

the
castle
spa

AT THE COOP

Explore The Castle Spa menu and experience
key pillars of Vitality, Recovery and Rest.



Rest Ritual

€225 | 90 mins

Fully bespoke experience - targeted massage or an extended OSKIA Radiant Renewal Facial, expertly tailored for restoration and reset.

Recovery Ritual

€320 | 120 mins

Inspired by the estate's restorative spirit, this bespoke two hour ritual combines OSKIA's botanical-infused formulations or SEABODY's marine-powered actives to allow the weary traveller to pause, reset and recover.

Sturm Bespoke Facial

€250 | 60 mins

A personalised Dr. Barbara Sturm facial designed to calm inflammation, strengthen the skin barrier, and restore combining science-led skincare and nurturing hands-on technique.

Dr Barbara Age Defy Facial

€300 | 75 mins

A high-performance facial combining advanced skincare and targeted techniques to visibly renew and revitalise the skin improving firmness, hydration and radiance.

The Recovery Massage

€165 | 60 mins €230 | 90 mins

An intuitive massage using personalised OSKIA botanical-infused blends to release tension and restore balance. Enhance with CBD for recovery or Sleep Oil for deeper relaxation.

Seabody Holistic Touch Facial

€165 | 60 mins

A holistic marine-based facial with soothing massage, cryo globes, and quartz mask to calm, hydrate, reduce puffiness, and restore radiance.

Skin Recovery Facial

€195 | 75 mins

A results-driven facial combining deep cleansing, ultrasonic technology, expert facial and a Derma lux LED treatment to restore skin health, reduce congestion, and support cellular recovery. Ideal for stressed, tired, or travel-weary skin.

Express Reset

€165 | 60 mins

A comforting face and body ritual combining an OSKIA facial with a relaxing back, neck and shoulder massage. Designed to ease tension, revive tired skin, and restore balance after travel, golf, or time on the estate.

Brazilian Sculpt Massage

€225 | 90 mins

An invigorating sculpting body treatment designed to boost circulation, support lymphatic drainage, and visibly tone. Dynamic massage techniques leave the body feeling lighter, revitalised, and restored.

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Enhance your Facial or Ritual

CHOOSE AN ENHANCEMENT

1. Pure lift €40.00

A non-invasive lifting enhancement using microcurrent technology to tone facial muscles, improve definition, and leave skin firmer and sculpted.

2. Oxygen €50.00

A revitalising oxygen boost that helps hydrate, plump, and refresh the skin while promoting a healthy, luminous glow.

3. Ultrasonic €40.00

Advanced ultrasonic technology gently exfoliates, deep cleanses, and enhances product absorption, leaving the skin smoother, clearer, and radiant.

4. Hair Mask €22.50

OSKIA Super Mane Rosemary & Pea Peptide Scalp & Hair Mask is a volumising scalp and hair treatment. Boost scalp health and support stronger, fuller-looking hair.