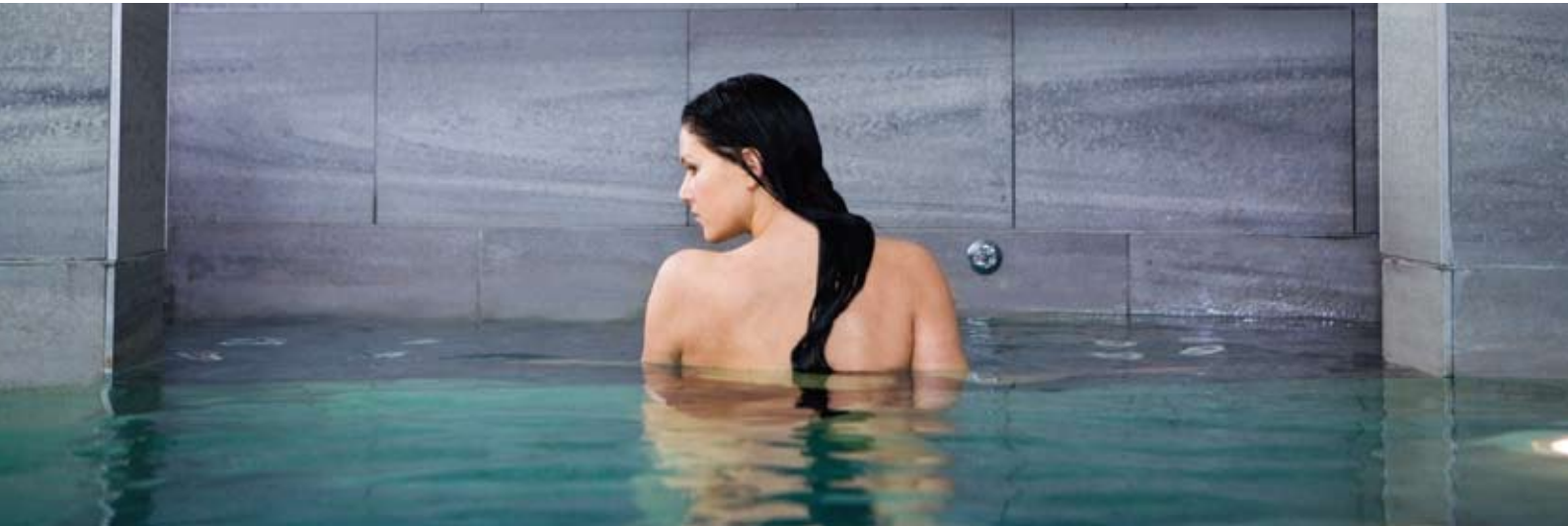


day spa experiences at monart



monart
RETURN TO YOUR TRUE NATURE



escape the stresses of modern life

breathe

€175 (3 HOURS)

For those who need a quick fix spa experience and have many time constraints.

Arrive and take a moment to relax. De-stress and relax in the **Thermal Spa** and enjoy a series of nine hot and cool bathing rituals. Treat your face to a skin diagnosis with **Reviver Mask** (30 minutes) followed by a **Tension Release Massage** to ease the stresses held in the upper body.

Take comfort in the light & dark relaxation rooms or take a stroll around the celtic gardens. For the more active our gymnasium and Kinesis Wall is also available.

thermal spa experience (available seven days)

€120 (5 HOURS)

Enjoy the benefits of our **Thermal Spa**, an ancient bathing ritual, and let the nine individual hot and cold treatments work their magic, excellent for skin tone, texture, detoxifying and improving circulation. Relax in the spa café for **Lunch** and wander around the grounds throughout your day.

two's company

€580 (6 HOURS)

Quality time is rare to find with loved ones, so treat yourself and that special someone, be it mother & daughter, friends or partners to a 'two's company' day spa experience at monart. Arrive and take a moment to relax. Rest and rejuvenate in the **Thermal Spa** and enjoy a series of nine hot and cold bathing rituals.

Meet your therapist and experience a **Hamam Body Cleanse** in the warm environment of the hamam rooms and a **Mud Chamber Experience** leaving the skin soft, smooth and vibrant. Our couples suite is the perfect place to relax to a bespoke **Facial** tailored to your skin type.

Enjoy **Lunch** in the spa café with a glass of **Prosecco** land throughout the day relax in the comforts of our light & dark relaxation rooms or take a stroll around the celtic gardens. For the more active our gymnasium and Kinesis Wall are also available.

additional finishing touches

LUXURY PEDICURE €70

FILE & PAINT €25

LUXURY MANICURE €70

FRENCH PAINT €35

BLOW DRY FROM €24



“me time at monart”

choose from one of the following day
spa experiences

unwind

€295 (6 HOURS)

The ultimate relaxation day starts with taking a moment to relax with a refreshment on arrival. Experience the **Thermal Spa** and relax in a series of hot and cold ancient bathing rituals.

In the soothing environment of **Dry Floatation**, suspend weightlessly and feel your body slow down to a natural, serene pace. Forget about the outside world while you experience a **Full Body Aroma Massage** using essential oils to completely enhance the feeling of relaxation followed by an **Aromatherapy Facial** to treat your skin through pressure point massage, essential oils improving skin tone and texture.

Enjoy **Lunch** in the spa café and throughout the day, take a stroll around the celtic gardens. Bring a book, sit back and take comfort in our light and dark relaxation rooms.

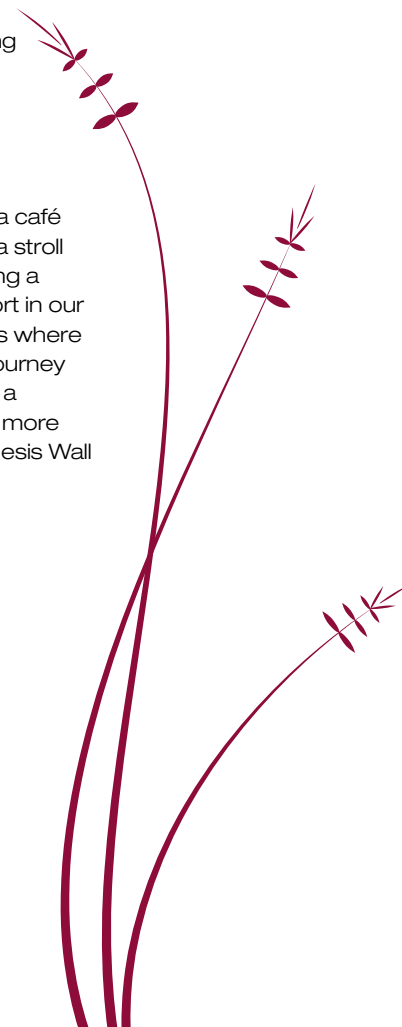
detox

€295 (6 HOURS)

Embark on a purifying and balancing journey with our one day detox programme. Clear your mind, feel renewed, re-energised and detoxify the entire body. Increase circulation and improve skin tone in our **Thermal Spa**, experience a series of nine hot and cold ancient bathing rituals.

Eliminate toxins and relieve muscular tension with a **Seaweed Hydrotherapy Bath**, followed by a detox **Seaweed Thalasso Wrap**. Using the finest seaweeds and mild skin brushing techniques this wrap detoxifies, alleviates fluid retention and activates blood circulation. Don't forget the face - following a skin diagnosis a bespoke results driven **Facial** will meet your skin's needs – cleansing, relaxing and effective!

Enjoy a detox **Lunch** in the spa café and throughout the day, take a stroll around the celtic gardens. Bring a book, sit back and take comfort in our light and dark relaxation rooms where the day will help you on your journey to detox or as an aid in part of a slimming programme. For the more active our gymnasium and Kinesis Wall are also available.





monart
RETURN TO YOUR TRUE NATURE



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pevonia®
Botanica

We use Pevonia Botanica which is a botanical skincare line found in the most prestigious spas worldwide. Pevonia Botanica follows a holistic philosophy combining nature with the latest scientific technology producing highly visible results for all skin types.

naturally nurturing

€320 (6.5 HOURS)

Whether you are pregnant, a new mother, or simply need some well-deserved attention, our unique body and beauty treatments will relax, revive and rejuvenate. All treatments are designed with your safety and comfort in mind, and our massage therapists are specially trained to take care of pre and post partum women. This day of ultimate indulgence for the mum to be.

The **Water-Lily Wrap**, a cooling, soothing body wrap for the mum to be. This relaxing treatment is performed on the **Dry Floatation** bed for sublime relaxation, providing a feeling of total weightlessness. This is an excellent therapy to relieve stress, fatigue and the effects of water retention in a comfortable environment for you and your bump.

Enjoy **Lunch** in the spa café and throughout the day unwind in the comforts of our light & dark relaxation rooms or take a stroll around the celtic gardens. Bring a book, sit back and take comfort in our light and dark relaxation rooms where day will help you on your journey to return to your true nature.

A combination of our **Mother's Helper** and **skincare lesson** offer techniques to pamper and praise your changing body. We appreciate that caring for a new baby can stress, strain and challenge posture of the back, neck and shoulders.

Complete your day with **Tidy Toes**, file and paint for the feet.

conditions of booking

Available Sunday to Friday

Credit Card required to confirm booking

All vouchers must be presented on arrival

72 hour cancellation policy, otherwise
incurring a full charge to your credit card.

