



THE WELL  
~~~~ BY THE ~~~~  
SEA

POOL & SPA



relax, restore and renew



## Natural therapies that reflect the seaside



Overlooking panoramic vistas  
of Ireland's seascape,  
The Well by the Sea  
is steeped in coastal magic.  
From spectacular views  
of the horizon to soothing whiffs  
of the ocean, every moment  
is truly blissful.



## Authentically Irish, sourced from native soil and sea.

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Named after the sacred spring at St. Declan's Well, our therapies and custom spa products are inspired by nature to nourish the body, mind, and spirit.

Designed by award-winning spa consultants, every product used in our treatments is made from a blend of 100% organic ingredients and includes unique elements such as Irish peat, carrageen moss and seaweed.





## ~~~~ SIGNATURE TREATMENTS ~~~~

### CLIFF COMPLETE BODY

55 mins | €120 | In Spa

A full body salt exfoliating treatment tailored by your therapist to suit specific skincare needs, this experience utilises our range of therapeutic body oils with calming Rose and Lavender or warming Rosemary and Arnica. To finish the treatment, our The Well at Cliff signature Chamomile and Organic Carrageen Moss Body Balm is applied to seal in moisture and leave skin soft and deeply hydrated.

Please let us know during the booking if you'd like to add a Scalp Massage to your treatment: 20 mins | €55 | In Spa

### THE WELL HOT TOWEL SCALP RITUAL

30 mins | €75 | In Spa

45 mins | €95 | In Spa

Our targeted and relaxing head, neck and shoulder massage includes an application of hot towels to promote muscle relaxation and prepare the scalp to allow absorption of active ingredients. With a blend of stimulating Peppermint and Geranium, our signature botanical hair oil is then applied with a hydrating white clay mask to condition hair and re-mineralise the scalp.

### PEAT FOR THE FEET

60 mins | €110 | In Spa

This grounding treatment uses organic peat sourced from the ancient bogs of Co. Laois known for its nourishing properties, which aid in reducing inflammation and stimulating blood flow.

Peat for the Feet is a one-of-a-kind foot treatment that re-energises the "sole" and leaves the skin soft and replenished. Relax and immerse your feet in a warm, cleansing foot soak, followed by a salt and rosemary exfoliation and lower leg and foot massage. Rich peat mud mask is then applied to stimulate circulation.

This treatment includes a scalp, neck, shoulder, and arm massage..

### THE WELL AT CLIFF FACIAL

65 mins | €140 | In Spa

Refresh your senses with our signature Cliff Facial. Allow yourself to relax with a personalised facial treatment customised for your skin. Commence your journey with a full face, neck and chest cleanse and exfoliation. Using our custom jade roller gua sha stone, cleanse your system with a lymph drainage technique. Complete this transformative treatment with our signature peat mask renowned for its remineralising and restorative properties.

Treatment includes a Cliff Facial Mist to take home.

## BODY CARE

### CLIFF CUSTOM SWEDISH MASSAGE

|         |  |      |
|---------|--|------|
| 25 mins |  | €65  |
| 45 mins |  | €95  |
| 55 mins |  | €115 |

Combining the healing power of touch, this deeply relaxing massage uses smooth stroking movements with light to medium pressure to encourage an increase in lymphatic circulation and balance the energy meridians in the body.

Choose from the following sequences using one of our signature botanical oils:

De-stress with Rose & Lavender Oil  
Muscle relaxation with Rosemary & Arnica Oil  
Pregnancy massage with Superseed Oil

### HOT STONE MASSAGE

|         |  |      |
|---------|--|------|
| 40 mins |  | €95  |
| 70 mins |  | €140 |

Applying the soothing benefits of heated stones, our Hot Stone Massage helps relieve muscle tension, reduces stress and promotes restorative sleep, essential for overall wellbeing.

### CLIFF HOUSE REFRESHER

|         |  |     |
|---------|--|-----|
| 35 mins |  | €75 |
|---------|--|-----|

Pamper your skin with a revitalising exfoliation, followed by a hydrating moisturiser, leaving it soft, refreshed and renewed.

### AROMA REFLEX MASSAGE

|         |  |      |
|---------|--|------|
| 55 mins |  | €100 |
|---------|--|------|

A truly invigorating treatment, our Aroma Reflex Massage helps in soothing the senses and inducing sleep. Working in synergy with 21 key reflex points, it aids in boosting the immune system and maintaining hormone balance.

### THE WELL ESCAPE

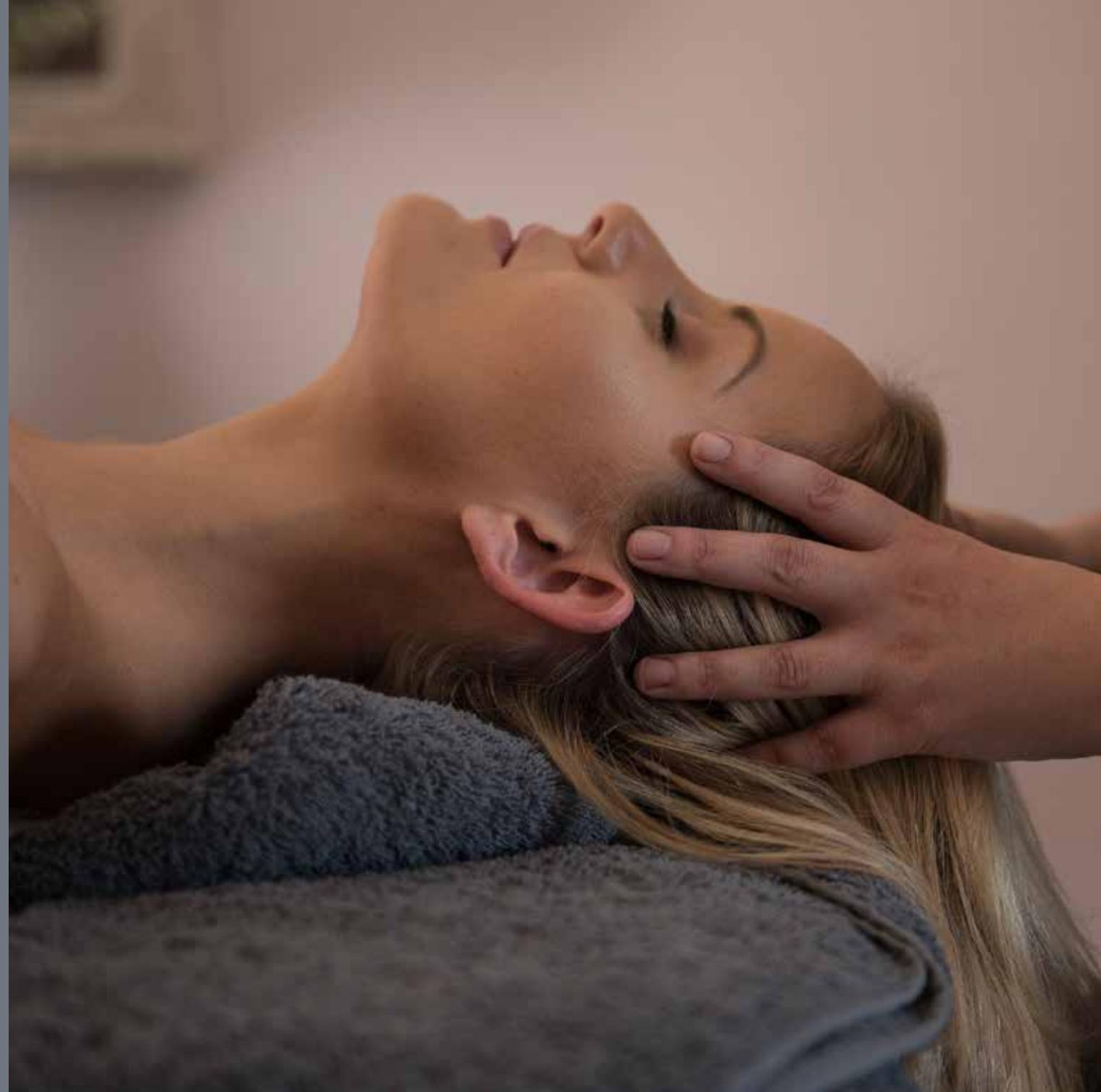
|         |  |      |
|---------|--|------|
| 80 mins |  | €150 |
|---------|--|------|

A full-body treatment designed to unclog pores and stimulate circulation, this experience begins with an exfoliating brush followed by a relaxing massage.

### THE WELL BY THE SEA GROUNDING RITUAL

|         |  |      |
|---------|--|------|
| 50 mins |  | €100 |
|---------|--|------|

Indulge your senses in sheer delight with The Well's exclusive Grounding Ritual. This sensory journey begins with a seaweed and salt foot soak, while the mind drifts into a blissful reverie, guided by meditative breathing. Nutrient-rich peat is applied to the back, as you savour a lower leg and foot massage with a nourishing blend of oils. Add on a 30-minute outdoor peat bath with this treatment at only €40.





## ~~~~~ FACE AND BODY ~~~~~

### THE WELL BOTANICAL FACIAL

45 mins | €95  
55 mins | €120

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

### TIME FOR YOU

75 mins | €145

Begin this invigorating therapy with a back exfoliation and massage, followed by a hydrating express facial. To finish your treatment, choose from either a lower leg and foot peat mask and massage OR a file and paint on the toes.

### OUT TO SEA | FACE & BODY TREATMENT

75 mins | €145

Let us take you on a journey – using our signature heated oils and hot stones, tension is released on the back-of-the-body, followed by a deeply relaxing and hydrating facial that includes lymphatic drainage on the face, neck and shoulders. Finally, be guided home with our luxury scalp massage and nourishing clay hair mask.

## ~~~~~ FINISHING TOUCHES ~~~~~

### CLASSIC PEDICURE

60 mins | €80

A classic pedicure to clean nails and remove dead skin. Beginning with a foot and lower leg exfoliation, relax and enjoy a soothing foot massage. File and polish included.

## ~~~~~ IN ROOM TREATMENT ~~~~~

### MINI FACIAL

€85 per person

For those who prefer to take their pampering in the comfort of their hotel room, we have curated an in-room Facial Set, 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 sized intense recovery face oil is also included as a part of this experience.

## ~~~~~ OUTDOOR BATHING THERAPIES ~~~~~

Offering a truly unique experience, our bathing therapies take place in two rustic copper baths, nestled amidst lush greenery, overlooking vast expanses of azure waters.

**ORGANIC PEAT BATH** 45 mins | €55 per person  
Relieve stress, fatigue and soothe every ache away with organic Irish peat and ginger.

**ORGANIC SEAWEED BATH** 45 mins | €55 per person  
A skin plumping bath that relaxes muscles and supports skin rejuvenation using organic seaweed harvested from the Irish coast.

**CALMING ESSENTIAL OIL THERAPY** 45 mins | €55 per person  
These salts are hand blended using essential oils and flowers to create a unique, deep and herbaceous scent. Encapsulating magic in every whiff, this heady floral fragrance promises to take you on a vicarious journey across Ardmore's dramatic cliffs.

**DETOX ESSENTIAL OIL THERAPY** 45 mins | €55 per person  
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.

## ~~~~~ BODY & BATH ~~~~~

**REFRESH AND RENEW** 60 mins | €100 per person  
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.

**RELAX AND UNWIND** 60 mins | €100 per person  
This treatment includes a shoulder, neck and scalp massage followed by an outdoor bathing therapy of your choice.





## ~~~~~ WELLNESS FOR PREGNANCY ~~~~~

### SEA TIME FOR MOM TO BE

75 mins | €145

This therapeutic treatment includes a relaxing, back, neck, and shoulder massage with our gentle Superseed Oil, followed by a botanical facial. Finish your therapy with a revitalising lower leg and foot massage.

### TAILORED BY YOU PREGNANCY TREATMENT

50 mins | €110

Choose any two from the following treatments:

Face, shoulder and arm massage

Lower leg and foot ritual

Refresher facial

Back massage

Back therapy: exfoliation, mask and moisturise

### PREGNANCY OUTDOOR BATH

45 mins | €55

Fancy some well-deserved pampering before the baby arrives? Immerse your senses in a rejuvenating superseed and salt bath, while indulging in glorious vistas of the Atlantic blue.

## ~~~~~ WELLNESS TREATMENTS FOR CANCER AND ILLNESS ~~~~~

Our therapists are trained to provide treatments for those who have experienced or living with cancer and other illnesses. Please let us know at the time of booking and we can discuss the right treatment for you.



## Recharge with active wellness



We offer an extensive range of activities from yoga and meditation to rock climbing and kayaking, allowing you to 'Get CLIFF Fit' and have fun in the great outdoors.



## ~~~~ ACTIVE WELLNESS ~~~~

### SEA KAYAKING

3 hours

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

### BLACKWATER KAYAKING

6 hours

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

### SUP (STAND UP PADDLE BOARDING)

2 hours

Standing on a paddleboard gives you a whole new perspective of the land and sea, while providing excellent exercise. This flat water activity requires no previous experience.

### GUIDED HIKING

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

\*For activity pricing and availability, please contact our concierge team. Please note prices are per person, but activities operate on a two person minimum. Activities are weather dependent and we reserve the right to cancel or change the location.

## ACTIVE WELLNESS

### YOGA & MEDITATION

Private yoga classes with our expert practitioners are available on an individual or group basis. Bookings require advance notice and a deposit, especially during summer season.

For group session up to 4 people

Private one on one

Private for two people

### 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 Samson 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.

### 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.

\*For activity pricing and availability, please contact our concierge team. Please note prices are per person, but activities operate on a two person minimum. Activities are weather dependent and we reserve the right to cancel or change the location.



## ETIQUETTE

- Please 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.
- Secure all your valuables in the lockers provided.
- 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.
- Ensure that we are informed of any health issues when booking your treatment and before treatment commences.
- Please bring swimwear for the pool, sauna and steam room – they are obligatory.
- Please bring appropriate gym wear and gym shoes for use within this area – otherwise we cannot allow use of the equipment if you are not safely dressed.
- We will provide you with a gown and slippers for use while at the spa.
- Children not permitted in the spa. Spa treatments are for adults over 16 years of age only.
- Spa facilities are for the use of those receiving spa treatments.

## GIFTS FROM THE WELL

Treat yourself or someone special to a gift of wellness at The Well by the Sea. Gift vouchers are available for all experiences and monetary amounts from our reception desk or can be purchased online at [cliff.ie](http://cliff.ie) or [cliffhousehotel.ie](http://cliffhousehotel.ie).

## HOW TO BOOK

**Email:** [thewell@cliffhousehotel.ie](mailto:thewell@cliffhousehotel.ie)

**Call:** +353 (0) 24 87800

**Opening Hours:** Monday - Sunday from 08.00 - 20.00

Alternatively a query can be sent through our website [www.cliffhousehotel.ie](http://www.cliffhousehotel.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 trained staff can tailor a treatment to suit your needs.

## MEDICAL CONDITIONS

At The Well by the Sea 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.

