



# THE THAI SPA

## REDISCOVER YOURSELF

The Spa at Lough Erne Resort brings a Thai inspired spa experience to Ireland. Expertly trained Thai and European therapists use traditional Thai therapies alongside luxurious treatments and products to create a rejuvenating experience. The Thai Spa have introduced this new 'Well-Being' spa menu which will be extended when the time is right.

All treatments must be pre-booked in advance and outlined below is important information regarding your experience:

### YOUR SPA EXPERIENCE

- Non residents will be sent a client consultation form to be filled out and sent back within 24 hours. This consultation when complete must comply with our safety policies in line with statutory travel guidelines and Covid-19.
- Entry to The Thai Spa will be via the main resort entrance where a routine temperature-check will be carried out on arrival. No one will be permitted inside the hotel if they present with a temperature.
- In order to enjoy The Thai Spa experience, you must arrive to The Thai Spa one-hour before your treatment time.
- On arrival to The Thai Spa you will be guided to your allocated locker where robes and slippers will wait for you to shower using luxury Espa body wash.
- You will have 45-minutes to make use of The Thai Spa facilities including the 'Sabai Sabai' relaxation room, infinity pool, crystal aroma steam room, light therapy sauna, tropical rain shower and Jacuzzi.
- Your treatment will begin with a hot towel hand sanitisation by your therapist.
- There will be no facial contact during your spa treatment and the therapist will be wearing facial protection. You will also be offered a mask.
- After your treatment you will rest in the Lap Sabai Room.
- You will then return to the changing room with the option to shower using luxury Espa body wash.

## BODY TREATMENTS

### Personalised Body Wrap

60 minutes £89

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap. Choose from the following: De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner Includes: Skin brush – body exfoliation – wrap.

### Salt & Oil Scrub - Detoxifying, Invigorating or Relaxing

30 minutes £65

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for a massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

## MASSAGE TREATMENTS

### Body Bliss

60 minutes £95

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders. Includes: Specialised massage to specific areas of concern.

### Aroma Indulgence

60 minutes £90

An aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

### Hot Stone Massage

60 minutes £99

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated. Includes: Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

### Neck, Back and Shoulder Relief

30 minutes £65

This ancient therapy concentrates on releasing tension in your upper back, neck and shoulder areas where physical and emotional stress often manifests.

### Thai Poultice-Powered Muscle Release Massage

60 minutes £99

This body treatment aims to target stress and tension to restore energy levels. Sore, aching muscles are worked away with this invigorating treatment. Using a uniquely designed Amber and Quartz poultice and combining the power of Eucalyptus and Juniper, each area of tension is specifically targeted with vibrational energy to re-mineralise. Guests will leave the spa with their body and mind rebalanced and their skin feeling revitalised.

### Oriental Foot Massage

30 minutes £60

An ancient therapy that links the reflex zones on the feet to specific parts of the body. Relief from pain, illness and stress comes from putting pressure on the appropriate reflex zones of the feet.

## THE THAI SPA BOUTIQUE

To continue your spa experience at home, why not treat yourself at The Thai Spa Boutique. In stock is a range of products including skincare, luxury gift sets and luxury candles and diffusers.