



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 | Indoor only

HOT STONE MASSAGE (Back of Body)

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

40 minutes | €90 per person | Indoor only

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 | Indoor or outdoor

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 | Indoor or outdoor

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



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 | Outdoor

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MINI FACIAL

Bring back the glow and add a mini facial to your outdoor bathing therapy or why not order to your room?

We have curated a Mini Facial kit where you will receive a perfectly portioned amount of face cleanser, facial scrub, face mask, luxury face oil, and scalp mask to treat and hydrate your hair. A full instruction card and mitt will complete the kit.

€35 per person | Indoor or outdoor

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