



TREATMENT OF THE MONTH

The Spa at The Johnstown Estate, Enfield, Co. Meath

When it comes to R&R, nothing beats checking into a spa hotel for a decadent pamper. And, after the events of the past two years, a peaceful retreat sounds even more appealing than usual.

Having just celebrated our big zero birthdays, myself and two pals seized the opportunity to escape from the humdrum of daily life for a well overdue catch-up over massages and a few (too many) bubbles. A quick google search for best girly getaway spa turned up a little, conveniently located, diamond in the form of The Johnstown Estate — it ticked all the boxes; beautiful bedrooms, elegant dining and a blissed-out spa delivering luxury Elemis and exclusive Gharieni treatments. I couldn't press 'send' quick enough on the booking.

Gowned and ready to be pampered, a welcoming glass of bubbly was swiftly sipped before we made our way outside to the rooftop thermal suite. A dreamy setup complete with fire-pit, Jacuzzi and a shoulder pummelling (in the best way) hydro

pool, an hour passed in the blink of an eye.

Fingers turning just the right amount of prune signalled it was time for us to move from the water back inside to enjoy the various other treatment rooms that dovetail on to the rooftop area. Champagne evaporated from our pours as we sweated it out in the dry heat of the sauna.

Our stiff joints loosened in the misty mineral steam room followed by a purifying halotherapy session in the gloriously pink Himalayan salt wall suite.

Another hour disappeared in a flurry of chats and giggles before we were called for our treatments.

I plumped for the spa's signature treatment, a bespoke Elemis poultice powered muscle release massage combined with a luxurious facial delivered in a warm, body-cocooning quartz sand bath. The quartz bed's sand takes the shape of the body, which helps deliver heat to your skin and deeper tissues. The bed has a zero gravity position, which provides a particularly deep state of relaxation, ideal for alleviating muscle pain. It was simply Heavenly.

In fact, my therapist Kasia's hands may have been those of an angel, intuitively she knew exactly what and where my body needed attention. The rhythmic massage using heated poultices and gently warmed oils to relax muscles, release tension, rebalance my mind and nourish my skin. A treatment unlike any I've experienced before left me grounded and in a deep state of relaxation, perfectly prepped to enjoy the rest of our girly escape away.

Reviewer: **Kellie Billings**

The Girly Getaway, from €463 per person
Johnstownestate.com / +353 (0) 46 954 0000

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