

the  
castle  
spa

AT DROMOLAND

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Sensory serenity, history and luxury combined. Nestled deep within the historic stone walls of County Clare's iconic 16th century castle estate, The Castle Spa at Dromoland promises restful therapies, soothing treatments and invigorating beauty rituals, all inspired by one of Dromoland Castle's most revered guardians, Lady Ethel.

Our handpicked collection of premier spa brands – Dr. Barbara Sturm, Seabody and OSKIA – sit alongside natural ingredients and botanicals sourced from Dromoland's 500-acre estate. Our six treatment rooms include a twin suite, an Amber and Quartz Crystal bed, and sublime relaxation space, The Whisper Room, all created in a natural palette that exudes calm from the moment you enter until it's time to leave.

## Dr. Barbara Sturm

Providing hydration, nutrition and regeneration glow, Dr. Barbara Sturm's skin-healing philosophy delivers non-surgical, anti-aging and anti-inflammation treatments that rejuvenate stressed skin. An amalgamation of scientifically-driven aesthetic medicine and nature's reparative contributions, her products are free of synthetic fragrances, harsh preservatives and mineral oils. Infused with cutting-edge ingredients and suitable for all skin types, each innovative treatment rejuvenates tired complexions of all ages to deliver healthy, glowing skin without surgical intervention.

*"If you protect your skin, it will protect you back."*

## Seabody

Harvesting ocean plants from Ireland's Atlantic coastline to unlock their power, Seabody is a luxurious marine-based skincare line. Created in Ireland by a pioneering team of biochemists and nutritionists, each signature formula harnesses hardworking marine-based nutraceuticals that deliver powerful results. Each Seabody face and body treatment infuses traditional therapies with harmonising massage movements inspired by the soothing ebb and flow of the waves.

*"A science-led approach to health and beauty, harnessing natural marine bioactive molecules from seaweeds using sustainable clean technologies with zero waste."*

## OSKIA

OSKIA's unique approach to tailored, sumptuous, spa treatments combines traditional therapies with modern science. Using naturally-derived, bio-identical ingredients, OSKIA draws on the skincare benefits of MSM, a 'Beauty Mineral' that boosts collagen production, promotes circulation and enhances radiance for a brighter, younger looking complexion. OSKIA treatments instantly boost skin health while improving tone, texture and delivering a natural luminosity and lasting benefits. Highly effective treatments restore even the most tired complexions.

*"OSKIA cellular nutrients are the key to skin health and improving skin health is the cornerstone of corrective and preventative skincare."*

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## Signature Treatments

### Dromoland Seabody Signature

Indulgent and immersive, our Seabody Signature treatment combines a deep back massage to ease stress, with a touch facial harnessing the power of marine bio actives. Linking body and breath, this treatment offers a soothing experience using Gua Sha stones to massage the face and optimise the skin's health and vitality.

### Dromoland OSKIA Signature

A sensational experience, this luxurious face and body treatment combines OSKIA's radiance boosting and anti-ageing facial with the very best firm pressure massage to entirely renew your complexion and your sense of wellbeing.

## Quartz Bed

Experience a new wave of relaxation while enveloped in the Amber and Quartz Crystal bed. Warm crystals cocoon and shape around your body helping to release muscle tension and promote a deeper state of relaxation. The Quartz Treatment Room is designed for solo use to truly benefit from the therapeutic treatments.

## Quartz Hot Poultice

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed Amber and Quartz poultice, and combining the power of jasmine and mint essential oils, each area of tension is specifically targeted with vibrational energy to remineralise. Knots are eased. Tension is dissolved.

## Amber & Quartz Crystal Sound Bath

Experience the healing power of sound as it resonates through your body. This innovative treatment combines the therapeutic benefits of the Amber and Quartz Crystal bed with a head, neck and shoulder massage and the vibrations that emanate from sound bowls to lull the mind into a meditative state.

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## Facial Therapy – Dr. Barbara Sturm

### Sturmglow

The signature #SturmGlow facial contains a combination of massage techniques, increasing blood and oxygen flow, whilst toning and defining facial muscles. This revitalising facial will cleanse, nourish and awaken the skin, and help restore the complexion's natural and healthy looking glow. Hyaluronic ampoules are infused into the skin and provide intensive hydration at both upper and deeper skin layers.

This facial targets key areas of concern to instantly smooth fine lines, reduce puffiness, lift and define the cheekbones and jawline, and give skin a youthful glow.

### Super Anti-aging

The antioxidant infused and peptide rich, anti-aging serum reduces fine lines and wrinkles and revives stressed skin. The anti-gravity facial massage lifts the jawline and neck to achieve a re-sculpting effect.

### Clarifying

Formulated for blemish-prone skin. It directly improves the skin's barrier and helps to restore its natural balance. The active ingredient complex reduces discomfort and alleviates skin sensitivity.

Irritation and redness are calmed leaving the skin smoother, hydrated and healthier looking.

### Anti-pigmentation

A brightening facial designed to combat lacklustre and uneven complexions, using a cocktail of nurturing and nutritive ingredients.

The brightening facial decreases the appearance of hyperpigmentation while combatting the oxidative stresses that cause premature and aging dark spots. Your skin is left smoother, brighter and more vibrant-looking.

## OSKIA

### The OSKIA Illuminating Facial

This facial uses a combination of anti-aging techniques to illuminate the skin to leave face, body and mind feeling rejuvenated and the skin brighter, hydrated and toned. Fragrant steam and aromatic compresses combined with a passion fruit enzyme, liposomes and AHA mask to accelerate cellular renewal, while a warm rose oil mask hydrates and smooths the skin.

### Indulgent Escape

This conditioning facial is perfect for those who want to unwind and float through the remainder of the day with skin that is renewed, yet barrier function supported. This treatment is completed with a deeply soothing neck and shoulder massage using the 'Rose de Mai Skin Soothing Massage Candle' to leave you in a deeply relaxed state.

## Seabody

### Seabody Touch Facial

Harnessing the power of marine bio actives, which offer both immediate and long-term benefits to the skin, the Seabody Touch Facial uses Gua Sha facial massage techniques that boost circulation, support the lymphatic system and reduce muscle tension.

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## Body Treatments

### OSKIA Renaissance Vitamin Body Glow

A luxurious dual-action, full-body ritual designed to indulgently smooth, soften and brighten your body from top to toe. Fine pink Himalayan salt, fruit enzymes and starflower oil perfectly prepare the skin for the warm, velvet-clay body-mask that follows. While the nourishing bio-nutritional actives are drawn into the skin, a meditative face and scalp massage lull you into a state of deep relaxation.

### Seabody Rebalance

This transformative rebalance therapy begins with breath work and a grounding ceremony to bring about a feeling of wellbeing. A full body exfoliation stimulates and refines the skin followed by a hydrating and detoxing cold pressed sea gel body mask with a facial cleanse and scalp massage. A therapeutic experience from head to toe.



## Massage

### OSKIA

#### **OSKIA Bespoke Nurturing Warm Oil Massage**

A restorative full body treatment to soothingly release deeply held patterns of stress and tension. Using infused, heated towels and potent warmed oils to immediately induce relaxation, while Eastern inspired compression and pressure points reduce muscular aches and pains, leaving you and your body profoundly calm yet invigorated.

#### **OSKIA Restoration Massage**

A stress-easing full body massage ideal for tired souls. This graceful, flowing, full-body treatment combines ancient-inspired sound healing, oil pouring and massage rituals with reflex points.

#### **Mother-To-Be Massage**

Comforting and soothing for a changing body, the pregnancy massage is profoundly nurturing and tranquil. Performed with the mother-to-be on her side, while supported by pillows, this restorative experience hydrates and moisturises skin that is changing to accommodate a growing baby.

### Seabody

#### **Seabody Connect Full Body Massage**

Connect your mind and body to enhance health and overall wellness. Wave-like massage techniques increase blood circulation and lymphatic flow while promoting deep relaxation.

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## Spa Etiquette

- Please arrive at the spa reception 15 minutes prior to your appointed time for pre-treatment consultation and to change into robe and slippers.
- To book your spa experience, please contact the spa where we will be delighted to assist you. **+353 61 700 677** or ext. 8501 from your room or alternatively please email us at **thecastlespa@dromoland.ie** Please book your treatments in advance to avoid disappointment.
- When booking time at the spa, a copy of our consultation form will be issued to you, we kindly request that this form is completed and returned to our team 24 hours in advance of your treatment. It is important that your therapist is aware of any health conditions, allergies or injuries, in order to advise on services and if an adaptation is required.
- We have specially designed treatments for expectant mothers, please allow your therapist to guide you in selecting which treatments are most suitable, after your first trimester.
- Members of our team are trained by TPOT (The Power of Touch) to meet the needs of guests who are undergoing treatment for cancer or are currently in recovery.
- The comfort concierge section of the consultation form allows us to tailor your experience to your individual needs.
- Please be advised that the Whisper Room and changing areas are reserved privately for guests having spa treatments only.
- The minimum age requirement for access to The Castle Spa is 16 years.
- We encourage you to use your time in the spa as a digital detox and not to carry mobile phones, cameras or electronic devices on your person.
- For the discretion and privacy of our guests, tours are not permitted of the facility unless arranged in advance.
- A minimum of 24 hours notice is required to change or cancel treatments without charge. Please note that card details will be requested at the point of booking.
- All prices are quoted in euros and are subject to change at any time.
- Gratuities are not included in the price of treatments and are at your own discretion.

## Treatment Menu

### Treatment Menu

The Castle Spa offers a comprehensive range of therapies and treatments that draw on trusted techniques and the power of science and nature. Whether you choose to indulge in a solo spa experience or embrace togetherness in our beautiful twin suite, our skilled therapists are here to guide your selection and ensure you enjoy a luxurious wellbeing experience that nourishes your body and mind.

#### Signature Treatments

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<b>Dromoland Seabody Signature</b>	
120 min	€360
<b>Dromoland OSKIA Signature</b>	
120 min	€390
<b>Warm quartz bed</b>	
90 min	€350
120 min	€440
<b>Quartz Hot Poultice</b>	
60 min	€190
<b>Amber &amp; Quartz Crystal Sound Bath</b>	
60 min	€180

#### Facial Therapy

DR BARBARA STURM

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<b>Sturmglow</b>	
60 min	€250
<b>Super Anti-aging</b>	
75 min	€300
<b>Clarifying</b>	
60 min	€250
<b>Anti-pigmentation</b>	
60 min	€250

#### Facial Therapy

OSKIA

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<b>Indulgent Escape</b>	
60 min	€180
<b>The OSKIA Illuminating Facial</b>	
75 min	€225

#### Facial Therapy

SEABODY

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<b>Seabody Touch Facial</b>	
60 min	€180

#### Body Treatments

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<b>OSKIA Renaissance Vitamin Body Glow</b>	
60 min	€180
<b>Seabody Rebalance</b>	
60 min	€180

#### Massage

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<b>OSKIA Bespoke Nurturing Warm Oil Massage</b>	
60 min	€180
90 min	€275
<b>OSKIA Restoration Massage</b>	
60 min	€180
90 min	€275
<b>Mother-To-Be Massage</b>	
60 min	€180
90 min	€275
<b>Seabody Connect Full Body Massage</b>	
60 min	€180
90 min	€275

