THE SPA
AT SLIEVE DONARD

TREATMENT PORTFOLIO
ESCAPE,
RELAX,
REJUVENATE

THE SPA
AT SLIEVE DONARD
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.

Begin your experience when you glide past natural mountain granite to healing heat experiences and relaxation rooms. As you go, take in the breathtaking floor-to-ceiling sea views, then refresh in the gold flecked mosaic pool or feel cosseted in the cocoon of our treatment rooms.

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.

So please indulge in a world set apart.
TREATMENT PORTFOLIO

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ESPA SERIOUSLY ADVANCED, RESULTS-DRIVEN FACIALS
Our results-driven facials are world-renowned to defy the effects of life lived on your skin. Reduce lines and wrinkles visibly. Rejuvenate your joi de vivre and let your age remain a beautifully well-kept secret. Delivering what your skin really needs, all of our tailored facials include:

- An in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye
- A detailed consultation
- Cleansing and exfoliation
- A treatment specific massage, mask and intensive serum chosen to achieve the best possible results
- A tailored moisturiser leaves you ready to face the world again

To maintain the ultimate in healthy radiant skin we recommend a facial once a month
ESPA NATURAL FACE LIFT
80 MINUTES £135

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

Includes: Skin analysis with SkinVision™ lamp, double cleanse, steam, Japanese Kobido inspired facial massage, stimulating Jade rollers, sculpting & lifting massage techniques, lifting & smoothing mask, scalp massage

PERSONALISED FACIAL
50 MINUTES £85

Deeply cleanse, exfoliate, purify and boost your complexion with this exclusively tailored facial from ESPA. Featuring naturally advanced products and bespoke facial massage, it reveals exceptional results whatever your skincare concern.

Includes: Triple cleanse, skin analysis with SkinVision™ lamp, facial massage, personalised mask and scalp massage

OPTIMAL PROFACIAL
50 MINUTES £85

For naturally beautiful and visibly healthy skin. Reveal your skin’s true potential by having this facial with expertly tailored facial techniques and the Optimal Skin collection. It is designed to rebalance, hydrate and revitalise. This facial instantly revives and brightens the complexion while helping to protect against the environment damage and delay the early, invisible signs of ageing. Optimal Pro Facial is for all skin types and all ages.

Includes: Deep brush cleanse, skin analysis with SkinVision™ lamp, facial treatment mask, ESPA Optimal Skin product range, facial and eye area massage, hand and arm exfoliation and treatment

ESPA EYE LIFT
25 MINUTES £40

Smooth fine lines and wrinkles with this anti-ageing, eye brightening treatment. Cooling, revitalising and firming, this targeted treatment uses specialised eye products to help reduce puffiness, dark circles and hydrate.

Includes: A cleanse, exfoliation, massage, firming eye mask and application of our Lift and Firm Intensive Eye Serum
**TOTAL BODY BLISS**  
110 MINUTES £165

Melt away tension and restore harmonious balance to body and mind. Re-discover soft, smooth, richly replenished skin as you alleviate tired, aching muscles with this deeply restorative holistic body experience, uniting an instantly effective body wrap, full body massage and comforting scalp massage.

**Includes:** Body exfoliation, detoxifying algae or nourishing marine mud wrap, scalp massage and aromatherapy massage

**CONTOUR AND FIRM RITUAL**  
110 MINUTES £165

A specialised body treatment that combines a wrap and advanced massage techniques focusing on the hips, thighs and stomach to target cellulite, fluid retention and uneven skin texture. Circulation is stimulated using warm and iced mitts, an algae wrap is applied, followed by lymphatic drainage and a deep detoxifying massage to help the body eliminate toxins and tone the skin.

**Includes:** Exfoliation with detoxifying salt and oil scrub, iced and warm mitts, algae wrap, lymphatic drainage and deep stimulating massage, specialised colonic massage techniques and scalp massage
OCEAN AND EARTH BODY WRAP
50 MINUTES £85

Purify the body or deeply nourish skin with this instantly effective body wrap. 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 unwinds a busy mind.

Includes: Skin brush, body exfoliation, detox algae or nourishing marine mud wrap and scalp massage
Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity.

This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help the guest reduce stress and ‘be more in the present’. The therapist first skilfully guides you through breathing and visualisation techniques to help relax the mind and release physical or emotional anxieties. The metamorphic zones on the feet are then massaged to help rebalance and ground, before a soothing, deeply therapeutic massage is continued up through the body to promote positivity to the mind, finishing with a re-energising scalp massage using warm rose quartz crystals.

Includes: Breathing and visualisation techniques, massage on the metamorphic zones of the feet, full body massage and scalp massage with warm rose quartz crystals
ESPA MINDFUL FACIAL
80 MINUTES £135

Soothe, nurture and revitalise skin and spirit with this holistic personalised facial.

Naturally advanced formulas and warmed herbal poultices unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate skin while also calming a busy mind. Feel negative energies fade as your therapist expertly guides you through breathing and visualisation techniques, before long, lifting strokes using warmed poultices sculpt and tone the facial contours while nourishing the skin. Finishing with your choice of a soothing scalp massage or hand and arm massage, you emerge feeling relaxed, nurtured and with beautifully smooth, radiant and nourished skin.

Includes: Breathing and visualisation techniques, triple cleanse, personal SkinVision™ analysis, facial massage with herbal poultice and rose quartz crystals, overnight hydration therapy and scalp or hand and arm massage

ESPA SLEEP RITUAL
80 MINUTES £135

The definitive answer to a truly blissful night’s sleep.

This tailor-made experience starts with your therapist guiding you through breathing and visualisation techniques to release physical and emotional anxiety and restore energies. A deeply indulgent and totally relaxing massage follows to release deep-seated muscular tension using a combination of hot stones and warm oil gently poured onto your body, before a soothing scalp massage helps clear your mind and enables you to completely switch-off, ensuring an uninterrupted and blissful night’s sleep.

Includes: Breathing and visualisation techniques, personalised massage with hot stones and therapeutic scalp massage
These experiences have been specifically created to pamper and relax an expectant mum, taking full account the need for complete relaxation and safety for the total well-being of mum and baby.

**YUMMY MUMMY**

*50 MINS £85/80 MINS £125*

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment. Gentle back exfoliation (only in 80 minute treatment) is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

**Includes:** Back exfoliation (only in 80 minute treatment), personalised body massage and scalp massage
**MUMS TO BE**  
140 MINS £190

Let go of deep tension and support your body at this precious time with a soothing yet highly efficacious treatment that delivers total relaxation and maximum results. 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 our Lighthouse Lounge

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**MOTHERS GLOW BEST**  
110 MINS £145

Nourishing formulas combined with expert massage techniques helping to smooth and even skin tone while melting away tension. Hands and nails are intensely nourished and can be buffed or polished.

**Includes:** ESPA skin radiance facial with oriental scalp massage, choice of essential manicure or pedicure, light lunch in our Lighthouse Lounge
Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

**GOLFER’S TONIC**
**50 MINUTES £85**

After a hard day on the greens, this treatment soothes aching muscles and targets the back, neck, legs and feet. Enjoy a soothing foot soak and scrub followed by a therapeutic leg and foot massage. The back is then exfoliated and massaged with hot stones – the perfect treatment to restore energy to a weary body.

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

**MEN’S DEEP CLEANSE FACIAL**
**50 MINUTES £85**

Clear, cool and balance the complexion with this refining facial from ESPA. Whatever your skincare need, naturally advanced products and tailored facial massage are selected to hydrate, calm or reawaken skin. A clarifying scrub clears congested pores before a specialised mask draw out impurities, leaving you looking and feeling ready for anything.

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

ESPA FOR MEN
SIGNATURE TREATMENTS

BAMBOO JOINT RELEASE EXPERIENCE
110 MINUTES £175 OR 80 MINUTES (MASSAGE ONLY) £135

A full body treatment using heated bamboo sticks to massage, assist in stretching, joint mobility and improve flexibility. Ideal for anyone in need of deep tension release and those who exercise regularly. This fast paced, free flowing and energetic treatment is perfect for slowing busy minds, stretching and elongating tight muscles, whilst helping to soothe and reduce tension.

Includes: Foot ritual, body exfoliation, facial cleanse, full body joint release incorporating stretching joint rotations followed by full body massage using essential oils and bamboo and scalp massage
**PURIFYING POULTICE RITUAL**

110 MINUTES £175

The poultice treatment is designed to give a revitalising and cleansing effect to the mind and body, achieved by the use of stimulating exfoliation and warm herbal poultices. This gives heat to muscles and joints while at the same time increasing circulation, and is followed by a purifying and rebalancing massage. A warm, soothing compress infused with traditional Thai herbs is then applied. This creates an overall feeling of wellbeing.

**Includes:** Foot ritual, body exfoliation and herbal poultice massage

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**CELTIC JOURNEY**

110 MINUTES £175

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, sea shell back massage and scalp massage
ESPA ICONIC BACK, FACE AND SCALP TREATMENT
110 MINUTES £170

Renowned as our ‘Hero’ treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas – the back, face and scalp – making it the ideal treatment for anyone.

Includes: Back exfoliation, hot stone back massage, personalised facial and scalp massage
GRAPEFRUIT AND CYPRESS
25 MINUTES £40
Invigorating grapefruit, cypress and eucalyptus stimulate circulation and help eliminate toxins while nourishing sweet almond oil melts into skin to deeply hydrate and replenish.

Includes: Full body salt and oil scrub and body brushing

LIME AND MENTHOL
25 MINUTES £40
Stimulating menthol and lime intensely awaken and invigorate the senses, while sweet almond oil deeply hydrates.

Includes: Full body salt and oil scrub and body brushing

ROSEMARY AND LAVENDER
25 MINUTES £40
A deeply calming blend of essential oils to help soften, smooth, relax and renew.

Includes: Full body salt and oil scrub and body brushing
MASSAGE

ESPA STRENGTH & RESILIENCE MASSAGE
80 MINUTES £135
Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage.

Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life’s unexpected journeys.

Includes: Yogic stretching, reflex zone foot massage, back massage, sinus release, scalp massage

AROMATIC HOT STONES MASSAGE
80 MINUTES £135
The ultimate massage booster – volcanic stones give the therapist super powers to ease tired muscles.

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

DEEP MUSCLE MASSAGE
80 MINUTES £135
Alleviate deep-seated discomfort, muscular stress or tension in the neck, shoulder or back areas with this powerful and targeted massage.

Includes: Specialised targeted and stretching massage to specific areas of concern
RELAXATION MASSAGE
50 MINS £85/80 MINS £125
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 SERENITY
50 MINS £85/80 MINS £125
Using traditional stimulating movements and a nourishing calendula infused oil.

Includes: Swedish massage to back, legs, arms, abdomen, neck and shoulder areas
NURTURE & SUPPORT
Working with Wellness for Cancer™ a non-profit educational foundation, ESPA has developed a collection of nurturing face and body rituals.

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.
NUTURE & SUPPORT

BE NURTURED ENERGY BALANCER
90 MINUTES £130
Rebalance the body, hydrate the skin and calm the mind with this relaxing ritual.
This gentle and indulgent massage uses long, warming strokes, nourishing body oil and expertly selected crystals to effectively restore serenity.

BE NURTURED FACE AND SCALP
90 MINUTES £130
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 addresses areas of tension before a personalised facial completes this totally indulgent experience.

BE NURTURED FACIAL
60 MINUTES £85
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 MASSAGE
60 MINUTES £85
Soothe, relax and rebalance the body with this personalised massage.
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
THE ULTIMATE SLIEVE DONARD EXPERIENCE
210 MINUTES £260
- Salt and oil exfoliation
- ESPA back massage with hot stones
- ESPA personalised facial
- Oriental scalp massage
- Advanced pedicure or manicure
- Light lunch in Lighthouse Lounge

GENTLEMEN’S SPA
110 MINUTES £190
- Fitness massage
- Express deep cleanse facial
- Scalp massage
- Light lunch in Lighthouse Lounge

SPA–TISSERIE
50 MINS MON–FRI £110
50 MINS SAT & SUN £120
- Personalised 50 minute treatment of your choice
- Afternoon tea is served in Oak Restaurant

CLASSIC SPA RETREAT
110 MINUTES £190
- Relaxation massage
- Personalised facial
- Scalp massage
- Light lunch in Lighthouse Lounge

All spa programmes include the use of the spa facilities.
HANDS AND FEET

ADVANCED MANICURE
70 MINUTES £75
Includes: Soak - cut and file - exfoliate - cuticle work - massage - personalised mask with hot stones - polish or buff

ADVANCED PEDICURE
70 MINUTES £75
Includes: Soak - nail file and shape - exfoliate - cuticle work - massage - personalised mask with hot stones - polish or buff

ESSENTIAL MANICURE
50 MINUTES £65
Includes: Soak - cut and file - cuticle work - application of hand cream - polish or buff

ESSENTIAL PEDICURE
50 MINUTES £65
Includes: Soak - nail file and shape - exfoliate - cuticle work - application of body cream - polish or buff
CLASSIC BEAUTY BY SLIEVE DONARD

WAXING
A full range of waxing and tinting treatments are available on request. Please see treatment tariff for prices, including:

– Eye brow shaping £10 · Upper lip £10 · Chin £7 · Bikini £18 · Half leg £20 · Full leg £30 · Underarm £15
– Eye brow tinting £10 · Eyelash tinting £10
(All tinting treatments require a 24 hour patch test)

GEL NAILS
– Gel overlays 50 mins £40
– Gel overlays on hands and toes 70 minutes £70
– Soak off and new application 60 mins £50
Using Gellux Gel Polish

MAKEUP
Make up application 45 mins £50
SPA INFORMATION

SPA OPENING HOURS
Monday to Friday 7.00AM–10.00PM
Saturday & Sunday 7.00AM–9.00PM

SPA TREATMENT TIMES
Monday to Friday 9.00AM–9.00PM
Saturday & Sunday 9.00AM–8.00PM

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 to book 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 luxurious towels, robes and 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 AND ACCESS
The following facilities are available in the spa and thermal suite: rock sauna, amethyst steam room, lifestyle showers, rain showers, swimming pool, vitality pool, spa changing and relaxation rooms. Non-residents wishing to book from the main treatment menu are required to reserve a minimum treatment time of 50 minutes.

GYM
A state-of-the-art gym equipped with the ‘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.

FINISHING TOUCHES
A glamorous studio dedicated to manicures, pedicures and waxing treatments. Due to time constraints, guests who have booked a nail treatment only will be escorted directly to and from the Finishing Studio.
LIGHTHOUSE LOUNGE
Offering nutritional and healthy lunch and a wide selection of freshly squeezed juices.

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.

GROUP CANCELLATION POLICY
For groups of 6 and over a 50% cancellation charge will be incurred for any bookings not cancelled at least 14 days in advance, cancellation within 7 days will incur a 100% charge.

SPA ETIQUETTE
Our spa environment is one of relaxation and tranquillity. 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.

HOME CARE
To continue your spa experience at home, most products used in our treatments are available at the Spa reception.

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.
The Spa at the Slieve Donard
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