

SPA





Our Philosophy

The Spa at Ashford Castle is dedicated to restoring beauty

and balance through

individual treatments and spa journeys,

personalised for each of our guests

by exceptionally skilled therapists.

Our commitment to wellbeing focuses

on essential holistic principles,

combining ancient wisdom with modern expertise.

Our spa menu offers an extensive variety of health and

beauty enhancing treatments

to ensure that our guests are nurtured,

purified, pampered and relaxed.









BRAND PHILOSOPHY

B | AFRICA

A unique range of exclusive body products and professional spa treatments, prepared by blending native African plant extracts, the natural goodness of the sea and eco-friendly production technologies.

The B | Africa product line has been created in honour of Bea Tollman, founder and president of the Red Carnation Hotel Collection, who says “the unique natural locations of the Red Carnation properties are encapsulated in our B | Africa products and treatments, which harness the essential life-giving properties of mother nature’s rich bounty to calm, detoxify, nourish and energise body, mind and spirit”.

NATURA BISSÉ

An official brand for Forbes Travel Guide.

A family-owned luxury skincare company from Barcelona, Spain, founded by Ricardo Fisas in 1979. Since that time, NATURA BISSÉ has become one of the most prestigious and respected brands in the luxury skincare market. NATURA BISSÉ Products have developed a loyal following of celebrities, make-up artists, fashionistas, and top dermatologists throughout the world. Dedicated to extensive research and development, NATURA BISSÉ has an array of skincare collections, which include anti-aging products for the face and body, sun care products and special treatments for both men and women.

ELEMIS

Your skin, your body and your wellness lie at the heart of Elemis. Hands-on, our Elemis therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. The experiences are exceptional, the results are real. Elemis Spa therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

VOYA

Voya have used generations of acquired wisdom about the sea to bring you an organic beauty range designed to delight and purify your body. Based on wonderful hand-harvested seaweed from the Atlantic coastline in Ireland, certified organic and knowledge of the local traditions of seaweed baths and seaweed treatments, Voya strives to bring you the full power of nature in its purest form throughout the Voya range.

OPI

As the world leader in the professional nail care industry, OPI is committed to providing high-quality products and services with a focus on industry safety and innovation. Known for its exceptional formula, fashionable colours and iconic names, OPI’s heavily pigmented lacquers are super rich, long-lasting, and chip resistant.

– offering an affordable luxury to consumers

ASHFORD SIGNATURES

Ashford Castle Ritual

The Ashford Castle Ritual experience is a combination of five-specialised treatments to restore harmony and balance to mind, body and skin. This blissful head-to-toe ritual begins with a muscle melting warm oil back massage to relieve tension and stress followed by a deeply relaxing pressure point massage to the feet. Next, allow our customised Elemis facial products to add an immediate glow to your skin while our Pro-Collagen Eye Balm soothes and calms the eye area. The ritual closes with a therapeutic scalp massage to leave you feeling calm, energised, and balanced.

Treatment Duration: 60mins Price: €185.00

Treatment Duration: 75 mins Price: €230.00

B|AFRICA

B|HARMONISED

Surrender yourself in a treatment designed to remove stress from the back, feet and scalp, while aligning your mind and body in perfect harmony. This unique massage incorporates meditation breathing, targeting the main areas of the body which hold stress and working to release and relax not only the body but the mind.

Treatment Duration: 60 mins

Price: €165.00

B|TOGETHER

Rose Quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness and balance the upper four chakras, easing emotional imbalance. B|Together will nourish your body, heart and soul. With the assistance of Rose Quartz Crystals and B|Africa Massage Oil infused with Rose Quartz, our therapists craft the perfect massage for you to B|Together with your mind and soul. This treatment can be enjoyed by yourself or a loved one.

Treatment Duration: 60 mins Price: €185.00

Treatment Duration: 90 mins Price: €260.00

MASSAGE

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B|AFRICA Swedish Massage

Designed to relieve muscular tension, improve circulation and relieve stress this personalized Swedish Massage is a wonderful way to wind down and relax as well as enhance your overall energy and wellbeing.

Treatment Duration: 60 mins Price: €160.00

Treatment Duration: 90 mins Price: €240.00

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ELEMIS Deep Tissue Muscle Massage

Tailored entirely to your needs this deep muscle treatment leaves you feeling grounded and focused.

Your therapist will select an aromatic oil according to your concerns whether they are muscular pain, stress relief, pure relaxation or emotional balance. This flowing massage works deep into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

Treatment Duration: 60 mins Price: €185.00

Treatment Duration: 90 mins Price: €260.00

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VOYA Aromatherapy Massage

A fragrant head to toe massage totally relaxing the mind and body whilst uplifting your spirit with highly concentrated plant oil, choose from our specially blended oils.

Treatment Duration: 60 mins

Price €160.00

HOLISTIC THERAPIES

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ELEMIS Face and Body Sensation

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquility, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance.

Treatment Duration: 60 mins Price: €170.00

Treatment Duration: 90 mins Price: €250.00

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ELEMIS Peaceful Pregnancy Massage

A unique pregnancy massage is a profoundly nurturing and tranquil oasis. Performed with comforting pillows that mould to every bump and supports everybody, mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive, and relaxing massage hydrates and moisturizes skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted - along with wisdom, empathy and respect.

Treatment Duration: 75 mins

Price: €195.00

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Indian Head Massage

Restoring and balancing the body, this holistic treatment concentrates on the back, neck, shoulders and head, drawing on ancient pressure and manipulation techniques to relax and rejuvenate. This massage will initiate a healing process within the whole body and restore natural energy.

Treatment Duration: 45 mins

Price: €140.00

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Reflexology

A supreme sensory delight, this treatment begins with an invigorating salt scrub exfoliation to the lower leg and foot to reveal silky smooth skin ready for the reflexology ritual. This ancient healing method focuses on pressure points on the feet to restore the flow of energy throughout the body, promoting deep relaxation, improved circulation and toxin release to enhance healing and balance from within.

The Experience is completed with a hand and scalp massage.

Treatment Duration: 60 mins *(Subject to therapist availability)*

Price: €185.00

NATURA BISSÉ FACIALS

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NATURA BISSÉ Diamond Life Infusion Ritual

The ultimate age-defying facial for unparalleled rejuvenating and revitalizing action. Our state-of-the-art treatment captures the essence of the Diamond age-defying collection to reveal a dramatically rejuvenated complexion. Truly sophisticated, this facial helps diminish the look of lines and wrinkles, while boosting firmness and suppleness, and restoring a youthful looking glow.

Our Experience includes:

- Luxurious cleansing ritual massage • Triple exfoliation using glycolic, AHAs + carboxitherapy
- Relaxing Shirodhara massage • Lifting, firming and sculpting myofascial massage
- A highly effective anti-aging concentrate to regulate biomarkers in the skin.
- Exclusive luminous gold and pearl nourishing mask • Luminous sun protection with SPF 50

Treatment Duration: 90 mins

Price: €295.00

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NATURA BISSÉ Diamond Luminous Facial

This innovative, brightening treatment is specifically designed to address irregular pigmentation and uneven skin tone, while providing significant age-defying benefits. The perfect solution to help fade dark spots, restore brightness, and reveal a rejuvenated, radiant complexion. The active ingredients work with great precision, right where your skin needs it, providing cumulative results and preventing the imbalances in pigmentation that age your skin. Enjoy a luminous, even toned and velvety complexion, while restoring your skin's natural glow.

Our Experience includes:

- Meticulous cleansing ritual. Triple exfoliation system: glycolic + other AHAs exfoliation + carboxitherapy
- Intensive concentrate to lighten, brighten and even skin tone • Sculpting massage with innovative luminous veil • Exclusive anti-inflammatory, cooling, firming mask • Skin perfecting sun protection.

Treatment Duration: 60 mins

Price: €215.00

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NATURA BISSÉ The Skin Comfort Facial

A soothing and calming facial that restores comfort and softness to even the most sensitive skin. This exclusive treatment includes an innovative combination of botanical ingredients and gentle massage maneuvers to help reveal a serene and healthier-looking complexion. Hydrating and anti-aging properties make this the perfect option to pamper all skin types, and to care for delicate, sensitive or altered skin.

Our Experience includes:

- Gentle, effective cleansing and toning • Prickly pear and papaya enzymatic exfoliation
- Firming, neuropeptide concentrate with Arnica • Calming, lifting massage.
- Soothing, hydrating mask • Hand and arm massage

Treatment Duration: 60 mins

Price: €190.00

ELEMIS FACIALS

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ELEMIS Pro-Collagen Age Defy

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. Targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

Treatment Duration: 60 mins

Price: €160.00

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ELEMIS Pro-Collagen Definition Lift and Contour

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines, this facial helps restore the architecture of the face. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix. The structure of the skin is boosted through a unique deep, muscle toning massage from the scalp to the décolleté. The skin appears plumper and revitalized, creating a profoundly sculpted, youthful effect.

Treatment Duration: 60 mins

Price: €160.00

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ELEMIS Super Food Pro-Radiance

This is a crafted nutritional boost for stressed dull skin. Rich in super foods, essential minerals, and trace elements. Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energizing nutrients. Skin is left smoother, plumper and luminously radiant - stress-free and lit up with good health.

Treatment Duration: 60 mins

Price: €160.00

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ELEMIS Dynamic Resurfacing Precision Peel

This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. Specifically designed to work in conjunction with your skin's unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother, younger looking skin, whilst a steam and extraction cleanses at a deeper level. A new start for new skin that has never looked better.

Treatment Duration: 60 mins

Price: €160.00

FOR THE GENTLEMEN

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ELEMIS High Performance Skin Energiser Facial

This targeted men's facial is the perfect solution to tired and stressed skin looking for a boost. Deep cleansing and nourishing products are used to address blemishes, fine lines and dehydration while a circulation-boosting massage revitalizes and nourishes the skin, instantly firming, rejuvenating and plumping.

Treatment Duration: 60 mins

Price: €160.00

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Essential Back Treatment

Voya's Essential Back treatment is perfectly designed for those with problematic skin or simply those who are in search of the perfect "time out" treatment. Using soothing, deep cleansing techniques incorporating warm towels, the skin is gently prepared, while a gentle salt scrub and balancing seaweed mask heals and nourishes the skin. A blissful lower leg and foot massage follows, melting away all stress, before a soothing warm oil back massage eases tense muscles and calms the mind.

Treatment Duration: 60 mins

Price: €160.00

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OPI Gentlemen's Deluxe Manicure

€80.00

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OPI Gentlemen's Deluxe Pedicure

€80.00

The Spa at Ashford Castle:

Please note that all of our Spa services are suitable for Ladies and Gentlemen.

WAXING

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Full Leg

€35.00

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Half Leg

€25.00

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Bikini

€20.00

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Lip or Chin

€15.00

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Lip & Chin

€25.00

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Under Arm

€20.00

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TINTING

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Eyebrow Shape

€25.00

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Eyebrow Tint

€ 25.00

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Eye Lash Tint

€25.00

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Eyebrow Shape & Tint

€40.00

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**Eyebrow Shape,
Tint and Lash Tint**

€60.00

FINISHING TOUCHES

NAILS BY OPI

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As the world leader in the professional nail care industry, OPI is committed to providing high-quality products and services with a focus on industry safety and innovation.

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Lady Ardilaun's Deluxe Manicure

€85.00

(Personal file and polish to take home)

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Garden of Ashford Deluxe Pedicure

€ 90.00

(Personal file and polish to take home)

•
Red Carnation Signature Manicure

€85.00

A full health boost for your nails.

(Personal file and polish to take home)

•
OPI File & Polish Fingers or Toes

€30.00

•
OPI File & Polish on Fingers & Toes

€55.00

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OPI Gel System

Perfect for anyone who likes to have manicured nails all the time, OPI's shine-intense Gel Color shades cure in 30 seconds under a LED light and last for weeks! From deep and edgy, sheer to shimmer – we've got the shade for you!

Gel Color will give you weeks of glossy OPI color in a service only your salon can deliver.

Choose Fingers or Toes

€55.00 each

Fingers and Toes

€90.00

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Polish Removal

€25.00

TIME TO SPA

Spa Arrival

Residents of Ashford Castle

It is advisable to arrive at the spa reception at least 60 mins prior to your treatment reservation to enable you to enjoy the full use of the exclusive facilities we have on offer. These include male and female changing areas, steam room and relaxation pool and lounge. If you do not wish to avail of the facilities, please arrive 15 mins ahead of your appointment time. Please note that late arrivals will not receive an extension to their treatment and the full charge may be incurred.

Spa Reservations

To make an appointment for the perfect treatment, please contact the spa where we will be delighted to assist you, **+353 94 954 6003 or ext. 6019.**

Or email us directly thespa@ashfordcastle.com

Spa Relaxation Room

Please be advised that the Relaxation room is reserved privately for guests having spa treatments only.

Age Requirements

The minimum age requirement for access into the spa and to experience spa treatments is 16 years.

Health Conditions

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

Spa Attire

For your comfort we will provide you with a luxurious robe, towels and slippers to use throughout your visit.

Disposable underwear is provided for your comfort during your spa treatments. Hotel guests may wish to arrive in their bedroom robe to help with their continued relaxation. A bathing suit will be required for the relaxation pool and steam room, gym attire for the fitness studio.

Spa Facilities

All Spa Facilities must be reserved in advance- on the hour for a period of 45 minutes.

Spa Etiquette

The spa environment is one of tranquility and relaxation. Please respect other guests' rights to privacy and serenity and do not use mobile phones, cameras or electronic devices within the spa.

Spa Tours

For the discretion and privacy of the guests using the Spa Facilities, we may not always be able to give a show around the Spa. Please take this opportunity to view our Spa video. www.ashfordcastle.com

Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please allow the spa team to guide you in selecting which treatments are most suitable for you during this special time. Unfortunately, we do not offer all spa treatments during the first 12 weeks of pregnancy but have a selected recommendation.

Smoking is prohibited throughout the Spa.

Cancellation Policy for the Spa

A minimum of 24 hours' notice is required to change or cancel treatments without charge.

Minimum 24 hours - no charge

Within 24 hours - 50% charge

Within 12 hours or failure to show - 100% charge applies to treatments booked.

Continue your Ashford Spa Experience at Home

To continue your spa experience at home, all products used within your spa treatments are available at spa reception, where one of our team would be delighted to advise you on the most suitable products for your needs.

Gift Vouchers for the Spa

Gift vouchers are available for Day Spa Rituals and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at the time of treatment or purchase.

The Spa pricing is subject to change without prior notice.

Gift vouchers are available online

www.ashfordcastle.com or call +353 (0) 94 954 6003



**OPENING HOURS
MONDAY TO SUNDAY**

(Opening times subject to change for Christmas and New Year Season)

Spa Treatments:

9:30am - 6:00pm

The minimum age for Spa services is 16 years.

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Essence Infused Steam Room and Fitness

Studio:

8:00am - 7:00pm

Advance booking is required.

**Our Spa Relaxation Pool is for
treatment guests only.**

**The Spa at Ashford Castle,
Ashford Castle Hotel &
Country Estate**

Cong, County Mayo,
Ireland. F31 CA48.

Telephone: + 353 (0)94 954 6003.

Email: thespa@ashfordcastle.com

Web: www.ashfordcastle.com



ASHFORD CASTLE
HOTEL & COUNTRY ESTATE
EXCELLENCE SINCE 1928









ASHFORD CASTLE

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