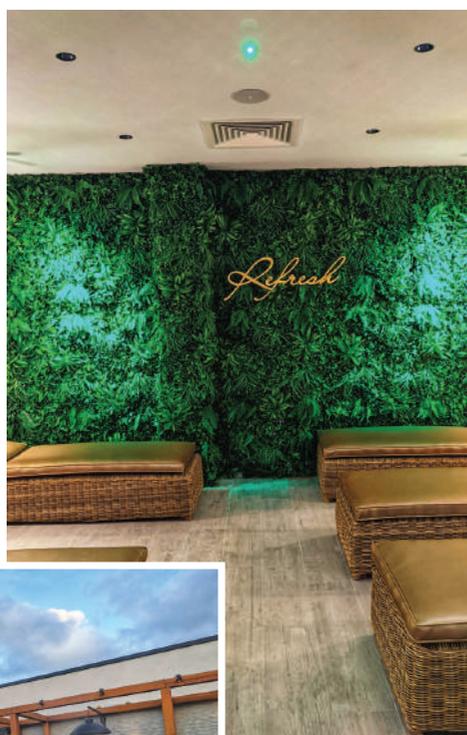


Travel

Your **VIP** guide to Ireland's top staycations - for when life actually gets back to normal - with Niamh Devereux

A slice of heaven at The Johnstown Estate, Co. Meath



THE SPA

Talk about state of the art. The Johnstown Estate, Co Meath, invested 3.5million in its new spa, and it shows in every last detail. This is luxury on another level; from the incredible rooftop jacuzzi and hydrotherapy pool, to the thermal suite with rainforest showers, a salt chamber and reflexology pathway, to the beautiful in-spa dining area. And of course, there are the treatments. Along with the likes of Elemis facials and massages, there are a number of treatments that are exclusive to the spa, which I had never experienced before. The Spa Wave Body Cocoon, for example, a deeply relaxing, anti-stress sound therapy treatment, and the Quartz Sand Bath, where you dissolve into the bed as a therapist massages away any tension in the body. And the totally unique experience of the iDome, which combines infrared technology with plasma and light therapy to provide three different detox treatment methods in one, leaving skin totally rejuvenated. Honestly, it's probably the best spa I've been to in Ireland. If you're going to treat yourself after the past year, put this at the top of your list.



THE STAY

I stayed in the hotel's breathtaking Mulberry suite, which is the ultimate base for a bridal stay, hen party or just a special girl's getaway. There are two interconnecting bedrooms that sleep six, but if an adjoining third bedroom is booked, there's room for eight. There are two large bathrooms, LED-lit hair and makeup stations, Dyson hairdryers, a wine fridge, Nespresso machine, 50" TV and a Bluetooth Bose speaker. Need I say anymore? The dream.



THE FOOD

The Johnstown Estate's Fire and Salt Restaurant is flawless. The service, the atmosphere, the food and the drinks – it was all 10/10. The star of the evening was the 28 day 7oz prime fillet, which was cooked to perfection and served with braised oxtail and check tortellini and gratin potato. The white chocolate and cardamom cheesecake with raspberry jelly and white chocolate cremoux came in as a decadent close second.

