



icon  
spa

*“O, but I saw a solemn light; Said the rambling, shambling traveling man;  
Castle Dargan’s ruin all lit’ Lovely ladies dancing in it” -*

W. B. Yeats



Entering the gates, the sweeping tree lined driveway leads you to the 18th century Castle Dargan House and Hotel. Set in the heart of Yeats Country, with 170 acres of parkland and ancient woodland set against Sligo's rolling hills. Castle Dargan estate is an infusion of history and beauty with spectacular views of fresh water brooks, old stone walls and ancient castle ruins. The old-world merges seamlessly with the new and it is the new, floor to ceiling glass, that provides uninterrupted panoramic views of the breathtaking estate from our relaxation room to enhance your spa journey. When entering Icon Spa, you enter a world of calmness, relaxation and tranquility. Allow our highly qualified therapists to surrender your mind and body to a deep sense of well-being.



ICON SPA

## *Signature Treatments*

We want you to switch off, relax and refresh. Reap the benefits of our signature treatments, which combine natural remedies and techniques. Our luxurious signature treatments are designed to work in synergy with the mind, the body and the soul. Our team are dedicated to your health and wellness experience and will take the time to listen and get to know your own individual needs, the recommended treatments that will be most beneficial to you and advise you on your future care routine.







K E R S T I N  
F L O R I A N

## SIGNATURE TREATMENT

### *relax & renew*

#### *Kerstin Florian Lavender Dream Experience*

90 MINUTES - €120

Inhale the calming, balancing benefits of wild lavender as you relax and enjoy a rejuvenating scrub, warm cocooning wrap and a full body massage.

#### *Kerstin Florian Neroli Blossom Sensory Experience*

90 MINUTES - €120

Awaken the senses with the aroma of neroli as energy balancing, reflexology foot cleansing ritual, lymphatic dry brush and meditative massage all combine for a deeply relaxing yet up-lifting experience.

#### *Kerstin Florian Ginger Renewal*

90 MINUTES - €99

Let ginger's warmth and healing soothe and nourish in this pampering head-to-toe experience with a head, back, neck and a shoulder massage.

## SCRUBS

### *refresh & remineralise*

#### *Kerstin Florian Invigorating Salt Scrub*

60 MINUTES - €130

The ultimate in energising exfoliation, our most intensive body scrub detoxifies and remineralises as it smooths and softens.

#### *Kerstin Florian Botanical Crush*

60 MINUTES - €90

Mineral-rich salts combined with intuitively-selected organic aromatherapy oil for a customised revitalising full-body exfoliation.

#### *Kerstin Florian Turkish Body Scrub*

60 MINUTES - €90

Mineral-rich salts combined with eucalyptus and blended with organic lavender oil, sweeps away dull surface cells as a loofah massage stimulates circulation.





## HYDROTHERAPY

### *rebalance & relieve*

*Kerstin Florian Mineral Wellness Bath*

30 MINUTES - €35

Experience transformative wellness in this purifying, remineralising, muscle-relieving bath. Leave the mind and body feeling cleansed, balanced and rested.

*Kerstin Florian Mineral Wellness Bath with Eucalyptus*

30 MINUTES - €40

Immerse the body in concentrated, powerful salts with therapeutic benefits of eucalyptus aromatherapy to elevate bathing into a detoxifying, remineralising sensory treatment.

## BODY WRAPS

### *revitalise & rejuvenate*

*Kerstin Florian Moor Mud Wrap*

60 MINUTES - €90 / 90 MINUTES - €120

Detox and remineralise the body, soothe muscles and joints, and brighten dull skin all at once with the rejuvenating power of nature.

*Kerstin Florian Spirulina Wrap*

60 MINUTES - €90 / 90 MINUTES - €120

Using all natural, live Spirulina Algae, this seaweed treatment will impart essential vitamins, minerals and protein to revitalise and nourish the body.



KERSTIN  
FLORIAN





KERSTIN  
FLORIAN

## ICON SPA *Facials*

Rehydrate and rejuvenate your skin with an Icon Spa facial. Let our highly skilled therapist's tailor to your skins specific wants and needs, through our natural, corrective and specialised traditional treatments, while allowing you to relax and unwind and embark on your personal journey.







KERSTIN  
FLORIAN

## *refresh & refine*

### NATURAL FACIALS

*Kerstin Florian Customised Deep Cleansing*

**60 MINUTES - €85**

An exfoliating peel, deep-cleansing massage and personally selected masque to purify, balance and nourish any skin type.

*Kerstin Florian BerryPlus Antioxidant Infusion*

**60 MINUTES - €95 / 90 MINUTES - €120**

Ultra-oxygenating, anti-ageing treatment based on vitamin-rich super berries and plant cell cultures to fortify, rejuvenate and renew.

*Kerstin Florian BioMineral Facial*

**60 MINUTES - €90 / 90 MINUTES - €120**

Reset your complexion with this all-natural facial designed to return the skins microbiome to its ideal state. Through our powerful pre and probiotics, nourishing masque, skin clearing massage using jade tools to stimulate lymphatic drainage while leaving the skin refreshed, renewed and restored.

*Kerstin Florian Refresher facial*

**30 MINUTES - €50**

Perfect introductory experience cleanses, detoxifies, remineralises and energises complexion.

### CORRECTIVE FACIALS

*Kerstin Florian Advanced Repair*

**60 MINUTES - €120 / 90 MINUTES - €180**

This includes an exfoliating multi acid peel and rich algae masque to balance and nourish the skin. Finishing with a customised intensive treatment ampoule and a hand treatment to complete the experience. Ampoule is included.

*Kerstin Florian Brightening*

**60 MINUTES - €100**

This results-oriented treatment uses a powerful blend of skin-illuminating botanicals to improve texture, tone, clarity and luminosity.

An exclusive Acti-5 Brightening Complex, along with a multi-acid peel, a concentrated Vitamin C Ampoule, and a unique rice masque, leaves skin lighter, brighter, and more refined. Ampoule is included.

### SPECIALISED TRADITIONAL TREATMENTS

*Kerstin Florian Gua Sha Instant Lift* - **90 MINUTES - €120**

This Ancient Art of Gua Sha facial will rejuvenate the skin with our unique masque, while stimulating lymphatic drainage, boost circulation and releases fascia to leave the skin visibly firm, contoured and glowing. Ampoule is included.

*Men's Skin Management* - **60 MINUTES - €80**

This results-oriented facial customised for male skin-deep cleanses, soothes and rejuvenates.





## ICON SPA *Massage*

'Smell the sea and feel the sky let your soul and spirit fly' through our massage therapy at Icon Spa. Our therapists are highly skilled to provide that magic touch while you can select from our extensive massage recipes and techniques which best suit your needs.







KERSTIN  
FLORIAN

## BODY MASSAGE

### *replenish & renew*

#### *Kerstin Florian Customised Organic Aromatherapy Massage*

90 MINUTES - €125

Essential oils intuitively chosen based on your body's needs elevate this massage to a new level of therapy, relaxation, and serenity.

#### *Kerstin Florian Neroli Blossom Sensory Massage*

90 MINUTES - €125

Renew and refresh body, energy and spirit with this therapeutic treatment incorporating tension release, energy and breathing techniques with the uplifting essence of Neroli.

#### *Kerstin Florian Magnesium Massage*

90 MINUTES - €100

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. This nourishing treatment promotes detoxification and replenishes commonly deficient magnesium levels.

#### *Hot Stone Massage*

25 MINUTES BACK MASSAGE - €60  
55 MINUTES FULL BODY - €100

Let the hot basalt muscle melting stones deeply sooth and relax muscle tissue while providing a calm and relaxing state of mind.

#### *Swedish Massage*

25 MINUTES BACK MASSAGE - €50  
55 MINUTES FULL BODY - €90

Sweep away stress with our 19th century Swedish style massage designed to relieve tension and promote relaxation.

#### *Deep Tissue Massage*

25 MINUTES BACK MASSAGE - €55  
55 MINUTES FULL BODY - €95

This invigorating massage can be especially helpful for individuals who prefer a lot of pressure used during a massage, while releasing build up tension and toxins in the body

#### *Pregnancy Massage*

25 MINUTES BACK MASSAGE - €55  
55 MINUTES FULL BODY - €95

For the mum to be, this will help soothe, relax and calm the body and mind before beginning your journey to motherhood.

#### *Indian Head Massage*

45 MINUTES MASSAGE - €55

A deeply relaxing massage which stimulates the flow of blood, lymph and oxygen in your upper body, leaving you feeling clear, de-stressed and invigorated.

## BODY MASSAGE

### *mum to be*

#### *BASQ in the Moment Pregnancy Massage*

75 MINUTES - €109

A customised indulgent full body massage using safe pre-natal techniques for Mum and Bump.

#### *BASQ Baby Bump Treatment*

45 MINUTES - €80

This treatment is designed to reinforce the skin with deep hydration and a mega dose of nourishment to support the tone and elasticity of Mum's Bump.

#### *BASQ Head, Shoulders, Bump and Toes*

90 MINUTES - €109

A complete head to toe spa experience to include head, bump and lower legs. We rub and tickle every ache and pain away whilst improving the tone and elasticity of Mum's skin.

#### *BASQ Skin Boosting Body Exfoliation*

75 MINUTES - €95

An instant fix for a dry, itchy and stretched skin. We guarantee Mum leaves with beautiful healthy glowing skin.

#### *Pregnancy Glow Facial*

75 MINUTES - €95

A deep-cleansing, and a purifying treatment customised based on skin type. Includes an exfoliating peel to renew the skin, a stimulating facial massage using Gua Sha techniques to promote circulation, and a personally selected masque to balance and nourish the skin. While the mask is on, you are treated to a massage application of oils and cream to the bump to help and support the elasticity of your skin. A lower leg massage completes the experience.

(MUST BE OVER 12 WEEKS)







BODY MASSAGE  
*men's wellness treatments*

*Kerstin Florian Golfers Rescue*

90 MINUTES - €99

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. This ultimate wellness treatment combines therapeutic massage, and the power of magnesium to promote detoxification and replenish commonly deficient levels. The body is immersed in a mineral-infused soak to relax and replenish. A soothing massage follows with mineral infused crème to nourish the skin as muscles relax and tension dissipates.

*Kerstin Florian Back Swing*

25 MINUTES - €55

Designed to address problems arising from the golf swing. The muscles of the back and legs are warmed and loosened using specialised massage techniques.

K E R S T I N  
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BODY BATHS  
*outdoor bathing*

WHY NOT INDULGE YOURSELF IN A WARM OUTDOOR BATHING EXPERIENCE ON OUR FABULOUS SPA TERRACE. SIPPING HERBAL TEA OVERLOOKING OUR EXQUISITE GOLF COURSE, WITH BREATH-TAKING VIEWS OF SLIGO'S ROLLING HILLS, ANCIENT WOODLANDS & FRESHWATER BROOKS

*Wild Atlantic Seaweed Baths*

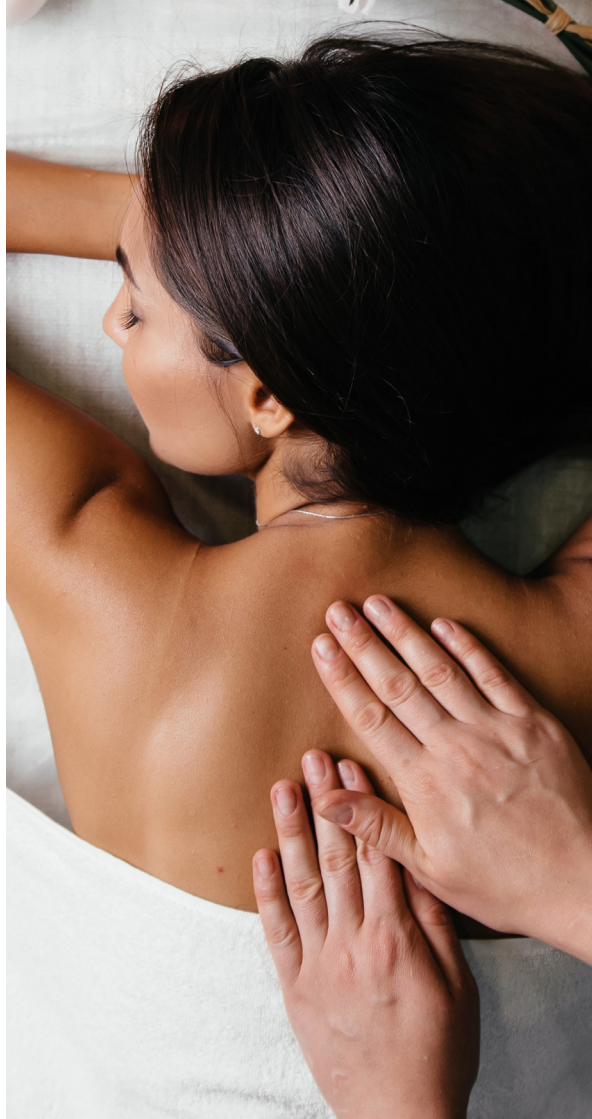
40 MINUTES - €35

Wild Irish Seaweed Bath comes directly from the Talty family in Co. Clare in the West of Ireland, who have harvested seaweeds for four generations. This seaweed is harvested from the exquisite shorelines of the Burren in North Clare to Loop Head in West Clare and is 100% natural.

*Couples Seaweed Bathing Experience*

40 MINUTES - €65

(2 people x 2 separate baths)



# ICON SPA

## *Packages*

We invite you to relax and unwind at Castle Dargan Estate spa facility, Icon Spa. Allow yourself to indulge in a truly tranquil and serene spa experience. Our Spa Packages are focused on wellness, relaxation and are catered to all groups.

K E R S T I N  
F L O R I A N

### *Icon Spa's Ultimate Signature Treatment Experience*

150 MINUTES - €119

With wellness always in mind, we are excited to introduce our 'Exclusive Spa Treatment Package'. This treatment promises a deeply relaxing and rejuvenating experience. Your experience begins immersed in a purifying, remineralising, muscle-relieving bath. Following is a customised back, neck, and shoulder massage, using a blend of nourishing botanical oils and essential minerals. Next, you are treated to our signature rejuvenating facial that features Energy Balancing, to help calm and bring the body into balance. Includes a renewing exfoliation, a customised professional ampoule, and a unique professional masque to rejuvenate and revitalise the skin. Our expert massage technique with specialised Jade tools completes the experience. Results are immediate, leaving the skin looking firm, toned with a glowing complexion. Ampoule is included.

### *Here Come the Girls*

25 MINUTES - €55 INCLUDING COCKTAIL

EXCHANGE YOUR COCKTAIL FOR  
AFTERNOON TEA FOR AN EXTRA  
€12.95 PER PERSON.

Choose one 25 min treatments:

- ◆ Back, Neck & Shoulder Massage
- ◆ Scalp, Face & Shoulder Massage
- ◆ Foot & Leg Massage
- ◆ Illuminating Radiance Facial
- ◆ Body Scrub
- ◆ Balneotherapy Bath
- ◆ Dry Floatation

### *Pamper Package*

75 MINUTES - €99

Choose three 25 min treatments:

- ◆ Back, Neck & Shoulder Massage
- ◆ Scalp, Face & Shoulder Massage
- ◆ Foot & Leg Massage
- ◆ Illuminating Radiance Facial
- ◆ Body Scrub
- ◆ Balneotherapy Bath
- ◆ Dry Floatation

### *Mid-week Me Time*

50 MINUTES - €79

Choose two 25 min treatments:

- ◆ Back, Neck & Shoulder Massage
- ◆ Scalp, Face & Shoulder Massage
- ◆ Foot & Leg Massage
- ◆ Illuminating Radiance Facial
- ◆ Body Scrub
- ◆ Balneotherapy Bath
- ◆ Dry Floatation

### *Head, Shoulder, Bump and Toes*

90 MINUTES - €109

A complete head to toe spa experience to include head, bump and lower legs. We rub and tickle every ache and pain away whilst improving the tone and elasticity of Mum's skin.

### *Magic Moments*

55 MINUTES - €79

Muscle Melting Back, Neck & Shoulder Massage, Brown Sugar & Lime Back Exfoliation, Kerstin Florian Refresher Facial including a Warm Oil Scalp Massage.

### *Just for the Two of Us Full Body Massage & Mini Facial*

90 MINUTES - €280 FOR 2

Couples will experience a full-body tailored massage followed by a Refresher Facial to complete this sensory treatment.





## ICON SPA *Beauty*

We offer clients professional, yet personalised services as we truly believe beauty is treated not only internally but also externally by working holistically with traditional skin and beauty practices, combined with modern clinical approaches.







## BEAUTY

### *treatments*

#### *Hands and Feet*

LUXURY MANICURE - €45

LUXURY MANICURE WITH SHELLAC POLISH - €65

LUXURY PEDICURE - €65

LUXURY PEDICURE WITH SHELLAC - €85

FILE AND POLISH - €15

SHELLAC 2 WEEK POLISH - €30

SHELLAC REMOVAL - €10 (free if applied at Icon Spa)

#### *Make-up*

MAKE-UP APPLICATION - €45

LASH APPLICATION - €5 EXTRA (client to supply)

#### *Eye Treatments*

EYEBROW WAX/SHAPE - €12

EYEBROW TINT - €11

EYELASH TINT - €12

EYE TRIO - €25

#### *Waxing*

HALF LEG WAX - €20

FULL LEG WAX - €30

BIKINI WAX - €18

FULL LEG/BIKINI WAX - €42

LIP WAX - €8

CHIN WAX - €12

BACK WAX - €30

#### *Spray Tan*

FULL BODY TAN - €35

HALF BODY TAN - €25





## THE *Thermal Suites*

The Thermal Suite experience is a sanctuary designed to detoxify, enhance and invigorate your entire well-being.

### *A Dry Herb Sauna*

Bask in our Dry Herb Sauna, which is excellent for aiding detoxification and reviving tired muscles.

### *Steam Room*

Allow the steam to open up the pores and relax the muscles, while 75% oxygen boosts the immune system, combats stress and eliminates the buildup of toxins.

### *Heated Loungers*

Muscular tension and cramps are relieved, rheumatic pains are alleviated, while enjoying the view over our beautiful golf course.

### *Outdoor Hot Tub*

Muscle Relaxation and Joint Pain Relief: Hot tub jets help to relax your muscles, while the buoyancy of the water reduces your body weight and relieves pressure on your joints. Muscle relaxation, decreased pain and stiffness are all potential benefits of soaking in a Jacuzzi hot tub.

### *Relaxation Suite*

Enjoy the tranquility of our Relaxation Suite, overlooking the golf course, while being taken on a journey to help calm the mind and still the spirit. Help yourself to a selection of herbal teas, a selection of fresh fruit and fruit infused water.



## GENERAL INFORMATION:

We request that you take note of the following guidelines – they are designed to ensure that all guests enjoy their time at the Icon Spa.

- ◆ Credit card details are required to book all spa treatments. A 24-hour cancellation period is required to reschedule your treatment, if the cancellation is made within this time the full amount will be charged to you.
- ◆ We advise that you arrive 15-20 minutes prior to your treatment starting time, to ensure there is sufficient time for filling out a small consultation form, and to get changed into your robes and slippers. Late arrivals will mean that your treatment time may be shortened.
- ◆ Guests under the age of 16 are not permitted in the spa.
- ◆ It is necessary to bring a bathing suit for use of our hydro spa. Robes, towels and slippers are all provided in your locker in the changing rooms.
- ◆ Any guest who has a medical condition, high blood pressure, diabetes or allergies must consult their doctor before treatments and must make the spa aware of any condition prior to booking. This is to ensure that treatments can be arranged to your utmost benefit.
- ◆ Prior to your treatment, please ensure that your therapist is made aware of any medical conditions including ongoing cancer treatments, and pregnancy.
- ◆ Icon Spa provides maternity treatments. Please make staff aware of your expectancy on booking your treatment as some spa treatments are not recommended during pregnancy. We do advise the client is over the 12th week of pregnancy before booking for any treatment.
- ◆ We ask that valuables are not taken into the spa, management and staff accept no responsibility for loss of money or valuables.
- ◆ We ask that mobile phones are switched off, or else kept on silent, to ensure the comfort of other clients.
- ◆ Please keep noise to a minimum.
- ◆ Gift vouchers are available against any spa treatment, products or packages. Vouchers are non-refundable and must be presented at the time of treatment.
- ◆ We accept cash and all major credit cards. Hotel residents may charge payment to their rooms.
- ◆ To continue your spa journey at home, all products can be purchased at Icon Spa.

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# CASTLE DARGAN

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*Golf • Hotel • Spa*

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