

## Your Rockhill House Estate Wellness Journey

One Place, Many Paths, Choose Yours....

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# Welcome to THE WELLHOUSE

Welcome to The Wellhouse, our spa and wellness destination on the Rockhill House Estate - a secluded haven made with, inspired by, and tucked into the rock which gives Rockhill its name.

A place to enjoy. To discover. To find your own path amid all the wonders of nature of our country house estate in the Donegal hills overlooking the Swilly valley. Our wellness philosophy exalts the achievement of wellbeing in body, mind and spirit through spa, nature and art. Our core is one of discovery. Our carefully crafted treatments, curated experiences and activities strive to open up the pathways of intention that will soothe your mind and body; urge you towards self-discovery and help you to reconnect to your core.

At The Wellhouse we invite you to focus on your total wellbeing, to settle in, to dwell in each moment and to return to your essential self.

Experience a true homecoming.

Begin your journey with us....



#### The Intentional Spa At The Wellhouse

Cradled in the heart of The Wellhouse relaxation and wellness centre, our intentional spa is a considered space that centres on calm and comfort.

If you are seeking to take in the stillness, relax and regenerate – you will find this is the perfect place.

Our expert team has created an abundant menu of natural and multi-sensory curated treatments and rituals, making mindful use of plant-based natural beauty blends in this contemplative natural setting, and holding your peace and salubrity as the focus of each interaction, every moment.

The Intentional Spa at The Wellhouse welcomes you with a trail of herbs and botanicals, many of

which inspire and enrich our Intentional Beauty Skincare range. We invite you, as you walk through the Wellhouse gates, to contemplate the reason for your visit, and to name the feeling that you seek to find here.

#### Intentional Spa Facilities:

Reception and Aroma lab Individual and Group Changing Rooms Infusion Room - deep breathing and centering pretreatment 8 Treatment Rooms including a Couples Room Tranquility Room **Experience Showers** Thermotherapy Suite & Spa Gardens Indoor Hydrotherapy Spa Pool Therapeutic Infrared Sauna Traditional Finnish Sauna Herbal Steam Room Sauna Outdoor whirlpool baths and glacial bucket shower Self-Conducted Himalayan Salt Station Meditative Mongolian Yurt Numerous indoor and outdoor rest areas The Bothy Bar & Curated Rituals





# The Wellhouse Thermal Journey



We recommend repeating your thermal cycle three times

The foundation of thermotherapy at our Intentional Spa is the thermal journey, whereby an alternation of hot, cold and relaxation generates a purifying and revitalizing physical impact; as well as bringing serenity and calm to the mind.

To maximise the benefits of this transformative practice, regular hydration is essential and you will find hydration station in the Thermal Relaxation Room or can enjoy a wide selection of refreshments from The Bothy in the Wellness Garden.



Begin your journey by choosing your source of warmth. Dip into our indoor Hydrotherapy pool, immerse yourself in the soothing waters of our outdoor whirlpool tubs, unwind in the aromatic steam room, experience the purifying heat of the traditional sauna, or feel the deep warmth of our infrared sauna.

Allow 10-20 minutes for your body to absorb the gentle heat of the Suite and shower before beginning.



Refresh and invigorate with a revitalising blast from our outdoor Baltic bucket shower or enjoy a cooling mist or rainy downpour in our experience showers.

Feel the energising effects as your circulation surges.



Find sanctuary in our Wellness Garden or visit our Thermal Relaxation room, where suspended swing couches invite you to unwind.

Rehydrate at our hydration station and enjoy refreshments from the Bothy.

As your body recovers, a sense of blissful calm will wash over you.



#### Wellness Treatments

## Fusion Wellness Head Massage 50 minutes

Find mental clarity and release stress with this unique head massage. Combining the soothing Indian Head Massage with therapeutic Japanese Shiatsu, this treatment focuses on your scalp, neck, and shoulders, promoting deep relaxation and restoring balance.

## Serenity Full Body Relaxing Massage 50 minutes

Drift into a state of deep relaxation with gentle, flowing strokes and medium pressure. This massage eases tension and reduces stress, balancing your body and mind.

#### Rockhill House Hot Stone Full Body Massage 60 minutes

Melt away tension with this classic full-body hot stone massage incorporating gently warmed stones from the historic Estate. Heated stones are expertly used to promote muscle relaxation, improve circulation, and induce a profound sense of tranquillity and rejuvenation.

## Upper Body Release Massage 50 minutes

Let the warmth of Donegal's stones ease tension in your back, neck, and shoulders.

This soothing blend of hot stone and wellness massage prepares your muscles for deeper relaxation, culminating in a lymphatic drainage massage for your face and scalp.

Emerge feeling utterly revived and refreshed.

#### Wellness Treatments

## The Wellhouse Half Body Wellness Massage 50 minutes

Release the stresses of daily life with this therapeutic massage, focusing on the back of your body. Tailored wellness techniques improve circulation, ease muscle stiffness, and restore balance, leaving you feeling uplifted and rejuvenated.

## Estate Half Body Hot Stone Massage 50 minutes

Experience the grounding warmth of heated stones as they melt away tension in your back and legs. This invigorating massage combines the soothing power of hot stones with wellness techniques, promoting deep relaxation and relief

#### Deep Tissue Muscle Release Massage 60 minutes

This deep tissue massage differs from the usual. We start on your back, with very slow movements and with massage oil, working to release restrictions in your myofascial. This slow massage enables knotted and hardened areas to become more pliable, soft and mobile and are an ideal preparation to focus on any areas of concern more deeply.

## The Wellhouse Full Body Massage 60 minutes

Allow gentle flowing strokes and medium pressure to melt away tension, balancing your tired body and mind. This massage promotes a sense of renewal, reducing stress and leaving you feeling refreshed.



#### Intentional Treatments

## Reflexology 50 minutes

Stimulate your body's natural healing processes with this therapeutic foot treatment. Applying pressure to reflex points, this treatment promotes circulation, relieves stress, and restores overall balance, leaving you feeling deeply revitalised.

#### Hawaiian Escape Massage 80 minutes

Drift away on the gentle rhythm of Hawaiian waves with this deeply relaxing massage.

Using flowing movements with hands, elbows, and forearms, this treatment releases tension and promotes spiritual harmony. Enhanced by calming music and soothing incense, it offers a holistic experience for body and mind, improving circulation and reducing swelling.

#### Herbal Infusion Massage 60 minutes

Experience the soothing warmth of traditional herbal hot balls, followed by a revitalizing full-body massage. The steam from the herbal infusions penetrates your pores, easing aches and promoting deep relaxation.

#### Wild Atlantic Full Body Revive Massage 80 minutes

An invigorating reviver which includes a deep tissue back massage and reviving calf and foot treatment working on the reflex points on the sole of the feet to help invigorate the body. This treatment also includes an Atlantic Seaweed facial to help extract impurities and cleanse the skin.

#### Intentional Treatments

## Herbal Sinus and Back Relief Massage 40 minutes

Breathe easy with this herbal treat, designed to relieve congestion. Beginning with a herbal inhalation, followed by a deeply sedating back massage and sinus-relieving temple treatment, this experience boosts your immune system.

## Organic Foot Ritual 55 minutes

Indulge your feet with a relaxing hot soak, followed by a sea salt scrub, blissful massage and hydration. A nourishing seaweed mask hydrates and soothes, while a scalp massage promotes complete relaxation.

## Oncology Wellness Supportive Treatments 60 minutes

Safe, beneficial holistic treatments for men and women carried out by expertly trained therapists for those seeking recuperation before, during and after the of treatment of cancer. Delivered with prior G.P/Consultant approval in a safe and gentle way so as not to interfere with any ongoing treatment plans or current medication. Bespoke treatment or choose any two of: facial, foot and leg massage, head & scalp massage, reflexology, face massage, seaweed hand and foot massage, back massage.

## Serenity Aromatherapy Massage 60 minutes

Calm your senses with this full-body massage, enhanced by the soothing inhalation and application of aromatic oils, designed to relax your body and refresh your mind.





#### Organic Seaweed Skincare

Results-driven organic skincare derived from the ocean, backed by science.

Discover the power of organic seaweed skincare.

The name ishga is derived from the Gaelic word for water. The pure, clean waters of the Hebridean Islands off the north west coast of Scotland are home to ishga, and where we sustainably hand harvest the four types of seaweed that are at the heart of our organic skincare range.

Hebridean seaweed contains potent natural antioxidants with properties which transform and protect skin. ishga has developed a bespoke process to extract its natural goodness, harnessing an abundance of vitamins and bioactive minerals to create a remarkable range of high performing products that deliver efficacy for all skin types.

#### Facial Treatments

## Rockhill Signature Facial 50 minutes

More of an experience than a mere facial, using pure curated oils and botanicals, it is a nod to all the previous Ladies of Rockhill and the legacy of Rockhill House Estate. Using curated oils and botanicals, including a detoxifying seaweed mask and a luxurious floral moisturiser.

## Antioxidant Ishga Facial 60 minutes

A Luxurious Facial treatment and facial lymphatic massage using smooth crystal stones is performed to drain excess fluid from the face, sinuses and skin, revealing bright glowing skin. Feel like you exited a golden temple with this anti-ageing and nourishing facial.

## Gua Sha Rejuvenating Facial 70 minutes

A unique facial delivered with a combination of macerated oils and using Gua Sha Crystals to help drain the lymphatic system and reduce puffiness. this treatment includes a nourishing face mask, leaving skin purified, radiant and glowing.

## Lift and Sculpt Facial 50 minutes

After hot towels are applied by your therapist to open the pores, a rich mask is applied to the skin. a strong anti-ageing facial which is designed to support the skin and connective tissue. Facial massage stones are used to lift and tighten the neck and chin area leaving a strong and defined jawline.



#### Men's Treatments

Men's Tailored Facial & massage 60 minutes

Deeply cleanse and smooth your skin with this facial, combining natural actives and nourishing ingredients. A de-stressing foot, hand, and scalp massage completes this tailored experience.

A de-stressing foot, hand, and scalp massage completes this treatment tailored to men's skin.

Men's Deep Tissue Refresh and Revive
70 minutes

A gentleman's reviver which includes a deep tissue back massage and reviving calf and foot treatment working on the reflex points on the sole of the feet to help invigorate the body. This treatment also includes a bog mud facial to help extract impurities and cleanse the skin.

### **Body Treatments**

## Amber Body Rejuvenation 70 minutes

Indulge in the luxurious benefits of amber.
This treatment uses natural amber stones and oil to regenerate cells, enhance circulation, and promote overall well-being.
Experience smooth, rejuvenated skin and a bioenergetic effect.

## Estate Honey Firming Wrap 60 minutes

The Wellhouse's sublime body treatment beginning with an all over body brush exfoliation, followed by a Rockhill House Estate honey body wrap to support the barrier of the skin. Follow this with an application of firming body cream using stimulating and firming massage movements.

## Cherry Blossom Body Serenity 60 minutes

Embrace the delicate beauty of Sakura (Cherry) blossoms with this gentle body treatment, designed for sensitive skin. A calming cleansing foam, nourishing body oil, and acupressure massage promote deep relaxation.

## Warm Atlantic Seaweed Wrap 60 minutes

Ease tired joints and aching muscles by cocooning in a wrap of warmed seaweed while a sedating scalp massage relaxes and invigorates. This soothing experience is finished with the application of warmed firming body cream.



## Pregnancy Treatments

## Mother to be Body & Face Experience 80 minutes

Nurture your body and mind with this restorative treatment, designed for expectant and new mothers. A gentle massage eases muscle tension, while an Ishga facial renews your skin with organic formulas and calming natural oils.

## Pre-Natal Massage

Embrace nurturing relaxation and find relief from pregnancy discomforts with this gentle, tailored massage. Using pregnancy-safe oils and flowing techniques, this treatment eases aches, reduces swelling, and promotes deep calm.



#### Your Private Spa and Wellness Adventure

Do you have an event to celebrate?

Why not relax as a group, do something different, and have an exceptional, exclusive experience with our Circle of Friends adult-only exclusive spa evenings in The Wellhouse Thermotherapy Suite

Let us plan your party for you.

We will provide outstanding spa and wellness services, food and beverage, and a tailored approach to you and your group.

Our exclusive use option is perfect for bridal and stag parties, group getaways, graduations, team building, or those who want to have quality relaxation time with family and friends

#### What's Included:

#### A Prosecco Reception

An evening with full use of The Wellhouse Thermotherapy Suite between the hours of 6pm and 8:30pm (including access to the Hydrotherapy Pool, Aromatic Steam Sauna, Finnish Sauna, Infra-Red Sauna, Experience Showers, Outdoor Whirlpool Tubs\*, Bucket Shower\*, Infusion Room, Relax area and Bothy with complimentary use of a towel, flip flops and robe.

Specially chosen music with input by the host.

20% discount off retail purchases to commemorate your special evening together.



## How To Spa

#### When you arrive

#### For Treatments

Thermotherapy access is included and is available for 90 minutes prior to treatment time. You are welcome to arrive 2 hrs prior to your treatment to allow time to get changed, complete spa consultation form, complete payment and enjoy the full 90 minutes in our indoor/outdoor thermotherapy access.

#### For Thermotherapy Access + Lunch/Afternoon tea

You are welcome to arrive 15 minutes prior to your Thermotherapy slot to allow time to get changed, complete payment enjoy the full 90 minutes in our indoor/outdoor thermotherapy access.

#### Spa Etiquette

Guests are asked to silence mobile phone upon arrival to the spa. Late arrivals will not receive an extension to their treatment time. Remove all jewellery prior to your treatment. Our treatments are suitable for both male and female clients.

Bags and disposable underwear are provided in all treatment rooms. Fresh water provided to all clients.

## How To Spa

#### Payment & Cancellation

We understand if you cannot keep your appointment, however should you need to cancel, we respectfully reqest 24 hours notice to avoid a standard 50% cancellation fee. If you do not arrive for your appointment a 100% cancellation fee will be imposed.

#### Spa Online Booking

Book Your Treatment with Ease
Relaxation is just a few clicks away. At Rockhill House
Spa and Wellness, you can conveniently book your
treatments online at <a href="https://www.rockhillhouse.ie">www.rockhillhouse.ie</a> – simply
visit the Spa and Wellness section and select Book
your Treatment.

Prefer a personal touch? We're happy to assist you directly. Call us at +353 (0) 74-9113650 or email us at <a href="mailto:reception@thewellhouse.ie">reception@thewellhouse.ie</a> to reserve your time of wellness.

#### Booking

Please note: Credit Card details will be required for bookings along with a 50% deposit taken from the card prior to arrival. To avoid disappointment we recommend you pre-book your treatments in advance. Estate residents are advised to book prior to arrival at Rockhill House Estate.

## Seasonal Specials Just for You

This brochure showcases our current set treatment menu, but we regularly offer exclusive seasonal specials for you to enjoy. Stay connected and be the first to hear about our limited-time offers and wellness packages by visiting www.rockhillhouse.ie or following us on social media:

TikTok: @thewellhouserockhill
Instagram: @thewellhouse\_rockhill
Facebook: The Wellhouse

Indulge in something new each season – your next moment of relaxation could be just a click away.



#### Give the Gift of Wellness

Treat someone special to a moment of pure relaxation with a gift voucher. Vouchers are available to purchase online or at the main Rockhill House reception. Choose a specific treatment for a thoughtful, personal touch, or opt for a monetary amount to let them decide. Perfect for any occasion, our gift vouchers offer the ultimate in flexibility and indulgence.



# THE WELLHOUSE SPA | NATURE | WELLNESS

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