



### REFRESH AND RENEW

This treatment includes a body exfoliation, followed by a relaxing outdoor bath which overlooks Ardmore Bay. While in the bath, you can apply our nourishing face mask and let our custom made product comfort your skin in the fresh air.

60 minutes | €95 per person

### HOT STONE MASSAGE (Back of Body)

A deeply relaxing massage with the hot stones releasing tension and stress.

40 minutes | €90 per person

### THE WELL BY THE SEA FOOT RITUAL

Treat tired feet with a relaxing soak in warm seaweed, followed by a foot and lower leg exfoliation and a peat mask to stimulate and improve circulation as well as nourish the skin, finishing with a relaxing massage on the lower leg and foot.

40 minutes | €75 per person

In response to current circumstances, we have refined our treatment menu to ensure close contact is limited and your safety is prioritised.

Booking is essential



### CLIFF HOUSE ESCAPE

Unwind and relax with a luxury upper body and head treatment, enjoy a deep cleanse on your back using our peat mask followed by a nourishing massage to release any tension with our luxury custom made body oil.

40 minutes | €90 per person

### THE WELL FACIAL THERAPY

A luxury facial customised for your skin that includes a full-face, neck and chest massage. This transformative treatment includes our signature peat mask renowned for its remineralising & restorative properties.

45 minutes | €90 per person

### TIME FOR YOU

A reviving treatment that includes a back exfoliation and massage, a hydrating express facial, a lower leg and foot peat mask and to finish choose to add either relaxing leg massage **OR** a luxury file and paint on toes.

75 minutes | €125 per person

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## OUTDOOR BATHING THERAPIES

Unique among luxury spas in Ireland, our bathing therapies take place in two special outdoor baths, allowing you to breathe the fresh sea air while soaking in a hot bath.

### ORGANIC PEAT BATH

Soothe away aches and pains and relieve stress and fatigue with Irish peat and ginger.

### ORGANIC SEAWEED BATH

A skin plumping bath that relaxes muscles and supports skin rejuvenation using organic seaweed harvested from the Irish coast.

### CALMING ESSENTIAL OIL THERAPY

These salts are hand blended using essential oils and flowers to create a unique, deep and herbaceous scent. The beautiful floral fragrance will bring you on a journey along our cliff walk.

### DETOX ESSENTIAL OIL THERAPY

Our seaweed and mineral triple-blend bath salts provide a complete detoxification experience. Combined with essential oils, this bath will stimulate and refresh as well as cleanse your body.

45 minutes | €50 per person

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