzoin boosts the immune system and eases muscle tension while addressing the underlying causes of stress by soothing and fortifying the nervous system.
- **Detox (Purify)** - Fortify your body's immune system with this uplifting aromatherapy treatment which uses detoxifying Body Oils to help circulation and speed up the elimination of toxins.
- **Rebalance** - Discover the harmony and restoration of our Rebalancing Massage, a deeply therapeutic treatment designed to realign your body, mind, and spirit.
- **Soothe** - Allow yourself to be enveloped in a deeply soothing blend of Sandalwood and Chamomile to melt away tension and restore your sense of calm and well-being.

50 mins, €115

Massages

Aroma Hot Stone Massage

A rhythmic style massage using heated volcanic stones to give warmth to tired and tense muscles. This treatment promotes sleep and relaxation with natural warming properties giving you an aromatic journey for your mind, body, and soul.

75 mins, €140

VOYA Voyager Massage Journey

This amazing experience uses body brushing, 50 min full body massage and scalp massage combining both gentle and stimulating movements to release tension, promote deep relaxation and relieve aches and pains. Tailored to individual needs.

Choose 1 of 3 oils for your journey:

- **Uplift** - Angelicus Serratus, distinctly fragrant super-hydrating body oil with VOYA's signature notes of citrus and the sea. Enhanced with antioxidant rose-hip that slows the signs of aging and evening primrose, which helps improve cell structure and skin elasticity.
- **Relax** - Mindful moments Enhanced with evening primrose and argan oils combined with the antioxidant qualities of Himanthalia Elongata, this body oil will nourish and hydrate the driest of skins. Lavender oil will de-stress the mind and assist in the prevention of sleepless nights, while rosemary oil will ease mental fatigue and uplift the spirits.
- **Muscle Relief** - Ginger Chai This is a muscle healing and fatigue-busting body oil with evening primrose and rose-hip oils for their powerful antioxidant qualities. Combined with Laminaria Digitata seaweed extract, this will deeply nourish and hydrate your skin, while bergamot, ginger, and may change will work in synergy to relax the muscles.

80 mins, €145

VOYA Organic Recovery Massage

A rhythmic pressure massage that alleviates stress eases aching muscles and revives the senses. Your skin is energised by deep infusion of VOYA organic seaweed oil prescribed to target individual needs and reduce stress and muscle tension.

50 mins, €120

The Wells Scalp, Neck & Shoulder Massage

This treatment relieves tension and stress that builds up around the neck and shoulder area that causes overall discomfort. Focusing on the head, neck and shoulders will stimulate the nervous system; increasing blood flow to the head and easing stress through the release of endorphins.

25 Minutes, €60

The Wells Wellbeing Massage

Enjoy a full body relaxation massage with aromatherapy oils relieving tension build up throughout the body. This treatment is recommended for those affected by stress in mind and body. This treatment will leave you feeling relaxed and rejuvenated using light to medium pressure.

50 mins, €110

➤ Body Wraps & Scrubs ◀

VOYA Organic Seaweed Body Scrub

This invigorating all over body exfoliation refines skin texture and increases lustre. Increases circulation & aid absorption of the potent seaweed gel and finishes with a 'Softly Does It' moisturization.

Choose 1 of our 3 scrubs:

- **Lavender & Seaweed Sugar Glow** - This combines a wonderful fragrant mix of lavender oil, seaweed & sugar. This has a double action of gently removing dead skin cells with sugar & healing with the seaweed extracts & lavender essential oil.
- **Peppermint, Seaweed & Sugar Glow** - This refreshing exfoliation awakens the skin and body. It features a beautiful mix of organic peppermint leaf, seaweed and sugar, all of which perform the double action of gently removing dead skin cells.
- **Luscious Salt Glow** - Infused with Dead Sea salts and organic seaweed oil, a combination which hydrates the skin, stimulates blood and lymph flow while firming skin tone and increasing lustre. This treatment removes dull skin and refines skin texture

50 mins, €85

Organic Stimulating Seaweed Body Buff

Scrub your body head to toe with certified organic bladder wrack body buff, the ultimate treat for tired & dull skin. The antioxidants from our mineral-rich seaweed combined with Voya's signature massage oils to offer a powerfully organic way to better your body.

50 mins, €100

Peppermint & Seaweed Sugar Glow

This refreshing and all over exfoliation treatment by VOYA awakens the skin and body. It features a fabulous mix of organic peppermint leaf, seaweed, and sugar all of which perform the double action of gently removing dead skin cells while introducing you to uplifting effects of our peppermint essential oil.

50 mins, €100

FLOURISH Organic Silken Glow Reviver

A transformative spa experience, it combines the exfoliating power of Flourish Organics Body Scrub with the nourishing benefits of Flourish Organics Body Lotion. This rejuvenating treatment is designed to leave your skin feeling renewed, revitalized, and radiantly smooth.

50 mins, €110

VOYA Organic Warm Spiced Mud Wrap

The seaweed is taken fresh from the ocean and its purifying elements are released. The extract is rich in potent anti-oxidants and minerals. This wrap offers immediate and noticeable effects to the skin, including firming and toning the body. This is a powerful detoxifier; metabolism provides a stimulator and a natural anti-ageing boost. It is infused with aromatic spices of ginger and orange which also revives the senses.

50 mins, €110 (Add Sugar Glow Scrub 25 mins €50)

VOYA Organic Ocean Essence Total Body Wrap

Combining the detoxifying power of Fucus Serratus and cellulite reducing abilities of Laminaria to stimulate the blood and lymph flow, detoxify and hydrate the skin and encourage the renewal of skin cells. An excellent skin rejuvenator, combating cellulite includes a full body exfoliation using Time to Shine.

80 mins, €130

➤ The Wells Spa Facial Therapies ➤

VOYA Organic Spa Discovery Facial

Feel like magic in minutes. A deep cleanse exfoliation and application of beauty fluid and moisturiser will leave your skin healthy and glowing. The perfect quick fix facial for an instant result.

25 Minutes, €60

VOYA Organic Seaweed Marine Eye Treatment.

This firming, hydrating treatment uses products rich in seaweed extract, green tea and vitamin C, to help reduce the appearance of fine lines and decongests the eye area. Using organic Laminaria Digitata seaweed eye compresses to refresh and rejuvenate tired eyes. Combining both relaxing and decongesting lymphatic specialised eye masks are used for those who are specifically concerned with ageing around the eye area.

25 mins, €60

Ila Ku Nye Face Therapy

This healing therapy by Ila uses ancient organic Tibetan oil – containing a rare Omega 7 – to strengthen cell walls, regenerate skin, improve circulation and balance core energy. A rosehip and honey scrub prepare skin for the sea buckthorn elixir; deep lymphatic drainage and acupuncture with hot poultices maximises penetration, followed by a harmonising lavender and honey mask.

50 mins, €115

Voya Organic Self-Discovery Facial

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion. Allow your VOYA trained therapist to tailor your facial specifically to your skin's unique needs.

50 mins, €115

Voya Organic Radiance Facial

This skin type-specific, ocean inspired organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. It is a relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced. You will be left with a revived glowing, yet non-greasy complexion, enriched and strengthened.

Choose 1 of 3 facials for your journey:

- **Purifying Facial** (Oily/ Combination Skin)
- **Ultra-Calming Facial** (Sensitive Skin)
- **Intensive Hydra Veil** (Dry Skin)

50 mins, €120

FLOURISH Organic Glowing Radiance Facial

Radiant glowing results make this luxurious facial ideal for dry, fatigued complexions. A deep cleanse with Jojoba Bead Polish and decadent Jasmine Mask combined with lymphatic drainage it brightens, smooths, tones and creates an energetic lift so you emerge feeling and looking radiant.

50 mins, €120

➤ Just for Him at The Wells Spa ◀

VOYA Organic Intense Defence for Men Facial

Exclusively created for men's specific skincare needs, this treatment exfoliates the skin with bamboo spines, allowing for a deeper cleanse. The treatment is followed by a facial and scalp massage, using VOYA Mermaid's Purse mask to soothe even the most sensitive of skin, leaving your skin hydrated and fresh. Fantastic for those effected by shaving rash, razor burn and prone to ingrown hairs.

50 mins, €105

VOYA Organic Back Treatment

Specifically designed to bring purity and balance to the skin on the back, this will focus on cleansing, skin exfoliation, back massage, and masque therapy. Ideal for those who have challenges with your back.

50 mins, €105

➤ Expecting New Mum's ◀

The Wells Anti-Fatigue Leg Treatment

It is a truly relaxing leg treatment that will ease fatigue, heavy and tired legs boosting poor circulation. Enjoy warm oils applied with massage and lymphatic drainage techniques finishing with the application of deeply nourishing creams.

50 mins, €105

VOYA Organic Restore to Balance Postnatal Ritual

This body and face treatment for new moms will focus on those areas which need extra care after birth to sooth muscular aches and help in healing the skin back to balance. It commences with a back, neck and shoulder massage and it is followed by a relaxing foot and lower leg massage and a skin rejuvenating facial.

50 mins, €120

➤ Hands, Feet & Back ◀

VOYA Organic Hand Ritual

A Time to shine exfoliation from hand to elbow, a deeply relaxing hand and arm massage after which your hands are wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and nourish dry hands. To complete this treatment, nourishing Handy to Have cream is applied.

50 mins, €105

VOYA Organic Foot Ritual

A sea salt exfoliation from the knees down, a deeply relaxing massage of the lower legs after which your legs are wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation and nourish tired feet and legs. To complete this treatment nourishing Softly Does It is applied.

50 mins, €105

ILA Beat the Blues Back

When you are feeling emotionally drained and experiencing stress in your neck, shoulders, and upper body area, this back therapy will provide deep relaxation. Depart feeling tension-free, balanced, and empowered.

50 mins, €105

➤ The Wells Spa Signature Treatments ◀

Ila Healing Facial

This healing therapy by Ila uses ancient organic Tibetan oil containing a rare Omega 7 to strengthen cell walls, regenerate skin, improve circulation, balance core energy. The rosehip and honey scrub prepare your skin for sea buckthorn elixir; deep lymphatic drainage is followed by a harmonising lavender, honey mask.

25 mins, €65

The Wells Signature Foot Massage

This treatment will give your feet the treat they deserve. A foot scrub, followed by a personalised pressure point foot massage which focusses on various parts of the body that will stimulate body and mind. A generous application of deeply nourishing creams will leave your lower legs feeling like you are walking on air.

50 mins, €105

Ila CBD Kundalini Calm

This deeply soothing back treatment by Ila will increase your energy by awakening the dormant energy in the base of your spine known as Kundalini. Ideal for emotionally exhausted souls, this treatment combined with anti-inflammatory effects of the CBD Healing Balm has an extraordinarily restorative effect nervous system. Tension is lifted; negativity is released; and body is brought back to a state of awareness and balance.

50 mins, €115

Ila Ku Nye Massage

This Tibetan body treatment by Ila realigns the balances of the five elements to restore a harmonious flow of energy and vitality. Our therapists use a blend of five essential oils that work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupuncture techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes, to the crown of the head.

80 mins, €165

FLOURISH Organic Total Balance and Anti Cellulite Ritual

An uplifting yet calming ritual to achieve ultimate relaxation and total rebalance. Beginning with a refreshing, anti-cellulite body polish which exfoliates, brightens and softens the skin followed by a deeply relaxing and rebalancing aromatherapy massage. With an emphasis on lymphatic drainage (which eliminates fluid retention) this ritual uses a blend of Rose Geranium, Lavender, Palmarosa and Niaoli which relaxes the mind while balancing the hormones and strengthening the immune system.

80 mins, €165

Ila Ku Nye Five Element Ritual

This Tibetan Ritual by Ila balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise your five sensory organs. Tibetan cupping, kneading and acupuncture techniques help release physical and mental tension, whilst warm crystals and poultices bring harmony. A strengthening Ku Nye Face therapy and an invigorating head massage bring nourishment and regeneration from the tips of the toes, to the crown of the head.

110 mins, €185

Ila Adreno Restore Treatment

Strong adrenal glands protect us from daily stresses and chronic fatigue. This strengthening therapy uses Ila's adaptogenic ingredients in a targeted scrub and abdomen wrap to keep adrenal-function at optimum levels. Naturopathic warmed adrenal packs direct the healing benefits of vetiver, pine, cedarwood, ashwagandha and pfaffia where they are needed. Deep rest then follows, courtesy of a balancing Ku Nye massage.

110 mins, €190

Flourish The Wells Rosehip Facial & Scalp Massage

This luxurious facial oil using our own Organic Rosehips with its soothing anti-ageing properties will brighten your skin, reduce inflammation, redness and leave your skin feeling silky smooth. The Rosehip oil is then used to moisturise the hair shaft and scalp promoting healthy growth and shine, leaving both your skin and hair smelling and feeling beautiful.

50 mins, €120

➤ Couples Retreat Massage for Two ◀

Voya Organic Full Body Hot Oil Massage

This treatment uses specifically designed oils from Voya that magically melts away any stress allowing for a very sensual wellbeing feeling. Relaxing together in our double treatment room ginger & sweet orange essential oils are luxuriously smothered all over the body to melt away the cares of the world allowing for a restful night's sleep

50 mins, €120pp

JUST THE TWO OF US Full Body Massage & Mini Facial

Find your inner calm with this relaxing aromatic massage, prioritising the mind and body using a specifically selected blend of flourish oils tailored specially for you followed by a 25 min nourishing stress busting flourish Organics facial all performed in our couple's treatment room.

80 mins, €140pp

➤ Non-Therapist Treatments at The Wells Spa ◀

Serail Mud Chamber

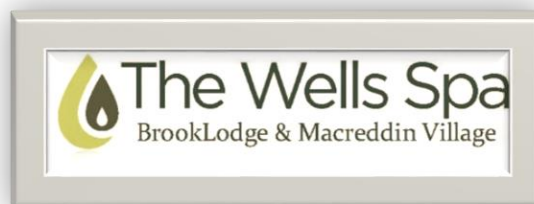
This is the perfect treatment to share with your loved one or on your own. This non-therapist treatment starts with polishing your body with an invigorating scrub followed by the application of a deep cleansing mud which you apply to each other. You will then enter your own private aromatic steam room and let the mud and all its detoxifying properties do its work.

45 mins, €85 for Two or €55 for One

Dry flotation

Floating in the soft embrace of a dry membrane that lets all your troubles float away with a feeling of weightlessness while keeping you totally dry. The body feels completely weightless, simulating zero-gravity aiding in a thorough night's sleep and easing any muscular aches and pains while promoting a calm mind and sense of wellbeing.

30 mins, €40



The Wells Spa

BrookLodge & Macreddin Village, County Wicklow

T: 0402 36444 / E: info@brooklodge.com / W: www.brooklodge.com