



DROMOLAND CASTLE

• SPA & WELLNESS •





SPA AND WELLNESS

A remarkable retreat with an easy elegance

A visit to The Spa at Dromoland is like stopping time. The ultimate indulgence for the weary traveller, our tranquil sanctuary offers intimate and serene escapism within 16th century castle walls. Away from the stresses of modern life, our team of skilled therapists invite you to surrender to the pleasures of our soothing and luxurious treatments.

We would like you to feel completely relaxed during your visit and immerse yourself in the tranquillity of the spa surroundings. In response to the recent pandemic we have amended our procedures and protocols to ensure you, our guest, always feels safe and protected through-out your time with us in the spa.

Spend time with us, as we take you on a journey of escapism, relaxation and indulgence and drift away, feeling relaxed and renewed, ready for anything.

ELEMIS

A skin wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results. An innovative and global British skincare brand with over 30 years of expertise and available in over 45 countries, ELEMIS believe in 'truth in beauty'.

They are passionate about taking care of your skin. Their focus is delivering proven results with feel-good skincare products combined with cutting-edge patented technology. Their award-winning skincare portfolio includes face and body skincare products with revolutionary formulas, spa treatments, supplements and more.

Nature powers ELEMIS products: by sourcing natural extracts that catalyse each other and harnessing the power of nature's finest active ingredients, ELEMIS products can deliver results that you can see and feel, both inside and out.



BURREN PERFUMERY

A family company that is run at a small scale with wonderful local staff. Their aim is to be better than the best of the large brands in the quality of their products and make perfumes and cosmetics using natural and organic ingredients. Taking their inspiration from the landscape around us, everything is made by hand and on site in the Burren.

MODERN BOTANY

Modern Botany started with a simple belief - it's time to do better. They create personal care products that are kind to our bodies and our planet. Harnessing the potent powers of the finest quality natural ingredients, their high-performance formulations are based on the principles of botanical science. The range of clean, multi-tasking essentials have been designed to transform your daily routine, simply and without fuss.

Informed by their founder's background in pharmacognosy*, Modern Botany use carefully selected blends of plant-based bio actives sourced responsibly from around the globe. The specific and potent properties have been discovered over 20 years of Dr Simon Jackson's worldwide expeditions and research. The team believe that everything we put in and around our bodies matters so what they leave out of their formulations is as intentional as what they put in. All of their products are 100% natural, safe to use and non-toxic.

**Pharmacognosy is the study of medicinal compounds obtained from plants or other natural sources.*



THERABODY

Therabody's mission is to provide you with the effective natural solutions you need to take charge of your daily wellness. They have combined education and innovation over a decade of pioneering within the tech wellness space to make wellness more accessible for everybody.

ELEMIS FACIAL TREATMENTS



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.

GUA SHA FACIAL

1hr 15mins €130.00

Gua Sha is a truly luxurious, effective facial massage that encourages movement and stimulation of facial tissues using crystal stones resulting in visibly plump toned rejuvenated skin. Combining Elemis' ground-breaking skin care formulations, your expert therapists, will create a truly bespoke facial experience. Incorporating facial Gua Sha massage using Rose Quartz or smoothed Jade stones to relax tension in facial muscles which can cause lines. It also lifts and sculpts the contours of the face, increases blood flow and smooths fine lines giving the skin luminosity and a visibly brightened complexion.

ELEMIS PRO-GLOW FACIAL

1hr 15mins €130.00

To reboot your daily skincare routine with our new LED skin mask to optimise skin rejuvenation and skin Health. LED Mask is a non-invasive treatment using innovative technology. Each facial and LED colour selection will be prescribed for you and your skin needs to either supercharge cell energy and collagen production or to support acne-prone skin. Each treatment is designed to give you brighter, clearer, and more radiant skin.

ELEMIS PRO-COLLAGEN AGE-DEFYING FACIAL

1hr €125.00

Anti-ageing, Fine Lines, Wrinkles & Skin Firming

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of padina pavonica and red coral. Skin is massaged to encourage optimum cellular function and lymphatic drainage, whilst exfoliation and a complex of plumping marine actives is applied to improve firmness and elasticity for nourished, younger looking skin.

ELEMIS FACIAL TREATMENTS



ELEMIS PEPTIDE 4 FACIAL

Restores Radiance, Re-balances and Replenishes

Inspired by the body's miraculous inner clock and formulated to support tired complexions, our skin renewing Peptide facial is made to target the look of tired skin and help you achieve a well-rested glow around the clock.

1hr €110.00

ELEMIS MEN'S HIGH PERFORMANCE FACIAL

Anti-ageing, Tired Stressed Skin

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

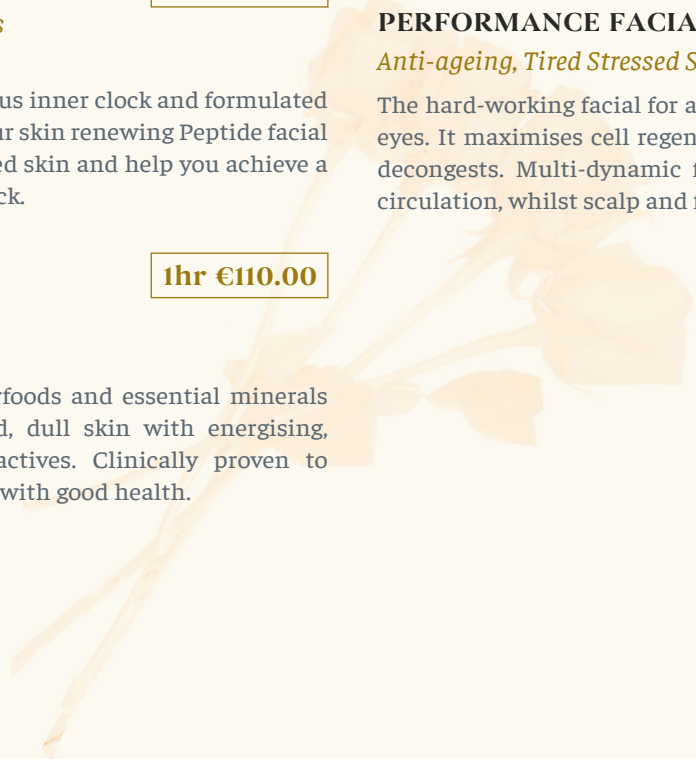
1hr €110.00

ELEMIS SUPERFOOD PRO-RADIANCE FACIAL

Stressed Skin, Dull Skin

Nutritional boost rich in superfoods and essential minerals and designed to pack stressed, dull skin with energising, detoxifying, vitamin-charged actives. Clinically proven to leave skin plumper and radiant with good health.

1hr €110.00



BODY TREATMENTS



TAILORED DROMOLAND FULL BODY MASSAGE

1hr €110.00
1hr 30mins €165.00

Bespoke To You

Soothe the skin and your senses through touch and aroma with the harmonising blend of Elemis oils. This deeply powerful massage alleviates stress and revives senses by encouraging optimum circulation. Customised to focus on areas needing extra attention, your therapist will provide a bespoke experience to target your individual massage needs.

HOT STONE - *Full Body Massage* HOT STONE - *Back Treatment*

1hr €130.00
30mins €85.00

Tailored massage with hot Basalt stone unravels persistent muscular tightness while essential oils encompass your mind to relieve stress, recharge your spirits and leave you feeling rejuvenated.

BACK, NECK AND SHOULDER MASSAGE

1hr €100.00
30mins €70.00

A tailor-made massage, let the skilled hands of the therapist soothes tensions and target specific pressure points to relax the body and mind.

THERABODY

1hr €130.00
1hr 30mins €165.00

Deep Tissue Percussive Therapy

Percussive Therapy' device designed to naturally address muscle pain. The rapid and repetitive application of pressure increases blood flow and oxygen levels delivered to the muscle, relieving soreness, improving movement and aiding recovery. A full body massage performed with Therabody percussive therapy, for a deep tissue treatment. The massage targets key trigger points to help reduce tension and increase flexibility.

DEEP TISSUE

1hr €130.00

Focusing on the deeper layers of muscle tissue to relieve acute tension.

MOTHER TO BE MASSAGE

1hr €110.00

Comforting and soothing for a changing body, the Pregnancy massage is profoundly nurturing and tranquil. Performed with the mother to be on her side supported with pillows, Mothers-to-be are restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby.

SPA PACKAGES



DROMOLAND TOTAL WELLBEING PACKAGE

2hrs €210.00

Award winning facial and massage experience, bespoke to your individual needs. Targeted massage techniques with the purest aromatherapy oils and a highly-personalised result-focused facial using Elemis' ground-breaking skin care formulations and Gus Sha crystals. Your treatment will be completed with time in our relaxation suite and a head set with guided meditation.

DROMOLAND QUEEN ANNE SIGNATURE PACKAGE

2hrs €210.00

Soothe away tension, recharge and transform, designed to nurture your body and mind. Put yourself in the safe hands of our experienced therapists. Together you will select the very best treatment for your needs and emerge feeling balanced, calm and renewed. Choose from Dromoland tailored massage, hot stone massage and Elemis personalised facial.

DROMOLAND ROSE EXQUISITE EXSCAPE

2hrs €210.00

Take a walk in Dromoland's walled garden with this lavishly hydrating massage and micro-wrap and facial. The unique trio of Rose, Camelina and Poppy seed oils maintain and restore elasticity whilst encouraging skin renewal. The skin is anointed with nourishing oils whilst a nurturing Rose balm and bespoke massage comfort the skin and ground the spirit. Skin is left exquisitely moisturised, intensely supple and delicately scented.

PEACEFUL PREGNANCY PACKAGE

2hrs €210.00

A wonderful combination of our Mums To Be Massage combined with a full ELEMIS facial. Your gift from us is a bottle of the Japanese Camilla oil to take home.

SPA PACKAGES



COUPLES RETREAT

1hr 30mins €190.00

Experience relaxing foot ritual followed by Dromoland tailored massage, Elemis hydro boost facial and scalp massage in our couples suite. Your treatment will be completed with time in the relaxation room on our zero gravity chairs where you will both be served a complimentary glass of bubbly.

TUNING INTO YOU

1hr 15mins €140.00

Create Your Own Perfect Package

Select three 25min treatments from below

- Back, Neck & Shoulder Massage
- ELEMIS Skin boosting facial
- Head & Scalp Massage
- Full Body Exfoliation
- Refreshing Foot & Leg Treatment
- Gua Sha eye
- Light therapy mask

REVITALISED AND REFRESHED

1hr 15mins €140.00

The perfect combination; Dromoland tailored full body massage followed by Elemis skin boosting facial.

RESTORED AND REBALANCED

1hr 15mins €140.00

Designed for the weary traveller; the perfect remedy to soothe, revitalise and restore your body's circadian rhythm. An indulgent treatment to release tension, nourish your skin and leave you totally relaxed. Includes: Back neck and shoulder massage, Elemis skin boosting facial, refreshing leg and foot massage.

ROYAL RETREAT

1hr €110.00

Back, neck & shoulder massage followed by an ELEMIS skin boosting facial.

RESTFUL AND RELAXED

1hr €110.00

Switch off the mental chatter and prepare for a good night's sleep. Indian Head Massage is a treatment based on old Ayurvedic techniques involving work on the upper back, neck, shoulders, face and scalp. It is a wonderfully relaxing holistic therapy, treating the mind, body and spirit. Combined with a clinically proven hydra-gel eye mask to reduce the appearance of fine lines and wrinkles. Providing an instant skin-tightening effect, whilst Hyaluronic Acid hydrates the fragile eye area.

EXFOLIATION



LIME AND GINGER

Lime and Ginger scrub; an invigorating exfoliator which tones skin and boosts metabolism followed by a rich leave on wrap to replenish and soften dry skin. Finished with a relaxing head and scalp massage.

45mins €95.00

FRANGIPANI EXFOLIATION

Frangipani scrub; a mineral rich salts and hibiscus cleanse and exfoliate, followed by an infusion of exotic Tahitian Monoi Oil and Frangipani Flowers seal in moisture. Skin is left delicately fragranced. Exfoliation boosts metabolism followed by a rich leave on wrap to replenish and soften dry skin. Finished with a relaxing head and scalp massage.

45mins €95.00

HOLISTIC THERAPIES



REIKI - *With our Reiki Practitioner Clare Mullaney-Dignam*

Each session delivered is unique to each individual.

1hr €110.00

FOREST BATHING - *With our Certified Forest Bathing guide Kerry Kelly*

Forest Bathing is a chance to slow down, be mindful of our surroundings and to connect with nature through our senses. Forest Bathing enhances health, well being and happiness through gentle immersion in nature.

Price on Request





SPA ETIQUETTE



- To book Spa services please give advance notice to avoid disappointment.
- Please send back your health and lifestyle consultation to the spa via email 24 hours prior to your appointment.
- Please arrive at the spa dressed in your robe and slippers. Your therapist will be ready to guide you directly to your dedicated treatment room. Late arrival may result in reduction of your treatment time.
- Please keep valuables and personal effects to a minimum. We have removed reading materials from the relaxation lounge, but you are welcome to bring your own if you wish.
- We request guests to respect the spa's sanitation and hygiene standards and processes.
- We will not be taking cash payments at present. All payments will be collected via credit card, debit card, gift card or room charge.
- Your safety is our priority so please refrain from visiting the spa if you or a member of your household has had the following symptoms cough, fever, breathlessness or difficulties breathing, sore throat, headaches or loss of sense of smell and taste with in the last 7 days.
- Please give 24 hours' notice if you need to cancel your appointments. A 100% charge will be incurred for any treatments canceled with less than 24 hours notice prior to the scheduled time.
- To secure your appointments card details will be requested.
- Please respect other spa users and keep noise levels to a minimum. We ask guests to keep use of mobile phones and other devices to a minimum whilst in the spa.
- 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 hairbrushes are kept for 48 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 welcome guests from the age of 16 and above.
- If you are in the early stages of pregnancy, then please advise at the point of booking. Most treatments can be adapted for guests after their first trimester with the exception of deep tissue and hot stone massage and full body exfoliation.



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OPENING HOURS

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



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The Spa at Dromoland

Dromoland Castle, Newmarket on Fergus, Co. Clare, Ireland

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