



Rathmullan House

SOLACE BODY & SOUL TREATMENTS

We are pleased to offer you the finest of products in our facial and body therapies. Dr Hauschka holistic skin care products use pure botanical herbs, flowers and essences.

Transcend the ordinary with 90 minutes of Heaven Dr Hauschka Facial

Commencing with a soothing sage footbath, rhythmical foot massage, arm relaxation and massage. Gentle loosening the neck, deep cleansing, warm towel compresses with lavender, masks and specialist lymph stimulation. Rhythmical rose or blackthorn, décolleté massage. Ampoules to follow day care, resulting in a glowing and radiant you. Heaven can wait!

90 minutes

€110.00

Transcend the ordinary with 60 minutes of Heaven

Using these treasured skin care ranges with warm towel compresses, herbal clay and rejuvenating masks. Specialist lymph stimulation, rhythmical décolleté massage. Breathe, let go and transcend all cares while leaving you with a healthy glowing skin.

60 minutes

€75.00

Pre Golf/Sports Massage Treatment

Aims to relax and loosen upper body using massage, pressure points and passive movements to improve your performance. Special essential oils for mental clarity before the game.

60 minutes

€70.00

Post Golf Massage Treatment

Full body massage aims to totally relax the body and loosen tight over strained muscles. Relaxing essential oils used to help both the mind and body rebalance. Special attention paid to legs, ankles, arms, upper back and shoulders.

60 minutes

€70.00

Stress Buster Deluxe

Begin with a foot soak using specifically formulated essential oils followed by reflexology on the feet. Deep tissue massage on the back and head with specific pressure point massage brings about deep relaxation bringing peace and mind to the body. Especially suitable for those on the go all the time.

90 minutes

€110.00

Ayurvedic Massage (Traditional Indian Head Massage)

Commences with pulse diagnosis to define your ayurvedic body type. Special Indian herbal oils are used along with traditional ayurvedic massage techniques to invigorate and soothe depending on your own body requirements.

90 minutes

€110.00

Aromatherapy Well Being Massage

Relax whilst specific warmed aromatherapy oils are soothed over the face and body combined with gentle but effective massage techniques to ease tired muscles.

60 minutes

€70.00

Nurturing Massage for Mothers To Be

A gentle massage to relieve tension in the upper and lower back, neck and shoulders. Massage technique to help alleviate any swelling in the hands and feet. Benefits include total relaxation, improved circulation and energised body and soul.

60 minutes

€70.00

Therapeutic Deep Tissue Full Body Massage

Aims at releasing tension within the muscles, relieving aches and pains by using a range of massage techniques to completely rejuvenate the body.

60 minutes

€70.00

Deluxe Indian Head Massage

This ancient healing art aims to remove tension through deep pressure and stimulating massage techniques. Our Indian head massage commences on the back and finishes on the head, extremely helpful for muscular tension, stiffness and aims at stimulating hair growth.

45 minutes

€50.00

Reflexology

Foot massage using specific pressure points to rebalance the body. This ancient therapy concentrates on a miniature map of the body organs and structures of the feet. This treatment aims to tap into the body's own natural healing process.

45 minutes

€45.00

Detox Massage

Lymph drainage techniques are used along with the detoxifying oils fennel, cypress and juniper. Aims to speed the removal of waste products, helping increase energy and giving a sense of well-being.

45 minutes

€50.00

Reiki

Hands on healing treatment, which puts the body in a relaxed state. A gentle and non-invasive treatment, which helps to bring the physical, emotional and mental aspects of a person into balance.

45 minutes

€45.00

The following assists you the guest in knowing what to expect from your treatment and also helps ensure the therapist is professional and efficient.

The therapist will ring to your room and meet with you 5 minutes before your allocated time. If you are late your treatment will be shortened.

Robes are provided in the bedrooms for the comfort of our guests and the therapists are trained in proper draping techniques for complete comfort.

In order to avoid all worries and stress leave all jewellery and valuables in your room or in the hotel safe.

Try not to eat for at least an hour before a treatment and avoid the consumption of alcohol beforehand.

Be considerate to yourself, turn off your mobile phone - remember you are there to get away from stress.

Allow the therapist to advise and/or prepare you for the treatment booked.

Give your therapist feed back. Let her know if you have any special needs or disabilities so that your visit is comfortable.

Take time to prepare to leave the treatment room, however remember there may be another client waiting to use the space.

Drink plenty of water before and after the treatment

Hours of Business

Solace treatment rooms are open from 10.00 am to 6.00 pm daily. Allocations outside these hours may be available on request.

For your preferred treatment and time it is advisable to pre book in advance. If you have failed to book a treatment before arrival the receptionist at the front desk will advise you of times available.

Unexpected things do happen and sometimes it is impossible to keep an appointment.

If you must cancel or reschedule please call 24 hours in advance. Less than 24 hours will incur a 50% cancellation fee.

As a gift of love or one of thanks, a gift voucher from Solace is the perfect way to show your appreciation. Vouchers are valid for 12 months from date of issue.