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O, BUT I SAW A SOLEMN SIGHT;
SAID THE RAMBLING, SHAMBLING TRAVELLING-MAN;
CASTLE DARGAN'S RUIN ALL LIT
LOVELY LADIES DANCING IN IT.

W. B. Yeats



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spa

UPON ENTERING THE GATES, A 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 THE FLOOR-TO-CEILING GLASS WINDOWS PROVIDE 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 GUIDE YOUR MIND AND BODY INTO A STATE OF DEEP 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. THESE LUXURIOUS 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, THEN RECOMMENDED TREATMENTS THAT WILL BE MOST BENEFICIAL TO YOU AND ADVISE YOU ON YOUR FUTURE CARE ROUTINE.

Signature Treatment

THE ULTIMATE SIGNATURE TREATMENT EXPERIENCE

120 MINUTES - €150

YOUR EXPERIENCE BEGINS WITH A PURIFYING, MINERALISING, AND MUSCLE-RELIEVING BALNEOTHERAPY BATH, FOLLOWED BY A CUSTOMISED BACK, NECK & SHOULDER MASSAGE, USING A BLEND OF NOURISHING BOTANICAL OILS AND ESSENTIALS MINERALS. NEXT, YOU ARE TREATED TO OUR SIGNATURE REJUVENATING FACIAL THAT FEATURES ENERGY BALANCING, TO HELP CALM AND BALANCE THE BODY. FINALLY, YOU WILL EXPERIENCE A RENEWING EXFOLIATION AND A UNIQUE PROFESSIONAL MASQUE TO REJUVENATE AND REVITALISE THE SKIN.

RESULTS ARE IMMEDIATE, LEAVING THE SKIN LOOKING FIRM & TONED WITH A GLOWING COMPLEXION.

Relax & Renew

LAVENDER DREAM EXPERIENCE

75 MINUTES - €120

IMMERSE YOURSELF IN THE CALMING AROMA OF WILD LAVENDER WITH A REJUVENATING SCRUB, WARM COCOONING WRAP, AND A SOOTHING SCALP OR FACIAL MASSAGE FOR ULTIMATE RELAXATION.

TROPICAL COCONUT MELT HYDRATING BODY WRAP

60 MINUTES - €90

INDULGE IN A LUXURIOUS COCONUT OIL MASSAGE, FOLLOWED BY A HEAT WRAP TO DEEPLY HYDRATE AND NOURISH YOUR SKIN, LEAVING YOU RELAXED AND ENVELOPED IN TROPICAL AROMAS.

TURKISH BODY SCRUB

45 MINUTES - €70

REVITALIZE YOUR SKIN WITH A MINERAL-RICH SCRUB INFUSED WITH EUCALYPTUS AND ORGANIC LAVENDER OIL. THIS TREATMENT EXFOLIATES DULL SKIN WHILE A LOOFAH MASSAGE STIMULATES CIRCULATION, LEAVING YOUR BODY REFRESHED AND GLOWING.



KERSTIN
FLORIAN

ICON SPA
Facials

REHYDRATE AND REJUVENATE YOUR SKIN WITH AN ICON SPA FACIAL. OUR EXPERT THERAPISTS CUSTOMISE EACH TREATMENT TO ADDRESS YOUR SKIN'S UNIQUE NEEDS, USING NATURAL, CORRECTIVE, AND SPECIALIZED TRADITIONAL TECHNIQUES. WHETHER YOU'RE LOOKING TO TARGET SPECIFIC CONCERNS OR SIMPLY RELAX, OUR FACIALS OFFER A DEEPLY PERSONALIZED EXPERIENCE, LEAVING YOU REFRESHED, RADIANT, AND COMPLETELY UNWOUND. EMBARK ON YOUR JOURNEY TO GLOWING SKIN TODAY.

Refresh & Refine

KERSTIN FLORIAN BIO MINERAL FACIAL

60 MINUTES - €100

RESET YOUR COMPLEXION WITH OUR BIO MINERAL FACIAL, DESIGNED TO BALANCE YOUR SKIN'S MICROBIOME. USING POWERFUL PRE AND PROBIOTICS, A NOURISHING MASQUE AND A LYMPHATIC DRAINAGE MASSAGE, THIS ALL-NATURAL TREATMENT LEAVES YOUR SKIN REFRESHED, RENEWED, AND RESTORED TO ITS HEALTHIEST STATE.

KERSTIN FLORIAN CUSTOMISED DEEP CLEANSING FACIAL

60 MINUTES - €85

A TAILORED DEEP CLEANSING FACIAL THAT TARGETS YOUR SKIN'S UNIQUE NEEDS, PURIFYING, EXFOLIATING, AND REFRESHING YOUR COMPLEXION FOR A SMOOTH, RADIANT, AND BALANCED GLOW.

KERSTIN FLORIAN REFRESHER FACIAL

30 MINUTES - €50

A PERFECT INTRODUCTION, THIS FACIAL CLEANSSES, DETOXIFIES, REMINERALIZES, AND ENERGIZES YOUR COMPLEXION, LEAVING YOUR SKIN REFRESHED AND GLOWING.

Corrective Facials

KERSTIN FLORIAN ADVANCED REPAIR

75 MINUTES - €140

THE CORRECTIVE ADVANCED REPAIR FACIAL FEATURES A MULTI-ACID EXFOLIATING PEEL AND A NOURISHING ALGAE MASQUE TO BALANCE THE SKIN. THIS TREATMENT FINISHES WITH A CUSTOMIZED INTENSIVE AMPOULE AND A SOOTHING HAND TREATMENT, LEAVING YOUR COMPLEXION RENEWED, BALANCED, AND DEEPLY HYDRATED FOR A RADIANT GLOW.

KERSTIN FLORIAN BRIGHTENING

60 MINUTES - €120

THE CORRECTIVE BRIGHTENING FACIAL COMBINES ILLUMINATING BOTANICALS, ACTI-5 BRIGHTENING COMPLEX, AND A MULTI-ACID PEEL TO IMPROVE TEXTURE, TONE, AND LUMINOSITY. A CONCENTRATED VITAMIN C AMPOULE AND RICE MASQUE LEAVE SKIN BRIGHTER, REFINED, AND MORE RADIANT. THIS RESULTS-DRIVEN TREATMENT ENHANCES CLARITY AND OVERALL SKIN BRIGHTNESS.



ICON SPA *Massage*

OUR HIGHLY SKILLED THERAPISTS OFFER THE PERFECT TOUCH TO EASE YOUR TENSION AND PROMOTE RELAXATION. CHOOSE FROM OUR EXTENSIVE RANGE OF MASSAGE TECHNIQUES, EACH DESIGNED TO ADDRESS YOUR UNIQUE NEEDS—WHETHER YOU'RE SEEKING DEEP RELAXATION, MUSCLE RELIEF, OR STRESS REDUCTION. TAILORED TO YOU, EVERY SESSION PROMISES A PERSONALIZED EXPERIENCE TO REJUVENATE YOUR BODY AND MIND, LEAVING YOU REFRESHED AND RENEWED.

Replenish & Renew

KERSTIN FLORIAN AROMATHERAPY MASSAGE

75 MINUTES - €125

EXPERIENCE ULTIMATE RELAXATION WITH OUR AROMATHERAPY MASSAGE, WHERE ESSENTIAL OILS ARE INTUITIVELY CHOSEN TO MATCH YOUR BODY'S NEEDS, ENHANCING THERAPY, SERENITY, AND OVERALL WELL-BEING.

HOT STONE MASSAGE

55 MINUTES BACK MASSAGE - €110

25 MINUTES BACK MASSAGE - €65

EXPERIENCE THE SOOTHING POWER OF HEATED BASALT STONES, DEEPLY RELAXING MUSCLE TISSUE AND PROMOTING A CALM, TRANQUIL STATE OF MIND FOR ULTIMATE RELAXATION AND RELIEF.

SWEDISH MASSAGE

55 MINUTES BACK MASSAGE - €100

25 MINUTES BACK MASSAGE - €60

RELAX AND UNWIND WITH OUR SWEDISH BACK MASSAGE. TRADITIONAL TECHNIQUES HELP RELIEVE TENSION, EASE STRESS, AND PROMOTE DEEP RELAXATION, LEAVING YOU REFRESHED AND CALM.

DEEP TISSUE MASSAGE

55 MINUTES BACK MASSAGE - €110

25 MINUTES BACK MASSAGE - €65

OUR INVIGORATING DEEP TISSUE MASSAGE USES FIRM PRESSURE TO TARGET DEEP MUSCLE LAYERS, RELEASING TENSION AND PROMOTING TOXIN REMOVAL FOR ENHANCED RELAXATION AND RECOVERY.

FOOT & LEG MASSAGE

30 MINUTES - €50

REVIVE TIRED LEGS AND FEET WITH A SOOTHING AROMATHERAPY MASSAGE, INCLUDING A PRESSURE POINT FOOT RITUAL TO RELIEVE TENSION AND PROMOTE RELAXATION AND REJUVENATION.

INDIAN HEAD MASSAGE

30 MINUTES - €50

THIS DEEPLY RELAXING INDIAN HEAD MASSAGE STIMULATES BLOOD FLOW, BOOSTS OXYGEN CIRCULATION, AND ENHANCES LYMPHATIC DRAINAGE, LEAVING YOU CLEAR-HEADED, DE-STRESSED, AND FULLY INVIGORATED.



Mum-To-Be

THE FOLLOWING TREATMENTS ARE SPECIALLY DESIGNED FOR EXPECTANT MOTHERS FROM THE SECOND TRIMESTER (14 WEEKS ONWARDS) TO ENSURE RELAXATION AND COMFORT.

IN THE MOMENT PREGNANCY MASSAGE

55 MINUTES - €100

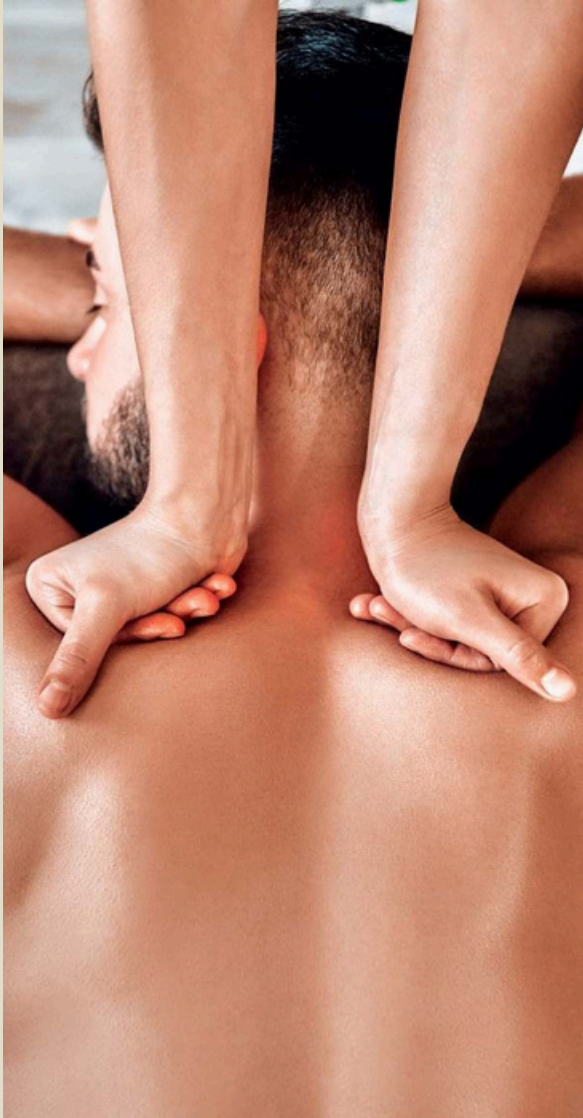
OUR SOOTHING PREGNANCY MASSAGE OFFERS COMFORT AND RELIEF FOR EXPECTANT MOTHERS, PROMOTING RELAXATION AND REDUCING TENSION. USING GENTLE YET EFFECTIVE TECHNIQUES, IT TARGETS AREAS OF STRAIN DURING PREGNANCY, PROMOTING RELAXATION AND RELEASING BUILT-UP TENSION. BY ENHANCING CIRCULATION AND REDUCING STRESS, IT ENCOURAGES A SENSE OF WELL-BEING AND CALM. THIS SAFE AND NURTURING TREATMENT LEAVES MOTHERS-TO-BE FEELING REJUVENATED, SUPPORTED, AND RELAXED — THE PERFECT WAY TO UNWIND DURING THIS SPECIAL TIME.

PREGNANCY FACIAL

30 MINUTES - €50

THIS PREGNANCY-SAFE FACIAL OFFERS DEEP CLEANSING AND PURIFICATION, TAILORED TO YOUR SKIN TYPE. IT INCLUDES AN EXFOLIATING PEEL, STIMULATING FACIAL MASSAGE, AND A NOURISHING MASQUE TO BALANCE AND REJUVENATE YOUR SKIN.





Men's Wellness Treatments

TAILORED MEN'S WELLNESS TREATMENTS DESIGNED TO ENHANCE GOLFER WELL-BEING, FOCUSING ON IMPROVING FLEXIBILITY, RELIEVING MUSCLE TENSION, AND BOOSTING PERFORMANCE ON AND OFF THE COURSE.

KERSTIN FLORIAN GOLFERS RESCUE

60 MINUTES - €110

MAGNESIUM IS RESPONSIBLE FOR PROMOTING HEALTHY ENERGY LEVELS, SLEEP, MUSCLE FUNCTION & OVERALL WELLBEING. THIS ULTIMATE WELLNESS TREATMENT COMBINES THERAPEUTIC MASSAGE, AND THE POWER OF MAGNESIUM TO PROMOTE DETOXIFICATION AND REPLENISH COMMONLY DEFICIENT LEVELS. THE BODY IS IMMERSSED IN A MINERAL-INFUSED SOAK TO RELAX & REPLENISH. A SOOTHING MASSAGE FOLLOWS WITH MINERAL-INFUSED CRÈME TO NOURISH THE SKIN AS MUSCLES RELAX & TENSION DISSIPATES

KERSTIN FLORIAN BACK SWING

45 MINUTES - €85

THE MEN'S GOLFERS BACK SWING MASSAGE TARGETS BACK AND LEG MUSCLES, USING SPECIALIZED TECHNIQUES TO WARM AND LOOSEN THEM, RELIEVING TENSION AND IMPROVING FLEXIBILITY FOR A SMOOTHER SWING.





Body Baths

Outdoor Bathing

INDULGE IN A WARM OUTDOOR BATH ON OUR SPA TERRACE, SIPPING HERBAL TEA WHILE ENJOYING STUNNING VIEWS OF THE GOLF COURSE, SLIGO'S HILLS, WOODLANDS, AND BROOKS.

WILD ATLANTIC SEAWEED BATHS

45 MINUTES

SINGLE BATH - €45

COUPLE BATH - €80

OUR WILD IRISH SEAWEED BATH USES HAND-HARVESTED SEAWEED FROM THE PRISTINE SHORES OF THE BURREN AND LOOP HEAD IN COUNTY CLARE. SOURCED FROM THE TALTY FAMILY, WHO HAVE BEEN HARVESTING SEAWEED FOR FOUR GENERATIONS, THIS 100% NATURAL TREATMENT NOURISHES THE SKIN, PROMOTES RELAXATION, AND OFFERS NUMEROUS THERAPEUTIC BENEFITS.

Indoor Bathing

BALNEOTHERAPY BATH

30 MINUTES - €35

INDULGE IN A LUXURIOUS BALNEOTHERAPY BATH, INFUSED WITH THERAPEUTIC ESSENTIAL OILS, REVITALIZING SALTS, AND A SOOTHING BUBBLE BATH. ENHANCED WITH CALMING AROMATHERAPY, THIS EXPERIENCE PROMOTES RELAXATION, DETOXIFICATION, AND OVERALL WELL-BEING, LEAVING YOU FEELING REFRESHED, REJUVENATED, AND DEEPLY NURTURED.



Beauty at Icon Spa

WE DO OFFER A VARIETY OF BEAUTY TREATMENTS
AT ICON SPA, HOWEVER TIMING OF THESE
APPOINTMENTS ARE SUBJECT TO AVAILABILITY.

FOR ANY BEAUTY RELATED APPOINTMENTS, PLEASE
CONTACT US DIRECTLY AT 071 911 8080 OR
ICONSPA@CASTLEDARGAN.COM FOR MORE
INFORMATION

Spa Day Packages

ESCAPE TO PURE RELAXATION WITH OUR EXCLUSIVE SPA PACKAGES AT ICON SPA, CASTLE DARGAN ESTATE. EACH PACKAGE IS THOUGHTFULLY DESIGNED TO RESTORE BALANCE, EASE TENSION, AND REJUVENATE YOUR BODY AND MIND. INDULGE IN A COMBINATION OF SOOTHING MASSAGES, REVITALIZING FACIALS, AND NOURISHING BODY TREATMENTS, ALL TAILORED TO PROVIDE THE ULTIMATE WELLNESS EXPERIENCE. WHETHER YOU SEEK DEEP RELAXATION OR A REFRESHING BOOST, OUR SPA PACKAGES OFFER THE PERFECT RETREAT FOR TOTAL TRANQUILITY.

HERE COME THE GIRLS

25 MINUTES - €65

COCKTAIL INCLUDED

CHOOSE ONE OF THE BELOW

25 MINUTE TREATMENTS:

BACK, NECK & SHOULDER MASSAGE
SCALP, FACE & SHOULDER MASSAGE
FOOT & LEG MASSAGE
ILLUMINATING RADIANCE FACIAL
BODY SCRUB
BALNEOTHERAPY BATH

MID-WEEK ME TIME

50 MINUTES - €75

CHOOSE TWO OF THE BELOW

25 MINUTE TREATMENTS:

BACK, NECK & SHOULDER MASSAGE
SCALP, FACE & SHOULDER MASSAGE
FOOT & LEG MASSAGE
ILLUMINATING RADIANCE FACIAL
BODY SCRUB
BALNEOTHERAPY BATH

ALL PACKAGES INCLUDE ACCESS TO OUR THERMAL SUITES.

PAMPER PACKAGE

75 MINUTES - €110

CHOOSE THREE OF THE BELOW
25 MINUTE TREATMENTS:

BACK, NECK & SHOULDER MASSAGE
SCALP, FACE & SHOULDER MASSAGE
FOOT & LEG MASSAGE
ILLUMINATING RADIANCE FACIAL
BODY SCRUB
BALNEOTHERAPY BATH

MAGIC MOMENTS

55 MINUTES - €90

INDULGE IN PURE RELAXATION WITH
SOOTHING TOUCH, RADIANT RENEWAL,
AND DEEP TRANQUILLITY

MUSCLE MELTING BACK, NECK &
SHOULDER MASSAGE
BACK EXFOLIATION
REFRESHER FACIAL
WARM OIL SCALP MASSAGE

REVITALIZING RETREAT

105 MINUTES - €200

GLASS OF PROSECCO INCLUDED

REFRESH, RENEW, AND DEEPLY
RELAX WITH THIS INVIGORATING
SPA ESCAPE

DEEP CLEANSING FACIAL
BACK, NECK & SHOULDER MASSAGE
TROPICAL COCONUT WRAP

ALL PACKAGES INCLUDE ACCESS TO OUR THERMAL SUITES.

The Thermal Suites

THE THERMAL SUITE EXPERIENCE IS A SANCTUARY DESIGNED TO DETOXYFY, ENHANCE AND INVIGORATE YOUR ENTIRE WELL-BEING.

A DRY HERB SAUNA

RELAX IN OUR DRY HERB SAUNA, DESIGNED TO DETOXYFY AND SOOTHE 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.

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

UNWIND IN OUR TRANQUIL RELAXATION SUITE, OVERLOOKING THE GOLF COURSE — THE PERFECT SPACE TO CALM YOUR MIND AND STILL YOUR SPIRIT. HELP YOURSELF TO A SELECTION OF HERBAL TEAS, A SELECTION OF FRESH FRUIT AND FRUIT INFUSED WATER.

120 MINUTES

NON-RESIDENTS: €20

HOTEL RESIDENTS: €15

COMPLIMENTARY ACCESS WITH BOOKED TREATMENTS, FOR CASTLE DARGAN HOUSE RESIDENTS & GOLF MEMBERS

General Information

We request that you take note of the below guidelines, designed to ensure that all guests enjoy their time at the Icon Spa.

- A debit or credit card is required to secure all spa bookings. To cancel or reschedule your treatment, we kindly ask for at least 24 hours' notice. Cancellations made within this period will be subject to the full charge.
- We recommend arriving 15-20 minutes before your scheduled treatment, to ensure there is sufficient time for filling out a consultation form, and to get changed into your robes and slippers. Late arrivals will mean that your treatment time may be shortened.
- The spa is exclusively for guests aged 18 and over.
- Please bring a bathing suit for use in our thermal suite. Robes, towels and slippers are all provided in your locker in the changing rooms.
- We ask that valuables are not taken into the spa, management and staff accept no responsibility for loss of money or valuables.
- Please keep noise to a minimum.
- Guests with medical conditions, including high blood pressure, diabetes, allergies, ongoing cancer treatments, or pregnancy, should consult their doctor before booking and inform the spa of any conditions in advance. This ensures treatments are tailored for your safety and well-being. For maternity treatments, we recommend clients be past the 12th week of pregnancy, as some treatments may not be suitable. Please also inform your therapist of any medical concerns before your treatment.
- Please switch off or silence mobile phones to maintain a peaceful environment for all guests
- 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.

Indulge in serenity, where every moment at Icon Spa is a journey to relaxation, renewal, and tranquillity.



icon
spa

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CASTLE DARGAN ESTATE, BALLYGAWLEY, Co. SLIGO, F91 F2DN