

The background of the entire image is a close-up, high-resolution photograph of a wood grain. The grain consists of numerous concentric, slightly wavy rings of varying shades of olive green and brown, creating a textured, organic pattern that fills the entire frame.

CARA

— SPA —

AT LOUGH ESKE CASTLE



Nestled within the grounds of Lough Eske Castle, on the historic site of the estate's original Glass House, CARA Spa offers a tranquil sanctuary dedicated to rest, restoration and wellbeing. Bathed in natural daylight and surrounded by the beauty of the estate, it is a place to slow down, breathe deeply and take time for yourself.

Our skilled therapists create deeply nurturing experiences designed to restore both body and mind, drawing on the thoughtfully crafted rituals of GROUND. Every treatment is delivered with care and intention, creating moments of calm and genuine renewal.

Surrounded by the stillness of nature and the timeless elegance of the castle, CARA Spa invites you to simply pause, unwind and emerge feeling rested, refreshed and renewed.

Swimming

Enjoy access to our 19-metre indoor heated swimming pool and adjoining relaxation area with steam room, available to all guests.

Fitness Centre

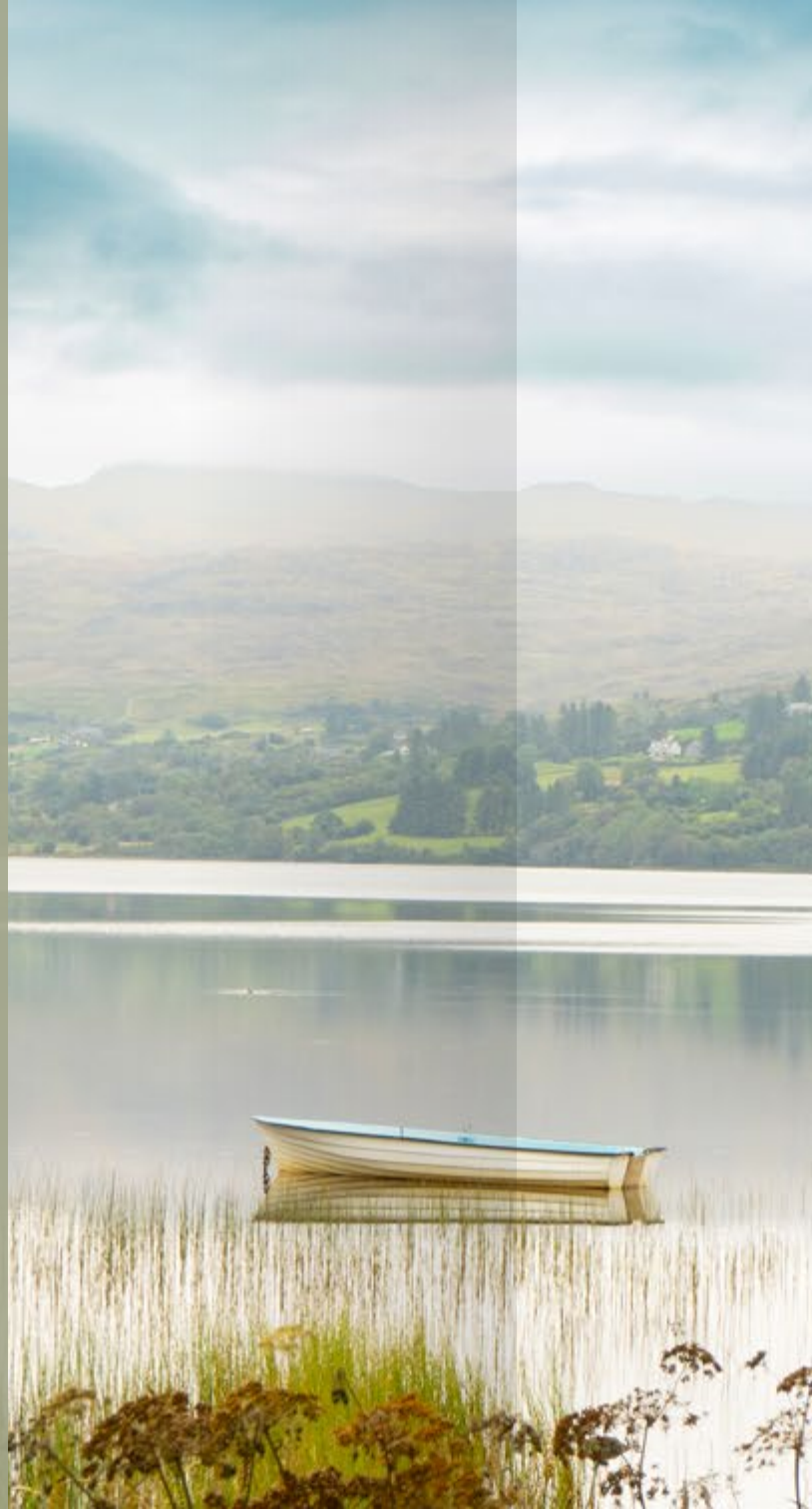
The fitness centre offers a range of cardiovascular and strength training options, as well as state of the art equipment.

Thermal Suite

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

Hydrotherapy Pool

Immerse yourself in our hydrotherapy pool with different water jet stations to massage and manipulate the major muscle groups, easing tension and stress.



Aromatic Steam Room

Cleanse the body and revitalise the mind using eucalyptus vapour.

Experience Showers

A variety of showers with different temperatures and pressure; designed to use throughout your thermal suite experience to stimulate and invigorate senses.

Sauna

Intense dry heat to promote skin exfoliation and relaxation.

Sanarium

Combines the traditional dry heat of a sauna with low levels of moisture to help relax joints and muscles.

Ice Fountain

Cooling the body after a sauna has many health benefits, soothing muscle aches and pains and also a natural boost for your body's circulation.

Outdoor Hot Tubs

Soak up the serenity of the castle's gardens in one of our luxury outdoor hot tubs. Indulge in some relaxation while surrounded by nature.



Our Spa Partner

Ground

Discover GROUND, a Cork-based wellness brand founded by expert Peigín Crowley, who brings decades of experience in designing luxurious spa experiences. Born from a desire to support well-being during challenging times, GROUND offers 100% natural, vegan products crafted in small batches in Ireland. Each hand-blended therapeutic oil is designed to address sleep, stress, hormone health and skin wellness. With a therapist-centric approach, GROUND invites you to embrace intuitive self-care rituals that promote rest, reconnection, and renewal, honouring the unique needs of every individual. Elevate your wellness journey with GROUND's sincere and soothing offering of advanced massage rituals.

GROUND

Spa Rituals

REAWAKEN RITUAL

Drift into deep relaxation with a tailored back, neck & shoulder massage, where slow, flowing movements work to release built-up tension and ease tired muscles encouraging you to fully unwind.

This is followed by a refreshing facial boost, designed to cleanse, gently exfoliate, and awaken the skin. Expertly tailored to restore balance, leaves your complexion feeling refreshed & hydrated with a healthy glow.

This experience was created to provide a moment of calm, care, and quiet renewal when you need it most.

60 minutes €130

DEEPLY GROUNDED FACE & BODY RITUAL

The Absolute in Skin & Body Wellness

This signature GROUND experience begins with a full-body Grounding massage, focusing on areas where stress and muscular tightness commonly accumulate, helping to release tightness, tension and restore ease throughout the body. The experience continues with a bespoke GROUND facial, tailored to support skin health, strengthen the skin barrier, and restore balance. Designed to calm the nervous system, support recovery, and encourage a deeply grounded sense of wellbeing.

120 minutes €230

RETREAT & RESTORE

A purposeful reset for mind and body, this full-body journey invites you to slow down, release tension, and return to balance through a curated sequence of aromatic salt exfoliation, rhythmic full-body massage, and a bespoke GROUND Facial. Each experience is intuitively tailored following a detailed consultation to meet your unique & individual needs.

This elevated treatment weaves together therapeutic massage, uplifting aromatic salt scrub, dry body brushing, and bio-identical skincare ingredients to restore balance at a sincere & deep level.

150 minutes €310

SIGNATURE CARA EXPERIENCE

A restorative head-to-toe journey designed to support recovery, balance and overall wellbeing.

This experience releases physical tension, improves circulation, and soothes the nervous system while supporting healthy skin function and mental clarity. Commencing with a full-body exfoliation to refresh mind & body and stimulate renewal, followed by a Purifying Body Wrap, which is ideal to support detoxification.

A tailored full-body massage follows to restore movement, release muscular tightness, and support energetic flow. A bespoke facial works with the skin's natural processes to nourish, hydrate, and restore clarity, while a scalp massage encourages nervous system calm and mental rest. The experience concludes with a light lunch to support restoration, calm and continued wellbeing.

4.5 hours €460



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GROUND Facial Rituals

THE BIOME REPAIR FACIAL

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe and repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function. The BIOME Facial uses probiotic-rich plant nutrition, lymphatic drainage, and therapeutic massage techniques to calm inflammation, reinforce the skin barrier, and promote long-term healthy skin. Cooling therapy further recharges the skin, leaving it balanced and soothed.

60 minutes

€125

THE BIOME CUSTOM FACIAL

Bespoke Facial Ritual designed upon consultation.

Designed to support each and every skin using a tailored combination of therapeutic massage techniques, lymphatic drainage and bio identical ingredients. All with the aim to work on the skin and gut microbiome connection, relaxing both the mind and the skin. This facial treatment is customised based on thorough consultation making it especially beneficial for those with challenging skin conditions.

60 minutes

€125



CRY
— SPA —
AT LOUGH ESKE CASTLE



GROUND Massage Rituals

TÓG GO BOG É: TAKE IT SOFTLY

A GROUND Approach to Traditional Massage

This full body massage treatment incorporates aromatherapy and breath-work alongside slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect.

60 minutes €135
90 minutes + Face Gua Sha & Scalp Massage €165

MUSCLE RECOVERY RITUAL

Repair & Recovery of the Muscles

Flowing, rhythmical and firm; this massage was created to assist in releasing the overworked muscles of the body from their tense & tightened position. Helping to alleviate aches & stiffness while also improving circulation, this deeply relaxing massage will aid in restoring balance, improving quality of movement and renewing energy levels. While the Muscle Recovery Ritual places specific focus on the forearms, back, shoulders, hips & glutes both purpose & pressure will be intentionally personalised to your individual needs. Includes use of GROUND's Magnesium Spray & Fitness Body Oil.

60 minutes Focused Back of Body €140
90 minutes Intensive Full Body €170

THE GROUNDING RITUAL

Soothing Mental Anxiety & Stress

This specialist massage 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 replenished and grounded in your body.

60 minutes €135
90 minutes + Face Gua Sha & Scalp Massage €165

THE SLEEP REPAIR RITUAL

Rest is central to repair: developed to soothe fatigue and exhaustion

This deeply restoring treatment is designed to support the body's natural recovery processes and prepare the nervous system for deep, sustained rest. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest into mind & body. Feel your whole body soften as deep rest descends while enveloped in the aromas of organic geranium and jasmine absolute.

90 minutes €165

THE RESTORATIVE RITUAL

Ideal for a worried mind, headaches & migraines

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works 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, TMJ issues, sinuses and puffiness.

60 minutes

€135

90 minutes + Back Massage

€165

THE BALANCING RITUAL (MENOPAUSE ACCREDITED TRAINING)

Empowering through the Menopause journey

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each ritual commences with an aromatherapy foot bath and breath work and uses Cold Stone Massage, Gua Sha, Reflexology and Lymphatic Drainage helping to soothe the body during hormone fluctuations.

90 minutes

€165

120 minutes + Balancing Body Polish

€205



GROUND

Advanced Massage Rituals

SECRET RIVER OF HEALTH
(LYMPH FOR LONGEVITY ACCREDITED
TRAINING)

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.

60 minutes	€145
90 minutes + face Lymphatics & Gua Sha	€180

THE WANDERING RITUAL

Vagus Nerve Support - Ideal for Burnout

Reconnect deeply with the wanderer within, the Vagus Nerve, our inner source of sincere wellbeing. This holistic approach to massage creates a safe space to attune to our innate gut intuition and create a renewed connection to our inner self. This full body massage ritual includes focus on Abdomen, Face, Neck & Ears with Marble Stone & Gua Sha Massage Techniques.

120 minutes	€180
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GROUND

Body Rituals

THE BODY POLISH

Deeply invigorating full body scrub to improve circulation & smooth the skin.

This deep cleansing all over body exfoliation refines skin texture and improves renewal. Encouraging circulation & aiding the absorption of the potent essential oils, this treatment includes the double action of gently removing dead skin cells with salt & the healing effects of the potent essential oils.

Choose from one of the following aromatherapy salt scrubs:

UPLIFTING Body Polish - Bergamot & Lemongrass

BALANCING Body Polish - Lavandin & Rosewood

30 minutes

€95

GROUND

Pregnancy Rituals

NOURISHING MOTHER-TO-BE

A careful combination of facial and massage techniques created to support nourishment across mind, body, and skin throughout pregnancy. This deeply nurturing treatment is designed to support rest, replenish energy, and encourage a sense of profound peace & calm for mother & baby.

90 minutes

€165

THE COMFORTING RITUAL

Pregnancy care: Therapeutic Massage for 2nd & 3rd trimester

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting full body massage. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows throughout pregnancy. Treatment delivered in the side lying position.

60 minutes

€135

90 minutes + Face Gua Sha & Scalp Massage

€165

THE RESTORATIVE RITUAL

Ideal for a worried mind, headaches & migraines

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works 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, TMJ issues, sinuses and puffiness.

60 minutes

€135

90 minutes includes Back Massages

€165



Cancer Care Rituals - SATCC Approved

Carefully Created for those Living with or Beyond Cancer

Offering a menu with therapists fully empowered to modify and adapt for the individual needs of each guest GROUND believes in the importance of delivering heartfelt & meaningful bespoke treatments to those living with or beyond cancer.

BARRÓG - Inspired by the Irish word for Hug/ Embrace

BARRÓG FULL BODY MASSAGE

Tailored & Thoughtful

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 & minding is needed most. Each experience is tailored to the individual needs of each guest.

60 minutes **€135**

THE HUG OF THE HANDS

The Absolute Face & Body Ritual

Surrender in full with 'The Hug of the Hands" an all-encompassing tailored Full Body Barróg Massage combined with The Biome Repair Facial to restore the mind, body and skin.

120 minutes **€185**

THE RESTFUL RITUAL

Full Body Massage with Lymphatic Support

This full body massage ritual focuses on gentle techniques to support the lymphatic system & soothe the nervous system through breathwork & mindful massage to the décolleté & abdomen, easing the body into a more restful state.

120 minutes **€185**

THE CALMING RITUAL

Full Body Massage with Calming Scalp Ritual

This nourishing, relaxing full body ritual was created to support the scalp & skin that may be feeling dry & delicate. It can support new hair growth and nourish the hair follicles. Each experience is tailored to the individual needs of each guest.

90 minutes **€165**

Holistic Massage Therapy

CARA SPA SIGNATURE FULL BODY

A truly traditional massage with regulated pressure and stimulating movements which is excellent for effectively releasing knots and tensions as well as easing tired muscles.

60 minutes	€130
90 minutes	€150

HOT STONE MASSAGE

Indulge in a deeply relaxing Hot Stone Massage, where smooth, heated stones glide over the body to ease tension and melt away stress. The comforting warmth soothes muscles, improves circulation, and leaves you feeling balanced, restored, and profoundly relaxed.

60 minutes	€145
90 minutes	€170



INDIAN HEAD MASSAGE

An Indian Head Massage is a deeply soothing experience that can leave you feeling refreshed, revitalised and harmoniously balanced, making it an ideal therapy for anyone seeking a moment of tranquillity and relief from the demands of modern life.

45 minutes	€95
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REFLEXOLOGY

Reflexology is a focused pressure point technique directed at the feet. It is based on the premise that there are zones and reflexes on different parts of the body that correspond to glands and organs. This gentle therapy encourages the body to naturally restore and maintain a healthy balance.

55 minutes	€95
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RESERVATIONS

To book an appointment, please contact the spa. In-house guests can use the spa button on their guest room telephone. CARA Spa welcomes resident and non-resident guests aged 18 and over. Non-resident bookings must be secured with a credit card. Advanced booking is recommended to ensure preferred times and services are available, while walk-in appointments are accommodated subject to availability.

ETIQUETTE

Our spa is a place of relaxation and tranquillity. Please help maintain this serenity by speaking softly, respecting guests' privacy, and refraining from using mobile phones or cameras during your visit. CARA Spa is a smoke-free zone. Swimwear or undergarments must be worn at all times, with disposable undergarments available on request. While lockers are provided, we recommend leaving valuables at home. Please note that swimming hats are required for use of the pool and can be purchased at spa reception for €3.00, or you may bring your own.

MEDICAL CONDITIONS

Some treatments may be unsuitable for guests with certain medical conditions. Please see the list below for conditions that may restrict your choice of treatment. When booking please disclose any relevant medical information.

- Pregnancy
- Thyroid active/under active
- Nut & wheat allergies
- Cancer
- Diabetes
- Claustrophobia
- Radiation therapy
- Mobility difficulties
- Heart conditions
- Epilepsy
- Dermatological issues
- Metal pins/plates
- Seafood/Shellfish allergies
- Surgery in last 3 months

MENOPAUSE WELLBEING

At CARA Spa we recognise menopause is a natural part of every woman's life, a celebration of identity and the feminine. We are proud to support your journey. Manage menopause wellbeing with clinically proven formulas and nourishing treatments, bringing you moments of self-care holistically. We are pleased to announce the launch of a series of spa treatments to address and support the various symptoms associated with the menopause. As we know, Perimenopause and menopause can bring a range of physical and emotional changes that may impact overall wellbeing. Our carefully considered treatments and rituals are designed to offer moments of support, balance and restoration.

LATENESS AND CANCELLATION

All guests should arrive 15 minutes prior to stated treatment time. Please understand that your late arrival may result in reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of 12 hours' notice for changes or cancellations. Less than 48 hours' notice results in 50% charge. less than 12 hours' notice results in 100% charge on original booking





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for reservations call + 353 (0) 74 97 43113 Email: spa@lougheskecastlehotel.com www.lougheskecastlehotel.com