



LOUGH
ERNE

RESORT



THE AUTHENTIC THAI SPA MENU



LOUGH ERNE RESORT

THE THAI SPA

The Spa at Lough Erne Resort brings a Thai Inspired Spa experience to Ireland.

Using Traditional Thai Therapies & Luxurious Espa treatments & Products combined with expertly trained Thai & European therapists.

With ten treatment rooms including three signature rooms; The Royal Thai Ritual Room, a Dual treatment room for couples, friends or family; Traditional Thai Massage Room complete with a specialist Thai Massage Couch and The Thai Steam Room as well as six individual treatment rooms.

Your Thai Spa Treatment includes access to Sabai Sabai Room, meaning 'Health & Happiness' (Light Relaxation area); The Light Therapy Sauna; The Crystal Aroma Steam Room; The Exotic Rain Shower & Lap Sabai Room, meaning 'Deep Sleep' (Deep Relaxation area). Those enjoying a Full or Half Day Thai Spa Package also have access to The Infinity Pool & Thermal Suite.





LOUGH ERNE RESORT

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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.

PERSONALISED FACIALS

SKIN RADIANCE FACIAL..... 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 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 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 60 minutes

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.

ESPA INTENSIVE & AGE DEFYING FACIALS

ADVANCED SKIN RADIANCE FACIAL 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 rose quartz crystals follows, finishing with a Lifting and Smoothing Mask and our revolutionary new 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.

Includes: Deep brush cleanse, unique ProCleanser, Age-defying rose quartz crystal massage, professional Lifting & Smoothing Mask, revolutionary Radiance Serum and new Naturally Radiant Tinted Moisturiser

AGE-DEFYER FACIAL 90 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.



LIFT & FIRM EYE TREATMENT 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.





LOUGH ERNE RESORT

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.

ESPA HOT STONE BACK, FACE & SCALP TREATMENT 90 minutes

Renowned as our 'Hero' treatment and loved by all; this 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

TOXIN FIGHTER BODY WRAP 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.

Includes: Skin brush – body exfoliation – Detox Algae wrap – scalp massage

ESPA PERSONALISED BODY WRAP 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

Includes: Skin brush – body exfoliation – wrap – scalp massage

ESPA SALT & OIL SCRUB - DETOXIFYING, INVIGORATING OR RELAXING..... 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.



MASSAGE TREATMENTS

BODY BLISS 60 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.

Includes: Specialised massage to specific areas of concern

AROMA INDULGENCE 60 minutes

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 60 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 to unwind and your body to feel rejuvenated.

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

NECK, BACK AND SHOULDER RELIEF 30 minutes

This ancient therapy concentrates on releasing tension in your upper back, neck and shoulder areas where physical and emotional stress often manifests.



LOUGH ERNE RESORT

THAI ORIENTAL SCALP MASSAGE..... 30 minutes

This head massage treatment is used to relax and revitalise the body. Excellent for insomnia, chronic headache, migraine and sinusitis.

THAI ORIENTAL FOOT MASSAGE 30 minutes

An ancient therapy that links the reflex zones on the feet to specific parts of the body. Relief from pain, illness and stress comes from putting pressure on the appropriate reflex zones of the feet.

THAI TARGETED TREAT 60 minutes

Open Mind Back Neck and Shoulder Relief and Oriental scalp massage.



ESPA MATERNITY

PRE & POST NATAL TREATMENT30 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.

A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Back exfoliation (if required) – body/scalp massage – this treatment is tailored to your specific needs.



HAIR TREATMENTS

THAI SIAM DREAM HAIR..... 45 minutes

Imagine a hair and scalp treatment that stimulates hair growth while awakening the senses and relaxing the body.

TRADITIONAL THAI MASSAGE

..... **90 minutes**

..... **60 minutes**

Exotic and unique this is the ultimate sublime body workout. Using techniques passed down through generations, this treatment is a blend of deep tissue massage using pressure points and stretching techniques. Traditional Thai Massage releases tension, increases vitality and flexibility and synchronizes the mind, body and spirit.



ESPA FOR MEN FACE & BODY

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 TARGETED TREATMENT 90 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

TRADITIONAL THAI MASSAGE 60 minutes

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Exotic and unique this is the ultimate sublime body workout. Using techniques passed down through generations, this treatment is a blend of deep tissue massage using pressure points and stretching techniques. Traditional Thai Massage releases tension, increases vitality and flexibility and synchronizes the mind, body and spirit.

ESPA AGE REBEL FACIAL 90 minutes

An effective age-defying facial, designed to deliver immediate results to tired looking skin and reduce fine lines and wrinkles.



LOUGH ERNE RESORT

MEN'S PERSONALISED FACIAL DURATION 60 minutes

Whether your skin needs a deep cleanse, soothing or hydrating, we encourage males to experience a personalised facial, which your therapist will tailor to suit the needs of your skin that day.

HOT STONE MASSAGE 60 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 to unwind and your body to feel rejuvenated.

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



THAI HAND AND FOOT TREATMENTS

These aromatic treatments combined with ancient Thai rituals and Asia's botanical heritage will nurture, relax, clear the mind and stimulate a sense of well-being.

FOOT BEAUTY RITUAL 30 minutes

Experience this vital relaxing and harmonizing treatment which will treat sole and soul. The treatment begins with a corn exfoliation and this is followed by a detox wrap. An invigorating oil massage to finish will leave your feet feeling fresh and light.

SILKY RADIANT HANDS 30 minutes

Defy one of the signs of ageing with this ultra nourishing hand treatment using botanical healers such as Red Rice which will gently exfoliate the skin and help to diminish dark spots. A regenerative reflexology hand and arm massage will ensure this treatment is as relaxing as it is restorative.



LOUGH ERNE SIGNATURE EXPERIENCES

GOLFERS TONIC 120 minutes

Designed exclusively for Lough Erne Resort Golfers who need to unwind and repair after the Golf.

You will be greeted by your therapist as you receive a Body Bliss massage on the back of the body. An oriental scalp and foot massage followed by a personalised Facial ensures your body will recover quickly from your game and you can swing into your next game with full energy.

(Golfers Recovery Massage 60mins also available on request)

THAI HERBAL HEALER 120 minutes

A hot herbal treatment unrivalled for indulgence and luxury and its ability to treat from head to toe.

This complete Asian experience will have you feeling like you are floating on a tranquil ocean. Warmth from herbal poultices comprising of Essential Oils will melt tension and diffuse heat throughout your body.

This full body massage culminates with a Luxurious Espa Facial to thoroughly nourish the skin



CYGNETS SPA

ANGEL BLISS FOR PARENT & CHILD 45 Minutes

Invite your child to discover the world of well-being under the caring touch of therapists. Gentle pressure is applied to the scalp, legs and feet and grounding oil massage is performed on the back and the arms. This treatment improves children's quality of sleep, soothes the nervous system and strengthens the immune system.

While your child enjoys the treatment, enjoy a personalized Facial or Dad will have Lazy Man Yoga. Treatments are delivered in The Dual Treatment room with 2 therapists.

Price is inclusive of Parent & 'Nangfa' Children's Treatment age 6-14



THAI SPA PACKAGES

Escape the limits of time immerse yourself in one of our perfectly packaged recipes for relaxation

Half Day Packages (inclusive of a light spa lunch)Mon - ThurFri, Sat, Sun

EXHALE 90 minutes

Floral Foot Bath • Personalised Body Wrap • Mini Facial • Light Spa Lunch

YOUTH ELIXIR 90 minutes

Floral Foot Bath • Choice of Exotic Scrub • Choice of 60 minutes Facial • Light Spa Lunch

TRADITIONAL 120 minutes

Floral Foot Bath • Traditional Thai Massage • Oriental Scalp Massage • Light Spa Lunch

LUXURY LOTUS 120 minutes

Floral Foot Bath • Choice of 60 minutes Facial • Relaxing Body Massage • Light Spa Lunch

COUPLES DIVINE GETAWAY 90 minutes

Floral Foot Bath • Choice of 60 minutes Facial & Relaxing Back, Neck & Shoulder Massage • Light Spa Lunch & Glass of Bubbly

Please note that you are welcome to avail of The Infinity Pool & Thermal Suite during your Thai Spa Package.

Due to the Thai Therapeutic Benefits of all packages, individual treatment elements cannot be altered.

MAKE A GIFT OF THE THAI SPA, THE AUTHENTIC THAI SPA EXPERIENCE

The perfect gift for every occasion whether it's a birthday, wedding anniversary, or simply a special treat

Gift Ideas Include...

- Half Day Package at The Thai Spa, inclusive of a Light Spa Lunch
- Golfers Tonic Treatment
- Espa Products & Purcell & Woodcock candles from the Spa Boutique

Our Other Gift Ideas Include...

- A Fourball on The Faldo Championship Course
- A Midweek or Weekend Break in a Lakeview Room, Suite or Loughside Lodge
- Dinner in The Catalina Restaurant or at The Loughside Bar & Grill
- Chocolate Afternoon Tea for two in The Garden Hall
- A Resort Voucher to spend anywhere in The Resort, including the Lough Erne Signature Range of Clothing and Accessories at The Golf Shop.

Resort Vouchers for any value available from The Thai Spa, Resort Reception, The Golf Shop or online www.loughernerestort.com

How to treat yourself at home

To continue your Spa regime at home, why not indulge yourself with a choice of spa products which are available at our Spa Boutique.

Gratuities

Gratuities can be given based on your experience and discretion.

Age Requirements

The minimum age requirement for access to The Thai Spa and Fitness Room is 16. All ages are welcome in the Thermal Suite and the Infinity pool. Children under 12 must be accompanied by an adult, or guardian when in the pool area.

Cancellations / Late Arrivals

As a courtesy to all spa guests, cancellations must be made 24 hours in advance of your appointment time. Failure to do so will result in the full service rate charged to your account. If you are running late, a phone call is always appreciated. We will reschedule your appointment, if possible. If we are not able to reschedule your appointment time, your treatments will begin as scheduled. Your arrival time will determine the length of your treatment, which will end as scheduled.



The Thai Spa Journey

The Thai Spa at Lough Erne Resort promises to give you a Spa journey which will leave you feeling totally restored and revived. We recommend that you arrive at The Thai Spa 30 minutes prior to your treatment, to allow you time to savour some unique Thai pre-treatment offerings, which will enhance your spa experience. After changing into your Spa robe and slippers, you will be guided into the heart of The Thai Spa where you can avail of our light Thermal area consisting of an Aroma Crystal Steam Room, Light Therapy Sauna and Tropical Rain Shower. Your senses will be delighted with the combination of varying heat and scented air embodying essences reminiscent of Thailand, such as lemongrass, jasmine and coconut.

In the pre-treatment Sabi Sabi Area, the translation of which aptly means Health and Happiness, you will have the opportunity to taste Thailand with our exotic fruit of the day and Thai Tonic beverage which completes this stage of the journey before your treatment time begins.

Your treatment will also give you the chance to select from Espa Oils and will be delivered in a nurturing and therapeutic way, which has become synonymous with the Thai peoples' calming nature. Following your treatment, you are advised to rest and reflect in Lap Sabai, meaning 'deep sleep' area and enjoy an infused herbal tea or you may wish to experience a unique Asian blossoming tea ceremony or a Thai health specific smoothie. Although your ultimate destination may be relaxation... we pride ourselves on taking you on a journey that embraces all the senses throughout The Thai Spa. Please note that your Thai Spa Journey will vary according to your selected Thai Spa Treatment.

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