



Farnham Estate Spa & Golf Resort, Cavan, Ireland.

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FARNHAM ESTATE
HEALTH SPA

 Northern European Winner
Luxury Countryside Spa
WORLD LUXURY SPA AWARDS 2019

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 Indoor/Outdoor Hydrotherapy Pool 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”





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.

Skin Radiance Facial €95 60 minutes

A revitalising treatment to help 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 calm 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 calm, 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. Visibly improves skins appearance using special age-defying massage techniques and 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 60 minutes

€99

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 60 minutes

€99

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 30 minutes

€60

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 minutes

€60

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.

Inner Calm Massage 30/60 minutes €65/€99

Find your inner calm with this deeply relaxing and soothing treatment for mind & body, using a specially selected blend of oils, tailored to you.

Swedish Massage 30/60 minutes €65/€99

A traditional 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 30/60 minutes €65/€109

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 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.

Deep Muscle Massage 30/60 minutes €65/€109

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.

Swedish Massage 30/60 minutes €65/€99

A traditional 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 60 minutes €95

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.*



PREGNANCY TREATMENTS

Espe Pre-Natal Relax & Restore Treatment

A deeply nourishing 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.

30/60 minutes €65/€99

Yonka 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 soothe the skin followed by an application of warm body balm that melts into the skin leaving it satin smooth.



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 €105

60 minutes

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 €95

60 minutes

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

Optimiser €95

60 minutes

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

Vital-Intense €95

60 minutes

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.

Hydraessence €95

60 minutes

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 €60

30 minutes

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

Eclate Contour €60

30 minutes

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.



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.



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 an alternative where possible.