



icon  
spa

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*at*



CASTLE  
DARGAN



## Welcome to **icon spa** at Castle Dargan Estate.

**Icon spa** gives you everything you need to feel relaxed and rejuvenated.

When entering Icon Spa, **you enter a world of calmness, relaxation and tranquility.**

Allow our highly qualified and experienced therapists to surrender your mind & body to a deep sense of well-being.

Our **thermal suite** gives the ultimate spa experience offering a sauna, steam room, jacuzzi, heated loungers and monsoon shower.

Our beautiful scenic relaxation area where you can enjoy stunning views of the Castle Dargan Estate.

### General Spa Information

#### Treatment Times:

**Monday-Wednesday: 10am-6pm**

**Thursday: 10am-7pm**

**Friday-Sunday: 10am-6pm**

#### Reservations

Call 07191 18080 or 407 from your hotel room

Email: [Iconspa@castledargan.com](mailto:Iconspa@castledargan.com)

Or message us on Facebook Icon Spa at Castle Dargan.

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

- Please keep noise to a minimum.
- Please switch off all mobile phones.
- 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 provided for your use around the spa area
- We advise that you arrive 20 minutes prior to your treatment; to give you time to change into a robe and relax before your treatment. Late arrival will mean that your treatment time will be shortened
- We ask that valuables are not taken into the spa, management and staff accept no responsibility for loss of money or valuables

- Credit card details are required to secure bookings. 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.
- 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.
- 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 for your utmost benefit.
- Prior to your treatment please insure that your therapist is made aware of any medical conditions including pregnancy
- Gift vouchers are available against any spa treatments, products or packages. Vouchers are non-refundable and must be presented at the time of treatment. Vouchers are valid for 12 months
- We accept cash and all major credit cards; Hotel residents may charge payment to their room. All treatment prices are subject to change without prior notice.
- To continue your spa journey at home all products can be purchased at Icon spa.

### Thalgo Anti- Ageing Treatments

**Icon Spa Signature Facial 90mins ..... €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 mins ..... €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 60mins..... €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 30 min ..... €45**

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

## EYE TREATMENTS

**Eye Touch Treatment 30mins** ..... €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 back neck shoulder massage 25 mins** ..... €45

**Swedish full body massage 55 mins** ..... €80

**Foot and leg massage 25 mins** ..... €40

**Scalp, neck, head and shoulder massage 25mins** ..... €40

**Hot stone full body massage 1hr 10 mins** ..... €95

**Hot stone back massage 25mins** ..... €50

**Hopi ear candles 40mins** ..... €50

**Pregnancy back massage 45mins** ..... €55

**Pregnancy soothing full body massage 1hr 10mins** ..... €85

## MARINE SCRUBS

**Aquatic Body Scrub 30mins** ..... €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 30mins** ..... €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 Scrub 30mins** ..... €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 Tahitan vanilla extract. It offers a real feeling of escape to the heart of the Polynesian Island Ma'ohi.

## BALNEOTHERAPY TREATMENTS

**Lagoon Water Bath 20mins** ..... €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 20mins** ..... €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 20 min** ..... €40

Indulge like Cleopatra in a soothing and softening bath with a milky aroma- bath sugar.

 **DRY FLOATATION** ..... €30

By providing an almost weightless state, the dry float gives complete relaxation of the muscular system and joints. This 30minute treatment is the equivalent to 3 hours sleep, Particularly beneficial during pregnancy.

## BODY WRAPS

**Natural Marine Mud 75mins** ..... €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 75mins** ..... €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 45mins** ..... €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 60mins** ..... €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

**Golfer's Rescue 60mins** ..... €110

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 25minutes** ..... €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 & FEET

Luxury manicure 50 mins .....	€40
Luxury pedicure 50 mins .....	€55
File and polish 25 mins .....	€15
Shellac 2 week polish 30 mins .....	€20



### 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 .....	€20



### WAXING

½ leg wax .....	€17	Lip wax .....	€8
Full leg wax .....	€27	Chin wax .....	€8
Bikini wax .....	€15	Back wax .....	€25
Full leg and bikini wax .....	€40		



# iconspa packages

### ICON SPA SIGNATURE PACKAGE 2.5hrs €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.  
 Mini mani or mini pedi

### INDOCEANE SPA RITUAL 120mins €130

A Precious milk bath prepares your journey.  
 Enjoy the citrus flavours of our sweet and savoury body scrub  
 Followed by our Indoceane indian massage  
 Before being enveloped by our silky smooth body wrap  
 Complimentary use of our thermal suite and a glass of prosecco is also included.

### MUM-TO-BE: 75min €90

Choose any two 2 mini treatments and dry floatation  
 Back neck shoulder massage  
 Head massage  
 Refresher facial  
 body scrub  
 Light lunch also included.

### HERE COME THE GIRLS: 30min €50 (can upgrade to afternoon tea for extra €12pp)

Choose one 30 min treatment plus cocktail:  
 Back, neck and shoulder massage,  
 Indian head massage,  
 Refresher facial,  
 Balneotherapy bath,  
 Dry floatation

### PAMPER: 75min €90

Choose three 25 min treatments  
 back neck shoulder massage  
 Scalp, face & shoulder massage  
 refresher facial  
 body scrub  
 Balneotherapy bath  
 Dry Floatation



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