



THE GRACE  
WESTPORT ESTATE



WELLNESS & SPA



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# Wellness & Spa at The Grace

At The Grace, wellbeing begins with a gentle shift in pace. The space is quiet, unhurried, and time is allowed to unfold.

Our wellness offering is designed to support rest and recovery in a way that feels considered and intuitive. Each treatment is delivered with care and attention, allowing you to step away from the everyday and settle into the moment.

From the moment you arrive, a sense of calm begins to settle in, staying with you long after you leave.

## Wellness Facilities

Our Wellness & Spa facilities offer a considered space to unwind and reset.

Guests can move between the wellness suite, including our steam room, sauna and jacuzzi, before continuing to the swimming pool or the Tiny Tides paddling pool for younger swimmers. A hydrotherapy pool offers a more restorative experience, while a dedicated wellness studio and fully equipped gym support both movement and recovery.

Six treatment rooms, a spacious beauty suite and a quiet relaxation room to complete the experience, alongside thoughtfully designed changing facilities to ensure comfort throughout your visit.



# The GROUND Story

Peigín Crowley, a wellness expert with almost three decades of experience in spa therapy and treatment design, founded GROUND Wellbeing in 2020.

Drawing on her experience working closely with the body, The GROUND Story was created when Peigín developed a collection designed to support sleep, stress, hormonal balance and recovery in a simple and considered way. All products are handmade in Ireland using natural, vegan ingredients and are designed to support both in-spa treatments and rituals at home.





# Ground Body Treatments

## The Grounding Ritual

60 mins – €135

Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this massage in long, flowing movements, working the full length of the body. This specialist massage will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body.

## The Restorative Ritual

60 mins – €135

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.

## The Cleansing Ritual

60 mins – €135

With the intention to move our system into the state of rest and digest, this upper body focused, abdominal massage treatment helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to abdomen and digestive organs. A beneficial treatment for everyone but ideal for those who hold stress or anxiety in their abdominal area.



## The Sleep Ritual

90 mins – €180

This ritual was especially developed to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in to mind & body. Ideal for jetlag.

## The Comforting Ritual

60 mins – €135 | 90mins – €180

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting treatment for the second and third trimester of pregnancy. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows through pregnancy. Treatment delivered in the side lying position.

## Muscle Recovery

60 mins – €140 | 90 mins – €190

Flowing, rhythmical and firm; this back of body massage was created to assist in releasing the overworked muscles of the body from their tense & tightened position. Helping to alleviate aches & stiffness while also improving circulation.



## Tóg Go Bog É

60 mins – €135 | 90 mins – €180

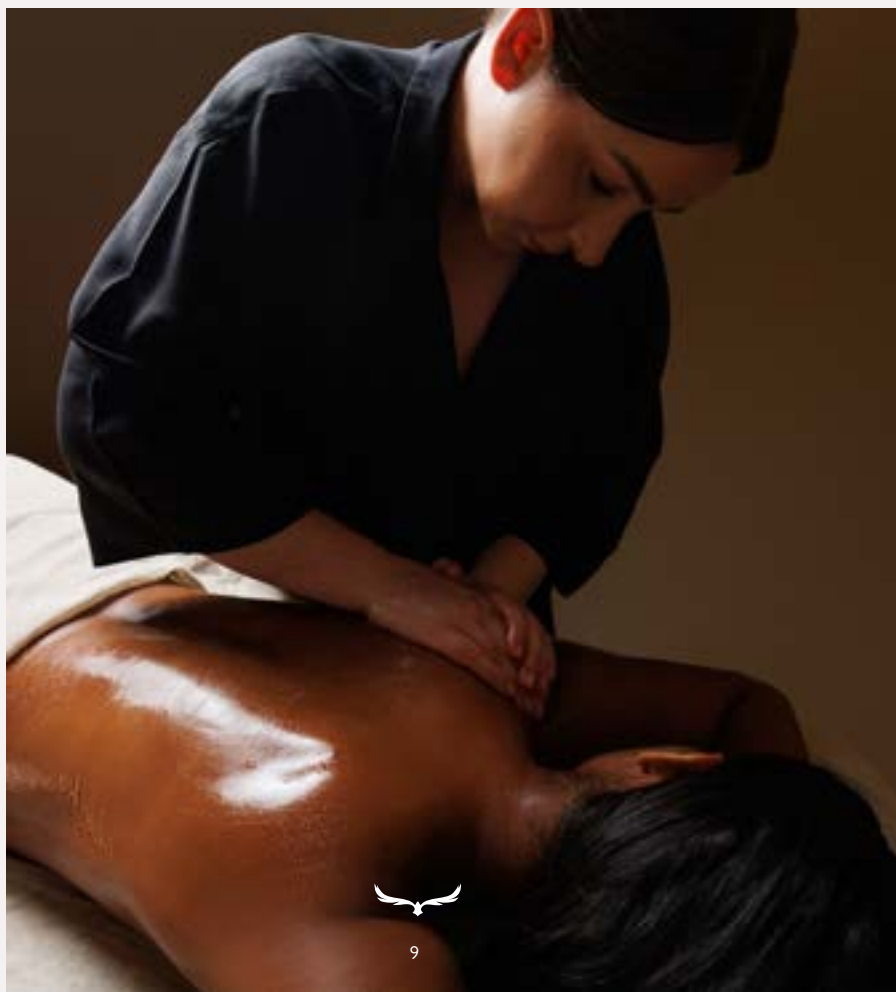
This full body massage treatment incorporates aromatherapy and breathwork alongside slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect.

The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.

## Sole to Soul Connection

60 mins – €135

This deeply relaxing ritual commences with an aromatherapy foot bath & mindful breath work followed by a cooling and soothing mask application to the lower legs & feet. Tap into your body's ability to self repair and realign with this restorative, reflexology inspired massage ritual created to release tension and restore balance. Ideal to Ease tired, heavy, aching legs.



## THE GRACE SIGNATURE TREATMENTS

### ‘Gráinne na Farraiqe’ ‘Grace of the Sea’

120 mins – €230

Inspired by the legendary Pirate Queen, Gráinne Mhaol, this signature ritual is designed to restore a sense of grounding and renewal.

The experience begins with a warm sea-salt foot bath infused with ocean minerals and wild Atlantic botanicals, followed by guided breathwork to help release tension and settle the body into stillness. The back is then deeply cleansed and exfoliated before warm Himalayan salt stones are used in flowing massage movements to ease muscular tension and encourage deep relaxation.

A reviving facial completes the treatment, combining soothing botanicals and warm Himalayan stones to restore radiance and leave skin feeling refreshed.

A moment to pause, reset and emerge renewed.



THE GRACE SIGNATURE TREATMENTS

## A State of Grace

90 mins – €190

Inspired by Grace Kelly and her ancestral connection to County Mayo, this refined, massage-led facial is designed to restore radiance and leave skin looking fresh, rested and luminous.

Combining European massage techniques, feather-light facial sculpting and lymphatic drainage, the treatment works to release tension, encourage circulation and deliver visible results, while creating a sense of calm and ease.

A considered treatment for moments when you wish to look and feel your very best.



# Ground Facial Treatments

## The BIOME Facial

60 mins – €135

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome Repair facial works to soothe & repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

## The BIOME Detox Facial

60 mins – €135

Restore energy flow and vitality to the skin with this invigorating facial that combines the power of probiotic-rich botanicals from our BIOME range with detoxifying techniques to trigger the skin's natural cell-renewal process. Gua Sha Massage techniques encourage circulation and lymphatic flow, stimulating the natural exfoliation process to leave the skin feeling purified and renewed.

## The BIOME Calm Facial

60 mins – €135

Support your skin's natural ability to soothe and heal with this deeply relaxing facial that will comfort the skin and calm the mind. Designed to nourish the skin blending bio-identical ingredients, plant lipids, calming massage & face reflexology techniques to restore, replenish and soothe the skin.



# Beauty Treatments

## Signature Manicure

60 mins – €80

Designed to rejuvenate tired hands and nourish the nails, this luxurious manicure leaves your fingertips beautifully groomed and perfectly polished. Finished with a polish colour of your choice for an elegant, lasting result.

## Signature Pedicure

60 mins – €80

Designed to refresh tired feet and nourish nails, this indulgent pedicure leaves your feet soft, smooth, and perfectly polished. Finished with a polish colour of your choice for a truly elegant result.

## File & Polish (hands or toes)

30 mins – €45

Nails are shaped and finished with your choice of polish or gel – perfect between full services.



# Holistic Treatment

## Reflexology

60 mins – €120

An ancient healing art that focuses on applying pressure to specific points on the feet, to correspond with organs and systems of the body. This gentle yet powerful therapy aims to stimulate these reflex points to promote balance, relaxation, and overall well-being.







# A Graceful Ritual

## Luxuriously Unhurried

90 mins – €185

A luxuriously unhurried treatment created to ease tension and invite a quieter pace.

Beginning with a soothing foot soak and guided breathwork, the treatment continues with a customised massage focused on the back, neck, shoulders, hands and arms.

A face and scalp massage follows, with focused attention on the eyes, TMJ, forehead and temples, using massage and gua sha techniques. Complete your experience with complimentary access to the pool area, steam room, sauna, jacuzzi and relaxation spaces, allowing time to linger a little longer before or after your treatment. Available to book Monday to Sunday.



# Enhancements

Elevate your experience

## Ground Body Polish

30 mins – €50

This deep cleansing all over body exfoliation refines skin texture and increases lustre. Improving circulation & aiding the absorption of the potent essential oils, this treatment includes the double action of gently removing dead skin cells with salt & the healing effects of the potent essential oils.

Choose from one of the following aromatherapy scrub blends:

1. UPLIFTING Body Polish - Bergamot & Lemongrass
2. BALANCING Body Polish - Lavandin & Rosewood

## Hand & Foot Ritual

30 mins – €50

This relaxing ritual commences with an aromatherapy foot bath followed by a rich botanical exfoliation and application of a purifying gel to clay mask to the feet. This deeply grounding ritual continues with a restorative massage, focusing on the hands and feet to release tension and restore balance.

## Scalp Ritual

30 mins – €50

Working with the belief that mind and body are intricately connected and thus can influence one another this intuitive & therapeutic treatment focuses on massage & acupressure techniques along the head, neck, and shoulders to ease tension, promote energy flow & improve hair and scalp condition.





# Gentleman's Treatments

## Muscle Recovery

60 mins - €140 | 90 mins - €190

Flowing, rhythmical and firm; this back of body massage was created to assist in releasing the overworked muscles of the body from their tense & tightened position. Helping to alleviate aches & stiffness while also improving circulation.

## Tóg Go Bog É

60 mins - €135 | 90 mins - €180

This full body massage treatment incorporates aromatherapy and breathwork alongside slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.

## Gentleman's Biome Facial

60 mins – €135

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome Repair facial works to soothe & repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

## Gentleman's Signature Manicure

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Designed to rejuvenate tired hands and nourish the nails, this luxurious manicure leaves your fingertips beautifully groomed and perfectly polished.

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Designed to refresh tired feet and nourish nails, this indulgent pedicure leaves your feet soft, smooth, and perfectly polished.

# Spa Etiquette & Guest Information

## Spa Hours

- Monday – Sunday: 9:00am – 7:00pm

## Guest Passes

- Guest passes are available for non-members. Please enquire at Wellness & Spa for further details and pricing.

## Pricing & Gratuities

- Treatment prices are listed in Euro (€) and may be subject to change.
- Gratuities are entirely at your discretion and are not included in the treatment price. Our team is always delighted to receive a gesture of appreciation for exceptional service, though it is never expected.

## Arrival & Preparation

- Residents: We recommend arriving at least 15 minutes before your scheduled treatment in your room's robe and slippers.
- Non-residents: Please arrive at least 30 minutes prior to enjoy the full experience.
- Upon arrival, our team will provide you with a locker, robe and slippers. Guests are welcome to bring their own flip flops if preferred.
- Swimwear is required in the swimming pool, hot pool, sauna and steam room. Appropriate gym attire is required for the gym.

## Children & Age Restrictions

- Children under the age of 16 must be accompanied by an adult.
- Guests must be 18 years or older to enjoy spa treatments.
- Guests under 18 are kindly requested not to use the gym, sauna, steam room, or jacuzzi.

## Appointment Changes & Cancellations

- We understand that plans can change. To accommodate this, we request a minimum of 24 hours' notice for any changes or cancellations.
- Cancellations received with less than 24 hours' notice, or no-show appointments, will incur the full treatment fee.

## Spa Conduct & Environment

- Please be mindful of our quiet zones to ensure a peaceful atmosphere for all guests.
- Switch off mobile phones, speak softly and refrain from photography.
- To maintain the sanctuary of the pool area, we kindly ask that no food or drink be consumed.



# Spa Etiquette & Guest Information

## Health & Safety

- Please inform us of any health conditions, allergies, or recent medical or cosmetic procedures that may affect your treatment.
- For certain treatments, a note from your GP may be requested as a safety measure.
- Late arrivals may result in a shortened treatment time, allowing us to honour the schedule of all guests.
- Ensure all personal belongings are collected from lockers before departure, as we cannot accept responsibility for items left behind.

At Spa & Wellness, our aim is to create a space where you can settle into stillness, be present and encounter something elemental.

## Bookings

To arrange your spa experience at The Grace, please contact our team by emailing [spa@thegrace.ie](mailto:spa@thegrace.ie) or by calling +353 98 25122. Reservations may also be made online via our website [TheGrace.ie](http://TheGrace.ie).

Whether seeking deep rest, restoration or simply time to slow down, our team will be pleased to help curate an experience tailored to you.

## Give the Gift of Wellness

### A moment of calm, thoughtfully given.

At The Grace, each spa experience is shaped with care and intention, creating space for the pace to soften and the outside world to fall away.

Treatments are delivered in a calm, considered setting, offering time to pause, reset and fully unwind.

A spa voucher for The Grace is more than a gift; it is an invitation to slow down and experience a sense of ease that stays with you long after you leave.

Gift Vouchers are available at our reception or online via our website [TheGrace.ie](http://TheGrace.ie).







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