



SLIEVE

DONARD

EST. 1898

THE SPA

Treatment Menu

The SPA at SLIEVE DONARD

Escape, Relax, Rejuvenate

Overlooking a windswept Irish Beach, The Spa at Slieve Donard is an exquisite haven of escapism. Here you will find that contrasts of light and dark mingle to create inspiring and comforting spaces to relax, restore and revitalise. All the while, the majestic Mountains of Mourne and the rolling sand dunes of County Down provide the perfect backdrop for a spa of refined relaxation and rejuvenation.

Here you will discover that our ESPA treatments fuse advanced techniques with ancient therapies to deliver the best bespoke therapeutic experiences in the world.

Aromatic and pure essential oils work in harmony with powerful plant extracts and deeply nourishing marine elements to create a collection of treatments and products that are both calming and luxurious.

TREATMENT PORTFOLIO

Signature Treatments

Body Treatments

Body Massage

Facial Treatments

Maternity Treatments

Nurture & Support

A Little Extra & Hands and Feet

Spa Packages

Spa Information

SIGNATURE TREATMENTS

Celtic Journey

80 minutes

£135

Inspired by the force and splendour of our unique surroundings, encounter nature's beauty and power with this nurturing mind-body ritual. An Irish tea ritual first quietens the mood while a sea salt foot bath purifies and grounds you in the present moment. A cocooning ocean body wrap follows, deeply cleansing the system and stimulating circulation, followed by a tailored back massage using sea shells alongside a personally selected blend of aromatherapy oils. A soothing scalp massage completes this ultimate sensory escape, unravelling tension, enveloping you in relaxation and leaving you feeling rejuvenated.

Includes: Tea ceremony, foot ritual, ocean wrap, seashell back massage and scalp massage.

Mindful Massage

80 minutes

£135

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience.

Includes: Breathwork and visualisation, massage to metamorphic zones of the feet, full body massage and a scalp massage with warm rose quartz crystals.

ESPA Iconic Back, Face and Scalp

80 minutes

£135

Unravel tension, instantly boost your complexion, and restore inner calm with our most renowned treatment.

Includes: Back exfoliation, personalised back massage and facial, scalp massage.

BODY TREATMENTS

Ocean & Earth Body Wrap

50 minutes

£90

Detoxify or richly condition with this complete body wrap of algae or marine mud combined with essential oils to rejuvenate skin, before a therapeutic scalp massage.

Includes: Skin brush, body exfoliation, detox algae or nourishing marine mud wrap and scalp massage.

Sports Tonic

50 minutes

£90

This treatment soothes aching muscles and targets the back, neck, legs and feet.

Includes: Foot soak with exfoliation, back exfoliation, back massage with hot stones and leg and foot massage.

BODY MASSAGE

Aromatic Hot Stones Massage

80 minutes

£135

Tailored massage with hot stones that unravels persistent muscular tightness.

Includes: Hot stone aromatherapy massage to back, legs, arms, abdomen, neck and shoulder areas.

Deep Muscle Massage

80 minutes

£135

Active stretching and specialised massage with expertly blended aromatherapy oils.

Includes: Specialised targeted and stretching massage to specific areas of concern.

Relaxation Massage

50 minutes | £90

80 minutes | £135

A therapeutic full body massage using blends of essential oils personally selected for your individual needs.

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck and shoulder areas.

Swedish Massage

50 minutes | £90

80 minutes | £135

Using traditional stimulating movements and a nourishing calendula infused oil.

Includes: Swedish massage to back, legs, arms, abdomen, neck and shoulder areas.

FACIAL TREATMENTS

Our results-driven facials are world-renowned to defy the effects of life lived on your skin. Reduce lines and wrinkles visibly. Rejuvenate your joie de vivre and let you age remain a beautifully well-kept secret.

ESPA Natural Face Lift

80 minutes

£135

Reveal visibly resilient, healthy-looking, youthful skin.

Includes: Skin analysis with Skin Vision™ technology, double cleanse, steam, Japanese Kobido inspired facial massage, stimulating jade rollers, sculpting and lifting massage techniques, lifting & smoothing mask and a scalp massage.

Personalised Facial

50 minutes

£90

Deeply cleanse, hydrate and renew with this instant results facial, tailored to your skin's precise needs.

Includes: Skin analysis with Skin Vision™ technology, triple cleanse, exfoliation, facial massage, personalised mask and scalp massage.

Active Nutrients Glow Facial

50 minutes

£90

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality.

Includes: Skin analysis with Skin Vision™ technology, cleanse & exfoliation, Gua Sha facial massage, double mask, hand & arm Gua Sha massage.

Men's Deep Cleanse Facial

50 minutes

£90

Clear, cool and balance the complexion with this refining facial from ESPA.

Includes: Double cleanse, exfoliation, face massage, personalised mask and scalp massage.

MATERNITY TREATMENTS

These experiences have been specifically created to pamper and relax an expectant mum, taking full account of the need for complete relaxation and safety for the total well-being of mum and baby.

Yummy Mummy

50 minutes | **£90**

80 minutes | **£135**

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment.

Includes: Back exfoliation (only in 80 minute treatment), personalised body massage and scalp massage.

Mums to Be

140 minutes

£190

This deeply nourishing treatment restores softness, beauty and energy.

Includes: Welcome foot ritual, gentle back exfoliation, ESPA prenatal maternity massage, ESPA facial with oriental scalp massage & light lunch in the Lighthouse Lounge.

NURTURE & SUPPORT

ESPA has developed a collection of nurturing face and body rituals with The Amethyst Trust. The Amethyst Trust is a charity established in 2010 to meet the needs of people who have experienced cancer and are seeking massage, relaxation, and pampering.

The following rituals have been carefully designed to soothe the guest and nourish their body, using specially selected products.

All experiences begin with breathing and visualisation techniques to commence relaxation, with the emphasis on a holistic approach to each guest's wellbeing.

Be Nurtured Facial

60 minutes | £90

Leave skin nourished and radiant with this relaxing facial.

Beginning with a detailed consultation and entirely tailored to your individual concerns, this facial expertly combines the most suitable selection of cleansing, massage, mask, serum and moisturiser according to your needs.

Be Nurtured Face & Scalp

90 minutes | £135

Soothe mind and body with this renowned experience.

This relaxing and deeply effective ritual addresses the main areas of tension - the back, the face and the scalp. A soothing back massage is followed by a personalised facial, completing this totally indulgent experience.

Be Nurtured Massage

60 minutes | £90

Focusing on areas of concern and using gentle but rich oil, this unique experience will deeply nourish and hydrate skin while calming the mind.

Please allow 10 minutes within this treatment time for consultation.

A LITTLE EXTRA

Why not compliment your 50 or 80 minute treatment with:

Boutique Facial

25 minutes | £40

Skin Analysis with Skin Vision™ technology, double cleanse, exfoliation, personalised mask and scalp massage.

Back, Neck & Shoulder Massage

25 minutes | £40

Massage to the back, neck and shoulders.

Salt & Oil Scrub

25 minutes | £40

Full body salt and oil scrub with body brushing.

Himalayan Pink Salt Bath

25 minutes | £40

Deeply cleanses the skin leaving it feeling purified and re-energised.

HANDS & FEET

Essential Manicure

50 minutes | £55

Soak, nail file and shape, exfoliate, cuticle work, application of body cream, polish or buff.

Essential Pedicure

50 minutes | £55

Soak, nail file and shape, exfoliate, cuticle work, application of body cream, polish or buff.

SPA PACKAGES

Spa-tisserie

50 minutes | Monday-Saturday £125

Personalised 50 minute treatment.

Choice of:

- Relaxation Massage
- Personalised Facial
- Active Nutrients Glow Facial
- Essential Manicure
- Essential Pedicure
- Ocean and Earth Body Wrap
- Yummy Mummy
- Sports Tonic

Followed by Afternoon Tea

Tailored to You

80 minutes | £130

Includes: Pick any 50 minute treatment and any 25 minute treatment, with a light lunch served in the Lighthouse Lounge.

Radiance Ritual

80 minutes | £130

Relax and unwind with our full body experience.

Includes: Full body brush and exfoliation, Energising back, neck and shoulder massage, ESPA botique facial, hydrating foot massage, lunch in the lighthouse.

SPA INFORMATION

Spa Opening Hours

Monday to Sunday 9am – 9:30pm

Scheduling an Appointment

To schedule an appointment for your perfect treatment, please contact our Spa reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend booking in advance. All spa treatments and packages will need to be guaranteed with a credit card.

Arrival Time

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 45 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time. The spa will provide a luxurious towel, robe, slippers and amenities required for use during your spa visit. Please note that treatment time includes a full ESPA consultation and aftercare advice.

Spa Facilities & Access

The following facilities are available in the spa and thermal suite: rock sauna, amethyst steam room, rain showers, swimming pool, vitality pool, spa changing and relaxation rooms.

Gym

A state-of-the-art gym equipped with 'Technogym' cardiovascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine. The gym is available to hotel guests, members and day spa guests only.

Children's Policy

Access to the spa including treatments, the changing facilities, spa and heat experiences and gym are restricted to young adults over the age of 16.

Cancellation Policy

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

Spa Etiquette

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, ipad, recording device, pager, camera and smoke free zone.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

Pregnancy

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

Gift Vouchers

An ideal gift for someone special. Please contact the spa reception team for details or purchase online at www.slievedonard.skchase.com/

Valuables

The Spa at Slieve Donard accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

Lost Property

All lost property found on the premises should be handed in at the spa reception. Items will be stored for four 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.

Marine & Lawn
Hotels & Resorts

CONTACT

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