



ÉRIU SPA

# ÉRIU

A person with long, wavy brown hair is seen from behind, looking out at the ocean under a clear blue sky. The hair is the central focus, cascading down the back. The background shows the horizon line of the sea and a vast, clear sky.

A Celtic goddess, the deity for land, sea and sovereignty. Ériu is all that you are and all you can see. A movement, a moment, a feeling.

# PHILOSOPHY



Ériu Spa draws together ancient healing rituals and restorative bodywork to amplify your emotional, physical and spiritual wellbeing.

Channelling inspiration from the land and sea that surround us on the Curraun peninsula - our holistic approach restores energy and harmony. Leaving our guests with a sense of inner calm and a radiant outer glow.



# THERMAL SUITE

Thermal suite is complimentary for guests availing of treatments

## STEAM ROOM

Spending time in this space encourages deep breathing and the cleansing of the respiratory system.

## COLD PLUNGE

Elevate your thermal experience with a 'shock to the system', promoting immuno-support.

## SAUNA

Allowing us to reconnect with our bodies, our Finnish Sauna is a wellbeing all-rounder.

## JACUZZI

Unplug as the heated bubbles gently promote blood-flow and circulation.

# THE BATH HOUSE

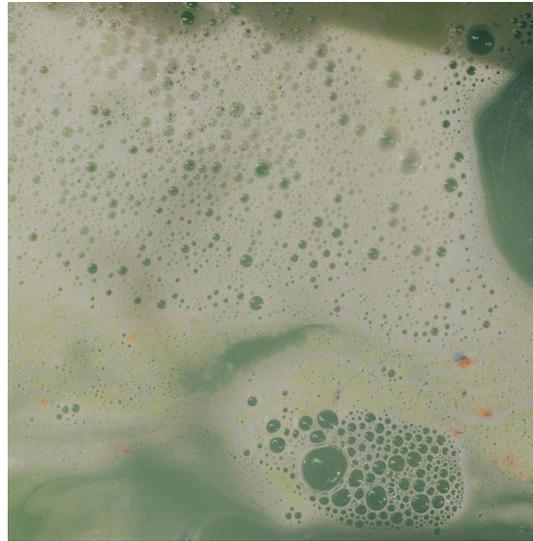
45 minutes



PEAT | €65

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Soak in the detoxifying herb infused organic Irish peat and rest as your tension melts away.



SALT | €65

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Reduce stress, improve sleep and boost wellbeing in an artful blend of ylang ylang, lavender and bergamot.



SEAWEED | €65

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Cleanse body and mind with seaweed laden in mineral-rich oil. Packed with antioxidants and vitamins and leaving your skin silky soft.

# MASSAGES

## HOT STONE | €130

A therapeutic full body massage using heated basalt stones and aromatherapy oils. The warmth of the stones penetrates deep into your muscles to soothe aches and pains, leaving you feeling relaxed and recharged.

## SWEDISH | €100

A light pressure technique featuring long, gliding strokes and circular motions. This massage helps relax your muscles, releasing pain and discomfort from the built-up tension you've been experiencing.

## MUSCLE MELT | €115

This deeply restorative massage is specifically designed for tight, stressed and aching muscles. Infusing lemongrass and rosemary essential oils with deep tissue kneading.

## WARM OIL ABHYANGA | €95

A healing full body massage that combines our signature heated oils of lavender and geranium. Using light kneading and lengthy strokes, this nourishing ritual supports your body, mind and spirit.

## MUM TO BE | €100

Enjoy a relaxing face, hand and arm massage, while your bump is enveloped in a special mask that helps prevent stretch marks and your feet are gently massaged to ease tension and relieve pressure.

## CHANGING SEASONS | €135

Curated to assist the body in its constant state of flux. A holistic-based technique that uses massage and acupressure to address the physical, emotional, and hormonal changes women experience during perimenopause and menopause.

## BACK, NECK & SHOULDER | €70

A restorative massage focused on the back, neck and shoulders. Thoughtful, unhurried movements help to release built-up tension and invite a feeling of lightness and ease.

## INDIAN HEAD | €50

A deeply calming treatment focusing on the scalp, face, neck and shoulders. Using slow, rhythmic movements which helps to ease mental and physical tension, encouraging clarity, relaxation and a renewed sense of balance.

# BEAUTY AT ÉRIU

Beauty rituals at Ériu Spa are simple, attentive treatments shaped by care, skill and time.

These offerings are designed to complement the spa journey, allowing space for stillness, ease and quiet restoration.

# EYES & BROWS

Eye Trio\*

€30 | 30 minutes

Brow Shape & Tint\*

€20 | 15 minutes

Brow Shape\*

€13 | 10 minutes

Brow Tint\*

€10 | 10 minutes

Lash Tint\*

€17 | 20 minutes

Lash Lift & Tint\*

€55 | 50 minutes

Brow Lamination\*

€55 | 45 minutes

Patch tests\* are required in advance for selected eye and brow rituals. Our team will be pleased to advise at the time of booking.

# SKIN GLOW

## FULL BODY SPRAY TAN

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€30 | 25 minutes

## HALF BODY SPRAY TAN

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Waist up only. Does not include legs.

€20 | 20 minutes

# EAR CANDLING



€50 | 45 minutes

A gentle, non-invasive ritual also known as Thermal Auricular Therapy. Natural cotton candles infused with beeswax, honey and therapeutic oils are used to create a calming experience, traditionally believed to help draw away impurities while supporting deep relaxation.

# WAXING

Facial Wax\*

€20 | 20 minutes

Lip Wax\*

€10 | 5 minutes

Chin Wax\*

€10 | 10 minutes

Lip & Chin Wax\*

€17 | 15 minutes

Underarm Wax\*

€15 | 20 minutes

Arm Wax\*

€25 | 30 minutes

Half Leg Wax\*

€20 | 25 minutes

Full Leg Wax\*

€30 | 45 minutes

Patch tests\* are required in advance for selected treatments. Our team will be pleased to advise at the time of booking.

# HANDS & FEET



Semilac Gel Nails  
€30 | 30 minutes

Semilac Gel Nails with Removal &  
Reapplication  
€35 | 45 minutes

Semilac Gel Toes  
€30 | 30 minutes

Semilac Gel Toes with  
Removal & Reapplication  
€35 | 45 minutes

File & Polish  
€18 | 25 minutes

Luxury Pedicure  
with Polish  
€55 | 60 minutes

Luxury Pedicure with Semilac Gel  
€65 | 60 minutes

Removal Fee | €10

Kid's File & Polish  
€12 | 20 minutes

Kid's Semilac File & Polish  
€20 | 20 minutes

# CURATED COMBINATIONS

Brow Shape, Tint,  
Lip & Chin Wax

€35 | 20 minutes

Brow Shape, Tint  
& Facial Wax

€38 | 25 minutes

Brow Shape, Tint  
& Lip Wax

€27 | 20 minutes

Brow Shape, Tint  
& Chin Wax

€30 | 20 minutes





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