



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

- Entry to The Thai Spa is 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.
- On arrival to the spa you will be asked to fill in a consultation form and then guided to your allocated locker where robes and slippers will wait for you.
- You will be asked to take a shower before your treatment or use of the facilities 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.
- Your therapist will be wearing facial protection during your treatment, you will be required to wear a mask throughout your treatment when appropriate.
- 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.



SIGNATURE TREATMENTS

Harmony

60 minutes - £95

Combining two of our therapists favourite treatments, a soothing neck back and shoulder massage followed by personalised facial.

Traditional Thai Massage

60 minutes - £100 | 90 minutes - £140

This is a truly unique experience brought to you by the resort Thai therapists. The Thai-style massage uses pressure points, muscle stretching and compression in a yoga-like rhythmic motion. Therapists use their elbows, forearms, hands, thumbs and sometimes even their feet to reduce tension in your muscles. A Thai massage experience can help you relieve stress and anxiety. In addition it encourages the flow of energy through your body, raises energy levels and stamina and promotes an overall feeling of relaxation and well-being.

BODY TREATMENTS

Detoxifying Body Wrap

60 minutes - £95

This body wrap is specifically designed to raise the temperature of your body in order to help speed up the elimination of toxins and improve circulation. A skin brushing technique is followed by exfoliation and a body wrap to purify and hydrate the body using marine algae combined with ESPA Detoxifying Body Oil. To complete the experience is a relaxing scalp massage to nourish your hair and scalp using ESPA Pink Hair and Scalp Mud.

Hydrating Body Wrap

60 minutes - £95

A tailor-made experience to deeply nourish the body. This instantly effective treatment uses skin brushing and exfoliation techniques alongside a complete body wrap of nourishing marine mud. Combined with essential oils this body wrap will deeply replenish the skin. To finish the ritual is a soothing scalp massage to relax the mind.

Salt & Oil Scrub – Detoxifying 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. This scrub is perfect as a stand-alone treatment or can be enjoyed in preparation for a massage.



MASSAGE TREATMENTS

Thai Targeted Treat

60 minutes - £95

This luxury back, neck and shoulder message is an oriental treat using ESPA Restorative Body Oil to restore inner calm. To finish your spa experience is an Oriental scalp massage to relieve stress and restore balance.

Deep Muscle Massage

60 minutes - £105

Alleviate deep-seated tension and muscular stress with this powerful massage. Specialised techniques concentrate on specific areas of concern and ease common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

Aroma Indulgence

60 minutes - £95

Using soothing essential oils this is an effective aromatherapy massage which offers indulgent stress relief to your back, legs, arms, abdomen and neck/shoulders. Individually chosen oils will soften the skin and relax your mind in order to bring your body back into harmonious balance.

Hot Stone Massage

60 minutes - £110

Relieve deep muscle tension with this therapeutic full body massage which uses aromatherapy oils and warm volcanic stones. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind your body and to feel rejuvenated. This hot stone aromatherapy massage focuses on your back, legs, arms, abdomen and neck/shoulders.

Thai Herbal Poultice Massage

60 minutes £105 | 90 Minutes - £150

This beautiful body treatment aims to target stress and tension in order to restore your energy levels. The Thai Herbal Poultice is a heated medicinal muscle treatment that dates back to 14th Century Thailand (Ayutthaya) and still remains an integral part of Thai medicine. The body absorbs the heat and the 20 traditional Thai herbs and plants help reduce aches and pains whilst increasing both circulation and lymphatic drainage. This signature massage is sure to reawaken your body as it detoxifies and softens your skin.

Oriental Foot Massage

30 minutes - £65

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

Back, Neck and Shoulder Relief

30 minutes - £70

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

Scalp Massage

30 minutes - £65

Enjoy a gentle shoulder, neck and scalp massage using ESPA Pink Hair and Scalp Mud to relieve tension. Pressure points to the ears and face are performed to conclude this treatment along with a light tug at the feet to re-balance your body.



DAY SPA EXPERIENCES

Each Day Spa Experience includes a light lunch in The Blaney Bar, 45-minutes in the Thermal Spa and 30-minutes in the 'Sabai-Sabai' relaxation area after your treatment.

Thai Spa Ritual

125 minutes - £180

Your journey will start with a welcoming aroma infused foot bath followed by an aromatherapy indulgent massage using soothing essential oils to bring your mind back into an harmonious balance. To finish the ritual is a ESPA Personalised Facial bespoke to your skin care needs.

Energising Detox

90 minutes - £150

Begin your experience with a back, neck and shoulder massage using ESPA Detoxifying Body Oil to help speed up the elimination of toxins and improve circulation. This massage is followed by a full body exfoliation and a body wrap of marine algae gel, which will purify and hydrate your body. To complete the detoxifying experience is a relaxing scalp massage.

Thai Herbal Ceremony

90 minutes - £140

Your Thai Herbal Ceremony experience will start with a welcoming aroma infused foot bath followed by a Thai herbal poultice massage to target stress and tension, whilst restoring energy levels within the body. To complete the experience is a soothing scalp massage.

East Meets West

90 minutes - £140

Journey east to the origins of Thailand with this Thai inspired back, neck and shoulder massage. This ancient therapy concentrates on releasing tension in your upper back and shoulder area where physical and emotional stress often manifests. Followed by a personalised facial bespoke to your skin care needs this targeted and soothing experience is a tranquil way to finish your spa journey east.

Thai Tranquillity

90 minutes - £150

This tranquil experience begins with a full body relaxing salt and oil scrub which is designed to leave your skin nourished, smooth and supple. Stress will be alleviated with a luxury ESPA Aromatherapy Soothing Body massage to offer an indulgent stress relieve which is sure to relax your mind and bring your body to a place of inner calm.

Thai Serenti

90 minutes - £150

Your journey will begin with a relaxing full body salt and oil scrub, designed to leave your skin soft and supple. Your complexion will be rebalanced, hydrated and revitalised with an Optimal Pro Facial. This facial instantly revives and brightens the skin while helping to protect against environmental damage and delay the early, invisible signs of ageing.

THE THAI SPA BOUTIQUE

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



MATERNITY TREATMENTS

ESPA Pre and Post Natal Massage

30 minutes £65 | 60 minutes £95

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment. It is a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise. 30 minutes includes: back, neck and shoulder massage and 60 minutes includes a full body massage.

FACIALS

Optimal Pro-Facial

60 minutes - £95

Reveal your skin's true potential with this Optimal Pro-Facial which features expertly tailored facial techniques using the Optimal Skin Collection. Designed for all skin types and ages it will rebalance, hydrate and revitalise. This facial instantly revives and brightens the complexion while helping to protect against environmental damage and delay the early, invisible signs of ageing.

Personalised Facial

60 minutes - £95

Reveal exceptional results whatever your skincare concern with this entirely bespoke expert facial from ESPA. Naturally advanced spa skincare products rich in plant and marine extracts are selected according to your individual needs and used alongside a tailored massage to deeply cleanse, exfoliate, purify and boost your complexion. This customised treatment is then completed with a relaxing scalp massage.

Lift and Firm Facial

90 minutes - £140

Enhance firmness while stimulating cellular regeneration with this SuperActive™ facial. Highly effective and entirely personalised, this advanced facial treatment uses specialised lifting massage techniques alongside naturally powerful skincare to stimulate collagen production and help combat the signs of ageing. The results are instant! Lines and wrinkles are minimised and the complexion is smoother, firmer, even-toned and instantly rejuvenated.

Men's Deep Cleansing Facial

60 minutes - £95

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydration, we encourage our male guests to experience this personalised treatment. Combining a relaxing shoulder, neck, face and scalp massage this treatment offers a solution to your skin's needs. Includes: Double cleanse, exfoliation, face massage, personalised mask and scalp massage.

ESPA Eye Lift

30 minutes - £65

Smooth, firm and hydrate with this instantly revitalising eye treatment. A targeted eye massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows. Includes: Cleanse, exfoliation to face and eye contour, eye contour massage and firming eye mask.

ESPA Express Facial

30 minutes - £65

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant. Includes: Double cleanse, exfoliation, personalised mask and scalp massage.