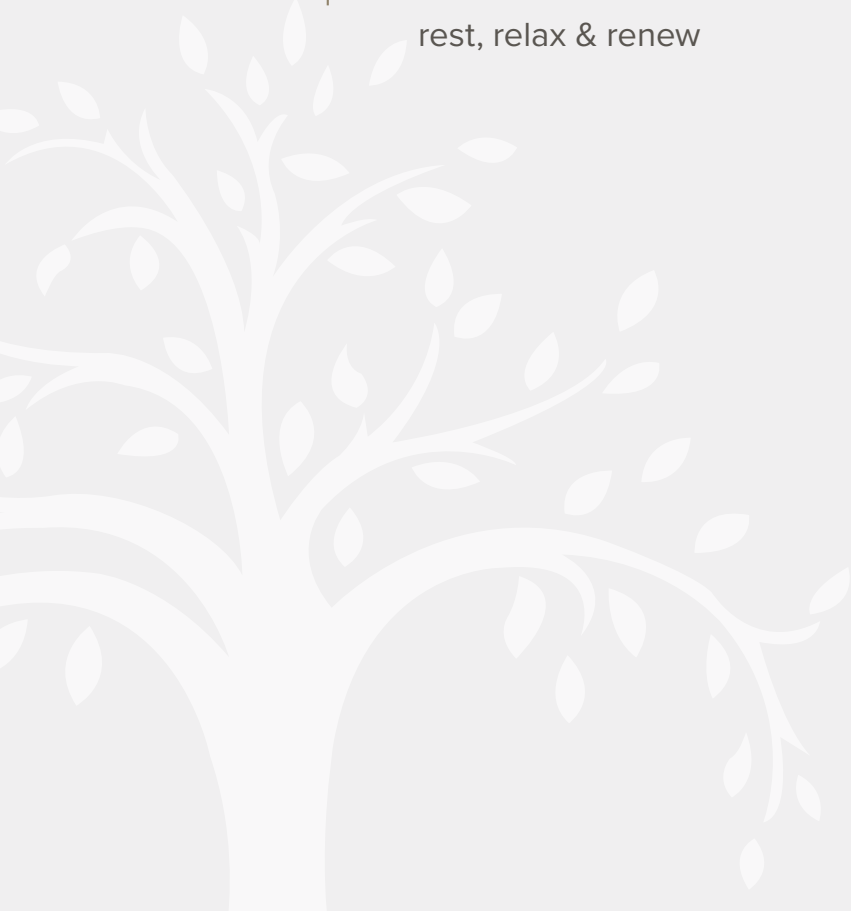




FARNHAM ESTATE  
HEALTH SPA

spa treatment menu  
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 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”



# FARNHAM ESTATE SPA PACKAGES

## LAVENDER LULLABY

### Farnham Estate Health Spa's 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.



### Couple's Retreat

€215\*

6 hrs (up to 135 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.

\* Price per person.

### Yummy Mummy Package

€225

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 the journey with enjoying time in our blissful infinity pool that extends outside before a deeply nourishing Pre-Natal Relax & Restore Treatment (60min) involving gentle back exfoliation, followed by a soothing body massage. Then enjoy an Express Facial (30min) to reveal a clear, refreshed, naturally beautiful 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

€140

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

€135

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.

### Men's Revitalising Package

€200

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.

### Swim & Spa Package

€90

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.



# 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**

**80 minutes**

Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion with this advanced facial. Suitable for all skin types and ages, it 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 & Smoothing Mask and the revolutionary Skin Radiance Intensive Serum, to powerfully brighten, firm and even skin tone, leaves your skin smooth, supple and radiantly healthy.

**€140**

## **Skin Purifying Facial**

**60 minutes**

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

**€110**

## **De-Sensitiser Facial**

**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 reduce skin sensitivity leaving it calm, nourished and comfortable.

**€110**

## **Espa Natural Face-lift**

**80 minutes**

Reveal visibly resilient, healthy looking, youthful skin with this specialised facial. The complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

**€140**

## **Intense Regenerating Facial**

**60 minutes**

A luxurious, regenerating facial for maturing skin. Helps minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. Visibly improves skins appearance using age-defying massage techniques and products to replenish and revitalise skin, leaving it toned, radiant and rejuvenated.

**€110**

## **Skin Radiance Facial**

**60 minutes**

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

**€110**

## **Express Facial**

**30 minutes**

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

**€75**

## **Re-Hydrator Facial**

**60 minutes**

An intensive, 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 moisturise and soothe the skin. A rehydrating facial to leave skin smooth and feeling rejuvenated.

**€110**

## **Lift & Firm Eye Lift**

**30 minutes**

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

**€75**

# 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**

**€110**

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.

## **Salt & Oil Scrub**

**30 minutes**

**€75**

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.

## **Espa Body Wrap**

**60 minutes**

**€110**

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.

## **Invigorating Foot Treatment**

**30 minutes**

**€75**

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** (with or without hot stones)

€140

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**

€140

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.

## **Swedish Massage**

€80, €110, €140

30, 60 or 80 minutes

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.

## **Inner Calm Massage**

€80, €110, €140

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.

*\* Applies only to 60 & 80 minute treatments*

## **Hot Stone Massage**

€80, €120, €150

30, 60 or 80 minutes

A therapeutic 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.

## **Deep Muscle Massage** (with or without hot stones)

€80, €120, €150

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** €80, €110  
30 or 60 minutes

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.

## 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** €140  
(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** €80, €120, €150  
(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.



**Swedish Massage** €80, €110, €140  
30, 60 or 80 minutes

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** €110  
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

€120

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

€110

60 minutes

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

### Eclat Cocoon

€110

60 minutes

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

### Optimiser

€110

60 minutes

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

### Hydralessence

€110

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 Beauté

€75

30 minutes

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

## YON-KA PREGNANCY TREATMENTS

### **Pregnancy Pamper**

€110

75 minutes

A mini facial to hydrate and brighten the skin with a Back, Neck and Shoulder Massage.

### **Maternity Massage**

€110

60 minutes

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**

€110

60 minutes

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** €140**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** €140**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.

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

**Be Nurtured Massage****€110****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 full body massage.

**Be Nurtured Facial****€110****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.





## HOLISTIC THERAPIES

**Sports Therapy Massage** €110  
60 minutes

**Coconut Melt Full Body Massage** €110  
60 minutes

**Reflexology\*** €90  
45 minutes

**Indian Head Massage\*** €85  
45 minutes

**Scalp Massage** €75  
30 minutes

**Serail Mud Chamber** €50 per person

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

45 minutes

*\* Subject to availability*

## FINISHING TOUCHES

**Tanning**

**Full Body Vita Liberata Tan** €35

**Half Body Vita Liberata Tan** €25

## MAKE-UP

**Mii Make-up application** €50

**Wedding Make-up in room** €60



## HAND & FOOT CARE

**Pedicure with callous removal** €95  
75 minutes

**Pedicure** €65  
60 minutes

**Manicure** €55  
50 minutes

## 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*

## HEALTH & FITNESS

### **Membership & Training**

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

### **Opening Hours**

8.00am - 9.00pm  
Monday - Sunday

### **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*

## WATER MINT THERMAL SUITE

Includes access to our Salt Grotto, Lancomium, Aroma Steam Bath, Sauna, Ice Fountain, Keipp Walk, Snail Showers and Reflexology Foot Basins along with access to our Indoor/Outdoor Hydrotherapy Pool

### **Charges for non-residents**

€40.00 p.p. Monday to Friday  
€50.00 p.p. Saturday & Sunday  
(4 hours access)

## 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.



Farnham Estate Spa & Golf Resort, Cavan, Ireland.

Tel: +353 49 437 7700, Fax: +353 49 437 7701

Email: [info@farnhamestate.ie](mailto:info@farnhamestate.ie)

[www.farnhamestate.com](http://www.farnhamestate.com)