



CASTLE DARGAN

Golf • Hotel • Spa



icon
spa



Welcome to Icon Spa at Castle Dargan Estate.

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.





Thalgo Anti- Ageing Treatments

ICON SPA SIGNATURE FACIAL

90MIN

€120

Start your experience with a thalgo collagen shot to enhance the benefits of this superior facial treatment. An indulgent back massage begins this ritual before skin is left radiant, firmed, toned and hydrated. A hot stone facial massage helps boost blood flow to the skin increasing the delivery of precious nutrients.

ULTIMATE TIME SOLUTION RITUAL

90 MIN

€99

Reshape facial contours, firm features and corrects wrinkles. Using precious marine ingredients and exceptional manual techniques. The ultimate Time Solution ritual offers the ultimate in anti- ageing.

SILICIUM SUPER LIFT FACIAL

75 MIN

€85

This Thalgo treatment excels in correcting loss of firmness and smoothing deep wrinkles, at the heart of its treatment procedure a highly effective anti- wrinkle massage and a double firming mask erases wrinkles and restores radiance to your complexion

HYALURONIC SMOOTH & FILL FACIAL

60 MIN

€80

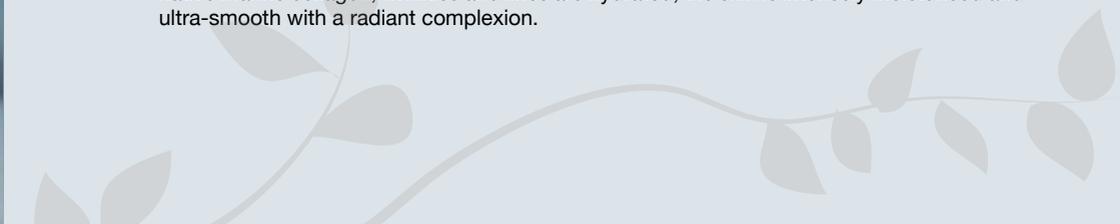
An anti-wrinkle solution drenched in high penetration hyaluronic acid, this treatment fills and corrects deep wrinkles thanks to its exclusive massage and double mask. Skin looks younger, smoother and glowing.

COLLAGEN RADIANCE FACIAL

60 MIN

€80

The fight against signs of ageing, this unique professional treatment drenches the skin in native marine collagen, wrinkles and lines are hydrated, the skin is intensely moisturised and ultra-smooth with a radiant complexion.





Thalgo Facial Treatments

HEART OF THE OCEAN RITUAL

60 MIN

€70

The vital force of the ocean concentrated at the heart of the carefully tailored treatment to meet the specific needs of every skin type. Available in 3 rituals:

- (source marine)- dehydrated skin
- (purete marine)-combination to oily skin
- (cold cream marine)- dry sensitive skin

3 ALGAE FACIAL

60 MIN

€70

The Thalgo exclusive Thalassotherapy inspired facial, the very essence of the micronized marine algae, to rebalance and remineralise the skin.

ILLUMINATING RADIANCE FACIAL

25 MIN

€45

Revive dull, tired complexions with this quick introduction to marine based skincare.

Eye Treatments

EYE TOUCH TREATMENT

30 MIN

€50

Optimises the effects of Thalgo facials. The eye contour area is instantly rejuvenated, puffiness and dark circles are reduced, and wrinkles and fine lines are gently smoothed





Massage and Touch Therapies

Swedish deep tissue back neck and shoulder massage	25 min	€55
Swedish deep tissue full body massage	55 min	€90
Swedish back, neck and shoulder massage	25 min	€45
Swedish full body massage	55 min	€80
Foot and leg massage	25 min	€40
Scalp, neck, head and shoulder massage	25 min	€40
Hot stone full body massage	60 min	€85
Hot stone back massage	25 min	€50
Hopi ear candles	40 min	€50
Pregnancy back neck and shoulder massage	25 min	€55
Pregnancy soothing full body massage	55 min	€85

Marine Scrubs

AQUATIC BODY SCRUB **30 MIN** **€50**

This blue lagoon scrub combines the unique exfoliating powder of sea salt with nourishing oils, to reveal a refined skin texture, velvety to the touch while providing a moment of well-being.

SWEET AND SAVOURY BODY SCRUB **30 MIN** **€50**

A delicious combination of sea salt, brown sugar and plant oils, this scrub removes roughness and refines skin texture, leaving a lovely feeling of softness. Delicately scented with invigorating notes of essential oils.

EXOTIC ISLAND BODY SCRUB **30 MIN** **€50**

This scrub contains Bora Bora sand, sea salt and coconut shell to gently exfoliate the body and leaves the skin soft and velvety, thanks to its nourishing jojoba oil and Tahitian vanilla extract. It offers a real feeling of escape to the heart of the Polynesian Island Ma'ohi.



Balneotherapy Treatments

LAGOON WATER BATH 25 MIN €30
This bath delivers all the richness of Manihi Island, the lagoon island of Polynesia, to relax the body and provide hydration with extracts of white waterlily and citrus essential oil.

AROMACEANCE BATH 25 MIN €30
100% pure and natural essential oils act in a targeted way for a tailored aromatic bath, choose from slimming or relaxing.

PRECIOUS MILK BATH 25 MIN €30
Indulge like Cleopatra in a soothing and softening bath with a milky aroma- bath sugar.

DRY FLOATATION 25 MIN €30
By providing an almost weightless state, the dry float gives complete relaxation of the muscular system and joints. This 25 min treatment is equivalent of 8 hours sleep. Particularly beneficial during pregnancy.

Body Wraps

NATURAL MARINE MUD 75 MIN €80
100% natural mud from the dead sea makes this wrap a multi- action treatment, a slimming precursor, natural anti- stress, post exercise recovery, cellulite is smoothed, tense joints and muscle pain are eased, and the body is completely replenished in minerals.

3 ALGAE BODY WRAP 75 MIN €80
The Thalassotherapy body wrap pairs excellence, this 100% pure and natural, patented algae cream, rich in minerals, vitamins and trace elements, helps achieve a fit body and general revitalising.



Slimming Treatments

FEATHER LIGHT LEGS

45 MIN

€60

A Cryotherapy body wrap that addresses feelings of discomfort and fatigue in the legs. The effectiveness of the algae complex used in this treatment, enriched with menthol and camphor, is well established in relieving painful fatigue in the legs leaving a refined silhouette.

HIGH PRECISION SHAPING TREATMENT

60 MIN

€60

The first corrective treatment of the two types of fat, superficial and deep, known to cause cellulite, dimpling, excess fat and skin slackening. A concentration of high performance ingredients and its exclusive perfect sculpt massage. The silhouette is visibly reshaped, cellulite dimpling is smoother.

Men's Treatments

GOLFERS RESCUE

90 MIN

€70

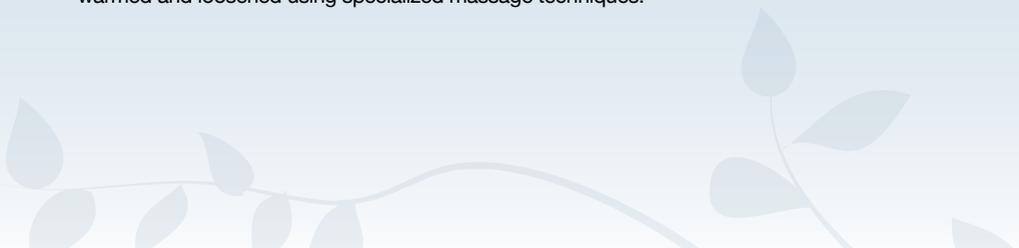
A back massage and luxury foot treatment to relieve the aches and pains of tired feet. Followed by either a balneotherapy bath or dry floatation.

THE BACK SWING

25 MIN

€45

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





Hands and feet

Luxury Manicure	50 min	€40
Luxury Pedicure	60 min	€55
File and polish	25 min	€15
Shellac 2-week polish	30 min	€25
Shellac removal		€5

Make – Up

Make up application	45 min	€40
Bridal make up		€50
Bridal Trial with consultation		€60

Lash application: €5 extra (client to supply)

Spray Tan

Full body tan	30 min	€25
Half body tan	20 mins	€15

Eye Treatments

Eyebrow wax/shape	€10
Eyebrow tint	€8
Eyelash tint	€12
Eye trio	€25

Waxing

Half leg wax	€17
Full leg wax	€27
Bikini wax	€15
Full leg and bikini wax	€40
Lip wax	€8
Chin wax	€8
Back wax	€25



Spa Packages

Icon Spa Signature package

2.5hrs treatment time - €150

A full body exfoliation or Balneotherapy bath begins your spa journey followed by a therapeutic full body massage and a Thalgo Heart of the ocean Ritual.

Complimentary use of our thermal suite and a light lunch is also included.

Indocean Spa Ritual

2 hr treatment time - €130

A Precious milk bath prepares your journey. Before being enveloped by our Silky Smooth Body Wrap, enjoy the citrus flavours of our Sweet And Savoury Body Scrub followed by our Indocean Indian Head Massage

Complimentary use of our thermal suite and a glass of prosecco is also included

Mum-to-be

75 min treatment time - €90

Choose any two 25 min treatments and Dry Floatation

Back neck shoulder massage,
Scalp, face & shoulder massage,
Illuminating Radiance Facial,
Body Scrub

Light lunch also included.

Pamper Package

75 min treatment time - €90

Choose three 25 min treatments

Back neck shoulder massage
Scalp, face & shoulder massage
Illuminating Radiance Facial
Body Scrub
Balneotherapy bath
Dry Floatation

Here come the girls

25 min treatment time - €50 including cocktail.

Exchange your cocktail for afternoon tea for an extra €12.95 per person.

choose one 25 min treatment:

Back, neck and shoulder massage, Scalp, face & shoulder massage,
Illuminating Radiance Facial, Balneotherapy bath, Dry floatation.

Midweek Me Time

**50 min treatment time - €69
(Monday-Thursday)**

Choose two 25 minute treatments
Balneotherapy Bath, Dry Floatation
Illuminating Radiance Facial
Back Neck Shoulder Massage
Scalp Massage, File and Polish or
upgrade to Shellac for €5

Magic Moments

55 min treatment time - €69

Muscle Melting Back,
Neck & Shoulder Massage,
Brown Sugar & Lime Back Exfoliation,
Thalgo Illuminating Radiance Facial
including a Warm Oil Scalp massage

**Add deep tissue massage for an additional €10 on any treatment*

**Add a light lunch to any treatment for €7.50*

**Add afternoon tea to any package for €19.95 (when booking treatment please inform us if you want the upgrade)*

General Information

TREATMENT TIMES

Monday-Wednesday: 10am-6pm

Thursday: 10am-7pm

Friday-Sunday: 10am-6pm

Thermal Suite Opening Hours: 10am-5.30pm daily.

RESERVATIONS

Call 0719118080 or 407 from your hotel room.

Email: iconspa@castledargan.com

Or message us on Facebook Icon Spa at Castle Dargan.

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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.

Our Thermal Suites

give the ultimate spa experience offering:

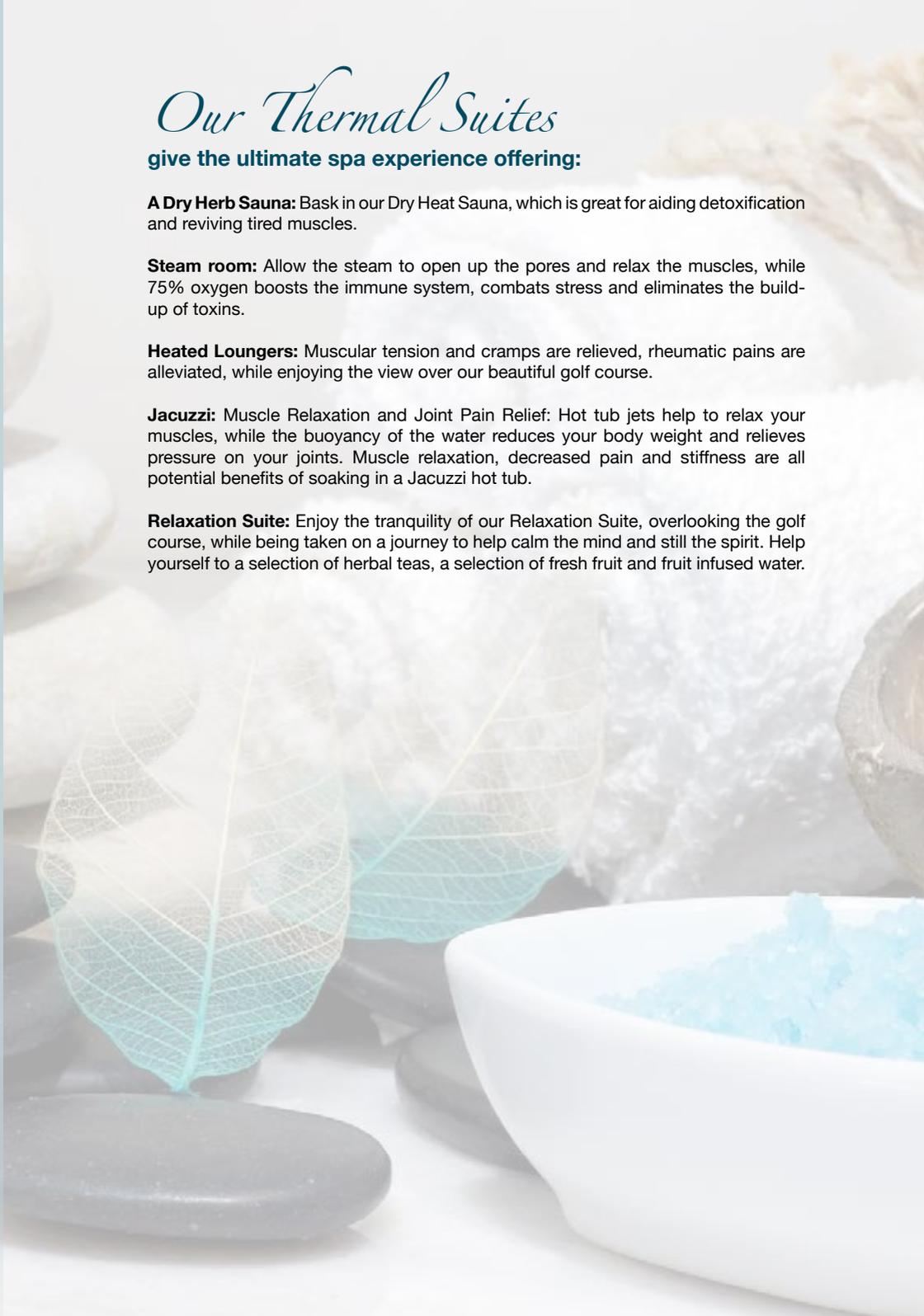
A Dry Herb Sauna: Bask in our Dry Heat Sauna, which is great for aiding detoxification and reviving tired muscles.

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 build-up of toxins.

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

Jacuzzi: 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.





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