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FARNHAM  ESTATE  
healthspa  
take a little away

FARNHAM  ESTATE  
healthspa

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 woodland walks, treatment 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  
“Take a Little Away”



# Farnham Estate Health Spa Packages

## Couple's Retreat

*6 hrs (up to 110 mins treatment time)*

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.



## Yummy Mummy Package

*6 hrs (up to 150 mins treatment time)*

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)*

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)*

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.



## Swim & Spa Package

*2 hrs (30 mins treatment time)*

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.

2 hrs

## Men's Revitalising Package

*4 hrs (120 mins treatment time)*

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.

2 hrs



# 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.*



## *Essentials Menu 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, steam and extraction where necessary, 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.

### *Personalised Express Facial 30 mins*

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 Treatment 30 mins*

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.

### SKIN SOLUTIONS

### *Optimal Skin Profacial 60 mins*

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*      60 mins

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*      60 mins

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*      60 mins

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*      60 mins

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. 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.

INTENSIVE & AGE DEFYING

*Age-Defyer Facial*      60 mins

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.



## *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.

### *Shoulder, Neck & Scalp Massage 30 mins*

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

### *Back, Neck & Shoulder Massage 30 mins*

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

### *Salt & Oil Scrub 30 mins*

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 30 mins*

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**

#### *Back, Face & Scalp Treatment*

with or without Hot Stones 80 mins

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.

### *Aromatherapy Massage*

30 mins 60 mins 80 mins

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 suit your specific needs. Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner  
Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

### *Hot Stone Massage*

30 mins 60 mins 80 mins

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 to unwind and your body to feel rejuvenated.

Includes: Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.



### *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.

#### *Mens Shoulder, Neck & Face Massage 60 mins*

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, steam and extraction, face massage, mask, scalp massage.

#### *Back, Face & Scalp Treatment*

with or without hot stones 80 mins

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.

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 mins*

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 techniques. A "second skin" mask reinitializes the skin's 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 mins*

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

### *Éclat Cocoon 60 mins*

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

### *Optimizer 60 mins*

A stimulating and double lift effect treatment designed to firm the facial contours, smooth wrinkles and encourage a younger looking, flawless complexion.

### *Vital-Intense 60 mins*

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 mins*

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 Beauté 30 mins*

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

### *Éclat Contour 30 mins*

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 mins*

Available as an add on to your facial.

## Yon-Ka Body Treatments

### *Yon-Ka Spa Ritual 1 hr 30 mins*

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 zen 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.

### *Phyto Marine 60 mins*

This detoxifying body wrap uses seaweed, clay and essential oils to re-mineralise and firm the contours of the skin, as well as targeting stubborn areas of cellulite.

### *Rejuvenating Ritual 2 hrs 30 mins*

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 Pregnancy Treatments

### *Pregnancy Pamper 75 mins*

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

### *Maternity Massage 60 mins*

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 mins*

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.

### *Deluxe Leg Relief Pedicure 60 mins*

A leg and foot treatment aimed at easing fluid retention. This treatment incorporates a full pedicure with Yon-ka products designed to relieve the aches and pains associated with excess fluid. Lower legs and feet are wrapped with cool bandages leaving legs smooth and light.

## Holistic Therapies

*Sports Therapy Massage* 60 mins

*Swedish Full Body Massage* 60 mins

*Coconut Melt Full Body Massage* 60 mins

*The Derrygid Massages* 60 mins

**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 mins

*Indian Head Massage\** 45 mins

*Back, Neck & Shoulder Massage* 30 mins

*Scalp Massage* 30 mins

*Serail Mud Chamber* 45 mins

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

\* Subject to availability.

## Finishing Touches

### Tanning

Full or Half Body  
Tan with Vita Liberata

### Make-Up

Mii Make-Up  
Application  
60 mins

Wedding Make-Up  
In room  
60 mins

### Hair Dresser

Contact details for a  
freelance hairdresser  
available on request

### Hand & Foot Care

Gelish Manicure 60 mins

Gelish Pedicure 60 mins

Gelish Colour 30 mins

Gelish French  
Polish 30 mins

Gelish Removal  
only 30 mins

Manicure 50 mins

Pedicure 60 mins

Pedicure with  
callus removal 75 mins

### Tinting & Lycon Waxing

Eyelash Tint

Eyebrow Tint

Eyebrow Wax

Lip or Chin Wax

Eyelash & Eyebrow Tint

Eyelash & Eyebrow Tint  
& Eyebrow Wax





## The Water Mint Thermal Suite

The Water Mint Thermal Suite at Farnham Estate Health Spa is a journey of the senses, with hot and cold experiences to awaken the circulation, warm the muscles, stimulate energy flows and create a deep feeling of relaxation. The journey may take as long as three hours or you may use only the elements that you enjoy the most.

### *Aroma Steam Bath*

Steam and essential oils combine to create the wonderful atmosphere of this unique inhalation room.

### *Amethyst - Salt Inhalation Room*

The combination of steam and salt is the ideal assistance for respiratory disorders, a blessing for lungs, and a health resource for bronchial tubes.

### *Snail Showers*

Combine the heat treatments with this unique shower experience.

### *Kneipp Walk*

The Kneipp Walk combines the revitalising changes of warm and cold water with the physical stimulation of pressure massage.



### *Finnish Sauna*

The traditional Finnish Sauna has a high enough temperature so that you start to perspire. Through perspiration the skin cleanses itself and the heat relaxes muscles, promoting a feeling of wellbeing. Start with a shower, then enter the sauna for a few minutes, listening to your senses. When you've had enough, take a cool refreshing shower, cool off for a while and repeat once or twice.

### *Ice Fountain*

When the heat of the Finnish Sauna or Aroma Steam Bath is too much, or for a sudden cooling effect, the ice fountain provides crushed chips of cold ice to rub on your skin, stimulating the circulation and strengthening the immune system in a uniquely refreshing way.

### *Laconium*

The very gentle heating of the body initiates the purifying and detoxifying process in harmony. It improves circulation and speeds up the purification and perspiring process.



### *Reflexology Foot Basin*

Soak your feet in the warm, bubbling water and enjoy a relaxing and revitalising experience.

### *Pool & Relaxation*

Enjoy beautiful scenery and fresh air with our wonderful Indoor/Outdoor Infinity Hydrotherapy Pool. With the water lapping over the outside edge it really does seem to be an endless delight. Relax with the water massage jets featured in the indoor pool and increase this pleasure further when you swim outside and lounge on the raised platform with extensive leg and massage jets.

And so to relax ... there are two quiet and peaceful relaxation rooms to snuggle down for quiet contemplation and rest.



## Health & Fitness

### *Fitness Analysis*

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 also available as well as a variety of fitness classes

### *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 restaurant located 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.
- 🚿 Swim hats are required and can be purchased at Spa Reception for €3 each.
- 🚿 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: 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. We will not be able to carry out treatments if you are under the influence of alcohol.



## spa treatment price list

### Packages

Couple's Retreat	€185
Yummy Mummy	€185
Full Day Pamper Package	€115
Half Day Pamper Package	€110
Swim & Spa Package	€65
Men's Revitalising Package	€165

### ESPA Facials

Personalised Express Facial	€60
Lift & Firm Eye Treatment	€60
Optimal Skin Profacial	€100
Skin Radiance Facial	€95
Re- Hydrator Facial	€95
De-Sensitiser Facial	€95
Skin Purifying Facial	€95
Age-Defyer Facial	€95

### ESPA Body Treatments

Shoulder, Neck & Scalp Massage	€65
Back, Neck & Shoulder Massage	€65
Salt & Oil Scrub	€60
Invigorating Foot Treatment	€60



### ESPA Massage Treatments

<b>Back, Face &amp; Scalp Treatment</b>	
<i>with or without hot stones</i>	
80 minutes	€130
<b>Aromatherapy Massage</b>	
30 minutes	€65
60 minutes	€95
80 minutes	€130
<b>Hot Stone Massage</b>	
30 minutes	€65
60 minutes	€105
80 minutes	€140

### ESPA for Men

<b>Shoulder, Neck &amp; Face Massage</b>	
60 minutes	€95
<b>Back, Face &amp; Scalp Treatment</b>	
<i>with hot stones</i>	
80 minutes	€130
<b>Aromatherapy Massage</b>	
30 minutes	€65
60 minutes	€95
80 minutes	€130
<b>Hot Stone Massage</b>	
30 minutes	€65
60 minutes	€105
80 minutes	€130

### Yon-Ka Facials

Excellence Code Facial	€105
Le Grand Classique	€95
Éclat Cocoon	€95
Optimizer	€95
Vital-Intense	€95
Hydralessence	€95
Escale Beauté	€60
Éclat Contour	€60
Add an Eye Treatment	€25

### Yon-Ka Body Treatments

Phyto Marine	€95
Yon-Ka Spa Ritual	€120
Rejuvenating Ritual	€195

### Yon-Ka Pregnancy Treatments

Pregnancy Pamper	€95
Maternity Massage	€85
Polish & Skin Smoother	€85
Deluxe Leg Relief Pedicure	€70

### Holistic Therapies

Sports Therapy Massage	€100
Swedish Full Body Massage	€95
Coconut Melt Full Body Massage	€95
The Derrygid Massages	€95
Reflexology*	€80
Indian Head Massage*	€70
Back, Neck & Shoulder Massage	€65
Scalp Massage	€50
Serail Mud Chamber	€35

### 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

### Hand & Foot Care

Gelish Manicure	€60
Gelish Pedicure	€70
Gelish Colour	€35
Gelish French Polish	€40
Gel Removal only	€15
Manicure	€55
Pedicure	€65
Pedicure with callus removal	€95

### Tinting & Lycon Waxing

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

*All treatments prices are person per treatment, inclusive of VAT unless otherwise noted. Prices correct at time of going to print. Management reserves the right to amend or change prices and offerings without notice.*