



YOUR OWN KIND OF PERFECT

THE HERITAGE SPA

## DISCOVER THE HERITAGE SPA

### 14 Treatment Rooms

Relaxation Room

Tepidarium

Caldarium

Steam Bath

Open Hydro-Pool

Rustic Sauna Cabin

Salt Room

Experience Showers

Foot Baths

Resting Zone

Ice Fountain

Moroccan Experience



This icon denotes treatments that can be tailored for guests during pregnancy over 12 weeks.  
Please make the team aware when booking.



All treatments can be tailored for guests experiencing menopause.  
Please ask when booking.

Discover the art of rejuvenation at The Heritage Spa, where Elemis and Fréamh come together to create an experience of pure luxury and wellbeing.

## ELEMIS

Defined by nature, led by science. We've chosen to partner with Elemis, the leading global British skincare brand with over 30 years of research and development. They are committed to unlocking the secrets of skin longevity, empowering you with the knowledge and products to achieve collagen health, and thus skin health.

Elemis' approach to skincare is holistic: their innovative formulas are rigorously tested to deliver maximum efficacy while engaging all the senses on your skin wellness journey.

Elemis award-winning formulas, backed by clinical trials, help protect, restore, and renew skin health, keeping your complexion youthful and supple. With a foundation in aromatherapy, their products are thoughtfully created with natural fragrances and indulgent textures, for a luxurious experience in selfcare with results you can see and feel.

## FRÉAMH

At FBD Hotels & Resorts, we believe that true wellness is rooted in authenticity. We wanted to create something that would feel unmistakably Irish – a collection born from our land, our tides, and our people.

To bring this vision to life, we partnered with a 100% Irish-owned wellness creator whose founder has over three decades of experience in the spa world – a true curator of calm, with a lifelong passion for restoring balance and wellbeing.

Together, we designed an exclusive spa and retail collection that honours the rhythms of our island. Each product line is inspired by the natural elements that shape us – the grounding strength of the earth, the fluid movement of the shoreline, the breath of the wind, and the deep calm of the sea.

Every ritual and remedy have been crafted to connect body and mind, to slow the pace, and to draw on the healing qualities of nature. It's a celebration of Ireland's beauty and spirit – brought to life in treatments and products you won't find anywhere else in the world.

Rooted in nature. Guided by the tides

## DAY SPA PACKAGES

### Root & Restore Day Spa Retreat

*Monday – Friday €135 per person*

*Saturday – Sunday €145 per person*

Ground yourself in the gentle rhythm of nature with our Fréamh Rooting Day Spa Package. This 60-minute full-body massage draws on the restorative power of touch to release tension, deepen the breath, and reconnect body and mind. Like roots reaching into nourishing soil, you emerge feeling replenished, balanced, and renewed. Your experience concludes with one hour in the Thermal Suite followed by a light lunch at Seven Bar.

### Rasul & Afternoon Tea (min of 2 people)

*Monday – Friday €80 per person*

*Saturday – Sunday €90 per person*

Relax with a friend in our Arabian Mud Rasul ritual — a self-applied, mineral-rich mud treatment in a mosaic-tiled steam suite. As herbal steam detoxifies and revitalizes your skin, enjoy salt and oil scrubs before rinsing under a tropical, star-lit shower.

Conclude your experience with Afternoon Tea for two.

### The Heritage Deluxe Retreat

*Monday – Friday €175*

*Saturday – Sunday €185*

A choice of 3 from the following treatments:

- 30 minute Elemis Salt Glow
- 30 minute Back, Neck & Shoulder Massage
- 30 minute Indian Head Massage
- 30 minute Elemis Express Facial

After your treatments, enjoy one hour in the Thermal Suite and a light lunch at Seven Bar.

### Glam Mum To Be

*Monday – Friday €175*

*Saturday – Sunday €185*

Designed with expectant mums in mind, this nurturing package includes:

- 60 minute Elemis Peaceful Pregnancy Massage
- 30 minute Elemis Express Facial to restore your glow.

After your treatments, enjoy one hour in the Thermal Suite and a light lunch at Seven Bar.

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### Afternoon Retreat

Monday – Friday €140

Saturday – Sunday €150

Press pause on a busy day with this rejuvenating package:

- 25 minute Back, Neck & Shoulder Massage
- 25 minute Elemis Express Facial

Follow with an hour in the Thermal Suite, then indulge in our Afternoon Tea, served in the elegant Galleria.

### Melt Into Relaxation

Monday – Friday €135

Saturday – Sunday €145

Take a midweek pause with a revitalising blend of:

- 25 minute Elemis Express Facial
- 25 minute Back, Neck & Shoulder Massage

After your treatments, unwind with one hour in the Thermal Suite, then enjoy a main course lunch at Seven Bar, complemented by tea or coffee and a glass of prosecco.

### The Midweek Breather

Monday – Friday €120

Take a midweek pause with a revitalising blend of:

- 30 minute Elemis Express Facial
- 30 minute Back, Neck & Shoulder Massage

Complete your escape with one hour of pure bliss in the Thermal Suite.

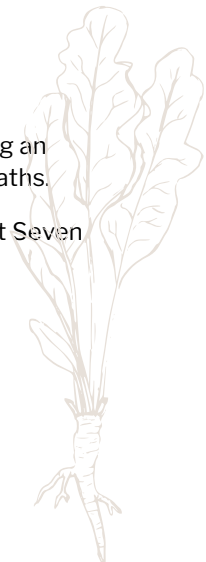
### The Heritage Spa Experience & Lunch

Monday - Friday €65

Saturday - Sunday €75

Start your spa journey with two hours in our Thermal Suite, featuring an Aroma Steam Room, hydrotherapy pool, and Aromatic Salts Foot Baths.

Afterwards, enjoy a delicious main course lunch and tea or coffee at Seven Bar, all set within a refined and serene atmosphere.



## SIGNATURE TREATMENTS

### The Heritage Signature Face & Body Ritual

*90 minutes €160*

Immerse yourself in the ultimate head-to-toe indulgence. This luxurious ritual begins with a soothing 30 minute Hot Stone Massage targeting the back of the body, melting away tension. The experience continues with a prescribed 60 minute Elemis Expert Touch Facial, tailored to your skin's unique needs. The treatment concludes with a deeply relaxing scalp massage, leaving you fully restored and radiant.

### A Slice of Heaven

*90 minutes €160*

Restore your natural glow and melt away stress with our most comprehensive and restorative treatment. Begin with a calming scalp and facial massage, followed by a revitalising foot treatment, a nourishing hand and arm massage, and a deeply relaxing back massage enhanced with warm essential oils and hot stones. This full-body ritual is designed to soothe tired muscles, refresh your complexion, and leave you in a state of total relaxation.



## ELEMIS EXPERT TOUCH FACIALS

### Elemis Expert Touch Define Facial

90 minutes €145

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

*Benefits: Renew, Focus & Ground*

### Elemis Expert Touch Reveal Facial

60 minutes €120

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed, and glowing.

*Benefits: Resurface, Smooth & Glow*

### Elemis Expert Touch Renew Facial

60 minutes €120

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

*Benefits: Hydrate, Lift & Firm*

### Elemis Expert Touch Express Facial

30 minutes €80

An express treatment ideal for refreshing the skin, a facial that will cleanse, tone, exfoliate including a mask and pressure point scalp massage leaving the skin refreshed and hydrated.

*Benefits: Hydrate, Lift & Firm*



## ELEMIS EXPERT TECH FACIALS

### Elemis Expert Tech Radiance + Revive Facial

60 minutes €130

Revive tired skin with our advanced Ultrasonic Peel technology teamed with Oxygen Infusion to plump and Galvanic to nourish, leaving your skin rebalanced, nourished and radiant.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Oxygen Infusion to plump the skin
- Galvanic technology to restore the skin

*Benefits: Rebalance, Nourish & Glow*

### Elemis Expert Tech Smooth + Polish Facial

60 minutes €130

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic to nourish, revealing bright, polished and smooth skin.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- LED Light Mask to regenerate the skin
- Galvanic technology to restore the skin

*Benefits: Reset, Resurface & Brighten*

### Elemis Expert Tech Lift + Rejuvenate Facial

60 minutes €130

Restore your skins vitality our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate and Oxygen infusion to plump. Skin will appear renewed, toned and firmer.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin

*Benefits: Renew, Plump & Tone*





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### Elemis Expert Tech Sculpt & Firm Facial

90 minutes €145

60 minutes €130

Our ultimate treatment, this multifaceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined.

BIOTEC Technology:

- Cryotherapy for skin sculpting
- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin
- LED Light Mask to re-energise the skin
- Galvanic technology to restore and nourish

*Benefits: Revitalise, Strengthen & Define*

## ELEMIS EXPERT TOUCH & BODY TREATMENTS

### Elemis Expert Deep Tissue Tension-Ease Massage

90 minutes €165

60 minutes €140

30 minutes €85

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

*Benefits: Renew, Focus & Ground*

### Elemis Expert Transformative Hot Stone Massage

90 minutes €165

60 minutes €140

30 minutes €85

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

*Benefits: Soothe, Relax & Relieve*

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### Elemis Expert Peaceful Pregnancy Massage

90 minutes €150

60 minutes €130

30 minutes €85

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

*Benefits: Nurture, Restore & Calm*

### Elemis Back, Neck & Shoulder Massage

30 minutes €85

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the Elemis Body Oil to suit your individual needs.

### Aroma Massage

90 minutes €145

60 minutes €120

30 minutes €85

Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

### Swedish Massage

90 minutes €145

60 minutes €120

30 minutes €85

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

### Elemis Targeted Tightening Body Treatment

90 minutes €145

60 minutes €120

A powerful blend of minerals and seaweeds join forces to target cellulite and promote a smoother silhouette with our focused sculpting massage, for skin that looks and feels intensely tightened, toned and smoothed.

- 90 minutes - Thighs, Abdomen and Arms
- 60 minutes - Thighs or Abdomen

*Benefits: Tighten, Tone & Smooth*

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### Elemis Frangipani Body Nectar Nourishing Wrap

60 minutes €110

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic.

### Elemis Salt Glow

30 minutes €70

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## FRÉAMH FACE AND BODY TREATMENTS

### ROOTED | FRÉAMH

#### Fréamhaithe – The Rooting

90 minutes €160

60 minutes €120

Like roots reaching down into nourishing soil, this massage treatment anchors body and mind, immersed in the healing rhythm of nature. Through a soothing massage of face and body, tension softens, the breath deepens and you emerge replenished, rooted, and reconnected to your inner landscape.

- 90 minutes - Full Body Massage with Face Gua Sha & Scalp Massage
- 60 minutes - Full Body Massage

#### Grounded in Wellness - Menopause, Balancing Massage

90 minutes €160

Created with women in mind, this nurturing ritual supports the body through the shifts of menopause and hormonal change. Like ancient stones shaped by wind and water, or roots finding steady hold in shifting soil, this treatment steadies and realigns the body, easing tension, supporting circulation, and encouraging a deep sense of calm.

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## Earthing Detox Body Wrap Ritual

60 minutes €120

Drawing inspiration from the healing power of the land, utilising mineral-rich clay and plant botanicals to detoxify, purify, and re-energise body and mind. Like earth absorbing the rain, this treatment restores balance, refreshes the skin, and uplifts the spirit. You emerge renewed, refreshed, and harmonised in body and mind.

## SHORELINE | CLADAIGH

### Muscle Recovery Ritual - Firm Full Body Massage

90 minutes €160

60 minutes €120

Crafted to restore strength and vitality, this flowing, rhythmical massage works deeply into tired muscles, easing tightness and stiffness. Circulation improves, tension releases, and energy is restored. Like rivers carving their course through stone or winds sweeping across the land, this ritual restores rhythm, balance, and flow within the body.

- 90 minutes - Full Body Massage
- 60 minutes - Back of Body Massage

## The Reset - Abdominal Massage for Gut Health

60 minutes €120

Centred on the abdomen, the hearth of vitality, soothing massage encourages circulation, energy flow, and nourishment to the digestive organs, while face and foot reflexology support balance throughout the whole system. Designed to restore harmony from deep within as a sense of lightness and calm begins to take root.

## SEA | FARRAIGE

### Codladh Sámh – Peaceful Sleep

120 minutes €200

90 minutes €160

From the Irish Codladh Sámh, meaning peaceful sleep, this ritual draws you into the quiet embrace of night and the steadying rhythm of the earth. It honours the ancient wisdom of rest and the way the land lies fallow to renew and offers a space for body and mind to settle into deep slumber.

- 120 minutes - Face & Body Sleep Massage with Restorative Body Envelopment
- 90 minutes - Face & Body Sleep Massage

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### Hot Stone Ritual - Warming Stone Massage

90 minutes €160

60 minutes €120

This nurturing ritual uses warm jade stones to release tension, restore balance, and support the body's natural healing. Jade, long revered for its grounding and calming properties, helps ease muscle stiffness, improve circulation, and promote a sense of inner harmony. Combined with flowing massage, the stones help the body relax deeply while encouraging energy to move freely.

- 90 minutes - Full Body Jade Stone Massage with Face Gua Sha & Scalp Massage
- 60 minutes - Full Body Jade Stone Massage

### Na Mara - Sea Salt Polish

60 minutes €120

From the Irish Na Mara, meaning From the Sea, this ritual evokes the ocean's healing power, harnessing sea minerals and botanicals to refresh, detoxify, and nourish the skin. Like waves rolling across the shore this treatment reconnects body and spirit, leaving you refreshed, invigorated, and full of vitality.

### AIR | GAOTH

#### The Blossoming - Face & Body

90 minutes €160

60 minutes €120

Designed to support and comfort the body through the 2nd and 3rd trimesters of pregnancy, this intuitive massage soothes tired muscles in the back, hips, and lower legs, relieving tension, improving sleep, and encouraging a deep sense of calm. Like new buds reaching toward the sun, this treatment helps the body grow in harmony with its changing rhythm. You emerge relaxed, replenished, and deeply connected to your body and the life within.

- 90 minutes - Full Body Massage with Face Gua Sha & Scalp Massage
- 60 minutes - Full Body Massage

### New Mother - Postpartum Massage - Face & Body

90 minutes €160

60 minutes €120

This bespoke ritual is designed to support the body and mind after childbirth. Gentle, flowing massage for the face and body helps release tension, ease aches, and encourage circulation, while promoting deep relaxation and a sense of calm.

- 90 minutes - Full Body Massage with Face Gua Sha & Scalp Massage
- 60 minutes - Full Body Massage

## HOLISTIC THERAPIES

### Mud Rasul (min of 2 people)

45 minutes €100

Relax with a friend in our Arabian Mud Rasul ritual — a self-applied, mineral-rich mud treatment in a mosaic-tiled steam suite. As herbal steam detoxifies and revitalizes your skin, enjoy salt and oil scrubs before rinsing under a tropical, star-lit shower.

### Reflexology

60 minutes €125

This ancient technique stimulates pressure points on the feet to rebalance your body's energy systems.

### Indian Head Massage

30 minutes €80

Designed to alleviate stress, this massage concentrates on the scalp with a focus on soft tissues in the shoulders and neck.

### Hammam

45 minutes €100

Influenced by the bathing ritual of the Ottoman nations, relax on a warm plinth in absolute humidity Whilst being treated by your therapist. Exfoliating massage performed on a warm massage plinth.



## IN ROOM BATH TRAY

Choose one of the following options which will be delivered to your room for you can add to the bath in your room at a time that works for you.

### Cellutox Herbal Bath Synergy

€25

Relax and revive with these high-performance bath salts. These unique Elemis synergy of Algae, Sea Buckthorn and Sea Fennel extracts combined with pure essential oils of Juniper and Lemon combines the richness of sea plants with the essence of pure aroma. Use as part of a body cleansing program to leave skin feeling soft, smooth and refreshed.

*Bath Includes: Elemis Cellutox Herbal Bath Soak, Elemis Lime & Ginger Salt Scrub and Elemis Frangipani Oil.*

### Musclease Bath Synergy

€25

Relieves muscle tension and pain, Elemis Musclease products are designed to help relieve muscle tension and pain. The Elemis Musclease Herbal Bath Synergy, high performance bath salts, are perfect for post-workout care, helping to relieve aches and tension with soothing botanicals.

*Bath Includes: Elemis Musclease Herbal Bath Soak, Elemis Frangipani Salt Scrub and Elemis Frangipani Oil.*



## THE HERITAGE SPA GUIDE

### Arrival Time

Arriving 1 hour before your treatment commences will give you plenty of time to relax and enjoy the surroundings. If you're late for your appointment, the time will be deducted from the length of your scheduled treatment. If your package includes The Heritage Spa Experience, we recommend you allow a minimum of 1 hour before or following a treatment to fully utilise the area.

### Booking Information

We recommend you book treatments and packages in advance as demand for the Spa is high. All bookings are subject to The Heritage terms and conditions, which are available on request.

To book please call +353 (0)57 869 5050 or email [spa@theheritage.com](mailto:spa@theheritage.com)

### Health

The first priority of our team is your health, safety and wellbeing. If you have any concerns regarding your medical history we recommend consulting your GP prior to your visit. A medical note may be needed in order for us to perform some treatments. If you've undergone surgery within 6 months prior to the date of appointment, this may affect your choice of treatments available. Please ask our Spa Reception Team for advice on booking, they will be happy to help.

### Pre and Post Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please contact our spa reception and a member of our Spa Reception Team will be happy to provide more information. If you have undergone a C-section in the previous 6 months, unfortunately it will not be possible to have any massage or body treatments.

### Children

Due to the active nature of the products, Spa users must be a minimum age of 18 years.

### Etiquette

As a courtesy to other clients and to preserve the ambiance of the Spa, we ask that clients switch off their mobile phones and leave them in the locker area. Smoking is not permitted in the Spa. We thank you in advance for your understanding.



## What to Bring

Simply collect your towel and robe card at the Spa Reception, where you will receive your towel and bathrobe.

If these items are not returned at the end of your visit to The Heritage Spa, a fee will be charged to the card on file.

Swimwear is required at all times in The Heritage Spa area.

## Personal Belongings

Lockers are provided in the changing rooms for safe storage of your belongings during your time at The Heritage Spa. It's the responsibility of guests to ensure their belongings are stored securely.

## Cancellation Policy

As a courtesy to other guests and our therapists, please give us at least 48 hours' notice if you need to cancel or change your appointment. Please note that cancellations less than 48 hours prior to the booking are subject to a 100% cancellation fee. If you don't attend your appointment on the day, you will be subject to a cancellation fee of 100% of the treatment price.

For group cancellation policy, please refer to your group confirmation contract. We reserve the right to alter prices and modify or discontinue treatments without prior notice to ensure that we maintain maximum standards of service and quality.

## Opening Times

*Spa Treatments:*

Monday - Sunday, 10.00am - 6.00pm

*The Heritage Spa Experience:*

Monday - Friday, 10.00am - 8.30pm

Saturday - Sunday, 10.00am - 6.30pm

Bank Holidays, 10.00am - 6.30pm

## The Health Club

Located beside the Spa, the Health Club is equipped with Technogym exercise equipment, fitness studio, leisure pool, Jacuzzi. Ladies and gents locker rooms are equipped with a separate sauna and steam room in each.

## Annual Spa Membership

Annual Spa Membership available for full use of the Spa Experience price €399pp. Excludes Saturdays and all the school breaks such as Halloween break, Christmas break, midterm break in February or Easter Break. 10% discount on retail and individual Spa treatments.



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FBD HOTELS & RESORTS