

A stylized, minimalist graphic of a mountain range. The mountains are represented by soft, rounded, overlapping shapes in a light beige color, set against a slightly darker beige background. The lines are smooth and flowing, creating a sense of depth and tranquility.

# THE SPA

AT AGHADOE HEIGHTS

awaken your senses



## awaken your senses

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 Comfort Zone 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 our exclusive  
Aghadoe Spa Signature  
Treatments & Experiences

Our Signature Treatments  
& Experiences allow you to enjoy  
a complete spa experience that includes  
access to our pool and thermal area  
before your treatments and afterwards  
relax with a glass of prosecco  
in our dedicated relaxation area



## signature treatments

### AGHADOE & SEABODY AWAKEN SPA FUSION

Indulge in the epitome of luxury with our exclusive Signature Seabody Treatment. This bespoke experience begins with a meticulously crafted full-body massage, expertly designed to dissolve tension, and evoke a profound state of relaxation. You have the option to enhance this blissful journey with the soothing warmth of hot stones, which effortlessly melt away stress and leave you feeling utterly renewed. Following the massage, immerse yourself in the transformative Seabody Biotech Facial, a cutting-edge skincare ritual meticulously formulated to lift, firm, and revitalize your complexion. Our skilled therapists harness the power of advanced biotechnology to rejuvenate your skin, unveiling a radiant glow that emanates from within. Prepare to emerge from this indulgent escape feeling rejuvenated, revitalized, and utterly pampered.

**90 minutes - €200**

### AGHADOE & GROUND SIGNATURE RITUAL

The Aghadoe signature ritual is a celebration of our deep connection with nature, combining the healing power of plants & essential oils with therapeutic touch. Through a gentle fusion of massage techniques to the back, neck, shoulders, face & scalp incorporating warmed marble stones and reviving Gua Sha techniques we invite you to reconnect with the rhythms of nature and self, restoring balance to both body and soul.

**60 minutes - €140**

### AGHADOE STRESS RELIEVER

Unwind with this targeted massage designed to release stress and tension from the back of the body, where we hold it most. This soothing treatment focuses on the back, neck & shoulder as well as the back of legs and feet. Your therapist uses cold marble stones to relieve any soreness or tension in the calves. Perfect for those experiencing stress, fatigue or anxiety.

**60 minutes - €130**

### AGHADOE BACK & BATH RITUAL

A grounding ritual to reset body and mind. Ideal for those seeking both muscle relief and skin rejuvenation. Begin with a deeply relaxing back massage followed by an exfoliation of the back. Finish with a warm, aromatic soak in a bath to soothe the senses. Perfect for releasing tension and improving skin clarity, leaving you refreshed.

**60 minutes - €120**

### CUSTOMIZED BACK MASSAGE & REFLEXOLOGY

A unique treatment designed to deeply relax body and mind. Begin with our signature back massage to release tension in the back neck & shoulders using customized pressure and soothing oils. Then experience the healing power of reflexology as specific points on the feet are gently stimulated to balance the entire body. Restorative, balancing and deeply grounding.

**60 minutes - €130**



## day spa experiences

### AGHADOE GROUND WELLBEING SPA EXPERIENCE

Begin with time in our thermal suite area, pool and Jacuzzi. Then enjoy your choice of any 60 minute Ground ritual delivered by our dedicated therapists.

Relax after your treatment in our relaxation area with a glass of prosecco.

Afterwards soak in the breathtaking views of the McGillicuddy Reeks in our Lake Room Restaurant and enjoy Executive Pastry Chef Eric Besson's Afternoon Tea.

**€190 per person**

### COUPLES SPA EXPERIENCE

Begin with time in our thermal suite area, pool and Jacuzzi. Then enjoy your choice of any 60 minute Ground ritual delivered by our dedicated therapists.

Take some time in our relaxation area before enjoying one of our Comfort Zone 60 minute facials. Return to our relaxation area to enjoy a glass of prosecco.

Afterwards soak in the breathtaking views of the McGillicuddy Reeks in our Lake Room Restaurant and enjoy either a Spa Lunch or Afternoon Tea.

**€639 per couple**

### SIGNATURE SEABODY EXPERIENCE

Upon arrival to the spa enjoy complimentary access to the thermal suite, pool and Jacuzzi. Then relax and unwind with our Seabody connect full body massage.

Relax after your treatment in our relaxation area with a glass of prosecco.

Afterwards soak in the breathtaking views of the McGillicuddy Reeks in our Heights Lounge and enjoy a two course lunch with our Signature Seabody inspired Cocktail.

**€195 per person**





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 mediative, 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**

**90 minutes with Scalp Massage & Facial Gua - €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**

**90 minutes with Scalp Massage & Facial Gua - €180**

**120 minutes with Scalp Massage, Facial Gua Sha & Body Polish - €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**

**90 minutes with Scalp Massage & Facial Gua Sha - €180**

### REFLEXOLOGY BY GROUND

A specialized treatment of the feet. Reflexology can enhance the release of tension and stress while relaxing the entire body. Gentle pressure is applied to specific points on the feet to stimulate energy lines within the body encouraging your own healing system.

**60 minutes - €130**





# 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**

**120 minutes with Body Wrap - €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**

**120 minutes with Body Polish - €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**

**90 minutes with Back Massage - €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 - €130**

## 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 - €130**





introducing  
**comfort zone]**  
conscious skin science

If we said we're offering you sublime, effective-by-nature, vegan spa treatments, with up to 99% natural-origin ingredients, free from silicones, animal derivatives, parabens, mineral oils, sles, and artificial colorants, dermatologically tested with clinically proven efficacy, you probably wouldn't believe us - but you can.

Introducing Comfort Zone. Founded in Italy in 1983 by a cosmetic chemist/pharmacist/, the company and brand has continually led the way with an equally conscious approach to both skin and planet, offering sustainable, results-driven, clean-formula solutions to recreate your skin's natural [comfort zone].





# [comfort zone]

conscious skin science

## SUBLIME SKIN HORMON-AGING

This ultimate facial treatment is designed to counteract skin thinning, extreme dryness and loss of density due to menopause. The exclusive Cell-Support Technology™, innovative oil based textures and two special massage techniques, Dermal Petrissage and Kobido, reactivate cellular communication, regenerate and re-identify the skin

**70 minutes - €140**

## REMEDY SOOTHING FACIAL

An innovative, fortifying approach to sensitive, delicate skin. With a prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defence.

**70 minutes - €140**

## SUBLIME SKIN ULTRA GLOW PEEL

This facial delivers immediate radiance and glow & provides an even complexion and improvement to dark spots. The facial consists of an indulgent massage and tone-correcting peel to treat dullness, hyperpigmentation and melasma.

**60 minutes - €130**

## ACTIVE PURENESS FACIAL

If your skin is oily, scarred or acne-prone, this is the perfect choice! Characterized by a mattifying peel-off spirulina algae mask, this deep purifying facial with mandelic acid, green and white clays rebalances and reduces pores and blackheads.

**70 minutes - €140**

## RECOVER TOUCH FACIAL

Nurture your skin and recover from the damage caused by sun, pollution and aging. The antioxidant, replenishing combination of organic goji berry and macadamia oil leaves the skin soft and replenished.

**60 minutes - €130**

## LONGEVITY FACIAL

Anti-aging, firming & brightening. Rejuvenates stressed skin and to contrasts accelerated aging. The efficacy of a professional peel with 45% AHAs, the targeted customizable boosters and the powerful reoxygenating massage deliver a glowing and brighter complexion.

**60 minutes - €130**





## 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.

### 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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