

the  
**BROOKLODGE HOTEL & WELLS SPA**

**AA** HOTEL OF THE YEAR  
2008 - 2009

# W E L C O M E T O M A C R E D D I N V I L L A G E

WELCOME TO THE BROOKLODGE, AA HOTEL OF THE YEAR 2008/2009, SITUATED IN BEAUTIFUL MACREDDIN VILLAGE AND SURROUNDED BY SPECTACULAR WICKLOW COUNTRYSIDE, YET ONLY AN HOUR'S DRIVE FROM SOUTH DUBLIN.

WE HAVE 90 BEDROOMS, MANY OF WHICH FEATURE FOUR POSTER OR SLEIGH BEDS AND THE BALANCE COMPRISES OF STATE-OF-THE-ART SUPERIOR, JUNIOR AND MEZZANINE SUITES, BRIMMING WITH ALL THE LATEST ACCESSORIES AND LUXURIES FROM THE 21<sup>ST</sup> CENTURY.

THE LUXURIOUS WELLS SPA, IS AN ADULT ONLY "DESTINATION SPA", A JOINT OPERATION WITH IRELAND'S LEADING EXPERTS IN BEAUTY AND HEALTH TREATMENTS AND ITS EXTRAVAGANT EXPERIENCES AND HYDRO FEATURES ARE SOURCED FROM AROUND THE GLOBE. ALL ADULT RESIDENTS OF THE BROOKLODGE CAN AVAIL OF THESE FACILITIES.

OUR WATERSIDE LOUNGE IS THE PERFECT SPOT FOR UNWINDING WITH A DRINK AND A MAGAZINE AND ON FINE DAYS YOU CAN SIT OUT BY BALLYCREEN BROOK.

IN THE STRAWBERRY TREE RESTAURANT, IRELAND'S ONLY CERTIFIED ORGANIC RESTAURANT AND WINNER OF FOOD & WINE MAGAZINE'S 'BEST LEINSTER RESTAURANT', WE USE ONLY ORGANIC AND WILD FOODS, PREPARED EXPERTLY AND SERVED IN POSSIBLY IRELAND'S MOST DRAMATIC DINING ROOMS.

BROOKHALL, JUST A FEW MINUTES WALK FROM THE BROOKLODGE, INCLUDES THE RIVER ROOM, A MEZZANINE BAR AND 24 EN-SUITE BEDROOMS, WITH FRENCH WINDOWS OR PATIOS. THE RIVER ROOM CAN SEAT 200 DINERS IN A VAULTED, SUN-FILLED GRAND HALL WITH FIVE DOUBLE DOORS LEADING ONTO A SOUTH FACING DECK AND GARDEN OVERLOOKING BALLYCREEN BROOK. BROOKHALL ALSO HOUSES A GYM AND A GORGEOUS FAMILY SWIMMING POOL WHERE PARENTS AND CHILDREN CAN ENJOY QUALITY TIME TOGETHER.

DESIGNED BY IRISH RYDER CUP HERO PAUL MCGINLEY AND INCORPORATING 160 ACRES OF STATUESQUE PINES AND MEANDERING BROOKS IN A DESIGNATED AREA OF OUTSTANDING NATURAL BEAUTY, THE PAR 72 MACREDDIN GOLF COURSE OFFERS A DEMANDING TEST FOR GOLFERS OF ALL LEVELS.

IN THE VILLAGE WE HAVE LA TAVERNA ARMENTO, BRINGING ORIGINAL SOUTHERN ITALIAN COOKING TO MACREDDIN, ACTONS COUNTRY PUB & BREWERY WHERE WE BREW AND SERVE OUR VERY OWN BEER AND THE ORCHARD CAFE, WHERE HOME COOKING HAS BEEN GIVEN A MODERN TWIST. AS WELL AS OUR FINE FOOD AND DRINK, MACREDDIN VILLAGE HAS ITS OWN ORGANIC BAKERY & SMOKEHOUSE ALONG WITH "THE STORE ROOMS", A SELECTION OF FOOD, WINE, GIFTS AND TAO CLOTHING, WHO STOCK A RANGE OF ONE-OFF DESIGNS AND EXCLUSIVE LABELS – WE EVEN HAVE OUR OWN CHAPEL!

FOR GUESTS WHO LIKE TO KEEP ACTIVE MACREDDIN STABLES & EQUESTRIAN CENTRE OFFERS HORSE RIDING, TREKKING, JUMPING AND LESSONS FOR RIDERS OF ALL SKILL AND LEVELS AND ACROSS THE ROAD FROM THE HOTEL IN MACREDDIN WOODS, THE ADVENTUROUS CAN GO OFF-ROAD DRIVING WITH IRELAND XTREME.

WE ARE ALSO SUPREMELY LOCATED FOR TOURING COUNTY WICKLOW, BEING SO CLOSE TO AVOCA/BALLYKISSANGEL, AVONDALE HOUSE, BRITTAS BAY AND THE ACHINGLY BEAUTIFUL GLENDALOUGH, TO MENTION A FEW.

Gift Vouchers available instantly online at [www.brooklodge.com](http://www.brooklodge.com)



## ENTER A HAVEN OF CLASSIC DESIGN AND WARM WELCOMES



"This is a profoundly excellent hotel deserving of the accolade "Vaut le Voyage" and the service alone should have the World beating a path to its door."

- The Sunday Independent

"Like stepping into a parallel universe. O, to go back there for more extra-sensory experiences...sadly, we left, glowing, floating and wondering when we could return for more."

- The Irish Times



COCOONED FROM THE WORLD WITH MORNING PAPERS, LONG LUNCHEAS AND AFTERNOON TEAS



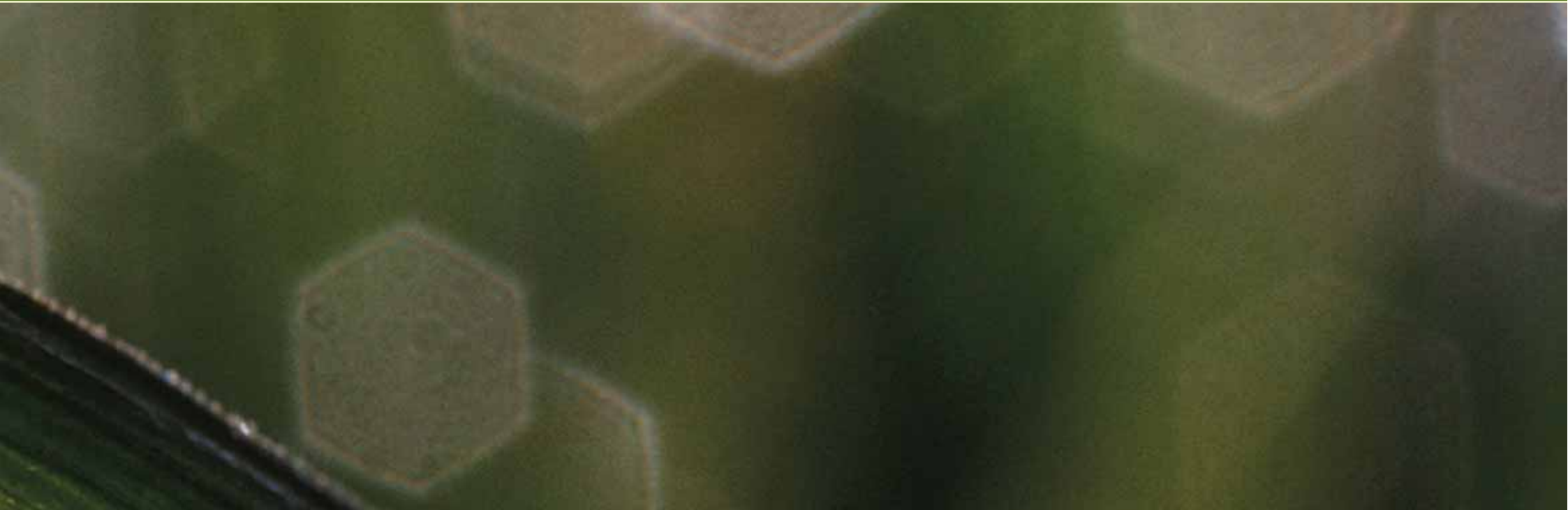
"The BrookLodge talks it and walks it. It is sustainable, patient, calm and altogether pretty darn magnificent."

- The Bridgestone 100 Best Places to Stay in Ireland 2007

"The BrookLodge is a long rambling and utterly luxurious hotel and is a great place for a weekend break."

- The Irish Independent

# LUXURIOUS BEDROOMS WITH DEEP BATHS AND OPULENT SUITES WITH LAVISH SURROUNDINGS



“The BrookLodge nestles in tranquil rusticity on the floor of a sloping valley...a self contained haven from the metropolis, where 10 ways to relax are within a two minute walk.”

- The Guardian

“...massive beds, flat-screen plasma TV's, top of the range sound system and every other possible style sundry. The accommodation is pure luxury.....”

- Lonely Planet Travel Guide & Information



STUNNING CUISINE AT THE STRAWBERRY TREE, IRELAND'S ONLY CERTIFIED ORGANIC RESTAURANT



"...this is a top-notch restaurant and you have to love their ethos, a terrific way to spend a Sunday afternoon."

- Sunday Tribune

"Everybody should visit BrookLodge at least once in their lifetime. Everything from the amazing Organic food to the accommodation, spa and service is quite simply top of the pops. All in all we give it 11 out of 10."

- U Magazine



TRULY DRAMATIC SURROUNDINGS EXPLAIN WHY WE HAVE BEEN VOTED LEINSTER'S FINEST RESTAURANT



"...The restaurant's ambience alone is almost worth the trip, with blue velvet, gilt-edged mirrors and candlelight playing romantically off the mirrored ceiling."

- Ireland on Sunday

"The promise of fine dining gleamed in The Strawberry Tree Restaurant... the Duck was the event of the evening and joyfully declared *out of this planet*."

- Sunday Business Post



BROOKHALL INCLUDES THE ROMANTIC RIVER ROOM, AS WELL AS BEDROOMS, A SWIMMING POOL AND A GYM



"When people mention the word 'Oasis' I automatically think of the chain of high street fashion shops. But I learned the true meaning of the word when I stayed in the wonderful BrookLodge Hotel & Wells Spa at Macreddin Village."

- Irish Daily Mirror

"This extraordinary food, drink and leisure complex is thriving with the hotel and restaurant receiving national recognition for their strong position on organic food."

- Georgina Campbell's Jameson Guide to Ireland



# VILLAGE LIFE...ACTON'S COUNTRY PUB, THE ORCHARD CAFÉ, LA TAVERNA ARMENTO & THE STORE ROOMS



"A hotel, a brewery, a bakery, a street of shops and even a telephone kiosk (but no Garda Station)... Macreddin Village is a brilliant conception."

- Social & Personal Magazine

"Macreddin Market is never short of wonderful things from organic produce to fresh breads... the happy eaters and drinkers had come from far and wide."

- The Farmers Journal



# MACREDDIN GOLF COURSE - CHAMPIONSHIP GOLF IN A SPECTACULAR SETTING



“The serene surroundings of Macreddin Golf Club, deep in the Wicklow mountains, is the ideal place for McGinley to reflect on his many glorious Ryder Cup moments.”

Paul Gallagher, The Irish Times



“This stunning course has received plaudits for its top class layout, breathtaking views and the quality of the golfing challenge it offers”

Irish Mail on Sunday



DESIGNED BY PAUL MCGINLEY, IRISH RYDER CUP HERO, AND WINNER OF THE 2005 VOLVO MASTERS



“As signature holes go, the 12th has Paul McGinley, its creator written all over it. One can tell that McGinley’s first steps into the world of golf course design are going to be significant.”

Karl McGinty, The Irish Independent



“It is a spectacular layout in a valley which winds its way through the beautiful, rolling Wicklow countryside in a designated area of outstanding beauty”

Golf World, 2008



# RIVERSIDE TREKS AND OFF-ROAD DRIVING THROUGH MACREDDIN WOODS AND UP CUSHBAWN MOUNTAIN



"Top class training in show jumping, dressage and cross-country and delightful trekking through magnificent, unspoilt Wicklow countryside."

- Equestrian Holidays in Ireland

"The facilities which Ireland Xtreme @ Macreddin Woods have on offer make it one of the top 4 x 4 experiences in Europe."

- Land Rover Owner International Magazine



LOCATED NEARBY GLENDALOUGH, THE WICKLOW WAY & NATIONAL PARK AND AVONDALE HOUSE



"The perfect place from which to explore County Wicklow."

- Wish You Were Here, ITV

"BrookLodge is difficult to get into on any weekend, because its charm, beauty and delicious organic food make it an ideal venue."

- The Sunday Tribune



## ESCAPE...AT THE WELLS



## WELCOME TO THE WELLS SPA

The Wells Spa at The BrookLodge Hotel offers a complete sense of relaxation and well-being. An indulging spa experience with the most exclusive, prescriptive face care treatments from CARITA, and divine body treatments offering the ultimate in relaxation.

Additionally for the holistic client, The Wells offers Decléor - the world's foremost Aromatherapy Specialist, with a selection of face and body treatments using 100% pure and natural essential oils.

Alongside these unique prestige treatment brands, The Wells Spa offers Signature Treatments sourced from around the globe including a Hammam Massage Room, a Floatation Room, Heated Relaxation Loungers, a Serail Mud Chamber, a Dry Float Room, Aroma Steam Room, Outdoor Hot Tub, numerous water features and an indoor-to-outdoor pool reminiscent of Cleopatra's days.

While chilling out in the Relaxation Room enjoy the peaceful music, offering you a sense and feeling of utter calm and relaxation to reach your Body, Mind and Soul.

In summary, we truly believe that you can achieve "Wellness" of the entire body after a visit in the Wells Spa.

Note: Children are not permitted into the Wells Spa but have use of the swimming pool in BrookHall.

**Gift Vouchers available instantly online at [www.brooklodge.com](http://www.brooklodge.com)**

"Simply beautiful...the Spa showcases graceful water features sourced from all over the world."

- Image Magazine

"An oasis of peace, tranquillity and calm providing some of the most scrumptious spa menus I've ever had the pleasure of indulging in."

- OK! Magazine



# INVIGORATE...AT THE WELLS



## THE WELLS SIGNATURE TREATMENTS

(PLEASE REFER TO INSIDE BACK COVER FOR CONTRA INDICATION CODES)

**SERAIL MUD CHAMBER** (P, BP, M, T, H, SI, CD, D, C, RS, O, F) 2 persons  
1 person

45 mins €100  
€60

The Serail is a private mud chamber for two people, with temperatures ranging from 38 – 50 C. Highly effective ingredients including mud, chalk, cleansing salt and mineral oils are applied to each other. During the initial relaxation stage, the pleasant herbal warmth in the room enables the ingredients to cleanse the skin fast and accelerate toxin removal. Your skin will feel as soft as silk and your state of mind will be both physically and mentally completely at ease.

**POST SERAIL HAMMAM MASSAGE** (P, BP, M, T, H, SI, CD, D, C, RS, O, F)

20 mins €50

Indulge and add to the Serail mud sauna experience and complete the treatment by indulging in the unique Turkish Hammam massage using soap and essential oils and yield to your bodies needs.

**HAMMAM BODY EXFOLIATION** (P, M, H, BP, SI, CD, D, RS, O, F)

25 mins €65

During this treatment the body will be thoroughly polished using a special blend of salts and aromatic oils to leave the skin feeling cleansed and revived.

**HEALING HAMMAM MASSAGE** (P, M, H, BP, SI, CD, D, R, S, O, F)

50 mins €110

The central element of Hammam is the unique Turkish granite table. A body exfoliation followed by a steam treatment completed with massage techniques using essential oils. Dead skin cells are removed improving the skin's connective tissue and leaves you totally relaxed and revived.

**FLOAT THERAPY ROOM** (P, M, BP, SI, CD, C, RS, O, EI, F)

1 hr €90

Floatation is floating on top of a 30cm deep pool of salt water in a specially designed room. Optimum buoyancy is created and combined with Light Therapy to achieve a profound feeling of relaxation and well-being. The list of benefits are endless and some of them include: fatigue & jet lag elimination, stress alleviation, increased production of endorphins, boosting immune function, boosted circulation and distribution of oxygen and many more. Ultimately, every muscle in the body is allowed to rest and recover.

**DRY FLOAT ROOM** (P, BP, M, T, H, SI, CD, D, C, RS, O, F)

The perfect "Chill Out" treatment with the added benefit of a wrap. A therapist applies the wrap then submerges you in the Dry Float bed which is a flexible membrane of heated water. There are various wraps available:

**CLEOPATRA BATH**

45 mins €75

This is based on the days of Cleopatra, the wrap is comprised of a milky solution with the added benefits of almond, jojoba and peach oil to deeply nourish the skin. Leaving a soft and silky finish to all skin types.

**THALASSOTHERAPY BATH**

50 mins €90

During this treatment the body will be exfoliated, enveloped with algae mud and finished with a nourishing body cream. It leaves a soft and silky finish to all skin types.

"One of the most relaxing weekends away you will ever spend."

Guide to The Ten Plushest Spa's in Europe

– Ireland on Sunday

"Try the Serail Bath for two. You slather hot mud onto each other before relaxing in a steam chamber for uninterrupted bliss...steamy stuff indeed."

- Irish Tatler Magazine



# INDULGE...AT THE WELLS

## THE WELLS RETREATS - Residential

(PLEASE SEE DETAILS OF INDIVIDUAL TREATMENTS FOR CONTRA INDICATION CODES)

### BODY, MIND & SOUL AT THE WELLS

*One Night resident – 1 night accommodation with B&B and 1 evening meal*

- Welcome Organic Refreshment and Tour
- Back Massage
- Aroma Essential Facial
- Serail Mud Chamber
- Light Organic Lunch
- Open use of Pool, Hydrapool, Jacuzzi, Aroma & Finnish Baths and Relaxation Areas
- Robe, Slippers and Towels Provided

Sun – Thurs €365 pp sharing  
Fri & Sat €395 pp sharing

Surcharge: €50 per night for single occupancy  
Suite upgrade: €50 pp per night

### THE MACREDDIN ESCAPE

*Two Nights resident – 2 nights accommodation with B&B and 1 evening meal*

- Welcome Organic Refreshment and Tour
- Back Massage
- Aroma Essential Facial
- Healing Hammam Massage
- CARITA Scalp treatment
- Light Organic Lunch on day 2
- Open use of Pool, Hydrapool, Jacuzzi, Aroma & Finnish Baths and Relaxation Areas
- Robe, Slippers and Towels Provided

Mon – Thurs €535 pp sharing  
Fri & Sat €595 pp sharing

Surcharge: €50 per night for single occupancy  
Suite upgrade: €50 pp per night



“A luxurious Spa...offering a wide range of beauty treatments...any stresses and strains evaporated after my Aroma Detox Enveloppement.”

- Health & Living Magazine

“Invigorated by the aromatherapy oils, my spirit refreshed and my vital energies strengthened... I had a dip in the glorious pool after the massage.”

- The Sunday Independent



# REFRESH...AT THE WELLS

## THE WELLS RETREATS

(PLEASE SEE DETAILS OF INDIVIDUAL TREATMENTS FOR CONTRA INDICATION CODES)

### THE WELLS TASTER

*One day non-resident*

- Half day non-resident
- Welcome Organic Refreshment and Tour
- 1 x 55 minute treatment
- Light Organic Lunch
- Open use of the Pool, Hydrapool, Jacuzzi, Aroma & Finnish Baths and Relaxation Areas
- Robe, Slippers and Towels Provided
- Open use of Gym located in BrookHall

Monday - Thursday €150

Friday - Sunday €165

### A DAY FOR HER AT THE WELLS

OR

### A DAY FOR HIM AT THE WELLS

*One day non-resident*

Arrive between 9.30am and 10.00am - depart 5.00pm

- Welcome Organic Refreshment and Tour
- Skin Consultation
- Back Massage
- CARITA Scalp and Hair Treatment
- Light Organic Lunch
- Open use of Pool, Hydrapool, Jacuzzi, Aroma & Finnish Baths and Relaxation Areas
- Robe, Slippers and Towels Provided

#### FOR HER ONLY

- 1 Hour Skin Type Facial (Aroma Essential)

OR

- 1 Hour Body Type Treatment (Aroma Relax)

#### FOR HIM ONLY

- 1 hour Aroman Facial

OR

- 1 Hour Floatation Treatment

Mon – Thurs €220 per person

Fri - Sun €250 per person

### TOTAL UNWIND

3 hrs 15 mins

€300

Cleopatra Bath

Full Body Relax Massage

Scalp Massage

Vital Eyes

Clients begin this treatment with the Cleopatra Bath, followed by a Full Body Relax Massage with integrated Scalp Treatment to restore and re-balance all energy flow. With a fully relaxed mind and body, the Vital Eyes treatment relaxes and softens the entire eye area thus providing a total sensation of well-being.

### THE CARITA ULTIMATE

€450

This is as it says the Ultimate Spa package. It incorporates the finest of CARITA treatments into an all inclusive indulgence. It can be done in one day with no accommodation or for the absolute in extravagance simply add it to whatever standard of accommodation you desire and spread it over two or three days.

Lift Firming Facial

1 hrs 45mins

Hot Stone Caress

1 hrs 30mins

Carita Scalp Massage

20 mins

Carita Hand or Food Treatment

1 hrs

Of course as with all our packages a welcome organic drink, tour and light organic lunch will be included.

### RELAX IN THE WOODS

2 hrs 30 mins

€400 (per couple)

Aroma Massage Relax Delux

Aroma Essential Facial

For couples who really want to get away from it all. Enjoy your treatments side by side in a cabin in the woods or why not choose your own treatments. De-stress and take in the sounds of nature.

### JUST THE TWO OF US

2 hrs

€300 (per couple)

Start with an intimate Serail Mud Chamber followed by a 50 minute Aromatherapy Massage, side by side with your partner.

Result - heaven on earth!



# REJUVENATE...AT THE WELLS



## WEDDING BELLS AT THE WELLS

(PLEASE SEE DETAILS OF INDIVIDUAL TREATMENTS FOR CONTRA INDICATION CODES)

At the Wells Spa, we recommend a consultation and trial make-up prior to your Wedding Day, please contact us for details.

### BRIDAL BEAUTY PREPARATION

2 – 3 weeks prior to wedding

- Detox Envelopment
- Aroma Radiance Facial
- Make up Trial

3 hrs

€300

### BRIDAL DAY

Day before and day of wedding

- Full Body Exfoliation and Tan
- Manicure & Pedicure
- Make up

3 hrs 30 mins

€250

### PRE WEDDING PACKAGE

#### FOR HIM & HER

- Tension Relief Back Massage
- CARITA Scalp Massage
- Decléor Relaxing Facial
- 1 Hour Floatation Treatment

3 hrs

€450

### POST WEDDING

#### FOR HIM AND HER

- 2 hrs 45 mins
- 45 mins Serail Mud Chamber for the 'Two of You'
- 20 mins Post Serail Hammam Massage
- His n' Hers Skin Type Facial
- His n' Hers Scalp Massage

2 hrs 45 mins

€400

## FOR THE MUM

(PLEASE SEE DETAILS OF INDIVIDUAL TREATMENTS FOR CONTRA INDICATION CODES)

Specially designed to suit our pre and post pregnancy clients. Please advise your stage of pregnancy at time of booking.

### VITAL EYES & AROMA FOOT RELIEF

1 hr 30 mins

€140

A relaxing, unwinding treatment for the most sensitive part of the face followed by the Aroma Foot Relief to give an instant cooling effect and relieving even the most swollen of ankles.

### PERFECT LEGS & AROMA ESSENTIAL FACIAL

1 hr 45 mins

€160

The perfect antidote for heavy legs and tired feet, followed by the Aroma Plastic Facial to revive and nourish the skin.

### AROMA TONIC BODY ENVELOPMENT

3 hrs 30 mins

€270

The gentle comfort of a rich cream mask bursting with hydrating, firming and anti-wrinkle agents to leave the skin smooth and toned. Followed by a Manicure and Pedicure to add the final touches.

"The ideal bolt hole for the Dubliner wishing to escape the ever increasing pace of the capital..."

- Irish Tatler Magazine

"Go to The Wells Spa and spend your wages in a frivolous, intensely worth-it kind of way. The staff are in-tune with your needs but not intrusive, and you will go back to work on Monday with an annoying weekend-break grin."

- The Dubliner Magazine



# DE-STRESS...AT THE WELLS

HOUSE OF BEAUTY



FORGET ABOUT EVERYDAY STRESS AND ALL OF LIFE'S LITTLE FRUSTRATIONS. GIVE YOURSELF A BREAK – ONE OF THOSE SPECIAL MOMENTS AND STEP INTO THE WORLD OF CARITA HOUSE OF BEAUTY

(PLEASE REFER TO INSIDE BACK COVER FOR EXPLANATION OF CONTRA INDICATION CODES)

## BODY CARE

<b>“HOT STONES BACK MASSAGE”</b> (P, H, BP, SI, CD, RS, O) An exfoliation of the back area then using heated stones your therapist will perform the relaxing Hot Stone Back Massage.	30 mins	€70
<b>“HOT STONES BACK TREATMENT”</b> (P, H, BP, SI, CD, RS, O) As with the Hot Stone Back Massage but a mask is also integrated in this treatment to relax and nourish.	30 mins	€70
<b>“RENOVATEUR PEAU DE SATIN”</b> (P, M, SI, CD, RS, O) <i>Body Polish Treatment</i> The ideal treatment for infinitely soft skin begins with a long body exfoliation and lymphatic drainage massage. Then a caressing second sculpting massage brings moisture, nourishment and firmness to restore the body's original beauty.	1 hr 15 mins	€125
<b>“HOT STONE CARESS”</b> (P, M, BP, SI, CD, D, C, RS, O) <i>Hot Stone Body Treatment</i> This treatment is the combination of a full exfoliation, a nourishing body mask and while the body is then cleansed and polished your therapist will perform a massage using heated stones. The heat from the stones surrenders the body completely while it gently engulfs you and melts away all tension. Leaving a relaxed state of mind and body.	1 hr 30 mins	€150

## FACIALS

(P, H, BP, SI, CD, D, MP, C, RS, D, CS)

*All Carita Facials integrate Pro-Lift Technology to gently lift the skin and give a noticeable change even after that first facial.*

<b>“PAPAYA PURITY”</b> <i>For Oily Skin</i> To rebalance combination to oily skin. The skin is cleansed, soothed and smoother. Leaving the complexion luminous.	1 hr 15 mins	€125
<b>“COTTON SOFTNESS”</b> <i>For Sensitive Skin</i> For the sensitive skin type, to soothe and reduce the risk of irritation. The skin regains its suppleness and comfortable feeling.	1 hr 30 mins	€145
<b>“LAGOON HYDRATION”</b> <i>For Dehydrated Skin</i> The SOS treatment for thirsty skin weakened by dehydration. The skin is perfectly moisturised, refreshed and comforted.	1 hr 30 mins	€145
<b>“RICE MILK NOURISHMENT”</b> <i>For Dry Skin</i> To comfort the driest skin type. The skin is moisturised and nourished and more effectively resists aggression.	1 hr 30 mins	€145
<b>“LIFT FIRMING”</b> <i>For Mature Skin</i> The ideal treatment for mature skin that repairs the signs of ageing and gives an immediate lifting effect.	1 hr 45 mins	€175



# UNWIND...AT THE WELLS

## THE ESSENTIAL **DECLÉOR** PARIS

*Aroma skincare is Nature in its purest form. It may seem as easy as picking a flower, but is in fact a science, a genuine craft - and for over 25, years, it has been our craft. Decléor guarantees the origin of its plants (lavender grown in the north of France does not have the same properties as lavender grown in the Drôme region of France). It also guarantees distillation adapted to each species, and pure, 100% natural, 100% active Essential Oil with all its molecules preserved.*

(PLEASE REFER TO INSIDE BACK COVER FOR EXPLANATION OF CONTRA INDICATION CODES)

### ULTIMATE ESSENTIALS

“AROMA FOOT RELIEF” (P, SI, CD, RS, O, F) 25 mins €50

To put a pep in your step and lighten your load with this revitalising foot treatment. Concentrating on the feet with products and massage techniques to boost the blood flow and give an instant cooling effect.

“AROMA PERFECT BUST” (P, SI, CD, RS, O) 45 mins €75

The bust and décolleté are particularly delicate areas, using specific products that stimulate cellular renewal and strengthens collagen fibres. This intense toning treatment allows your skin to regain its firmness and elasticity.

“AROMA PERFECT LEGS” (P, SI, CD, RS, O, F) 45 mins €75

The perfect antidote for heavy legs and tired feet. A gel mask is applied from your ankles to your thighs, instantly refreshing and easing that heavy feeling. During this treatment your feet will be pampered with a wonderful relaxing massage.

“AROMA VITAL EYES” (P, SI, CD, RS, O, CS) 45 mins €75

A relaxing, decongesting anti-ageing treatment for the most sensitive part of the face. This treatment helps to remove puffiness and eliminate dark circles. Using digit pressure and specific massage movements designed to relax and smooth the eye contour, creating a gentle yet deep sense of well being.

“AROMA PERFECT CONTOUR” (P, SI, CD, T, C, O, RS) 55 mins €90

Specially designed to target the most stubborn areas like thighs, bottoms, hips and tummy, this intensive treatment combines an anti-cellulite draining massage followed by the application of a marine active mask. The solution for a slimmer, smoother figure.

The above treatments can be very much enjoyed on their own, however your Therapist may advise you on a programme of treatments tailored to meet your needs and your lifestyle in order to restore a shapely figure.

Please ask for details regarding booking a course of treatments

### FACIALS

MINI PAMPER FACIALS (SI, CD, RS, O, FA, CS) 25mins €60

“AROMA MASSAGE FACIAL” (P, SI, CD, RS, O, CS, FA) 1 hr €95

For the ultimate in pampering come and have a treatment which is purely massage of the upper body and face for total relaxation. This is Decléor at its best where the emphasis is on drainage, pressure points and relaxing massage techniques.

“AROMA ESSENTIAL FACIAL” (P, SI, CD, RS, C, O, FA, CS) 1 hr 15mins €100

Composed of a cocktail of vitamins mainly vitamins E and B6, proteins, anti-oxidants and calming properties. This 100% natural “poultice” encourages the skin to absorb essential active ingredients and vitamins that work to compensate all of the major skin dysfunctions.

### AROMA EXPERT FACIALS (P, SI, CD, RS, O, CS, FA)

“AROMA EXPERT ESSENTIAL” 1 hr 30mins €130

This facial is suitable for all skin types, an excellent choice for dehydrated skin. The hydraforce mask is 100% natural fruit mask which gives the skin instant and long lasting hydration.

“AROMA RADIANCE” (P, SI, CD, RS, O, ES, FA) 1 hr 30 mins €130

For the ultimate pick-me-up facial to bring a beautiful glow to the skin. Perfect before a wedding or a special occasion. A must for pure radiance.

“AROMA EXPERT SOOTHE” 1 hr 30mins €130

Specially designed for VERY sensitive and reactive skin, Harmonie Extreme soothes, relaxes and calms with a refreshing and decongesting effect. It helps reconstruct the skin barrier, normalise tolerance levels

“AROMA EXPERT PURIFYING” 1 hr 30mins €130

The perfect solution for very oily and clogged skin. This intensive treatment targets skin in need of deep cleansing. The pores are tighter and skin texture is refined.

“AROMA EXPERT YOUTH” 1 hr 30mins €130

This treatment will remineralise, illuminate and lift even the most lifeless skin. It offers effective anti-aging care to help slow the appearance of fine lines and wrinkles.

“AROMA EXPERT NOURISH” 1 hr 30mins €130

For Extremely dry skin clients, to comfort and revive. This mixture of cereal concentrates and aromatic nectar brings a soft supple sensation back to the very driest of skin types.



# RESTORE...AT THE WELLS

## THE ESSENTIAL **DECLÉOR** PARIS

### SPA MOSAIC BODY CARE

(PLEASE REFER TO INSIDE BACK COVER FOR EXPLANATION OF CONTRA INDICATION CODES)

<p><b>“AROMA TREATMENT TRANQUILLITY”</b> (P, SI, CD, RS, O) 25 mins €55</p> <p>A deep exfoliation of the scalp using 100% natural herbal powder. Followed by a short massage of the neck, décolleté and shoulders.</p>	<p><b>“AROMA MASSAGE FLOW”</b> (P, SI, CD, RS, O) 1 hr 15mins €115</p> <p><b>“AROMA MASSAGE FLOW DELUX”</b> (as above, but includes scalp massage) 1 hr 30mins €140</p> <p>An energising massage specially designed to activate energy flows and stimulate micro-circulation, resulting in sensation of lightness and balanced flow.</p>
<p><b>“AROMA MASSAGE RELAX”</b> (P, SI, CD, RS, O) 1 hr 15mins €115</p> <p><b>“AROMA MASSAGE RELAX DELUX”</b> (as above, but includes scalp massage) 1 hr 30mins €140</p> <p>A gentle body massage with 100% natural massage balm, and all your feelings of tension will slip away. The Essential Oils release their relaxing and soothing aromas, while simple rocking movements along your body's energy meridians offer deep relaxation. You will be enveloped in a deep sensation of serenity.</p>	<p><b>“AROMA FLOW ENVELOPMENT”</b> (P, SI, CD, RS, O, C) 1 hr 30mins €140</p> <p>Beginning with exfoliation followed by a full body friction massage which helps boost blood circulation and stimulate skin tissue. Wrapped in a heated blanket to promote skin exchanges and the elimination of toxins and excess water, you will feel as if you were lighter than ever.</p>
<p><b>“AROMA RELAX ENVELOPMENT”</b> (P, SI, CD, RS, O, C) 1 hr 30mins €140</p> <p>This very complete treatment commences with a gentle body exfoliation, followed by a massage of the entire body and an application of a rich cream mask. Wrapped in a heated blanket to reinforce the hydration action and intensify the relaxing effect, you will feel as if you were wrapped in a wonderful soft cocoon. An enveloping warmth moves through your body, producing an incomparable sensation of well-being and relaxation.</p>	<p><b>“AROMA MASSAGE TONIC”</b> (P, SI, CD, RS, O) 1 hr 15mins €115</p> <p><b>“AROMA MASSAGE TONIC DELUX”</b> (as above, but includes scalp massage) 1 hr 30mins €140</p> <p>An energising massage with 100% toning massage balm, this allows your skin to regain tone and firmness. The stimulating massage techniques promote blood circulation and help reinvigorate you, feel fatigue slip away.</p>
<p><b>“AROMA MASSAGE DETOX”</b> (T, P, SI, CD, RS, O) 1 hr 15mins €115</p> <p><b>“AROMA MASSAGE DETOX DELUX”</b> (as above, but includes scalp massage) 1 hr 30mins €140</p> <p>Indulge in a detoxifying massage with 100% natural slimming massage balm and a most stunning demonstration of the exceptional power of Essential Oils. The draining massage techniques target and fight against fatty areas, eliminate toxins and reduce water retention. Your figure is refined and you feel lighter.</p>	<p><b>“AROMA TONIC ENVELOPMENT”</b> (P, SI, CD, RS, O) 1 hr 30mins €140</p> <p>A highly complete anti-ageing treatment starts with gentle exfoliation, followed by full body massage and the application of a cream mask of Essential Oils and firming active ingredients. Wrapped in a heated blanket to increase the smoothing, shaping, correcting and hydrating action of the mask, you will feel your figure is firmer, smoother and invigorated.</p>
<p><b>“AROMA DETOX ENVELOPMENT”</b> (T, P, SI, CD, RS, O, C) 1 hr 30mins €140</p> <p>Beginning with a gentle exfoliation followed by a massage of the entire body and the application of a seaweed mask, you will be wrapped in a heated blanket to target fatty masses, drain toxins and absorb water retention. Savour the sensation of this cocoon of well being. Your silhouette is refined, smoother and full of energy.</p>	

*For a totally luxurious body treatment add a full body scrub to any massage for an additional €55*



“A state-of-the-art Spa...some of the most luxurious treatments around including seaweed and stone therapies.”

- Woman's Way Magazine

“Luxuriate at The Wells, state-of-the-art spa. Its an ultra-comfortable development offering a range of superb treatments.”

- Prima Magazine



# ESSENTIALS...AT THE WELLS

## DAILY ESSENTIALS AT THE WELLS

### MASSAGE (P, M, SI, CD, RS, O)

Deep Tissue Back Massage	25 mins	€68
Deep Tissue Full Body Massage	55 mins	€110
Neck & Shoulder	25 mins	€55
Head, neck and shoulder massage	45 mins	€75
Scalp Massage	20 mins	€50
Swedish Back Massage	25 mins	€60
Swedish Full Body Massage	55 mins	€100
Thai Massage	1hr 15mins	€120

### HAND TREATMENTS

File and Paint	30 mins	€45
Delux Manicure	55 mins	€70
Carita Luxury Hand Treatment	55 mins	€80

### FOOT TREATMENTS

File and Paint	25 mins	€45
Delux Pedicure	55 mins	€80
Carita Luxury Foot Treatment	55 mins	€90

### OTHER TREATMENTS

Reflexology	60min	€100
Hopi Ear Candling	60min	€100

### COSMETICS

Make Over		€40
Bridal Make –up Trial		€60
Make-up Lesson		€80

### DECLEOR TANNING

Half Body	25 mins	€50
Half Body including exfoliation	45 mins	€75
Full Body	45 mins	€75
Full Body including exfoliation	1 hr	€95

### THE WELLS SPA THERMAL SUITE EXPERIENCE

Swimming Pool, Sauna, Steam Room, Jacuzzi, Hydrapool, Out door hot-tub, Heated Loungers, Water Fountain, Cool Showers and Relaxation Areas		€40
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Thermal Suite experience is complimentary to patrons of The BrookLodge Hotel & Wells Spa - pre-booking is highly advisable and essential on weekends.

## WHILE IN ATTENDANCE AT THE WELLS

### Contra Indications

At The Wells, your relaxation and comfort is of the utmost importance to us. For this reason we ask that you inform us at the time of making your reservation of any health conditions, allergies, medical or cosmetic procedures or injuries, which may affect the suitability of treatments for you. Some of the issues that we particularly need to be made aware of are listed below (they may also limit your use of the Thermal Suite):

- Breastfeeding or Pregnancy (in particular prior to 16 weeks) (P)
- Mobility problems (M)
- Thyroid problems (T)
- Heart problems (H)
- Blood pressure (high or low) (BP)
- Epilepsy (E)
- Stroke (S)
- Skin infections, diseases or disorders (SI)
- Communicable diseases (AIDS, HIV, Hepatitis etc.) (CD)
- Diabetes (D)
- Metal plates or pins (MP)
- Claustrophobia (C)
- Shellfish/ Seafood allergies (A)
- Recent surgery (particularly in the last 3 months) (RS)
- Oncological history or treatment (O)
- Ear infections (EI)
- Food allergies (in particular to wheat or nuts) (FA)
- Cold sores (CS)
- Fungal Infections (F)

All featured prices are valid as at Spring 2009  
E. & O. E.

In order for your experience at The Wells to be as enjoyable and carefree as possible we URGE you to book your required treatments well in advance. Whilst we will of course facilitate you as best as possible we cannot guarantee availability if left until the day of arrival.

**Clients are advised to arrive at least 30 minutes prior to your appointed time to relax and experience the ambience of calm and well-being created for your benefit.**

**Cancellations can only be accepted up to 48 hours prior to a booked treatment. If a cancellation is subsequent to this we reserve the right to apply a full charge.**

**You may be asked for medical details which are confidential and for your safety and we would ask that you give full details of any relevant medical history, illnesses, allergies, pregnant or medication prior to any treatment.**

If you are a first time client, our Therapist will conduct a consultation to determine exactly what treatments are suitable for you and where you will derive the most benefit.

To ensure your relaxation and that of others we would ask clients to switch off mobile phones while in the vicinity of the spa.

All treatments included in packages are standard treatments. However, should you wish to upgrade or personalise your treatments please do not hesitate to contact us in advance.

If you are running late for an appointment please call, unfortunately however, your treatment time may be reduced accordingly.

Our aim is to achieve optimum service and quality, therefore we welcome any suggestions and comments you may have.

It is suggested that if you are having treatments prior to hotel check-in time or subsequent to hotel check-out time, that you place any relevant items such as gym clothing, swimwear and trainers in hand luggage for use in the Spa.

Credit card details are required when booking an appointment.

Opening hours 8am – 8pm, 7 days

*We very much look forward to welcoming you to The Wells*





## DIRECTIONS TO the BROOKLODGE HOTEL & WELLS SPA:

Main Route: - South from Dublin City -  
Dual Carriageway from Donnybrook onwards:

- 1 N11 to Rathnew (47kms). Exit for R772
- 2 Turn right at the roundabout taking the R752 to Rathdrum (13kms)
- 3 R753 to Aughrim (12kms)
- 4 Follow signs to Macreddin Village (3kms)

## SCENIC ROUTES

### FROM ENNISKERRY:

Drive past the entrance to Powerscourt House & Golf Club, following Roundwood / Glendalough signs for 16kms until you reach Roundwood

### FROM KILMACANOGUE:

Turn off N11 at Kilmacanogue, follow Roundwood / Glendalough signs for 13kms until you reach Roundwood.

Travel straight through Roundwood following signs for Laragh/Glendalough for 8kms. At Laragh keep left, following the signs for Rathdrum. Travel for 4kms through the Vale of Clara turning right at Greenan/BrookLodge signs and from there follow the BrookLodge signs by Glenmalure Golf Course and Greenan to Macreddin (12kms).



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the  
**BROOKLODGE & WELLS SPA**



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GPS Co-ordinates: N 52 52.78 W 006 19.89



Macreddin Village is home to: • The Strawberry Tree • The Orchard Cafe • Actons Country Pub & Brewery • La Taverna Armento • Macreddin Golf Club • The Store Rooms • Ireland Xtreme • Macreddin Equestrian Centre