



THE SPA

AT AGHADOE

awaken your senses



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The Spa at Aghadoe draws inspiration from the breathtaking beauty, tranquility and legend that surround us. Using natural slate, cascading water and a palette of colours inspired by wild Irish flowers and grasses, this unique relaxation space is in harmony with its spectacular Celtic surroundings.

Now and new for 2024, we are delighted to introduce our new range of products, especially chosen for their connection with nature and for their emphasis on delivering results driven treatments using the very best organic ingredients. Our partnerships with Ground, Seabody and Voya reflect our ethos... to allow you to awaken your senses and renew your inner wellbeing.

So begin your journey in our renowned Thermal Suite, surrender to one of our exclusive treatments and finish in our relaxation area. In a world that can be stressful, manic, emotional and more, we have created a refuge... a sanctuary of peace and tranquility.



introducing

GROUND

Ground is an award-winning Irish spa brand that aims to bring an authentic approach to wellness through natural aromatherapy products, self care rituals and massage treatments. Peigin Crowley created GROUND in a quest to develop intuitive massage rituals and aromatherapy products that honour true self-care. Caring for each different body and meeting them where they are at in the quest for balance and renewal. The power of touch, especially developed to encourage deep balance in the body is custom-delivered to your wellbeing needs and concerns.

GROUND

massage treatments

'TÓG GO BOG É' FULL BODY MASSAGE

This full body massage treatment incorporates aromatherapy and breathwork alongside slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect.

The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.

60 minutes - €130

With Scalp Massage & Facial Gua Sha 90 minutes - €180

THE GROUNDING RITUAL

Surrender in full and return to source; ideal to soothe mental anxiety and burnout. Sacred time for you to allow healing in. This treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body. The treatment is completed with special attention to reflex points in the feet. Feel your body and soul come together again with this medium to firm pressure massage.

60 minutes - €130

With Scalp Massage & Facial Gua 90 minutes - €180

With Scalp Massage, Facial Gua Sha & Body Polish 120 minutes - €230

THE COMFORTING RITUAL

Pregnancy care: specific relief for the second & third trimester. Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting treatment for the second and third trimester of pregnancy. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows through pregnancy.

60 minutes - €130

With Scalp Massage & Facial Gua Sha 90 minutes - €180





GROUND

face & body rituals

THE SLEEP RITUAL

Developed to soothe physical fatigue and exhaustion this light to medium pressure full body massage will guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork helps to induce deeper breathing. Your whole body softens, enveloped in the aromas of organic geranium and jasmine absolute.

90 minutes - €180

With Body 120 minutes - €230

THE BALANCING RITUAL

Empowering & supporting through hormonal change, this hands-on approach to wellbeing is truly holistic. Each massage is customised and includes elements of reflexology and lymphatic drainage. The treatment commences with an aromatherapy foot bath and breathwork and the option to include Marble Stone Massage Therapy and Gua Sha. This unique and purposeful massage will bring alignment and balance when experiencing menopause symptoms at any stage.

90 minutes - €180

With Body Wrap or Body Polish 120 minutes - €230

THE RESTORATIVE RITUAL

Ease tension and stress in the face, head, neck & scalp. Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works to reconnect mind and body. The focus is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness, tension, eyestrain, migraines, headaches, sinuses and puffiness.

60 minutes - €130

With Back Massage 90 minutes - €180

THE AWAKENING FACE RITUAL

Stimulate the skin and uplift the mind. Harnessing the power of nutrient-rich botanicals, lymphatic drainage & gua sha techniques, this energising face ritual works to trigger the skin's natural function leaving the skin deeply cleansed, detoxified and invigorated while providing a sense of focus, clarity and inner strength.

60 minutes - €130

90 minutes with Back or Abdominal Massage - €180

THE MINDFUL FACE RITUAL

Comfort the skin & calm the mind. Tune into the gentle rhythms of our deepest selves with this mindful face ritual designed to help restore balance and harmony, supporting your skin's natural ability to soothe and heal, making it the perfect choice for those seeking comfort and support during turbulent times or hormone fluctuations.

60 minutes - €130

90 minutes with Back or Abdominal Massage - €180

introducing

SEABODY

Taking the power of Seaweed to a whole new level, Co-Founder Helena's McMahon's grá for sustainability, nature and innovation, mixed with her expansive knowledge in cell biology is a huge driving force behind the SEABODY Concept, one focused on efficacy, scientific validation and circularity. Integrity and impact are at the core of their marine-powered cosmetics and nutraceuticals, each designed to deliver visible benefits without harm to our precious planet. To deliver this, only sustainably-cultivated and hand harvested seaweeds are used, taking cues from nature to develop formulations combining SEABODY bioactive with key micronutrients which support the cellular pathways of health and beauty. And most importantly, this multi award-winning brand is amazing to use with each product delivering superior results with integrity and impact at their core.



SEABODY

massage

SEABODY CONNECT FULL BODY MASSAGE

Connect mind & body to enhance health and well-being. Wave-like massage techniques increase blood circulation and lymphatic flow while promoting deep relaxation. The therapist works gently and firmly using their forearms, elbows and thumbs to relieve tension in all body parts benefitting the legs, back, neck and shoulders muscles. The treatment provides targeted relief from tightness and tension while uplifting grapefruit and balancing ylang-ylang leave you feeling refreshed and rebalanced.

60 minutes - €150

facial

NUTRACEUTICAL TOUCH FACIAL

At the heart of this luxurious therapy lies a fusion of cutting-edge bio-actives derived from the depths of the ocean, meticulously crafted for their unparalleled ability to rejuvenate the skin at its deepest matrix. Our proprietary blend, honed through biotech innovation, is a testament to the synergy between nature and science, delivering unparalleled efficacy.

This holistic approach to skincare begins with a specialised gua sha sequence, expertly designed to bring harmony with a sculpting massage. Together they stimulate circulation, gently releasing fascia and initiating the cellular renewal process, fostering the synthesis of collagen and elastin for a firm, supple complexion.

The journey continues with a biotech mask and serum infusion tailored to amplify the skin's cellular pathways, fostering the essence of youthful and vibrant skin. As you luxuriate in the treatment, a state of total relaxation envelopes you, while the carefully curated ingredients continue to work their magic, ensuring sustained and visible results that transcend beyond the treatment session.

60 minutes - €150





VOYA

ORGANIC BEAUTY

VOYA

organic facials

SELF-DISCOVERY FACIAL

This skin type-specific, ocean inspired facial is deeply detoxifying, thoroughly revitalising and helps to smooth skin tone and increase clarity.

60 minutes - €110

SKIN RENEWAL FACIAL

This new Skin Renewal facial is the complete approach to results-driven organic skin health featuring VOYA's new advanced serum range, formulated with certified organic antioxidants and clinically proven biotech actives, that are now combined with the sonic pulse technology of the Haumea Brush.

60 minutes - €110

ANTI-AGING RESTORATIVE FACIAL

This anti-aging facial is designed using Voya's finest organic ingredients combined with antioxidant algae complexes with a restorative blend of aromatherapy oils.

75 minutes - €145

DELUXE FACIAL EXPERIENCE

This treatment begins with a dry brush on the back followed by a relaxing back massage, it continues with a mineralising seaweed facial including a gentle exfoliation of finely ground organic seaweed followed by a unique layering of real seaweed leaves. This facial is suitable for all skin types but especially for anti-aging purposes

90 minutes - €165

Men's Intense Energy Facial

Enjoy a refreshing, full facial to clear away any tired skin cells and help promote the regeneration of new skin cells.

60 minutes - €110

thermal

Our Thermal suite is based on the ancient ritual of bathing where the body is warmed and then cooled by a series of heat and cooling experiences.

We recommend you spend time here before your treatments to get your body relaxed and to get the most out of your spa experience

LACONIUM

The gentle, dry, warm air of the laconium is an ideal introduction to the Thermal Suite as the temperature ranges from 60° to 65° degrees. The floors, walls and benches are all heated.

HAMMAM

Experience the gentle flow of steam mingling with aromatic scents at a temperature of 45° to 48° degrees.

AROMA GROTTA

Enjoy a gentle steam infused with fragrant aromas at a temperature of 45° to 48° degrees. Beneficial for your hair and skin. Use the kneipp hose to cool down your ankles, wrist and then your body.

ROCK SAUNA

A traditional dry air sauna. A chain is used to release water which intensifies the heat. It is important to cool off and rest afterwards as the temperature ranges from of 85° to 95° degrees.

TROPICAL RAIN SHOWER

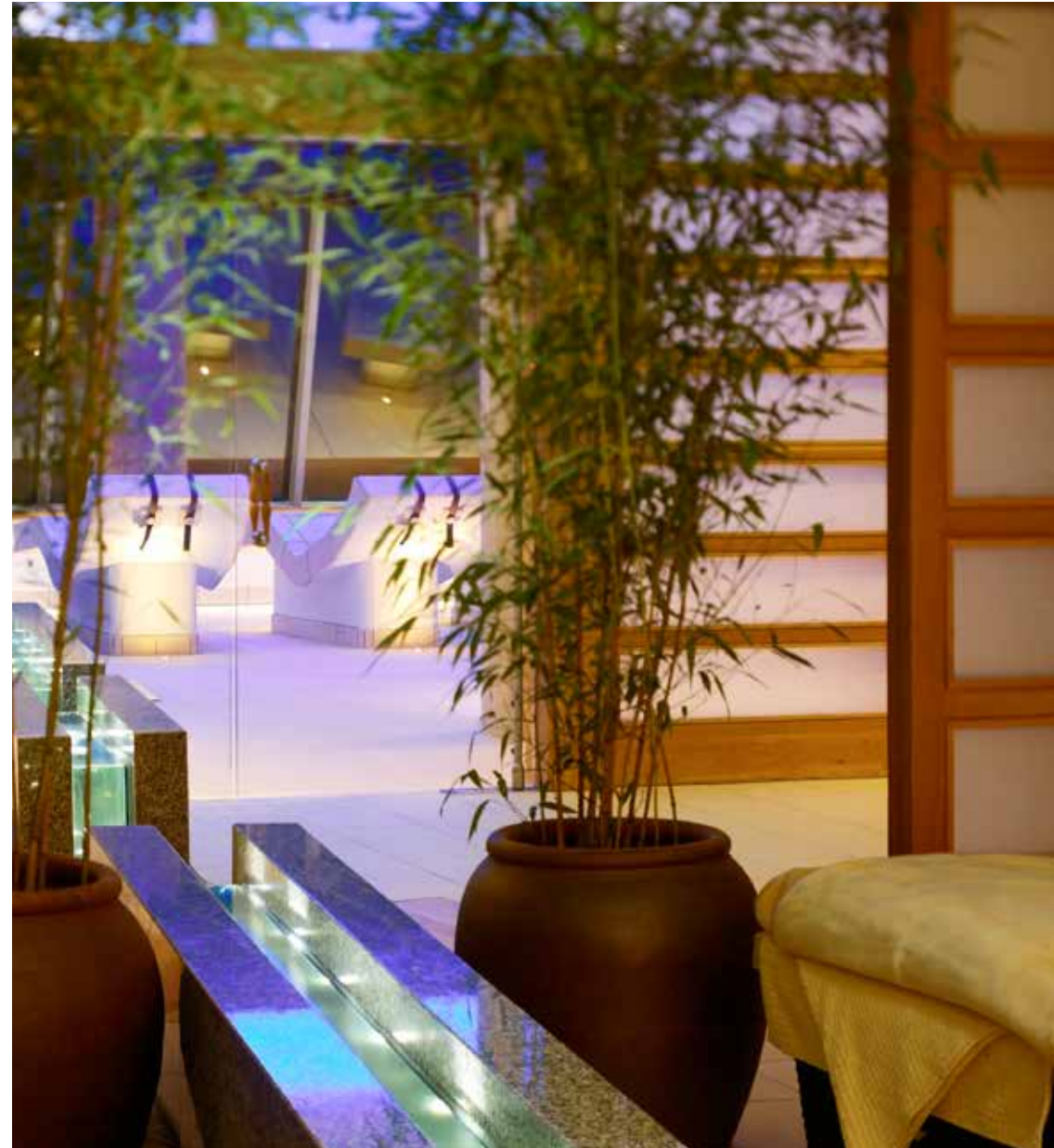
This shower stimulates tropical rain which cleanses and prepares your skin for further heat treatments.

AGHADOE HILL MIST SHOWER

The gentle mist, refreshing fragrant aromas and blue lighting mingle to offer a cooling effect after the heat treatments at a temperature of 35° degrees

DELUGE SHOWER

A cascading surge of cool water will cool and refresh the body.





spa etiquette

ARRIVAL TIMES

Please arrive 15 minutes before your treatment time (or one hour before should you wish to use the Thermal Suite), to allow adequate time to check in, fill out the necessary forms and change into your robe and slippers.

Please understand that a late arrival may result in a reduction of treatment time as a courtesy to our next guest.

ETIQUETTE

Our spa is a place of peace and tranquillity available to 18 yrs + only and our treatment menu is non gender specific. Please respect the privacy and solitude of other guests by speaking softly. Please do not bring your mobile phone into our thermal, treatment or relaxation areas.

BOOKINGS & CANCELLATIONS

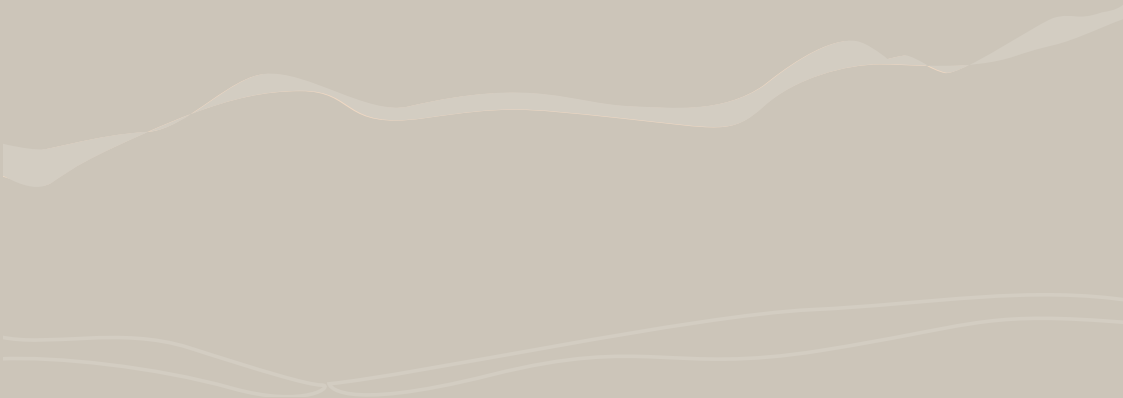
Spa bookings are subject to availability and must be guaranteed with a credit card. Please allow a minimum of 72 hours notice to change or cancel treatments without charge. Cancellations within 48 hours will incur a 50% charge. Cancellations within 24 hours or 'no-shows' will incur the full cost of treatments booked.

ATTIRE & PERSONAL BELONGINGS

Robes and slippers are provided for all our hotel guests in their rooms. Day guests will be provided with gowns and slippers on arrival. Disposable underwear will be provided for use for all of our body treatments. Please bring your bathing costume for use in our Thermal Suite. Please ensure to collect all personal belongings from your locker or robe before leaving as the spa are not responsible for any personal items left behind in a robe or locker.

HEALTH CONCERNS

When making your reservation please advise us of any health conditions, allergies or injuries that could affect your service. You will be asked to complete a health assessment prior to your treatment so that we may ensure your comfort and safety. Certain treatments may be contra indicated for expectant and nursing mothers. We have specially designed treatments for expectant and nursing mothers. Please allow our skilled Spa staff to guide you in selecting the treatments most suitable for you during this special time.



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