



*Catherine & Yordie,
Barnesmore Wellness*

About Us

Nestled at the foot of Barnesmore Gap, Barnesmore Wellness offers personalised facials, massage and reflexology rituals designed to calm the nervous system, restore balance and honour the natural rhythms of the body.

Signature Treatments

FACIALS

LuminaLift Signature Facial

• 75 mins / €80 (New)

A personalised sculpting and radiance ritual with advanced eye rejuvenation for instantly revitalised skin. Includes an indulgent relaxing hand and arm massage.

Sculpt and Glow Facial

• 60 mins / €65

A revitalising lifting ritual inspired by Japanese Ko Bi Do techniques, designed to sculpt facial contours, release tension and restore a luminous, youthful glow. Includes an indulgent, relaxing hand and arm massage.

AromaSense Renewal Facial

• 60 mins / €60

Nourishing plant oils, aromatherapy and gentle lymphatic massage leave the skin balanced, calm and naturally radiant. Includes an indulgent relaxing hand and arm massage.

Deep Relax Facial

• 60 mins / €60

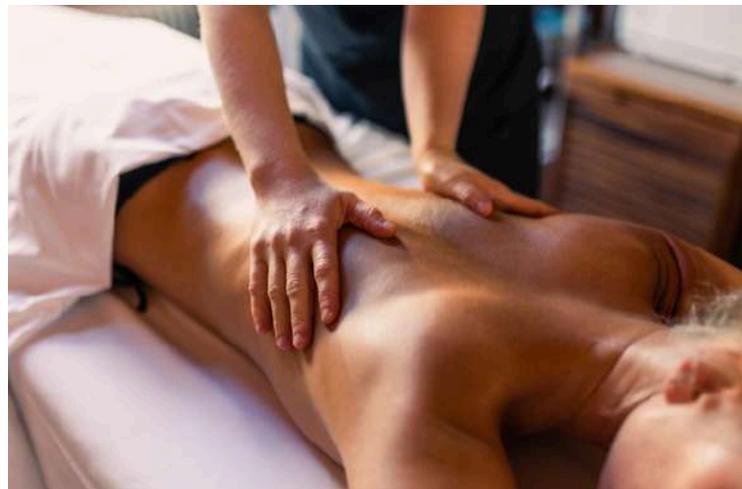
A soothing, bespoke facial that melts tension and calms the nervous system through gentle pressure-point techniques. A luxurious escape for both skin and mind. Includes a deeply relaxing de-stress scalp massage.

MASSAGES

Aromatherapy Fusion Massage

• 60 mins / €60 • 90 mins / €85

A bespoke blend of essential oils combined with flowing therapeutic massage to ease muscular tension, calm the nervous system and restore whole-body harmony.



Deep Tissue Recovery Massage

• 60 mins / €60

A targeted therapeutic massage that works deep into tight or overused muscles to support recovery, ease tension and restore mobility. Ideal for those experiencing muscular discomfort, training fatigue or tension from daily physical activity.

Detox and Contour Massage

• 60 mins / €60 (New)

A stimulating massage that boosts circulation, supports lymphatic drainage and helps reduce fluid retention, leaving the body feeling lighter and renewed.

Reflexology

• 50 mins / €50

A deeply balancing foot treatment using gentle pressure on specific reflex points to support circulation, relaxation and overall wellbeing. Promotes harmony in both body and mind.

Prenatal Reflexology

• 60 mins / €55

A soothing, supportive treatment that enhances sleep, eases fatigue and supports hormonal harmony and overall maternal wellbeing during pregnancy.





RITUALS

Head-to-Toe Rebalance

• 75 mins / €70

A deeply grounding ritual blending an indulgent Indian Head Massage with restorative Reflexology to release tension, quiet the mind and rebalance the whole body from head to toe.

AromaSense Relax and Glow

• 90 mins / €80

A deeply relaxing back massage paired with the AromaSense Renewal Facial to ease stress, nourish the skin and restore a warm, natural glow.

Restore and Radiance

• 120 mins / €110

A deeply relaxing full-body hot oil massage followed by the Sculpt and Glow Facial, inspired by Japanese Ko Bi Do techniques. This indulgent ritual releases tension, restores balance and enhances natural radiance for a beautifully lifted, refreshed complexion.



The Ultimate Wellness Ritual (New)

• 150 mins / €155

A deeply immersive head-to-toe experience combining a flowing full-body massage, the nourishing AromaSense Renewal Facial, soothing scalp therapy and a grounding reflexology sequence. Designed to calm the nervous system, melt away tension and restore balance throughout body and mind.

• 180 mins / €175

Your most indulgent wellness escape, offering extended time for deeper relaxation, a longer facial sequence and a more restorative reflexology treatment. The ultimate gift of stillness, renewal and luxurious self-care.

Finishing Touches

- Brow Shape / Brow and Lash Tint
- Lip / Chin Waxing

Perfect finishing touches to complement your facial or ritual.



Visit our website
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BARNESMORE
Wellness

Natural, Personalised Skincare
and Holistic Treatments

