The Spa at Castlemartyr Resort provides an array of treatments designed to nurture the mind, body and spirit, introducing a range of therapies that incorporate your well-being. We believe you will experience the most unique, unforgettable spa therapies with results to match. We can tailor any treatment to suit your needs.
GERMAINE DE CAPUCCINI
Since its humble beginning in 1964, Germaine de Capuccini has been developing cutting edge skin care solutions for over fifty years. As one of the few professional skincare brands with in-house laboratories, their team of scientists are dedicated to the highest standards in skin care.

“Through research and innovation our mission is to provide you with genuine solutions to solve your skincare concerns.”
Carole Jones, MD, Germaine de Capuccini UK

Germaine de Capuccini are true skincare experts, not only in offering visible results, but also experts in emotional, physical and spiritual wellness. This knowledge has enabled them to design and deliver treatment protocols which optimize your state of well-being. Including a luxurious range of signature therapies created specifically for the Spa at Castlemartyr Resort to provide you with the very best.

ESPA
Step into the Spa at Castlemartyr Resort and escape the outside world. Delivered by the world’s leading experts in spa, our ESPA products and treatments will ensure you leave with beautiful skin and a renewed sense of inner calm. The ESPA range has been carefully selected and formulated to combine the therapeutic benefits of spa treatments, aromatherapy, hydrotherapy and skin care. Blending the finest natural ingredients from around the world with unrivalled expertise in skincare and wellness, ESPA will ensure you achieve both immediate, visible results as well as continued long term benefits to the skin, mind and body, all at the Spa at Castlemartyr Resort.

Welcome to the Spa at Castlemartyr Resort
Full Day Packages

Based on the traditional Chinese philosophy we relate our spa day Journeys to aromas with the five elements of nature: wood, fire, earth, metal and water.

Encompassing the natural beauty of Castlemartyr Resort and Spa, along with a choice of packages to suit each individual needs, we bring to you a choice of Day Spa Journeys and experiences to create the right well-being to restore your mind body and soul.

(All full Spa days include towels, robes & slippers, a light lunch and full use of our spa facilities).

FIRE | RELAX | FOR A CALM BODY & MIND
90 minutes - € 150
Our Fire Spa Day, is aimed at total relaxation for those in need of some me-time, this package includes:
- Skin De-Sensitizer Calming Rose Facial
- Warm Oil Lavender Candle Massage

METAL | VITALITY | FOR A SKIN & MIND BOOST
90 minutes - € 150
The metal Chinese symbol relates to restoring vitality to the mind and body. This Spa Day includes:
- Vitamin C+ Boost Facial
- Baobab Scalp Therapy

EARTH | DETOXIFYING | DEEP BODY CLEANSING
110 minutes - € 185
For those wanting to detoxify, drain and eliminate water retention to restore inner well-being. The Earth Detoxifying Spa Day includes:
- Lift and Firm Hip and Thigh Treatment
- Detoxifying Aromatherapy Massage

WOOD | STIMULATING | FOR POOR CIRCULATION
90 minutes - € 150
Designed for those in need of a body boost, awakening the senses with the wood symbol, this Spa Day includes:
- Full Body Exfoliation
- Aroma Back and Scalp Massage, with a blend of oils (mint, sage and cinnamon)
- Energising Leg Therapy

WATER | HYDRATION | FOR NATURAL SKIN & BODY REHYDRATION
90 minutes - € 150
Immerse yourself with our Hydration Spa Day. With regenerating and nourishing therapies, your Spa Day includes:
- Back Exfoliation
- Back Massage with Olive and Rosemary Candle
- Spa Hydrating Prescriptive Facial
Half Day Packages

REVITALISE
Mon - Thurs € 65 / Fri - Sun € 70
Relax in the water lounge and enjoy one of the following 30 minute treatments:

- Germaine de Capuccini Facial
- Energising Leg Therapy (Suitable for pregnancy, must be over first trimester)
- Back, Neck and Shoulder Massage
- ESPA Full Body Exfoliation

Enjoy our “Mrs. Quinn’s Picnic” to complete your Spa experience, served from 12.30 - 5.30pm.

CASTLE RETREAT
Mon - Sun € 109
This package is the perfect getaway treat. Select one of the following treatments:

- 50 min “World of Aromas” Full Body Massage
- 60 min Chocolate Exfoliation and Wrap
- 50 min Phytocare Exfoliation and Massage (Suitable for pregnancy, must be over first trimester)
- 60 min ESPA Skin Solution Facial

Followed by our “Mrs. Quinn’s Picnic” to complete your Spa experience, served from 12.30 - 5.30pm.
Private Spa Suites

Enjoy the ultimate luxury private spa experience in one of our beautiful Spa Suites for two. In our Serenity Suite you can enjoy your own sauna, vitality pool with garden views, changing area, relaxation loungers and double treatment area. Includes access to all of the Spa and Leisure facilities.

SERENITY SUITE

TOGETHER MASSAGE
€ 220 per couple
Enjoy full use of your private Vitality Pool and Sauna an hour prior to your Relaxing Germaine de Capuccini “World of Aromas” Full Body Massage

SERENITY SUITE PACKAGE
€ 310 per couple
Enjoy exclusive use of our 2 person suite including your own private Vitality Pool and Sauna overlooking the beautiful garden views for 45 minutes prior to your treatment experience.
- “World of Aroma” Full Body Massage
- Germaine de Capuccini Facial
- Light Lunch

HARMONY SUITE

TOGETHER MASSAGE
€ 180 per couple
Enjoy your relaxing Mediterranean Candle Massage in our double treatment room, the Harmony Suite.

TOGETHER DAY
€ 280 per couple
Enjoy your treatments in our double treatment room, the Harmony Suite.
- ESPA Aromatherapy Massage
- ESPA Boutique Facial
THE ORIENTAL GARDEN ESCAPE
90 minutes - € 140
This Oriental Garden Escape begins with a warm foot cleanse, gentle feather touch and aromas from the far east, to awaken all senses. This is followed by a back exfoliation with our spiced exfoliator containing extracts of cinnamon, cardamom and poppy seeds. A warm oriental oil is then applied to your back and massaged in with warm obsidian stones to relieve tension. You’ll then be cocooned in a warm nourishing liquid silk wrap to hydrate the skin. Continue to relax and enjoy a deep pressure point and stone massage to the scalp and face. Your escape is complete with awakening neck stretches.

Includes Foot Cleanse, Back Exfoliation, Oriental Back Massage with stones, Silk Wrap, Face & Scalp Stone Massage.

THE TRANQUIL NOURISHING & FIRMING BAOBAB OIL RITUAL
90 minutes - € 140
Using ethically sourced Baobab seed oil, this African-inspired full body massage promises an invigorating, stress-reducing experience. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity, making it ideal for very dry skin and during pregnancy.

Includes Foot Cleanse, Full Body Exfoliation, Full Body Massage, Scalp Massage and Energising Leg Treatment.

THE SUBLIME OBSIDIAN STONE, MIND BODY AND SOUL THERAPY
90 minutes - € 140
Take refuge with our mind, body and soul therapy, combining traditional ‘hands on’ massage with pindas, a ritual stick and obsidian and onyx semi precious stones. Targeting reflex points and muscular areas prone to tension, this full body face and scalp massage will leave your mind, body and soul balanced and re-harmonised.

Your therapy commences with a brief sensory smell selection where you can choose of one of our 5 pre-blended oils: relax, revitalise, hydrate, energize or detox.

Includes Foot Cleanse, Full Body Massage with stones, ritual stick and stretches, Scalp Massage, De-stress Facial with stones.

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90 minutes - € 140
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Includes Foot Cleanse, Full Body Exfoliation, Full Body Massage, Scalp Massage and Energising Leg Treatment.

CASTLEMARTYR SIGNATURE THERAPY
75 minutes - € 115
Inspired by the re-balancing elements of earth this ESPA experience brings harmony to the mind and body. The back is exfoliated to help stimulate circulation and refresh the skin. A heated marine mud mask is then smoothed onto the back to remove impurities; followed by a therapeutic lower leg and back massage to ease deep seated tension. Finally, a customised Boutique facial is performed to restore the skin back to balance.

Includes Back Exfoliation, Back Mud Wrap, Lower Leg Massage, Back Massage (with hot stones), Boutique Facial, Scalp Massage.

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Includes Back Exfoliation, Back Mud Wrap, Lower Leg Massage, Back Massage (with hot stones), Boutique Facial, Scalp Massage.
CASTLEMARTYR SPA PRESCRIPTIVE
60 minutes - € 100
Designed to suit your skin’s needs, this therapy treats all skin types and concerns. Your facial commences with skin analysis, a warm pinda welcome and aroma inhalations to relax your mind and body. This is followed by a deep cleanse, exfoliation and massage. A mask is then applied to treat your skin’s specific needs whilst you enjoy a scalp massage. Your facial is complete with the application of Rose Hip Oil, moisturiser and an awakening protocol.

DE-SENSITISING ROSE FACIAL
60 minutes - € 100
Perfect for stressed or sensitive skin, this intensive therapy uses Rose petals and plant extracts to provide a highly anti-stress action. Enjoy the scents of Gaelic, Arctic, Black, White and Nepalese Rose extracts as your skin is desensitised, calmed and nourished. Redness, itchiness and dryness is immediately soothed.

FACIALS
Germaine de Capuccini
Facial Therapies

These facials are truly results driven whilst focusing on your relaxation and well-being. All Germaine de Capuccini facials include a relaxing welcome pinda protocol, aroma inhalation, targeted massage techniques, application of our No. 1 selling Multi-Regenerating Rose Hip Oil and neck stretches to deliver an unforgettable facial experience with visible results.

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TIMEXPERT C+ ANTI-GLYCATION FACIAL
75 minutes - € 125
An advanced facial using the power of Ume extract (from Japanese plum) to fight against damaged elastin and collagen fibres caused by UV radiation and excess sugar in the diet. Additional Vitamin C Derivative provides a powerful anti-oxidant protector and firmer, offering your skin a fresh, health glow. In just one session 97% of clients declare their skin is smoother more radiant and healthier.*

TIMEXPERT DIVINE LIFT FACIAL
75 minutes - € 125
At the heart of this treatment lies our unique and exclusive complex, V-Matrix. V-matrix works at the root of the problem to rebuild and restructure the dermis, transforming the skin from the inside out. Complete with a 4 stage massage, to relax, contour and lift. 100% of clients have a more defined facial contour after a single session.**

ADVANCED ANTI-AGEING FACIALS
*Self evaluation of 122 individuals after 1 treatment. **Self evaluation test on 111 individuals after 1 treatment

Also available in courses.
Our facials begin with an in-depth consultation followed by a detailed skin analysis using technology to identify skin conditions not visible to the naked eye. Each facial is tailored to you using skin care products chosen for your individual needs to achieve the best possible results.

**ESPA SKIN SOLUTION FACIAL**
60 minutes - €100
Discover the deeply cleansing, skin-boosting powers of this results-focused facial. Tailored exactly to your unique needs, this treatment harnesses SkinVision™ technology for advanced skin assessment, identifying and correcting any concerns, with beautiful and instantly visible results for all skin types. Your specialised, targeted mask restores balance and you’ll enjoy ESPA’s unique facial pressure point massage. An intensive serum boosts the effect of active ingredients to leave a radiant healthy complexion.

Includes Deep Cleanse, Exfoliation, Facial Massage, Personalised Mask, Scalp Massage

**GLYCOCURE RENEWING PEEL**
15 minutes - €30
An advanced exfoliation peel to eliminate dead skin cells, detoxify the dermis and reduce congestion. Formulated with Alpha Hydroxy Acids (AHAs), wrinkles and pigmentation are reduced and the skin is left more balanced and hydrated, enhancing the effects of subsequent treatments.

**ESPA ADVANCED SKIN RADIANCE FACIAL**
90 minutes - €140
Instantly brighten and revitalise skin with this supercharged facial. Fresh, glowing results make this highly-targeted treatment ideal for fatigued complexions – it’s the ultimate skin-boost for every skin type. A deep brush cleanse first prep’s skin for a dual mask which then brightens with an instant yet lasting ‘lift and smooth’ effect. Advanced age-defying massage techniques next stimulate the skin with energising crystals so you emerge looking and feeling radiant.

Includes Clarisonic Deep Brush Cleanse, Facial Cleanse, Steam, Age defying Rose Quartz Crystal Massage, Radiance Optimising Mask, Lifting & Smoothing Mask, Intensive Facial Serum & Moisturiser.

**ESPA SKIN SOLUTION FACIAL**
60 minutes - €100
Discover the deeply cleansing, skin-boosting powers of this results-focused facial. Tailored exactly to your unique needs, this treatment harnesses SkinVision™ technology for advanced skin assessment, identifying and correcting any concerns, with beautiful and instantly visible results for all skin types. Your specialised, targeted mask restores balance and you’ll enjoy ESPA’s unique facial pressure point massage. An intensive serum boosts the effect of active ingredients to leave a radiant healthy complexion.

Includes Deep Cleanse, Exfoliation, Facial Massage, Personalised Mask, Scalp Massage

**COLLAGEN EYE BOOSTER - FOR LINES & WRINKLES**
15 minutes - €30
Utilising our exclusive Micro-Dermoxine Complex® and Azarole Buds, results are seen immediately after this 15 minute flash treatment. Lines and wrinkles are filled in and puffiness is reduced, rejuvenating the eye contour. In just a single session, 87% of clients have reduced wrinkles*, increasing to 100% after a course of 4**.

**GLYCOCURE RENEWING PEEL**
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An advanced exfoliation peel to eliminate dead skin cells, detoxify the dermis and reduce congestion. Formulated with Alpha Hydroxy Acids (AHAs), wrinkles and pigmentation are reduced and the skin is left more balanced and hydrated, enhancing the effects of subsequent treatments.

*Self-assessment test on 67 individuals after 1 treatment **Self-assessment test on 15 individuals after 4 treatments
MEDITERRANEAN CANDLE MASSAGE
50 / 80 minutes - € 95 / € 140
A warming full body massage.

Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

WORLD OF AROMAS
30/50/80 minutes - € 55/€ 95/€ 140
Feng Shui inspired full body massage.

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body. Oil bend choices of Relax, Detox, Energize, Hydrate and Stimulate.

GOLFERS RETREAT
30 minutes - € 55
Energising leg & foot therapy.

Perfect for tired, achy legs, this treatment uses products containing ethically sourced Baobab seed oil to nourish, product and hydrate the legs. Includes an exfoliation, leg massage and finishes with a touch of dreamy leg gel, leaving your legs looking radiant and feeling like you’re walking on air!
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 and emotional therapeutic benefits depending on your needs.

ESPA AROMATHERAPY MASSAGE
50/80 minutes - €95/€140
ESPA aromatherapy Massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suite you specific needs.

ESPA MUSCLE MELTDOWN
40 minutes - €75
“Muscle Meltdown” maybe one of the best options for many people, as the name implies the technique has something to do with warming up the muscles to make them softer and therefore more susceptible to a therapeutic treatment. The treatment includes the back, shoulders and scalp massage.

ESPA HOT STONE MASSAGE
50/80 minutes - €95/€140
A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

ESPA LIFT & FIRM HIP AND THIGH TREATMENT
60 minutes - €95
A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture.

INDIAN HEAD MASSAGE
45 minutes - €75

REFLEOXYLOGY 45 minutes - €75
Exfoliations and Wraps

BAOBAB SEED EXFOLIATION
30 minutes - €60
This exfoliation uses Baobab seeds combined with the nourishing oil to exfoliate and hydrate the skin - our most popular exfoliator for the body.

SPERIENCE SILK WRAP
60 minutes - €95
Envelop your skin with velvety smooth silk extract. Like a second skin, this exquisite mask deeply hydrates your skin and provides it with a satin appearance and a silky touch.

SPERIENCE CHOCOLATE SENSATION
60 minutes - €95
This deeply hydrating and nourishing therapy begins with a stimulating chocolate body scrub to buff away dead skin cells before a deeply warming full body chocolate envelopment with a rich, sensual aroma. The treatment concludes with a rich, nourishing massage to reinvigorate the body.
ESPA PERSONALISED MASSAGE
50/80 minutes - € 95/€ 140
Choose from the following massages:
- Aromatherapy
- Hot Stone Massage
- Deep Muscle Massage
- Swedish Massage
All tailored massages to suit your individual needs.

GERMAINE DE CAPUCCINI FOR MEN ENERGY FACIAL
60 minutes - € 100
A relaxing, healing and energising facial.
A treatment designed specifically to meet the needs of your skin. Infused with a blend of plant extracts and vitamins, this facial therapy is not only relaxing, but also rejuvenates the skin, often irritated by the daily ritual of shaving.

BACK AND FACE STRESS AND TENSION BUSTER
90 minutes - € 140
A warm deep tissue back massage.
Your treatment begins with a deep massage using heat and a ritual stick to target tension spots and alleviate stress in the back. Your treatment then continues with a facial to suit your skin type and massage movements to target stress pressure points in the face.

For Men
Lindi Skin has been developed and clinically proven to help with skin which has been compromised by chemotherapy and radiation. After a consultation with an expert therapist, they will create a treatment tailored to your specific needs. This therapy can help with hand & foot syndrome, anxiety & depression, fatigue & stress, radiation rash & burn.

LINDI SKIN FACIAL
60 minutes - € 95
This facial treatment helps to alleviate the symptoms of dry, flaky, sensitive skin. Lindi skin products will be used to cleanse, soothe, lightly massage and rehydrate the skin to create visible results. Also included is a relaxing hand or foot treatment to soothe and hydrate.

TENDER TOUCH BODY TREATMENT
60 minutes - € 95
Light massage using suitable pressure and positioning to help relieve aches, pains and muscle soreness. This treatment will leave you feeling refreshed and rejuvenated.

PHYTOCARE BAOBAB RITUAL
90 minutes - € 140
Using ethically sourced baobab seed oil, this African-inspired full body ritual promises an invigorating and stress-reducing experience. The blend of natural oils provide anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity, making it the ideal treatment during pregnancy. Your ritual begins with a warm pinda protocol and foot cleanse, followed by a full body exfoliation with a scrub containing Baobab seeds. Continue to relax and enjoy a full body and scalp massage before your ritual concludes with an energising leg massage using our Dreamy Legs gel.

Includes Warm Pinda Protocol, Full Body Exfoliation, Full Body and Scalp Massage, Energising Leg Massage.

MATERNAL MOMENTS
2 hours - € 180
Take some time out with a spa day package designed for the Mum to be. With a day in the spa this package includes, our spa facial tailored to suit your skin, Mum to be massage and complete with an energising leg therapy to help relieve pressure from the feet and fluid retention. Includes lunch and use of the facilities where appropriate.

NEW LIFE MASSAGE
50/80 minutes - € 95/€ 140
A firming massage adapted to suit pregnant ladies. Our collagen body cream which firms, hydrates and tones the skin is combined with relaxing massage movements and warm pindas to soothe tension and tone the skin.

MATERNITY TREATMENTS
Perfect for birthdays, bridal parties, baby showers or just a friendly catch up. Enjoy full use of our spa facilities, your private vitality suite & select your treatment from the Spa Menu below. We will supply refreshments, fresh fruit, granola bars for each party to have you feeling truly pampered! Minimum of 6 people required.

PAMPERING PARTY
€ 70 per person
One 30 minute treatment:
• 30mn Germaine de Capuccini Facial
• 30mn “World of Aromas” Full body massage
• 30mn ESPA Salt & Oil Scrub

“Mrs. Quinn’s Picnic” and private vitality suite included.

Why not indulge yourselves with a glass of bubbly and a giggle! Glass of Prosecco € 6.50pp

Beautify Parties!

PAMPERING PARTY DELUXE
€ 99 per person
One 50 minute Spa treatment
• 50mn ESPA Skin Solution Facial
• 50mn “World of Aromas” Full body massage
• 50mn New Life Maternity Massage

“Mrs. Quinn’s Picnic” and private vitality suite included.

Why not indulge yourselves with a glass of bubbly and a giggle! Glass of Prosecco € 6.50pp

Beauty Treatments

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td>OPI Luxury Spa Manicure</td>
<td>50 minutes - € 55</td>
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<tr>
<td>Upgrade to Shellac/OPI Gel Polish Extra</td>
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<td>OPI Luxury Spa Pedicure</td>
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<td>Shellac OPI gel Manicure French</td>
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<td>MAKEUP</td>
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<td>Chest/Back wax</td>
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<tr>
<td>Upper Wax</td>
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<td>Chin Wax</td>
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TINTING (24 hour patch test)

HAIR REMOVAL (24 hour patch test)

Hair treatment

Brow Shape
Half Leg Wax
File Leg Wax
Bikini Line
Under Arm Wax
Chest/Back wax
Upper Wax
Chin Wax
Arm Wax

TINTING (24 hour patch test)

HAIR REMOVAL (24 hour patch test)

Hair treatment

Brow Shape
Half Leg Wax
File Leg Wax
Bikini Line
Under Arm Wax
Chest/Back wax
Upper Wax
Chin Wax
Arm Wax
SPA ETIQUETTE
Please arrive up to an hour prior to your treatment time. This will allow time for you to check in, fill out a consultation form, change into your robes and slippers and use the spa facilities. If you arrive less than 15 minutes prior to your treatment, time may be reduced, but will still be charged the full price. If you are more than 30 minutes late your treatment may not be honoured but will still be charged at full price. This is to ensure other guests are not inconvenienced. Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests’ right to privacy and serenity. In light of this, the spa is a mobile phone free zone.

RECOMMENDATIONS
The following Spa facilities are available at The Spa – male and female vitality lounges which include sauna, steam room, experience showers, vitality pool, spa changing area, light and dark relaxation areas, 20m swimming pool and fitness centre. To make full use of your spa experience we recommend you bring swimwear with you. If you would like to make use of our fitness centre, please bring appropriate attire and footwear.

CANCELLATION POLICY
Guests who wish to cancel or re-schedule their visit are kindly requested to provide 24 hours notice. Cancellations within 24 hours will not be charged. If less than 24 hours notice is given, the full cost of treatments booked will be charged.

Telephone: +353 21 421 9060
Email: spa@castlemartyrresort.ie

SPA VISITS
Advance bookings are highly recommended to avoid disappointment. A credit card is required to hold all reservations. We may also request pre-authorisation for multiple treatments bookings. Certain treatments and products react with some medical conditions. Please advise us if you are pregnant, have had recent surgery or any other medical conditions when making your appointment. Guests attending the spa must be 16 years of age or over.

Please call 021-4219060 or email spa@castlemartyrresort.ie to make a booking.