

# THE SPA

AT THE HEIGHTS

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Suitable for expectant  
or nursing mothers



Suitable for teenagers





# awaken

Awaken to the inherent beauty of the most breathtaking landscape in Ireland... Abandon your senses at Ireland's premier spa resort, a sanctuary of peace and tranquility. We welcome you to succumb to the unsurpassed luxury of 'The Spa at The Heights'.

Resting on a hilltop overlooking the magnificent splendor of Lough Leane, and the rugged beauty of Purple Mountain, Aghadoe is a special and spiritual place. In creating "The Spa at The Heights", we aspired to harness the latent power of this wondrous place and drew inspiration from the breathtaking beauty, tranquility and legend that surround us. Using natural slate, cascading water and a palette of colours inspired by wild Irish flowers and grasses, "The Spa at The Heights" is in harmony with its spectacular Celtic surroundings. In a world that can be stressful, manic, emotional and more, we have created in our spa a refuge from the frenzies of everyday life and a place where you will rediscover you.

The most advanced products, the most effective ingredients, and the most luxurious treatments... The Spa at The Heights offers the perfect way to recharge.

VOYA comes from a 300 year old tradition based on the natural benefits derived from seaweed. Hundreds of seaweed baths were once dotted all over Ireland and seaweed bathing was traditionally known as “The Sailor’s Cure”. The word “VOYA” comes from the word “journey” as each VOYA organic treatment brings you on a journey through nature, tradition and history. VOYA offers a full range of facials, exfoliations, wraps, massage and rituals. These treatments once experienced never leave your memory. VOYA uses certified organic ingredients and is suitable for even the most sensitive of skins.

Neom Natural Magic is a formation of seriously effective, high grade organic ingredients, blended to create products with holistic treatment benefits, plus skin smoothing and nourishing results. Neom’s body crème, lotion and polish contain micronised sapphires, which have calming and harmonizing benefits and are linked to beautiful hair, skin and nails.





# facials

- ✿ VOYA ocean radiance hydrating facial 60 minutes
  - *hydrating*
  - *refreshing*
  - *cleansing*

This detoxifying facial is suitable for all skin types, but of particular value for refreshing tired and listless skin. In this truly organic facial we use spiny bamboo to gently exfoliate and encourage cell renewal followed by a signature massage using a rich blend of organic oils which work to increase skin radiance and luster. Finally, a rich soothing gel mask is applied to thoroughly hydrate thirsty skin. This is all complemented with a relaxing scalp massage.



suitable for expectant or nursing mothers



 VOYA organic clarifying facial 60 minutes

• *eases congestion* • *anti-aging* • *deep cleansing* • *face and back*

This treatment is of particular benefit for oily, congested and problematic skins overexposed to the elements. This anti-aging facial eliminates toxins, re-balances and tightens the skin, leaving it calm, cleansed and uplifted with a visibly clearer complexion. Our rich marine clay mask, bursting with scents of rosemary and eucalyptus, works to draw out impurities, recondition the skin and leave the complexion smooth and luminous. This treatment includes a hot foam back cleanse and soothing scalp massage.

 VOYA anti-aging restorative facial 75 minutes

• *lifting* • *firming* • *reduces fine lines/wrinkles* • *mermaids purse*

This intensive facial is particularly good for maturing, dry or dehydrated skin. Using a combination of anti-oxidant algae complexes, procollagen extracts and a restorative blend of organic ingredients, this facial helps to fight the signs of aging and reduce the appearance of fine lines and wrinkles through lifting, plumping and firming. Fresh leaves of wild Atlantic seaweed are placed over a richly blended oxygenating face mask while particular attention is paid to the neck and décolleté. Includes a relaxing therapeutic scalp massage.









### VOYA deluxe facial experience 75 minutes

• *suits all skin types* • *anti-aging facial* • *back exfoliation and massage*

This facial treatment is suitable for all skin types, but of particular benefit for alleviating fine lines and wrinkles. This purely indulgent facial begins with our signature foot ritual and then a back exfoliation and massage. Meanwhile you will find it almost impossible not to relax as our rich combination of marine botanicals and wild Atlantic seaweed, together with our deep cleansing balm, work to restore the natural minerals and oils to the face, neck and décolleté. Thoroughly unwind with a relaxing scalp massage.

### \* VOYA seafaring poultice ritual 75 minutes

• *detoxifying* • *lifts and firms* • *mineral poultice warm oil facial massage*

This unique facial treatment infuses tired and lack luster skin with all the goodness of the ocean together with some of the earth's most powerful herbs. Using warmed poultices filled with hand-harvested, mineral-rich seaweed and organic Rosehip, Green Tea and Chamomile, this detoxifying treatment lifts and firms the face and neck leaving you with a youthful, energized glow inside and out. Seize the opportunity to release any built up tension with the help of our revitalizing eye treatment and stress relieving scalp and hair massage.

### \* VOYA illuminating face and eye lift 45 minutes

• *hydrating* • *reviving/cooling* • *reduces puffiness*

Treat tired eyes to our hydrating and decongesting marine eye treatment, the perfect indulgence for those suffering from troublesome dark circles and puffiness. Watch tiredness and fatigue disappear with this miracle eye treatment thanks to our magical blend of pro-collagen extract, green tea and vitamin C. Close your eyes and relax while our cooling eye compresses soothe the delicate eye area and decrease any tell-tale signs of aging. Finally, emerge with a firm, flawless and luminous complexion and noticeably revived eyes.



suitable for expectant or nursing mothers

# massage

## VOYA seafaring voyage 90 minutes

• stretches • exfoliation • full body massage

A complete head to toe VOYA experience incorporating our opening foot ritual, scalp massage, stretches and movements of the sea. Your journey begins with revitalizing body brushing to improve blood and lymph flow. The world's first organic seaweed oil is then massaged deep into any stiff, tight or aching muscles followed by an aromatic organic body cream to seal in the essential oils.

## VOYA warmed seaweed poultice massage 90 minutes

• relaxing • nourishing • full body massage

Warmed poultices filled with all the goodness of the ocean and a blend of the earth's most powerful herbs are wrapped in organic muslin cloth and bathed in oil before being gently massaged into the body. Our dual action herbal parcels exfoliate the body while nourishing the skin with precious seaweed oils. Organic body cream is then massaged into the body to lock in the essential oils.

Choose from: organic chamomile, organic peppermint, organic fennel.



## VOYA seaweed hot stone massage 90 minutes

Our specially trained therapists will bring you to a new level of relaxation as warmed basalt river rocks are applied to release excess tension and help connect with the earth's energy. Aches and pains are replaced by warmth and tranquility. Our VOYA aroma will encompass the senses while the sensation of warmth combined with specific massage techniques will balance, soothe and invigorate your body and mind.

## VOYA back to life 30 minutes

Targeting the neck and shoulders this rejuvenating back massage will alleviate stress and deep muscle tension. The world's first organic seaweed oil is massaged deep into muscles to relieve stress and tightness.

## VOYA full body massage 60 minutes

Indulge in a soothing relaxing body massage personalised to meet the individuals needs. Advanced massage techniques combined with the use of hot towels will help relieve your aches and pains.





### hydrotherm massage 60 minutes

Discover a new dimension to the nurturing art of massage. Warm, water-filled cushions cradle your body, easing the strain on muscles, while your therapist reaches deeply stressed areas. This has all the benefits of a traditional massage, without the nuisance of having to turn over. It is just pure uninterrupted relaxation. Hydrotherm changes your perception of massage.

### ✿ hydrotherm massage for expectant or nursing mothers

\*contra-indicated within your first trimester 60 minutes

Designed for maximum comfort during your expectant months, warm water-filled cushions cradle your body, easing the strain on your muscles. This massage is beneficial throughout pregnancy as it aids in the relief of low back discomfort, supports ligament changes, eases water retention, improves circulation and helps speed the healing process.

### golfer's recovery massage 60 minutes

This is the perfect way to relax after a tough day on the golf course. After unwinding in the thermal suite, enjoy a deep tissue massage. The world's first organic seaweed oil targets specific muscle groups and helps to soothe any tension in the back and body. The massage warms and treats the muscles to give intense relaxation and relief to the aches and pains associated with over strain and tiredness.



suitable for expectant or nursing mothers



### wellness for life 60 minutes

If you are preparing for cancer surgery, or are currently undergoing radiation and or chemotherapy we can help restore balance to your body. When your wellness is compromised we customize a treatment which offers specific massage techniques to encourage detoxification and facilitate elimination and relaxation. These treatments have evolved as a result of our work with the American Cancer Society, Irish Cancer Society and ITEC.







# indulgent scrubs

## VOYA sea mineral exfoliation 60 minutes

The ultimate treat for tired and dull skin. This invigorating all-over body exfoliation refines skin texture and increases luster. Ground down seaweed combined with a melody of botanicals works to firm skin tone while removing dead skin cells helping to encourage cell regeneration and even skin tone. To finish, an all-over massage application of organic body cream is applied. Leave feeling awakened and re-energized with smooth silky polished skin.

Choice of 4:

- Organic lavender, seaweed and sugar scrub
- Organic peppermint, seaweed and sugar scrub
- Organic stimulating seaweed scrub
- Organic hydrating body scrub





# wraps

## VOYA deep-sea nourishment 60 minutes

• *detoxifying* • *anti-aging* • *nourishing*

Inspired by the sea this body wrap draws on the detoxifying and natural anti-aging properties of Laminaria seaweed combined with stimulating body brushing, to deeply nourish and relax tired and lethargic muscles. To ensure full absorption, the body is wrapped securely in muslin whilst you receive a heavenly scalp massage allowing any strains or stresses to drift away.

## VOYA ocean mix 75 minutes

• *anti-cellulite* • *detoxifying* • *hydrating*

Treat your body to a hydrating and detoxifying oceanic spa treatment. Our ocean cocktail draws on the world-renowned abilities of Irish seaweeds, namely Fucus and Laminaria, to stimulate blood and lymph flow, hydrate the skin and encourage cell renewal. After a skin rejuvenating full-body exfoliation with ground down walnut shell, our special ocean blend gets to work, combating cellulite and improving skin texture, the perfect anti-dote for tired and weary skin. Combined with a relaxing scalp massage this treatment will leave you fresh, revitalized and ready for whatever life throws you.



#### VOYA warm spiced cocoon 75 minutes

• *purifying* • *toning* • *detoxifying*

Enjoy the benefits of detoxifying seaweed and purifying peat combined with a luxurious blend of ginger, aloe and orange peel in this warm spiced mud wrap. Our warm blend of herbs work together to firm and tone the skin while cocooning the body in nature's balm. Finally the body is enriched with a generous application of organic body cream to lock in the vitamins and minerals.

#### VOYA marine leaf envelopment 75 minutes

• *slimming* • *toning* • *detoxifying*

The ultimate toning and slimming treatment. Stimulating seaweed is used to scrub and polish the body from head to toe before being wrapped in warmed detoxifying leaves of wild Atlantic seaweed. The entire body is then enveloped in organic muslin cloth to lock in all the oils and cocoon the body. While your skin absorbs the natural oils, a scalp massage is performed to relax and clear the mind. To finish, an application of organic body cream seals in the goodness.

# for him

## VOYA intense energy facial 30/60 minute options

• *rejuvenating* • *clarifying* • *reviving*

Enjoy a refreshing warm towel compress facial to energise and revive tired skin before a rejuvenating face mask is applied to boost skins natural defences. Our organic moisturiser locks in all the goodness, leaving you fresh faced and invigorated.

## VOYA deep release massage 30/60 minute options

• *tension release* • *invigorating*

Treat tired muscles to an invigorating massage journey incorporating deep muscle work, concentrated on specific tension areas and skin nourishment with VOYA's organic body oil.

## VOYA essential back treatment 60 minutes

• *deep cleansing* • *exfoliating*

Specifically designed to bring purity and balance to the skin on the back, this treatment will focus on cleansing, skin exfoliation, back massage and masque therapy. Ideal if you are having skin challenges on your back.

## VOYA back and bath ritual 60 minutes

• *detoxifying* • *soothing muscle recovery*

Sink into a warm, detoxifying seaweed leaf bath. Allow your aches and pains to dissolve away and be replaced with the natural vitamins and minerals of our wild Atlantic seaweed. Next receive an invigorating back massage using the world's first organic seaweed oil.

## VOYA green golfer's cure 80 minutes

• *relaxing* • *rejuvenating* • *invigorating*

Beginning with a massage that specifically targets a golfer's key trouble spots in the back, neck and shoulders using organic seaweed oil. Our signature mask is applied to the lower legs to help loosen up tight muscles while a deeply relaxing head massage is completed. This is followed by a lower leg massage and a lavish application of our 'softly does it' moisturiser.



# bath & ritual

## VOYA invigorating sea salt ritual 60 minutes

• *exfoliation* • *stimulating* • *massage*

An invigorating full body exfoliation with organic salt scrub will stimulate blood and lymph flow. Allow the grains to fall from your body before sinking into the warm waters of the hydrotherapy bath filled with wild hand-harvested seaweed. Natural oils are suspended in the water readily available for the body to absorb. Then enjoy a sensuous massage with organic body cream leaving skin feeling smooth, glowing and flawless.

\* Please specify if you would like to avail of the hydrotherapy jets and we can provide a 100% pure powdered seaweed bath.

## ✿ VOYA bath butler\*

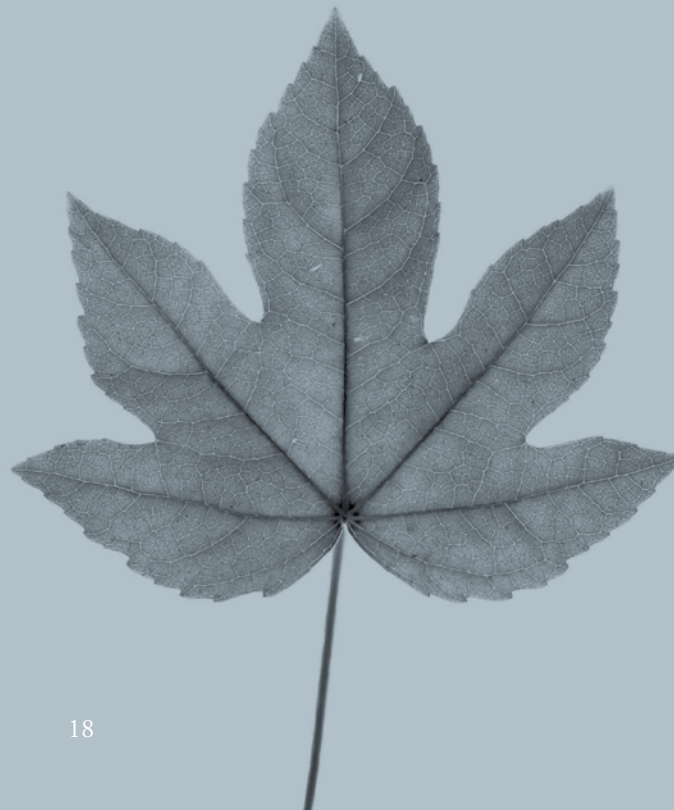
\*Unique to the Aghadoe Heights Hotel and Spa

In the comfort and privacy of your hotel room, experience the 300 year old history and effects of the seaweed bath. Allow our 'bath butler' to prepare a warm bath with wild hand harvested seaweed, dim the lights and stimulate the senses with the burning of a VOYA scented candle. Deeply detoxifying and has an impact on cellulite and weight loss, soothes aches and pains and aids in the healing of psoriasis and eczema.

\*Suitable for pregnancy after the first trimester. Caution required.



suitable for expectant or nursing mothers





# holistic

✿ reflexology 30/60 minutes

A specialised treatment of the feet. Reflexology can enhance the release of tension and stress while relaxing the entire body. Gentle pressure is applied to specific points on the feet to stimulate energy lines within the body encouraging your own natural healing system. It is beautifully relaxing, calming and beneficial to your entire system.

✿ indian head massage 30 minutes

Indian head massage is an ancient art based on a traditional system of medicine called Ayurveda. This has been practiced in India for over three thousand years. This sublimely relaxing head massage uses VOYA organic seaweed oil to relax taut, uncomfortable muscles, ease stiffness, stimulate blood circulation and drain away accumulated toxins which can in turn help to eliminate headaches and eye strain. You will finish the treatment feeling calmed, revitalized and with uplifted spirits.



suitable for expectant or nursing mothers





### Neom top to toe organic indulgence 120 minutes

- *full body massage*
- *body exfoliation*
- *reflexology*
- *crystal therapy*
- *aromatherapy*

Indulge in this truly luxurious and totally organic top to toe holistic experience. This deeply nourishing and relaxing signature treatment will leave your mind and body completely relaxed and your skin, silky smooth and deeply hydrated.

Your therapist will exfoliate and bathe your feet in a bowl filled with gleaming crystals, before a full body polish will invigorate and smooth the skin. Then a luxurious full body massage, combining the key holistic treatments of reflexology, Thai and Swedish massage, aromatherapy and crystal therapy, will take you on a magical journey that won't be forgotten.

# mud serail

**mud serail chamber** 60 minutes

• *detoxifying* • *nourishing* • *relaxing*

A wonderful fun, yet relaxing experience most enjoyable when shared with a friend or loved one. Lashings of organic seaweed based mud is applied to the body. The serial chamber allows dry heat and steam to activate the healing effects of this mud combining the detoxifying elements of two world renowned seaweeds, Laminaria and Fucus. After an invigorating shower, return to your room, for a soothing application and gentle application of warm oils. Emerge feeling utterly relaxed, cleansed and chilled.

\* Suitable for a minimum of 2 people and a maximum of 4 people





# signature treatments

## himalayan rejuvenation 135 minutes

• *detoxifying* • *decongesting* • *relaxing*

After a sensory journey to choose your personalised aromas, a neti massage will focus on your sinuses and your upper respiratory tract and lymph drainage on the neck, back and shoulder area. Your respiratory tract is targeted by an aromatic steam which draws any nasal or sinus catarrh to the surface. Then a vigorous dry full body exfoliation will remove dull surface cells, followed by an application of your chosen oils. Next you are enveloped in a plant pure fume steam tent which steams and detoxifies your body in a safe and gentle temperature. Finally for deep relaxation, a plant based concentrate is directed in a continuous stream onto your “third eye” which is known as “Shirodara”.

## yew time ritual 120 minutes

• *exclusive treatment* • *hydrating mask* • *muscle relaxing massage*

Rich elements of the surrounding land and sea are combined in this exclusive VOYA ritual. Step into a cocoon of relaxation and commence your journey with an initial touch to awaken your senses. An all over body exfoliation will then help to renew and refresh the body, leaving your skin silky soft. Next, drift away as we envelop you in our warm spiced mud wrap, complete with pressure point scalp massage, integrating the skin rejuvenating properties of Kerry peat and the detoxifying, hydrating properties of Irish seaweed, infused with the essence of ginger and mandarin. Complete your journey with a muscle relaxing massage using an oil infused with a light and fresh combination of elements from Killarney National Park and an application of the softly does it body moisturiser.



# hands & feet

## \* VOYA loving hands 45 minutes

To nourish, condition and refine your hands and arms, enjoy a gentle exfoliation using ground down walnut shells, followed by a deeply relaxing massage. Your hands are then enveloped in warmed Atlantic seaweed leaves to hydrate, increase circulation and nourish dry and worn out hands. Hands feel silky soft and deeply nourished after the layering of rich organic hand cream.

## \* VOYA tender feet 45 minutes

To re-charge circulation of the lower limbs and refine your skin enjoy our invigorating sea salt scrub followed by a deeply relaxing massage of the lower legs. Your legs are bound in warmed Atlantic Seaweed leaves and while the oils work their magic on dry feet and heels, we treat you to a tension-releasing scalp massage.



suitable for expectant or nursing mothers



  **file and polish** 30 minutes

Ideal for maintaining a recent manicure or for someone in a hurry. Includes nail shaping, cuticle maintenance and a polish of your choice.

  **luxury spa manicure** 60 minutes

Soothe tired hands with our nourishing hand treatment. After cuticle minimising, hands are cocooned in a dual action seaweed mask to hydrate, increase circulation and condition dry skin. Organic hand cream is applied to seal in the goodness before nails are filed and polished.

  **ultimate spa pedicure** 60 minutes

Our organic sea salt scrub smoothes away build up of dry skin followed by cuticle minimising and a dual action seaweed mask. A warm oil massage will leave feet looking and feeling brand new before nails are filed and polished. Ideal for foot ailments of all kinds.

\*\* Please advise if you have old polish to be removed

\*\* Please advise if you would like a French Polish



suitable for expectant or nursing mothers



suitable for teenagers





# finishing touches

finishing touches are only available when booking a full length treatment

## hair removal

- Full leg
- Full brow
- Full arm
- Lip, chin and toes
- Half arm
- Half leg
- Underarm
- Bikini line
- Back or chest

## tinting

- Eyebrow
- Eyelash

## make up

- Day/evening application with one of our qualified beauty therapists.

## hair styling

- Shampoo and condition followed by styling.
- Gents wash and trim.

## hair repair

Relax and enjoy this luxurious hot oil hair treatment infused with essential oils to strengthen the hair cuticle and deliver a vitamin and mineral packed cocktail while helping to restore shine and luster. Allow your hair to absorb the goodness of the oils while you drift away with a follicle stimulating head massage. The result is smoother more radiant hair and a relaxed state of mind.



# enhancements

## VOYA eyes wide open 15 minutes

Soothe the delicate eye area with this cooling and revitalizing treatment. Lymphatic and pressure point massage techniques coupled with seaweed eye compresses, reduce the appearance of fine-lines, puffiness and dryness as well as rejuvenating tired eyes leaving you looking fresh, bright and youthful.

## VOYA tranquil essence 15 minutes

Based on Ayurvedic Shirodhara, a warmed botanical concentrate, streams between your brows and flows gently off the back of your head. This process is extremely calming and is recommended after a massage or a facial treatment. This is a profound relaxing experience.

## VOYA hot stone foot massage 15 minutes

The ultimate in foot massage. Using warmed oil and stones, it is firm enough not to tickle, but gentle enough to be sublimely relaxing and revitalizing.

## VOYA hand rescue 15 minutes

A rejuvenating and nurturing hand treatment that uses the healing touch and plant botanicals to improve the condition of the nails, cuticles and hands. A special exfoliating scrub using natural ground down walnut shell and soothing almond oil is combined with warmed Atlantic seaweed leaves to intensely nourish and smooth dried out hands.

# precious stone chamber

## precious stone therapy 30 minutes

• meditation • crystal therapy • relaxation

This world first was developed especially for The Spa at The Heights. The benefits of ancient precious stone therapy, plant, herb, aroma diffusion and light therapy, make up one of the most powerful and specialist spa experiences available. This total relaxation experience will rebalance the body, mind and spirit. Specific crystals, aromatherapy oils, light and sound therapies are chosen for your personal requirements and will re-align and uplift both body and soul. Your voyage starts with a footbath and a sensory journey to choose your personal singular note aroma. Then, enter the precious stone cabin where crystals are placed along the reflex points of the back in your seat. As you relax and meditate in the warmth of the cabin, light, aroma and sound therapy work together with the powerful effect of the precious stones to give you a truly amazing and beneficial all round experience.

## rebalance 150 minutes

• balance body and mind • uplifting • stimulating

Begin your journey in the Thermal Suite. Next, move to our precious stone cabin (as explained above) where crystals, aromatherapy oils, light and sound therapies will rebalance body and mind. Finally sink into total relaxation while the nurturing hands of your therapist treats you to a bespoke massage. To ensure total relaxation, a stimulating scalp massage is performed to send you into total bliss and harmony. This ritual will rebalance the mind body and soul and was created especially to neutralize those times of high stress.

- Thermal suite
- Precious stone therapy
- 1 hr prescription massage
- Stimulating scalp massage



# thermal heaven

Time stands still as you enter Ireland's finest Thermal Suite. Experience intense relaxation in heated cabins and multi sensory showers. The heated mosaic loungers will penetrate the muscles of your shoulders, back and legs and transport you to a different world.

There are four different heat cabins in the Thermal Suite. Two are dry heat and two are steam cabins. In between visiting the various cabins try the tropical rain and hill mist showers. These wonderful showers offer a multi sensory experience that cools and refreshes the body.

This suite is based on the ancient ritual of bathing where the body is heated and then cooled by a series of heat and cooling experiences.



## thermal suite experiences

### laconium

The gentle, dry, warm air of the laconium is an ideal introduction to the Thermal Suite as the temperature ranges from 60 – 65 degrees. The floors, walls and benches are all heated.

### hammam

Experience the gentle flow of steam mingling with aromatic scents at a temperature of 45 – 48 degrees.

### rock sauna

A traditional dry air sauna. A chain is used to release water which intensifies the heat. It is important to cool off and rest afterwards as the temperature ranges from 85 – 95 degrees.

### aroma grotto

Enjoy a gentle steam infused with fragrant aromas at a temperature of 45 – 48 degrees. Beneficial for your hair and skin and for assisting bronchial condition. Use the kneipp hose to cool down your ankles, wrist and then your body.



### tropical rain shower

This shower stimulates tropical rain which cleanses and prepares your skin for further heat treatments.

### aghadoe hill mist shower

The gentle mist, refreshing fragrant aromas and blue lighting mingle to offer a cooling effect after the heat treatments at a temperature of 35 degrees.

### deluge shower

A cascading surge of cool water will cool and refresh the body.



# spa day packages

## ultimate anti-aging time zone full day

- *cleanse*
- *facial massage*
- *body wrap*

To fight the signs of aging and reduce the appearance of fine lines and wrinkles, enjoy a lifting, plumping and firming facial. Leaves of wild Atlantic seaweed are placed over a richly blended oxygenating face mask while you enjoy a therapeutic scalp massage. This facial is followed by a rejuvenating seaweed wrap designed to Detox and firm the body's contours.

- thermal suite
- anti-aging restorative facial
- full body exfoliation
- atlantic seaweed wrap

## detox and de-stress full day

- *detox*
- *slimming*
- *firming*

Start your day in the thermal suite where the wet and dry cabins will start to detox and rejuvenate your body. A deep tissue massage will continue to breakdown toxins. This is followed by a VOYA marine leaf envelopment wrap. While the inches are melting away enjoy an exquisite relaxing scalp massage.

- thermal suite
- deep tissue full body massage
- relaxing scalp massage
- VOYA marine leaf envelopment wrap

## invigorator half day

- *de-stressing*
- *skin rejuvenation*

Ideal for someone who has travelled a long distance or simply to give you that change of season boost. Begin with time in our thermal suite with surging tropical aroma showers and enjoy dry and wet heated chambers. Have your skin regenerated and conditioned with a therapeutic sea salt exfoliation. Next submerge in your very own Hydrotherapy bath filled with wild hand harvested seaweed. Natural oils are suspended in the water ready for your skin to absorb. The experience finishes with an application of VOYA's organic body cream and a targeting back massage to break down toxins leaving you feeling renewed while providing intense relaxation.

- thermal suite
- invigorating sea salt ritual
- VOYA back to life massage



### just for two half day

• *ideal for couples* • *relaxing* • *detoxifying*

Begin your day by relaxing in the warmth of the Thermal Suite. The real pampering then commences with an intimate body scrub followed by a detoxifying facial designed to lift, firm and tighten tired and weary skin around the face, neck and décolleté **or** seize the opportunity to release any stress or tension with a deep tissue back massage targeted to soothe muscular tension and tightness in the shoulders. Enjoy this treatment side by side with your partner, followed by a two course lunch in the Heights Lounge.

- Thermal Suite
- VOYA organic 30 minute facial **or** back massage
- Body scrub
- 2 course lunch in the Heights Lounge

### enchanted journey full day

• *nourishing* • *de-stressing* • *pampering*

For the ladies that “Lunch”! Your day of pampering and spoiling begins in the warmth of the Thermal Suite. Be transported into another world, relax and let all the stresses and strains of daily life dissolve as we perform an energy-boosting facial **or** massage that will leave you fresh and glowing. Feel utterly pampered as we firstly exfoliate and then massage hands leaving them silky soft, ready to be filed and polished.

- Thermal Suite
- Mini hand treat, file and polish express
- VOYA facial **or** massage
- 2 course meal in the Heights Lounge



✿ **mum's in waiting** half day  
• *relaxing* • *comforting* • *calming*

There's a brand new little person on the way and busy times ahead, so now is the time to treat you and your little one to some "you and me" time. Firstly you will enjoy a massage on warm water-filled cushions cradle your body, easing the strain on your muscles. This massage is beneficial throughout pregnancy as it aids in the relief of low back discomfort, eases water retention and improves circulation. Next, treat yourself to a VOYA facial created specifically with you and baby in mind. Finally, enjoy the pleasure of an experienced stylist to transform your hair with a wash and blow dry while you relax and appreciate the joy of pregnancy and leave the stresses of life behind you.

- Facial and hydrotherm massage
- Relaxation Suite
- Wash and style
- Afternoon tea in the Heights Lounge

**water's edge experience** full day  
• *reviving* • *invigorating* • *depressing*

The perfect escape after a stressful week. Begin with some relaxation time in the Thermal Suite and pool before enjoying one of VOYA's invigorating seaweed scrubs to breathe energy and life into tired and weary muscles. Next allow the stresses and strains of modern life to float away as you enjoy a detoxifying bath filled with wild Atlantic seaweed. To top it off, a warm oil full body massage is performed to cleanse and soothe the skin. After a snooze in our relaxation suite, enjoy lunch in the Heights Lounge.

- Thermal Suite and pool
- Seaweed bath
- Sea mineral scrub
- Full body massage

✿ suitable for expectant or nursing mothers

# lifestyle activities

Your visit to The Spa is an opportunity for you to explore and enjoy the pleasures of our naturally stunning environment. The wild and rugged terrain that is Kerry has been renowned for its natural beauty for centuries. Now, you can spend time getting to know the wildest and most beautiful landscapes in Ireland. The following is a sample of the activities available to you during your stay.

## yoga

Classes are available on a one to one basis or in a small group by prior appointment (24 hours notice required). These classes are tailor made to suit individual needs. Gentle stretching of the muscles will awaken energy within the body and mind.

## pilates

One to one classes available in the pilates studio next door to the hotel with Caroline (24 hours notice required).

## fitness studio

Our fitness studio is available to residents of the hotel and it overlooks the beautiful lakes and mountains of Killarney. Personal trainers and gym instructors are available on request.

## golf

Aghadoo is overlooking Killarney Golf & Fishing club and we are less than five minutes from the first tee box. The Southwest of Ireland is particularly blessed with an abundance of wonderful courses and the natural Lakeside courses of Killarney Golf and Fishing Club are very deserving of their title - "The Nearest Golf Club to Heaven!" Killarney Golf & Fishing Club is one of the oldest, most established and internationally recognized clubs in Ireland where golf has been played since the 19th Century. The club offers three totally unique courses each with a diverse challenge. Also nearby, we have the Dunloe Golf Club, for those more interested in playing 9 holes of golf. Golf buggies and golf clubs are available for hire.



### walks or hikes

Self guide or guided walks and hikes can be arranged by the hotel concierge. Ranging from low island strolls to scaling the ridges of the highest peaks in Ireland, our walks provide the opportunity for guests of all fitness levels to enjoy the fresh air and the rugged beauty of our surroundings.

### golf lessons

Lessons and golf clinics can be arranged by the hotel concierge.

### tennis

The Hotels Tennis court can be reserved. Racquets and balls are available free to guests. A playing partner can be arranged on request.

### biking

Road or trail riding in the area is absolutely exhilarating. Pedal through narrow fuchsia-lined lanes, ancient pilgrim paths, lakeside trails, national parks and enjoy the thrill of wild as it descends from mountain passes. Bikes can be booked at the concierge desk.







### boating

Board a boat, canoe or kayak from Ross Castle and glide through the lake, stopping off at quiet bays, or navigate the black waters of the mountain lakes. Visit Innisfallen Island, to explore some of the most incredible Christian Celtic monastic sites in the world, or just meander along the lakes and enjoy the views.

### rock climbing

With Ireland's highest mountain range on our doorstep, there are hundreds of great climbs in the region. Among them are the mountain crags of the Gap of Dunloe, and the sea cliffs of Dingle, Valencia and Beara. Climbs can be arranged to suit all ranges of ability.

### horse riding

Spend some time experiencing and enjoying the gems of nature and culture, as you trek on horseback through Killarney's national park.

### fishing

Both freshwater and sea fishing can be arranged by the hotel concierge. The main quarry for the local angler is wild brown trout and Atlantic salmon. Some mountain lakes are artificially stocked with rainbow trout. Guides, boats and tackle can be hired.

# terms & conditions



## lateness and cancellation

- Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest.
- Guests who wish to change or cancel an appointment are kindly requested to provide a minimum of 24 hours notice.
- Guests canceling between 24 and 12 hours will incur 50% of the original treatment cost.
- Guests canceling an appointment within 12 hours of the original appointment time will incur the full cost of the treatment.
- No show appointments will be charged in full

## spa etiquette

- The Heights Spa offers an environment of quite calm for its guests who are 16 years of age and over.
- Please respect the privacy and solitude of other Spa guests by speaking softly and switching off mobile phones, pagers and cameras.
- Please plan to arrive 30 minutes before your scheduled appointment time. This will allow you enough time to register, change and relax, before your treatment.
- Robes and Slippers are provided for all our hotel guests in their rooms. Day guests will be provided with gowns and slippers on arrival.
- Disposable underwear will be provided for use for all of our body treatments.
- Please bring your bathing costume for use in our Thermal Suite facilities.
- After your treatment concludes you can relax in our softly lit relaxation room and reflect on your wonderful experience.
- Please ensure to collect all personal belongings from your locker or robe before leaving as the spa are not responsible for any personal items left behind in a robe or locker.

## reservations

- Scheduling your appointment prior to your arrival at the Aghadoe Heights Hotel & Spa is strongly recommended.
- Reservations are subject to availability and must be guaranteed with a credit card.

## health concerns

- When making your reservation please advise us of any health conditions, allergies or injuries that could affect your service.
- You will be asked to complete a health assessment prior to your treatment so that we may ensure your comfort and safety.
- Avoid the body wrap treatments, steam rooms and saunas if you have high blood pressure or are pregnant.
- We have specially designed treatments for expectant and nursing mothers. Please allow our skilled Spa staff to guide you in selecting the treatments most suitable for you during this special time.

## gifts

Gift cards for the Spa at the heights make a fantastic gift for any occasion. To continue your experience at home, all products used in our treatments are available for sale in the spa. Our capable staff will be delighted to assist you with your selections.



### directions from killarney town

When leaving Killarney town take N22 heading towards Tralee. At the roundabout take the third exit. Drive half a mile and take the first left up the hill. At the top of the hill, take the first left and drive on for one mile. The Hotel & Spa is situated on the right after the church ruins.

### accolades

- IBPA New Destination Spa of the Year, 2005
- IBPA Destination/Resort Spa of the Year, 2006
- IBPA Therapist of the Year, 2007
- IBPA Best Hotel Resort Spa of the Year, 2008
- IBPA Therapist of the Year, 2008
- Irish Tatler Spa Awards- Best Service 2009
- Irish Tatler Spa Awards- Best Service 2010
- Irish Tatler Spa Awards- Therapist of the Year 2012
- Irish Tatler Spa Awards- Best Treatment 2013
- Irish Tatler Spa Awards- Hotel Spa of the Year 2013
- Irish Tatler Spa Awards- Irish Tatler Spa of the Year 2013

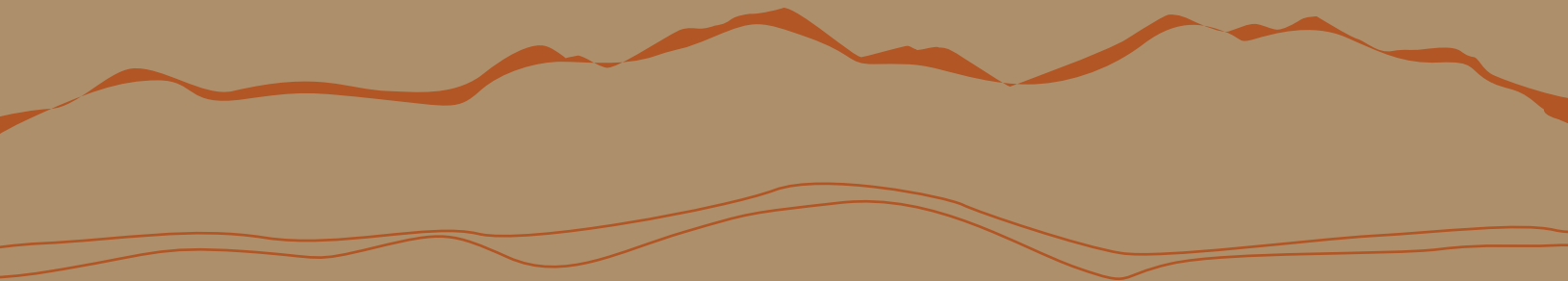
### contact details

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# THE SPA

AT THE HEIGHTS

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