



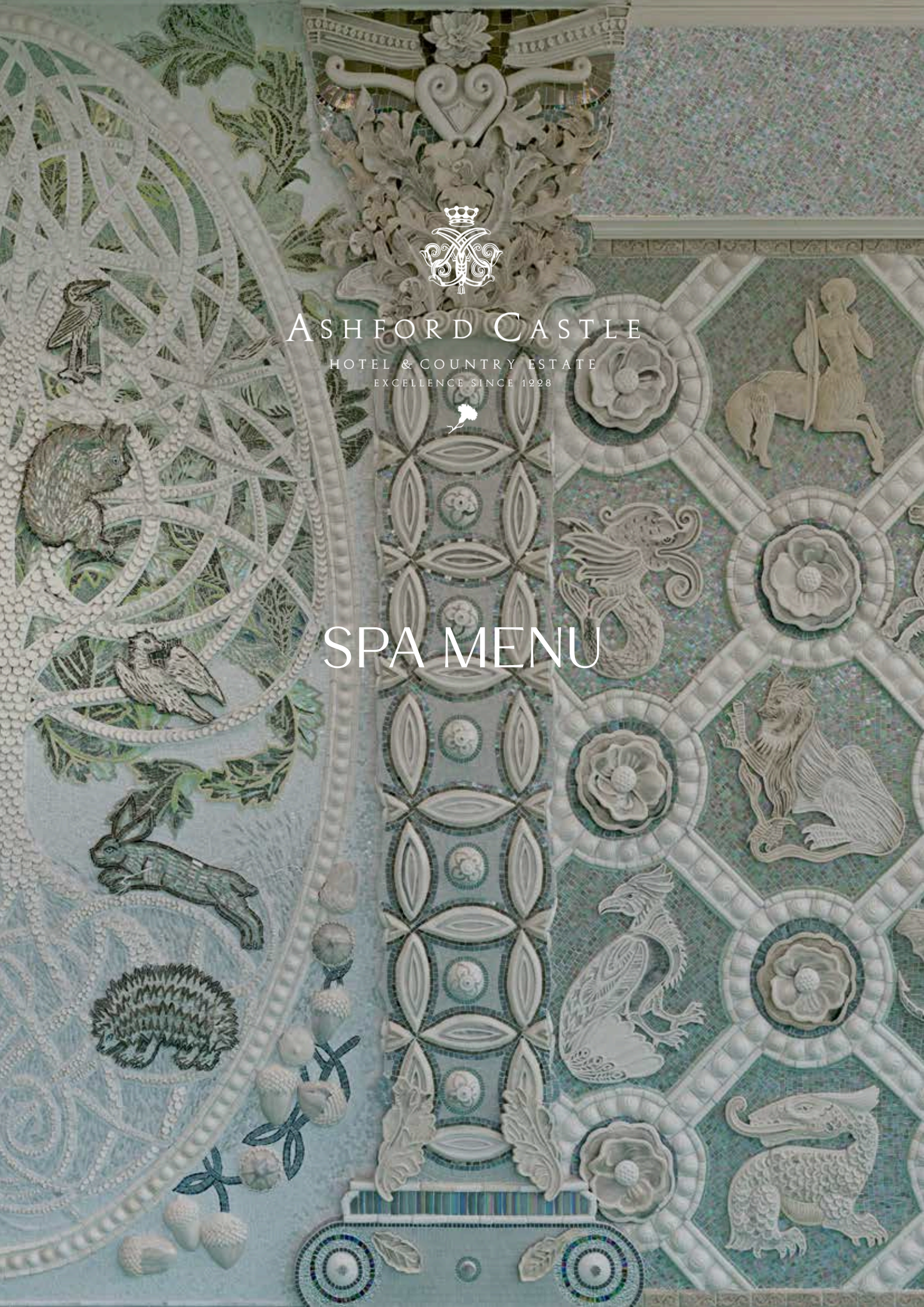
# ASHFORD CASTLE

HOTEL & COUNTRY ESTATE

EXCELLENCE SINCE 1928



## SPA MENU





## 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, pampered and relaxed.*









# BRAND PHILOSOPHY

## **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.

## **AUGUSTINUS BADER**

Immerse yourself in the unparalleled luxury of Augustinus Bader Skincare, where science meets serenity. Inspired by cutting-edge cellular research and formulated with the award-winning TFC8® technology, our curated treatments offer transformative skincare solutions designed to nourish, rejuvenate, and revitalize your skin. Each service is meticulously crafted to elevate your skincare journey, providing you with radiant, youthful, and glowing skin.

## **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 honor 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 energize body, mind and spirit”.

## **VOYA**

Voya has 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.

# SIGNATURE RITUALS

## THE AUGUSTINUS BADER FULL BODY RITUAL

Experience the transformative power of this unique ritual. Using their award-winning products and techniques to activate the body's innate healing wisdom, this transformative experience begins with a rejuvenating full-body massage designed to release deep muscle tension and enhance skin hydration, while promoting overall well-being and relaxation. Followed by a soothing application of The Body Cream, rich in nourishing and restorative ingredients, this ritual leaves your body, mind and skin deeply soothed and radiantly healthy, embodying the essence of the brand's science-backed skincare philosophy.

75 min | €350

## THE ASHFORD CASTLE RITUAL

The Ashford Castle Ritual experience is a combination of five specialized treatments to restore harmony and balance to mind, body and skin. Using oils from Natura Bissé's Diamond Well-Living Collection this 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 customized Natura Bissé facial products to add an immediate glow to your skin while our Hydrating Eye Recovery Balm calms and soothes the eye area. The ritual closes with a therapeutic scalp massage leaving you feeling calm, energized, and balanced.

60 min €220 | 75 min €275

## B | TOGETHER

Rose Quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness while balancing 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 the stones healing energy, our therapists craft the perfect massage for you to B |Together with your body, mind and soul. This treatment can be enjoyed by yourself or with a loved one.

60 min €200 | 90 min €290

# NATURA BISSÉ FACIALS

## 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

90 min | €320

## INHIBIT ZERO GRAVITY FACIAL

*Highly advanced treatment that effectively minimizes wrinkles and plumps up your skin*

Thanks to powerful revitalization, impressive plumping action and effective massage techniques, this professional lifting facial not only reduces expression lines and corrects signs of aging, it also completely rejuvenates the complexion, producing extraordinarily firm and hydrated skin.

Effectively corrects and fades away wrinkles and expression lines and visibly fills the skin from within, providing high volume and elasticity.

Our Experience includes:

Master Cleansing Technique • Intensive but delicate exfoliation with a multi-active peel  
• Highly activating massage • Deeply effective anti-wrinkle concentrate application  
• Repairing and hydrating mask with hyaluronic filling effect

60 min | €260

## 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.

60 min | €240

# NATURA BISSÉ FACIALS

## 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

60 min | €225

# AUGUSTINUS BADER FACIALS

## THE METHOD AUGUSTINUS BADER

This collection of unique, highly sophisticated skincare treatments is designed to enhance superficial cell communication and support your skin's natural ability to heal and rejuvenate. Combining Professor Bader's award-winning science-based formulas with advanced massage techniques and their world-famous Method - your skin's needs are addressed on a deeper level, facilitating a regenerative, healing process which will leave your skin feeling firm, supple and with an instant glow.

## THE INTRODUCTORY FACIAL

Begin your journey to extraordinary skin with the Augustinus Bader Introductory Facial and discover the radiant benefits of this cutting-edge approach to skincare. Incorporating Professor Bader's breakthrough formulas to boost hydration and cell communication, this skincare ritual promotes a visibly toned, firmed and refreshed complexion. Ideal for those new to the brand, it encapsulates the essence of Augustinus Bader's award-winning skincare into a luxurious and personalised facial.

60 min | €250

## THE ADVANCED FACIAL

Elevate your skincare routine with the Augustinus Bader Advanced Facial, a luxurious treatment tailored to rejuvenate and revitalize your complexion. This treatment harnesses the power of TFC8® technology delivering potent active ingredients to boost cell renewal and hydration. The experience begins with a deep cleanse and exfoliation to prepare the skin, followed by an advanced facial mask and targeted serums to address specific concerns. A relaxing facial massage enhances product absorption and stimulates circulation, leaving your skin visibly firmer, smoother and radiantly youthful.

75 min | €310

# HOLISTIC TREATMENTS

## INDIAN HEAD MASSAGE

Experience the calming and revitalizing effects of this ancient Ayurvedic therapy. This Indian Head Massage focuses on relieving tension in the upper back, head, neck, and shoulders, promoting deep relaxation and mental clarity. Using soothing techniques and specific pressure points, this therapeutic massage stimulates circulation, eases stress, and balances energy flow. Perfect for relieving headaches, reducing tension, and restoring a sense of calm. Leave refreshed, re-energized, and in total harmony.

45 min | €180

## MOTHER-TO-BE

Embrace the journey of motherhood with our nurturing Mother-To-Be Massage, thoughtfully designed to provide comfort and care during every stage of pregnancy. This gentle treatment focuses on relieving tension, restoring harmony, and promoting relaxation using soothing techniques tailored to your needs. With soft, supportive positioning, our expert therapists ease any discomfort in the back, hips, and legs, allowing you to reconnect with your body and enjoy a moment of tranquility, bringing deep relaxation to you and your baby.

60 min €200 | 90 min €290

# MASSAGE THERAPY COLLECTION

## DEEP TISSUE MASSAGE

Unwind and relieve tension with this full body massage designed to target the deeper layers of muscles and connective tissue. This therapeutic treatment uses firm pressure and deliberate strokes to alleviate chronic aches and pains, muscle tightness, and areas of discomfort, particularly in the neck, shoulders, and lower back. Ideal for those seeking relief from persistent pain or recovering from intense physical activity, our skilled therapists will tailor the massage to your specific needs, leaving you feeling restored, relaxed, and rejuvenated

60 min €220 | 90 min €310

## SWEDISH MASSAGE

Experience pure relaxation with our signature Swedish Massage, a timeless therapy that gently soothes both body and mind. This calming, full-body massage uses long, flowing strokes, light to medium pressure, and gentle kneading techniques to melt away tension and stress. Designed to improve circulation, ease muscle stiffness, and promote deep relaxation, this nurturing treatment is perfect for anyone seeking a moment of tranquillity and balance.

60 min €200 | 90 min €290

## AROMATHERAPY MASSAGE

This deeply relaxing treatment combines gentle massage techniques with the healing properties of carefully selected botanical oils to calm your mind and uplift your spirit. Choose from a range of custom-blended aromas, each designed to enhance your mood and well-being, whether you seek relaxation, rejuvenation, or balance. Let the delicate scents and expert hands of our therapists transport you to a state of serene bliss.

60 min €200 | 90 min €290

## 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.

60 min | €200

# FOR THE GENTLEMEN

## **THE AUGUSTINUS BADER INTRODUCTORY FACIAL**

The Augustinus Bader Introductory Facial is a comprehensive skincare treatment designed to revitalize and nourish skin, using the brand's proprietary TFC8® technology to stimulate cellular renewal. Ideal for male skin, which often faces unique challenges such as thicker texture, increased oil production and irritation from shaving, this facial promotes repair and hydration. It enhances the skin's natural barrier, providing a tailored solution to common issues like dryness, sensitivity and aging. With its blend of cutting-edge science and luxurious care, the facial aims to deliver smoother, more resilient, and healthier-looking skin.

**60 min | €250**

## **VOYA 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.

**60 min | €200**

## **ASHFORD CASTLE GENTLEMEN'S LUXURY MANICURE**

Give your hands the attention they deserve with our Gentleman's Luxury Manicure, designed to provide a polished and well-groomed look. This treatment includes detailed nail and cuticle care, exfoliation, and a relaxing hand massage, leaving your hands refreshed, smooth, and perfectly groomed.

**45 min | €95**

## **ASHFORD CASTLE GENTLEMEN'S LUXURY PEDICURE**

Treat your feet to the ultimate care and relaxation tailored for the modern gentleman. This pedicure includes a soothing mineral soak, thorough nail and cuticle grooming, an invigorating exfoliation to remove dry skin, and a soothing massage to ease tension. Perfect for hardworking feet in need of expert care.

**60 min | €110**

# MANICURE AND PEDICURE

## LADY ARDILAUN'S LUXURY MANICURE

*Complimentary file and chosen OPI nail polish included*

Take a moment to relax and unwind with our exquisite Signature Manicure, a rejuvenating experience designed to leave your hands feeling silky-smooth and beautifully polished. Begin with a warm, aromatic soak to soften skin, followed by a gentle exfoliation with nourishing botanical scrubs. Enjoy a soothing hand and arm massage with hydrating oils, finished with meticulous cuticle care, nail shaping, and your choice of premium polish. Emerge with hands that radiate elegance and sophistication.

**60 min | €110**

## GARDEN OF ASHFORD LUXURY PEDICURE

*Complimentary file and chosen OPI nail polish included*

Pamper your feet with our signature Luxury Pedicure, a heavenly treatment that begins with a soothing mineral soak to soften and rejuvenate. Enjoy an exfoliating scrub, followed by a deeply relaxing lower leg and foot massage with luxurious creams to nourish and hydrate. Nails are expertly shaped, cuticles perfected, and polished to perfection, leaving your feet silky-smooth and elegantly refreshed.

**60 min | €120**

## FILE & POLISH

Fingers or Toes - 20 min | €50

Fingers and Toes - 50 min | €80

# 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 a reservation, 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](mailto:thespa@ashfordcastle.com)

### Spa Relaxation Pool

Please be advised that the Relaxation Pool is reserved exclusively 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. Hotel guests are welcome to arrive from their room in their robe and slippers. A bathing suit is required for the relaxation pool and steam room, gym attire for the fitness studio.

### Spa Facilities

All Spa Facilities must be reserved on the hour for a period of 45 minutes. Advance reservation is essential.

## 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/wellness-and-spa](http://www.ashfordcastle.com/wellness-and-spa)

### Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please allow the spa team to guide you in selecting the treatments most suitable during this special time.

### 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 the 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 to purchase 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 all spa treatments 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](http://www.ashfordcastle.com) or call  
**+353 (0) 94 954 6003**



# OPENING HOURS

## **Monday to Sunday**

Opening times are subject to change for the Christmas and New Year season.

### **Spa Treatments:**

**9:30am - 6:00pm**

The minimum age for Spa services is 16 years.

### **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](mailto:thespa@ashfordcastle.com)  
[www.ashfordcastle.com](http://www.ashfordcastle.com)





# ASHFORD CASTLE

HOTEL & COUNTRY ESTATE  
EXCELLENCE SINCE 1928

THE  
**RED CARNATION**  
HOTEL COLLECTION

