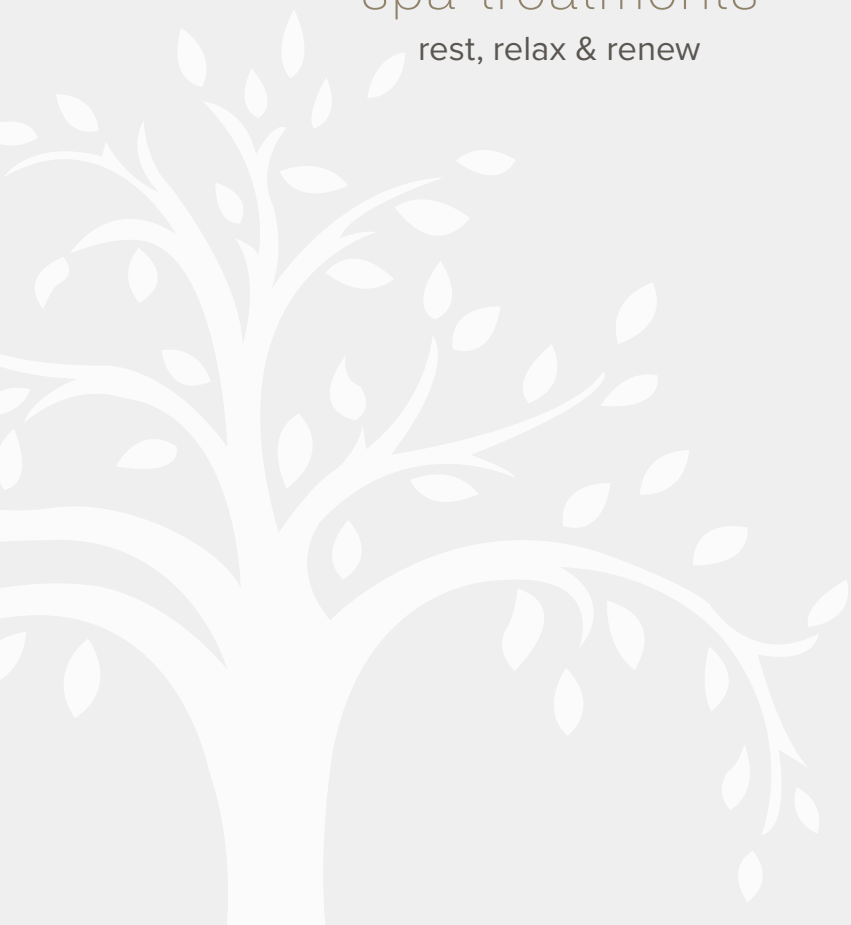




FARNHAM ESTATE
HEALTH SPA

spa treatments
rest, relax & renew





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 luxurious facilities – our Indoor/Outdoor Hydrotherapy Pool, Water Mint Thermal Suite, Relaxation Rooms and Gym, and above all, the tranquility of Farnham Estate.

Enjoy a true journey of wellbeing.

“Rest, Relax & Renew”

DAY SPA PACKAGES

3.5 hours thermal suite & pool time
and 60 minute treatment time

Monday to Friday

€150 p.p. with Lunch

€160 p.p. with Afternoon Tea

Saturday & Sunday

€170 p.p. with Lunch

€180 p.p. with Afternoon Tea

SPA TIME WITH GROUND WELLBEING

REST, RELAX, RENEW

Spend a beautiful morning, afternoon or evening relaxing in the spa. Begin your spa experience with time in our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite.

Then choose one of GROUND's renowned 60 minute Wellbeing Rituals from:

- *The Grounding Ritual*
- *The Cleansing Ritual*
- *The Balancing Ritual*
- *The Restorative Ritual*

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa.

3.5 hours thermal suite & pool time
and 30 minute treatment time

Monday to Friday from 8am

€125 p.p. with Lunch

€135 p.p. with Afternoon Tea

SUNRISE SERENITY SPA EXPERIENCE

AWAKEN YOUR SENSES WITH OUR SUNRISE SPA EXPERIENCE

As the sun gently rises over the horizon, immerse yourself in a world of tranquility and rejuvenation. Designed to embrace the peacefulness of early morning, this package offers a journey to restore balance to your mind, body, and soul. Begin your spa experience with time in our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 30 minute spa treatments:

- *Taster Facial*
- *Salt & Oil Scrub*
- *Back Massage*
- *Scalp Massage*
- *Invigorating Foot Treatment*

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa.

**Afternoon Tea/Lunch & Dinner must be pre-booked.*



DAY SPA PACKAGES

3.5 hours

Monday to Friday

€125 p.p. with Lunch

€135 p.p. with Afternoon Tea

AFTERNOON RETREAT SPA EXPERIENCE

ESCAPE, UNWIND, REJUVENATE

Step into a world of tranquility and indulgence with this unique spa experience, designed to whisk you away from the hustle and bustle of daily life. Begin your spa experience with time in our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 30 minute spa treatments:

- *Taster Facial*
- *Salt & Oil Scrub*
- *Back Massage*
- *Scalp Massage*
- *Invigorating Foot Treatment*

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa.

3.5 hours thermal suite & pool time

and 30 minute treatment time

Monday to Friday from 4pm

€135 p.p.

TWILIGHT TRANQUILITY SPA EXPERIENCE

A JOURNEY TO EVENING BLISS

As the day gently transitions into night, immerse yourself in a realm of serenity and relaxation. Designed to soothe the senses and calm the mind, this package offers an enchanting escape from the demands of everyday life. What could be better than watching the sunset over Farnham Estate, cocooned in the warmth of our spa. Begin your spa experience with access to our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 30 minute spa treatments:

- *Taster Facial*
- *Salt & Oil Scrub*
- *Back Massage*
- *Scalp Massage*
- *Invigorating Foot Treatment*

Finally relax and unwind in one of our many relaxation rooms before enjoying a 2 course dinner in Maxwells Restaurant. This package includes use of a locker, robe and slippers during your time in the Spa.

**Afternoon Tea/Lunch & Dinner must be pre-booked.*



DAY SPA PACKAGES

3 hours

Daily

€70 p.p. with Lunch

€80 p.p. with Afternoon Tea

A TASTE OF FARNHAM

A beautiful way to get to know us and enjoy our award winning facilities. Enjoy up to three hours in our Indoor/ Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Afterwards unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa.

2 hours thermal suite & pool time
and 60 minute treatment time

Daily

€195 p.p. with Lunch

€210 p.p. with Afternoon Tea

HARMONIOUS DUO SPA EXPERIENCE

The perfect experience for two - share a well-deserved time-out in our Indoor/Outdoor Hydrotherapy Pool, Water Mint Thermal Suite and Relaxation Areas. Then enjoy the ultimate in skin detoxification in our Mud Chamber, followed by the award winning massage treatment - **The Grounding Ritual**.

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly*. This package includes use of a locker, robe and slippers during your time in the Spa. And to top it all, take home a beautiful GROUND Wellbeing body oil to continue the benefits of your treatments long after you've left our door.

**Afternoon Tea/Lunch & Dinner must be pre-booked.*



A person is lying on their back, receiving a massage. The masseuse's hands are visible, applying pressure to the person's back. The background is dark and out of focus.

MASSAGE RITUALS BY GROUND

wellbeing

Ground is an award-winning Irish spa brand that aims to bring an authentic approach to wellness through natural aromatherapy products, selfcare ritual and massage treatments.

Founded in 2020 by Peigin Crowley, Ground Wellbeing is a collection of 100% natural, vegan products and treatments designed to nourish the body and soul using ritualised self-care, with the intention to make wellness and self-care accessible to all.

60 minutes **THE GROUNDING RITUAL**
€130 *Surrender in full and return to source, ideal for soothing mental anxiety & burnout*
Sacred time for you to allow healing in. This treatment will provide you with the space and time to tap into your body's ability to self repair and re-align and will leave you feeling grounded and replenished in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will work the full length of the body. The treatment is completed with special attention to reflex points in the feet. Feel your body and soul come together again with this medium-to-firm pressure massage.

60 minutes **THE CLEANSING RITUAL**
€130 *To encourage gut harmony: ideal for those who hold stress in the tummy*
The gut is our second brain and much of our wellbeing depends on it. This abdominal massage helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs. The fresh circulation helps bring the body's core back to homeostasis and balance. This warming treatment focuses on relaxing and soothing the abdomen physically while stimulating the area to aid detoxification. Massage techniques are used to release stagnated energy and emotions from the abdominal area while acupressure points on the face & feet further promote digestion and metabolism.

60 minutes **THE BALANCING RITUAL**
€130 *Empowering and supporting through hormone change: perimenopause & menopause*
Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Focused on the face and feet, we begin with guided breathwork and use the benefits of Gua Sha, reflexology & lymphatic drainage techniques - this unique and purposeful massage will bring alignment and balance when going through this change and experiencing the symptoms of menopause at any stage.

60 minutes **THE RESTORATIVE RITUAL**
€130 *Ease tension and stress in the face, head, neck and scalp*
Combining nurturing facial massage with soothing Gua Sha techniques and slow, flowing massage work to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, jaw tension issues, sinuses and puffiness.

treatment time includes your consultation

TRADITIONAL MASSAGE BY GROUND WELLBEING

- 60 minutes**
€130 **'TÓG GO BOG É' FULL BODY MASSAGE**
A Ground approach to traditional massage. This full body massage treatment incorporates aromatherapy and breathwork alongside slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.
- 30 minutes**
€85 **'TÓG GO BOG É' BACK MASSAGE**
This back, neck & shoulder massage focuses on slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.
- 30 minutes**
€85 **RESTORATIVE FACE, NECK & SCALP MASSAGE**
This face, neck & scalp focused massage combines slow, flowing massage with soothing Gua Sha techniques. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, jaw tension issues, sinuses and puffiness.
- 30 minutes**
€85 **CLEANSING ABDOMINAL MASSAGE**
This abdominal massage gently stimulates the circulation of energy, lymph and fresh blood flow to the digestive organs through massage. The fresh circulation helps bring the body's core back to homeostasis and balance. The focus is on relaxing and soothing the abdomen physically while stimulating the area to aid detoxification.

GROUND WELLBEING

THE SECRET RIVER OF HEALTH

60 minutes

€130

SOOTHING LYMPHATIC SUPPORT RITUAL

Designed to have a deeply relaxing, sedating impact, this rhythmic full body ritual works to encourage and support lymphatic flow while inducing a state of rest and renewal. Gentle techniques to stretch and massage the skin to support lymph flow, mindful breath-work and the therapeutic benefits of aromatherapy combine to create this unique ritual. Through the power of touch, this meditative treatment works to restore the body's natural fluid balance & immune function, making it ideal for everyone. This ritual encourages us to tune into our body: understanding the lymphatic system really is our body's secret river of health. This treatment is safe & effective for anyone with a healthy lymphatic system.

Treatment Benefits:

- Promotes the circulation of lymph
- Helps to naturally rid the body of toxins and waste material
- A healthy lymphatic system is a healthy immune system
- Gentle and therapeutic



treatment time includes your consultation

THE BARRÓG RITUALS BY GROUND WELLBEING

Carefully created for those living with or beyond cancer

Offering a menu with therapists fully empowered to modify and adapt to your individual needs, GROUND believes in the importance of delivering heartfelt, meaningful bespoke massage rituals to support those living with or beyond cancer.

60 minutes **BARRÓG FULL BODY MASSAGE**

€130

A tailored and thoughtful full body massage, this massage was developed to not only bring comfort and specific relief to compromised skin in a safe way, but to also support wellbeing, encouraging calm and rest at a time where care and minding is needed most.

90 minutes **THE BARRÓG CALMING RITUAL**

€160

This ritual consists of the deeply relaxing Barróg full body massage enhanced with a calming scalp ritual. Utilising the benefits of GROUND's Barróg products this nourishing, relaxing ritual was created for the scalp & skin that may be feeling dry or delicate. It can support new hair growth and nourish the hair follicles and therefore is ideal for those who have lost their hair and are encouraging regrowth.

90 minutes **THE BARRÓG SOOTHING RITUAL**

€160

This ritual consists of the deeply relaxing Barróg full body massage enhanced with a soothing hand & foot ritual. Nourish and soothe the compromised skin of the feet and hands in this remedying massage. Specific emphasis is placed on hydrating and protecting the cuticles, nails and skin. Deeply relieving, this ritual may assist in alleviating the discomfort of peripheral neuropathy, poor circulation and hand & foot syndrome.

90 minutes **THE BARRÓG RESTFUL RITUAL**

€160

This ritual consists of the deeply relaxing Barróg full body massage enhanced with a lymphatic support ritual. This ritual focuses on supporting the lymphatic system & soothing the nervous system through breathwork & mindful massage to the décolleté & abdomen to ease the body into a deeply restful state. The focus is on relaxing and soothing the abdomen physically while stimulating the area to aid detoxification.

SATCC (STANDARDS AUTHORITY FOR TOUCH IN CANCER CARE) APPROVED

treatment time includes your consultation

INTRODUCING
comfort zone
conscious skin science

Introducing Comfort Zone. Founded in Italy in 1983 by a cosmetic chemist/pharmacist, the company and brand has continually led the way with an equally conscious approach to both skin and planet, offering sustainable, results-driven, clean-formula solutions to recreate your skin's natural comfort zone.

At Farnham Estate Spa we have chosen the very best of Comfort Zone face, body, and ritual treatments, as well as bespoke signature treatments... all unique to our Spa. And even better we offer a beautiful complementary range of fully recyclable at-home products and gifts so your journey to beautiful skin and a relaxed mind will continue long after your visit.

COMFORT ZONE FACIALS

We have carefully selected six performance-driven facials, each designed to deliver visible results, whilst treating specific skin conditions. Experience the perfect blend of science and nature for a truly radiant complexion.

- 60 minutes
€130

HYDRAMEMORY FACIAL (HYDRATION)
The ultimate treatment for deep hydration and radiance, ideal for skin stressed by central heating and air conditioning. The hydraBrush Massage transports the precious Moringa Oil and the Hyaluronic Acid biominetic fragments deep into the skin.
- 60 minutes
€130

REMEDY SOOTHING FACIAL (SENSITIVITY)
Renewing, strengthening and soothing treatment, fragrance-free, recommended for skins which are sensitive, fragile and prone to redness. Soothes and restores the protective skin barrier through a delicate affinity action. For skins which are sensitive, fragile, sensitized and prone to redness. Level 1 Rosacea can also be effectively treated.
- 60 minutes
€130

ACTIVE PURENESS FACIAL (PURIFICATION)
If your skin is oily, scarred or acne-prone, this is the perfect choice. Characterised by a mattifying peel-off spirulina algae mask, this deep purifying facial with mandelic acid, green and white clays rebalances and reduces pores and blackheads.
- 60 minutes
€130

RECOVER TOUCH FACIAL (REPAIR)
Nurture your skin and recover from the damage caused by sun, pollution and aging. The antioxidant, replenishing combination of organic goji berry and macadamia oil leaves the skin soft and replenished.
- 60 minutes
€140

SUBLIME SKIN HORMON-AGING 50+ FACIAL (AGE CORRECTION)
The ultimate treatment to counter skin thinning, extreme dryness and loss of density due to menopause. The exclusive Cell-Support Technology, innovative oil-based textures and two special massage techniques, Dermal Petrissage and Kobido, reactivate and redensify the skin.
- 60 minutes
€140

SUBLIME SKIN ULTRA-GLOW PEEL FACIAL (AGE CORRECTION)
This facial delivers immediate radiance & glow and provides an even complexion and improvement to dark spots. The facial consists of an indulgent massage and tone-correcting peel to treat dullness, hyperpigmentation and melasma.

treatment time includes your consultation

COMFORT ZONE BODY RITUALS

Experience pure relaxation and renewal with our two carefully curated body rituals, designed to indulge the senses, restore balance, and deeply nourish the skin. Let us take you on a journey of luxurious self-care tailored to your needs.

60 minutes

€125

HIMALAYAN SALT MASSAGE RITUAL

An extraordinary ritual, beginning with body massage using warmed Himalayan salt blocks, which bestow relaxation, alleviating tension, stress and anxiety. An exhilarating salt scrub follows, a combination of the precious pink Himalayan salt crystals and aromatic oils to detoxify the body, ease aches, pains and stimulate the metabolism to restore vitality and balance.

60 minutes

€125

TRANQUILLITY PRO-SLEEP MESSAGE RITUAL

Inspired by the Indonesian Sea Malay Massage, this exceptional massage ritual acts in synergy with our Tranquillity Sound and Essential Oil Blend to effectively induce a state of deep rest & wellbeing. Ideal for anyone who is stressed or burnt out.



treatment time includes your consultation

OTHER TREATMENTS

MASSAGES

60 minutes **HOT STONE MASSAGE - DEEP RELAXATION**
€130 Designed to melt away stress and tension, smooth, heated volcanic stones are used to deeply relax muscles and improve circulation. The warmth enhances the therapeutic benefits, easing aches and promoting total relaxation. This indulgent treatment soothes the body, calms the mind, and restores balance. Perfect for deep relaxation and muscle relief.

60 minutes **DEEP THERAPEUTIC MASSAGE - RELIEVE TENSION**
€130 Designed to target deep muscle tension and stress, this treatment uses firm pressure and slow, focused strokes to release knots and restore mobility. It improves circulation, reduces stiffness, and enhances muscle recovery, making it perfect for those with chronic tension or post-exercise soreness. Feel lighter, looser and completely recharged after this deeply effective massage.

HOLISTIC THERAPIES

45 minutes **REFLEXOLOGY***
€100 An ancient healing art that focuses on applying pressure to specific points on the feet, to correspond with organs and systems of the body. This gentle yet powerful therapy aims to stimulate these reflex points to promote balance, relaxation, and overall well-being.

45 minutes **INDIAN HEAD MASSAGE***
€100 Originating from the Ayurvedic healing traditions of India, the ancient art of Indian Head Massage, is a deeply relaxing and therapeutic treatment that focuses on releasing tension and restoring balance to the body's energy centres. This massage targets the upper body, head, neck & shoulders to promote relaxation and overall well-being.

HAND & FOOT CARE

50 minutes **PEDICURE**
€75 Indulge in pure relaxation and pampering for your feet. Designed to revive tired feet, nourish your skin, and leave your toes looking flawless, this pampering experience will leave you walking on air. Includes finishing polish in colour of your choice.

50 minutes **MANICURE**
€75 Designed to rejuvenate tired hands, nourish your nails, and leave you with perfectly polished fingertips, this luxurious experience will leave you feeling elegant and polished. Includes finishing polish in colour of your choice.

treatment time includes your consultation

THE FULL FARNHAM SPA EXPERIENCE

WATER MINT THERMAL SUITE

Monday to Friday
€40 per person

Saturday & Sunday
€50 per person

*Use of the Thermal suite is
complimentary for residents.
Non-residents can enjoy up to 3
hours for the above prices*

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 can choose only the elements that you enjoy the most. These include our Salt Grotto, Laconium, Aroma Steam Bath, Sauna, Ice Fountain, Kneipp Walk, Snail Showers & Reflexology Foot Basins.



INFINITY INDOOR/OUTDOOR HYDROTHERAPY POOL

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 back massage jets.

EMBRACE WELLBEING IN NATURE

FARNHAM ESTATE'S GREAT OUTDOORS

Step into a world of tranquillity, where the whispering trees, shimmering lakes, and the gentle rhythm of nature create the perfect setting for renewal. At Farnham Estate, we invite you to reconnect with yourself through mindful experiences designed to soothe the body, calm the mind, and nourish the soul.



FOREST & LAKESIDE MINDFULNESS

Meditative Walks – Stroll through ancient woodlands, letting the quiet embrace of nature bring a deep sense of peace and clarity.

Forest Grounding – Stand among towering trees, connecting deeply with the earth's energy, releasing stress, and embracing a profound sense of balance. Let the natural beauty of Farnham Estate guide you towards harmony, restoration and a renewed connection with the world around you.

Lakeside Breathwork – Take a moment to close your eyes, breathe deeply and soak in the tranquillity of the lakeside..

Mindful Trail Walking – Wander along scenic trails, engaging all your senses to be fully present in the moment.

Spa Etiquette

- Farnham Estate Health Spa is exclusively for guests over **16 years old**.
- To respect the privacy of other Spa guests please speak quietly, **switch off mobile phones** and do not use cameras.
- Please arrive **30 minutes prior** to your appointment to 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 **wear 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 for our members and day guests. On arrival you will be given an electronic fob to operate the lockers. Please return this fob to the spa reception team as you are leaving.

Terms & Conditions

- As a courtesy to other guests, please be aware that your **late arrival** will 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 or dates** are required to provide a minimum of **72 hours notice**.
- Guests who wish to **cancel their treatments** are required to provide a minimum of **72 hours notice** or the full treatment cost will be charged.
- **No show** appointments will be **charged in full**.
- We reserve the right to alter or amend any of the details and prices without prior notice.
- To avoid disappointment we recommend that all treatments are **booked well in advance** of your visit.
- Please note, we have both male and female therapists. While we will do our best to accommodate requests made at booking, therapist gender cannot be guaranteed on the day.
- Residents have complimentary use of the facilities from check-in to check-out.

Health Contra-indications

Upon arrival you will be required to complete an online medical questionnaire. The information you provide us in this form will allow us to ensure the suitability of your chosen treatments. Please complete the form in full to notify us if any of the following health concerns applies to you:

- *Allergies*
- *Cancer (past or present diagnosis)*
- *Under / over-active thyroid*
- *Heart conditions or problems with circulation*
- *High/low blood pressure requiring medication*
- *Epilepsy*
- *Recent aesthetic treatments such as fillers, botox, etc.*
- *Skin disorders*
- *Foot conditions*
- *Pregnant, within 6 weeks of the birth of your baby, or are breast feeding*
(please note some treatments cannot be carried out during the first trimester, your therapist will advise you accordingly)

Should you not disclose a medical condition, we will not be held responsible for any adverse reactions or contra-indications. In the instance where your treatment is unsuitable, our therapist will advise you of any adaptations required or offer you an alternative treatment.

FARNHAM ESTATE GIFT CARDS

Discover the enchanting beauty of the resort by treating someone special to a Farnham Estate Gift Card.

Our Gift Cards can be used throughout the Resort,
including for the timeless tradition of
Afternoon Tea – savour delectable treats
amidst the serene surroundings.

www.farnhamestate.com