



DROMOLAND CASTLE

• SPA & WELLNESS •



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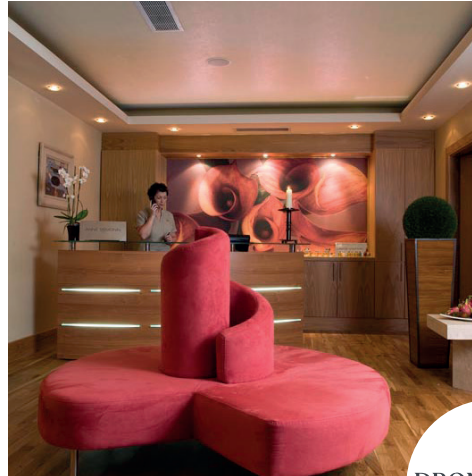
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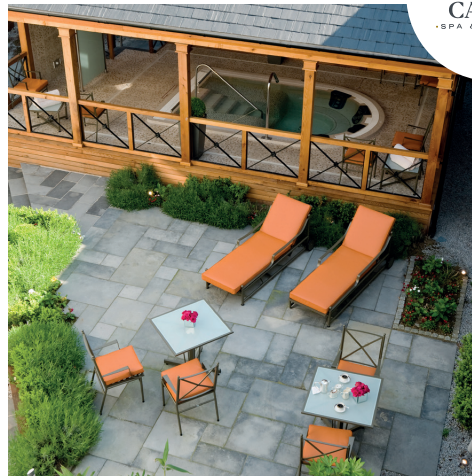
Within the timelessness of these 16th century Castle walls, let yourself be drawn into a world of deep relaxation. The intimate luxurious spa consists of six treatment rooms, two dedicated manicure and pedicure suites and a gazebo covered outdoor Jacuzzi.

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Upon entering the Spa at Dromoland, the colours, aromatic scents & relaxing sounds will stimulate all your senses, while providing a very personal journey to tranquillity, harmony & balance.



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ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

INTRODUCING ELEMIS

ELEMIS therapists make it personal. They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin.

All the treatments are designed to support great skin health; to respect that skin is alive. No two skins are the same. And no two bodies are the same. Every skincare therapy is shaped and moulded around you. The experience is exceptional, the results are real.



DEFINED BY NATURE, LED BY SCIENCE

ELEMIS ANTI-AGEING FACIALS

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

ELEMIS SUPERFOOD PRO-RADIANCE 1 hr €105

Brightens and Nourishes

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.*

**Independent Clinical Trials*

ELEMIS PRO-COLLAGEN DEFY 1 hr €125

Improves skin firmness

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.*Independent Clinical Trials*

ELEMIS PRO-DEFINITION LIFT AND CONTOUR 1 hr €125

Lifts and Sculpts

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL 1 hr €125

Renews and Revitalises

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.*

**Independent Clinical Trials*

EYE TREATMENT 15mins €25

Soothing & firming

This rejuvenating eye treatment uses the Hydra Gel Eye masks which are formulated to instantly reduce the appearance of fine lines. The power of Padina Pavonica provides an instant skin tightening effect, whilst Hyaluronic Acid hydrates the fragile eye area. Specialized lifting massage increase cellular renewal around the eye area, leaving them looking firmer and brighter. A relaxing hot Coconut Oil scalp massage completes this refreshing eye therapy.

ELEMIS & THE SPA AT DROMOLAND SIGNATURE TREATMENTS

Perfect treatments for total face and body care therapy tailored to your needs, created especially for the Spa at Dromoland.

DROMOLAND ROYAL ESCAPE SIGNATURE JOURNEY 2 hr €180

Relax and indulge with this combination face and body treatment. Our Hot Mineral Body Boost incorporates massage to stimulate every cell in the body, and alleviate muscular pain. Followed by the clinically proven Pro-Collagen Age Defy facial, the body is invigorated and the complexion nourished to perfection.

DROMOLAND KINGS AND QUEENS SIGNATURE JOURNEY 2 hrs €199

A sensational massage, combined with our Superfood Pro-Radiance facial. Choose from the Re-Energiser, a warming Eucalyptus massage, or the luxurious and relaxing Rose Garden Massage, whilst your facial helps skin feel plumper, radiant and lit up with good health.

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MASSAGES

BACK, NECK & SHOULDER MASSAGE 30mins €65 55mins €95

This tailor-made massage is specifically designed for relieving stress. For the desired results, your therapist will target specific pressure points, stretching and deep tissue technique to invigorate, realign and restore balance.

TAILORED DROMOLAND FULL BODY MASSAGE 55mins €100 90mins €155

Your personalised Dromoland massage will be a comforting, luxurious and indulgent experience. A personal consultation will ensure you receive a unique treatment using massage techniques and a blend of essential oils to suit your specific needs of the moment.

DEEP TISSUE 30mins €80/ 55mins €110/ 90mins €160 *de-stress – re-balance*

A deep muscle massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

GOLF BALL 30mins €75/ 55mins €120

The size, hardness, and shape of a golf ball make it the perfect instrument to reach deep sore spots in your muscles. Trigger points and muscle spasms are a constant source of pain and can throw off a golfer's biomechanics, hindering their game.

The Golf ball Massage is an effective strategy to alleviate trigger points, break down muscle adhesions and restore proper function

SPECIALISED MESSAGES

HOT STONE MASSAGE

Massage using hot stones has been used for hundreds of years to help relieve tension and pain. The heat generated by the massage stones is not only relaxing but also helps to reduce muscular tension and break up those knots using heat and pressure.

Hot stone massage is one of the most relaxing styles of massage available. During your treatment, hot stones will be placed on your body, and they will also be used by your therapist to massage the muscles. It's the perfect treatment to warm you up.

Hot stone massage can also be great for releasing very tight muscles and trigger points, the heat helping to dissipate hard knots and tightness.

30mins €75 55mins €120

INDIAN HEAD MASSAGE

45mins €70

This relaxing therapy involves massage of the head, neck and scalp using different massage pressures and rhythms to stimulate these areas. A repairing, conditioning Coconut Melt is applied to hair & scalp prior to treatment to deeply nourish and smooth the hair & scalp.

REFLEXOLOGY

50mins €90

Acupressure is applied to zones on the feet that correspond to all parts of the body and organs. This treatment stimulates the body's own healing and balancing process.

PREGNANCY MASSAGE

55mins €98

Please inform a member of staff if you are pregnant - ALL MUMS TO BE MUST BE PAST THEIR FIRST TRIMESTER (14 WEEKS) FOR TREATMENTS TO BE CARRIED OUT.

Using only the safest products this massage is designed to ease the stresses and strains associated with pregnancy. A complete body massage, using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce water retention. A wonderful treatment that gives the mother to be a chance to relax and enjoy some well-deserved down time.

MIDWEEK MAGIC 50mins (*Mon-Fri only*) €95
*Back, Neck & Shoulder Massage followed
by an ELEMIS express Facial*

ULTIMATE WELL BEING 75mins €120

Choose 3x of the following 25mins Treatments below

- *Back, Neck & Shoulder Massage*
- *ELEMIS express Facial*
- *Head & Scalp Massage*
- *Brown Sugar Full Body Exfoliation followed by a Tropical Coconut Melt application*
- *Refreshing Foot & Leg Treatment*
- *Eyebrow & Eyelash Tint & Shape*
- *File & Polish on Hands OR Feet*

HEAVENLY FACE & BODY RETREAT 100mins €180
Experience a Full Body Massage followed by a Superfood Pro-Radiance Facial

TOGETHER SPECIAL 75mins €130p.p *in our couples suite*
*Experience a Full Body Massage followed
by an ELEMIS express Facial*



SPA SPECIALS



HANDS AND FEET

HANDS AND FEET

File and Polish on Hands OR Feet
(OPI – nail Polish)

25mins €30

Shellac Removal

10mins €15

Shellac on Hands OR Feet

35mins €35

Shellac on Hands and Feet

60mins €55

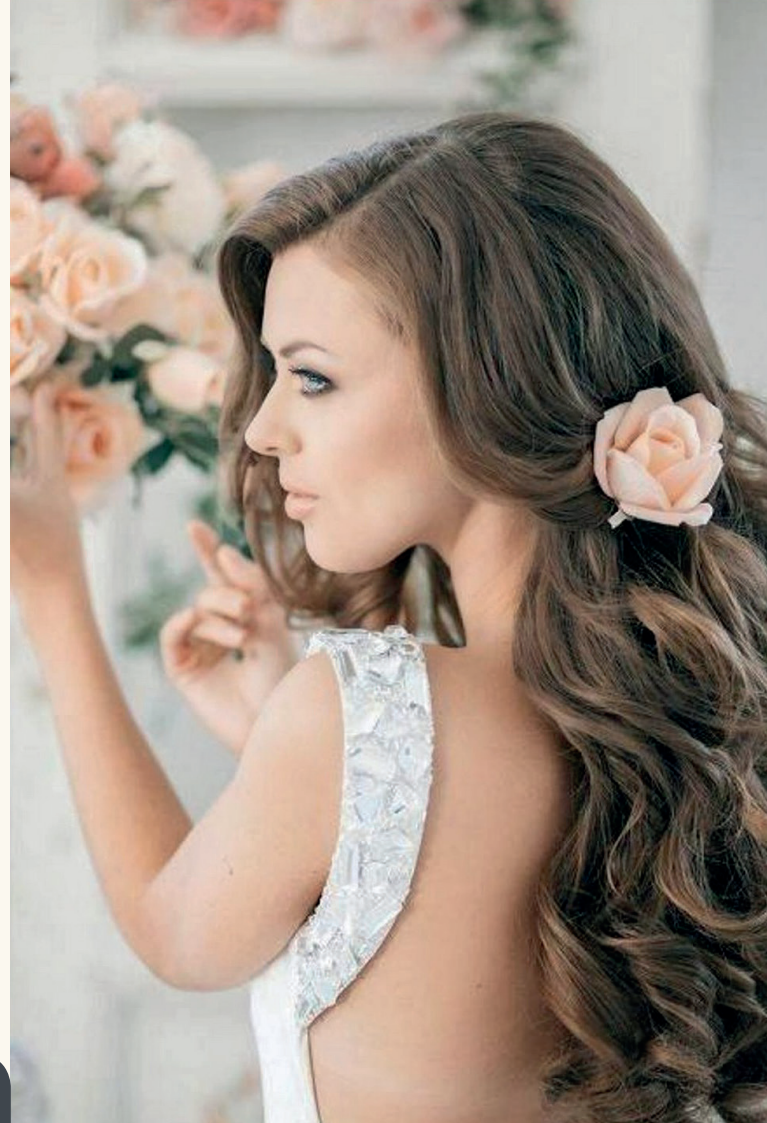
Prescriptive Manicure
(upgrade to Shellac Polish €10 extra)

55 mins €60

Prescriptive Pedicure
(upgrade to Shellac Polish €10extra)

55 mins €70


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SPA ETIQUETTE

- We kindly ask for in house guests to arrive to the spa in robe & slippers.
- To make the most of your spa experience, please arrive at least 20 minutes before your scheduled appointment time.
- Please be advised that late arrivals may result in reduction of Treatment time.
- Please give 24 hours notice if you need to cancel your appointments. Failure to do this results in being charged in full.
- Please inform a member of staff if you are pregnant -ALL MUMS TO BE MUST BE PAST THEIR FIRST TRIMESTER (14 WEEKS) FOR TREATMENTS TO BE CARRIED OUT.
- Please respect other spa users and keep noise levels to a minimum.
- Please book your treatments in advance to avoid disappointment.
- The spa at Dromoland accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.
- All lost property found on the premises will be handed into our housekeeping team. Items will be stored for 12 months, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.
- All prices are quoted in Euros and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.
- We are delighted to offer treatments to guest from the age 16 years old however they must be accompanied by an adult for the whole duration apart from manicures and pedicures taken in the Nail Studio.





O P E N I N G H O U R S

May - August | *Mon – Sat: 9am – 8pm & Sun: 10am – 6pm*
September - April | *Mon – Sat: 9am – 7pm & Sun: 10am – 6pm*



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THE SPA AT DROMOLAND

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