

OLD HEAD

Leaving you revitalised in mind, body and spirit



MASSAGES

Massage releases toxins, provides nutrition to the tissue and joints, and alleviates pain. Your therapist will customise your massage in terms of techniques, pressure and essential oils.

REFLEXOLOGY 60 mins €90
The ancient treatment of hand and foot reflexology using acupuncture points encourages the body to work naturally to restore its own healthy balance. Reflexology promotes deep relaxation, improved circulation and toxin release. The experience is completed with a hand, neck and shoulder massage.

GENTLEMEN'S MASSAGE 60 mins €95
A deep, therapeutic massage. This treatment relieves muscular tension, pain and discomfort while increasing flexibility and circulation. The ultimate relaxing experience and the perfect end to the day on the golf course. An Old Head Signature Treatment.

INDIAN HEAD MASSAGE 60 mins €90
Massage of the head, neck, face and shoulders using relaxing movements and pressure points to relieve tension and migraine. Soothes, comforts and balances your energy flow promoting an overall feeling of tranquillity.

HOT STONE THERAPY MASSAGE 90 mins €125
Heated basalt lava stones are placed along the face and body on acupuncture points coordinated with massage to release tense muscles and improve circulation. The therapeutic use of essential oils in massage movements bestows a deep physiological relaxation experience.

AROMATHERAPY MUSCLE MELT 60 mins €100 / 90 mins €130
A supreme sensory delight. Specialised techniques are used to warm, manipulate and ease your muscles. A combination of massage and essential oils relax and soothe the senses to leave you melting away. Lavender oil is added for deep relaxation of body and soul.

SWEDISH RELAXATION MASSAGE 60 mins €100 / 90 mins €130
A classic therapeutic massage that uses long strokes and kneading. Essential oils help detoxify the body, ease sore muscles, release tension and improve circulation leaving you feeling refreshed and energised. Experience the journey of relaxation.

OLD HEAD

Delivering to you a journey of radiance



BODY TREATMENTS

These therapies are designed to deeply restore, revitalise and nourish the body. A unique selection for beauty, health, weight loss and pampering.

EARTH SALT GLOW SCRUB 45 mins €80
This luxurious, decadent treatment begins with a gentle exfoliation using 100% natural volcanic sea salt with seaweed extracts full of minerals. An indulgent massage follows with grape seed oil and a variation of aromatherapy oils to increase circulation, leaving the skin soft and glowing.

VINE SECRET BODY SCRUB 45 mins €80
The vitalising and rejuvenating properties of grapes are used in beauty care. Firm grapes deliver pure pleasure to the skin as they contain anti-ageing substances which make the skin softer and more supple. This body exfoliator smells divine and leaves your skin feeling smooth as silk.

A BLISSFUL CHOCOLATE JOURNEY (RESIDENTS ONLY) 60 mins €95
Indulge in a wonderful and unique experience. The ideal guilt-free treatment for the chocoholic. A cocoa-based wrap full of minerals to uplift the senses and create a feeling of happiness and pleasure. A treatment to leave your skin toned, purified and glowing.

FUCUS SLIMMING WRAP (RESIDENTS ONLY) 60 mins €95
This seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body. 100% Pleubian Fucus Seaweed is used for firming and detoxification. Very effective when used as part of a slimming or nourishing programme.

GREEN TEA WRAP 60 mins €95
Green tea is Pure Elixir of Life. Gentle exfoliation is followed by a massage. This uplifting and rejuvenating experience is used for firming and slimming as well as detoxification of the body cells.

VINE SECRET BODY WRAP 60 mins €95
"In Vino Venustas" or "Beauty lies in wine". A body balm rich in grape extracts that stimulates metabolism, leaving your skin feeling fresh, smooth and regenerated. A powerful antioxidant firming ceremony.

These treatments are recommended after use of the Thermal Spa.

OLD HEAD

However you want to relax, Old Head will provide the ultimate experience



FACIAL THERAPIES

A host of treatments designed to purify, detoxify, hydrate, cleanse and nurture your face, neck and décolletage. These therapies will leave your complexion feeling radiant, with visibly reduced lines.

ANTI-AGEING THERMO-MINERAL FACIAL 60 mins €80
Luxurious hydrating facial designed to nourish and tone the skin. A rejuvenating four-layer treatment that helps to smooth fine lines and improve texture resulting in a vibrant and revitalised glow.

GENTLEMEN'S TREAT 60 mins €80
A deep cleansing, therapeutic facial designed specifically for the special skin care needs of men. The use of aromatherapy-based oils and creams revitalises the skin thus promoting a feeling of well being. Leaves skin looking supple and healthy.

ORGANICAL OPTIMISER FACIAL 60 mins €95
Suitable for both men and women, this 100% organic facial is the ultimate in luxury. This decadent facial tones, refines and hydrates the skin. A richly nourishing therapy for sensitive, dry and mature skin. Fine lines are visibly reduced while promoting a youthful glow.

ROSACEA FACIAL TREATMENT 90 mins €110
Rejuvenate your complexion with this facial therapy. Designed to help ease blotchiness and redness of the skin. Draws out impurities promoting revitalised, toned and younger looking skin.

VINE SECRET FACIAL 90 mins €110
This facial will dramatically improve the foundation of your skin by adding vitality, radiance and elasticity. Using Skin Essential products specifically selected for you, your skin will be cleansed, purified and hydrated to reveal a newer, refreshed you.

"MONA LISA" DEEP PORE FACIAL 90 mins €125
The "7 step" facial programme includes deep cleansing, exfoliation and extraction. Facial, neck and shoulder massage, high frequency ultrasound with intensive marine-based serums, eye mask and face mask are chosen for your specific needs.

OLD HEAD

Embracing life, experiencing the journey



IMMERSE YOURSELF PACKAGES

Indulge your senses with the Old Head luxury selection of half and full day packages designed for both men and women.

HALF DAY		FULL DAY	
Vine Secret Body Scrub	45 mins	Vine Secret Body Scrub	45 mins
Vine Secret Body Wrap	60 mins	Vine Secret Body Wrap	60 mins
Body Massage	60 mins	Body Massage	60 mins
<hr/>		Vine Secret Facial	90 mins
		<hr/>	
		€340	

HALF DAY		FULL DAY	
Vine Secret Facial	90 mins	Vine Secret Body Scrub	45 mins
Manicure and Pedicure	90 mins	Vine Secret Body Wrap	60 mins
<hr/>		Body Massage	60 mins
		Manicure and Pedicure	90 mins
		<hr/>	
		€340	

OLD HEAD

A world of serenity and relaxation



BEAUTY SPA

Old Head offers a range of beauty care treatments for ladies and gentlemen.

MANICURE €45

Indulge with a nourishing mask which will soften and smooth your hands. Unwind with a relaxing massage to ease tension in forearms and hands. The experience is completed with nail shaping and a polish application of your choice.

PEDICURE €70

This caring therapy will refresh and revitalise your feet. This pampering experience begins with a foot soak in thermal mineral salts enriched with a blend of oils. Feet are exfoliated and treated to a soothing massage. The experience is completed with nail shaping and a polish application of your choice.

MAKE UP €50

For special occasions.

HAIR

Ladies wash & blowdry (short hair) €30

Ladies wash & blowdry (long hair) €35

Up-style for special occasions €50+

Gents wash and blowdry €30

WAXING

Body hair removal is available for both men and women using natural wax. Ask your therapist for the specific service you require.

OLD HEAD

Defining your experience



GENERAL INFORMATION

Information to enhance your experience and to make your journey of relaxation as comfortable as can be.

ARRIVAL TIMES

We ask that you arrive at least 15 minutes before your appointment is due to start so that we can offer you a refreshment, confirm your requirements and you may also enjoy the Old Head Thermal Spa as a prelude to your treatment.

CANCELLATION POLICY

A minimum of 24 hours notice is needed to cancel an appointment. Without this notification, you will be billed for the full price of the service. Should you need to change the time of your treatment within the 24-hour cancellation period, we will make every effort to accommodate your wishes.

HEALTH MATTERS

Please inform us of any medical conditions or allergies at the time of booking your appointment.

HOURS OF OPERATION

Monday - Sunday 11am - 7pm (Treatments)

Monday - Sunday 7am - 10pm (Fitness Suite)

We will do our best to accommodate out-of-hour requests.

IN-SUITE SPA

Some treatments can be experienced within the privacy of your Old Head guest Suite. Enquire with Reception as to which treatments are suitable for service.

PAYMENT OF SERVICES

Services for residents will be charged to their Suites.

RESERVATIONS

The use of the Old Head Spa is by prior appointment only. For an appointment, please contact spa@oldhead.com or call (+353) (0)21 4778444.

SERVICE CHARGE

A service charge is not included in the prices listed. This is at your own discretion.

SPA ATTIRE

You will receive an Old Head Bathrobe and Slippers. Disposable underwear is also available.

VALUABLES

Please leave your valuables in your Suite safe.

YOGA/PILATES

Private instruction is available in the comfort of your Suite by prior appointment.