



THE SPA

AT OLD HEAD





GROUND

wellbeing

Founded by renowned spa consultant Peigin Crowley, GROUND was born from a passionate desire to make wellness accessible. GROUND's collection of products are 100% natural, giving nourishment while helping us to bring focus, ritual & intention into our daily lives.

Neutral by design, focused on natural, quality essential oils & ingredients, GROUND is sourced from the earth for the wellness of men, women & children. Hand-crafted with intention using traditional methods, all products are made in small batches in Cork, Ireland.

A selection of Face & Body products are available for you to purchase so that you can continue to benefit from these natural wellness products back in the comfort of your own home.







MASSAGE COLLECTION

TÓG GO BOG É MASSAGE RANGE

CODLADH *Light to Medium Pressure*

A restorative massage treatment to soothe & comfort the full body using slow & rhythmical techniques. This treatment will provide you with the space & time to reconnect to source, to tap into your body's ability to self-repair & re-align & will leave you feeling replenished & grounded in your body, ready to rest & invite sleep in.

30 mins - €70 | 60 mins - €110 | 90 mins - €165

BEO *Medium Pressure*

Reset the body through a cleansing massage to regain energy, relieve stagnation, release toxins & improve skin tone. A deeply comforting treatment that centers on a gentle rhythmical massage. It is a grounding treatment to uplift, invigorate & energize.

30 mins - €70 | 60 mins - €110 | 90 mins - €165

TALAMH *Firm Pressure*

This treatment helps to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils will help set your intention to ground & connect to self while restoring balance in the body.

30 mins - €75 | 60 mins - €120 | 90 mins - €180

THE GROUNDING RITUAL

This is our Signature Treatment here at Old Head, our "Golfers Tonic" if you will. It is focused on the back of the body & specifically centered on the areas that are prone to tightness & tension. Feel your body & soul come together again.

The 90-minute option offers an added 30 minutes focused on the neck, shoulders, face & scalp & includes the use of the soothing GROUND Gua Sha stones.

60 mins - €120 | 90 mins - €180

REVIVAL FACE & BODY

This customized body ritual helps to reduce anxiety & stress, whilst naturally increasing energy.

To complete this whole-body massage experience, the face is gently cleansed & highly nourished with our Restorative Face Oil, applied with reflexology-style pressure points to increase circulation & sealed with the Organic Irish Peat Mask to shield the skin from free-radical damage.

90 mins - €180



FACIAL OFFERING

THE RESTORATIVE RITUAL

This is a Face, Neck & Scalp Ritual. Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind & body. The focus within the treatment is on the face, neck, décolleté & scalp & as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, TMJ issues, sinuses & puffiness. This is also the perfect treatment for anyone needing respite from the effects of stress & anxiety on their body. A calming but powerful treatment with one sole purpose; to leave you feeling peaceful & renewed.

60 mins - €110

GROUND FACIAL EXPERIENCE

This treatment allows guests to experience the best of what GROUND has to offer. The treatment offers a deeply relaxing face & neck massage to gently melt away muscular tension along with a dual-action facial mask, utilizing the exclusive Peat mask. This facial leaves the skin rejuvenated, plumped & hydrated.

The 90-minute option starts with a deeply relaxing back massage to induce relaxation & gently melt away muscular tension.

60 mins - €110 | 90 mins - €165



GROUND

TALAMH

ORGANIC PEAT MASK
FOR FACE & BODY

180ml





BODY TREATMENTS

BALANCING FOOT RITUAL *Re-energize your body from the ground up.*

Immerse your feet in this indulgent foot treatment that will have you feeling like your floating on clouds. A foot scrub softens & prepares the skin to be wrapped in ancient peat from the Midlands of Ireland, finished off with a heavenly foot massage. A truly connecting, earthing experience.

60 mins - €110

GROUND MANICURE *Includes OPI file & polish.*

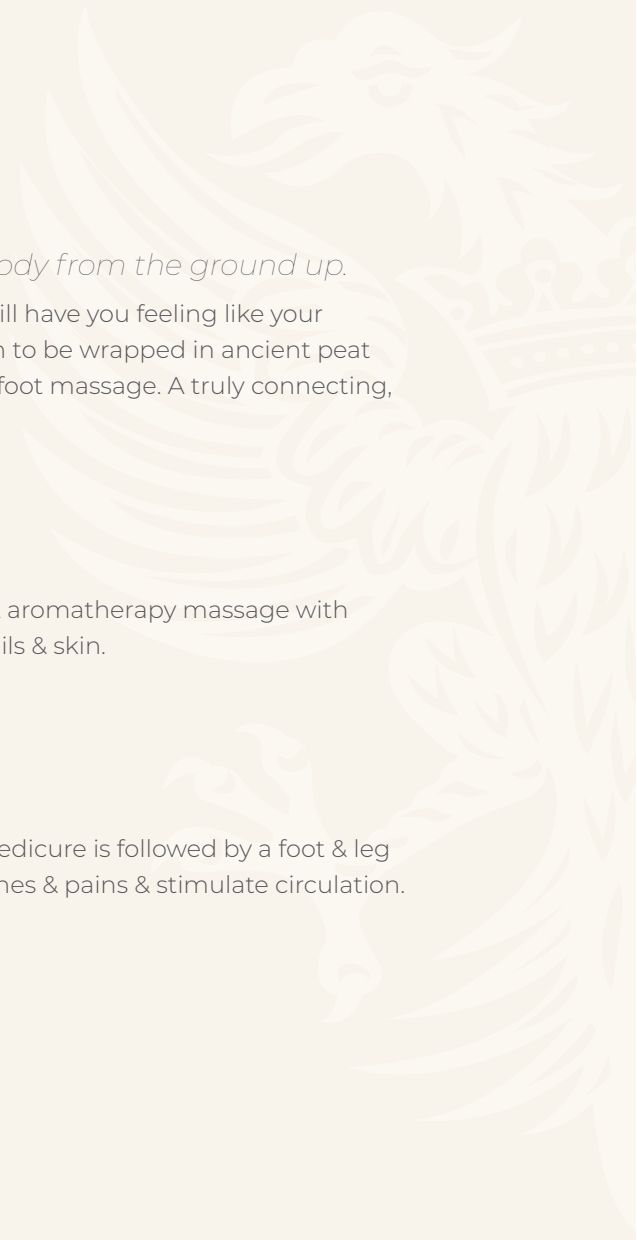
A holistic manicure incorporating gentle arm exfoliation & aromatherapy massage with appropriate essential oils to nourish & hydrate both the nails & skin.

60 mins - €80

GROUND PEDICURE *Includes OPI file & polish.*

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.

60 mins - €90





HOW TO ENJOY THE SPA WITH US



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) (021) 4778444 (ext. 236) or email spa@oldhead.com.
- Guests must be at least 16 years old to enjoy our spa facials & over the age of 18 to enjoy our massage & body treatments.
- Our Thermal Suite but must be pre-booked to ensure the facility is turned on.
- There are no shower facilities in the Spa. These are located in your Suite (for residents) or the locker rooms (for non-residents).

ARRIVAL & ETIQUETTE

- Please allow sufficient time before your treatment to complete our Health Questionnaire. We recommend that you arrive 15 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 at The Spa in your robe & slippers or comfortable attire (no jeans).
- For residents, a robe & slippers are available in your Suite.
- For non-residents, a robe & slippers can be provided but comfortable attire is appropriate (no jeans).
- Spa slippers must always be worn. Bare feet are not permitted in any area at any time.
- Disposable underwear can be provided for your comfort during your spa treatment.
- Please observe the Club policies when on site at Old Head Golf Links, including dress code & use of mobile/cell phones (these can be obtained at time of booking).

COVID-19 REGULATIONS

Our professional Spa team have the necessary measures & training in place to ensure that your treatment is carried out with safety at the forefront & in accordance with all guidelines as per the various government bodies & industry organisations. All our therapists are trained in full to care for our guests in a safe, hygienic, & professional

manner. All staff know not to attend the workplace if they present with a temperature, are feeling unwell or if they are a close contact. All team members will observe good hygiene before & after treatments. Surfaces will be cleaned after each guest with appropriate disinfectant. All high touch surfaces in open areas will be cleaned regularly throughout the day.

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 & privacy, phones & other electronic devices are turned off whilst in The Spa.

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 & circulatory problems, asthma or respiratory conditions.

PREGNANCY

Please advise us if you are pregnant or breastfeeding & we will tailor-make your treatment to suit. Please note we cannot do treatments during the first trimester & 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 & circulatory problems, asthma or respiratory conditions.

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 at The Spa desk. A credit card number will be required to confirm a booking.

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 for Old Head Golf Links are available from the Golf Shop. These can be redeemed for Spa Treatments, Golf, Accommodation or Food & Beverage.



THE SPA

AT OLD HEAD



THE SUITES

AT OLD HEAD



THE SPA

AT OLD HEAD



LUSITANIA BAR

AT OLD HEAD



DE COURCEY

RESTAURANT

AT OLD HEAD

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