



TREATMENTS & ACTIVITIES

Facials

FACIALS USING NATURAL INGREDIENTS

We offer a number of facials at our luxury spa in Ireland, all of them notable for their tangible results. Some use Anne Semonin products using natural ingredients and plant extracts; others use Voya, an Irish brand that relies upon natural ingredients from the sea.

Anne Semonin Eternal Youth Cryotherapy Facial

55 mins - €110

A superior anti-ageing and skin-brightening facial that chills the skin's surface to restore radiance.

Anne Semonin Marine Mineral Purifier

75 mins - €110

A deep cleansing, purifying facial that soothes and detoxifies. Ideal for combination or problematic skin types.

Anne Semonin Soothing Skin Saviour

55 mins - €90

Calming and soothing for sensitive and sun-damaged skin, this treatment alleviates tissue damage.

Anne Semonin Oligo Skin Protect

55 mins - €90

The ultimate in anti - oxidant defence, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells.

Anne Semonin Skin Renewal Facial

75 mins - €125

A renewing facial that will give your skin a luxurious glow and incredible softness. A micronised crystal powder followed by a magic acid emulsion and a repairing mask will reinvent the surface of your skin instantly.

Facials

Anne Semonin Sublime Radiance Facial

25 minutes - €45

A tailor made treatment to replenish, hydrate and refresh the skin.

Anne Semonin For Your Eyes Only

45 mins - €85

Revolutionary 'Eye Radiance' ice cubes enhance and lift the eye area while a lymphatic massage relaxes eye muscle fatigue, shadows and lines.

Includes a stress-relieving shoulder massage.

Voya Anti-Ageing Restorative Facial

70 mins - €110

This treatment is suitable for all skin types, particularly for those in search of anti-ageing results.

The anti-ageing restorative facial is designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes with a restorative blend of aromatherapy oils.

Voya Self Discovery Radiance Facial

55 mins - €95

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalising and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion. Allow your therapist to tailor make your facial specifically to your skin's unique needs.

Voya Express Facial and Eye Treatment

45 minutes - €70

A hydrating, anti ageing , refreshing facial including Voyas organic eye compresses to rejuvenate the eyes.

Massage Therapy

EXPERT MASSAGE THERAPISTS AT OUR LUXURY SPA

Body massages at The Well are targeted to your specific needs, whether you are seeking to galvanise a sluggish circulation, relieve stress and tension or simply relax.

Anne Semonin Made To Measure Full Body Massage 55 mins - €90

This wonderfully therapeutic massage using a unique aromatherapy oil blend chosen for you. It will allow you to relax, unwind and destress. Allow our therapists to create this massage to suit all of your concerns using a selection of techniques and strengths depending on your needs, choose from energising, antioxidant, detoxifying or relaxing

Hot Stone Full Body Massage 75 mins - €115

A full body massage using heated basalt stones to promote deep relaxation and quality sleep.

Back, Neck and Shoulder Massage 25 mins - €55

with Hot Stones - €65

A powerful stress-relieving massage with the option of hot stones. This targets tension in the back, neck and shoulders.

Anne Semonin Mistletoe Relaxing Scalp Treatment 45 mins - €65

A deeply relaxing and healing treatment for the face, neck, shoulders and scalp.

Anne Semonin Anti-Stress Back Therapy 55 mins - €90

A self-heating mineral mud treatment for the back, neck and shoulders is designed to release tension and combat tight muscles, meanwhile the back, feet and lower legs are massaged to improve relaxation and circulation allowing a powerful sense of wellbeing.

Voya Organic Detox Herbal Bag Massage 55 mins - €95

A deeply relaxing full body massage using warm steamed bags of orange, clove, ginger and fucus serratus seaweed that release precious seaweed oils to nourish the skin.

Voya Seaweed Hot Stone Massage 75 mins - €125

Seaweed and hot stones work together in this dual-action body treatment to soothe muscles and soften skin.

Voyager Massage Journey 90 min - €125

A complete top to toe relaxation journey, incorporating scalp massage, face massage, stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements. The ultimate luxury treatment to relieve aches and pains tailored to individual needs.

Body Wraps, Scrubs and Rituals

SEA-INSPIRED BODY TREATMENTS FOR RADIANT SKIN

Body wraps and scrubs at The Well make use of natural ingredients from Bora Bora White Sand to Irish seaweed, the marine ingredients helping to detoxify at a deeper level.

Choose Anne Semonin scrub and wrap specifically to suit your skin, each treatment involves a sea salt exfoliation, a scalp massage while cocooned in your wrap of choice, followed by shower and moisturising body lotion.

Anne Semonin Wrap Choices

65 mins - €100

Deep Moisture Body Envelopment -

This anti-ageing, energizing, nourishing treatment is perfect for hydrating the skin. This treatment included a body exfoliation and body wrap.

Pink Kaolin Clay Envelopment -

An ultra hydrating wrap using plant complexes and pink kaolin clay to reveal smooth, supple, rehydrated skin.

Detoxifying Spirulina Envelopment -

A detoxifying and energy boosting treatment, this powerful cleansing and remineralising treatment helps boost circulation and naturally re-metabolises the body to kick start and maintain the elimination of toxins.

Nude Warm Sand Body Ritual

85 mins - €130

White Sand from Bora Bora and aromatic oils sweep away dry skin followed by a full body massage to re-awaken the senses.

Anne Semonin Body Polish

45 mins - €65

A natural salt and oil body polish that nourishes skin and is especially beneficial before a body massage.

Organic Warm Spiced Mud Wrap

65 mins - €100

Enjoy a luxury mud wrap with seaweed from the ocean combined with purifying elements of peat to produce a mud wrap rich in potent antioxidants, minerals and enhanced with ginger and cinnamon. This treatment is detoxifying and anti-ageing.

Ocean Essence Wrap

65 mins - €100

This is an organic wrap treatment that stimulates the blood and lymph flow, It is an excellent skin rejuvenator with the smoothening and moisturising effects of seaweed.

Voya Dry Body Brushing Ritual

75 mins - €100

A stimulating treatment to improve blood and lymph flow, which includes a full body massage.

Time to Shine Body Buff and Back Massage

55 minutes - €90

A full body scrub exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts followed by a back, neck and shoulder massage.

Organic Lavender and Seaweed Sugar Exfoliation

45 minutes - €65

This treatment uses a medley of ingredients including organic seaweed, organic lavender buds and organic sugar to invigorate, exfoliate and nourish the skin.

Top to Toe Therapies

MASSAGES & FACIALS FOR BALANCE & REJUVENATION

Our top-to-toe therapies combine tension-relieving bodywork with tailor-made facial treatments, resulting in a sense of total rejuvenation.

Anne Semonin Serenity

85 mins – €125

A signature treatment including a facial to brighten the skin coupled with a hot stone back massage to release stress and tension.

Anne Semonin Complete Harmony

75 mins - €115

A soothing back, neck and shoulder anti-stress massage combined with a rejuvenating, tailor-made facial.

Voya Mindful Moments Sleeping Ritual

85 mins - €125

This relaxing treatment offers luxury and comfort in an incomparable sleep encouraging experience. Be ready to have stress and strains melt away and experience the ultimate sensory boost to aid the perfect nights sleep. This treatment incorporates massage and meditation techniques.

Anne Semonin Top-To-Toe Treatment

85 mins - €125

A deep back cleanse and exfoliation followed with a back, neck and scalp massage, a rehydrating facial and a pressure-point foot and leg massage.

Voya Deluxe Facial Experience

85 mins - €125

The treatment starts with a relaxing back massage to induce relaxation and gently melt away muscular pain. Next, let us raise your organic skincare expectations with a 70 min results driven hydrating and purifying facial.

Cliff House Journey

75 mins - €115

A totally relaxing treatment using Voya's Seaweed products to relieve tension in the scalp and refresh tired eyes, while the organic seaweed eye compress are rejuvenating your eyes, your therapist will recharge circulation of the lower limbs with a peppermint sugar glow scrub followed by a deeply relaxing massage on your lower leg and feet.

Mums to Be

NURTURING TREATMENTS FOR MOTHERS-TO-BE

Our “Mums to be” treatments are designed specifically for those expecting, to guarantee comfort and enhance your relaxation time.

Anne Semonin Baby Bliss Pregnancy Facial

55 mins – €90

Rehydrating and soothing treatment for hormonal or unbalanced skins.

Nurturing Mother-To-Be Treatment

75 mins - €115

A tailor-made facial, back massage and lower leg massage to help with fluid retention, tired legs and muscle fatigue.

Me Time

1hr 45 mins - €120

A luxury scalp therapy including a cleanse and tone on the face, relieving stress from head, neck and shoulders - followed by a full leg massage and luxury pedicure.

Organic Foot Ritual

45 mins - €65

Re-charge circulation of the lower limbs and refine your skin including a sea salt scrub exfoliation from the knees down. followed by a relaxing massage of the lower legs after which your legs are wrapped seaweed leaves to increase circulation & nourish tired feet & legs.

Organic Hand Ritual

45 mins - €65

To nourish, recondition and refine your hands you will first enjoy a Time to Shine exfoliation from the hand to elbow. Then a deeply relaxing massage of the hand & arm after which your hands are wrapped in seaweed leaves to hydrate, increase circulation & nourish dry hands.

Men Only

ACHIEVE RESULTS, SLEEP BETTER AND RELAX BY THE SEA

Most of our therapies are suited to men, so feel free to choose from the entire brochure. Below are some specially curated by our Spa Team.

Anne Semonin Deep Cleansing Detoxifying Facial For Men

75 mins - €110

A deep cleansing, purifying facial that soothes and detoxifies. Ideal for combination or problematic skin types.

Dad's To-Be Intense Defence Facial

55 mins - €95

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, allowing for a deeper cleanse. You will enjoy a beautiful facial and scalp massage, Fantastic for those effected with shaving rash, razor burn or ingrown hairs.

The Cliff House Express Voya Facial For Men

25 mins - €45

A holistic facial using organic seaweed extracts to rehydrate the skin and alleviate fine lines.

Anne Semonin Anti Stress Back Therapy

55 mins - €90

A self-heating mineral mud treatment for the back, neck and shoulders is designed to release tension and combat tight muscles, meanwhile the back, feet and lower legs are massaged to improve relaxation and circulation allowing a powerful sense of wellbeing.

Male Hot Stone Massage with Scalp Massage

85 mins - €120

A full body massage using heated basalt stones with a healing scalp massage to promote deep relaxation and quality sleep.

Bath and Back Massage

70 mins - €90

A peat outdoor bathing experience to soothe any muscle ache followed by a stress relieving massage that targets tension in the back.

Spa Days

A LUXURY EXPERIENCE

For a more complete spa experience, benefit from a full or half-day of spa treatments with our carefully curated spa days. Herbal teas will be offered to you throughout your time with us. Should you wish to include a lunch add on, please discuss our seasonal menus with us at time of booking.

You have full use of the general facilities during your spa day with us. An outdoor bathing experience can be added for €40. To make full use of all, we would advise you arrive an hour before your treatment. These spa days also make excellent gifts and are available to purchase as Cliff House Hotel gift vouchers.

Ladies Escape - 90mins €115

A full body polish followed by a luxurious Anne Semonin Scalp Treatment.

Mankind - 75mins €105

A stress relieving back, neck and shoulder massage followed by an Express Facial using Voya organic products.

Cliff House Lady's Collection Day - 3hrs €225

A warm sand body ritual followed by a Voya Express facial, and an express manicure and pedicure.

Cliff House Men's Collection Day - 3hrs €250

A deep cleansing marine facial is followed with a Hot Stone full body massage including a self heating mud mask to help release any knots and tension on the back.

Back to Basics - 2hrs 30mins €125

Using our expert waxing techniques you will enjoy a half leg, underarm and bikini wax, followed by a express manicure and pedicure. Finishing with an eyebrow wax and tint and lash tint – perfect grooming.

Pure Bliss - 2 hrs €140

A complete and calming journey. Let your therapist untangle your knots with a back, neck and shoulder massage then revive your skin with our tailor-made facial using aromatherapy and marine minerals. Finishes with an express manicure and pedicure.

The Well Spa Relaxation Ritual - 85 mins €125

Refresh all senses with our back and scalp therapy treatment with our unique express skin renewal facial.

Double Treatments

Time for Two - 2hrs 30mins €160 per person

Take time out in our luxurious double treatment room and rejuvenate with our full body massage, hydra express facial followed by an outdoor bath while enjoying the amazing views overlooking Ardmore Bay.

Couples Retreat - 90mins €125 per person

Enjoy a full body massage and scalp therapy in our stunning double treatment room overlooking Ardmore Bay

The Cliff House Back and Scalp Therapy for Two - 45 mins €65 per person

A deeply relaxing and healing treatment for the back, neck, shoulders and scalp with hot oils and hot towels through your hair.

Cliff House Signature Serenity Treatment - 85 mins €125 per person

A signature treatment including a made to measure facial to brighten the skin coupled with a hot stone back massage to release stress and tension. Enjoy these relaxing treatments together while taking in the views of Ardmore bay.

Bathing Therapies

OUTDOOR BATHING THERAPIES WITH SEA VIEWS

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 infused with revitalising, natural products.

For optimum results we recommend a full body exfoliation (please allow 30 minutes for this, before your bathing experience).

Organic Seaweed Bath

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

Aroma Salt and Essential Oil Bath Therapy

A healing soak using a blend of salt with lemon, lime, clove, basil, mandarin and patchouli essential oils to relax and rehydrate.

Organic Peat Bath

Irish peat and ginger work to soothe away aches and pains and relieve stress and fatigue.

Cliff House Bathing Therapy

Enjoy soaking in Voyas organic lavender grain and seaweed oil bath, submerge yourself into the enticing water and allow the infusion to work its magic.

**Each bath is €40 - 45 mins
Including exfoliation, €65**

Precision Pampering

PRECISION PAMPERING ON YOUR IRISH SPA HOLIDAY

For those either too busy to attend to their beauty regimen before arrival at The Cliff House Hotel, or others who just seek an extra boost of pampering, we offer a number of beauty treatments, including manicures by BioSculpture and Lycon Waxing.

Luxury Manicure

75 mins - €65

Luxury French Manicure

75 mins - €70

Luxury Pedicure

75 mins - €65

Luxury French Pedicure

75 mins - €70

Luxury Male Manicure

45 mins - €40

Luxury Male Pedicure

45 mins - €40

Express Manicure or Pedicure

25 mins - €20

Express French Manicure or Pedicure

30 mins - €25

Express two week Manicure or Pedicure

35 mins - €40

Luxury two week Manicure or Pedicure

85 mins - €75

LYCON WAX

Full Leg and Bikini Wax

55 mins - €50

Half Leg Wax

30 mins - €25

Lip Wax

15 mins - €10

Under Arm Wax

15 mins - €15

Bikini Line Wax

15 mins - €20

High Cut Bikini Wax

25 mins - €30

Half Leg, Bikini, Underarm

1hr - €45

Eyebrow Shape

15 mins - €10

Eyelash Tint

20 mins - €18

Eyebrow Shape, Tint and Eyelash Tint

30 mins - €25

Wellness Activities

FIVE-STAR SPA HOTEL - INSPIRED BY THE GREAT OUTDOORS

As part of your luxury spa experience in Ireland, we encourage you to get fit and feel well by making use of the great outdoors. We therefore offer a whole range of wellness activities, some of which are suitable for our younger guests - and almost all of which are available in and around Ardmore itself.

Unless specified, prices are per person (but based on a minimum two person booking). Individual guests can be taken care of, but with a small surcharge. Under 16s can benefit from a discount available on booking. The minimum age is generally eight years. Bookings require advance notice and a booking deposit, especially during the summer season when the area is busiest. Please note some activities are weather dependent and we reserve the right to cancel with your safety in mind. We also encourage you to take a look at our Destination Highlights for more possibilities.

Yoga - 1 hour - €50

Private yoga classes with our expert practitioners on an individual or group basis.

Archery - 1 hour - €20

The archery field is located in Ardmore in view of the sea. There are four targets. We use fibreglass bows based on traditional recurve designs. Tuition is provided for beginners.

Sea Kayaking - 3 hours - €45 / 6 hours - €75

This active adventure allows you to get up close to the birds, seals and dolphins of Ardmore Bay with sit-on sea kayaks. You can explore sea cliffs, caves, sea stacks and pay a visit to the Samson wreck.

Kayak and Climb - 6 hours - €75

This full day of activity combines rock climbing and sea kayaking with lunch at beautiful Goat Island.

Moonlight Paddle - 2 hours - €45

Enjoy the sounds of Ardmore Bay at night, and see phosphorescence in the water as you kayak by the light of the moon. Pre booking essential.

Blackwater Kayaking - 3hrs €50pp

Travel by kayak along the majestic Blackwater River, Ireland's second largest river, taking in the scenery, wildlife and stately homes. Pre booking essential.

*River trips need a minimum of four persons. Start times vary depending on tide and conditions.

Wellness Activities

Stand – Up Paddle Boarding – 1 hour - €35

An off shoot of surfing but very approachable for novices, this flat water activity requires no previous experience

Rock Climbing and Abseiling - 3 hours - €45

Experience the thrill of rock climbing and abseiling on sea cliffs close to our hotel. No prior experience is required.

Coasteering – 3 hours - €45

Jump from ledges and cliffs and swim along as exploring the Ardmore coastline

Guided Hiking - €150

Our guided hike in the Comeragh Mountains (40-minute drive) follows the Coumshinguan Loop Walk with its dramatic rocky coums. Full day, by request, for a minimum of two - excluding transport and lunch.

Local Cliff Walk - Map available at spa reception

This unguided route from the hotel takes you around Ardmore Head and Ram's Head, passing the Sampson wreck and Father O'Donnell's Well.

Nature Walks - Andrew Malcolm is West Waterford's best guide for nature walks - and can lead you on bespoke foraging, whale and birdwatching hikes. By request only.

Hole-in-One Golf - Tee-off into the sea in the direction of our floating green in the middle of Ardmore Bay. Our biodegradable golf balls turn into fish food in 48 hours. These are €1 per ball and can be purchased at spa reception.

Gift Vouchers

Gifts from the Well

Treat yourself or someone special to a gift of wellness from The Cliff House Hotel. Gift vouchers are available for all experiences and monetary amounts from our reception desk or can be purchased online www.cliffhousehotel.ie

Spa products are available for trial and to purchase from our gift shop .

Medical Conditions

At The Well we want to take care of your entire well-being and so all treatments are booked subject to medical status, which must be disclosed on booking. If you have a medical condition and would like to discuss your treatment options, our staff are happy to discuss in confidence with you. All medical conditions must be disclosed to our staff.

Cancellation Policy

As a courtesy to other spa clients please give us at least 72 hours notice if you need to cancel. Please note there is a cancellation fee of 50% if the cancellation is made less than 72 hours prior to the booking. No shows and on the day cancellations will be charged 100% of treatment costs.

Please note: Prices are per person and correct at time of print. They are subject to alteration. We reserve the right to change prices or modify treatments without prior notice to ensure that maximum standards of service and quality are met.

Etiquette

Please Remember

- To arrive at least 15 minutes before your appointment time – this will allow time for you to relax into your surroundings and complete a consultation before your treatment commences. Late arrival could result in your treatment time being shortened as all treatments will end at the scheduled time.
- Please respect other guests' privacy and need for quiet by turning off your mobile phone, allowing you and other guests, total undisturbed relaxation.
- Our hotel welcomes families and so children are permitted to use the swimming pool from 8am – 8pm. There is no lifeguard on duty so parents must supervise swimming children at all times. Children can only use the pool and are not permitted in other areas of the spa.
- To secure all your valuables – preferably don't bring them with you at all – we cannot take responsibility for them.
- To ensure that we are informed of any health issues when booking your treatment and before treatment commences.
- To bring swimwear for the pool, sauna and steam room – they are obligatory.
- To bring appropriate gym wear and gym shoes for use within this area – we cannot allow use of the equipment if you are not safely dressed.
- We will provide guests with gown and slippers for use while at the Spa/Swimming Pool.
- Spa treatments are for adults over 16 years of age only.

How to Book

Email: **thewell@cliffhousehotel.ie** or call **+353 24 87830**

Opening Hours: Monday – Sunday from 08.00 – 20.00

Alternatively a booking query can be sent through our website

www.clliffhousehotel.ie

A credit card will be requested as a guarantee at time of booking. If you cannot see your preferred treatment in this booklet, please call us to discuss. Our well trained staff can tailor a treatment to your needs. All day guests enjoying treatments of €85 and more can enjoy access on the day to the swimming pool, sauna, Jacuzzi, relaxation and fitness room.

THE WELL
CLIFF HOUSE HOTEL