

WHITE HORSES SPA



CARRY ME AWAY





## BE CARRIED AWAY

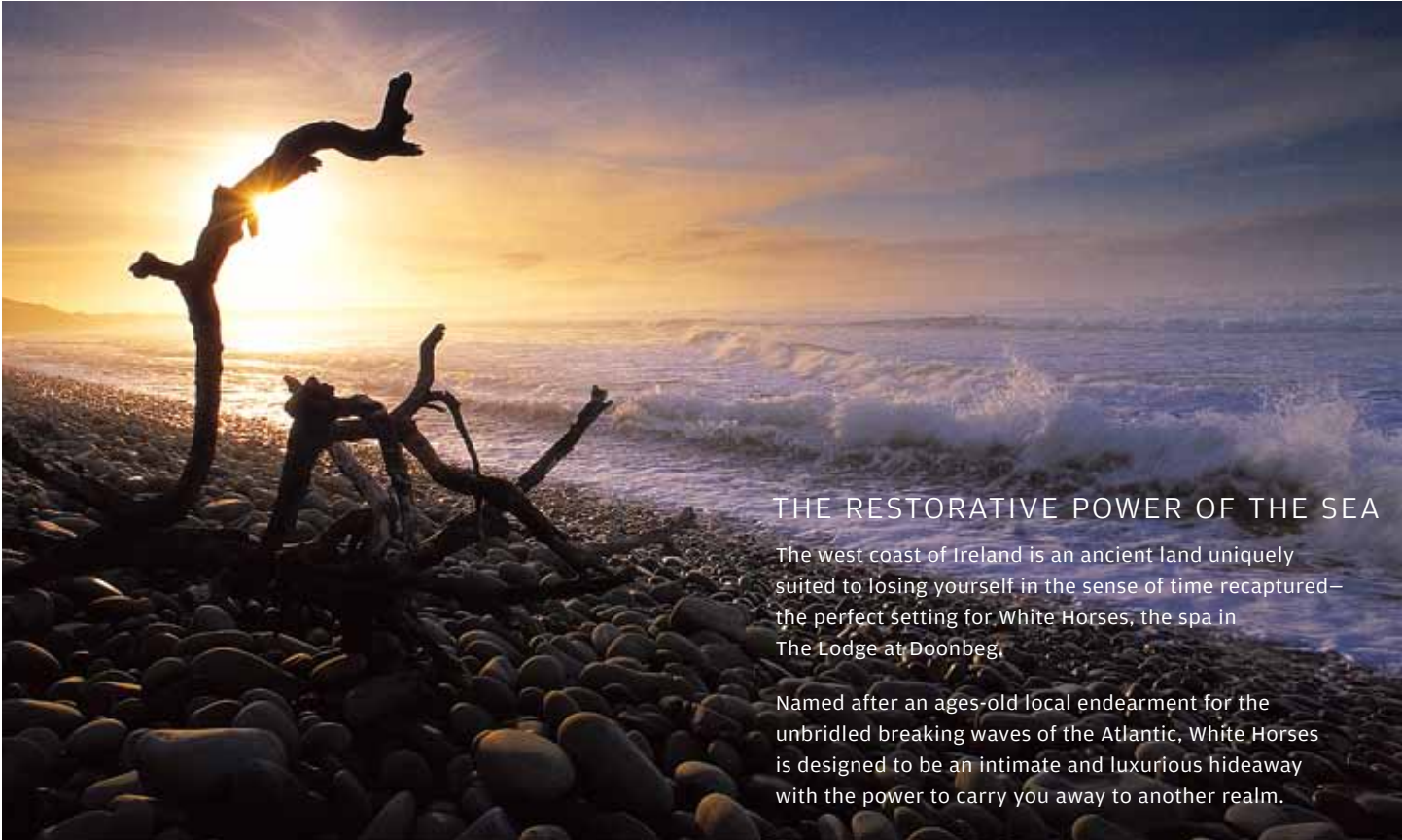
“The resemblance...has commonly been drawn between the horse in regards to his mane, and the foam-tipped waves, which are still called white horses.”

Horses appear frequently in Irish mythology as animals of special qualities. Enchanted horses that carry people to the Otherworld are a frequent motif.

In one such tale, warrior-poet Oisín leaves his father's clan, the Fianna, for Tír na nÓg, the Land of Youth where no one ever grows old. He travels with Niamh Cinn Oir, the daughter of Irish God of the Sea Mannan mac Lir, galloping across the waves on her magical white horse, Embarr, who is swifter than the spring wind and able to travel as easily over water as on land.

The great Irish poet William Butler Yeats (1865 - 1939) wrote of The Wanderings of Oisín in 1889, in which Oisín says:

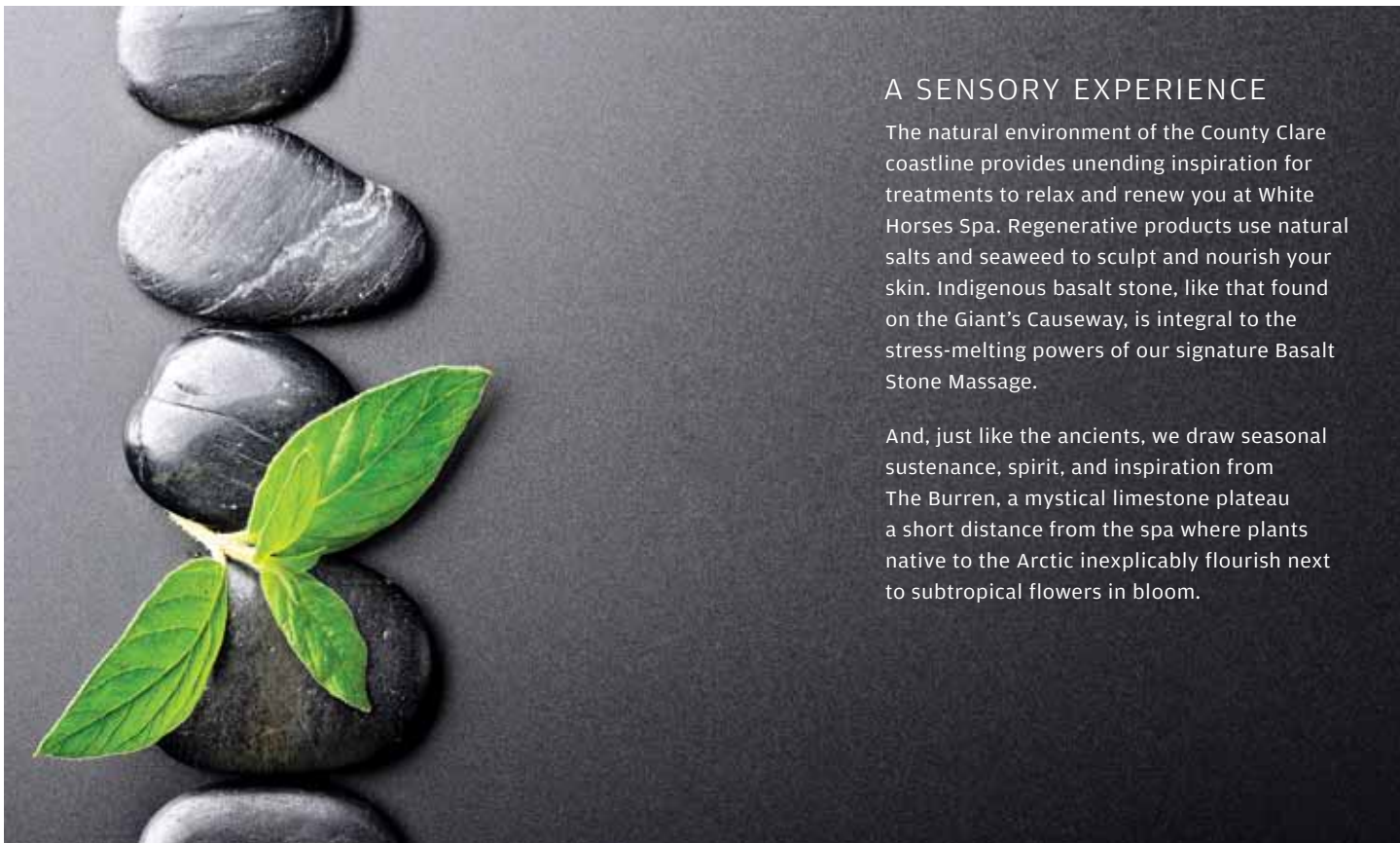
“Look! There it is,  
Just there on the horizon.  
That's where I belong -  
In the Land of the Youth.”



## THE RESTORATIVE POWER OF THE SEA

The west coast of Ireland is an ancient land uniquely suited to losing yourself in the sense of time recaptured—the perfect setting for White Horses, the spa in The Lodge at Doonbeg.

Named after an ages-old local endearment for the unbridled breaking waves of the Atlantic, White Horses is designed to be an intimate and luxurious hideaway with the power to carry you away to another realm.



## A SENSORY EXPERIENCE

The natural environment of the County Clare coastline provides unending inspiration for treatments to relax and renew you at White Horses Spa. Regenerative products use natural salts and seaweed to sculpt and nourish your skin. Indigenous basalt stone, like that found on the Giant's Causeway, is integral to the stress-melting powers of our signature Basalt Stone Massage.

And, just like the ancients, we draw seasonal sustenance, spirit, and inspiration from The Burren, a mystical limestone plateau a short distance from the spa where plants native to the Arctic inexplicably flourish next to subtropical flowers in bloom.



REFLECTING THE PHILOSOPHY OF:

KERSTIN FLORIAN

White Horses treatments are enhanced with the science and beauty of Kerstin Florian products. Like this exceptional company, we believe proper care of the face and body are as crucial to wellness as nutrition, exercise, and psychological health. Natural ingredients such as thermal mineral water, mud, algae, herbal extracts, and essential oils are crucial to our therapies and products, as is avoidance of heavy preservatives and perfumes.

VOYA

Inspired by the breathtaking natural beauty around us and the long-standing traditions of the area, VOYA has adopted organic and sustainable ways of creating our products. We use only sustainable harvesting practices to ensure that we don't damage the delicate coastal environment that provides us with our certified organic seaweed. We then combine this with the best organic ingredients from around the world to bring you a unique seaweed bath experience and a range of products that not only heal the body but leave the skin silky smooth.



## TREAT YOURSELF

As you step inside White Horses, expect your world-weary senses to spring to life as scents and soothing sounds surround you.

As you return again and again, your body can be enhanced by nature's healing touch in a place inspired by 5,000 years of mystery and history.

Bathed in an amber glow, White Horses' interior seems simultaneously ancient and contemporary. Glowing candles set the stage for a feeling of warmth and well-being. The spa's amenities include a steam area and sauna, and deep soaking whirlpools with thermal mineral salts to ease muscles. The three dry treatment rooms are equipped for massage and beauty treatments. The wet treatment room features a splash shower for body treatments.





## MARINE INSPIRED FACIAL TREATMENTS

As the mystical white horses would carry people to the Land of Eternal Youth, where music, strength, life, and all pleasurable pursuits come together, let White Horses Spa's facial treatments carry you away from the day to day and into this blessed realm of radiance.

### **White Horses Signature Caviar Facial**

The queen of all facials, this is the ultimate treatment for face, hands, feet, and décolleté. This decadent, luxurious facial firms, tones, refines, and deeply hydrates the skin with antioxidant and protein-rich caviar. Exclusive caviar products infuse skin with age defying nutrients to smooth fine lines and improve skin's texture. A specialised massage visibly firms, tones, and "lifts" while a collagen-rich marine matrix sheet provides intense hydration to instantly restore radiance. Results are immediate, creating healthy luminescent skin.

90 minutes • €170.00

### **Ocean Deep European Cleansing Facial**

A purifying treatment suitable for all skin types, this facial includes a gentle exfoliating peel, a luxurious massage, and a deep-cleansing masque with botanical extracts to rejuvenate and nourish the skin. A heated hand treatment completes the experience. Customise this facial by adding one of our facial enhancements. Your therapist will advise the recommended treatment or ampoule for your skin type.

60 minutes • €90.00

### **Eternal Youth Vitamin C Facial**

Using ingredients brimming with antioxidants to nourish and tone the skin, this oxygenating anti-aging treatment leaves skin noticeably smoother and younger looking. Applications of rejuvenating protein rich vitamins, minerals, and botanical extracts combat free radicals and premature aging. This treatment also includes a rejuvenating Intensive Repair or Vitamin C ampoule treatment to disrupt hyper-pigmentation and improve skin colour and texture – especially beneficial for sun-damaged and mature skin. A hydrating hand treatment, scalp massage, and home treatment are also provided.

60 minutes • €145.00

### **County Clare Gentleman's Facial**

This deep-cleansing, therapeutic facial, is designed specifically for the special skin-care needs of men, including exfoliation needs and treatment for sensitivity to razor burn. A face, neck, and shoulder massage completes the rejuvenating experience.

60 minutes • €90.00



### **VOYA Anti Ageing Reviver Facial**

Suitable for all skin types, though of particular benefit for mature, dry, or dehydrated skin types. A skin rejuvenating facial designed using VOYA's organic ingredients that have a combination of anti-oxidant algae complexes, pro collagen organic extracts, and a restorative blend of organic ingredients to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles, and hydrate and plump the skin texture. The result is instantly firmed and tightened skin with a natural radiant glow, perfect after a long flight.

60 minutes • €90.00

### **VOYA Deluxe Facial Experience**

This innovative Holistic Seaweed Facial is a true indulgence, beginning with a back body brushing and back massage, followed by a relaxing light neck and shoulder massage. Finely ground wet organic seaweed is used to gently exfoliate your face. The seaweed also acts to moisturize, hydrate, and plump tired skin. Freshly harvested organic seaweed leaves are then placed to your face, and its active anti-antioxidants show visible results. The mask is then combined with a light head massage. This is the crème de la crème of all facials; it will deeply renew, revive and soften dry and dehydrated skin, alleviating fine lines and wrinkles.

90 minutes • €110.00



## ADDITIONAL FACIAL ENHANCEMENTS

To enhance the effectiveness of your facial, and target specific skin problems, our therapists can advise you on an upgrade that is custom-designed for any personal skin concerns. Each enhancement includes a seven day intensive homecare treatment programme.

### **Vitamin C Ampoule**

An antioxidant treatment which improves the quality and appearance of the skin, increases skin elasticity, and helps to prevent premature aging caused by UV exposure. €45.00

### **Couperose Ampoule**

Gentle anti-inflammatory botanicals are synergistically combined to create a serum to combat redness, while cooling and calming the skin, benefiting fragile capillaries and leaving the face feeling velvety soft. €25.00

### **Intensive Repair Ampoule**

A healing and soothing two week treatment programme for cell rejuvenation, this intensive repair lends elasticity and firmness to skin tissue and achieves a visibly smoother and more youthful appearance. €60.00

### **Glycolic Treatment**

This remarkable exfoliation treatment helps to refine skin texture, minimise the appearance of fine lines, encourage a balanced skin tone, and promote a youthful glow. €50.00

### **Eye Rescue**

This intensive eye treatment, designed to diminish fine lines and wrinkles by up to 27%, also improves dark circles, relieves puffy eyes, improves skin clarity, and wholly rejuvenates this delicate area for brighter, more luminescent eyes. €45.00



## SEASCAIR MESSAGES, TREATMENTS, AND RITUALS

“Seascair,” pronounced (shays'-car), is an Irish word meaning “cosy” or “snug.” Drawing from the ancient wisdom of healing treatments, surrounding one with soothing aromatics from local wildflowers, and using natural regenerative products to nourish your skin and melt your stress, each massage and treatment ritual is designed with the distinct flair of White Horses' surroundings.

### MESSAGES

#### **Voyager Massage**

A gentle massage, designed for pure relaxation, is ideal after a long journey and for combating jetlag. A heated compress, with soothing aromatic oils, is placed on the back to soothe and calm. This massage combines palm pressure and thumb rolling with long strokes to relieve tired and aching muscles, restoring your body's balance. Our calm mind ritual aids deep relaxation to ensure an excellent night's sleep and leave you fully rested in the morning.  
60 minutes • €100.00

#### **Burren Wilderness Massage**

Indulge in our full-body signature treatment, inspired by the unique flowing landscape of the Burren in Co. Clare, sure to soothe and warm you to your very soul. A heated towel immersed in wildflower oil is placed along the spine for total body warming. Hot stones are gently positioned between the toes, and feet are wrapped in warm booties. Hands are gently massaged with essential oil and enveloped in warm hand mittens. A thoroughly relaxing experience.  
90 minutes • €150.00

#### **Irish Accent Swedish Massage**

This classic relaxing European massage uses long strokes and kneads the superficial layers of muscle. Aromatic essential oils help detoxify the body, ease sore muscles, release tension, and improve circulation, leaving you in a blissful sense of relaxation. Upgrade to 90 minutes for optimal relaxation.

30 minutes • €60.00

60 minutes • €90.00

90 minutes • €120.00

#### **Basalt Stone Massage**

This powerful thermal massage draws on nature's elements and combines them with the art of massage. Oiled, warm, indigenous Basalt stones are strategically used with pressure and applied to key points of the body to relieve tired and sore muscles, improve circulation and lymph movements, and generate deep relaxation. The therapeutic use of essential oils in massage movements bestows a deep physiological experience, melting away all tension and stress.  
90 minutes • €150.00





### **VOYA Seaweed Hot Stone Massage**

One of our star treatments, aromatic organic essential oils and leafs of seaweed are used to soothe the body and mind. Heated stones are placed onto organic seaweed leafs all over the body. The dual action of the heat soothes your muscles whilst releasing precious extracts from the seaweed in key parts of your body. A truly delightful treatment that goes beyond the normal physical experience of a massage and soothes the soul.  
75 minutes • €125.00

### **VOYA Herbal Bag Massage**

A real sensory treat! Soaked warm bags of herbs and seaweed are gently massaged into the body, releasing the precious seaweed oils. A combination of the finest organic herbs and seaweed are used to massage your body and gently exfoliate and nourish your skin. Truly a therapeutic treatment that is completely indulgent. Choose between calming organic chamomile, detoxifying peppermint, or stimulating fennel.  
60 minutes • €110.00

### **Deep Tissue Massage**

Recommended especially before or after golf, this specialised deep tissue massage concentrates on your areas of concern, and provides relief from muscle soreness and stiff joints. A combination of manipulation and neuromuscular techniques ensures excellent recovery, and the addition of a heat pack increases circulatory benefits, muscular detoxification, and optimum results.  
30 minutes • €80.00  
60 minutes • €115.00  
90 minutes • €160.00

## BODY TREATMENTS

### **Sea Spirulina Body Wrap**

Refine and detoxify the skin using the power of Spirulina Algae. This three step treatment imparts essential minerals and proteins to nourish and revitalise the body, and a gentle exfoliation prepares the body for the detoxifying seaweed wrap. Indulge with a refresher facial while enveloped in the warm wrap. Finish up with a massage application of hydrating chamomile body lotion.

75 minutes • €115.00

For detoxifying and body sculpting, a programme of three treatments is recommended. Course of three treatments • €300.00

### **Moor Mud Body Wrap**

Moor mud, legendary for its powerful therapeutic properties, is combined with a blend of botanical materials, and creates a natural interaction with thermal mineral water to revitalise the skin. Soothing and rejuvenating to tired muscles and stiff joints, and applied in a full body wrap, this treatment also incorporates a facial cleanse and mud mask application.

60 minutes • €100.00

### **Lavender Dreams**

Relax, breathe, and inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating aromatic experience complete with an invigorating full-body scrub and massage.

90 minutes • €150.00

### **Emerald Isle Salt Scrub**

An invigorating salt exfoliation, applied in a two-step treatment, utilises sea salt rich in minerals and trace elements mixed with eucalyptus, anise, lavender, and basil oil. The pleasure continues with a loofah scrub of thermal mineral bath gel. 30 minutes • €60.00



### **Bladderwrack Body Buff**

A 100% certified organic powdered seaweed and oil scrub for the health conscious, our certified organic bladder wrack body buff is the ultimate treat for tired and dull skin. A combination of our mineral rich organic hand harvest Bladder Wrack and seaweed infused massage oils. The combination of the minerals and antioxidants offer a powerful combination, the no frills way to better skin.

45 minutes • €70.00

### **Peppermint Sugar Glow**

A wonderful, fragrant mix of peppermint leaf, seaweed, and sugar. It's double action of gently removing dead skin cells with our sugar, then cooling and uplifting of our seaweed extracts and the fresh, penetrating and invigorating organic peppermint essential oil will bring a new life to your skin and soul.

45 minutes • €70.00

### **VOYA Signature Seaweed Leaf Wrap**

One of VOYA's truly amazing therapies, imagine your body being wrapped from head to toe in seaweed leaf. The finest seaweed, hand harvested by hand from the ocean, is used to ensure that the highest content of bio-actives is preserved.

90 minutes • €125.00

### **VOYA Seaweed & Peat Wrap**

An Organic Seaweed Peat wrap, seaweed extracts, and micronized Peat are combined in a long existing tradition of Peat Wraps in Eastern Europe. Traditionally used for a variety of skin and rheumatic conditions, Peat Wraps offer a potent detoxification due to trace elements, vitamins, carbohydrates, polyphenols, lipids, and especially humic acids. Many studies have shown that humic acid has an astringent effect and also drains the toxic substances from the body.

60 minutes • €95.00





## RITUALS

### **White Strand Body Ritual**

Luxurious and decadent, this exquisite trilogy ritual begins with a gentle exfoliation of the skin and is followed by an indulgent caviar moisturizing massage application. A refresher facial with cool marine masque is applied as you are cocooned and drift into peaceful tranquility.

90 minutes • €150.00

### **Aromatherapy Head and Foot Ritual**

Enjoy the pleasure of an aromatherapy foot bath ritual. The feet are cleansed and exfoliated with an essential oil salt scrub to remove dry skin. The lower leg and foot are luxuriously treated with a blend of shea butter and revitalising peppermint and eucalyptus oils. Enjoy a soothing massage on arms, neck, and shoulders and tension-melting head massage, including pressure point techniques to release blocked sinuses. Complete the experience as you unwind with our signature calm mind ritual.

45 minutes • €75.00



## FROM DISTANT SHORES

### **Far East Reflexology**

A supreme sensory delight, this treatment begins with an invigorating salt scrub exfoliation to the lower leg and foot to reveal silky smooth skin ready for the reflexology ritual. This ancient healing method focuses on pressure points on the feet to restore the flow of energy throughout the body, promoting deep relaxation, improved circulation, and toxin release to enhance healing and balance from within. The experience is completed with a hand, neck, and shoulder massage.

75 minutes • €125.00

### **Tibetan Healing Ritual**

This healing ritual begins by placing the hands gently over the body's energy centres or chakras. Singing bowls provide the focus for sound therapy and are intuitively used around the body. The combination of the energy of the therapist and the sound vibrations initiates a natural healing and balance within the body, emotionally, mentally, and physically.

60 minutes • €80.00

### **Indian Head Massage**

Restoring and balancing the body, this holistic massage concentrates on shoulders, neck, and head, drawing on ancient pressure and manipulation techniques to relax and rejuvenate. This massage will initiate a healing process within the whole body and restore natural energy.

30 minutes • €60.00

45 minutes • €75.00

## NURTURING TREATMENTS FOR MOTHERS-TO-BE

Let the pampering begin. Feel your stress and worries slip from your mind while your body relaxes, freeing all tensions and discomforts.

### **Mother-to-be Massage**

A complete body massage using specific prenatal techniques to relax, renew, and rejuvenate. Specialised treatment oils help increase the elasticity of the skin. Allow yourself to luxuriate in this indulgent massage, and take time to nurture and rebalance your body at this special time.

60 minutes • €100.00

### **Gaelic Goddess Body Scrub**

Rejuvenate your skin and clear your mind in preparation for your pending arrival. Our skin smoothing body scrub will exfoliate your skin so gently, but effectively, and follow-up with a luxurious moisturising massage to hydrate and elasticise your skin, and a pampering scalp massage to soothe and revive your senses.

60 minutes • €100.00

### **Soothing Tummy Treatment**

This special treatment aids in the prevention of stretch marks by using a concentrated serum and deep treatment mask to soothe and moisturise the abdomen. The super-hydration treatment begins with gentle skin brushing to increase circulation, gently exfoliate, and improve the tonicity of the skin. You'll also enjoy a relaxing lower leg and foot massage and an applied moisture mask for firmer, toned breasts.

60 minutes • €100.00

### **Celtic Clouds Maternity Massage**

Back and upper body massages are specially designed to release tensions and muscle fatigue as a result of carrying extra weight. This treatment includes an indulgent application of omega-rich tummy rub stretch mark oil, and moisture mask for firmer, toned breasts.

30 minutes • €60.00

## MAMA MIO DELUXE SKIN CARE FOR MOTHERS-TO-BE

Mama Mio is a special programme of skin salvation and indulgent maternity treatments designed to relax, comfort, and nourish - all specifically designed to be completely safe and effective. Treatments are created to alleviate the main issues of discomfort in pregnancy by increasing skin elasticity, nourishing parched skin, relieving itchy bellies, rejuvenating heavy legs, easing tired muscles, and reducing water retention. Let the pampering begin!



## SPECIALISED GOLFERS' TREATMENTS

### **Golf Biomechanics Programme**

The unique C.H.E.K (for further information, visit [www.chekinstitute.com](http://www.chekinstitute.com)) Golf Biomechanics Programme assesses postural imbalances which relate directly to common swing faults. Our Biomechanics expert, one of only five certified specialists in Ireland, takes you through postural analyses of muscle length tension. From these results, a personalised programme is developed that includes corrective stretching and conditioning to focus on flexibility, stability, strength, and power, essential elements in the golfer's game.

Initial assessment/session:

90 minutes • €150.00

Additional sessions:

60 minutes • €100.00

Course of 5 • €500.00

(includes initial 90-minute assessment)

Course of 10 • €900.00

(includes initial 90-minute assessment)

### **Pre Golf Massage**

Prior to engaging in a round of golf, this stimulating massage will increase blood flow to your muscles. A warmed muscle both contracts more forcefully and relaxes more quickly. In this way both speed and strength can be enhanced. A pre golf massage will also reduce the possibility of muscles overstretching which can lead to muscle aches and strains. This massage involves localised brisk massage movements. Its an effective massage concentrating on specific areas which will be flexed during your round of golf.

30 minutes • €60.00



## LUSTROUS SELKIE BEAUTY TREATMENTS

Echo the allure of your surroundings by partaking in our indulgent beauty treatments with natural, time-tested ingredients. The selkie-folk, or seal people, were legendary creatures able to leave the sea at will, magically revealing human forms on Midsummer's Eve to dance on lonely stretches of moonlit shore, or bask in the sun on outlying skerries.

### **Deluxe Manicure**

The pampering commences with the application of a Turkish salt scrub with lavender and eucalyptus oils. Hands are then generously slathered with your choice of fruit smoothie as you sit back and enjoy a relaxing hand and arm massage. The experience is completed with nail shaping and a perfect polish application for a long lasting result. 60 minutes • €55.00 | French Manicure • €60.00

### **Upgrade to Miraculous Manicure**

For additional pampering, the Miraculous Manicure utilises a unique French gommage hand exfoliation, cuticle conditioning with special myrrh oil, thermal mineral and essential oil massage oil, and includes a choice of polish to take home.  
Additional €25.00

### **Deluxe Pedicure**

This decadent foot therapy experience begins with a soak in thermal mineral salts enriched with eucalyptus oil. Rough skin is exfoliated with a creamy eucalyptus salt mixture, and the feet are then treated to a brief soothing massage featuring your choice of super hydrating fruit smoothie. The experience is completed with nail shaping and polish application. 60 minutes • €55.00 | French Pedicure • €60.00

### **Upgrade to Spring to Life Pedicure**

For additional pampering, this pedicure provides a cuticle treatment with nourishing myrrh oil, application of a natural foot balm rich in menthol, eucalyptus, and lavender to seal in moisture, and includes your choice of polish to take home.  
Additional €25.00



### **Professional Make-up by Jane Iredale**

This is the first mineral-based line of make-up developed not only for colour enhancement, but also to promote healthy skin. Recommended by world renowned dermatologists, and void of chemical dyes, preservatives, or fillers, these products contain sunscreen properties, soothe and calm irritated skin, and provide excellent coverage for normal as well as problematic skin types. As the range is mineral based, it is ideal to use immediately after facial treatments.

Post-Facial Express Make-up Application

15 minutes • €20.00

Make-up Application

45 minutes • €50.00

Make-up Lesson

60 minutes • €75.00

Wedding Make-up

(includes pre-wedding make-up consultation)

1 hour 15 minutes • €100.00

## TRANQUILITY

Tranquility at White Horses Spa enhances, primps and beautifies guests. Relax in the care of highly trained professionals and a full-service range of treatments and services. Whether you're here for a simple manicure, or a pre-wedding updo, your visit to Tranquility will be highly personalized and tailored to your unique style.

Barbershop services are also available in Tranquility. Combining finely crafted products with our personalised services, the barbershop provides everything a gentleman needs to put his best face forward.

### Blow Dry

GHD Curls	€55.00
Blow Dry Long Hair	€40.00
Blow Dry Short Hair	€30.00
Curly Blow Dry Long Hair	€45.00
Curly Blow Short Hair	€35.00

### Cuts

Cut & Blow Dry	€60.00
Mens Cut & Blow Dry	€35.00

### Colours

Permanent Full Head	€50.00
Semi Permanent Full Head	€40.00
Does Not include Blow Dry, Blast Dry Only	

Hair Treatments	€20.00
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### Nails

Manicure	€50.00
Gel Nails	€60.00
Polish	€20.00
French Polish	€25.00



## ADDITIONAL BEAUTY SERVICES

### Waxing

Full Leg	€35.00
Half Leg	€25.00
Bikini	€20.00
Lip and Chin	€20.00
Lip and/or Chin and Eye Brows	€30.00
Under Arm	€15.00
Any 4 of the above	€65.00

### Tinting

Eye Lash Tint	€20.00
Eye Brow Tint and Shape	€30.00
Both of the above	€40.00

### St Tropez Tanning Treatment

Half Body	€30.00
Full Body	€60.00

### Nails by Essie

Re polish on Fingers or Toes	€20.00
Re polish on Fingers and Toes	€30.00



## ENHANCE YOUR EXPERIENCE

In an effort to help you enjoy your spa experience to the fullest, we recommend the following:

### RESERVATIONS

Advance reservations are recommended to accommodate your choice of treatment and preferred date and time. Our experienced spa therapists are always available to recommend the spa programme that suits your needs.

All treatments are subject to availability. We cannot guarantee a particular therapist at time of booking, but we certainly endeavor to comply with any specific requests.

Certain medical conditions may require a doctor's letter prior to treatment. Please advise us of any medical conditions at time of booking.

For reservations, please contact the Spa:  
Telephone: +353 (0)65 9055670  
Facsimile +353 (0)65 9055859  
Email: whitehorsesspa@doonbeggolfclub.com

### CANCELLATION POLICY

When booking, or if paying by gift voucher, a valid credit or debit card will be required to guarantee your reservation. Should you need to reschedule or cancel your appointment, please notify the spa at least 24 hours in advance to avoid being charged for the service.

Notice of less than 24 hours will incur a 50% charge, and there will be a 100% charge for a no-show, charged to your credit or debit card.

### SERVICE CHARGE

A 12% service charge is included in all the treatment and package prices listed. This is much appreciated and goes directly to our specialists.

### SPA ARRIVAL AND ETIQUETTE

We ask that you arrive 30 minutes prior to your treatment so we can offer you a refreshment and confirm your requirements. You may also enjoy a therapeutic bath soak, steam, or sauna prior to your treatment. Please note that should you arrive late for your appointment your treatment time may be reduced accordingly.

As a courtesy to other guests, the spa is a pager, mobile phone, and alcohol free area.

### CHILDREN

For their health and safety, children under the age of 16 years must be accompanied by a parent or guardian at all times in the Spa.

Children over the age of 14 years may enjoy use of the wet rooms. Please note that a maximum of two children are allowed in the Spa wet rooms at any one time.

Children under the age of 16 may enjoy manicure and pedicure treatments. A Declaration form must be signed by a parent or guardian prior to treatment.

**WHAT WE PROVIDE AND WHAT TO BRING**

It is not appropriate to wear jewelry for spa treatments. We advise valuables are not brought to the Spa, however, a locker and key will be provided for your personal belongings.

A complimentary robe and slippers will be provided by the Spa. Please bring a swim suit for use in the plunge pools.

**WET ROOM USE**

Members, Lodge guests, and spa guests receiving spa treatments may enjoy use of our wet rooms. We appreciate you placing used towels and robes in baskets provided.

**GIFT VOUCHERS**

Gift Vouchers are available and make perfect gifts for any occasion. Please note that gift vouchers are non-refundable.

**REFUND POLICY**

Please note that treatment packages and gift vouchers are non-refundable.





“When the starry sky, a vista of open seas, or a stained-glass window shedding purple beams fascinate me, there is a cluster of meaning, of colors, of words, of caresses, there are light touches, scents, sighs, cadences that arise, shroud me, carry me away, and sweep me beyond the things I see, hear, or think...”

- Julia Kristeva, novelist

*The* LODGE

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