



THE THAI SPA



LAP SABAI
DEEP RELAXATION ROOM

THE THAI SPA

The Thai Spa brings the only wholly Thai Spa experience to Ireland and the UK; Thai treatments, by Thai therapists who originate from and are expertly trained in Thailand, using Traditional Thai Therapies and Thai-made products.

LET YOUR THAI SPA JOURNEY BEGIN...

We recommend that you arrive at The Thai Spa 30 minutes prior to your treatment, to allow you time to savour some unique Thai pre-treatment offerings, which will enhance your spa experience.

After changing into your Thai Spa robe and slippers, you will be guided into the heart of The Thai Spa where you can avail of our light Thermal area. In the Sabi Sabi Area, the translation of which aptly means Health and Happiness, you will have the opportunity to taste Thailand with our exotic fruit of the day and Thai Tonic beverage; a cooling compress completes this stage of the journey before your treatment time begins. Following your treatment, you are advised to rest and reflect in Lap Sabai, meaning 'deep sleep' area and enjoy an infused herbal tea or

you may wish to experience a unique Asian blossoming tea ceremony or a Thai health specific smoothie.

Although your ultimate destination may be relaxation... we pride ourselves on delivering you a journey that embraces all the senses throughout The Thai Spa.

Please note that your Thai Spa Journey will vary according to your selected Thai Spa Treatment.



FULL & HALF DAY THAI SPA PACKAGES

Choose from our wide range of Full & Half Thai Spa Day Packages including those specifically created for Couples, Golfers, Mothers-to-be and Gentlemen.

Your Full or Half Day Thai Spa Package is inclusive of a Light Spa Lunch from The Thai Spa Grazing Menu as well as complimentary use of all the facilities within The Thai Spa including The Infinity Pool.



THE THAI SPA FACILITIES INCLUDE:

Ten treatment rooms including The Royal Thai Ritual Room, a Dual treatment room, Traditional Thai Massage Room, The Thai Steam Room as well as 6 individual treatment rooms.

Your Thai Spa experience includes use of:

- Sabai Sabai Room, meaning 'Health & Happiness' (Light Relaxation area)
- The Light Therapy Sauna
- The Crystal Aroma Steam Room
- The Exotic Rain Shower
- Lap Sabai Room, meaning 'Deep Sleep' (Deep Relaxation area)

The Thermal Suite & Infinity Pool

Immerse yourself in the waters of The Infinity Pool overlooking Castle Hume Lough and experience the heat treatments of The Thermal Suite with Sauna, Steam Room and Whirlpool. Complimentary for residents of The Resort and those enjoying full and half day Thai Spa packages.

The Fitness Room

A complete range of Cardio and Resistance Equipment including free weights and stretching area.



Visit our website for full details on our Thai Spa Treatments & Thai Spa breaks www.lougherneresort.com
To Begin your Thai Spa Journey Call The Thai Spa Reception Today T: +44 (0)28 6634 5758