



Facial Treatments

ESPA FACE TREATMENTS

ESPA Skin Solutions Facial €145 (60min)

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.

ESPA Glow Facial €150 (60min)

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.

ESPA Natural Lift Facial €160 (75min)

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.

GROUND FACE TREATMENTS

BIOME Facial €140 (60min)

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.

Classic Massages & Holistic Therapies

Every one of our treatments is hand-picked from centuries of therapies and techniques from around the world. They are performed by highly trained professionals.

Personalised massage €195 (90 min) | €145 (60 min) | €80 (30min)

Personalised to your physical and emotional needs, carefully chosen aromatherapy blends Relax, Cleanse or Energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation leaving you in a state of total relaxation and emotional balance.

Deep Therapeutic Massage €165 (60min) | €95 (30min)

A deep muscle massage with a focus to relieve deep-seated tensions, using powerful techniques with elbows, forearms, and hands to stretch and release tissue knots, promote blood flow and increase flexibility of the tendons. A perfect treatment for those who require a powerful massage.

Hotstone Massage €165 (60min) | €95 (30min)

This indulging massage will send your mind, body and spirit into a heavenly state. Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic basalt stones placed on key energy points of your body, you will simply drift into a world of pure bliss... must be experienced.

Peaceful Pregnancy Massage €145 (60min) | €80 (30min)

This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a pear-shaped beanbag that moulds to every bump and supports everybody, mothers-to-be are lulled and restored to optimum wellness.

Head, Back, Neck & Shoulder Massage €120 (45min)

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, this focused massage releases tension and restores comfort to this typically tense area, reenergising your body and calming your mind.

Scalp, Feet & Hands Massage €120 (45min)

This is a relaxing alternative to a full-body massage. The hands, feet, and scalp are rich in nerve endings and acupressure points, yet they are often neglected. Begin with a frangipani scalp massage, followed by a massage for your hardworking hands and feet.

Soothing Head Massage €80 (30min)

Release stress and tension with this calming and relaxing shoulder and scalp massage which focuses on the vital energy points of the head.

Ground Rituals

TENALACH – 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

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

TALAMH – GROUNDED | 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

'Add On' Therapies

Add a little extra to your chosen Ground Ritual with one or more of the following 30min treatments for an additional €45:

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

ESPA Therapies

ESPA Castlemartyr Signature Treatment €160 (75min)

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.

ESPA – Back, Face & Scalp Therapy €180 (90min)

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 Aromatherapy Massage €180 (90min) | €145 (60min)

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

Includes: Face, Scalp and Foot Massage

Body Treatments

LASTING SOFTNESS – Sale & Oil Scrub €125 (45min)

Reveal your skin's natural softness and radiance with a bespoke sea salt scrub, enriched with nourishing oils. This indulgent exfoliation removes dull, dry cells and is finished with a moisturizing veil, leaving your skin silky, smooth, and beautifully refreshed.

Algae Body Wrap €155 (60min)

Detoxify and purify your body with this revitalizing Algae wrap. Rich in natural minerals, it helps to remove impurities, refine the skin, and boost circulation, leaving your body toned and luminous. A soothing scalp massage completes the experience, restoring inner calm.

Marine Mud Body Wrap €155 (60min)

Deeply nourish and replenish your skin with this luxurious Marine Mud wrap. Packed with minerals and natural oils, it softens, hydrates, and revitalises, leaving skin feeling supple, smooth, and radiant. A relaxing scalp massage adds a sense of tranquility.

The Salon at Castlemartyr

Indulge in Luxurious Salon Treatments whilst enjoying the tranquil of our Spa

HAIR SERVICES

Blow-Dry (45 min)	from €35
Curly Blow-Dry (45 min)	from €40
Ladies Hair Cut & Blow-Dry (60 min)	from €55
Up-Style (30 min)	from €50
GHD Styling Curls & Waves (30 min)	from €40
*Supplement for hair extensions (15 min)	add €25

MANICURES

Classic Manicure €50 (45min)

Detailed cuticle work along with shaping, finished off with a polish of your choice.

Two Week Gel Polish Manicure €60 (45min)

Groomed cuticles and buffed nails finished with a two-week gel polish of your choice

CM Signature Manicure €70 (60min)

An indulgent hand ritual with gentle exfoliation, a nourishing mask, and comforting warmth to restore softness and vitality. Finished with your choice of regular or gel polish.

Gel Removal €15

PEDICURES

Classic Pedicure €60 (45min)

Detailed cuticle work along with shaping, finished with a polish of your choice.

Two Week Gel Polish Pedicure €70 (45min)

Groomed cuticles and buffed nails finished with a two-week polish of your choice

CM Signature Pedicure €80 (60min)

A rejuvenating foot ritual with revitalising scrub, hydrating mask, and soothing heated wrap to leave feet refreshed and beautifully renewed. Finished with your choice of regular or gel polish.

Spa Etiquette

Spa etiquette can be a source of anxiety for first-time spa-goers, but it's easy once you know a few basics. Here are some basic rules to help you relax.

Arrive On Time

Please arrive 15 to 20 minutes early, as you will need a few minutes to register and change into a bathrobe. Should you arrive late, kindly note that the equivalent time may be deducted from your treatment.

Cancellation / Postponement

In case of cancellations, a minimum of 24hours notice to avoid cancellation charges. If your treatment is cancelled within the 12hours, a charge of 50% of the treatment price will be charged. If no notification is given, then a 100% cancellation charge will apply.

Attire

Don't forget to bring your swimwear if you intend to use the Pool and Thermal Area before or after your treatment.

Turn Off your Cell Phone

You can't relax if you're answering calls, checking emails, and texting. And neither can the person next to you.

Speak Up About What You Want

When you make an appointment, should you have a preference for a male or female therapist, kindly inform the reception when arranging your booking. During a massage, feel free to ask for anything you would like to be different, more or less pressure, quieter music ect... Your comfort is important to us.