



BELLEVUE

SPA

AT MONTENOTTE HOTEL



WELCOME TO BELLEVUE SPA

A place to escape the noise and take time for yourself. Come in and let us guide you on a journey, to calm your body and mind.

Every treatment at Bellevue Spa begins with our signature grounding ritual. Guided breathing infused with pure lavender essential oil, followed by a feet therapy and a healing sound of Tibetan singing bowls.

Our massage therapies and holistic treatments are designed to harmonise your body and soul, relieve tension and help you relax. Facial therapies are fully customised to treat every skin condition, to nourish and regenerate skin cells.

Prepare to be pampered at Bellevue Spa, where we bring you the ultimate in relaxation.



MASSAGE THERAPIES

LAVENDER AND SANDALWOOD SERENITY MASSAGE

Combining the healing power of touch, this deeply relaxing massage uses carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

60/80 minutes | €95/€135

ROSEMARY AND BLACK PEPPER DEEP TISSUE MASSAGE

An intensive massage that works deep into tight aching muscles to instantly release pain and tension. Slow, strong strokes work through layers of muscle fibres in this therapeutic treatment to stretch and drain the body and restore comfort.

60/80 minutes | €95/€135

INDIAN HEAD MASSAGE

This classic Indian Head Massage focuses on balancing the body's energy, eliminating tiredness and improving circulation. This treatment helps alleviate headaches/migraines and eye strain. The aim of Indian Head Massage is to release the stress tension that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

60/80 minutes | €95/€135

BODY RELEASE MASSAGE with Grown Alchemist

Do you just feel...off? Release and rebalance with this full-body massage. Neurolymphatic reflex pressure points help stimulate the lymphatic system, and myofascial trigger points release key muscle groups. Firm pressure creates space within the body, helping improve posture and flexibility, as well as supporting gut health through abdominal and foot work. Detoxification is encouraged throughout this treatment, so you leave lighter and more balanced.

60 minutes | €100

URBAN DE-STRESS with Grown Alchemist

Our bodies hold stress in more places than just the mind. This de-stressing treatment targets these areas, harnesses it, and encourages a release through deep relaxation. To do this, we use a bespoke system of soothing massage, lymphatic stimulation, myofascial release and a pressure point massage of the back and feet. The release of stress from deep inside promotes healthy organ function, putting the body, and therefore, the mind at ease.

60 minutes | €100

BODY THERAPIES

BODY POLISH AND HYDRATING WRAP

The ultimate trilogy of body brushing, exfoliation and clay mask stimulate lymph, remove dead skins cells while re-mineralising the skin. This enables the application of personalised active ingredients to penetrate efficiently into the body, resulting in a deeply recharged mind and re-energised body.

60 minutes | €105



HOLISTIC THERAPIES

USUI REIKI

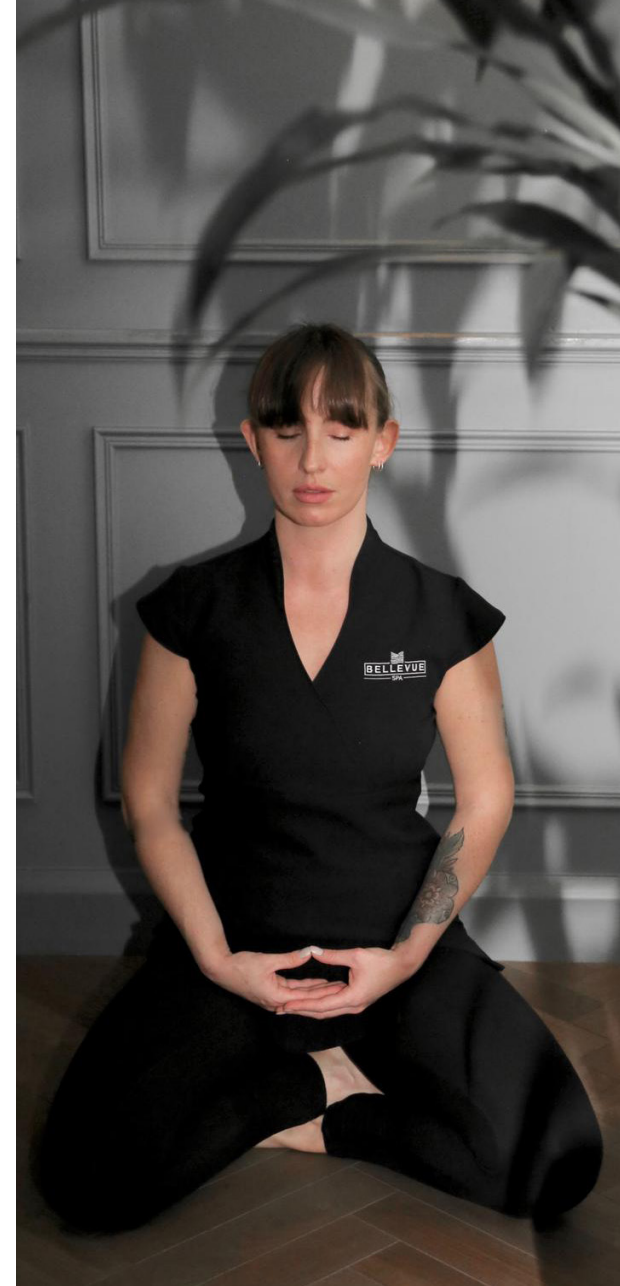
Reiki translates as a spiritual energy, and chakras are a key factor in all aspects of Reiki. There are seven major energy centres in the body, allowing energy to flow. When a chakra becomes blocked, an imbalance occurs in the emotional and physical body. If it is not cleared, the illness can manifest itself. Reiki will adjust and balance blocked chakras for optimal health and increased vitality

LYMPHATIC DRAINAGE

Lymph drainage massage is a very light, slow, rhythmical massage. The intention is to stimulate the lymph vessels that run just below the skin. Lymph drainage massage drains excess fluids from the tissues returning them to the circulatory system. It helps to eliminate waste more efficiently, reduces swelling and helps to improve skin texture and rids the body of toxins.

60 minutes | €95

80 minutes | €135



FACIAL THERAPIES

INDULGENT SKIN SOLUTION

The ultimate in skin correction and luxury combined. Surrender your face to the most results driven facial, experience the ultimate in luxury with a scalp, neck, shoulder and arm massage.

80 minutes | €135

CUSTOMISED SKIN SOLUTION

A powerful facial designed to treat a variety of skin conditions such as ageing, pigmentation, UV damage, or acne. Once a skin condition is diagnosed, the best treatment is prescribed to correct the impaired barrier function. This skin solution is suitable for pregnancy after 8 weeks and for clients undergoing cancer treatment.

60 minutes | €95

BOTANICAL FACIAL EXPERIENCE

Using 100% natural ingredients, this personalised facial treatment is customised for your skin, and includes a full face, neck and chest massage, using a lymph drainage technique, which will leave your skin nourished and deeply cleansed.

60 minutes | €95

DEFENCE with Grown Alchemist

This facial is like a strengthening skin smoothie, your skin is fed a cocktail of bio-compatible antioxidants and revitalising actives, reintroducing the nutrients your skin loses daily from over-exposure to external aggressors such as pollution and UV rays. Combined with energising massage movements, the skin's natural defence barrier is strengthened, free radicals and pollutants are neutralised, fine lines are visibly smoothed, and radiance is restored.

60 minutes | €110



REGENERATOR with Grown Alchemist

Decelerate signs of ageing with this total skin reboot. Potent Triple-Weight Hyaluronic Acid and Peptides 3 + 8 are used to encourage collagen production and improve firmness. These actives are combined with specific application techniques and tools, including lymphatic drainage and cryotherapy for instant results. This customised treatment is based your skin concerns, such as; loss of plumpness, uneven tone and texture, fine lines, and wrinkles.

60 minutes | €115

DETOX with Grown Alchemist

A deep cleansing facial like no other, this treatment has been designed to detox skin at a cellular level, ideal for those who are always on the go or lack a regular sleep cycle. A powerful blend of bio-compatible antioxidants and peptides help detox skin of free radicals, whilst cupping therapy is used to increase blood flow, aid drainage of fluids, reduce puffiness and help firm. Leave feeling thoroughly rejuvenated with a smoother, younger-looking complexion.

60 minutes | €110

PREGNANCY THERAPIES

MATERNITY FULL BODY MASSAGE

This customised massage is using safe pre-natal techniques, and is a deeply nourishing body treatment. Designed to target areas prone to stress, pain, swelling, tension and other discomforts associated with the pregnancy.

DERMAVIDUALS PREGNANCY FACIAL

Treatment includes a luxury facial massage with a mixture of actives, followed by a bespoke treatment. Mask is applied and followed by neck, shoulder and décolletage massage with the option of scalp or hand and arm massage.

PREGNANCY MINI TREATMENTS

Our mix and match option allows you to choose two of your favourite mini treatments, carefully compiled with expecting mothers in mind. Choose from Maternity leg relief, Dermaividuals mini facial, Back, neck and shoulder massage, Baby bump treatment or a Soothing bust treatment.

60 minutes | €95

OUR PRODUCTS

GROWN ALCHEMIST

BIOLOGICAL BEAUTY

Grown Alchemist have curated a collection of facials and body treatments which work in synergy with your skin's unique biology to repair natural functions, decelerate signs of ageing and restore radiance. Each treatment involves a combination of signature techniques, including neuromyopathic stimulation, an anti-pollution mist infusion and cryotherapy. Our therapists can help guide your selection based on a personalised consultation to understand your needs.

dermaviduals®

Bespoke skin care where customised skin solutions are formulated along the principles of Corneotherapy, a treatment focused on targeted analysis of the skin, tailor-made treatment with a focus on repairing the outer layers of the skin in order to improve the functions of the deeper skin layers. We are the only spa in Ireland working with Dermalviduals.



Inspired by our Victorian Garden, this product range was created to honour the timeless world of scent, capturing rose, lavender and rosemary. Celebrating Irish countryside by using beeswax from West Cork, Bellevue Botanicals are 100% natural and made in Ireland.



SPA ETIQUETTE

Appointments

We recommend booking in advance to secure your preferred date and time. A credit card is required to secure an appointment. We ask that you arrive 15 minutes prior to your treatment to complete registration and a consultation form.

Cancellations

We ask that you notify us 24 hours prior to your appointment date should you need to cancel your reservation. A full treatment price will be charged for cancellations within 24 hours.

Spa Etiquette and Attire

Bathrobe and slippers are provided on arrival to Bellevue Spa. As a courtesy to other guests, we ask that mobile phones are turned off.

Age requirement

The spa is an adult-only facility, over 18 years of age.

Valuables

Bellevue Spa and the hotel are not responsible for the loss of or damage of personal articles. We recommend that you leave your valuables at home, or in your hotel room. We will provide you with a locker with a key.

Please disclose any conditions such as suffering from high or low blood pressure, allergies, heart conditions, diabetes, or pregnancy at the booking stage of your treatment.

For appointments contact us at +353 21 453 0053 or spa@themontenottehotel.com
TheMontenotteHotel.com

