

THE
SPA



*Welcome to The Spa at
Adare Manor, a sanctuary
of rest and relaxation.*

*The atmosphere surrounding The Spa at Adare
Manor is one of tranquility and peace. This
secluded retreat is an oasis of calm for even
the weariest traveller. The luxurious products
and revitalising treatments available here are
complemented by exceptional amenities and
expert advice from dedicated personal therapists.*



Introducing

LA MER

A truly unique experience, The Spa at Adare Manor is proud to be the first in Ireland to offer customised facial and body treatments featuring the legendary skincare brand La Mer.





La Mer

A marriage of luxury and tranquility, La Mer captures the renewing energies of the sea, sound and touch to create a unique sense of well-being. Deeply personalised facials are highlighted with a pure concentration of Miracle Broth™ — a priceless extract exclusive to the spa experience. Signature body treatments infuse skin with life. Mind and body harmonise with each bespoke session.

'The story of the legendary La Mer and the Miracle Broth™ is one of hope and perseverance, meticulous science and the restorative powers of the sea. It is a story of daily transformation and profound renewal that begins with an accident and ends with a miracle.'

THE LA MER SIGNATURE FACIAL

THE LA MER
MIRACLE BROTH™ FACIAL
90 min

The crème de la crème of facials transforms with bespoke massage techniques and a pure infusion of our coveted Miracle Broth.™ This priceless extract empowers the five facets of renewal – moisture, regeneration, soothing, smoothing and radiance – helping bring skin back to its centre.

THE LA MER FACIALS

THE LA MER FACIAL

75 or 90 min

The Lifting Facial

Personalised treatment targets facial contours with proprietary lifting massage techniques and the renewing energies of the Miracle Broth,[™] revealing a more youthful appearance.

The Hydrating Facial

A pure infusion of our coveted Miracle Broth[™] is combined with La Mer's unique massage techniques to energise and deliver deep hydration, plumping skin from within.

The Radiant Facial

Proprietary techniques and super potent Miracle Broth[™] combine to diminish discolouration and uneven skin tone to illuminate and hydrate the skin.

THE LA MER PURIFYING FACIAL

60 min

A steam purification process delivers a deep cleanse and detoxification to refine and restore pores. Pure diamond powder gently exfoliates revealing a pristinely polished, radiant surface.

LA MER BODY TREATMENT

THE LA MER BODY TREATMENT

60 min without Body Exfoliation

90 min with Body Exfoliation

Luxuriate in a superbly restorative service that treats you to La Mer from top to toe. Skin is polished and refined with pure diamond powder, leaving it soft, smooth and supple. A signature blend of stretching, shiatsu, acupuncture and Swedish massage help enhance circulation, balance energies and encourage an overall sense of well-being.

THE LA MER MIRACLE BROTH EXPERIENCE

180 min

Skin is polished and refined with pure diamond powder and a signature blend of massage techniques help enhance circulation and encourage an overall sense of well-being. Your luxurious experience will conclude with the La Mer Miracle Broth Facial, for the ultimate renewal that has been tailored to your needs leaving your skin transformed.

*Our philosophy is
inspired by the ancient
Celtic Wisdom and its
Ogham alphabet.*

The Ogham, a sacred Druidic alphabet, contained many secrets, and forms a seasonal calendar of tree magic. Each symbol corresponds to a tree and has a spiritual meaning, medicinal and magical powers. Trees held a profound position in Celtic mythology and folklore, and remain powerful symbols of our connection to the earth.

We have selected four beloved trees from the Ogham alphabet which represent four essential aspects of well-being. Here you will discover Willow, Oak, Ash and Birch, which respectively represent Harmony, Balance, Renewal and Rebirth. Each has a message for us about finding peace and wholeness within ourselves.

We invite you to surrender to the full experience, including extraordinary hands-on treatments from expert therapists, each designed to leave you feeling indulged and renewed. Afterwards, when you emerge into the vast brilliance and serenity of our grounds, you will carry the restorative power of our spa experience with you.

The Willow Tree



Harmony

The Willow Tree

The willow is a revered symbol of harmony with both your inner and outer environments. The magical flexibility of willow branches—to bend without breaking and to take root wherever they are placed—carries a powerful message of resilience and growth under any circumstances.

This selection of unique tailored treatments has been designed in harmony with your skin, and to foster a deep feeling of tranquility within yourself.



The Willow Tree

Harmony

AROMATHERAPY MASSAGE

50 or 80 min

With your chosen oil from Aromatherapy Associates, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

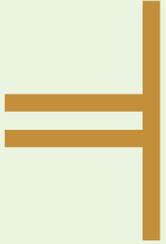
HOT STONE

50 or 80 min

This treatment blends the therapeutic properties of heated basalt stones with deep cross frictions to melt away knots. Indulgent oils from Aromatherapy Associates uplift your spirits and condition your skin. A deep body massage to relieve tight muscles, improve micro-circulation and promote a sense of calm and well-being.



The Oak Tree



Balance

The Oak Tree

The majesty of the oak tree has made it sacred in many cultures, but in Celtic lore it was the ultimate symbol of balance. The oak's towering branches lifted to the sky are mirrored by an equally mighty root system reaching deep into the earth.

This exclusive selection of treatments is intended to balance your skin and energies, restoring a sense of equilibrium.



The Oak Tree

Balance



THE GOLFER'S CURE

50 or 80 min

Get limber with this invigorating experience for golfers. A series of stretches created by golf specialists are incorporated into this personalised massage. The focus is on key areas for golfers: shoulders, back, and legs. This lavish ritual relaxes your muscles from head to toe through deep therapeutic massage to improve circulation and reduce joint pain. These techniques promote flexibility and restore balance to body and mind, leaving you free from tension and tight muscles and ready for another glorious round of golf.

DEEP TISSUE

50 or 80 min

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension. Soothing oils from Aromatherapy Associates encourage full relaxation. Slow, strong strokes work through layers of muscle fibres in this therapeutic treatment to stretch and drain the body and restore comfort.



The Ash Tree



Rebirth

The Ash Tree

Ash was honoured in ancient Ireland as a highly magical and useful tree, linking the visible and invisible worlds and particularly symbolising the unending cycle of rebirth. The tall, fast-growing ash tree is a reminder of the power of our own existence, new again in each moment.

These extraordinary treatments have been created in that same spirit, offering a renaissance of mind and body.



The Ash Tree

Rebirth

MOTHER TO BE

50 or 80 min

Gentle relief during the latter months of pregnancy. Your therapist will create a treatment suited to your specific needs using soothing oils from Aromatherapy Associates, support pillows and specially adapted massage techniques that lead to a sense of comfort and relaxation.

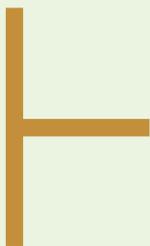
AROMATHERAPY FACE & SCALP MASSAGE

50 or 80 min

This luxurious facial massage harnesses the regenerative properties of rose to nourish, soften and hydrate. Using the luxurious artisan blends of Aromatherapy Associates, this treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.



The Birch Tree



Renew

The Birch Tree

The graceful birch tree has always been loved in Ireland, invoked as a tree of protection and courage and admired for its singular beauty. The soft white bark of the birch trunk rising straight and tall through the undergrowth is a lovely symbol of renewal: a fresh start.

These luxurious treatments are intended to renew your energy and leave your skin radiant.



The Birch Tree

Renew



SLEEP SOUND – COLADH SAMH

50 or 80 min

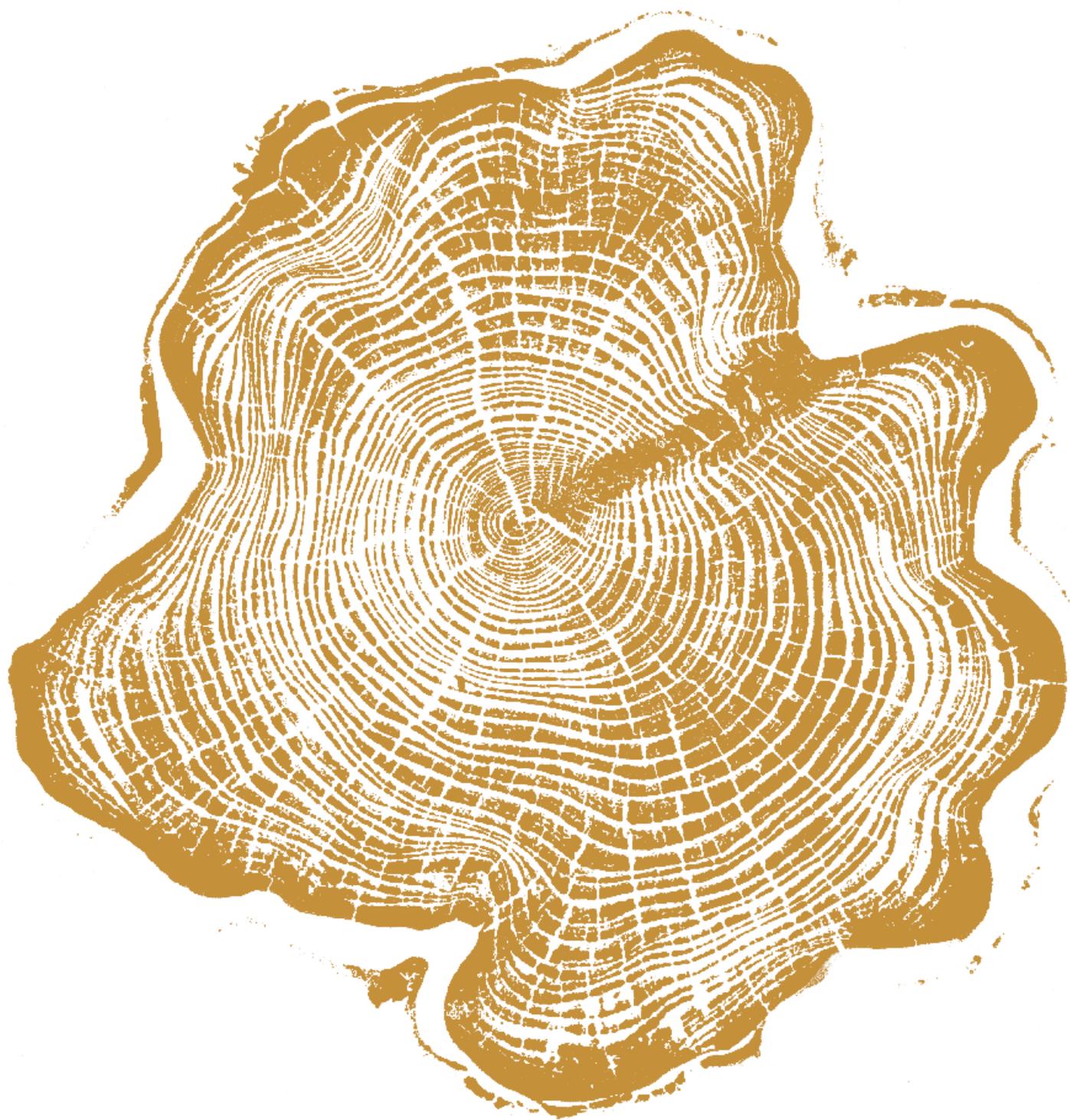
Pronounced ‘culla sau.’ This Irish phrase is used to wish someone a ‘sound sleep.’ This is the perfect treatment for anyone who finds sleep elusive or is suffering from sleep deprivation. It is particularly soothing if you have crossed several time zones and need to reset your body clock. A deeply sedating exclusive massage, using carefully applied pressures and Swedish techniques, it is designed to balance the nervous system and ease an over-active mind.

We conclude with a cooling ceramic stone treatment designed to induce a calming state of relaxation. Using our four magical Irish Ogham stones, this ritual will leave you feeling tranquil and ready to drift off into a sound night’s sleep.

BODY POLISH & ENVELOPMENT

50 or 80 min

The ultimate trilogy of body brushing, exfoliation and mud mask stimulate lymph, remove dead skins cells while re-mineralising the skin. This enables the application of personalised active ingredients to penetrate efficiently into the body, resulting in a deeply recharged mind and re-energised body. Your therapist will help you choose your perfect Aromatherapy Associates oil to renew, detox or nourish to complete the treatment.



Introducing

Margaret Dabbs
LONDON

Margaret Dabbs London is a globally recognized brand specialising in credible, results driven feet and hand products and manicure and pedicure treatments for both men and women which will provide effective, long lasting anti-ageing for both hands and feet.

Margaret Dabbs Spa
**Hand & Foot
Treatments**

**MARGARET DABBS
SUPREME MANICURE**

50 min

An outstanding anti-ageing manicure treatment. Get exceptional results, with an indulgent experience using the full range of Margaret Dabbs 'Fabulous Hands' products, finishing with a wonderfully creamy scrub, anti-ageing hand serum and a hand and lower arm massage.

**MARGARET DABBS
SUPREME PEDICURE**

50 min

This signature pedicure treatment delivers outstanding long-lasting results. Enjoy an indulgent experience with the full range of Margaret Dabbs 'Fabulous Feet' products finished with exfoliation, a footbath and a wonderful revitalising and hydrating foot massage.

**MARGARET DABBS
FILE & POLISH**

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Margaret Dabbs File & Polish –
Fingers or Toes

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Margaret Dabbs File & Polish –
Fingers & Toes

GEL NAILS

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Two Week Gel Polish –
Fingers or Toes

.....
Two Week Gel Polish –
Fingers & Toes

.....
Gel Polish Removal

How to enjoy The Spa with us

Planning Your Experience

To ensure your preferred time and treatment is available we recommend that reservations are made at least 7 days in advance to avoid disappointment. Guests must be at least 16 years old to enjoy our spa facials and over the age of 18 to enjoy massage and body treatments.

Arrival & Etiquette

Please allow sufficient time before your treatment to complete our Health Questionnaire. We recommend that you arrive 20 minutes prior to your treatment. Please be advised that if you arrive late, the time of your appointment will be shortened in consideration of the next guest.

Attire

Please arrive to the spa in your robe and slippers. Disposable underwear is provided for your comfort during your spa treatment. Please bring a swimsuit if you wish to use the relaxation pool and sauna.

Personal Belongings

We kindly ask that you refrain from bringing valuables to the spa, we cannot take responsibility for loss, theft or damage to personal items. We also request that for your peace and privacy, phones and other electronic devices are turned off whilst in the spa.

Activities Dress Code

We ask that correct gym attire be worn at all times in the fitness centre including suitable footwear.

Pregnancy

We have specifically designed treatments for expectant mothers after the first trimester and nursing mothers. Please note sauna use is not suitable during pregnancy.

Health Considerations

When making your spa reservation, kindly advise us of any health conditions, allergies, or injuries which could affect your choice of treatment. Please note the sauna is not recommended for people suffering from high blood pressure and circulatory problems, asthma or respiratory conditions.

Beauty Menu

We are delighted to offer an extensive beauty menu including waxing, tinting and tanning. Please contact spa reception for further information.

Upon Request

Sophisticated make-up professionals and hair stylists are available upon request with advance notice.

Cancellation

Cancellations received 24 hours or more before a booked treatment can be rescheduled at no additional charge. Cancellations received within 24 hours of a booked treatment will require full payment.

THE
SPA

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