

The new luxury spa at Dromoland Castle is as beautiful as the rose it's designed after



By
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BEAUTY



'We think of everything' my therapist Michelle tells me as she places hot slippers on my feet after my Dr Barbara Sturm facial in the **Castle Spa** in Dromoland Castle Hotel which reopened during the summer of 2023 after a major renovation.

The spa team has cleverly thought of everything to make your experience as luxurious as possible. In the lockers where you can

handily charge your phone, you change into silk flowery robes before retreating into the spa which is designed in beautiful hues of pink. The colours are based on a rose in the garden grown 130 years ago and named after Lady Ethel, a former Lady of the castle.

The waiting room's soft pink velvet couches are plush, and hot towels are proffered along with cucumber water and a sorbet, while there are reading glasses discretely placed on the table for those of us who may need a little assistance while filling out the spa form.



PIC: THE CASTLE SPA AT DROMOLAND

There are six treatment rooms in the 320sqft sanctuary including an Amber and Quartz Crystal bed should you wish to have a hot massage or facial. Each room has a plaque outside it with different greenery from the estate, these are changed seasonally.

The spa offers three different wellness brands which are all exclusive in Ireland to Dromoland Castle. I am here to try the Dr Barbara Sturm facial. Sturm is a German doctor who has a massive cult following in the US and was selected for the huge amount of Americans who visit the spa. Her skin-healing philosophy delivers non-surgical, anti-aging and anti-inflammation treatments that rejuvenate stressed skin.

Before my treatment, Michelle explained the uplifting and sculpting techniques of the facial while I got under a duvet onto the bed complete with a pillow, and as the light was dimmed stars twinkled in the ceiling above.

A cold towel was placed on my face to open my pores before my skin was exfoliated and Hyaluronic ampoules were poured onto the skin with light brush strokes and my face massaged.



PIC: THE CASTLE SPA AT DROMOLAND

The Whisper Room is where you go to relax afterward. Each of the six beds is adjustable and massage you as you snooze, there are curtains to pull around you should you wish for privacy.

Raspberry iced tea was quietly placed beside me along with petit fours and strawberries on a beautiful floral plate. Should you wish to read, each bed has a book of Fairy tales beside it along with adult colouring books, they have thought of everything here.



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About the brands

Dr Barbara Sturm

Victoria Beckham is a fan of this range, which is only available in Dromoland Castle in Ireland. Her products are free of synthetic fragrances, harsh preservatives, and mineral oils. Infused with cutting-edge ingredients and suitable for all skin types, each treatment rejuvenates tired complexions of all ages to deliver healthy, glowing skin without surgical intervention.



PIC: THE CASTLE SPA AT DROMOLAND

Seabody

Seabody is an Irish company based in Cork that harvests ocean plants from the Atlantic coastline to create a marine-based skincare line. Created by a team of biochemists and nutritionists each formula harnesses marine-based nutraceuticals that deliver powerful results. Each treatment infuses traditional therapies with massage movement inspired by the ebb and flow of the waves. Seabody is exclusive to the spa at Dromoland Castle.



THE CASTLE SPA AT DROMOLAND CASTLE HOTEL. PIC: BRIAN ARTHUR

Oskia

Oskia is a UK-based company that combines traditional therapies with modern science in their spa treatments. Using naturally - derived, bio-identical ingredients they draw on the skincare benefits of MSM, a 'Beauty Mineral' that boosts collagen production, promotes circulation, and enhances radiance for a brighter, younger-looking complexion.



PIC: THE CASTLE SPA AT DROMOLAND

Dromoland Castle currently has an overnight offer with the spa complete with full Irish breakfast in the Drawing Room.

For more information on booking a treatment go to the Dromoland Castle Hotel website [here](#).