



DROMOLAND CASTLE

• SPA & WELLNESS •



SPA & WELLNESS

A remarkable retreat with an easy elegance

A visit to The Spa at Dromoland Castle 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.

Offering pampering and relaxation, you'll find hands-on treatments delivered with expertise and care. Each of our carefully selected offerings uses Elemis products designed to relax, revitalise and restore your body and spirit. With six treatment rooms, two dedicated manicure and pedicure rooms, an outdoor Hydro Pool and relaxation suite with zero gravity chairs, we invite you to recharge, recover and rest in pure tranquillity.

Spend time with us in our subterranean sanctuary and you'll drift away afterwards, renewed, relaxed and ready for anything.



ELEMIS 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 1hr €105.00

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 PEPTIDE 24/7 SKIN SYNC 1hr €105.00

Target tired skin with this refreshed and radiant Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.

MEN'S HIGH PERFORMANCE SKIN ENERGISER

1hr €105.00

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

ELEMIS PRO-COLLAGEN DEFY 1hr €125.00 **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 1hr €125.00 **LIFT AND CONTOUR**

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 1 hr €125.00 **PRECISION PEEL**

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

GUA SHA

1 hr 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, smooths fine lines, giving the skin luminosity and a visibly brightened complexion.

BRIGHTENING AND LIFTING EYE 30mins €45.00

Designed to lift, firm and drain fluid around the eye area. Gua sha eye uses natural energy to stimulate blood circulation and oxygenate the skin cells to combat dark eye rings. Applying specific lymphatic drainage technique, it drains excess fluid around the eye contours to visibly reduce puffiness. With active collagen eye mask, and relaxing scalp massage.

Can only be booked as an add on to another treatment.



THE SPA AT DROMOLAND

SIGNATURE TREATMENTS

DROMOLAND TOTAL WELLBEING

2hrs - €215

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 with a sleep mask and guided meditation

DROMOLAND QUEEN ANNE SIGNATURE JOURNEY

2hrs - €199

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.

PEACEFUL PREGNANCY MASSAGE

2hrs - €199

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.

MASSAGES

TAILORED DROMOLAND FULL BODY MASSAGE

55mins €100.00 | 90mins €155.00

Bespoke to you

Immerse yourself in deep relaxation with this harmonising massage your personalised Dromoland massage will be a comforting, luxurious experience. Your expert therapist will ensure you receive a unique treatment using massage techniques stretches and a blend of essential oils to suit your specific needs.

BACK, NECK & SHOULDER MASSAGE

30mins €65.00 | 55mins €95.00

De-stress-Re-store

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

DEEP TISSUE

30mins €80.00 | 55mins €110.00 | 90mins €160.00

De-Stress Re-lease

Working every muscle group this treatment will release even the tightest knots, while it relieves stiff, overworked and weary bodies. It's a deep tissue massage, with strong, energising strokes.

HOT STONE

30mins €75.00 | 55mins €120.00

De-stress Re-juvenate

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.

PREGNANCY MASSAGE

€100.00 | 55mins

Comforting and Soothing for a changing body

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

RESTORED & REBALANCED

Designed for the weary traveller; the perfect remedy to soothe and revitalise and restore your body circadium rhythm. An indulgent treatment to release tension, nourish your skin and leave you totally relaxed.

Includes: Back Neck and shoulder massage, Elemis hydro boost facial, refreshing leg and foot massage

1hr 15mins - €130.00

RESTFUL & RELAXED

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.

55mins - €100.00

REVITALISED AND REFRESHED

The perfect combination Dromoland tailored full body massage followed by Elemis hydro boost facial.

1hr 15mins - €130.00

SPA PACKAGES

TUNING INTO YOU

1hr 15mins - €130.00

Create your own perfect package

Select three 25mins treatments from the list below

- Back, Neck & Shoulder Massage
- ELEMIS hydro boost facial
- Head & Scalp Massage
- Brown Sugar Full Body Exfoliation
- Refreshing Foot & Leg Treatment
- Gus Sha Radiant Eye Treatment
- File & Polish on Hands OR Feet

*If you would like a gel finish or require removal of gel, please inform us at the time of booking. There will be a charge of €10.00 for each of these add on services.

COUPLES RETREAT

1hr 30mins - €180.00p.p

Experience relaxing foot ritual followed by Dromoland tailored massage and 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 were you will both be served a complimentary glass of bubbly.

ROYAL RETREAT

55mins

Monday-Friday

€95.00

Saturday & Sunday

€100.00

Back, Neck & Shoulder Massage followed by an ELEMIS hydro boost facial

FULL BODY EXFOLIATION

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

45mins €90.00

Frangipani scrub, a mineral rich salts and hibiscus cleanse & 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 €90.00



HANDS AND FEET

File and Polish on Hands OR Feet (OPI – Nail Polish)	25mins €30.00
Gel polish on Hands OR Feet	35mins €35.00
Gel polish on Hands and Feet	60mins €55.00
Prescriptive Manicure Includes file and cuticle work followed exfoliation on the hands. Heated mitts with a hand mask to deeply hydra the skin. Followed by a relaxing hand an arm massage and your choice of OPI polish. One glass of Prosecco or soft drink is included.	55mins €60.00
Prescriptive Pedicure Includes soaking of the feet, file of the nails, cuticle work. Exfoliation on the feet to soften hard skin. Heated booties are used with a mask to deeply hydrate the skin and leave it feeling smooth. Followed by a relaxing leg and foot massage. Your treatment is completed with OPI nail colour of your choice. One glass of prosecco or soft drink is included	55mins €70.00
Gentlemen's Pedicure Includes soaking of the feet, file cuticle work, hard skin removal and buff and shine on the nails. Incudes a pint of larger or Guinness.	40 min €55.00



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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. To secure your appointments card details will be requested at the point of booking Failure to do this results in being charged in full.
- 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 while in the spa
- 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 and use of the hydro pool to guests 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.
- Begin your spa experience in our outdoor hydro pool designed to be kept at 34 degrees Celsius. Let the gentle jets of water soothe tired muscles and boost circulation. The hydro pool is available to all hotel guests as part of their stay.
- 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 exfoliation.





OPENING HOURS

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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