

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,*

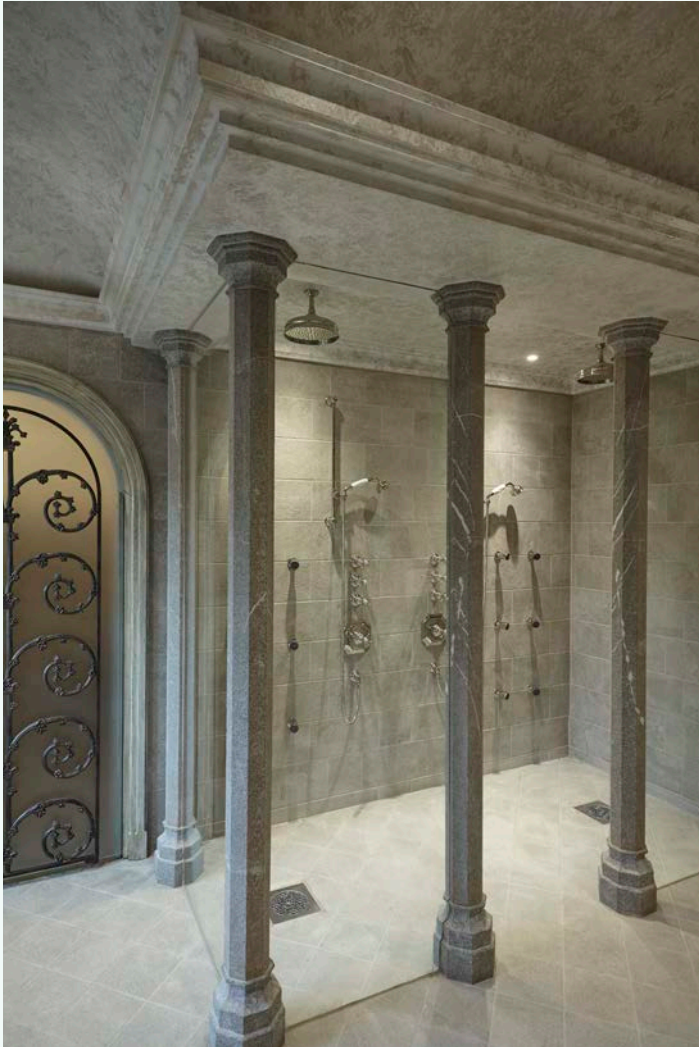
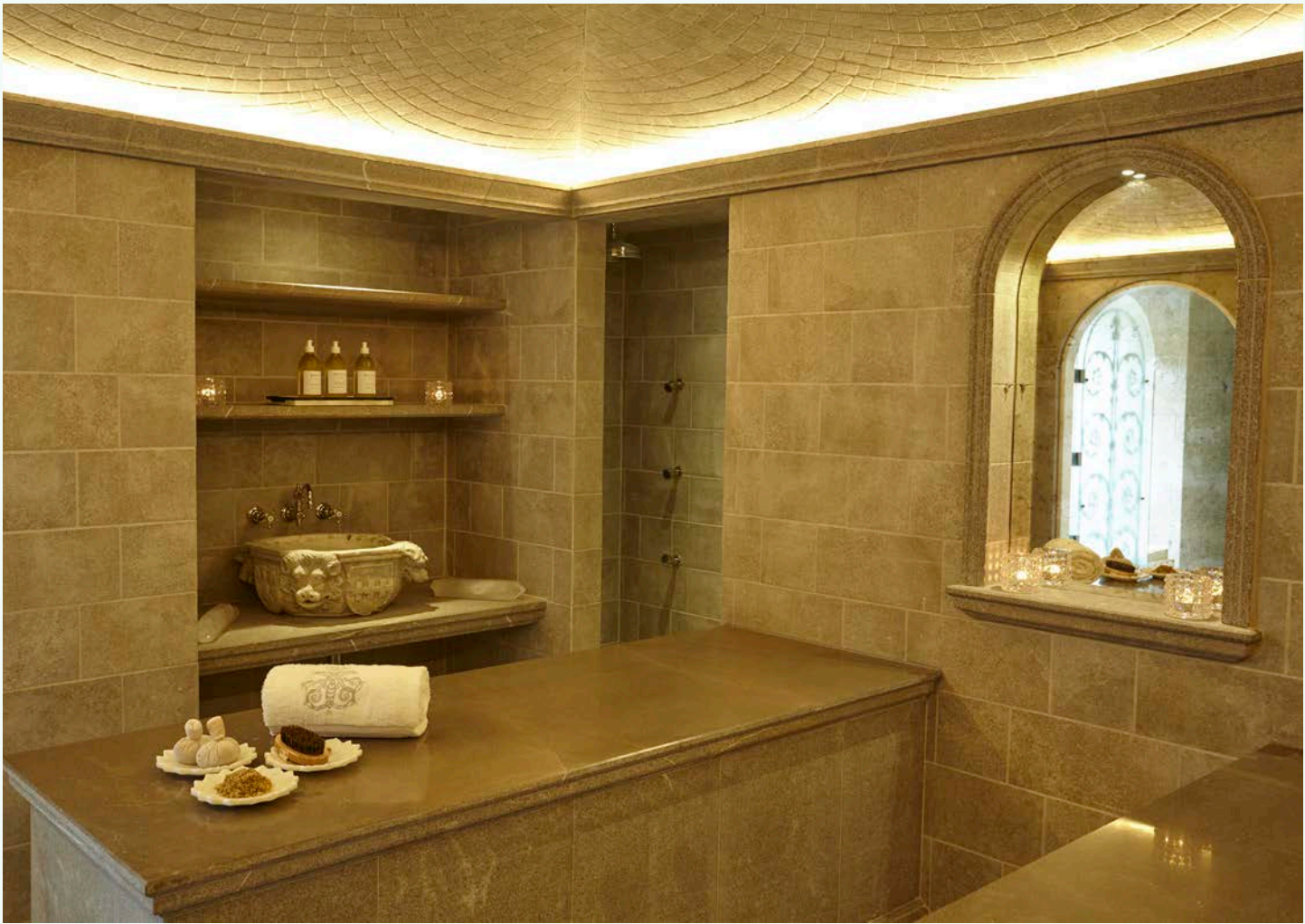
*purified, pampered and relaxed.*















# BRAND PHILOSOPHY

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## **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 natures rich bounty to calm, detoxify, nourish and energise body, mind and spirit”.

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## **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.

Personally prescribed. Sublimely sensory. The experience is exceptional, the results are real.

The Elemis Spa philosophy is designed to respect the body’s complex physiology, 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.

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## **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.

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## **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.

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## **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

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## Ashford Castle Ritual

The Ashford Castle Ritual experience is a combination of five specialised treatments that we offer at The Spa at Ashford Castle. This blissful, head-to-toe ritual begins with an Elemis muscle melting back massage with warm body oil, followed by a nourishing dual action frangipani hair mask. Next, allow our Superfood Pro-Radiance facial products to add an immediate glow to your skin and brighten the eye area with the application of Hydra Gel eye compresses while indulging with a therapeutic scalp massage helping to release upper body tension. This ritual closes with pressure points on the feet.

**Treatment Duration: 1 hr**

**Price: €185.00**

## B | AFRICA

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## B | HARMONISED

From the heart of the ocean to the soul of the mountains, surrender yourself in a treatment designed to remove stress from the back, feet and scalp to once again align your mind and body in harmony. This unique massage incorporates meditation breathing, targeting the main areas of the body which hold stress, works to release and relax not only the body but also the mind.

**Treatment Duration: 1 hr**

**Price: €165.00**

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## 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: 1 hr, Price: €185.00**

**Treatment Duration: 1 hr 30 mins, Price: €260.00**

# MASSAGE

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## **B | AFRICA Swedish Massage**

A light to medium pressure Swedish massage is the most common and best-known type of massage in the West. If it's your first time at the spa or you don't get massage often,

Swedish massage is the best place to start.

**Treatment Duration: 1 hr, Price: €160.00**

**Treatment Duration: 1 hr 30 mins, Price: €240.00**

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## **ELEMIS Deep Tissue Muscle Massage**

A vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deep into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

**Treatment Duration: 1 hr, Price: €185.00**

**Treatment Duration: 1 hr 30 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: 1 hr**

**Price €160.00**

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## **ELEMIS Life Elixirs Mindful Massage**

Tune in to yourself with this relaxing massage tailored entirely to your needs. Whether you seek to feel soothed, focused, grounded, uplifted or relaxed, there's a LIFE ELIXIR blend for you. Leaving the body and mind feeling fully rejuvenated.

**Treatment Duration: 1 hr**

**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: 1 hr, Price: €170.00**

**Treatment Duration: 1 hr 30 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 moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted - along with wisdom, empathy and respect.

**Treatment Duration: 1 hr 15 mins**

**Price: €195.00**

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## **Indian Head Massage**

Restoring and balancing the body, this holistic massage concentrates on shoulders, neck 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: €125.00**

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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: 1 hr** *(Subject to therapist available)*

**Price: €185.00**



# NATURA BISSÉ FACIALS

## NATURA BISSÉ DIAMOND EXPERIENCE LIFE INFUSION RITUAL

“Innovative treatment to reverse skin aging and provide a lifted, perfected appearance. The art of rejuvenation”  
An innovative treatment that infuses life into your skin in order to preserve youth and beauty. This revolutionary experience provides unprecedented rejuvenating action by regulating the 4-key skin-age biomarkers.

This intensive, comprehensive treatment results in firmer, more luminous and visibly younger looking skin. Redefines your facial contour, improves skin texture and fades wrinkles and expression lines in just one session. An amazing “youth elixir” that unveils renewed skin that is soft, smooth and wonderfully rejuvenated.

*Our Experience includes:*

- Luxurious diamond white collection cleansing ritual massage • Triple exfoliation: glycolic + other AHAs + carboxitherapy • Relaxing Shirodhara DIAMOND massage • Lifting, firming and sculpting myofacial massage
- Highly effective concentrate to regulate biomarkers in the skin
- Exclusive luminous gold and pearl nourishing mask • Luminous sun protection with SPF 50

**Treatment Duration: 1 hr 30 mins**

**Price: €295.00**

## NATURA BISSÉ DIAMOND WHITENING SYSTEM INTENSIVE LIGHTENING CORRECTING PROTOCOL FOR FLAWLESS SKIN

“Expert depigmentation treatment for spot-free skin”

Natura Bissé’s cosmetic response to the search for skin free from dark spots and blemishes. The effectiveness of this depigmentation method is based on 3 pillars: renewing, depigmentation and illuminating; through these pillars, it delivers remarkably even tone and skin texture. The elevated concentrations of spot-correcting 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. Show off a spectacularly luminous, even-toned and velvety complexion; the ultimate answer to beauty without dark spots.

*Our Experience includes:*

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

**Treatment Duration: 1 hr**

**Price: €215.00**

## NATURA BISSÉ THE SKIN COMFORT A CALMING, FIRMING, ANTI-INFLAMMATORY TREATMENT FOR EVEN THE MOST SENSITIVE SKIN

“Maximum comfort for your skin”

The ultimate answer to sensitive and reactive skin types that display conditions such as red spots, dilated capillaries or inflammation. This treatment combines ingredients that repair and decongest, thanks to its ultra-softening botanical ingredients. Visibly soothes skin, providing maximum relief and comfort. Discernibly improves the appearance of congested skin and strengthens your self-defense mechanisms against harmful aggressors. This avant-garde cosmetic repair treatment restores the balance of your 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

*\*Precautions: If there are any medical issues, we recommend consulting your healthcare*

**Treatment Duration: 1 hr**

**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: 1 hr**

**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 revitalised, creating a profoundly sculpted, youthful effect.

**Treatment Duration: 1 hr**

**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, energising nutrients. Skin is left smoother, plumper and luminously radiant - stress-free and lit up with good health.

**Treatment Duration: 1 hr**

**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: 1 hr**

**Price: €160.00**



# ELEMIS BIOTEC FACIALS

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## **ELEMIS BIOTEC Facials**

Seven highly effective, super charged facial treatments, targeting specific skin needs to reveal a new generation of facial for uncompromising results and clients experience, the unique fusion of actives, technology and touch’.

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### **BIOTEC Line Eraser**

Wrinkles are targeted with firming and toning micro current pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energising Amber balm.

Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

**Treatment Duration: 1 hr**

**Price: €180.00**

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### **BIOTEC Firm-a-Lift**

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting technology. Circulation stimulating Arjuna, Gardenia stem cells and Alaria Esculenta seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

**Treatment Duration: 1 hr**

**Price: €180.00**

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### **BIOTEC Anti-Pigment Brightener**

This powerful, targeted skin-brightening treatment visibly illuminates the complexion, dynamically treating the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy is combined with precision massage to help wash out melanin and reduce dullness. A peel off mask of Vitamin C and Daisy extract reduces pigmentation, while mineral-rich Sea Algae intensely moisturises. The result is skin that is youthful, refined and naturally translucent.

**Treatment Duration: 1 hr**

**Price: €180.00**



# ELEMIS BIOTEC FACIALS

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## **BIOTEC Skin Resurfacer**

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

**Treatment Duration: 1 hr**

**Price: €180.00**

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## **BIOTEC Radiance Renew**

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, while the Galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated. Instantly clearer, visibly brighter and radiant.

**Treatment Duration: 1 hr**

**Price: €180.00**

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## **BIOTEC Blemish Control**

A deep cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully antioxidant, anti-bacterial activator containing Salicylic acid and inflammation-reducing Iris soothes and smooth's while light therapy helps balance and clear the complexion, speeding up recovery.

**Treatment Duration: 1 hr**

**Price: €180.00**

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## **BIOTEC Sensitive Skin Soother**

The anti-redness treatment that calms and soothes sensitive skin. Using an activator rich in Frankincense and natural anti-inflammatory Willow herb, the skin is infused with oxygen to encourage cellular restoration, perfect balance and structural strength. Red light therapy operates in harmony with calming antioxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

**Treatment Duration: 1 hr**

**Price: €180.00**

# FOR THE GENTLEMEN

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## **ELEMIS High Performance Skin Energiser Facial**

Energises stressed, dehydrated skin with targeted circulation-boosting massage to revitalise and nourish.

The revolutionary results of this face and eye treatment instantly firms, rejuvenates and plumps the skin, whilst helping to reduce dark circles.

**Treatment Duration: 1 hr**

**Price: €160.00**

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## **ELEMIS BIOTEC Super-Charge Facial for Men**

High performance facial for men to de-grease, de-age and calm a stressed, dehydrated skin. Skin is completely re-charged with the powerful men's activator, an anti-ageing complex formulation. A powerful trio of ultrasonic peeling, steam and galvanic current deeply clean, exfoliate and power-up the high potency plant actives to help reduce all visible signs of stress, tiredness and ageing.

**Treatment Duration: 1 hr**

**Price: €180.00**

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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. A warm oil back massage is then completed to help calm and soothe the area, while releasing any built up tension. A balancing seaweed mask is then applied to the back area which helps to heal and nourish even the most problematic skin with the treatment finishing with a blissful foot, leg and back massage!

**Treatment Duration: 1 hr**

**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:**

All Spa services are suitable for Ladies and Gentlemen, review the full spa menu for all services.



# ASHFORD CASTLE HAMMAM CEREMONIES

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In centuries past the Hammam was known as the ‘silent doctor’ a place of cleansing and healing for both body and soul. Indulge yourself in traditional Middle Eastern treatments while your imagination takes you on a mystical journey into the past that traces its roots back to the Roman Thermae.

Saraong and bathing suits required.

A Hammam session can be added to any spa treatment or for a unique individual or couples experience.

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## **The Ashford Soapy Massage Cleanse**

A deeply cleaning ritual using seaweed soap and Atlantic sea salt to exfoliate dead skin cells, nourish and hydrate skin, leaving your skin looking radiant you feel cleansed and invigorated.

**Time Duration: 45 minutes**

**Price: € 140.00**

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## **The ‘Scrub’ Seaweed Experience**

A deep cleansing ritual using Seaweed and Salt to exfoliate the dead cells.

Leaves skin looking radiant – you feel completely cleansed and invigorated.

**Time Duration: 45 minutes**

**Price: €140.00**

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## **Hammam Experience** *(without therapist)*

Reserve a private session in the Hammam, this unique experience can be booked individually or with a friend or partner, the treatment commences with a steam experience before choosing your cleansing products for a self-application.

### **Choose from:**

Deep Cleansing Sea Salt, Bladderwrack Body Buff or Tangle me up body mask,

Apply and relax and unwind on our heated stone beds. Afterwards re-hydrate the body with our Infusion water and softly does it moisturizer.

**Time 60 minutes - €120.00pp**

## 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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**Eye Brow Shape**

€25.00

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**Eye Brow Tint**

€ 25.00

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**Eye Lash Tint**

€25.00

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**Eye Brow 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 )

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### Red Carnation Signature Manicure

€85.00

A full health boost for your nails.

(Personal file and polish to take home )

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### OPI File & Polish Fingers or Toes

€30.00

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### 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 GelColor 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!

GelColor will give you weeks of glossy OPI colour 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

## New Spa Arrival

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### Residents of Ashford Castle

It is advisable to arrive at the spa reception at least 15 minutes prior to your treatment reservation. We kindly ask that you come from your Room prepared in your robe and slippers.

Please be aware that late arrivals will not receive an extension to their treatment, but a full charge may be Incurred.

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### Spa Reservations

To make a spa 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](mailto:thespa@ashfordcastle.com)

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### Spa Consultation

Please be advised all spa reservation will be re-confirmed 48 hours prior to your Spa Experience and on arrival completing your medical questionnaire / consultation.

### Spa Relaxation Room

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

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### Age Requirements

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

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### Health Conditions

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

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### Spa Attire

For your comfort Hotel guests please arrive from your bedroom robe to help with their continued relaxation.

Our Changing room facilities are limited.  
Disposable underwear is provided for your comfort during your spa treatments.

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### Spa Facilities

All Spa Facilities Must be reserved on the hour for a period of 45 minutes. We would like to advise you, however to bring a bathing suit if you wish to use the Relaxation Pool, gym attire for the Fitness Suite.

Such Facilities will be required to be reserved in advance and are limited.

Guests are advised to come prepared from their room in their Robe and Slippers / Fitness Attire.

Towels will be supplied at the Spa.

## Spa Etiquette

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

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### 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 of the Spa. Please take this opportunity to view our Spa video. [www.ashfordcastle.com](http://www.ashfordcastle.com)

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### 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.

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### Smoking is prohibited throughout the Spa.

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### 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.

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### 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.

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### 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 time of treatment or purchase.

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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 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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### **Relaxation Pool, essence infused Steam Room and Fitness Studio:**

**8:00am - 7:00pm**

**Bookings are required.**

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### **Children Relaxation Pool Access Times:**

**8:00am, 9:00am, 5:00pm, 6:00pm**

*( All children under 16 years must be accompanied  
to the relaxation pool and supervised, Times subject to change. )*

**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)

Web: [www.ashfordcastle.com](http://www.ashfordcastle.com)



**ASHFORD CASTLE**

HOTEL & COUNTRY ESTATE  
EXCELLENCE SINCE 1228















# ASHFORD CASTLE

HOTEL & COUNTRY ESTATE  
EXCELLENCE SINCE 1298



Cong, County Mayo, F31 CA48, Ireland.

Web: [www.ashfordcastle.com](http://www.ashfordcastle.com)