our state of the art thermal spa is the heart of our spa. based on an ancient heating and cooling bathing ritual, a journey through each of the nine thermal rooms in the suite offers you the ultimate cleansing, relaxing and rejuvenating experience, coupled with tangible health and wellness benefits.

residential guests and members benefit from unrestricted complimentary access to the nine thermal rooms in the suite during opening hours. access to the suite is also incorporated into all types of day spa programmes.

HEATED BENCHES AND FOOTBATHS & KNEIPPE CURE POOL
Your welcome into the Thermal Spa. Heated benches and footbaths will stimulate pressure points and begin your journey to relaxation and rejuvenation.

EXPERIENCE SHOWERS
A range of showers of different temperature, pressure and type. Ideal to use in between each of the subsequent treatments to cleanse, stimulate and invigorate.

SALT GROTTO
A salt and steam treatment to soften the skin, aid circulation and ease existing respiratory difficulties.

CALDARIUM
A dry, warm environment to ease stress, tension and aches and pains. Monart’s unique caldarium offers views over the lake and waterfall.

SANARIUM
Combines the traditional pleasures of a Scandinavian sauna to soothe joints and muscles.

AROMATIC STEAM ROOM
Uses eucalyptus vapour to cleanse the body of impurities and revitalize the mind.

TRADITIONAL FINNISH SAUNA
Intense dry heat to promote skin exfoliation, tissue toning and relaxation.

OUTDOOR LOG CABIN SAUNA WITH ICE BUCKET SHOWER
Intense dry heat to promote skin exfoliation, tissue toning and relaxation followed by the bucket shower for the ultimate sauna experience!

HYDROTHERAPY POOL
Our 55sqm pool has nine different water jet stations to massage and manipulate the major muscle groups, easing tension and stress.
our specialised hydrotherapy bath: designed to massage the whole body, as well as focusing in on problem areas to improve circulation, eliminate toxins and relieve muscular tension and stress. used in tandem with aromatic oils, mud or seaweed to suit your individual needs.

an integral part of the spa experience, the hydrotherapy bath offers a calming and centring experience like no other, while the positioning of the water jets ensures a highly results driven treatment. colour therapy, proven to promote positivity and relaxation, further enhances this excellent treatment. once your needs have been attended to we will leave you to experience your treatment in privacy and peace.

AROMA BATH
P, M, H, BP, A, E, CL, C
Aromatherapy bath salts with essential oils are used to melt away stress, calm the senses and condition the skin.

SEAWEED BATH
P, M, T, H, BP, E, D, CL, SA, C
Organic Irish Seaweed is used to detoxify the body and eliminate fluid retention, excellent as part of a slimming programme.

MUD BATH
P, M, H, BP, E, CL, C
Mud rich in natural elements is used to relieve muscular tension, aches and pains.

MUD CHAMBER
P, H, BP, E, D, CL, C
Canadian Moor mud, rich in natural elements is used to exfoliate and nourish the skin, lounge in the chamber, before enjoying a herbal steam and tropical rain shower to cleanse and induce pure relaxation.
HAMAM TREATMENTS

Excellent prior to and greatly enhances the thermal journey. Stretch out on the heated plinth and enjoy one of the following in this traditional heated wet room.

**BODY BRUSH & SCRUB**
P, M, H, BP, E
Complete exfoliation from head to toe. Begins with dry body brushing to increase circulation, followed by an intense silky skin body scrub.

**BODY CLEANSE**
P, M, H, BP, E
The body is thoroughly cleansed and revived with specialist soap.

**VOYA LAZY DAYS RITUAL**
P, M, H, BP, E
The treatment begins with a body warming cleanse to open the pores, followed by an organic seaweed body exfoliant to relax tired aching muscles, deeply moisturise, detoxify and increase your blood circulation.

**VOYA SEA SALT GLOW**
P, M, H, BP, E
This luscious salt glow is infused with dead sea salts and organic seaweed oil to hydrate the skin, stimulate blood and lymph flow, while firming skin tone and refining skin texture.

DRY FLOATATION EXPERIENCE

the ultimate enveloping relaxation experience. enjoy the feeling of complete weightlessness, thus increasing the therapeutic results. 30 minutes of dry flotation is deemed to have a similar therapeutic effect as up to two hours of traditional rest. it is an unparalleled treatment for those seeking complete relaxation.

**DRY FLOAT**
CL, BP, C
A sublime relaxing and rejuvenating experience to enjoy in quiet solitude.

**MOOR MUD WRAP**
CL, BP, T, E, SA
A stimulating and nourishing treatment ideal for promoting relaxation, reducing stress, easing muscle strain, and detoxifying. Accompanied by a relaxing scalp massage.

**AROMA OIL WRAP**
CL, BP, P, T, E
An holistic oil infused body wrap, excellent for tension and stress relief. Accompanied by a relaxing scalp massage.
TREATMENTS FOR MEN

The following treatments are designed specifically for men, to remove aches, reduce stress and achieve results so you can be at your best - enjoy!

SKINFIT FACIAL FOR MEN
SD, SA
Ideal for the active man, and all that nature throws at him. A soothing and cooling experience with anti-ageing properties.

SWEDISH MASSAGE
P, H, BP, A, E, MP, S
This traditional full body massage is ideal for stress relief, improving blood circulation & leaving you feeling energized.

DEEP TISSUE MASSAGE
P, H, BP, A, E, MP, S
Not for the feint hearted… Very intense & targeted deep tissue massage.

SPORTS MASSAGE
P, H, BP, A, E, MP, S
For the active sportsman… Full body massage to alleviate aches and pains; helps prevent sports injuries; reduces build up of lactic acid.

BACK MASSAGE
P, H, BP, A, E, MP, S
Express massage to loosen up your upper back, neck & shoulders to relieve stress and tension.

HOT STONE MASSAGE
H, BP, A, E, MP, S
This highly popular holistic massage uses heated stones for a more effective massage treatment.

HAMMAM TREATMENTS
Ancient Byzantine traditionally male treatment performed on a heated plinth. Featuring specialised soaps & loofahs. It is recommended to use the Aromatic Steam room for 10 mins prior to your Hammam treatment.

PHYSICAL THERAPY
Focusing on manual treatment of soft tissues, muscles, tendons & ligaments. Therapists use highly skilled hands on techniques to diagnose, prevent or treat physical injuries.

DESERT HEAT BODY TREATMENT
P, H, BP, E, CL
Vanquish fatigue & stress with this actively warm body treatment. Feel a deep sense of relaxation followed by an increase in your energy levels.

WARM MUD BACK TREATMENT
H, BP, E
Ideal for the overworked and strained back. Relieves aches and muscular pains through massage and heated therapeutic mud treatment.

ORGANIC SEAWEED RUB
An organic seaweed body exfoliant to relax tired aching muscles, deeply moisturise, detoxify and increase your blood circulation.

MOOR MUD WRAP
CL, BP, T, E, SA
A stimulating and nourishing treatment ideal for promoting relaxation, reducing stress, easing muscle strain, and detoxifying. Accompanied by a relaxing scalp massage.

DRY FLOATATION
In need of a good night’s sleep? This is for you! 30 minutes of dry floatation is deemed to have a similar therapeutic effect as up to two hours of traditional rest.
treatments for your face. We offer a wide range of facial treatments to suit all skin types, as well as delivering visible results for your skin, all our treatments are designed to leave you feeling relaxed and refreshed.

due to the results driven nature of Pevonia Botanica products, which have a high percentage of active ingredients, some treatments are not suitable for first time Pevonia users. You will be advised of this during your skin diagnosis with your therapist and an equally effective alternative will be recommended.

**Prescriptive Facial**

**SD**
A bespoke, results-driven facial to meet the needs of all skin types - cleansing, relaxing, effective!

**Elasto-Firm Mask**

**SD, S, SA**
The perfect enhancement to any anti-ageing regime, using collagen and elastin to promote deep hydration and radiance.

**Oxy-Vital Mask**

**SD**
A soothing, healing and hydrating treatment, using aloe vera and azulene to revitalise and restore skin.

**PLANTOMER MASK**

**SD, SA, T**
A cooling seaweed based mask that promotes healing and refining, leaving you refreshed and hydrated.

**Lumafirm Lift & Glow**

**T, SA**
Ideal for any skin type showing signs of ageing or as the perfect instant repair boost when you want to look your absolute best. Performance driven, this facial features the best anti-ageing ingredients, rendering the skin ultra-luminous with a firmer, tighter and more youthful defined appearance.

**Pearls & Caviar Luxury Facial**

**E, SD, CL, SA, P**
An indulgent anti-ageing treatment with crushed pearls, marine caviar and escutox, a natural vegetable based alternative to botox.

**Acne Treatment**

**SD**
A corrective facial with immediate visible results that improves the complexion by refining and reducing excess toxic congestion.

**RS2 Rosacea Treatment**

**T, E, SD, SA, S, CL, P**
A thermal clay mask ideal for deep tissue repair. Excellent for Rosacea, Acne Rosacea or permanent redness of the skin.

**Luminous C & Sea Mask**

**T, SD, SA, P**
Containing vitamin C & seaweed, this facial boosts collagen and elastin production within the skin, leaving the skin smooth and vibrant.
ANTI-FREE RADICALS MASK
E, SD, CL, P
To rejuvenate and rehydrate dry or dehydrated skin with cooling lavender and peppermint clay, enriched with Vitamins A & E to prevent premature ageing.

ULTIMATE DEEP CLEANSE
P, E, SD, MP
A treatment which includes Galvanics for thorough extraction of the skin, an irreplaceable deep cleaning treatment. (not recommended for migraine sufferers)

PEVO RECLAIM
P, T, SA
This Polypeptides freeze dried treatment is proven effective to protect your skin against premature ageing, smoothing wrinkles, combating skin slackening whilst improving overall texture & elasticity, and deeply hydrating.

PEVO REFINE
P, T, SA
By delivering a high concentration of botanical DNA for outstanding absorbancy, this Polypeptides freeze dried treatment is proven effective to protect your skin against premature ageing, tighten and visibly reduce enlarged pores for a brighter more refined complexion.

AROMATHERAPY FACIAL
P, A, SD
Using a blend of essential oils, this facial treats your skin holistically through pressure point massage leaving you with a radiant complexion.

These add-on treatments are ideal partners for any facial treatments and can be included for an additional charge.

DE-STRESS EYE TREATMENT FOR WRINKLES
SD, SA
Intensely hydrating collagen treatment to reduce and smooth lines and wrinkles.

DE-STRESS EYE TREATMENT FOR PUFFINESS
SD
Cooling and calming eye mask designed to brighten tired eyes and reduce dark circles.
scrubs & peels: a menu of treatments to invigorate, exfoliate and nourish your skin. these treatments are highly effective individual treatments or can be enjoyed as preparation for body wraps or massage therapy.

**VOYA BLADDERWRACK BODY BUFF**
T, P
100% certified organic powdered seaweed and oil scrub for the health conscious. Our certified organic bladderwrack body buff is the ultimate treat for tired and dull skin.

**VOYA PURE ORGANIC PEPPERMINT SUGAR GLOW**
T, P
Enjoy this refreshing all over exfoliating treatment. The double action of gently removing dead skin cells and cooling and uplifting effects of our organic peppermint essential oil will bring new life to the skin.

**VOYA PURE ORGANIC LAVENDER SUGAR GLOW**
T, P
Enjoy this refreshing all over exfoliating treatment. This organic Sugar Glow is a melody of ingredients, organic seaweed, organic lavender buds and natural sugar. This treatment begins by invigorating, exfoliating and nourishing the skin leaving it all shiny and buffed.

**PEVONIA FULL BODY POLISH**
Removes impurities and rough skin, refines the skin leaving it silky, smooth and soft & activates circulation.

**PEVONIA AROMATHERAPY SALT GLOW**
P
A deep cleansing and exfoliating treatment using a blend of mineral salts and essential oils to massage away impurities and stimulate circulation.

**PEVONIA SEAWEED BODY SCRUB**
P, T
Removes impurities and rough skin, refines the skin leaving it silky, smooth, activates circulation, detoxing.

**PEVONIA TROPICAL SALT MOUSSE GLOW**
This aromatic exfoliating treatment will remove dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants, leaving the skin silky soft.
BODY WRAPS

following an invigorating body scrub, masks are applied to your body under a thermal blanket, which activates the natural absorption of ingredients for best results. all wraps are accompanied by a relaxing scalp massage.

PEVONIA GREEN COFFEE WRAP
P, H, BP, E, D, CL
A revolutionary results driven wrap to release and eliminate toxins, specifically targeting cellulite. Effective as part of a slimming programme.

PEVONIA DETOX SEAWEED THALASSO WRAP
P, T, H, BP, E, D, CL, SA
Using the finest seaweeds, this wrap detoxifies, alleviates fluid retention and activates blood circulation.

PEVONIA AROMATIC MOOR MUD WRAP
P, H, BP, E, CL
Rich in vitamins & minerals, this wrap aids fatigue and stress and boosts the body’s immune system, excellent for those with arthritis and rheumatism.

PEVONIA MOROCCAN COCOON BODY WRAP
P, H, BP, E, CL
This extraordinary mud soothes and helps eczema, psoriasis and sensitivity. Rich in magnesium, iron, calcium which help to renew the skin.

PEVONIA TROPICAL ESCAPE
P, H, BP, E, CL
Blended with potent anti-ageing ingredients, including fruit extracts of pineapple & papaya your experience is a glorious sensory escape leaving the skin deeply nourished and rejuvenated and revealing an astonishing decrease in body crepiness and wrinkles.

VOYA ORGANIC SEAWEED LEAF WRAP
T, P
This treatment detoxifies, firms and softens the skin and would be excellent in weight loss programmes. The ultimate spa experience, we use the finest seaweed, harvested by hand from the ocean to ensure that the highest content of bio-actives is preserved.

VOYA TANGLE ME UP BODY WRAP
T, P
This anti-ageing and cellulite treatment improves suppleness and elasticity of the skin and revitalizes skin condition. VOYA’s body treatments relax tired and lethargic muscles, relieving stress and fatigue.
designed in conjunction with a qualified midwife, these treatments offer unrivalled care for the expectant and new mother.

MUMS TO BE MASSAGE
H, A, E, S
Specifically designed massage techniques ideal for relaxing both mother and child. This full body massage will ease the strains brought about by pregnancy.

MOTHER’S HELPER
E, S
For new mothers, we appreciate that caring for a new baby can stress and strain, this massage focuses on the back, neck and shoulders offering relief to tense areas.

WATER LILY FLOAT
E
A cooling soothing body wrap for the mum to be. Performed on the dry floatation bed, evokes a feeling of total weightlessness. An excellent therapy to relieve fatigue, stress and effects of water retention.

PREGNANCY STONE MASSAGE
E, S, MP, BP
A highly effective combination of hot and cold stone massage to refresh mind, body and soul.

LIGHT LEGS
S, MP
Includes exfoliation, massage, mask and tension relief gel to leave the feet and legs feeling cool and refreshed.
MASSAGE THERAPIES

Massage is one of the oldest and simplest forms of therapy and has been used for centuries to induce benefits of health and wellbeing & improve circulation, among other benefits.

We offer a selection of massages, from traditional to contemporary, all of which will be tailored to your individual needs.

SWEDISH MASSAGE
P, H, BP, A, E, MP, S
The traditional massage, adaptable to your needs, whether it be firm and strong or lighter and more relaxing.

FULL BODY AROMA MASSAGE
P, H, BP, A, E, MP, S
A full body massage envoking deep relaxation using essential oils.

DEEP TISSUE MASSAGE
P, H, BP, A, E, MP, S
Localised deep tissue massage to alleviate aches and pains.

DELUXE MONART MASSAGE
P, H, BP, A, E, MP, S
A nourishing full body treatment including face, scalp and body massage followed by a hot towel cleansing ritual to ease all your tensions away.

TENSION RELEASE MASSAGE
P, H, BP, A, E, MP, S
Concentrating on the upper back, neck, shoulders and scalp, this massage works on the areas prone to tension and stress.

HOT STONE MASSAGE
An holistic and sensory journey releasing stress & inducing deep relaxation.

INDIAN HEAD MASSAGE
Relaxation massage treatment working on the upper back, head, neck, shoulders, face & scalp.

VOYA MASSAGE
Full body VOYA massage - this organic aroma massage with stress relieving elements will combat the effects of tired bodies. Its seaweed extracts from VOYA signature seaweed Fucus Serratus, helps renew your damaged skin cells, tone and elasticity, and can help against signs of ageing and cellulite.
SPECIALIST TREATMENTS

our highly trained staff offer a range of specialist treatments and therapies to complement all spa treatments and aid you in your journey to rest, rejuvenate and transform.

REFLEXOLOGY
To re-balance and relax the body through gentle pressure point massage of the feet.

REIKI
A powerful therapy for stress reduction and relaxation by boosting the body’s own healing system promoting physical, mental and spiritual well being.

PHYSICAL THERAPY
A menu of results driven therapies are available on request including Treatment for Repetitive Strain Injury and Postural Problems. Please ask us for more details.

ACUPUNCTURE
Treating an immense amount of modern ailments, Acupuncture can also be used for stress relief, sports injuries & fertility issues.

FINISHING TOUCHES

hand & nail treatments: our hand and nail care system nourishes and protects your skin, ensuring those frequently neglected areas look and feel their best.

FILE & PAINT
FILE & FRENCH PAINT
‘GEL COLOUR’ 2 WEEK* NAIL COLOUR

LUXURY MANICURE
Exfoliation, massage and hydrating mask, cuticle tidy, file and polish.

LUXURY PEDICURE
Exfoliation, massage and hydrating mask, cuticle tidy, file and polish.

REGULAR WAXING
EYE CARE - tinting requires a 24 hour patch test

HAIR CARE
look as well as feel your best on leaving monart, by enjoying a finishing touch in our hair care salon. pricing available on request.
FITNESS & LIFESTYLE

our fitness experience uses state of the art technogym equipment, similar to that used by athletes to train at the olympic games in athens. our results driven fitness programmes, tailored to your individual needs, ensure that you enjoy your exercise, obtain results and stay motivated! monart has also introduced technogym’s kinesis wall to ireland. kinesis is a new way of conditioning the body, inspiring joy in movement, personal confidence and a more satisfying way of exercising. kinesis is suitable for all ages and fitness levels.

STUDIO CLASSES

we have a wide variety of studio classes to suit individual requirements and fitness levels. a schedule of classes is available on arrival for you to enjoy during your stay. various pricing available on request.

WALKS

the ‘gallops’ a 3km walk is on-site and available for your enjoyment throughout your stay. jackets and boots are available at reception for your convenience.
MEMBERSHIP

exclusive annual, 6 or 9 month membership is available. member entitlements include unlimited access to our high spec gymnasium, thermal spa and light & dark relaxation rooms, as well as preferential membership rates on spa treatments and food offerings. contact us for more details.

WHAT WE OFFER

residential spa: residential clients have complimentary unrestricted access to the thermal spa, a series of nine individual cleansing, relaxing and rejuvenating thermal treatments; the light & dark relaxation rooms and the high spec gymnasium.

residential clients can choose to book additional private treatments to supplement their thermal experience.

SPA BOOKINGS

Residential Spa bookings:
+353 (0) 53 9238999
reservations@monart.ie
(Monday - Sunday, 08.00 - 20.00 GMT)

Accommodation only bookings can be made at: www.monart.ie

Payment, by all major credit/debit cards, will be required at the time of booking. Demand for private treatments is high. To ensure availability of the treatments you require, we strongly recommend that you book well in advance.

GIFTS OF WELLNESS

Treat yourself or that someone special to a gift of wellness from monart. Gifts of Wellness for Residential and Day Spa programmes, Spa products, exclusive Spa membership or for monetary values, can be purchased by calling us or online at www.monart.ie

Gifts of Wellness or a booking reference number must be presented on arrival at monart.
MEDICAL CONDITIONS

at monart, we want you to feel as safe and nurtured as possible and thus all treatments are booked subject to medical status, which must be disclosed on booking.

If you have a medical condition, and would like to discuss the options available to you, our staff are happy to offer guidance and assistance.

suitability of treatments will be reconfirmed on arrival at monart.

Please see our easy guide, which outlines the unsuitability of certain conditions as shown next to certain treatments. If treatments are unsuited to your individual needs we will endeavour to offer alternatives, where possible. People with these conditions should not undertake certain treatments as indicated:

- P PREGNANCY
- M MOBILITY PROBLEMS
- T THYROID ACTIVE / UNDER ACTIVE
- H HEART PROBLEMS
- A NUT AND WHEAT ALLERGIES
- E EPILEPSY
- C CANCER
- SD SKIN DISEASES / DISORDERS
- D DIABETES
- MP METAL PINS / PLATES
- CL CLAUSTROPHOBIA
- SA SEAFOOD/ SHELLFISH ALLERGIES
- S SURGERY IN LAST 3 MONTHS
- RT RADIATION THERAPY
A cancer diagnosis is no longer an automatic contra indication for massage. While it is true that a typical massage would not be appropriate for someone recovering from cancer treatment, there is always a way to safely perform some method of skilled touch. That’s why here at Monart we have undergone extensive training in Massage for Cancer care clients. There are very many treatments in our treatment menu that can be adapted for people undergoing treatment for cancer.

For decades, many people who were undergoing cancer treatment avoided massage believing that massage spreads the cancer cells to other sites in the body. Many credible sources advocate the use of massage for those affected by cancer. Everything surrounding massage therapy - a soothing environment, human touch which is essential to life, a caring therapist, the comfort of prolonged attention, relaxed muscles - combine to make massage one of the most supportive and helpful complementary therapies available.

With this in mind, a specially trained massage therapist can work with any client who is being treated for cancer, or who is recovering from cancer.

The following have all be shown to be physical benefits of touch or massage: relaxation, increased blood and lymph flow, endorphin release, release of tight muscles, toning of flacid muscles, oedema reduction and relief, normalised blood pressure, stress reduction, increased immune function, improved balance, pain reduction, sleep improvement, better digestion, increased energy and cognitive performance.
as a courtesy to other clients, please give us at least 72 hours notice if you need to cancel your spa booking. please note that there is a cancellation fee of 50% if the cancellation is made less than 72 hours prior to the booking. no shows and on the day cancellations will be charged at 100% of the treatment/programme price.

NOTE: Prices are per person and are correct at time of print, and are subject to alteration without prior notice.

We reserve the right to raise prices and modify or discontinue treatments without prior notice to ensure that maximum standards of service and quality are met.

All bookings are subject to Monart’s Terms & Conditions, available on request.

PEVONIA IS AN ACTIVE PRODUCT. IF UNDERTAKING A PRIVATE TREATMENT AT MONART, PLEASE INFORM YOUR THERAPIST PRIOR TO THE TREATMENT IF YOU HAVE A HISTORY OF SKIN SENSITIVITY, SO THAT WE CAN TAILOR YOUR TREATMENT ACCORDINGLY.

CANCELLATION POLICY

WHAT TO BRING

Residential, Day Spa clients and Members will be provided with a bathrobe, towel and slippers. Please bring your own swimwear & gym gear.

ETIQUETTE

clothing: swimwear is mandatory in the communal thermal spa area.

Peace: To ensure all clients benefit from Monart’s unrivalled peace and serenity, we request that discretion and respect are shown. All spa clients are asked to leave their phones in lockers provided or in their bedroom.

Please also respect fellow guests and the serenity of our Spa by refraining from talking loudly/shouting while in the Spa.

Privacy: Our Spa is gender neutral, there are no separate male and female areas in the communal Spa areas. We have dedicated male and female changing rooms.
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.

VOYA offers exclusively for the first time an entire range of therapies, all 100% certified organic. All our certified organic seaweed is harvested by hand everyday in an area of unsurpassable natural beauty, untouched by mankind the seaweed is carefully selected when ripe.

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