

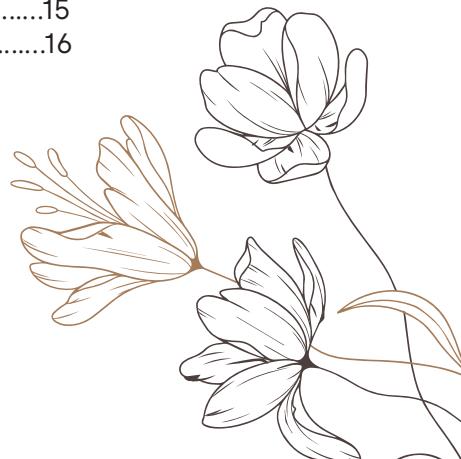


THE
SPA



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The Spa at Cashel Palace is devoted to nurturing your mind, body and spirit through targeted holistic methods; working physically on the body as well as calming the mind to balance your overall wellbeing. Abandon your senses and enter a realm of complete relaxation at our sanctuary spa where you can leave the pace of everyday life behind. Our spa menu treatments are all designed to respond to your individual needs using a fusion of ancient traditions and holistic therapies to ensure that our guests are nurtured, purified, pampered and relaxed.

Meet our Brand Partners

Bamford luxury organic products, certified to the highest standards of The Soil Association. We want to introduce you to a "way of life" by giving you the tools and knowledge to continue this journey in your everyday routines, with the effect of each treatment being felt long after you depart us.

The **Valmont** range transforms the skin into a dazzling exhibit of health, at any age, in any environment. Acclaimed as the foremost cosmetic expert of the decade, Valmont remains ever true to its roots and its values. 100% Swiss, its world-renowned effectiveness stems from the exclusive union of preserved natural resources and scientific prestige.

Voya, a proud 300 year old tradition based on the natural benefits derived from seaweed and its healing powers, traditionally known as "The Sailors Cure". These treatments, once experienced, never leave your memory. Voya uses certified organic ingredients and is suitable for all skin types.

Soak, handcrafted in Sligo and brings a touch of Irish magic to our wellness offerings. Their artisanal, small-batch skincare is inspired by the natural beauty of the Irish coastline, utilizing seaweed extracts and locally sourced ingredients. SOAK products are thoughtfully crafted to offer luxurious relaxation while being eco-conscious.



Our Facials

Combining therapist-led techniques and Bamford's results-driven skincare range, our facials harness the science of nature using the finest natural and organic ingredients to promote healthy, nourished and glowing skin.

The Bamford Facial is designed to brighten and balance the skin, including facial reflexology techniques and a hot/cold stone massage to stimulate cell regeneration and to release tension. Your therapist will create a facial tailored to your skin's needs using a personalised selection of Bamford skincare products.

The Valmont facial applies the ancient tradition of hydraulic control to the skin during this facial, plumping the epidermis with water to reveal vibrant, supple, re-plumped skin smoothing the wrinkles that result from dehydration. A slow, delicate, and singularly relaxing massage serum propels its mixture of triple DNA, hyaluronic acid and moisturizing ingredients deep into the skin. An essential treatment that will leave skin as fresh as the morning dew.

Bamford Facials

Bamford Wellness Facial

90 Minutes | €185

Targeting skin health from the outside-in, the Bamford Wellness Facial combines two massage techniques including Gua Sha to ease muscle tension, support lymphatic flow and reduce puffiness in the face, neck and décolleté. Throughout the treatment your therapist responds to your personal needs and concerns using a tailored selection of Bamford skincare products following the holistic Cleanse, Refine, Treat, Nourish framework. The facial includes a head, neck and stomach massage to target areas of the body that contribute to skin health from the inside. Suitable for all skin types.

Bamford Organic Facials

60 Minutes | €140

Bamford skincare has active properties that work alongside their carefully designed facials to achieve targeted visible results. Bamford is results-based, with three different styles of facial that can be adapted to the specific requirements of our clients. Each facial includes a Skin Analysis, Facial Reflexology and Facial Massage using hot and cold jade stone. These highly beneficial Facial Treatments are designed to be gender neutral.



Choose an Option

Awaken

Resurfacing Organic Facial

This facial is designed to give the skin a radiance boost, leaving the skin smoother, refined and glowing. It is particularly recommended for sun damage or uneven textured skin and between changing seasons. The skin is treated to a gentle exfoliation using ultra-fine volcanic exfoliants and fruit enzymes, as well as a stimulating facial massage that drains the lymphatic system incorporating hot and cold jade stones which help to promote circulation. Your therapist will tailor the products for your skin type and needs, leaving your skin both radiant and glowing.

Restore

Rejuvenating Organic Facial.

Particularly recommended for dry or mature skin, this deeply hydrating treatment is designed to lift and plump the skin, as well as to reduce the appearance of fine lines and wrinkles. This facial routine stimulates and plumps the skin by increasing circulation, bringing renewed blood flow and oxygenated blood to your skin. This technique boosts the production of collagen and elastin which reduces the appearance of fine lines and wrinkles. The hydrating mask is made with soy stem cells and hyaluronic acid, a naturally occurring substance in the skin that retains water and maintains elasticity helping to prevent signs of ageing. The skin is left firmer, rejuvenated and more youthful looking.

Purify

Purity Detoxifying Organic Facial

A purifying treatment to brighten and clear the skin, targeting blemishes and pigmentation. Recommended for oily, blemished or menopausal skin or anyone affected by city pollution. Our signature double-cleanse works deeply to extract impurities while the lilac flower extract in the purifying cleaning mousse reduces sebum production, pigmentation, and inflammation. The mineral rich detoxifying clay mask draws out toxins, heavy metals and pollutants. Skin is left soothed, pure, and beautifully clear.



Valmont Facials

Hydration ritual

Hydration of the Bisses with regenerating collagen mask

75 Minutes | €235

This facial includes the H2O BOOST, exclusively reserved for professional spa facials along with the iconic Regenerating collagen mask treatment resulting in the pinnacle of skin transformation.

Proven effectiveness.

Moisture rate as measured after just one treatment: +83.1%.

Luminosity ritual

Luminosity of Ice with regenerating collagen mask

75 Minutes | €235

This facial refines the skin's texture and calls forth the glow of a unified complexion, leaving skin radiant by using the LUMI BOOST, a product reserved exclusively for beauty professionals and the iconic Regenerating collagen mask.

Proven effectiveness.

Glow of the complexion as measured after just one treatment: + 70.1% .

V-Lift ritual

Lift from the Peaks with regenerating collagen mask

75 Minutes | €235

This facial provides an intense smoothing effect while alleviating stress in areas with superficial or more pronounced wrinkles. Inspired by fascial and performed with V-Lift boost, a product reserved for professional users, offers a slow deep facial massage fights wrinkles by relaxing and toning the muscles. helped by the iconic regenerating collagen mask.

Proven effectiveness.

- 13.8% Wrinkle volume after a single treatment.



Our Massages

Using Bamford's organic and natural products especially created for use in the wellness spa, our body treatments combine a number of holistic therapies. Each treatment is specifically focused to relax, restore and rejuvenate the body and mind.

Body Massages

Full Body Massage

60 Minutes | €140

This therapeutic signature massage uses a combination of shiatsu and deep tissue techniques to increase circulation, soothe tight muscles and strengthen areas of concern, leaving you feeling restored and revived. Specific pressure points are targeted to help rebalance the body, relieve tension and encourage profound relaxation.

Full Body Hot Stone Massage

60 Minutes | €140

Indulge in relaxation as warmed basalt river stones are used along with hands-on massage techniques to massage the body, helping to release tension and relieve your aches and pains.

De-Stress Massage

60 Minutes | €140

Focusing on the back of the body, this massage eases tense muscles and reduces stress levels, while restoring and realigning energy. The treatment starts with an Epsom salt foot bathing ritual to draw toxins from the body and allow it to absorb magnesium to help reduce inflammation. Shiatsu pressure points along the body release tension and balance energy flow, followed by Swedish back and leg massage to help improve circulation. The treatment finishes with a relaxing reflex zone foot therapy.



Holistic Therapies

Pregnancy Massage

60 Minutes | €140

Our pregnancy massage is designed specifically for the second and third trimesters of pregnancy. A full body massage using gentle unscented oils. This warm massage oil provides a peaceful and gently uplifting experience. The treatment targets back ache, tension and heavy legs.

Indian Head, Back Neck & Shoulder Massage

45 Minutes | €115

A focused massage directed at the most common areas of tension in the body. Massage techniques are used to work deep into the muscle groups of the back and shoulders with special attention given to any knots. Finishing with an Indian head and scalp massage. Pure heaven!

For Men



Men's Signature Massage

90 Minutes | €200

This targeted treatment has been created to work on the back of the body. A combination of traditional Japanese massage, Swedish massage, acupressure facial and reflex zone foot massage. This treatment relieves over tired muscles, reduces tension and promotes deep relaxation.

Men's Signature Facial

60 Minutes | €140

Especially designed for male skin using products from our Bamford Grooming Department. The treatment is designed to help energise stressed and dehydrated skin with targeted circulation boosting massage to revitalise and nourish. Your therapist will choose products from the range to address your individual concerns and achieve maximum results.



Scrubs and Wraps

Bamford's Sugar Scrub

60 Minutes | €125

Bamford uses a blend of pure sea salt and brown sugar suspended in oils and body butters to stimulate and revitalise skin. This Treatment is completed with Bamford's Rich Body creams leaving skin soft, smooth & hydrated.

Voya Warm Spiced Mud Wrap

60 Minutes | €125

Enjoy the benefits of detoxifying seaweed and purifying peat combined with a luxurious blend of ginger, aloe and orange peel in this warm spiced wrap. These herbs work together to firm and tone skin and the body is enriched with an application of body cream to lock in the vitamins and minerals.

Voya Sea Mineral Exfoliation

60 Minutes | €125

Invigorating all over body exfoliation refines skin texture and leaves skin smooth and soft. A combination of botanicals works to firm skin tone, while removing dead skin cells helping to encourage cell regeneration and even skin tone.



Signature Experiences

Bamford Ritual

90 Minutes | €200

This signature treatment combines carefully targeted ancient techniques that nurture your wellbeing. This fully immersive treatment starts with a salt foot bathing ritual to draw toxins from the body and allow it to absorb magnesium to help reduce inflammation. Japanese shiatsu massage is then used to open the body's meridians and start to unblock the energy channels. Swedish massage targets areas of concern and releases specific points of tension, then a heated chakra stone is placed on the abdomen for a gentle abdominal massage to improve gut health. A face and Indian head massage calm the mind and increase circulation to improve scalp and hair condition. The treatment finishes with assisted yogic breathing to oxygenate and invigorate the body. Total bliss!

B Strong Ritual

90 Minutes | €200

A deeply restorative treatment designed to nurture and heal stressed joints in the neck, shoulders, lower back, arms and legs.

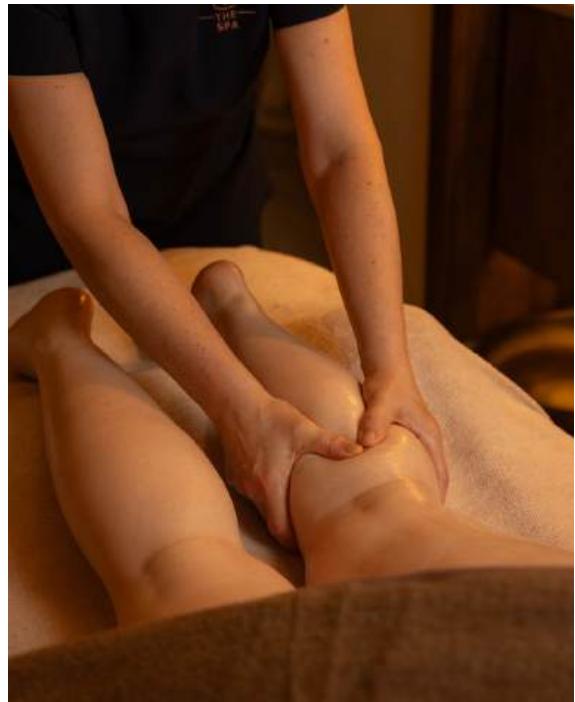
This deep tissue massage works right into the muscles to release pain and discomfort after either heavy exercise or too many hours spent sitting down.

Signature Experiences

Bamford Tonifying Treatment

90 Minutes | €185

Designed to energise, tone, and detoxify the body while targeting specific areas of concern around hips and legs, this treatment begins with skin brushing to stimulate deep circulation. This is followed by an invigorating exfoliation to remove the dead skin cells and prepare for a massage sequence, using cupping therapy to drain, detoxify and support the digestive system.



Outdoor Bathing Rituals

Seaweed Bath 40 Minutes | €70pp

Submerge your body into a bath of organic, hand harvested Atlantic Seaweed to remove unwanted toxins and alleviate aches and pains. The natural power of this seaweed, increases circulation, promotes healing and deeply nourishes the skin

Mud Bath 40 Minutes | €65pp

Let your body be pleasantly immersed into this traditional bath, offering a potent detoxification and purifying through the rich anti-oxidants and minerals from the Irish peat mud. Infused with aromatic spices of ginger and orange to revive the senses.

SOAK | 40 Minutes | €65pp |

The Soak Bathing Rituals are available in their award-winning ranges: Bedtime Bliss, Joy Connects, and Breathe Deep. Each is designed to help with sleep, anxieties, mood, and stress while also treating your skin with organic herbs, seaweed, and Atlantic sea salt.





Mary Quinlan Hair at The Spa at Cashel Palace

MQH was founded by Mary Quinlan in 2015 and has grown and developed into a premium Hair salon offering quality customer service. Our belief is that clients are our priority and teamwork is our most valuable asset. The growing team of highly trained stylists provide a personalised service and commitment to excellence.

Our philosophy is based around listening to my clients, understanding their needs and delivering an exceptional service

At MQH we continuously strive to offer the ultimate experience, therefore our principle is to constantly focus on training and education across all sectors of the industry. Our mission is to enhance inner beauty and confidence through effective use of our skills and quality products.

Opening Hours

Salon appointments available from
Tues- Sat 9.30-5pm. Sunday 10-3pm.
To make a booking, please contact
cph@maryquinlanhair.ie or phone **+3536230632**.

Make the Most of Your Experience

Spa Arrival

You are encouraged to arrive 60 minutes prior to your treatment reservation to enjoy the full facilities available. As a courtesy to our next guest, please understand that late arrivals will not receive any extension to their treatment time.

Guests who wish to change or cancel an appointment are kindly requested to provide a minimum of 24 hours notice.

Guests cancelling within 48 hours will incur 50% of the original treatment cost.

Guests cancelling an appointment within 24 hours of the original appointment time will incur the full cost of the treatment. No show appointments will be charged in full.

Spa Reservation

To schedule an appointment for a relaxing time, please contact the spa reception team via telephone +35362 30 630 or e-mail: thespa@cashelpalacehotel.ie, where our team would be delighted to walk you through our treatment menu.

Scheduling your appointment prior to your arrival at The Spa is strongly recommended.

Please note: Reservations cannot be confirmed or secured without a credit card.

Spa Etiquette

- Our spa offers an environment of quite calm for its guests who are 18 years of age and over. Please respect the privacy and solitude of other Spa guests by speaking softly and leaving mobile phones, pagers and cameras in your room or your provided locker.
- Smoking is prohibited throughout the spa.
- Hotel guests may wish to arrive from their rooms in their bedroom robe and slippers to help with their continued relaxation.
- Day guests will be provided with luxurious gowns, slippers and towel on arrival.
- All amenities will be provided for use during your visit.
- Please bring your bathing costume for use in our unisex Thermal Suite facilities and swimming pool.
- After your treatment concludes you can relax in our softly lit relaxation room and reflect on your wonderful experience.
- Please ensure you collect all personal belongings from your locker or robe before leaving as the Spa are not responsible for any personal items left behind in a robe or locker.

Health Concerns

- When making your reservation please advise us of any health conditions, allergies or injuries that could affect your service.
- You will be asked to complete a health assessment prior to your treatment so that we may ensure your comfort and safety.
- Avoid the body wrap treatments and steam room if you have high blood pressure or are pregnant.
- We have specially designed treatments for expectant and nursing mothers. Please allow our skilled Spa staff to guide you in selecting the treatments most suitable for you during this special time.

Homecare

To continue your experience at home, all products used during your treatments are available at the spa reception where one of our team would be delighted to assist you with your selections.



STANDARDS AUTHORITY FOR TOUCH IN CANCER CARE

Our therapists offer holistic support during cancer treatment and beyond with full accreditation with the Standards Authority for Touch in Cancer Care (SATCC). Please let us know at time of booking or when filling our pre-welcome assessment to ensure we offer upmost comfort to you.

Make a Booking

Email: thespa@cashelpalacehotel.ie

Phone: +353 62 30 630

Website: www.cashelpalacehotel.ie