

Relaxation overload: the best spa breaks in Ireland

Are you stressed out and looking to decompress? Do it in style after booking one of the 16 best spa breaks in the country



Castlemartyr Resort, Co Cork, has treatments to suit everyone

Arlene Harris | Sunday February 06 2022, 12:01am GMT, The Sunday Times

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Best for resort-based wellness

Inchydoney Island Lodge & Spa, Co Cork

Located on the stunning Inchydoney Beach outside Clonakilty, and the country's first seawater spa, the Island spa at Inchydoney has been named Ireland's leading spa resort seven times at the World Travel Awards. It offers a unique experience in seawater therapies.

All guests have access to the seawater therapy pool and ocean-view relaxation areas, as well as a steam room, a sauna and the gym. Water is pumped in directly from the ocean and heated for use in a variety of therapies aimed at calming, cleansing, rejuvenating and relieving tension. More traditional spa treatments are available and there are packages aimed at mums-to-be and those in need of an early taste of summer.

The Taste of the Sea package, which includes a two-night stay with one dinner and two seawater treatments, costs from €323pps, B&B; inchydoneyisland.com



Immerse yourself in nature at Farnham Estate Hotel, Co Cavan

Best for a weekend de-stress

Carton House, Co Kildare

Carton House Spa & Wellness is located in Carton House and situated on more than 1,000 acres of ancient woodlands and gardens. It is the perfect place to de-stress.

With Gharieni massage beds in the treatment rooms, an indoor hydrotherapy pool, a sauna, a couples' treatment room with a private steam room and a relaxation room overlooking tranquil lawns, the extensive treatment menu offers the ideal antidote to the trials of modern life. Its signature massage is designed to help you to unwind and achieve a sense of wellness as circulation is boosted and aching muscles and joints are eased. It is the only spa in Ireland to use the Aromatherapy Associates range.

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Treatments start at €90, with an overnight stay with breakfast and a treatment for two people starting at €445; cartonhouse.com

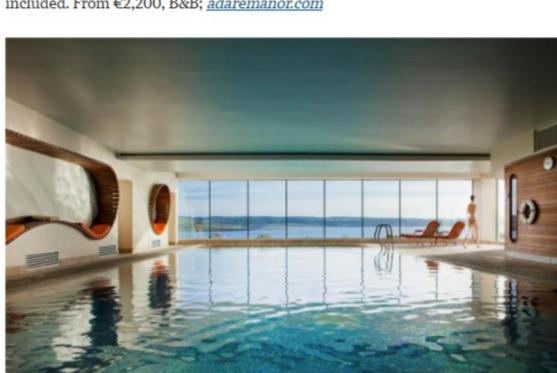
Best for A-list treatments

Adare Manor, Co Limerick

The IllSpa/Clinic at Adare Manor comprises treatment rooms, a manicure and pedicure salon, a relaxation area, a hair salon, a fitness centre and an indoor swimming pool overlooking the River Maigue.

Luxury is the name of the game, and a standout feature is the signature Rose Gold Renaissance treatment, which uses rose quartz crystals and gold sheets for a luxurious facial. The IllSpa skincare brand used at the spa is a favourite of A-listers such as Jennifer Aniston, Sienna Miller, Rosie Huntington-Whiteley and Victoria Beckham and was developed by Eva Alexandridis with her husband, Yannis, who is one of the world's leading cosmetic surgeons.

Guests can enjoy a customised facial or body treatment as part of a two-night wellness package for two people that includes a stay in a Classic room, a private fitness class and one sporting activity. Use of the swimming pool and gym is included. From €2,200, B&B; adaremanor.com



The stunning sea-view infinity pool at Cliff House Hotel, Co Waterford

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Best for nature lovers

Ice House Hotel, Co Mayo

The Chill Spa at the Ice House Hotel on the Wild Atlantic Way is perfect for anyone wanting to spend more time outdoors. The riverside spa has an outdoor duo treatment room with treatments to restore and calm using natural ingredients, healing massage movements and therapeutic Gharieni warm quartz beds.

Guests can unwind in a private hot tub on the banks of the Moy with the Wellness on the Moy treatments and enjoy access to the aromatherapy dry-heat room, eucalyptus steam room with a Himalayan salt wall, a sunken hot tub and four outdoor baths with various therapies, including seaweed and warm spiced mud.

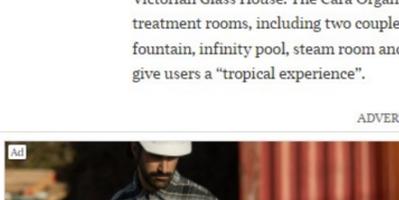
Spa day packages cost from €95pp, while Wellness on the Moy treatments start at €320 for two, with a 75-minute treatment and use of the facilities and private hot tub. A two-night stay with dinner and a Wellness on the Moy treatment experience is from €380pp, B&B; icehousehotel.ie

Best for mindfulness

Lough Eske Castle, Donegal

The Lough Eske pool and spa building sits in the footprint of the original Victorian Glass House. The Cara Organic Beauty Spa is made up of seven treatment rooms, including two couples' rooms and a thermal suite with ice fountain, infinity pool, steam room and a selection of water features designed to give users a "tropical experience".

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The signature treatment for the spa is the Espa back, face and scalp treatment, but its USP is the glasshouse-like building itself, which is bright and airy.

Virtual yoga classes are available for anyone who wants to take part, and with forest walks and blue flag beaches on the doorstep, the experience should make you ready to take the world again.

The Retreat to Lough Eske package costs from €599 and includes a two-night stay in a double or twin room, with breakfast and one dinner. It includes a 45-minute Espa treatment, a virtual yoga session and use of the pool and gym; lougheskecastlehotel.com



The award-winning spa at Dromoland Castle Hotel, Co Clare, offers a Spa Bliss Escape

Best for castle ambiance

Dromoland Castle Hotel, Co Clare

Located within the 16th-century walls of Dromoland Castle Hotel, this luxury spa has six treatment rooms, including a double that is suitable for couples, family members or friends.

The 450-acre estate is a stunning place to take a gentle walk following a treatment or after indulging in some of the delicious refreshments on offer at the castle, which has been welcoming visitors for centuries.

Winner of "best package" at the *Irish Tatler* Irish Spa awards 2019, the treatments are highly personalised. In the relaxation room guests are invited to unwind while wearing a sleep mask and listening to a guided meditation, with treatments tailored to suit individual needs as well as packages that include Time with Mum, Girlie Getaway and Spa Bliss Escape.

Packages cost from €650 per night per room and include breakfast, a 55-minute spa treatment per person and complimentary access to the pool and leisure centre; dromoland.ie