



icon
spa



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

icon spa gives you everything you need to feel relaxed and rejuvenated.

When entering the spa, you enter **a world of calmness, relaxation and tranquillity**.

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

Our **Thermal Area** gives the ultimate spa experience offering sauna, steam room and jacuzzi, and our beautiful scenic **Relaxation Area** is where you can enjoy cool water, fresh fruit and herbal teas.

Our products have been carefully chosen to deliver treatments that can be tailor made, that will not only revitalise the skin, but will energize and balance the mind and spirit, providing the ultimate in relaxation.

General Spa Information

Treatment Times: 10.00-18.00, Mon-Sun

Reservations: Please phone **071 911 8080**, email **iconspa@castledargan.com** or **dial 407 from your Hotel room**. Credit/ Debit card details will be required to secure an appointment. To avoid disappointment we recommend that you make your reservation at least two weeks in advance.

Etiquette: Out of consideration for others, we request that visitors keep noise to a minimum. Mobile phones and electronic devices must be switched off before entering the Spa. Treatments and spa facilities are only available to persons aged 18 or over.

Arrival Time: We recommend that you arrive at the Spa at least 15 minutes before your appointment to complete your Consultation Form before your treatment commences.

Clothing: Swimwear is required for Jacuzzi, Sauna & Steam room. For your comfort you will be provided with bathrobes and slippers.

Cancellation Policy: As courtesy to other clients, 24 hour notice is required, otherwise a 100% charge will be incurred on the given Credit/ Debit card.

Home Care: To continue your Spa journey at home all products can be purchased at Icon Spa.





FACIAL TREATMENTS

Illuminating Radiance Facial 30mins €45

The ultimate hydra-marine ritual, it magnifies radiance and reveals the beauty of dull, tired complexions.

3 Algae Facial 60mins €65

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

Heart of The Ocean Ritual 60mins €65

The vital force of the oceans concentrated at the heart of the carefully tailored treatment to meet the specific needs of every skin type. Effective signature professional products and a sensorial relaxing massage in 3 rituals

Source marine - dehydrated skin

Purete marine - combination to oily skin

Cold cream marine - dry sensitive skin



ANTI-AGEING TREATMENTS

Collagen Radiance Facial 60mins €75

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.

Silicium Super Lift Facial 75mins €80

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 the complexion.

Ultimate Time Solution Ritual 90mins €90

Born of the alchemy of precious marine ingredients and exceptional manual techniques. The Ultimate Time Solution ritual offers the ultimate in anti-ageing. A true manual facelift and bio-cellulose mask reshapes facial contours, firms features and corrects wrinkles.





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.



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 BODY SCRUB 30mins €50

Inspired by Ma`ohi, 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 and momoi oils enriched with Tahitan vanilla extract. It offers a real feeling of escape to the heart of the Polynesian Island.



BALNEOTHERAPY TREATMENTS

Lagoon Water Bath 20mins €40

This bath delivers all the richness of Manihi Island, the lagoon island of Polynesia, to relax the body and provide hydration, lavished by its extract of white water lily and citrus essential oil.

Aromaceance Bath 20mins €40

100% pure and natural essential oils act in a targeted way for a tailored aromatic bath, choose from slimming or relaxing.

M.M.A Bath 20mins €40

The very essence of the micronized marine algae patent to rebalance, remineralise and relax the body.

 **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 TREATEMENTS****Frigi Thalgo -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, felling of painful fatigue in the legs disappear for 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 smoothed.

 **SPA RITUALS****Indoceane Spa Ritual 120mins €110**

Close your eyes and be drawn into a dream of serenity on a Far Eastern journey. From stopover to stopover, devine scents and colours combine with the richness of the sea.

- * *Mediterranean stopover* - prelude with citrus flavours: sweet and savoury scrub
- * *Indian stopover* - tranquillity on the sacred ganges: Indoceane Indian massage
- * *Chinese stopover* - temple of beauty: silky smooth body wrap
- * *Egyptian stopover* - relax in the balneotherapy bath





Polynesia Spa Ritual 120 min €110

Relax and beautify to the rhythm of reinvented ancestral practises. Four sensory stopovers in the Polynesian atolls, from which the body returns detoxified, refreshed and relaxed.

- * *Tahaa stopover* - the vanilla island: Exotic island body scrub
- * *Bora Bora stopover* - the white sand island: mahana massage
- * *Manihi stopover* - the lagoon island: lagoon water bath
- * *Ralatea stopover* - the sacred island: take advantage of this wonderful last stopover to adorn your skin with beautiful iridescent pearls.



MASSAGE

- Swedish back, neck & shoulder massage 25 mins €45
- Swedish full body massage 50 mins €70
- Indian head massage 25 mins €40
- Foot and leg massage 25 mins €40



HANDS & FEET

- Express manicure 30 mins €30
- Luxury manicure 50 mins €55
- Express pedicure 30 mins €30
- Luxury pedicure 50 mins €55
- File and polish 25 mins €15
- Shellac 2 week polish 30 mins €25



MAKE-UP

- Make up application 40 mins €30
- False eyelashes 15 mins €15



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

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| ½ leg wax €15 | Lip wax €8 |
| Full leg wax €25 | Chin wax €8 |
| Bikini wax €15 | Back wax €25 |
| Full leg and bikini wax €30 | |



iconspa packages

HERE COME THE GIRLS: 30min €50

Choose one 30 min treatment
Back, neck & shoulder massage
Indian head massage
Refresher facial
+ cocktail

MIDWEEK HAVEN 75min €85

Choose one 50 min treatment and one 25 min treatment
50 min full body massage or thalgo facial
25 min scrub or Indian head

MUM-TO-BE: 50min €70

Choose any two 25 min treatments
Back, neck & shoulder massage
Indian head massage
Refresher facial
Sea salt body scrub

SPA BLISS 120 min €120

Full body sea salt exfoliation
Full body massage
Thalgo facial

RELAXER: 75min €75

Back, neck & shoulder massage
Indian head massage
Foot massage

PAMPER: 75min €90

Choose three 25 min treatments
Back, neck & shoulder massage
Indian head massage
Refresher facial
Sea salt body scrub
Express mani/pedi

REFRESHER: 75min €75

Refresher facial
Back, neck & shoulder massage
Revitalising eye treatment

SIGNATURE 2.5hrs €150

Full body massage
Thalgo facial
Body scrub or indian head massage
Mini mani or mini pedi



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at  CASTLE
DARGAN

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