

BROOKS & Co

SPA

BROOKS & CO SPA
AT GLASSON LAKEHOUSE

KILLINURE, GLASSON
CO. WESTMEATH

GLASSONLAKEHOUSE.IE
@GLASSON_LAKEHOUSE





BROOKS & Co

SPA

OUR PHILOSOPHY Our goal at the Brooks & Co. Spa at Glasson Lakehouse is to provide you with the ultimate tranquil spa treatment experience. We apply a holistic approach across our entire range of treatments, thus promoting a sense of well-being that encompasses the entire body, mind and soul. We aim to help you to achieve and maintain a sense of balance and harmony which is vital for sustaining a healthy and positive life. At Brooks & Co. Spa we provide the ultimate self-care journey by using only the highest quality, tailored aromatherapy products to both enhance your treatment experience and to stimulate a sense of relaxation and equilibrium. We provide a bespoke service where every treatment is tailored to suit your individual needs and requirements.



HANDS & FEET with Bare Luxury by Morgan Taylor. Bare Luxury takes a holistic approach with fragrances and formulas designed for the ultimate sensory experience.

DELUXE SPA MANICURE

A relaxing and refreshing treatment for the hands, this luxurious Spa Manicure provides the perfect finishing touch. Your hands are soaked in an aroma - therapeutic foaming bath. A detoxifying clay mask is applied to help prep your hands for a Sugar exfoliation which will gently expose new and smooth skin. The nails are re-shaped, cuticles are cleaned up and the hands are massaged with an incredibly luxurious shea butter, leaving your nails ready for a dazzling Morgan Taylor Finish!

60 mins €70 Morgan Taylor finish

60 mins €85 Gelish finish

DELUXE SPA PEDICURE

To begin, your feet will be soaked in warm herb infused water to cleanse and purify the skin. This will be followed by an exceptionally absorbent clay mask to help capture and remove toxic impurities and a specialised sea salt scrub to remove dead skin cells. Your cuticles and nails will be tidied, cut and shaped. Next, a relaxing foot massage will be applied using a blend of nourishing oils and plant extracts to leave your skin feeling soft and renewed. To finish a Morgan Taylor polish of your choice will be applied.

60 mins €80 Morgan Taylor finish

60 mins €95 Gelish finish

GELISH SOFT GEL TIPS

Soft Gel Tips that feel like your own nail..... Only better! Made with lighter than air Après jely-like material, our tips are designed to move with the contour of the natural nail for the perfect fitting. These tips are stronger with more break resistant design and put on with light-speed application. Pre-shaped and ready to apply, you will have a full set of beautiful nails in less than 20 mins.

Full Set €50 With Gelish finish €75

With Morgan Taylor finish €70

FILE AND POLISH

Do you simply want your nails painted and looking gorgeous to add a bit of glam!

With Morgan Taylor finish €25

With Gelish finish €35



GROUND





SKIN WELLNESS FACE RITUALS

GROUND crafts 100% natural plant-based ingredients to create products and intuitive self-care rituals. All of the products are handmade in small batches in Cork, Ireland, using vegan ingredients; organic where possible, and blended with sincere intention to soothe the soul.

THE AWAKENING FACE RITUAL

STIMULATE THE SKIN & UPLIFT THE MIND

Harnessing the power of nutrient-rich botanicals, lymphatic drainage & gua sha techniques, this energising face ritual works to trigger the skin's natural function leaving the skin deeply cleansed, detoxified and invigorated while providing a sense of focus, clarity and inner strength.

60 Mins €125

BIOME FACIAL

SUPERCHARGE THE SKIN & RELAX THE MIND

Designed to reinforce barrier strength and skin longevity by honouring the skin's natural ecosystem and supercharging the microbiome. The BIOME Facial uses probiotic-rich plant nutrition, lymphatic drainage, and therapeutic massage techniques to calm inflammation, reinforce the skin barrier, and promote long-term healthy skin. Cooling therapy further recharges the skin, leaving it balanced and soothed.

60 Mins €125

Optional 30 minute add on: The 90-minute ritual deepens the experience by addressing areas where stress, often a root cause of gut and skin imbalances, can linger. A mindful massage of the abdomen, diaphragm, and décolleté is included, encouraging harmony between digestion, breath, and skin function. Alternatively, this can be replaced with a soothing back, neck, and shoulder massage.

90 Mins €195

THE MINDFUL FACE RITUAL

COMFORT THE SKIN & CALM THE MIND

Tune into the gentle rhythms of our deepest selves with this mindful face ritual designed to help restore balance and harmony, supporting your skin's natural ability to soothe and heal, making it the perfect choice for those seeking comfort and support during turbulent times or hormone fluctuations.

60 Mins €125

Optional add on: 30 minute back massage to ease tension & promote energy flow

90 Mins - €195

GROUND



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MASSAGE RITUALS BY GROUND WELLBEING

‘TÓG GO BOG É’ FULL BODY MASSAGE

TAKE IT SOFTLY; A GROUND APPROACH TO TRADITIONAL MASSAGE

This full body massage treatment incorporates aromatherapy and breathwork alongside slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.

60 mins €140

THE GROUNDING RITUAL

SURRENDER IN FULL AND RETURN TO SOURCE; IDEAL TO SOOTHE MENTAL ANXIETY & BURNOUT

Sacred time for you to allow healing in. This treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body. The treatment is completed with special attention to reflex points in the feet. Feel your body and soul come together again with this medium to firm pressure massage.

60 Mins €140

90 Mins €190

THE SLEEP RITUAL

REST IS CENTRAL TO WELLBEING; DEVELOPED TO SOOTHE PHYSICAL FATIGUE & EXHAUSTION

The Sleep Ritual serves one purpose; to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in. Feel your whole body soften as deep rest descends while enveloped in the aromas of organic geranium and jasmine absolute. This is a light to medium pressure full body massage treatment.

90 Mins €190

GROUND



MASSAGE RITUALS BY GROUND WELLBEING

THE BALANCING RITUAL

EMPOWERING & SUPPORTING THROUGH HORMONE CHANGE: PERIMENOPAUSE & MENOPAUSE

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each massage is highly customised to the individual and includes elements of Reflexology and Lymphatic Drainage. The treatment commences with an aromatherapy foot bath and breathwork and the option to include Marble Stone Massage Therapy and Gua Sha. This unique and purposeful massage will bring alignment and balance when going through this change and experiencing the symptoms of menopause at any stage.

90 Mins €190

THE COMFORTING RITUAL

PREGNANCY CARE: SPECIFIC RELIEF FOR THE SECOND & THIRD TRIMESTER

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting treatment for the second and third trimester of pregnancy. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows through pregnancy. Enhance your experience by opting for the 90 minute treatment which includes 30 minutes of massage & gua sha techniques on the face & scalp.

60 Mins €140

90 Mins €190

THE RESTORATIVE RITUAL

EASE TENSION AND STRESS IN THE FACE, HEAD, NECK & SCALP

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind & body. The focus within the treatment is on the face, neck décolleté and scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, TMJ issues, sinuses and puffiness.

60 Mins €115

Optional add on 30-minute back, neck and shoulder massage to ease tension and promote energy flow. €55

GROUND



GROUND
CODLADH

SLEEP FACE OIL
ORGANIC MAJOREAN
& CHAMOMILE

30ml



BODY RITUALS BY GROUND WELLBEING

THE BODY POLISH

*DEEPLY INVIGORATING FULL BODY SCRUB TO
IMPROVE CIRCULATION & SMOOTH THE SKIN*

This invigorating all over body exfoliation refines skin texture and increases lustre. Improving circulation & aiding the absorption of the potent essential oils, this treatment includes the double action of gently removing dead skin cells with salt & the healing effects of the potent essential oils.

Choose from one of the following aromatherapy scrub blends:

1. Uplifting Lemon & Bergamot
 2. Balancing Rosewood & Geranium
- 30 mins €70
60 mins €115 with Back, Neck,
Shoulder Massage

HAND & FOOT RITUAL

*RECONNECT WITH MOTHER EARTH & TAP INTO OUR
BODY'S ABILITY TO SELF-REPAIR AND RE-ALIGN*

Commencing with an aromatherapy foot soak, mindful breathwork and mask application to the feet this is a deeply grounding treatment. While this nourishing & invigorating mask penetrates to detoxify and restore balance, you'll receive a deeply relaxing hand massage. The finishing touch is a personalised foot massage with your chosen Ground Wellbeing oil or balm.

45 Mins €80

THE CLEANSING RITUAL

TO ENCOURAGE GUT HARMONY

With the intension to move our system into the state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs.

60 Mins €130

90 Mins €180

GROUND

PACKAGES

Relax your body, calm your mind.

HARMONY AND HAPPINESS PACKAGE

Glass of prosecco on arrival. Deluxe Spa Manicure & Pedicure. Refreshing spa platter served in our relaxation room

€145 (with Polish finish) | €175 (with Gelish finish)

PAMPER PACKAGE

(GROUPS OF 6 OR MORE)

Glass of prosecco on arrival.
With a 30-minute treatments. Choose one treatment each from the following list:

Back Massage
Express Manicure
Express Pedicure
Facial

2 course lunch in Bonnie's. Refreshing spa platter served in our relaxation room.

€110 per person

Add an additional 30-minute treatment

€70 per treatment

HERBAL HARMONY PACKAGE

(1/2 DAY PACKAGE)

Glass of prosecco on arrival. Tóg go bog é Full body Massage. The Mindful Face Ritual. Refreshing spa platter served in our relaxation room

€255

A MOMENT FOR YOU PACKAGE

Drift into total relaxation and experience some time to yourself to just breathe.

This offer includes a choice of one 60-minute Ground Wellbeing Ritual.

(Choose From: The Ground Ritual or The Mindful Face Ritual)

A two Course lunch in Bonnies Restaurant plus a glass of prosecco in our relaxation room.

€155

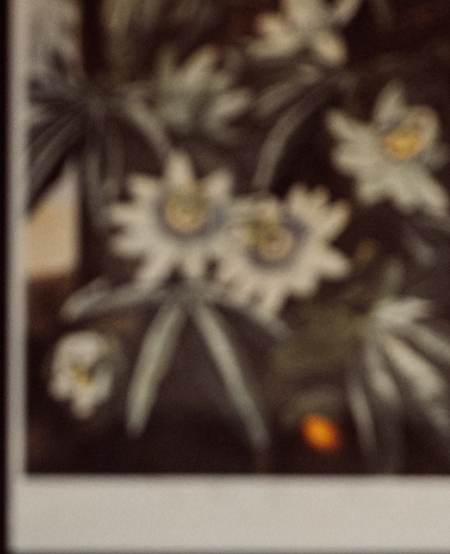
COUPLES RETREAT

Glass of prosecco on Arrival. Two Full Body Massages (90 mins) together in the couple's suite. Choose From: The Grounding Ritual Or The Sleep Ritual

Two course lunch in Bonnie's

€420





SPA ETIQUETTE

OPENING TIMES

10:00am – 6:00pm
Monday – Sunday

APPOINTMENTS

Please note that Spa appointments are subject to availability. We would advise you to book treatments in advance to avoid disappointment.

ARRIVAL

Please check in for your appointment at our Spa reception. Please arrive 10 minutes prior to your appointment.

WHAT TO BRING

Brooks & Co Spa does not have Changing rooms. We would advise you to change in your room and arrive at the spa in the robe provided for you. If you are a day guest, we will provide a robe for you in your treatment room.

CONTRA – INDICATIONS

If you have any health concerns, conditions or if you are pregnant, please let our spa reception know when booking your treatment with us.

CANCELLATION POLICY

If you need to cancel your appointment, please give us at least 48 hours' notice. If you do not cancel your appointment within this time, you will be charged the full cost of your treatment. If you are running late for your appointment, please notify the Spa reception as soon as possible. Please note, as a courtesy to other clients your appointment time will finish as scheduled and you will be charged the full cost of your treatment.

GIFT VOUCHERS

Treat someone special to an unforgettable experience with a gift voucher from Brooks & Co Spa at Glasson Lakehouse.

A NOTE FROM US

Please Respect that Brooks & Co Spa is a quiet space. To ensure that all guests benefit from their experience with us please refrain from shouting or talking loudly. Please leave your phone in your room or turn it on silent when you are in the Spa.

CONTACT DETAILS

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