



Farnham Estate Spa & Golf Resort, Cavan, Ireland.

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FARNHAM ESTATE
HEALTH SPA

 Global Winner Luxury Countryside Spa
AT THE WORLD LUXURY SPA AWARDS 2018

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 terrific facilities – our Water Mint Thermal Suite, our wonderful 11kms of woodland walks, treatments and therapies and above all, the tranquillity of Farnham Estate.

Our goal is to provide you with a true experience of wellbeing
and at the same time give you the opportunity to
“Rest, Relax & Renew”



FARNHAM ESTATE SPA PACKAGES

Couple's Retreat
6 hrs (up to 135 mins treatment time)

€185*

Spend a blissful day together, start this experience with an Espa Salt & Oil Scrub, followed by a bath or the Serail Mud Chamber. This enjoyable experience starts with you spreading mineral-rich mud onto your skin, as the chamber and seating gradually warms the mud dries and removes toxins from the skin. Steam then gently fills the chamber to soften the mud, prior to a warm shower being dispensed from the ceiling to wash it away. Your skin will feel like new – soft and smooth. Finish the experience with an Espa Aromatherapy Massage each – side by side (60 minutes). Enjoy a light lunch and time in the thermal suite & relaxation area.

* Price per person.

Yummy Mummy Package
6 hrs (up to 150 mins treatment time)

€185

Take time just for yourself before or after you have your little bundle of joy. Relax, unwind and return feeling totally refreshed. Start your journey with enjoying time in our blissful infinity pool that extends outside before an invigorating Polish and Skin Smoother (60 mins), involving a full body exfoliation to hydrate and soothe the skin. Then enjoy an Escale Beaute Facial (30 mins) with scents of citrus fruits and essential oils to re-energise and stimulate, leaving a soft and smooth complexion. End your journey with a Deluxe Leg Relief Pedicure (60 mins) designed to reduce fluid retention and relieve aches and pains plus a full pedicure. Package includes a light lunch.

Full Day Pamper Package
6 hrs (up to 60 mins treatment time)

€120

Start your journey in the indoor/outdoor Hydrotherapy Pool, followed by the Water Mint Thermal Suite where you can enjoy our steam room, sauna, foot spas, salt grotto, experience showers and relaxation rooms. Then enjoy a spa treatment of up to 60 minutes of your choice. This package includes a light lunch.

Half Day Pamper Package
4 hrs (up to 60 mins treatment time)

€115

Start your journey in the indoor/outdoor Hydrotherapy Pool, followed by the Water Mint Thermal Suite & relaxation rooms then enjoy a 30 minute treatment and your choice of a Dry Floatation, Hydrotherapy Bath or Serail Mud Chamber followed by a light lunch.

Men's Revitalising Package
4 hrs (120 mins treatment time)

€165

This relaxing package includes a Full Body Massage to relieve aches & pains and an anti aging facial to target fine lines, wrinkles & sun damage. It also includes time in our Water Mint Thermal Suite, indoor/outdoor infinity pool & relaxation rooms followed by a light lunch.

Swim & Spa Package
2 hrs (30 mins treatment time)

€70

Take a morning off and enjoy 2 hours of relaxation in our indoor/outdoor Hydrotherapy Pool, Water Mint Thermal Suite & relaxation rooms and a 30 minute treatment of your choice.





ESPA

Natural Beauty
Inner Calm

Creators of the
world's finest
products, ESPA has
pioneered the science
of natural beauty in
a potent collection
of radically effective
formulations.



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. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

Instant Radiance Facial €130
90 minutes

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion with our advanced new facial treatment. Suitable for all skin types and ages, this treatment combines our unique Optimal Skin ProCleanser, which gently exfoliates as it melts into the skin, with a deep brush cleanse and brightening mask to remove dead skin cells.

An age defying and sublimely relaxing massage using quartz crystals followed by a Lifting and Smoothing Mask and the revolutionary Skin Radiance Intensive Serum - to powerfully brighten, firm and even skin tone. Leaving your complexion smooth, supple and looking radiantly healthy.

For the ultimate flawless finishing touch, new Naturally Radiant Tinted Moisturiser is applied as an alternative, or in addition to a tailored facial moisturiser.

Ultimate Lift & Firm Facial €130
90 minutes

An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration. This facial uses Tri-Active™ ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

Optimal Skin Health Facial €100
60 minutes

Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of our Optimal Skin collection with expertly tailored facial techniques. Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while new Optimal Skin ProMoisturiser targets the delivery of nutrient-rich, hydrating actives to where your skin requires them the most. Instantly reviving and brightening the

complexion, this facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.

Skin Radiance Facial €95
60 minutes

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

Re-Hydrator Facial €95
60 minutes

An intensive and 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 deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.



De-Sensitiser Facial €95
60 minutes

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed 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 to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

Skin Purifying Facial €95
60 minutes

Ideal for oily, congested and problematic skin, or those suffering 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 decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

Intense Regenerating Facial €95
60 minutes

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

Express Facial €60
30 minutes

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

Lift & Firm Eye Lift €60
30 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.



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.

Espa Detox Wrap €99
60 minutes

A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation. Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment ends with a mind calming Scalp Massage for ultimate relaxation.



Espa Body Wrap €99
60 minutes

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.

Salt & Oil Scrub €60
30 minutes

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.

Invigorating Foot Treatment €60
30 minutes

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.

Back, Face & Scalp Massage **€130**
(with or without hot stones)
80 minutes
Renowned as our ‘Hero’ treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. Includes: Back exfoliation and hot stone back massage – personalised facial – scalp massage.

Espa Mindful Massage **€130**
80 minutes
Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity. This holistic, deeply relaxing and clarifying experience begins with mindfulness. Guiding you through breathing and visualisation techniques, your therapist will calm both mind and body. The metamorphic zones on the feet are then massaged to re-balance and ground, before a soothing massage is continued up through the body, finishing with a re-energising scalp massage using warm Rose Quartz Crystals.

Inner Calm Massage **€65, €99, €130**
30, 60 or 80 minutes
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 on* to encourage warmth and relaxation, indulge in this soothing holistic treatment, combining personalised aromatherapy massage and warm Rose Quartz Crystals through the scalp.

** Neck & eye pillow applies to 60 & 80 minute treatments*
Hot Stone Massage **€65, €109, €140**
30, 60 or 80 minutes
A therapeutic full body 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.

Swedish Massage **€65, €99, €130**
30, 60 or 80 minutes
A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

Deep Muscle Massage **€65, €99, €130**
(with or without hot stones)
30, 60 or 80 minutes
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, painful lower back pain and sore, tight shoulders.



ESPA MATERNITY

Pre-Natal Relax & Restore Treatment **€65, €99**
30 or 60 minutes
A deeply nourishing body 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.

ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.



Back, Face & Scalp Massage **€130**
(with or without hot stones)
80 minutes
Renowned as our ‘Hero’ treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.
Includes: Back exfoliation, back massage, facial, scalp massage.

Deep Muscle Massage **€65, €99, €130**
(with or without hot stones)
30, 60 or 80 minutes
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, painful lower back pain and sore, tight shoulders.

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30, 60 or 80 minutes
A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

Men’s Deep Cleansing Facial **€95**
60 minutes
Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin’s needs.
Includes: Double cleanse, exfoliation, face massage, mask, scalp massage.



The world-famous,
plant derived
Yon-Ka range
have at their core
a quintessence of
five pure essential
oils drawn from
lavender, cypress,
rosemary, thyme
and geranium.

YON-KA FACIALS

Excellence Code Facial 60 minutes

€105

Targets wrinkles, lack of tone & dull skin. An exceptional anti-age high performance treatment which restores the body's energy points incorporating a double exfoliation with draining techniques along with specific Yon-Ka anti-ageing techinques. A "second skin" mask reinitializes the skins youth code through exclusive bio-cellulose technology. A holistic and relaxing approach will provide you with an ultimate well-being experience.

Le Grand Classique 60 minutes

€95

A deep pore cleansing, restoring and relaxing facial. Natural aromatics are combined to leave the skin clean and complexion radiant.

Eclat Cocoon 60 minutes

€95

Designed for deep hydration, using the healing powers of hot stone massage for complete wellbeing and ultimate relaxation.

Optimiser 60 minutes

€95

Designed to firm the facial contours, smooth wrinkles and encourage a younger looking, flawless complexion.

Vital-Intense 60 minutes

€95

A deeply regenerating facial that works on eye contours, face and neck area. Perfect as a preventative anti-ageing treatment or on more mature skin to infuse vital energy, tone and lift.

Hydralessence 60 minutes

€95

Deeply hydrating, moisturised with seaweed and fruit extracts and bathed in a light aromatic steam, skin becomes supple and soft, with wrinkles and lines smoothed.

Escale Beaute 30 minutes

€60

Scents of citrus fruits and essential oils re-energise and stimulate while botanical extracts reveal a soft and soothed complexion.

Eclat Contour 30 minutes

€60

The ultimate treatment to preserve the beauty of the eyes and accentuate facial contours, targeted massage eases sinus pain and helps combat dark circles and a puffy complexion.

Add an Eye Treatment 15 minutes

€25

Available as an add on to your facial.

YON-KA BODY TREATMENTS

Rejuvenating Ritual 2 hours 30 minutes

€195

Revitalise your body and mind. A truly personalised package. Enjoy our deep cleansing Le Grande Classique Facial tailored to your skin's needs, with an added hand and foot treatment. Finish with a Full Body Yon-Ka Massage using specific oils to leave you energised and ready for the day ahead.



Yon-Ka Spa Ritual 1 hour 30 minutes

€120

Start your journey with a foot soak using Phyto Bain infused with essential oils and plant extracts leaving your feet with a unique sense of energy and better being. This is followed with a lower leg and foot scrub using the Algo Sel Scrub which gently cleanses and exfoliates dead cells leaving your skin silky soft. You are then lead onto a massage bed for a lower back and leg massage using relaxing oils that nourish, firm and replenish the skin. The hot oils are massaged into the skin using hot stones, which in turn promotes circulation. The journey finishes with the Éclat Cocoon Facial which is a comforting facial giving stressed, parched and lifeless skin an incomparable boost in well-being. The action of the hot stones are ultra hydrating and the relaxing facial massage eases away tension and illuminates the complexion.



YON-KA PREGNANCY TREATMENTS

Pregnancy Pamper 75 minutes

€99

A mini facial to hydrate and brighten the skin with a back, neck and shoulder massage.

Maternity Massage 60 minutes

€99

A gentle full body massage designed specifically for pregnancy. Using targeted oils for prevention of stretch marks and gives optimum skin elasticity.

Polish & Skin Smoother 60 minutes

€85

A full body grain free exfoliation to hydrate and sooth the skin followed by an application of warm body balm that melts into the skin leaving it satin smooth.

Wellness for Cancer Treatments

in association with

ESPA
Natural Beauty
Inner Calm

WELLNESS
FOR CANCER

ESPA WELLNESS FOR CANCER TREATMENTS

Working with Wellness for Cancer™ a non-profit educational foundation, ESPA and Farnham Estate Health Spa present their collection of nurturing face and body rituals. The following rituals have been carefully designed to soothe the guest and nourish their body, using specially selected products. These rituals are designed for guests who are undergoing, or have recently undergone treatment for Cancer. All experiences begin with breath-work and visualization to aid relaxation, with the emphasis on a holistic approach to each guest's wellbeing.

Be Nurtured Back, Face & Scalp €130 90 minutes

Soothe mind and body with this renowned experience. This relaxing and deeply effective ritual addresses the main areas of tension - the back, the face and the scalp. A soothing back massage addresses areas of tension before a personalised facial completes this totally indulgent experience. Includes back massage, personalised facial and either a scalp massage or hand and arm massage.

Be Nurtured Energy Balancer €130 90 minutes

Rebalance the body, hydrate the skin and calm the mind with this relaxing ritual. This gentle and indulgent massage uses long, warming strokes, a nourishing body oil and expertly selected crystals to effectively restore serenity.

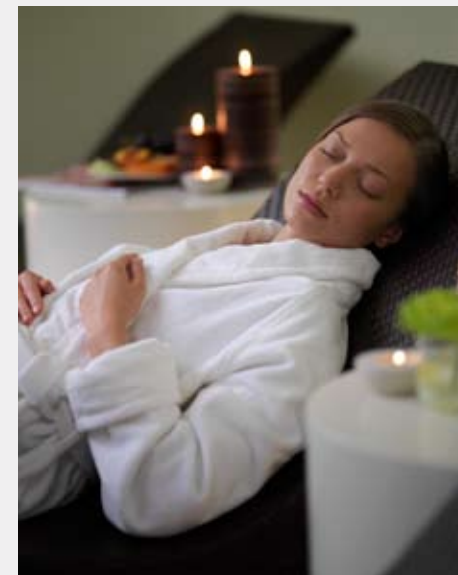
Be Nurtured Massage €95 60 minutes

Soothe, relax and rebalance the body with this personalised massage. Focusing on areas of concern and using a gentle but rich oil, this unique experience will deeply nourish and hydrate skin while calming the mind. Includes breath work, visualisation and a full body massage.

Be Nurtured Facial €95 60 minutes

Leave skin nourished and radiant with this relaxing facial. Beginning with a detailed consultation and entirely tailored to your individual concerns, this facial expertly combines the most suitable selection of cleansing, massage, mask, serum and moisturiser. Includes, skin analysis, breath work, double cleanse, facial massage with Rose Quartz Crystals, personalised mask and either scalp massage or hand and arm massage.

Please note that a consultation will be required prior to arrival.





LAVENDER LULLABY

Farnham Estate Spa Signature Treatment €150

1 hour 45 minutes

Feel physical and emotional stress slip away as long, light, rhythmical massages using warm lavender infused herbal poultices and aroma therapeutic oils quieten your mind, soothe tense muscles and nurture your skin. Includes a Facial Cleanse, a Full Body Balinese Massage with warmed poultices, a Facial Massage with warmed poultices and finally a Scalp Massage.





HOLISTIC THERAPIES

Sports Therapy Massage 60 minutes	€109
Coconut Melt Full Body Massage 60 minutes	€99
The Derrygid Massages 60 minutes	€99

- **Sunday Amble** - a quiet, soothing Sunday amble, peaceful and not at all rugged complimented with our Wild Rose infused Warming Massage Candle, ideal to help you drift into a dreamlike state.
- **Vigorous Ramble** - a slightly rougher terrain, invigorating in places with a swift paced trek towards the end. Complimented with our warming Cocoa Flower infused Massage Candle, a more robust treatment to whittle out the knots and ease the tension.

Reflexology* 45 minutes	€80
Indian Head Massage* 45 minutes	€70
Scalp Massage 30 minutes	€50
Serail Mud Chamber 45 minutes	€45**

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

** Price per person

* *Subject to availability*



HAND & FOOT CARE

Pedicure with callous removal 75 minutes	€95
Pedicure 60 minutes	€65
Manicure 50 minutes	€55

TINTING & LYCON WAXING

Eyelash & Eyebrow Tint & Eyebrow Wax	€30
Eyelash & Eyebrow Tint	€20
Eyelash Tint	€15
Lip or Chin Wax	€15
Eyebrow Tint	€12
Eyebrow Wax	€10

24 hour patch test required

FINISHING TOUCHES

Tanning	
Full Body Vita Liberata Tan	€35
Half Body Vita Liberata Tan	€25

MAKE-UP

Mii Make-up application	€40
Wedding Make-up in room	€50



HEALTH & FITNESS

Fitness Evaluation €30
45 minutes

Test your heart rate, flexibility, strength and lung capacity. Height, weight measurements and a body composition analysis.

Membership & Training
Individual Peak and off Peak membership is available for 3, 6 and 12 months. Personal Training sessions available on request.



Opening Hours
Monday - Sunday
8.00am - 9.00pm
Peak Membership Hours
8.00am - 9.00pm
Monday to Sunday
Off-Peak Membership Hours
8.00am - 9.00pm
Monday to Friday only*
*** Excluding Bank Holiday Mondays**



FARNHAM ESTATE GIFT CARDS

Give the gift that is always enjoyed and is never forgotten. Treat someone you care about to a Farnham Estate experience.

CAFÉ VISTA

Dine in your robe at our restaurantlocated within the Health Spa, enjoy healthy food and stunning views.



SPA ETIQUETTE

- 🔊 Farnham Estate Health Spa is suitable for guests who are 16 years and over.
- 🔊 Please respect the privacy of other Spa guests by speaking quietly, switching off mobile phones and not using cameras.
- 🔊 Please arrive 20 minutes prior to your appointment as this will 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 and require a €1 coin to operate.

TERMS & CONDITIONS

Lateness & Cancellations

- 🔊 As a courtesy to our guests, please be aware that your late arrival may 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/date are required to provide a minimum of 24 hours notice.
- 🔊 Guests who wish to cancel their treatments are required to provide a minimum of 24 hours notice or the full treatment cost will be charged.
- 🔊 No show appointments will be charged in full.
- 🔊 Management reserves the right to alter or amend any of the details and prices without prior notice.

Reservations

- 🔊 To avoid disappointment we advise that all treatments are booked well in advance of your stay or nominated date.
- 🔊 Reservations are subject to availability and must be guaranteed with a credit card.

Health Contra-indications

- 🔊 When making your reservation please advise us of any health conditions, allergies or injuries that you may have and our therapists will be able to recommend the best treatment for you.
- 🔊 At check-in you will be required to complete a health assessment form prior to your treatment. Please inform your therapist if any of the following apply to you: cancer, allergies, epilepsy, foot conditions, you are pregnant or are within 6 weeks of the birth of your baby or are breast feeding (some of the treatments which are safe during pregnancy should not be carried out during the first trimester), skin disorders, under-active/over-active thyroid, back problems, you have had recent surgery, heart condition or problems with circulation, high or low blood pressure requiring medication.
- 🔊 If your treatment selection is found to be unsuitable we will endeavour to offer alternative where possible.