



Calling all Yummy Mummies to The Thai Spa at Lough Erne Golf Resort



14 January 2009: Lough Erne Golf Resort in Ireland's Fermanagh Lakelands is introducing two deliciously affordable packages for expectant and new mothers in The Thai Spa. Using Lau Erb products and the label's Asian Botanical heritage, the treatments are designed to relieve fatigue, increase energy levels, banish dry skin, alleviate fluid retention and prevent stretch marks.

The **Great Expectation package** for Mums-to-be is from £175 and includes four treatments – the Pre-Birth Essential, Glow Again, Seven Pollen Facial Care and Oriental Sole Foot Therapy. For new mothers the **Special Delivery Indulgence** package is from £170 and includes three treatments– the Post-Birth Restoration, Thai Herbal Healer and Replenisher. Both the Great Expectation and Special Delivery Indulgence include full use of The Thai Spa's steam rooms, sauna and relaxation rooms, Infinity pool and fitness room, and an overnight stay with full Irish breakfast and either spa package which includes a light Thai Spa Lunch, costs from £235 Per Person Per night based on two persons sharing a Lakeview Room.

The Thai Spa at AA Five Star Lough Erne Golf Resort is a wholly Thai experience, offering Thai treatments by five Thai therapists using Thai-made products. Expertly trained in Thailand, the five Thai therapists provide authentic treatments using Lau Erb products. Lough Erne Golf Resort has the only spa in Ireland that offers products by Lau Erb. Lau Erb uses traditional and natural Thai remedies including herbs, flowers and roots to create

a range of products that are dedicated to the wellbeing of the mind, body and soul. The spa has eight treatment rooms, including a dual treatment room for couples or friends, a room with a specialist Thai massage coach and another with a traditional Soak bath. The Thai Spa, the only authentic Thai Spa in the UK, is open seven days a week.

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Ends

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About Lough Erne Golf Resort

Lough Erne Golf Resort opened in County Fermanagh, Northern Ireland, in October 2007. It is set on a 600 acre private peninsula nestled in between Lower Lough Erne and Castle Hume Lough. The privately-owned hotel has 120 guestrooms including 25 two and three bedroom Luxury Lakeside Lodges which offer private, fully serviced accommodation. Lough Erne Golf Resort offers The Thai Spa, The Catalina Restaurant for *à la carte* dining, The Blaney Bar and The Grazing Menu and The Garden Hall for afternoon teas. It offers world class facilities for private meetings and events. In summer 2009 Lough Erne Golf Resort will have the use of two 18-hole championship golf courses with the opening The Faldo Championship Course. The Castle Hume Championship Golf Course is already open. Lough Erne Golf Resort is located just five minutes from Enniskillen (St Angelo) private airport. It is also easily accessible from Belfast International, Belfast City and City of Derry airports