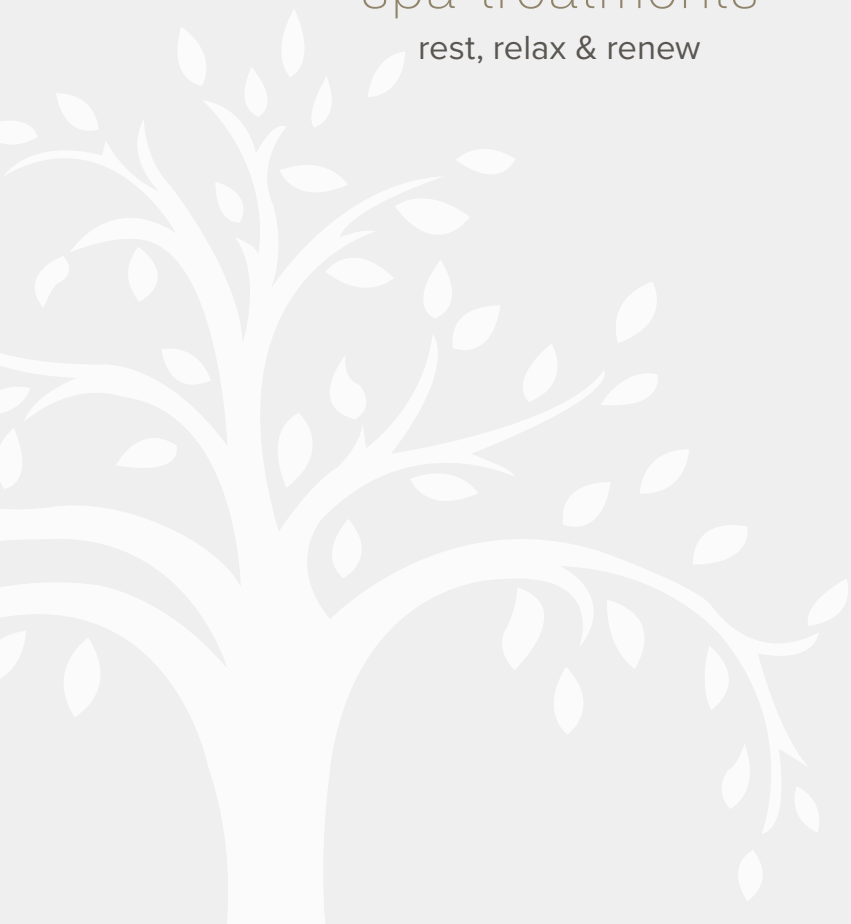




FARNHAM ESTATE
HEALTH SPA

spa treatments

rest, relax & renew





Welcome to Farnham Estate Health Spa.

The moment you enter the driveway you are greeted by acres of rolling countryside - a peaceful haven that entirely captures the spirit of relaxation.

The unparalleled 40,000 square foot health spa physically echoes the key elements of Farnham Estate - focusing on enjoyment of the unique setting.

Our attentive team are here to help you choose the best package or treatment or to create a bespoke experience just for you and to show you how to make the most of our luxurious facilities – our Indoor/Outdoor Hydrotherapy Pool, Water Mint Thermal Suite, Relaxation Rooms and Gym, and above all, the tranquility of Farnham Estate.

Enjoy a true journey of wellbeing.

“Rest, Relax & Renew”

DAY SPA PACKAGES

4.5 hours

Monday to Friday
€140 p.p. with Lunch
€150 p.p. with Afternoon Tea

Saturday & Sunday

€160 p.p. with Lunch
€170 p.p. with Afternoon Tea

SPA TIME WITH GROUND WELLBEING

REST, RELAX, RENEW

Spend a beautiful morning, afternoon or evening relaxing in the spa. Begin your spa experience with time in our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of GROUND's renowned 60 minute Wellbeing Rituals from:

- *The Grounding Ritual*
- *The Cleansing Ritual*
- *The Balancing Ritual*
- *The Restorative Ritual*

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa.

3.5 hours

Monday to Friday
€125 p.p. with Lunch
€135 p.p. with Afternoon Tea

SUNRISE SERENITY SPA EXPERIENCE

AWAKEN YOUR SENSES WITH OUR SUNRISE SPA EXPERIENCE

As the sun gently rises over the horizon, immerse yourself in a world of tranquility and rejuvenation. Designed to embrace the peacefulness of early morning, this package offers a journey to restore balance to your mind, body, and soul. Begin your spa experience with time in our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 30 minute spa treatments:

- *Taster Facial*
- *Salt & Oil Scrub*
- *Back Massage*
- *Scalp Massage*
- *Invigorating Foot Treatment*

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa.

**Afternoon Tea/Lunch & Dinner must be pre-booked.*



DAY SPA PACKAGES

3.5 hours
Monday to Friday
€125 p.p. with Lunch
€135 p.p. with Afternoon Tea

AFTERNOON RETREAT SPA EXPERIENCE

ESCAPE, UNWIND, REJUVENATE

Step into a world of tranquility and indulgence with this unique spa experience, designed to whisk you away from the hustle and bustle of daily life. Begin your spa experience with time in our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 30 minute spa treatments:

- *Taster Facial*
- *Salt & Oil Scrub*
- *Back Massage*
- *Scalp Massage*
- *Invigorating Foot Treatment*

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa.

3.5 hours
Monday to Friday
€135 p.p.

TWILIGHT TRANQUILITY SPA EXPERIENCE

A JOURNEY TO EVENING BLISS

As the day gently transitions into night, immerse yourself in a realm of serenity and relaxation. Designed to soothe the senses and calm the mind, this package offers an enchanting escape from the demands of everyday life. What could be better than watching the sunset over Farnham Estate, cocooned in the warmth of our spa. Begin your spa experience with access to our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 30 minute spa treatments:

- *Taster Facial*
- *Salt & Oil Scrub*
- *Back Massage*
- *Scalp Massage*
- *Invigorating Foot Treatment*

Finally relax and unwind in one of our many relaxation rooms before enjoying a 2 course dinner in Maxwells Restaurant. This package includes use of a locker, robe and slippers during your time in the Spa.

**Afternoon Tea/Lunch & Dinner must be pre-booked.*



DAY SPA PACKAGES

3 hours

Daily

€70 p.p. with Lunch

€80 p.p. with Afternoon Tea

A TASTE OF FARNHAM

A beautiful way to get to know us and enjoy our award winning facilities. Enjoy up to three hours in our Indoor/ Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Afterwards unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa.

3 hours

Daily

€115 p.p. with Lunch

€125 p.p. with Afternoon Tea

MUD SERENITY SPA EXPERIENCE

A beautiful way to get to know us and enjoy the wonderful detoxification and exfoliation properties of our Mud Serail for two. This package also includes time in our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite.

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa.

**Afternoon Tea/Lunch & Dinner must be pre-booked.*



DAY SPA PACKAGES

Monday to Friday

€220 p.p. with Lunch
€230 p.p. with Afternoon Tea

Saturday & Sunday

€240 p.p. with Lunch
€250 p.p. with Afternoon Tea

HARMONIOUS DUO SPA EXPERIENCE

The perfect experience for two - share a well-deserved time-out in our Indoor/Outdoor Hydrotherapy Pool, Water Mint Thermal Suite and Relaxation Areas. Then enjoy the ultimate in skin detoxification in our Mud Chamber, followed by the award winning massage treatment - **The Grounding Ritual.**

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa. And to top it all, take home a beautiful GROUND Wellbeing body oil to continue the benefits of your treatments long after you've left our door.

**Afternoon Tea/Lunch & Dinner must be pre-booked.*



MASSAGE RITUALS BY
GROUND
wellbeing

Ground is an award-winning Irish spa brand that aims to bring an authentic approach to wellness through natural aromatherapy products, selfcare ritual and massage treatments.

Founded in 2020 by Peigin Crowley, Ground Wellbeing is a collection of 100% natural, vegan products and treatments designed to nourish the body and soul using ritualised self-care, with the intention to make wellness and self-care accessible to all.

60 minutes **THE GROUNDING RITUAL**
€120 *Surrender in full and return to source, ideal for soothing mental anxiety & burnout*
Sacred time for you to allow healing in. This treatment will provide you with the space and time to tap into your body's ability to self repair and re-align and will leave you feeling grounded and replenished in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will work the full length of the body. The treatment is completed with special attention to reflex points in the feet. Feel your body and soul come together again with this medium-to-firm pressure massage.

60 minutes **THE CLEANSING RITUAL**
€120 *To encourage gut harmony: ideal for those who hold stress in the tummy*
The gut is our second brain and much of our wellbeing depends on it. This abdominal massage helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs. The fresh circulation helps bring the body's core back to homeostasis and balance. This warming treatment focuses on relaxing and soothing the abdomen physically while stimulating the area to aid detoxification. Massage techniques are used to release stagnated energy and emotions from the abdominal area while acupressure points on the face & feet further promote digestion and metabolism.

60 minutes **THE BALANCING RITUAL**
€120 *Empowering and supporting through hormone change: perimenopause & menopause*
Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Focused on the face and feet, we begin with guided breathwork and use the benefits of Gua Sha, reflexology & lymphatic drainage techniques - this unique and purposeful massage will bring alignment and balance when going through this change and experiencing the symptoms of menopause at any stage.

60 minutes **THE RESTORATIVE RITUAL**
€120 *Ease tension and stress in the face, head, neck and scalp*
Combining nurturing facial massage with soothing Gua Sha techniques and slow, flowing massage work to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, jaw tension issues, sinuses and puffiness.

TRADITIONAL MASSAGE BY GROUND WELLBEING

- 60 minutes**
€120 **'TÓG GO BOG É' FULL BODY MASSAGE**
A Ground approach to traditional massage. This full body massage treatment incorporates aromatherapy and breathwork alongside slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.
- 30 minutes**
€85 **'TÓG GO BOG É' BACK MASSAGE**
This back, neck & shoulder massage focuses on slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.
- 30 minutes**
€85 **RESTORATIVE FACE, NECK & SCALP MASSAGE**
This face, neck & scalp focused massage combines slow, flowing massage with soothing Gua Sha techniques. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, jaw tension issues, sinuses and puffiness.
- 30 minutes**
€85 **CLEANSING ABDOMINAL MASSAGE**
This abdominal massage gently stimulates the circulation of energy, lymph and fresh blood flow to the digestive organs through massage. The fresh circulation helps bring the body's core back to homeostasis and balance. The focus is on relaxing and soothing the abdomen physically while stimulating the area to aid detoxification.

GROUND WELLBEING THE SECRET RIVER OF HEALTH

60 minutes
€130

SOOTHING LYMPHATIC SUPPORT RITUAL

Designed to have a deeply relaxing, sedating impact, this rhythmic full body ritual works to encourage and support lymphatic flow while inducing a state of rest and renewal. Gentle techniques to stretch and massage the skin to support lymph flow, mindful breath-work and the therapeutic benefits of aromatherapy combine to create this unique ritual. Through the power of touch, this meditative treatment works to restore the body's natural fluid balance & immune function, making it ideal for everyone. This ritual encourages us to tune into our body: understanding the lymphatic system really is our body's secret river of health. This treatment is safe & effective for anyone with a healthy lymphatic system.

Treatment Benefits:

- Promotes the circulation of lymph
- Helps to naturally rid the body of toxins and waste material
- A healthy lymphatic system is a healthy immune system
- Gentle and therapeutic



ESPA

Natural Beauty
Inner Calm

Guided by 30 years' experience ESPA's luxury skincare products go beyond the everyday skincare regimen to nourish and nurture your skin.

The formulation of natural ingredients works together to create a sensorial wellness experience, imitating the luxury skincare treatments of a spa from the comfort of your home.

Founded by Sue Harmsworth in 1992, ESPA was born from a passion for holistic wellbeing, pure naturals, and luxurious treatments. Sue, a now renowned, highly influential spa authority, began ESPA from the intimacy of her own kitchen.

ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

60 minutes **RE-HYDRATOR FACIAL**

€110

An intensive, regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to moisturise and soothe the skin. A rehydrating facial to leave skin smooth and feeling rejuvenated.

60 minutes **DE-SENSITISER FACIAL**

€110

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calm and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps reduce skin sensitivity leaving it calm, nourished and comfortable.

60 minutes **SKIN PURIFYING FACIAL**

€110

Ideal for oily, congested and problematic skin, or those with hormonal imbalances. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally anti-inflammatory and decongesting, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

60 minutes **INTENSE REGENERATING FACIAL**

€110

A luxurious, regenerating facial for maturing skin. Helps minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. Visibly improves skins appearance using age-defying massage techniques and products to replenish and revitalise skin, leaving it toned, radiant and rejuvenated.

30 minutes **EXPRESS FACIAL**

€85

Your therapist will select the most suitable facial for your skin. Includes consultation, SkinVision™ analysis, cleanse, exfoliation with a personalised mask and booster serum. (Does not include removal of mascara).

ESPA BODY TREATMENTS

We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical, emotional and therapeutic benefits depending on your needs.

30 minutes **SALT & OIL SCRUB**

€75

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application, Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

60 minutes **ESPA BODY WRAP**

€110

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing Scalp Massage. Choose from the following: De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner.

30 minutes **INVIGORATING FOOT TREATMENT**

€75

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

ESPA MASSAGE TREATMENTS

We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical, emotional and therapeutic benefits depending on your needs.

- 30 / 60 minutes**
€85 / €130
- INNER CALM MASSAGE**
Find your inner calm with this deeply relaxing and soothing treatment for mind & body, using a specially selected blend of oils, tailored to you. With neck and eye pillows to encourage warmth and relaxation*, indulge in this soothing holistic treatment, combining personalised aromatherapy massage and warm rose quartz crystals through the scalp.
**Neck and eye pillow applies to the 60 minute treatment only*
- 60 minutes**
€130
- HOT STONE MASSAGE**
A therapeutic massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you unwind and your body to feel rejuvenated. Includes: Hot Stone Aromatherapy Massage to back, legs, arms, abdomen, neck/shoulder massage.
- 60 minutes**
€130
- DEEP MUSCLE MASSAGE**
A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, lower back pain and sore, tight shoulders.
- 80 minutes**
€140
- BACK, FACE & SCALP MASSAGE**
Our 'Hero' treatment, this ESPA experience delivers triple results by targeting three key areas, the back, face and scalp, making it the ideal treatment for anyone. Includes a back exfoliation, back massage, scalp massage and personalised facial.
- 30 / 60 minutes**
€80 / €140
- PRE-NATAL RELAX & RESTORE TREATMENT**
A deeply nourishing massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise. This treatment is suitable after the first trimester.

OTHER TREATMENTS

HOLISTIC THERAPIES

45 minutes
€95

REFLEXOLOGY*

An ancient healing art that focuses on applying pressure to specific points on the feet, to correspond with organs and systems of the body. This gentle yet powerful therapy aims to stimulate these reflex points to promote balance, relaxation, and overall well-being.

45 minutes
€95

INDIAN HEAD MASSAGE*

Originating from the Ayurvedic healing traditions of India, the ancient art of Indian Head Massage, is a deeply relaxing and therapeutic treatment that focuses on releasing tension and restoring balance to the body's energy centres. This massage targets the upper body, head, neck, and shoulders to promote relaxation and overall well-being.

30 minutes
€85

SCALP MASSAGE

Designed to melt away tension, promote relaxation, and nourish your scalp and hair. This gentle yet invigorating massage focuses on the scalp's pressure points, stimulating blood flow and encouraging healthy hair growth while providing a moment of pure relaxation.

** Subject to availability*

60 minutes
€85

HAND & FOOT CARE

PEDICURE

Indulge in pure relaxation and pampering for your feet. Designed to revive tired feet, nourish your skin, and leave your toes looking flawless, this pampering experience will leave you walking on air. Includes finishing polish in colour of your choice.

60 minutes
€85

MANICURE

Designed to rejuvenate tired hands, nourish your nails, and leave you with perfectly polished fingertips, this luxurious experience will leave you feeling elegant and polished. Includes finishing polish in colour of your choice.

MAKE-UP

€50 per person
€60 per person

MII MAKE-UP APPLICATION

WEDDING MAKE-UP IN ROOM

WATER MINT THERMAL SUITE

Monday to Friday
€40 per person

Saturday & Sunday
€50 per person

Non-residents can enjoy up to 3 hours in our Water Mint Thermal Suite (including our Salt Grotto, Laconium, Aroma Steam Bath, Sauna, Ice Fountain, Kneipp Walk, Snail Showers and Reflexology Foot Basins) along with access to our Indoor/Outdoor Hydrotherapy Pool.



SERAIL MUD CHAMBER

45 minutes
€50

A rejuvenating mud treatment which you apply yourself followed by a steam and warm shower leaving your skin beautifully cleansed.

*** Subject to availability**

Spa Etiquette

- Farnham Estate Health Spa is exclusively for guests over 16 years old.
- To respect the privacy of other Spa guests please speak quietly, switch off mobile phones and do not use cameras.
- Please arrive 30 minutes prior to your appointment to allow you time to register and change before your treatment.
- Robes and slippers are provided for all our hotel guests in their bedrooms. Day guests will be provided with bathrobes and slippers on arrival.
- Please bring a swimsuit for use in the Water Mint Thermal Suite & Pool.
- Please ensure you collect all personal belongings from your locker or bathrobe before leaving as the Health Spa is not responsible for any personal items left behind.
- Lockers are available for our members and day guests. On arrival you will be given an electronic fob to operate the lockers. Please return this fob to the spa reception team as you are leaving.

Terms & Conditions

- As a courtesy to other guests, please be aware that your late arrival will result in a reduction of your treatment time
- A credit card is required to secure all treatments.
- Guests who wish to change their treatment times/ dates are required to provide a minimum of 72 hours notice.
- Guests who wish to cancel their treatments are required to provide a minimum of 72 hours notice or the full treatment cost will be charged.
- No show appointments will be charged in full.
- We reserve the right to alter or amend any of the details and prices without prior notice.
- To avoid disappointment we recommend that all treatments are booked well in advance of your visit.

Health Contra-indications

When making your reservation and prior to arrival you will be required to complete an online medical questionnaire. You may also have the opportunity to update this information upon check-in. The information you provide us in this form will allow us to ensure the suitability of your chosen treatments. Please complete the form in full to notify us if any of the following health concerns applies to you:

- *Allergies*
- *Cancer (past or present diagnosis)*
- *Under / over-active thyroid*
- *Heart conditions or problems with circulation*
- *High/low blood pressure requiring medication*
- *Epilepsy*
- *Recent aesthetic treatments such as fillers, botox, etc.*
- *Skin disorders*
- *Foot conditions*
- *Pregnant, within 6 weeks of the birth of your baby, or are breast feeding (please note some treatments cannot be carried out during the first trimester, your therapist will advise you accordingly)*

Should you not disclose a medical condition, we will not be held responsible for any adverse reactions or contra-indications. In the instance were your treatment is unsuitable, our therapist will advise you of any adaptations required or offer you an alternative treatment.

FARNHAM ESTATE GIFT CARDS

Discover the enchanting beauty of the resort by treating someone special to a Farnham Estate Gift Card.

Our Gift Cards can be used throughout the Resort, including for the timeless tradition of Afternoon Tea – savour delectable treats amidst the serene surroundings.

www.farnhamestate.com