

GRACIOUS

NATURAL

BEAUTY

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## THE SPA

Nestled along the rugged beauty of the North Coast, the Spa at Dunluce Lodge is a retreat designed for rest and renewal. Inspired by the soothing rhythm of the sea, our treatments combine modern techniques with natural elements to relax, restore, and refresh. Whether you're seeking deep relaxation or a moment of quiet indulgence, every detail has been thoughtfully crafted to leave you feeling balanced and recharged. Step into a calming space where the spirit of the coast meets the art of well-being.

AT DUNLUCE LODGE



# SIGNATURE RITUALS

## SOOTHED BY THE SEA

**BY SEABODY**  
**90 MINUTES - £160/£180**

Experience the therapeutic powers of the sea with this unique mind and body therapy. A slow, deep, back massage using wave inspired movements is followed by a nourishing facial brimming with bio-actives from the ocean's depths. Throughout the treatment, your therapist expertly weaves in aromatherapy, breathwork, and elements of sound healing to regulate the nervous system and promote deep relaxation. Feel a sense of weightlessness as your body heals at a cellular level, leaving you restored and rejuvenated.

## DEEP SLEEP RITUAL

**BY KLORIS**  
**90 MINUTES - £160/£180**

Our signature sleep journey begins with deep breaths and a calming soundscape, followed by a personalised massage using warm Himalayan salt stones, grounding aromatherapy oils, and potent CBD balm. A combination of stretching, lymphatic drainage, muscle release, and shiatsu acupressure allows your body to deeply relax while your mind drifts and dreams. You'll leave feeling peaceful, with a renewed sense of positivity, blissfully ready for a restful night's sleep.

## THE DUNLUCE DIAMOND SIGNATURE FACIAL

**BY NATURA BISSE**  
**90 MINUTES - £190/£210**  
*RENEWS - DEFINES - FIRMS*

Natura Bissé has created this exclusive Diamond experience for Dunluce Lodge Spa. A transformative facial that blends revitalising actives with advanced technology and ancient techniques. This powerful treatment targets all visible signs of aging as well as reducing irregular pigmentation. We begin with our signature Pro-Lifting Technique, followed by layered applications of our science-backed Diamond range - which is then further enhanced with LED therapy. A specialised Myofascial massage with an Onyx Microcurrent Gua Sha then follows, sculpting and defining facial contours, leaving your skin smooth, firm and youthful.

## GOLFERS RECOVERY

**BY NATURA BISSE**  
**90 MINUTES - £160/£180**

This tailored massage is designed to relieve deep-seated muscle tension, making it perfect for pre or post golf recovery. Deep massage techniques, combined with the warming effects of Mint and Eucalyptus Fitness Oil merge with targeted Golf Ball acupressure to relieve sore, tight muscles on the back, neck, shoulders, legs, and feet. The session finishes with an Express Oxygen Facial, leaving your skin refreshed and the body restored.



## FACIALS

### MARINE TOUCH

60 MINUTES - £120/£130

*HOLISTIC - IRISH - REJUVENATING*

This deeply relaxing facial therapy harnesses the power of Irish marine bio-actives to deliver both immediate and long-term results. A Gua Sha sequence, combined with sculpting massage, boosts circulation, releases fascia, and promotes collagen and elastin synthesis. A nourishing biotech mask and serum infusion then follows, further activating the skin's cellular pathways for a radiant, supple and healthy complexion.

### OXYGEN BOOST & BRIGHTEN

60 MINUTES - £120/£130

*PURIFIES · BRIGHTENS · HYDRATES*

A breath of fresh air. The revitalising power of pure oxygen cleanses and purifies dull complexions, brightening and gifting the skin with an instant healthy glow. This invigorating facial boosts cellular function, energy and long-lasting hydration. The perfect antidote for pollution, frequent travel and stressed skins. -

### VITAMIN C RENEW & REVIVE

60 MINUTES - £120/£130

*REVIVES · STIMULATES · FIRMS*

A refreshing cocktail of potent antioxidants that restores vitality to dull, tired complexions. Brightening Vitamin C is the key active within this refreshing facial, stimulating collagen production and increasing the skin's tonicity. The perfect remedy for hyper-pigmentation or sun-damage, Reveal luminous, plump and hydrated skin.

### BOTANICAL SKIN RESCUE

60 MINUTES - £120/£130

*COMFORTS - NOURISHES - SOOTHES*

A beautifully comforting facial that gifts balance to all skin types. Designed to soothe and strengthen reactive skins, a gentle enzyme exfoliation containing Prickly Pear and Papaya extract is combined with a neuropeptide concentrate to instantly improve the appearance of congested skins. Lymphatic drainage and hydrating botanical actives then follows, strengthening the skin's self-defence mechanisms and calming the complexion. Ideal for sensitive skins or before or after any aesthetic procedures.



# MASSAGE

## WAVE FULL BODY MASSAGE

BY SEABODY  
60 MINUTES- £110/£120

Reconnect mind and body with this deeply restorative treatment. A blend of Irish marine actives, uplifting Grapefruit and balancing Ylang- Ylang promotes deep relaxation and restores inner balance. Your expert therapist uses wave-like massage movements, combining forearm, elbow and thumb techniques to apply both gentle and firm pressure, relieving tension from head to toe.

## MUSCLE RECOVERY MASSAGE

BY KLORIS  
60 MINUTES- £120/£130

Restore your body with our deep massage designed to dissolve built up stress and muscular pain. A combination of warmed body oil, deep stretching, forearms and elbow work allows your fascia to release and your body to deeply relax. This powerful treatment concludes with a generous application of our concentrated CBD balm to your specific areas of concern.

*Upgrade to a 90 minute Muscle Recovery Massage including Hot Himalayan Salt Stones.*

## JET LAG REVIVER

BY KLORIS  
60 MINUTES- £110/£120

Designed to reduce fatigue post-flight. This invigorating treatment begins by dry brushing the body to stimulate the senses. Next, an energy boosting full body massage, using enlivening aromatherapy oils, gently awakens all systems. We end this treatment with a restorative scalp massage. Emerge refreshed and ready to go.

## COUPLES MASSAGE

Ideal for couples or friends seeking a moment to celebrate or reconnect. Select any two massage therapies and enjoy your massage side- by-side in our cosy treatment room for two. If you are celebrating something special, please contact our reception team to further personalise and curate your experience.

## ALL IS WELL

MOTHERS TO BE RITUAL BY NATURA BISSE  
60 MINUTES - £120/£130 90 MINUTES - £150/£160

This nurturing therapy is the ideal treatment to support the skin and psyche throughout the changes of pregnancy. Wrapped in comfort, you'll experience the nourishing benefits of the earthy Natura Bissé Ceutical Range, as your therapist focuses on the areas that need the most attention. A soothing back, neck, and shoulder massage is followed by a comforting Botanical facial to brighten, calm and hydrate your skin. The treatment concludes with a relaxing foot and leg massage, leaving you feeling refreshed, relaxed, and light as air.

*Precautions: To enjoy after the first trimester. For any medical concerns, we recommend consulting your healthcare provider before*





## BODY WORK

### SUNSHINE CITRUS RITUAL

BY NATURA BISSE  
90 MINUTES - £150/£160

This luxurious, antioxidant-rich treatment brings the warmth and glow of sunshine to your skin all year round. Begin with a sensory skin polish, followed by an indulgent Orange Soufflé body wrap rich in concentrated nutrients. Key-active Vitamin C targets pigmentation, deeply hydrating and protecting your skin from free radicals. To complete the experience, enjoy an express Renew & Revive Facial, leaving your skin glowing and silky smooth from head to toe.

### SEAGEL BODY WRAP

BY SEABODY  
60 MINUTES - £120/£130

Our Rebalance Wrap begins with calming breathwork and a grounding ceremony to restore inner balance. A hydrating body exfoliation follows, lifting away dead skin cells and refreshing the skin. Next, a detoxifying cold-pressed seagel biomask delivers powerful health benefits, while a hot Himalayan salt stone back placement melts away tension and promotes relaxation. The experience concludes with a therapeutic facial cleanse and scalp massage.

### 360 WOMENS SUPPORT

BY KLORIS  
60 MINUTES - £120/£130

Crafted specifically for women. This calming therapy combines a restorative aromatherapy full-body massage with potent CBD and a cooling ice-globe facial massage. Healing, cooling and nurturing, this holistic treatment offers delicious relief from menopausal discomfort.

### REBALANCE BACK AND FACE

BY SEABODY  
60 MINUTES- £120/£130

A profoundly relaxing duo. This hero treatment begins with a stress-melting back massage before transitioning into a regenerating facial that cleanses, recharges and hydrates your skin. Infused with Irish marine bio-actives, this treatment provides a blissful pick-me-up.

# ENHANCEMENTS

Enrich your experience with our targeted enhancements. These treatments can only be reserved in combination with treatments of 60 minutes or more.



## SCALP RELEASE

30 MINUTES - £50/£60

Relieve tension of the head, neck and shoulders with this deeply relaxing massage. We pair targeted massage with facial Gua Sha to reduce stress and ease tight fascia, The perfect remedy for tension headaches and busy minds.

## VITAMIN C BODY BOOSTER

30 MINUTES - £50/£60

Experience our full body Vitamin C exfoliation and emerge with amazingly soft and nourished skin. Bitter Orange and Rose Hip Seeds combine to leave your skin perfectly polished. An ideal start to any treatment.

## GLYCOLIC EXPRESS PEEL

30 MINUTES - £70/£80

This speedy yet powerful carboxy therapy helps tackle dullness and premature aging while improving skin texture in just one treatment. Using a combination of Alpha-Hydroxy Acids, this triple exfoliating treatment is the perfect remedy for tired skin in need of an instant pick me up.

*° Combine this express treatment with any of our Massages or Body Treatments.*

## KLORIS CBD FOOT & LEG REVIVER

30 MINUTES £50/£60

This treatment focuses on tired legs and weary feet. Soothing massage, lymphatic drainage, pressure points and Gua Sha are combined with relaxing CBD balms and aromatherapy. A perfect reset after travelling or when the feet and legs feel lethargic.



## KLORIS CBD BALM

£25/£25

An antidote for muscular aches and pains and anxious minds. Enhance any treatment with a generous application of our highest-quality CBD balm to your areas of concern.

## THERAGUN

£25/£25

A massage gun like no other. Theragun provides deep muscle treatment, releasing tension and discomfort. Enhance your massage with the Theragun to dramatically reduce muscle pain, increase your range of motion, and promote healthy circulation throughout your body.



# EXPERIENCES

Take some time to breathe, connect to yourself and the magic of nature through one of our wellness experiences. Please contact our reception team for more details.

- Yoga
- Sound Healing
- Breathwork
- Pilates
- Wild Sea Swimming Sunrise
- Sunset Beach Walks

*We require a minimum of 24 hours notice to organise these experiences for you.*

## CANCELLATION POLICY

A full refund will be given if treatments are cancelled more than 24 hours prior to the booking. 100% of the treatment price will be charged should notification be given within 24 hours of the treatment time however the appointment can be rebooked subject to a £20pp fee. An option to change your date will be offered free of charge when the request is made a minimum of 24 hours in advance of the treatment.

The Spa at Dunluce Lodge reserves the right to refuse treatment where it is deemed to be a risk to the health and safety of the guest or therapist. Where possible, an alternative treatment will always be offered.

If you have a medical condition please notify our team so we can advise you on the best course of action.

## SPA ETIQUETTE

Our Spa is exclusively available to Dunluce Lodge hotel guests and guests booking one of our day retreats.

All guests are invited to enjoy our botanical steam rooms as part of your experience. For this reason, we recommend you arrive 30 minutes before your treatment is due to start as this will give you plenty of time to change, steam and complete your health questionnaire.

Spa users may not use any of the facilities if suffering from any infectious or contagious illness, disease or other ailment or whilst suffering from a physical ailment such as open cuts, abrasions, open sores or minor infections where there is a risk that such use may be detrimental to the health, safety, comfort or physical condition of other Spa guests.

Spa users shall need to comply with all instructions and/or recommendations given to them by, or on behalf of Dunluce Lodge regarding the use all facilities. Only members of staff or a 3rd party agreed by Dunluce Lodge may provide personal training services within the Spa.

Children (under 18s) are not permitted in the Spa.

Pets are not allowed in the Spa.

Smoking is not permitted in the Spa.

Only food purchased from the Spa should be consumed within the Spa.

No alcoholic beverages or drugs of any kind may be brought into the Spa.

Spa users may not use the facilities whilst under the influence of alcohol or drugs.

Mobile phones are allowed in the Spa but should be placed on silent upon entry. Calls are not permitted in any areas of the Spa.

Spa users shall not take photos or videos of other guests and are asked to be considerate of other guests when using a mobile phone (no voice calls or video calls are permitted within the Spa)

Users must shower before and after using the steam room

Only approved swimwear is permitted within the steam room. For men: trunks or swimwear shorts, for women: costume or bikini.

Any person suffering from a serious medical condition - heart condition, diabetes, epilepsy or poor respiratory health should seek medical guidance from a doctor before using the steam rooms.

For skincare and spa products, we have a 14 day return policy. Any product that you return must be in the same condition that you received it and in the original packaging.

