



THE SPA & COUNTRY CLUB
CASTLEMARTYR
RESORT

UNWIND
AND
RESTORE



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OUR SPA PARTNERS



Restore and nourish your body, mind, and spirit with an indulgent collection of bespoke treatments from ESPA, the world renowned spa experts. Designed to provide a truly holistic experience, each treatment is tailored to your individual needs, blending advanced skincare, therapeutic massage, and signature rituals inspired by nature.

Discover results-driven facials that harness the power of high-performance ingredients to rejuvenate your complexion. Experience transformative body treatments that detoxify, tone, and restore vitality. Immerse yourself in luxurious massages that melt away tension and promote deep relaxation. Enjoy signature rituals that combine ancient wellness traditions with modern innovation, creating a sensory journey that soothes the soul and leaves your skin radiant.



OUR SPA PARTNERS

GROUND

GROUND a Cork based Wellness Brand was founded by wellness expert Peigín Crowley in 2020, following decades designing spa experiences for global luxury hotels. When the world paused during lockdown, Peigín returned to the roots of her craft, hand blending therapeutic oils at her kitchen table in response to what people truly needed: support for sleep, stress, hormone

health, skin wellness, cancer care and children’s emotional wellbeing. GROUND crafts 100% natural, vegan products in small batches in Ireland, blending plant-based ingredients with sincere intention to soothe the soul. With a therapist-centric approach and deep understanding that every body is different, GROUND offers intuitive self-care rituals that honour the need for rest, reconnection, and renewal.





ESPA

FACIALS

ESPA SKIN SOLUTIONS FACIAL

Discover the deeply cleansing, skin-boosting powers of this results-focused facial. Tailored exactly to your unique needs, after an in-depth skin analysis, 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

60 Minutes | €145

ESPA GLOW FACIAL

This Supercharged treatment features a plethora of active nutrients to restore your radiance. Brighten and refresh dull lethargic complexions with this glow giving facial. This treatment harnesses the power of Gua Sha. A Vibrant Indulgence as your skin glow with vitality and luminosity.

Includes: Deep Cleanse, Exfoliation, Gua Sha Facial Massage, Personalised Mask, Isotonic Hydra Gel Eye Masks, Scalp Massage

60 Minutes | €150

ESPA NATURAL LIFT FACIAL

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.

Includes: Double Cleanse, Kobido Facial Massage with Jade Rollers, Lifting and Smoothing Mask, Scalp Massage.

75 Minutes | €160



ESPA

RITUALS

CASTLEMARTYR SIGNATURE THERAPY

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 and Foot Massage, Back Massage (with hot stones), Boutique Facial, Scalp Massage.

75 Minutes | €160

ESPA BACK FACE AND SCALP THERAPY

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.

90 Minutes | €180

ESPA AROMATHERAPY RITUAL

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.

60 Minute Full Body | €145

90 Minute Full Body | €180 | Includes: Face, Scalp and Foot Massage

ESPA HOT STONE RITUAL

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to ease sore muscles and relax both body and mind.

60 Minute Full Body | €150

90 Minute Full Body | €185 | Includes: Face, Scalp and Foot Massage



ESPA

THE ART OF
WELLBEING





GROUND

SKIN WELLNESS

BIOME FACIAL

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe and repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function. The BIOME Facial uses probiotic-rich plant nutrition, lymphatic drainage, and therapeutic massage techniques to calm inflammation, reinforce the skin barrier, and promote long-term healthy skin. Cooling therapy further recharges the skin, leaving it balanced and soothed.

60 Minutes | €140

REJUVENATING FACE, NECK AND SCALP RITUAL

This deeply therapeutic treatment masterfully blends the power of aromatherapy, the calming influence of guided breath work, and the skilled touch of therapeutic massage techniques to create a holistic journey for mind and body. Combining nurturing facial massage with soothing Gua Sha techniques with specific focus on the face, neck, décolleté and scalp this face massage ritual will have a potent effect on tightness & tension, eyestrain, migraines, headaches, TMJ issues, sinuses and puffiness to name just a few.

60 Minutes | €135

GROUND

WELLBEING SIGNATURE RITUALS

Guided by purpose & intention each of our Signature Massage Rituals are a unique journey, inspired by the potent properties of the GROUND aromatherapy blends and designed with a specific wellness concern in mind.

CODLADH

SLEEP | REST | CALM

Ideal for those who suffer with insomnia, jetlag or exhaustion, this warming full body massage serves one purpose; to guide the mind and body into deep slumber. Flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in. Feel your whole body soften as deep rest descends while enveloped in the aromas of organic geranium and jasmine absolute.

60 Minute Full Body Ritual | €145

90 Minute Full Body Ritual Including Foot Ritual, Face and Scalp Massage | €180



BEO

ALIVE | ENERGY | VITALITY

Ideal for those who hold stress in the abdomen and chest, BEO creates a nurturing space to attune to your innate gut intuition, encouraging you to turn inwards and listen to the deep wisdom held within. Utilising the benefits of Castor and Cardamom this warming treatment focuses on relaxing and soothing the upper body physically, while stimulating the area to aid detoxification. Massage techniques are used to release stagnated energy and emotions from the abdominal area while energy points on the face and feet are worked on to further awaken a sense of vitality and energy.

60 Minute Ritual Including Abdomen Massage, Face and Pressure Point Foot Massage | €145

90 Minute Ritual Including Back, Neck and Shoulder Massage, Abdomen Massage, Face and Foot Ritual | €180



CÚRAM

PREGNANCY | CARE | COMFORT

(2nd and 3rd Trimester)

CÚRAM – meaning ‘care’ in Irish – offers intuitive and grounding massage to ease and relax the muscles that work hardest as your baby grows. Find relief from the aches and strains of this special time, promoting restful sleep and a profound sense of calm. This intuitive and grounding massage gently soothes and releases tired muscles in key areas such as the hips, back, lower legs and feet, providing targeted support as your body lovingly nurtures your baby.

60 Minute Full Body Ritual | €145

90 Minute Full Body Ritual Including Foot Ritual,
Face and Scalp Massage | €180



TALAMH

GROUNDING | EARTHED | BALANCED

Release the back, open the mind, ground the feet with this firm pressure massage inspired by the Irish word for Earth. TALAMH is a deeply grounding full body massage designed to replenish your body and anchor you in the present moment and comes to completion with a focus on the feet, awakening a deep sense of grounding that resonates throughout your entire being.

60 Minute Full Body Ritual | €145

90 Minute Full Body Ritual Including Foot Ritual,
Face and Scalp Massage | €180



TENALACH (*TEN-A-LOCK*)

EARTH SONG

Tenalach is an Old Irish word that means a deep bond with the land, air, and water—a connection so strong that you can almost hear the Earth sing.

Rooted in the natural beauty of Castlemartyr Estate, this immersive treatment helps you tune into the grounding energy of the earth and the calming rhythms of our parklands, so you feel truly connected to nature.

Castlemartyr’s Signature Oil Infused with the uplifting aromas of Lemon Verbena, Sweet Geranium, Rose, Fennel, Pine, and Lavender, this bespoke blend offers a sensory journey crafted to restore inner peace and wellbeing—your own personal Earth song.

60 Minute Back of the Body, Face and Scalp Ritual | €145

90 Minute Full Body Ritual including Foot Ritual, face and Scalp Massage | €180

ENCHANCEMENTS MENU | €45 per enhancement

Any of the following **30 minute** enhancements can be added to any GROUND ritual:

- Body Polish
- Body Wrap
- Hand and Foot Ritual
- Scalp Therapy/Massage
- Abdomen Massage
- Face and Scalp Massage Including Gua Sha

GROUND

WELLBEING BODY THERAPIES

REVIVE AND RESTORE

BALANCING Body Polish with Lavandin and Rosewood followed with RESTORE BODY WRAP with Jasmine and Geranium for Skin Nourishment, Rest and Deep Relaxation.

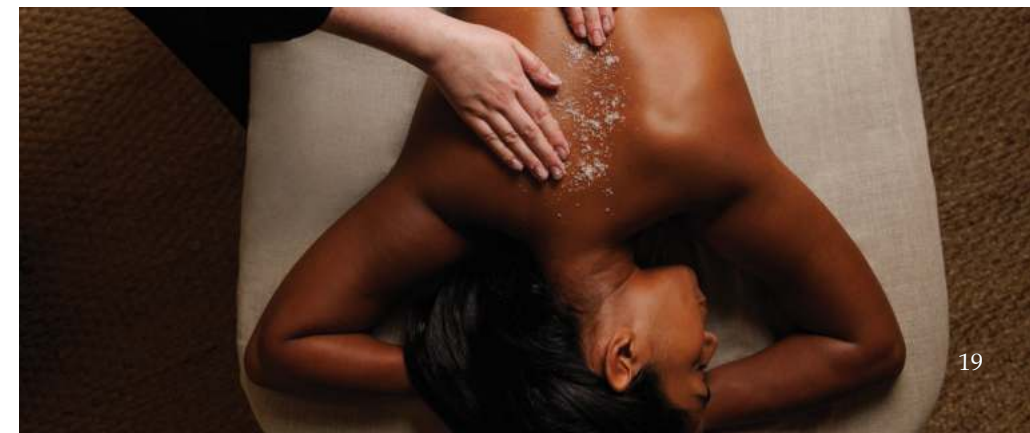
Includes: Face and Scalp Massage or Reflex Inspired Foot Massage.

60 Minutes | €135

BALANCING BODY POLISH

Rejuvenate the skin through this twostep exfoliation ritual, beginning with a dry body brush to activate the lymphatic system followed by a full body polish using aromatherapy salt infused with Lavandin & Rosewood, after a warm shower your sense of balance will be restored with an application of Talamh Aromatherapy Body Oil.

60 Minutes | €130



EXPERIENCE
SERENE
RESTORATION
WITH OUR SPA
PACKAGES



FULL DAY PACKAGES

DEEPLY GROUNDED

The Absolute in Skin and Body Wellness

Fully immerse yourself in your chosen 60 Minute GROUND massage ritual to relieve stress and tension, followed by the BIOME Facial to restore skin wellness and improve skin longevity. This all-encompassing two hour ritual will leave you feeling replenished and grounded in mind and body.

120 Minutes | €300



GROUND



ESPA

MINDFUL MOMENTS

Indulge in a luxurious full-body ritual designed to rejuvenate your skin and soothe your senses. This signature treatment begins with an ESPA Salt and Oil Exfoliation, gently buffing away dull skin to leave it silky-smooth, nourished, and deeply hydrated.

Next, melt away tension with an Aromatherapy Back, Neck and Shoulder Massage, a deeply relaxing treatment that calms the mind, body, and soul.

Your experience concludes with a Customised ESPA Facial, tailored to your unique skin needs to restore balance, radiance, and vitality. The perfect fusion of results-driven skincare and holistic relaxation

120 Minutes | €300

As part of your spa experience, enjoy a delectable two-course lunch at Canopy Brasserie. Choose from one of our daily specials and pair it with a delicious dessert of your choice.

Please note: An additional charge will apply if you choose to indulge in our cheese plate.

Enhance your spa experience with the Lady Fitzgerald Afternoon Tea, elegantly served in our historic manor house.

Available Wednesday to Sunday for an additional €20, this delightful experience adds a touch of indulgence to your visit.

HALF DAY PACKAGES

GROUND HALF DAY PACKAGE

Choose one of the following **Sixty Minute** Treatments;

- Nurturing Full Body Massage
- Mindful Bespoke Facial
- Restorative Face & Back Ritual

ESPA HALF DAY PACKAGE

Choose one of the following **Sixty Minute** Treatments;

- Inner Beauty Facial
- Destress Face & Back Ritual
- Inner Calm Massage

As part of your spa experience, enjoy the delightful Ms. Quinn's Picnic Lunch, available daily from 1:00 PM to 3:00 PM in the Canopy Brasserie.

Price €155

COUPLES TREATMENTS

HARMONY SUITE - TOGETHER MASSAGE

Enjoy your Grounding Full body Massage treatment together in our Couples Harmony Suite.

60 Minute Couples Massage | €290

SERENITY SUITE - TOGETHER MASSAGE

Enjoy full use of your private Vitality Pool and Sauna an hour prior to your relaxing Grounding Full Body Massage.

60 Minute Couples Massage | €320



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 18 years or over. Please call 021-4219060 or email 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.

To make full use of your spa experience we recommend you bring swimwear with you.

CANCELLATION POLICY

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

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



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