



Improve Your Golf in The Thai Spa at Lough Erne Golf Resort



14 January 2009: The Thai Spa at Lough Erne Golf Resort in Ireland's Fermanagh Lakelands has created four new treatments for golfers, designed to raise their game – the Golfers Thai Tonic, Golfers Invigorating Foot Massage, The Golfers Unwind and Traditional Thai Massage. The treatments are being introduced in February, giving golfers lots of time to limber up for the resorts' new Faldo Championship Course which opens in July 2009. Until then golfers can practise their swing on the resort's Castle Hume Championship Course.

An overnight stay at Lough Erne Golf Resort, combined with a round of golf on The Castle Hume Championship Golf Course and the 'Golfers Recharge' is from £195 per person per night based on two persons sharing a Lakeview Room. This price includes a full Irish breakfast.

Tee Times on The Faldo Course can be booked now online at www.loughernegolfresort.com

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 soaking bath. The Thai Spa, the only authentic Thai Spa in the UK, is open seven days a week.

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Ends

Note to Editors: Treatment Descriptions:

Golfers Thai Tonic (30 mins) - has been specifically designed to aid golfer's performance before their game. Your therapist will use traditional Thai assisted yoga movements to aid flexibility, and massage techniques to warm and stretch the key areas of the body. **£40**

Golfers Invigorating Foot Massage (45 mins) - an aromatherapy tea leaf foot bath where the feet are cleansed and exfoliated with an oriental foot scrub to invigorate the senses and relax stressed skin. The lower legs are treated to a traditional Thai foot massage using acupuncture and ritual massage techniques with oils and oriental foot cream. **£40**

Traditional Thai Massage (1HR 30 mins) - traditional Thai massage techniques to give a deep healing massage. The massage will work on the feet, calf muscles, hamstrings, lower and upper back and shoulders; all the major muscles used in a golfer's game. The treatment is completed using assisted yoga movements to aid flexibility and recovery. **£85**

The Golfers Unwind (60 mins) - a localised deep tissue massage is carried out concentrating on specific areas of tension. To follow hot herbal compresses are applied to eliminate the last traces of muscular tension. To conclude, a relaxing full body massage is carried out to leave golfers relaxed and re-energised. **£65**

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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