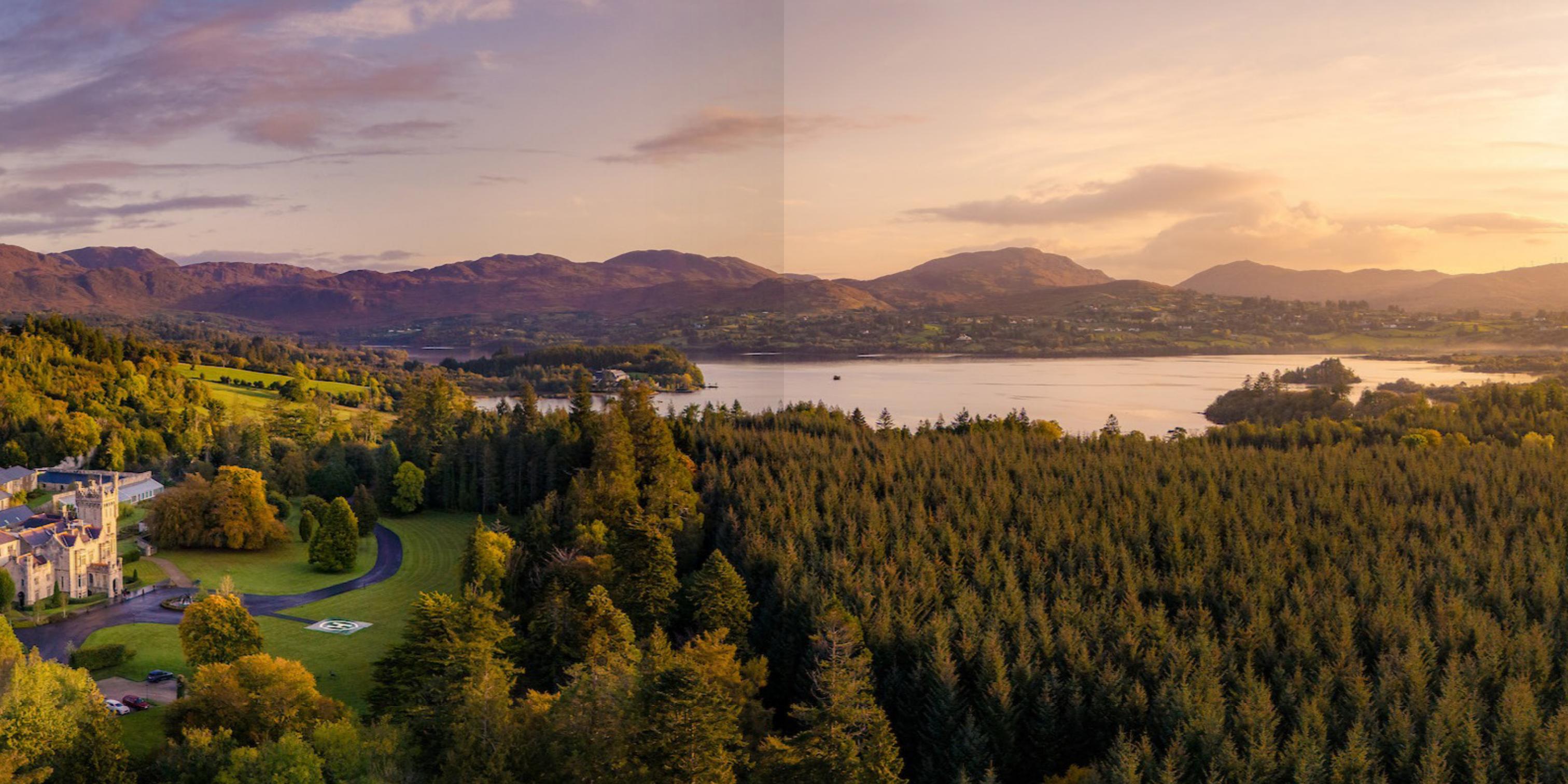
The background of the entire image is a close-up, circular wood grain pattern in a muted olive green color. The grain lines are concentric and radiate from the center, creating a sense of depth and texture.

CARA

- ORGANIC SPA -

AT LOUGH ESKE CASTLE



Discover a haven of calm at **CARA Organic Spa**, nestled within the grounds of Lough Eske Castle on the site of the estate's historic Glass House. Bathed in natural daylight, the spa is a serene setting to pause, breathe, and give yourself the gift of time.

Our dedicated therapists create treatments that nurture both body and mind, weaving together the finest rituals from **ESPA** and **GROUND Wellbeing**. Every experience is designed with care, offering gentle luxury and quiet restoration.

Here, surrounded by the stillness of nature and the elegance of the castle, you'll find a space to simply be - rested, refreshed, and renewed.

## Swimming

Swimming pool and gym indoor heated pool (19m) and pool 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 Partners

### Ground

Discover GROUND, a Cork-based wellness brand founded by expert Peigin 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.

### ESPA

Elevate your self-care routine with ESPA's bespoke treatment collection, meticulously crafted by world-renowned spa experts to restore and nourish your body, mind, and spirit. Each treatment is uniquely tailored to your individual needs, seamlessly blending advanced skincare, therapeutic massage, and nature-inspired rituals. Experience rejuvenating facials that utilize high-performance ingredients, transformative body treatments that detoxify and revitalize, and luxurious massages that dissolve tension, all designed to create a holistic journey that leaves your skin radiant and your soul soothed.



ESPA

GROUND

CLARA  
- ORGANIC SPA -  
AT LOUGH ESKE CASTLE

# Spa Rituals

## REVIVING MASSAGE AND FACIAL

A tailored back, neck and shoulder massage followed by a skin specific express facial.

1hr **€130**

## ULTIMATE INDULGENCE

Back exfoliation, followed by a tailored full body massage and skin specific facial, with an invigorating scalp massage to finish.

2hrs **€225**

## HEAVENLY RETREAT

Salt and oil body exfoliation, followed by nourishing full body massage and instance radiance facial with a destress scalp massage.

3hrs **€310**

## SIGNATURE CARA EXPERIENCE

Salt and oil body exfoliation followed by nourishing marine mud body wrap. signature CARA full body massage and inner beauty facial with invigorating scalp massage: Re-energise with a light lunch in our Gallery Bar.

5hrs **€450**



## GROUND Facial Rituals

### THE BIOME REPAIR FACIAL

#### Restoring and Supporting Skin Barrier.

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.

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





## 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 **€130**  
 90 minutes + Face Gua Sha & Scalp Massage **€160**

### MUSCLE RECOVERY RITUAL

#### Repair & Recovery

Flowing, rhythmical and firm, this back of body 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

60 minutes Back of Body **€130**  
 90 minutes Full Body **€160**

### THE GROUNDING RITUAL

#### Soothing Mental Anxiety & Stress

This 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 **€130**  
 90 minutes + Face Gua Sha & Scalp Massage **€160**

### 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.

60 minutes **€160**  
 120 minutes + Balancing Body Polish **€200**

# ESPA

## Specialised Massage Therapy

### ESPA INNER CALM MASSAGE

Quieten your mind, release tension & nourish your skin with this holistic restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise while advanced massage alleviates muscular pressure, soothes anxiety & invokes profound relaxation. Mind & body feel balanced, energies renewed and inner calm beautifully restored.

60 minutes / 90 minutes

€135 / €155

### ESPA HOT STONE MASSAGE

Indulge in sensorial luxury with this intensive massage. Discover the grounding, mindful experience of hot stones. This immersive, tactile treatment unravels persistent muscular discomfort and tightness whilst encouraging the mind to recharge. Enhanced with pure essential aromatherapy oils for olfactory bliss, these expertly blended fragrances encompass you holistically to release stress and rejuvenate the senses, spirit and body.

60 minutes

€140



OSARA

- ORGANIC SPA -  
AT LOUGH ESKE CASTLE

## ESPA

### Facial Collection

#### INNER BEAUTY FACIAL

Deeply cleanse, hydrate, and renew with this instantly refreshing facial. Tailored to your skin's precise needs, Tri-Active™ formulas transform your complexion instantly. Pure aroma-therapeutic oils envelop the senses and the spirit. Skin looks clear, quenched and naturally beautiful. Inner calm is blissfully restored.

60 minutes

€110

#### INSTANT RADIANCE FACIAL

Brighten and revitalise your skin with this intense facial. Using nature's power to transform a fatigued or lacklustre complexion. restoring your natural glow.

85 minutes

€150

#### THE NATURAL FACELIFT

Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is 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. The treatment utilises powerful age defying techniques, inspired by Japanese Kobido massage. Along with the use of jade rollers, giving instant results and leaving the skin firm, lifted and beautifully radiant.

85 minutes

€150

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AT LOUGH ESKE CASTLE



## ESPA Body Treatments

### SALT & OIL SCRUB

Revive skins natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments. A natural blend of sea salt and the purest oils polishes away dull, dry cells. Skin feels smooth, supple and looks radiantly healthy.

30 minutes

€80

### DETOXIFYING ALGAE WRAP NOURISHING MARINE MUD WRAP

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing marine mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

60 minutes

€110

## ESPA Treatments for Men

### CARA ORGANIC SPA SIGNATURE FULL BODY MASSAGE

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, our traditional massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

60/90 minutes

€125/150

### ESPA MUSCLE REVIVER

#### Back, Face & Scalp massage

Ideal for those who suffer with tension headaches or neck strain. It effectively soothes tight muscles and calms the mind leaving you feeling revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep

45 minutes

€85

### ESPA DEEP PORE CLEANSING FACIAL

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.

60 minutes

€110

## Holistic Massage Therapy

### CARA ORGANIC 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.

60/90 minutes

€125/€150

### 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

€80

### 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

€80

## Mum to Be

### GLOWING MUM TO BE

A combination of facial and massage to give the ultimate relaxation to our deserving mum to be. The pregnancy specific massage and tailored facial combine into one seamless pleasure experience. Melting away fatigue and revealing a radiant you.

90 minutes

€150

### ESPA PRE-NATAL RELAX & RESTORE

Nurture your changing body through every evolution. Calm your mind and relax your body with this personalised treatment. Composed to suit your individual needs and stage of pregnancy, ESPA indulges you with the purest most gentle formulas to smooth and nourish the skin. Precise, expert massage soothes tight, tender muscles and restores blissful relaxation.

60/90 minutes

€125/€150

### THE COMFORTING RITUAL

#### Relief for the 2nd & 3rd Trimester

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual. 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.

60 minutes

€130

90 minutes + Face Gua Sha & Scalp Massage

€160



## RESERVATIONS

To book an appointment, please contact the spa. For our in-house guests, touch the spa button on your guest room telephone. CARA Organic Spa welcomes both resident and non-resident guests (aged 18 and older). Non-resident bookings will be secured with a credit card. To ensure your preferred time and services are available, advanced booking is advised. The spa accommodates walk-in bookings based on availability.

## ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please contribute to this serenity by speaking in soft tones and please respect all spa guest's right to privacy and refrain from the use of mobile phones and cameras during your time with us. CARA Organic Spa is a smoke-free zone. Swimwear/undergarments must be worn at all times. Disposable undergarments are also available upon request. We do recommend that you refrain from bringing any valuables to the spa although lockers are provided. Please note that a swimming hat is required if you are availing of the swimming pool. Swimming hats can be purchased in the spa reception at a charge of €3.00, alternatively please provide 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 Organic 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 are a time of hormonal imbalance bringing with it a myriad of symptoms that can be both uncomfortable and destabilising, leaving many sufferers feeling anxious, stressed and lacking in energy and self-confidence.

## 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



CARA

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AT LOUGH ESKE CASTLE

for reservations call + 353 (0) 74 97 43113 Email: [spa@lougheskecastlehotel.com](mailto:spa@lougheskecastlehotel.com) [www.lougheskecastlehotel.com](http://www.lougheskecastlehotel.com)