

bamford





MASSAGE COLLECTION

BAMFORD ULTIMATE SIGNATURE TREATMENT

Our signature treatment combines carefully targeted ancient techniques that nurture your well-being. Japanese Shiatsu massage is used to open the body's meridians & start to unblock the energy channels. Swedish massage targets areas of concern & releases specific points of tension.

A heated chakra stone is then placed on the abdomen for a gentle abdominal massage to improve gut health.

A face & Indian head massage calms the mind & increases circulation to improve scalp & hair condition.

The treatment finishes with assisted yogic breathing to oxygenate & invigorate the body.

90 minutes - €180

B STRONG RITUAL

A deeply restorative treatment designed to nurture & heal stressed joints in the neck, shoulders, lower back, arms & legs. The treatment starts with Shiatsu followed by cranial pressure points, kneading, wringing & deep frictions to warm up tired muscles & joints.

This deep-tissue massage works right into muscles to release pain & discomfort after either heavy exercise or too many hours spent sitting down.

90 minutes - €180

RECOVERY BACK MASSAGE

Designed to focus on tension & stress build-up in your back, neck & shoulders, this fully immersive treatment also helps remove toxins from the body & reduce inflammation.

60 minutes - €120

DE-STRESS MASSAGE

A bespoke massage tailor-made to your requirements, focusing on the full body with a view to easing tense muscle & reducing stress levels while restoring & realigning energy.

60 minutes - €120 | 90 minutes - €180

FACIAL OFFERING

WELLNESS FACIAL

A bespoke that targets skin health from the outside-in. Abdominal massage helps to improve gut health & digestion & release emotional & physical stress: symptoms that can manifest on the surface of the skin.

Gua Sha & firm facial massage are used to ease muscle tension, support lymphatic flow & reduce puffiness in the face, neck & décolleté. The Wellness Facial is designed to be adjusted to suit the needs of you & your skin, allowing your therapist to spend time treating the areas that require more attention. Post-treatment benefits include more energy, glowing skin & an improved sense of well-being.

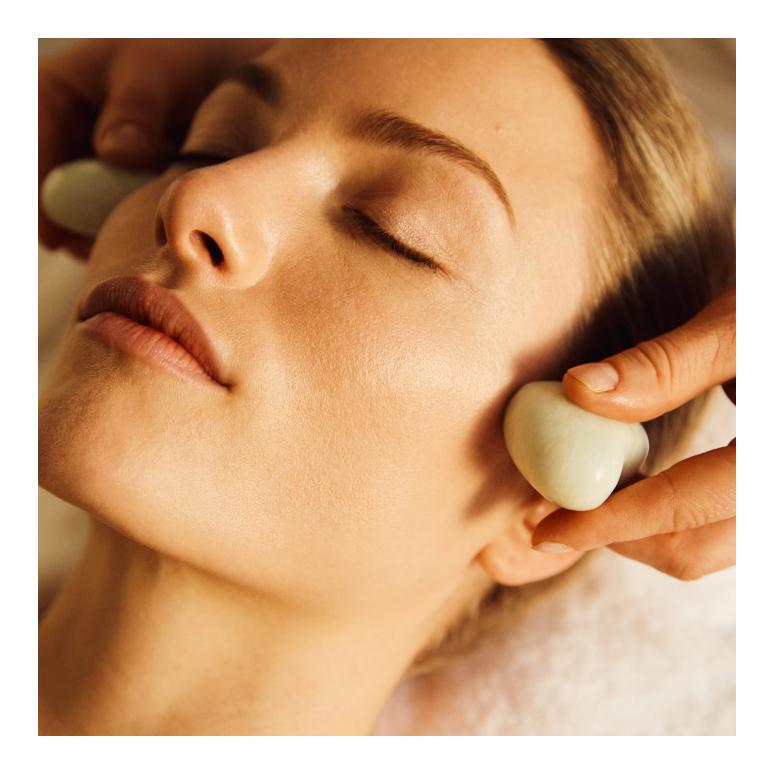
This treatment features:

- Gua Sha massage (90-minute treatment only)
- facial massage
- head, neck, scalp & stomach massage
- colour therapy.

Suitable for all skin types.

60 minutes - €120

90 minutes - €180





NAIL TREATMENTS

OLD HEAD MANICURE

A holistic manicure incorporating gentle arm exfoliation & aromatherapy massage with appropriate essential oils to nourish & hydrate both the nails & skin.

Includes OPI file & polish.

45 minutes - €75

OLD HEAD PEDICURE

Commencing with a bath salt foot spa & exfoliation, this pedicure is followed by a foot & leg massage with appropriate aromatherapy oils to relieve aches & pains & stimulate circulation.

Includes OPI file & polish.

60 minutes - €100



PLANNING YOUR EXPERIENCE

- To ensure your preferred time & treatment is available, we recommend that reservations are made at least 7 days in advance to avoid disappointment. Please call (+353) (0)21 4778444 (ext. 236) or email wellness@oldhead.com.
- Female & male therapists are available. Please advise at time of making an appointment if you have a preference.
- · Guests must be at least 16 years old to enjoy our facials & over the age of 18 for massage treatments.
- · Access to the Thermal Suite must be pre-booked to ensure the facility is turned on.
- There are no shower facilities near the treatment rooms. These are located in your Suite (for residents) or the locker room (for non-residents).

ARRIVAL & ETIQUETTE

- We recommend that you arrive 15 minutes prior to your appointment in order to complete our Health Questionnaire.
- 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 in your robe & slippers or comfortable attire.
 - For residents, a robe & slippers are available in your Suite.
 - For non-residents, a robe & slippers can be provided but comfortable attire is appropriate.
- · Disposable underwear can be provided for your comfort during your treatment.
- Please observe the Club policies when on site at Old Head, including dress code & use of mobile/cell phones (these policies can be obtained at time of booking).

PERSONAL BELONGINGS

We kindly ask that you refrain from bringing valuables with you. We cannot take responsibility for loss, theft or damage to personal items. We also request that for your peace & privacy, phones & other electronic devices are switched off.

HEALTH CONSIDERATIONS

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

If you are pregnant or breastfeeding, we will tailor-make your treatment to suit. Please note that sauna use is not suitable during pregnancy.

PAYMENT

- · Members: treatments will be charged to your Member's account.
- · Residents: treatments will be charged to your Suite.
- Other guests: payment is due after the treatment. A credit card number will be required to confirm a booking.
- · Gratuities are not included in the treatment price.

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 entail full payment/charge.

GIFT VOUCHERS

Gift Vouchers from Old Head are available from the Golf Shop. These can be redeemed towards Wellness Treatments, Green Fees, Accommodation and Food & Beverage.











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