



rooted | fréamh
Spa Rituals

FRÉAMHAITHE

The Rooting

Like roots reaching down into nourishing soil, this massage treatment anchors body and mind, immersed in the healing rhythm of nature. Through a soothing massage of the face and body, tension softens, the breath deepens and you emerge replenished, rooted, and reconnected to your inner landscape.

- 60 Minutes - €115 Full Body Massage
- 90 Minutes - €160 Full Body Massage with Face Gua Sha & Scalp Massage

GROUNDED IN WELLNESS

Menopause: Balancing Massage

Created with women in mind, this nurturing ritual supports the body through the shifts of menopause and hormonal change. Like ancient stones shaped by wind and water, or roots finding steady hold in shifting soil, this treatment steadies and realigns the body, easing tension, supporting circulation, and encouraging a deep sense of calm.

- 90 Minutes - €160 Back of Body, Face & Feet

EARTHING DETOX

Body Wrap Ritual

Drawing inspiration from the healing power of the land, utilising mineral-rich clay and plant botanicals to detoxify, purify, and re-energise body and mind. Like earth absorbing the rain, this treatment restores balance, refreshes the skin, and uplifts the spirit. You emerge renewed, refreshed, and harmonised in body and mind.

- 60 Minutes - €115 Full Body Wrap



shoreline | cladaigh
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MUSCLE RECOVERY RITUAL

Firm Full Body Massage

Crafted to restore strength and vitality, this flowing, rhythmical massage works deeply into tired muscles, easing tightness and stiffness. Circulation improves, tension releases, and energy is restored. Like rivers carving their course through stone or winds sweeping across the land, this ritual restores rhythm, balance, and flow within the body.

- 60 Minutes - €115 Back of Body Massage
- 90 Minutes - €160 Full Body Massage

THE RESET

Abdominal Massage - Gut Health

Centred on the abdomen, the hearth of vitality, soothing massage encourages circulation, energy flow, and nourishment to the digestive organs, while face and foot reflexology support balance throughout the whole system. Designed to restore harmony from deep within as a sense of lightness and calm begins to take root.

- 60 Minutes - €115 Abdominal Massage with Face & Foot Reflexology



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CODLADH SÁMH

Peaceful Sleep

From the Irish Codladh Sámh, meaning peaceful sleep, this ritual draws you into the quiet embrace of night and the steadying rhythm of the earth. It honours the ancient wisdom of rest and the way the land lies fallow to renew and offers a space for body and mind to settle into deep slumber.

- 90 Minutes – €160 Face & Body Sleep Massage
- 120 Minutes – €195 Face & Body Sleep Massage with Restorative Body Envelopment

HOT STONE RITUAL

Warming Stone Massage

This nurturing ritual uses warm jade stones to release tension, restore balance, and support the body's natural healing. Jade, long revered for its grounding and calming properties, helps ease muscle stiffness, improve circulation, and promote a sense of inner harmony. Combined with flowing massage, the stones help the body relax deeply while encouraging energy to move freely.

- 60 Minutes – €115 Full Body Jade Stone Massage
- 90 Minutes – €160 Full Body Jade Stone Massage with Face Gua Sha & Scalp Massage

NA MARA

Sea Salt Polish

From the Irish Na Mara, meaning From the Sea, this ritual evokes the ocean's healing power, harnessing sea minerals and botanicals to refresh, detoxify, and nourish the skin. Like waves rolling across the shore this treatment reconnects body and spirit, leaving you refreshed, invigorated, and full of vitality.

- 60 Minutes – €115 Full Body Scrub



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THE BLOSSOMING

Pregnancy Massage

Designed to support and comfort the body through the 2nd and 3rd trimesters of pregnancy, this intuitive massage soothes tired muscles in the back, hips, and lower legs, relieving tension, improving sleep, and encouraging a deep sense of calm. Like new buds reaching toward the sun, this treatment helps the body grow in harmony with its changing rhythm. You emerge relaxed, replenished, and deeply connected to your body and the life within.

- 60 Minutes – €115 Full Body Massage
- 90 Minutes – €160 Full Body Massage with Face Gua Sha & Scalp Massage

NEW MOTHER

Postpartum Massage

This bespoke ritual is designed to support the body and mind after childbirth. Gentle, flowing massage for the face and body helps release tension, ease aches, and encourage circulation, while promoting deep relaxation and a sense of calm.

- 60 Minutes – €115 Full Body Massage
- 90 Minutes – €160 Full Body Massage with Face Gua Sha & Scalp Massage