



**HOGS HEAD**  
GAIL'S SPA

WELCOME TO

# Gail's Spa

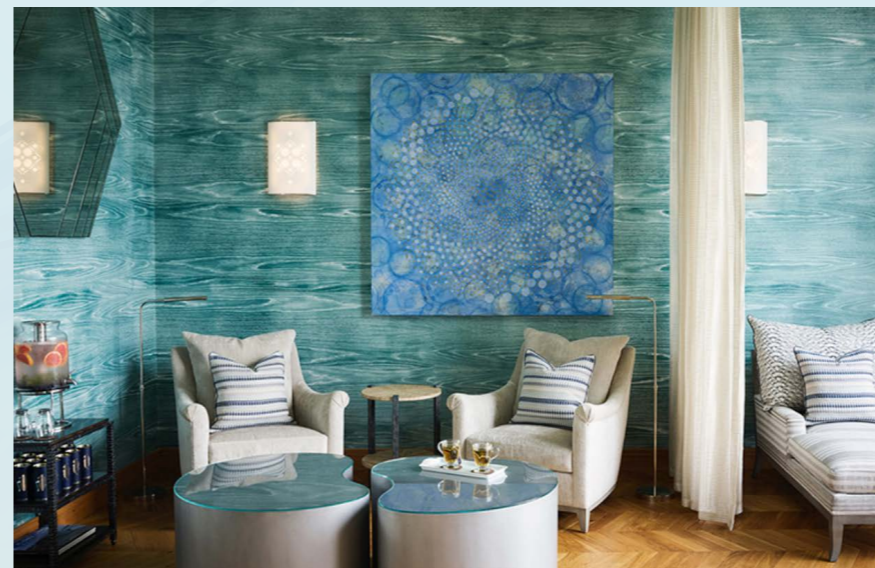
*at*  
HOGS HEAD GOLF CLUB

Become one with nature at Gail's Spa surrounded by the most breathtakingly beautiful landscape in Ireland.

Located at the edge of the Wild Atlantic Way, Gail's Spa is the perfect environment to experience the purest in holistic therapies.

The stunning surroundings of our unique spa combine harmoniously with Lough Currane's beauty and serenity to guide you to a place of inner peace and restoration.

Breathe the country air and let your eyes linger over the magnificent views...



"I will arise & go now, for always night & day I hear Lake water lapping with low sounds by the shore; while I stand on the roadway, or on the pavement grey, I hear it in the deep heart's core"

**William Butler Yeats**



## Thermal Suite

Gail's Spa will instill a sense of calm, well-being and serenity – becoming the perfect retreat. There are separate male and female Thermal Suites including Infinity Pools, Saunas, Steam Rooms and Heated Mosaic Loungers. These are complemented by floor to ceiling windows to fully enjoy the sweeping views down to the lake. The Thermal Suites are opened daily from 6.30am -9.00pm. They are available for guests of 16 years and over to enjoy.

### Infinity Pool

Hydrotherapy jets each designed to massage, relax and unwind your muscles are placed by the lower back and calves while in a seated position for ultimate relaxation. The Infinity pool is heated to 34 degrees Celsius / 93 Fahrenheit.

### Steam Room

The steam bath combines relaxation and purification with steam temperatures of 40 to 47 degrees Celsius / 104 to 117 Fahrenheit infused with Eucalyptus essence.

### Sauna

This traditional heat treatment is specifically designed as part of any detoxification programme. Temperatures of between 80 and 105 degrees Celsius / 176 to 221 Fahrenheit to help the body purify itself.

### Heated Loungers

Finish your Thermal Suite experience relaxing on ergonomically designed heated loungers. This will ease tension in your muscles while helping the body reach a state of relaxation.

## Our Philosophy

The most advanced products, the most effective ingredients and the most luxurious treatments...

**Each spa journey is personalized for our guests by exceptionally skilled therapists.**

### Natura Bissé

Natura Bissé, a family-owned luxury skincare company from Barcelona, Spain, was founded by Ricardo Fisas in 1979. Since that time, Natura Bissé has become one of the most prestigious and respected brands in the luxury skincare market.

### Ground Wellness

Ground Wellness Founder Peigín Crowley has over 28 years of experience in the spa industry, a true wellness curator at heart, Peigín designs award-winning spa experiences and products with a strong focus on wellbeing for the most luxurious resort destinations in the world.

### Seabody

Founded on regenerative science, this pioneering approach, led by Dr. Helena McMahon, integrates clinically validated marine bioactives with touch therapy, breath work, movement, and functional fragrance to optimize cellular health and whole-body rejuvenation.





## Body Massages

### Druids Massage

This therapeutic massage will provide you with the time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body. The treatment is completed with special attention to reflex points in the feet.

60 minutes / 90 minutes

### Golfers Recovery Massage

Rhythmical and firm; this 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, this deeply relaxing massage will aid in improving quality of movement and renewing energy levels. While the Muscle Recovery Ritual places specific focus on the forearms, back, shoulders, hips & glutes it will be intentionally personalised to your individual needs. (Includes the use of GROUND's Heat Pack)

60 minutes / 90 minutes

### Thai Fusion

A refined fusion of eastern and western techniques, this unique treatment is often described as yoga for the body, performed on a massage bed with the use of our signature massage oil. This invigorating yet deeply relaxing treatment blends rhythmic acupressure, assisted stretching, and flowing movements designed to release muscular tension, enhance flexibility, and restore the body's natural energy balance. Performed by our highly skilled therapists, the experience promotes total body renewal and mental clarity.

60 minutes / 90 minutes

### Muscle Re-energise

Soothe aching muscles with our targeted "Muscle Re-energise" treatment. This therapeutic experience combines heated Himalayan salt stone massage with deep tissue techniques to alleviate tight, tense muscles. The unique properties of Himalayan salt, rich in magnesium, penetrate deep into the muscles, promoting natural recovery and easing tension. To further enhance the benefits of magnesium, the treatment concludes with a refreshing magnesium spray to accelerate muscle recovery.

60 minutes / 90 minutes

## Body Massages

### Jet Lag Eraser

Designed to ease the effects of long-distance travel, this deeply relaxing treatment focuses on restoring balance to both body and mind. The massage is performed on one full side of the body at a time - from toes to neck - using flowing, rhythmic movements, before continuing on the other side to create a sense of complete harmony. Enriched with night body oil and nourishing body balm, this treatment deeply hydrates the skin while releasing tension, calming the nervous system, and leaving you feeling restored, grounded, and revitalised.

60 minutes / 90 minutes

### Indian Head Massage

Indian head massage is based on ancient Ayurvedic healing techniques. It is one of the most widely practised complimentary therapies in the West and involves massaging the head, face, neck, shoulders and upper back.

50 minutes

### Total Body Stretch

This highly specialised form of movement therapy will focus on increasing the range of motion in the joints and muscles to relieve tightness, stiffness, muscle imbalance and flexibility. A unique blend of full body massage and therapeutic techniques to aid recovery in tired and sore muscles whilst also preventing future injury. The specialised mobilisation techniques promote pain free movement.

60 minutes / 90 minutes

### Far East Reflexology

Reflexology is a complementary therapy that promotes healing by stimulating the nerves in the body and encouraging the flow of blood. It has been known to help alleviate physical and emotional symptoms.

50 minutes





## Facials

### Diamond Life Infusion Ritual

An amazing “youth elixir” that unveils renewed skin that is soft, smooth and wonderfully rejuvenated. Recommended for fine lines, wrinkles & skin rejuvenation. This intensive treatment results in firmer, more luminous and visibly younger looking skin. It redefines your facial contour, improves skin texture and fades expression lines in just one session, combined with a hand, arm and foot treatment.

90 minutes

### Citrus Vitamin C Facial

The powerful antioxidants in the Citrus range brings the luminosity back to dull and tired skin. The Vitamin C infusing creams & serums repairs sun damaged & helps to reverse the signs of premature aging.

60 minutes

### Skin Repair

Designed to reinforce barrier strength and skin longevity by honouring the skin’s natural ecosystem and supercharging the microbiome. Ideal for maintaining healthy skin function and resilience. Ideal for those exposed to the elements in need of nourishment and hydration.

60 minutes

### Diamond Energy

This energising & rejuvenating skin treatment will visibly transform your skin and revive dull complexions from environmental stress and premature aging. Powerful active ingredients and innovative Myo-facial massage enhances the look of facial contours and reveal firmer, more supple and rejuvenated skin.

60 minutes

### Inhibit High-Definition Face Lift

This anti-aging facial is specifically designed to correct expression lines, rejuvenate skin using advanced massage techniques to the face and neck. This is the premium facial in Natura Bisse’s skin care armour.

60 minutes

## Gail's Spa Signature Ritual

### Signature Spa Ritual

The wellness ritual begins with Sleep Therapy—a precision-designed treatment combining therapeutic massage, guided breath work, and circadian-balancing techniques to encourage profound rest and support nervous system recovery. This is followed by a Cellular Rejuvenation Facial, a high-performance facial that deeply hydrates, strengthens the skin barrier, and restores elasticity using powerful marine bio actives.

120 minutes

### Body Wraps/Scrubs

#### Illuminating Citrus Body Indulgence

The complete body treatment uses highly concentrated Vitamin C emulsions. An invigorating body polish to boost circulation & smooth the skin is followed by lavish application of deeply nourishing and repairing body creams. Your skin is left hydrated, firm, vibrant & luminous.

75 minutes

#### Restore Body Wrap

A deeply restorative full-body experience beginning with a balancing body polish, followed by a nourishing wrap and tension-melting scalp massage and reflexology inspired foot massage. Leaves the body grounded, restored, and deeply relaxed.

75 minutes





## Gym

We offer a fully equipped gym, complete with Technogym cardiovascular and strength machines. Our cardio equipment includes a treadmill & cross trainer. You may also avail of our Kinesis machine which offers zero-impact exercises for wellness seekers of all levels of fitness and ability. Kinesis makes movement free and enjoyable, easy and natural and without restrictions and is ideal for working on your balance, strength or flexibility. Gail's

**Gail's Spa Hours are from 6.30am-9pm Daily. Dial (130) for bookings and further details.**

## Time to Spa

### Spa Arrival

It is advisable to arrive 60 minutes prior to your treatment reservation to enjoy our Thermal Suites. These exclusive facilities are gender specific and include sauna, steam, heated loungers and Vitality pools. If you do not wish to avail of the facilities, please check in at spa reception 15 minutes ahead of your treatment time. You will be required to fill out a Spa consultation form. Please note that arriving late for your treatment may mean your time is shortened as we endeavour to offer our guests a reliable timetable.

### Spa Reservations

Pre booking is essential as the spa books up quickly. To make an appointment please contact us directly on [GailsSpa@hogsheadgolfclub.com](mailto:GailsSpa@hogsheadgolfclub.com) alternatively please telephone **(00353) 66 9474133**

### Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

### Spa Attire

Lodge guests may wish to arrive in their bedroom robe and slippers. For guests arriving from one of our cottages we provide robes and slippers in the changing rooms. A bathing suit is required in the thermal suites. Fitness attire is required for the Gym.

### Spa Facilities

The Thermal Suites and gym are opened daily from 6.30am - 9.00pm. They are available for guests of 16 years and over to enjoy.

### Spa Etiquette

Our spa environment is one of pure relaxation. Please respect other guests' privacy and do not use mobile phones, cameras or electronic devices in the spa.

#### **Pregnancy**

We kindly advise we do not offer Massage during the first trimester. Our Spa team will be happy to guide you to the most suitable treatments during this special time. We are also happy to advise how to safely enjoy the Ladies thermal suite.

**Smoking is prohibited** in the spa and outdoor spaces.

**Alcohol is prohibited** in the spa and outdoor spaces.

#### **Cancellation Policy**

A minimum of 24 hours' notice is required to cancel your treatment without charge. A cancellation received within that time will incur the full charge of the treatment.

#### **Gratuity**

On the day a service charge of 18% will be added to your bill. We kindly advise that cash gratuity cannot be accepted.



## Gail's Spa Price List

### Gail's Spa Signature Ritual

This indulgent experience begins with a sensory massage that melts away the stress of everyday life and concludes with an antioxidant boosting skin treatment.

120 minutes | €395

	60 minutes	90 minutes		60 minutes	90 minutes
<b>Druid's Massage</b>	€185	€230	<b>Jet Lag Eraser</b>	€185	€230
A relaxing treatment using Swedish massage techniques, prepare for blissful relaxation.			This is a classic relaxing massage using long strokes and kneads the superficial layers of muscle.		
<b>Golfer's Recovery Massage</b>	€185	€230	<b>Total Body Stretch</b>	€205	€250
A full body massage concentrating on areas of concern.			A unique blend of full body massage and therapeutic techniques to aid recovery in tired and sore muscles whilst also preventing future injury.		
<b>Thai Fusion</b>	€205	€245	<b>Indian Head Massage</b>	50 minutes	€155
A refined fusion of eastern and western techniques, this unique treatment is often described as yoga for the body, performed on a massage bed with the use of our signature massage oil.			Indian head massage is based on ancient Ayurvedic healing techniques.		
<b>Muscle Re-energise</b>	€205	€250	<b>Far East Reflexology</b>	60 minutes	€185
Soothe aching muscles with our targeted "Muscle Re-energise" treatment.			Complementary therapy that promotes healing by stimulating the nerves in the body and encouraging the flow of blood.		

## Facials

### Diamond Life Infusion Ritual

An amazing "youth elixir" that unveils renewed skin that is soft, smooth and wonderfully rejuvenated.

90 minutes €330

### Skin Repair

Designed to reinforce barrier strength and skin longevity by honouring the skin's natural ecosystem and supercharging the microbiome.

60 minutes €200

### Citrus Vitamin C

The powerful antioxidants in the Citrus range brings the luminosity back to dull and tired skin.

60 minutes €200

## Body Wraps/Scrubs

### Illuminating Citrus Indulgence

The complete body treatment uses highly concentrated Vitamin C emulsions.

75 minutes €200

### Diamond Energy

This energising & rejuvenating skin treatment will visibly transform your skin and revive dull complexions from environmental stress and premature aging.

60 minutes €200

### Inhibit High Definition Lifting

This anti-aging facial is specifically designed to correct expression lines and rejuvenate skin.

60 minutes €210

### Restore Body Wrap

A deeply restorative full-body experience. Leaves the body grounded, restored, and deeply relaxed.

75 minutes €200

“Built by Friends, for Friends, for Fun”



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