



THE WELL  
— IN THE —  
GARDEN

#### WARM BAMBOO MASSAGE

This unique treatment is a great way to relax tight muscles and ease stress and tension. Using warm bamboo to penetrate deep into the muscles we release, stretch and relax the body at the same time.

55 minutes | €140 per person | In Spa

30 minutes | €75 per person | In Spa

#### HOT STONES MASSAGE

Hot stone massage melts away tension, eases muscle stiffness and increases circulation and metabolism.

55 minutes | €140 per person | In Spa

30 minutes | €75 per person | In Spa

#### CLIFF SWEDISH MASSAGE

Combining the healing power of touch, this deeply relaxing massage uses smooth stroking movements and is guaranteed to ease tired muscles as well as increasing circulation and flexibility.

55 minutes | €130 per person | In Spa

30 minutes | €75 per person | In Spa

#### HOT TOWEL HEAD & SCALP RITUAL

This head, neck and shoulder massage is ideal for those looking to relax without getting undressed. We apply hot towels to relax the muscles and open the hair follicles. Our signature botanical oil is then added to condition the hair followed by a hydrating white clay mask to re-mineralise the scalp.

45 minutes | €95 per person | In Spa

#### PEAT FOR THE FEET

Using peat sourced from the bogs of Co. Laois and lavender grown in our gardens, this one-of-a-kind foot treatment re-energises the sole and leaves the skin soft and replenished. Relax and immerse your feet in a deeply cleansing foot soak, followed by salt & rosemary exfoliation and a full leg and foot massage, then enjoy a rich peat mud mask which is smoothed over the skin to restore vital trace elements. While the mask is penetrating, you are treated to a scalp, neck and shoulder massage.

60 minutes | €100 per person | In Spa

#### BOTANICAL FACIAL

Indulge in your very own botanical facial tray to replenish and revive your skin. We have mindfully provided guidelines which you are invited to follow to make this experience memorable. This package also includes a take home of two of our award-winning products, The Well in the Garden, cleanser & face mist.

60 minutes | €140 per person | In Spa

30 minutes | €75 per person | In Spa



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*Don't underestimate the healing power of silence and calmness.  
We have created the perfect me time in the comfort of your own room.*

**CLIFF BODY CARE**

Our highly skilled therapists will tailor this full body exfoliation and moisturisation ritual to suit your skin care needs. For optimum moisturisation, choose from our indulgent range of oils and all the body care rituals are concluded with our signature Chamomile and organic Carrageen moss body balm.

55 minutes | €120 per person | In Spa

**CLIFF BATH BUTLER**

Savour some me-time and indulge in a spa-like experience in the comfort of your own room or cottage or The Well in the Garden spa.

€75.00 | In Spa or In Room

**BEDTIME BLISS**

Realign your natural sleep pattern with this calming, restful and relaxing bath.

This is the ideal choice for tense or restless souls. Enjoy our signature Lavender & Sea salt bath salts in a candlelit atmosphere accompanied by chamomile tea and The Well at CLIFF facial products to ensure bedtime bliss. Take home a jar of your very own scented lavender bath salts & body balm to recreate this memory at home.

**DETOX BATH**

Submerge your body into a bath of our signature Seaweed and Cypress bath salts which help to aid in the release of toxins and alleviate aches and pains.

Enjoy an organic cleansing juice made fresh from our home-grown ingredients and indulge in a mini facial with The Well at CLIFF facial products and candlelit atmosphere. This bathing therapy also includes a jar of bath salts & a body balm for you to take home to recreate this experience.



## THE WELL IN THE GARDEN DAY SPA

Spend the day at The Well in the Garden (Thursday to Sunday) and indulge in our day packages - specifically designed to leave you feeling revived and renewed.

### CLIFF CARE | €140

This pampering day package includes one 60-minute treatment from our specially curated list and a two-course lunch in Trellis with tea or coffee - perfect for a solo pampering day.

### CLIFF CALM (FOR TWO) | €210

Book a well-deserved catch up for two and enjoy one 30-minute treatment per person followed by a two-course lunch in Trellis with tea or coffee.

### CLIFF COMFORT (FOR TWO) | €295

Enjoy the ultimate day out with a friend or family member. Treat yourselves to a 60-minute treatment per person and a two-course lunch in Trellis with tea or coffee.