



THE SPA & COUNTRY CLUB  
CASTLEMARTYR  
RESORT

UNWIND  
AND  
RESTORE



## Choose your experience...

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## HALF DAY PACKAGES

### SPA BLISS

Select one of the following treatments:

- 60 min “World of Aromas” Full Body Massage
- 60 min Pomegranate Body Exfoliation and Envelopment
- 60 min New Life Massage
- 60 min Destress Face & Back Ritual
- 60 min ESPA Skin Solutions Facial

Light Lunch Served between 1pm and 3.30pm

Mon – Thurs €140/Friday – Sunday €150

### AFTERNOON INDULGENCE

Select one of the following treatments:

- 60 min “World of Aromas” Full Body Massage
- 60 min New Life Massage
- 60 min Signature Bespoke Facial
- 60 min Destress Face & Back Ritual
- 60min Pomegranate Body Exfoliation & Envelopment

Followed by our “Lady Fitzgerald Afternoon Tea”

to complete your Spa experience,

Served from 1pm - 3pm.

Available Wednesday – Sunday €165





## PRIVATE SPA SUITES

Enjoy the ultimate luxury private spa experience in our beautiful Spa Suites for two.

### HARMONY SUITE - TOGETHER MASSAGE

**60 minutes**

- Enjoy your 60min “World of Aromas” Full body Massage treatment together in our Couples Harmony Suite.

Harmony Suite Together Massage €270

### SERENITY SUITE - TOGETHER MASSAGE

**60 minutes**

- Enjoy full use of your private Vitality Pool and Sauna an hour prior to your relaxing Germaine De Capuccini “World of Aromas” 60min Full Body Massage.

Serenity Suite Together Massage €300



## SIGNATURE THERAPIES

### THE SUBLIME OBSIDIAN STONE, MIND BODY AND SOUL THERAPY

**75 minutes**

Take refuge with our mind, body and soul therapy, combining traditional 'hands on' massage with pindas, a ritual stick and obsidian and onyx semi-precious stones. Targeting reflex points and muscular areas prone to tension, this full body face and scalp massage will leave your mind, body and soul balanced and re-harmonized. Your therapy commences with a brief sensory smell selection where you can choose one of our 5 preblended oils: relax, revitalize, hydrate, energize or detox.

Includes Foot Cleanse, Full Body Massage with stones, ritual stick and stretches, Scalp Massage, De-stress Face Massage with stones.

Sublime Obsidian Stone Mind Body & Soul Therapy €155

### CASTLEMARTYR SIGNATURE THERAPY

**75 minutes**

Inspired by the re-balancing elements of earth this ESPA experience brings harmony to the mind and body. The back is exfoliated to help stimulate circulation and refresh the skin. A heated marine mud mask is then smoothed onto the back to remove impurities; followed by a therapeutic lower leg and back massage to ease deep seated tension. Finally, a customised Boutique facial is performed to restore the skin back to balance. Includes Back Exfoliation, Back Mud Wrap, Lower Leg & Foot Massage, Back Massage (with hot stones), Boutique Facial, Scalp Massage.

Castlemartyr Signature Therapy €155

### TRANQUIL & NOURISHING BAOBAB RITUAL

**75 minutes**

Using ethically sourced baobab seed oil, this African inspired full body ritual promises an invigorating and stress-reducing experience. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity, making it the ideal treatment during pregnancy. Your ritual begins with a warm pinda protocol and foot cleanse, followed by a back exfoliation with a scrub containing Baobab seeds. Continue to relax and enjoy a full body and scalp massage before your ritual concludes with an energising leg massage using our Dreamy Legs gel.

Tranquil & Nourish Baobab Ritual €155

## ESPA BACK, FACE & SCALP TREATMENT

**90 minutes**

Unravel tension, instantly boost your complexion, and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes: Back exfoliation – Back massage– Skin Solution facial – scalp Massage.

ESPA Back, Face & Scalp €170



# GERMAINE DE CAPUCCINI FACIAL THERAPIES

These facials are truly results driven whilst focusing on your relaxation and well-being. All Germaine de Capuccini facials include a relaxing welcome pinda protocol, aroma inhalation, targeted massage techniques, application of our No. 1 selling Multi-Regenerating Rose Hip Oil and neck stretches to deliver an unforgettable facial experience



**GERMAINE DE CAPUCCINI**

**CASTLEMARTYR SPA PRESCRIPTIVE**

**60 minutes**

Designed to suit your skin's needs, this therapy treats all skin types and concerns. Your facial commences with skin analysis, a warm pinda welcome to relax your mind and body. This is followed by a deep cleanse, exfoliation, and massage. A mask is then applied to treat your skin's specific needs whilst you enjoy a scalp massage. Your facial is complete with the application of Rose Hip Oil, moisturizer, and an awakening protocol.

Castlemartyr Spa Prescriptive facial **€135**



**ROYAL ELIXIR DE-STRESS**

**60 minutes**

A strengthening facial for tired, stressed skin. Packed with anti-oxidants and essential nutrients, our Royal Elixir facial is ideal for tired and stressed skin. The skin regains its strength and natural immunity against daily aggressions. 97% of clients claim their skin is left more smooth, radiant and with a healthy appearance.

Royal Elixir Destress Facial **€135**

**HYDRALURONIC MOISTURISING  
& PLUMPING FACIAL**

**60 minutes**

A new dimension of hydration is delivered to the skin by exclusive ingredient formulations plumping and adding volume. Hyaluronic Acid (HA) is released to the deepest layers of the skin, allowing recovery and preserving of naturally occurring HA in the skin. Whilst the slow-release technology delivers and retains moisture reserves for longer lasting effects. This therapy is elevated with a unique facial massage tool, that works as a cooling method across the facial contours to actively plump lines. A cosmetic alternative to aesthetic injections with exalted improvement in the appearance of lines, wrinkles and hydration levels of the skin.

Hydraluronic Moisturising & Plumping facial **€140**



**GERMAINE DE CAPUCCINI**

### B-CALM FACIAL DERMOCOSMETICS

**60 minutes**

This expert “Dermo Cosmetic” is specifically designed to reduce and prevent the symptoms of extremely sensitive/ intolerant skin and skin prone to rosacea. Hypoallergenic, free from fragrance, alcohol, silicone, mineral oils and essential oils and using the exclusive ‘SkinBiome Repair’ Formula, the skin’s natural bacterial flora is rebalanced. This exclusive facial aids the skin in defending itself naturally and therefore the skin becomes less irritable and reactive.

B-Calm Facial Dermocosmetics **€140**

### TIMEXPERT RADIANCE C+ ILLUMINATING FACIAL

**75 minutes**

An innovative facial to increase firmness and generate new collagen whilst reducing dark spots and even pigmentation. Incorporating a patented formulation that increases the benefits of Pure Vitamin C by 6 times. To complement the hands-on therapy/experience, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for the increased glow.\*

Timexpert Radiance C+ Illuminating Facial **€155**

### TIMEXPERT LIFT & CONTOUR THE ULTIMATE FACIAL

**75 minutes**

At the heart of this treatment lies our unique and exclusive complex, V-Matrix. With flaccidity in the skin beginning in the deepest layers, V-matrix works at the root of the problem to rebuild and restructure the dermis, transforming the skin from the inside out.

The Ultimate Facial **€155**



**GERMAINE DE CAPUCCINI**

## GERMAINE DE CAPUCCINI FACIAL ENCHANCERS

**Why not add one of these treatments to any Germaine de Capuccini Facials**

### COLLAGEN EYE BOOSTER - FOR LINES & WRINKLES

**15 minutes**

Utilising our exclusive Micro-Dermoxine Complex® and Azarole Buds, results are seen immediately after this 15-minute flash treatment. Lines and wrinkles are filled in and puffiness is reduced, rejuvenating the eye contour.

Collagen Eye Booster **€45**

### EXPERT LAB EXFOLIATING PEEL

**15 minutes**

Exfoliation peel to renew the skin at the deepest level. A new generation chemical peel, effective and gentle exfoliant. Can be added to any facial to enhance the results, even suitable for the most sensitive of skins. Using Lactobionic acid, this powerful exfoliator reduces cohesion of dead skin cells. Whilst protecting and caring for the skin. Providing powerful antioxidant activity by inhibiting free radicals, Retains and absorbs moisture to strengthen the natural skin barrier.

Expert Lab Exfoliating Peel **€45**



## ESPA FACIAL THERAPIES

**Our facials begin with an indepth consultation followed by a detailed skin analysis using technology to identify skin conditions not visible to the naked eye. Each facial is tailored to you using skin care products chosen for your individual needs to achieve the best possible results.**

### ESPA SKIN SOLUTION FACIAL

**60 minutes**

Discover the deeply cleansing, skin-boosting powers of this results-focused facial. Tailored exactly to your unique needs, this treatment harnesses SkinVision™ technology for advanced skin assessment, identifying and correcting any concerns, with beautiful and instantly visible results for all skin types.

Your specialised, targeted mask restores balance and you'll enjoy ESPA's unique facial pressure point massage. An intensive serum boosts the effect of active ingredients to leave a radiant healthy complexion. Includes Deep Cleanse, Exfoliation, Facial Massage, Personalised Mask, Scalp Massage.

ESPA Skin Solution Facial €135

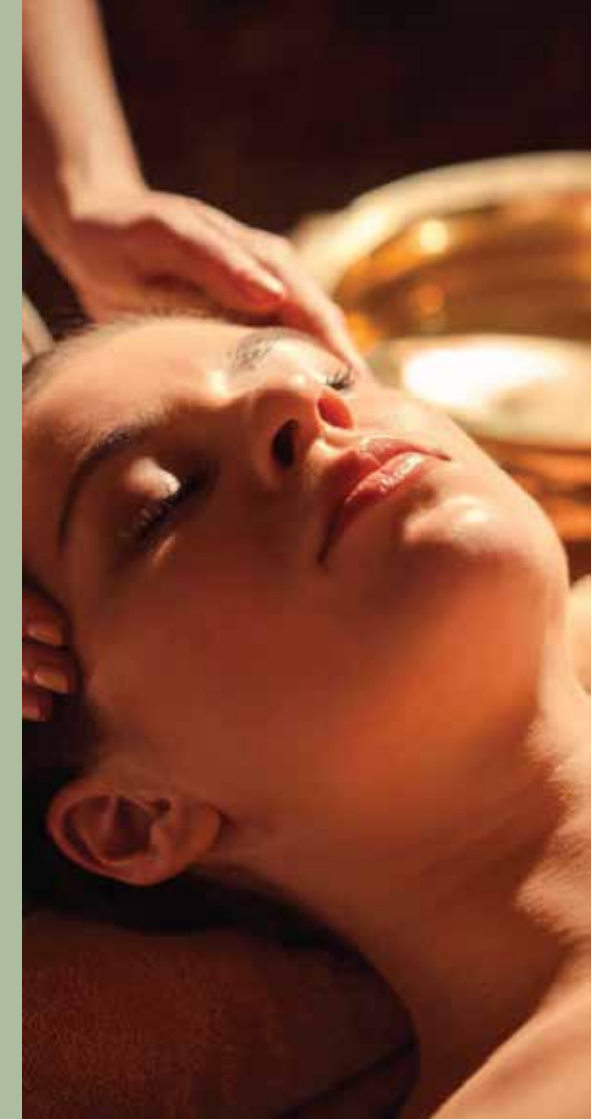


### ESPA NATURAL FACE LIFT TREATMENT

**75 minutes**

Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

ESPA Natural Face Lift Treatment €155





GERMAINE DE CAPUCCINI

# GERMAINE DE CAPUCCINI BODY THERAPIES

## WORLD OF AROMAS MASSAGE

**60 minutes**

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body. Oil blend choices of Relax, Detox, Energize, Hydrate and Stimulate.

Worlds of Aroma Full Body Massage €135

## GOLFERS RETREAT

**30 minutes**

Perfect for tired, achy legs, this treatment uses products containing ethically sourced Baobab seed oil to nourish, protect and hydrate the legs. Includes an exfoliation, leg massage and finishes with a touch of dreamy leg gel, leaving your legs looking radiant and feeling like you're walking on air!

Golfer Retreat €75

## MEDITERRANEAN CANDLE MASSAGE

**60 minutes**

Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

Mediterranean Candle Massage €140

## DESTRESS FACE AND BACK RITUAL

**60 minutes**

A calming and soothing ritual to restore the mind body and skin, commencing with Warm oil Soothing Back Massage, and followed by a de-stress facial to help tired skin, working to heal and nourish and help improve sallow skin tone.

Destress Face And Back Ritual €135





UNWIND  
AND  
RESTORE

# ESPA BODY TREATMENTS

Our ESPA body treatments and massages are designed specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.



ESPA

## ESPA AROMATHERAPY MASSAGE

**60 minutes**

ESPA Aromatherapy Massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

ESPA Aromatherapy Massage €135

## ESPA SWEDISH MASSAGE

**60 minutes**

A truly traditional massage with regulated pressure and stimulating movements which is excellent for effectively releasing knots and tensions as well as easing-tired muscles.

ESPA Swedish Massage €135



## ESPA HOT STONE MASSAGE

**60 minutes**

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

ESPA Hot Stone Massage €140

## ESPA BACK NECK & SHOULDER MASSAGE

**30 minutes**

Back Neck & Shoulder Massage €75



## ADVANCED BODY TREATMENTS

### INDIAN HEAD MASSAGE

**50 minutes**

Indian head massage uses and adapts classic Swedish massage techniques for treating scalp, face, neck, shoulders and upper arms. It works on the areas of the body that are most affected by stress, however while the treatment is just on the upper part of the body it's effects are felt throughout the mind and body.

Indian Head Massage €120

### REFLEXOLOGY

**50 minutes**

Reflexology is an ancient Chinese technique that uses pressure-point massage on the feet to restore the flow of energy throughout the entire body. The benefits of reflexology include its ability to stimulate nerve function, increase energy, boost circulation, induce a deep state of relaxation, and eliminate toxins from the body.

Reflexology €120

## EXFOLIATION & WRAPS

### SPERIENCE CHOCOLATE SENSATION

**60 minutes**

This deeply hydrating, nourishing therapy begins with a stimulating chocolate body scrub to buff away dead skin cells before a deeply warming full body chocolate envelopment with a rich, sensual aroma. The treatment will conclude with a rich and nourishing application of aromatherapy oil to reinvigorate the body.

Sperience Chocolate Sensation €125

### POMEGRANATE ENVELOPMENT – HYDRATING & ANTIOXIDISING WRAP

**60 minutes**

This deeply hydrating and antioxidantizing therapy begins with an exfoliating body mousse, which is massaged into the body. Containing seeds of the pomegranate that eliminates dead cells from the surface of the skin whilst moisturising and nourishing the skin. This is followed by a delicate envelopment which leaves the skin fresh, luminous and deeply hydrated. Pomegranate Extract and oil are then applied to the skin and improve its barrier, thus providing extra hydration and nutrition to dry, Mature or damaged Skin.

Pomegranate envelopment – Hydrating & antioxidantizing Wrap €125

### ESPA SALT & OIL EXFOLIATION

**30 minutes**

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

ESPA Salt & Oil Exfoliation €75



# MATERNITY TREATMENTS

## TRANQUIL & NOURISHING BAOBAB RITUAL

**75 minutes**

Using ethically sourced baobab seed oil, this African inspired full body ritual promises an invigorating and stress-reducing experience. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity, making it the ideal treatment during pregnancy. Your ritual begins with a warm pinda protocol and foot cleanse, followed by a back exfoliation with a scrub containing Baobab seeds. Continue to relax and enjoy a full body and scalp massage before your ritual concludes with an energising leg massage using our Dreamy Legs gel.

Tranquil & Nourish Baobab Ritual €155

## NEW LIFE MESSAGE

**60 minutes**

A firming massage adapted to suit pregnant ladies. Our nourishing body oil which firms, hydrates and tones the skin is combined with relaxing massage movements and warm pindas to sooth tension and tone the skin.

New Life Massage €135



FOR  
MEN

## GERMAINE DE CAPUCCINI FOR MEN ENERGY FACIAL

**60 minutes**

A relaxing, healing and energising facial designed specifically to meet the needs of your skin. Infused with a blend of plant extracts and vitamins, this facial therapy is not only relaxing, but also rejuvenates the skin, often irritated by the daily ritual of shaving.

Germaine de Capuccini Energy Facial €130

## BACK AND FACE STRESS AND TENSION BUSTER

**60 minutes**

Your treatment begins with a Muscle Melting back massage using heated stones to target tension spots and alleviate stress in the back. This is followed by a facial to suit your skin type and massage movements targeting stress pressure points in the face.

Back and Face Stress & Tension Buster €135



## ESPA PERSONALISED MASSAGE



ESPA

## ESPA SWEDISH MASSAGE

**60 minutes €135**

## ESPA AROMATHERAPY MASSAGE

**60 minutes €135**

## ESPA HOT STONE MASSAGE

**60 minutes €140**

## ESPA INDIAN HEAD MASSAGE

**50 minutes €120**

## BACK, NECK & SHOULDER MASSAGE

**30 minutes €75**



## WELLNESS THERAPIES

Specifically designed treatments for cancer patients, those on intensive medication or anyone in need of a completely soothing and de-stressing experience. Carefully selected products target skin related side effects caused by chemotherapy, radiation treatments



### ROSE & HONEY HARMONY FACIAL

**60 minutes**

This facial is designed to help alleviate symptoms of dry, flaky and sensitive skin. Pure Rose Hip Oil, known for its healing properties, is combined with our Royal Jelly Elixir to revitalize dull tone whilst helping the skin regain its natural immunity against daily aggression. Your facial is complete with our 5 rose petal mask which soothes sensitivity brought on by emotional and physical stress. A luxurious gentle touch and healing massage with Obsidian and Onyx stones will help to restore peace to the mind and soul.

Rose & Honey harmony Facial €135

### HYDRALURONIC MOISTURISING & PLUMPING FACIAL

**60 minutes**

A new dimension of hydration is delivered to the skin by exclusive ingredient formulations plumping and adding volume. Hyaluronic Acid (HA) is released to the deepest layers of the skin, allowing recovery and preserving of naturally occurring HA in the skin. Whilst the slow-release technology delivers and retains moisture reserves for longer lasting effects.

This therapy is elevated with a unique facial massage tool, that works as a cooling method across the facial contours to actively plump lines. A cosmetic alternative to aesthetic injections with exalted improvement in the appearance of lines, wrinkles and hydration levels of the skin.

Hydraluronic Moisturising & Plumping facial €140

### TRANQUIL & NOURISHING BAOBAB RITUAL

**75 minutes**

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle back exfoliation using Baobab Seed to remove dead cells. A soothing massage with Baobab oil will then provide the skin with anti-inflammatory, nourishing, and hydrating benefits. To complete your totally stress-reducing experience, our relaxing Baobab Scalp Therapy will help to revitalize the hair and soothe the scalp.

Tranquil and Nourishing Baobab Ritual €155

# BEAUTY TREATMENTS

## HANDS & FEET

OPI Luxury Spa Manicure 50 minutes	€65
OPI Luxury Spa Pedicure 60 minutes	€70
Upgrade to Manicure Company Gel Polish extra	€10

40min Gel Polish With Cuticle Work	€40
40min Gel French Polish With Cuticle Work	€45
Gel Removal	€15

## TINTING/WAXING (24 hour patch test)

Brow Shape	€8
Eyebrow Tint	€7
Eyelash Tint	€12
Eyebrow & Eyelash	€17
Eye Trio	€25

## HAIR SALON

Straight Blow-Dry	from €35
Curly Blow-Dry	from €40
Up-styles	from €50
Wash, Cut & Blow-Dry (Short Hair)	from €45 - €50
Wash, Cut and Blow-Dry Long Hair)	from €55 - €65

## FOR HIM

Dry Cutting	From €20
Wash, Cut & Blow Dry with Scalp Massage	From €25

## SPA VISITS

Advance bookings are highly recommended to avoid disappointment. A credit card is required to hold all reservations. We may also request preauthorisation for multiple treatment bookings.

Certain treatments and products react with some medical conditions. Please advise us if you are pregnant, have had recent surgery or any other medical conditions when making your appointment.

Guests attending the spa must be 16 years or over. Please call 021-4219060 or email [spa@castlemartyrresort.ie](mailto:spa@castlemartyrresort.ie) to make a booking.

## SPA ETIQUETTE

Please arrive up to an hour prior to your treatment time. This will allow time for you to check in, fill out a consultation form, change into your robes and slippers and use the spa facilities.

If you arrive less than 15 minutes prior to your treatment, time may be reduced, but will still be charged the full price. If you are more than 30 minutes late your treatment may not be honoured but will still be charged at full price. This is to ensure other guests are not inconvenienced.

Our Spa environment is one of relaxation and tranquility. Please respect all Spa guests right to privacy and serenity. In light of this, the spa is a mobile free zone.

## RECOMMENDATIONS

The following Spa facilities are available at The Spa – male and female vitality lounges which include sauna, steam room, experience showers, vitality pool, spa changing area, light and dark relaxation areas, 20m swimming pool and fitness centre.

To make full use of your spa experience we recommend you bring swimwear with you. If you would like to make use of our fitness centre, please bring appropriate attire and footwear.

## CANCELLATION POLICY

Guests who wish to cancel or re-schedule their visit are kindly requested to provide 48 hours notice.

Cancellations within 48 hours will not be charged. If less than 48 hours' notice is given, the full cost of treatments booked will be charged.

**Telephone:** +353 21 421 9060

**Email:** [spa@castlemartyrresort.ie](mailto:spa@castlemartyrresort.ie)



THE SPA & COUNTRY CLUB

CASTLEMARTYR

RESORT

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