



## GROUND WELLBEING GIFT SETS

Discover the joy of GROUND'S gifting experience. Hand-crafted in Ireland with 100% natural ingredients, GROUND Wellbeing gifts are elegantly and eco-consciously packaged.

Treat yourself or surprise someone special with a unique and unforgettable present.



Scan To View Gift Sets



## TREATMENT ETIQUETTE

### Health Conditions

Kindly advise our team of any health conditions, allergies or injuries when making a treatment reservation.

### Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please allow our team to guide you in selecting which treatments are most suitable for you during this special time.

### Cancellation policy

A 50% cancellation charge will be incurred for any treatment not cancelled at least 24 hrs prior to appointment. Cancellation within 12 hrs will incur a 100% charge.

### Scheduling

Advanced reservation is advised to avoid disappointment. To make a treatment reservation, please contact our reception team.

### Contact Us:

+353 64 66 44 111

[treatments@thedunloe.com](mailto:treatments@thedunloe.com)



# THE DUNLOE

HOTEL & GARDENS

## TREATMENT MENU





## GROUND WELLBEING

Ground is a collection of face balms and body oils that are 100% natural, giving nourishment while helping us to bring focus, ritual and intention into our daily lives.

Founded by Peigín Crowley, all of the products are handmade in small batches in Co. Cork, Ireland. Each product is made with vegan ingredients and organic where possible and blended with sincere intention to soothe the soul.



## TREATMENTS

### THE GROUNDING FULL BODY MASSAGE (60 mins) - €90

A restorative massage treatment to soothe and comfort the full body using slow and rhythmical techniques. This treatment helps to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils will help set your intention to ground and connect to self while restoring balance in the body.

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### THE GROUNDING RITUAL (60 mins/90mins) - €90/€150

This treatment will provide you with the space and time to reconnect to source, to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. Focused on the back of the body and specifically centered on the areas that are prone to tightness and tension.

The 90 minute option offers an added 30 minutes focused on the neck, shoulders, face and scalp. Includes the use of the soothing GROUND Gua Sha stones.



### THE RESTORATIVE FACE, NECK & SCALP RITUAL (60 mins) - €90

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, TMJ issues, sinuses and puffiness. This is also the perfect treatment for anyone needing respite from the effects of stress and anxiety on their body. A calming but powerful treatment with one sole purpose; to leave you feeling peaceful & renewed.

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### THE COMFORTING RITUAL PREGNANCY TREATMENT (60 mins/90 mins) - €90/€150

A deeply comforting treatment for Mum to Be as she cradles her baby within. This treatment centres on a gentle rhythmical massage to hold and relax expecting Mum. It is a grounding treatment to soothe and release tired muscles specifically in the shoulders, back and lower legs.

The 90 minute option offers an added 30 minutes focused on the neck, shoulders, face and scalp. Includes the use of the soothing GROUND Gua Sha stones.

