



WHITE HORSES SPA

“The resemblance... has commonly been drawn between the horse in regards to his mane, and the foam-tipped waves, which are still called white horses.”

Horses appear frequently in Irish mythology as animals with special qualities. Enchanted horses that carry people to the “Otherworld” are a frequent motif.

In one such tale, warrior-poet Oisín leaves his father’s clan, the Fianna, for Tír na nÓg, the Land of Youth where no one ever grows old. He travels with Niamh Cinn Oir, the daughter of Irish God of the Sea Mannan mac Lir, galloping across the waves on her magical white horse, Embarr, who is swifter than the spring wind and able to travel as easily over water as on land.

The great Irish poet William Butler Yeats (1865 – 1939) wrote of The Wanderings of Oisín in 1889, in which Oisín says:

“Look! There it is, just there on the horizon.
That’s where I belong – in the Land of the Youth.”

3	Facials
11	Massages
15	Exotic Therapy
18	Detox Therapy
20	Nurturing Treatments For Mothers-To-Be
23	The White Horses Signature Spa Rituals
26	Hands and Feet Treatments
28	Neck and Eye Treatments
31	Make Up and Hair & Nail Bar
34	Enhance Your Experience





FACIALS

FACIALS

Supercharge your skin with one of our BIOTEC facial treatments.

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine, works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy and energised.

BIOTEC LINE ERASER

60 minutes

Target wrinkles and stimulate the skin towards optimum performance with this powerfully rejuvenating facial.

€110 + Service Charge

BIOTEC FIRM-A-LIFT

60 minutes

A ground-breaking blend of massage and sculpting technology for a visibly contoured complexion.

€110 + Service Charge

BIOTEC ANTI-PIGMENT BRIGHTENER

60 minutes

A targeted skin-brightening treatment that reduces pigmentation and dullness for refined and translucent skin.

€110 + Service Charge

BIOTEC SKIN RESURFACER

60 minutes

Address uneven skin tone with this ultrasonic peel for skin that has never been softer or smoother.

€110 + Service Charge

BIOTEC RADIANCE RENEW

60 minutes

The powerful antidote to tired and sluggish complexions for instantly visible radiance.

€110 + Service Charge

BIOTEC BLEMISH CONTROL

60 minutes

A potent anti-oxidant and anti-bacterial treatment to balance and soothe blemishes and speed up skin recovery.

€110 + Service Charge

BIOTEC SENSITIVE SKIN SOOTHER

60 minutes

An oxygen-infused calming treatment for skin that encourages cell strength and natural balance.

€110 + Service Charge

FACIALS

DYNAMIC RESURFACING PRECISION PEEL FACIAL

60 minutes

Peel away the years for smoother, more radiant skin

This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 70% and increase skin smoothness by up to 32% after just 1 treatment. This unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

€90 + Service Charge

SUPERFOOD FACIAL

75 minutes

To combat ageing, stressed and slackened skin

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just 1 treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

€100 + Service Charge

PRO-COLLAGEN AGE DEFY FACIAL

75 minutes

Anti-Wrinkle Facial

This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just 1 treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

€105 + Service Charge

THE TIMEEXPERT SRNS GLOBAL ANTI-AGING ON

90 minutes

This facial is exclusive to White Horses Spa Doonbeg. It's cold spoon facial massage sculpts, lifts and defines the facial contours. The expert hands of your therapist perform a lymph drainage body massage. While the uplifting smells of lemon, lime and mandarin de-stresses and relaxes you.

The result after a single treatment:

99% skin is firmer, more supple and nourished.

95% rejuvenated face, re-densified, firm skin. These results increase to 100% after 4 treatments.

€130 + Service Charge

ANTI AGEING REVIVER FACIAL

60 minutes

Suitable for all skin types, though of particular benefit for mature, dry or dehydrated skin types. A skin rejuvenating facial designed using VOYA's organic ingredients that have a combination of anti oxidant algae complexes, pro collagen organic extracts and a restorative blend of organic ingredients to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles, hydrate and plump the skin texture. The result is instantly firmed and tightened skin with a natural radiance glow, perfect after a long flight.

€90 + Service Charge

A 15 minute Post Facial Express Make Up Application can be added to any of the above Facials at an additional cost of €30.00 + service charge



SKIN IQ+ FACIAL

60 minutes

Booster for tired, stressed skin. Charged with the clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

€90 + Service Charge

BIOTEC SUPER - CHARGER FOR MEN

60 minutes

Re-energises a dull, tired looking skin. Calms redness and irritation. Reduces the signs of ageing. Restores pH and moisture levels

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, galvanic current delivers a deep clean for a multi-tasking, time efficient solution.

€110 + Service Charge





MESSAGES

MASSAGES

DEEP TISSUE MASSAGE

30 minutes | 60 minutes | 90 minutes

Recommended especially before or after golf, this specialised deep tissue massage concentrates on your areas of concern and provides relief from muscle soreness and stiff joints. A combination of manipulation and neuromuscular techniques ensures excellent recovery, increases circulatory benefits, muscular detoxification, and optimum results.

€80 | €115 | €160 + Service Charge

SWEDISH MASSAGE

30 minutes | 60 minutes | 90 minutes

This classic relaxing European massage uses long strokes and kneads the superficial layers of muscle. Aromatic essential oils help detoxify the body, ease sore muscles, release tension, and improve circulation, leaving you in a blissful sense of relaxation. Upgrade to 90 minutes for optimal relaxation.

€60 | €90 | €120 + Service Charge

BASALT STONE MASSAGE

60 minutes | 90 minutes

This powerful thermal massage draws on nature's elements and combines them with the art of massage. Oiled, warm, indigenous Basalt stones are strategically used with pressure and applied to key points of the body to relieve tired and sore muscles, improve circulation and lymph movements and generate deep relaxation. The therapeutic use of essential oils in massage movements bestows a deep physiological experience, melting away all tension and stress.

€90 | €150 + Service Charge

BURREN WILDERNESS MASSAGE

90 minutes

Indulge in our full-body signature treatment, inspired by the unique flowing landscape of the Burren in Co. Clare, sure to soothe and warm you to your very soul. A heated towel immersed in essential oil is placed along the spine for total body warming. Hands and feet are gently massaged with essential oil and enveloped in warm hand mittens and foot booties. A thoroughly relaxing experience.

€150 + Service Charge

VOYAGER MASSAGE

60 minutes

A gentle massage, designed for pure relaxation, the Voyager massage is ideal after a long journey and for combating jetlag. A heated compress, with soothing aromatic oils, is placed on the back to soothe and calm. This massage combines palm pressure and thumb rolling with long strokes to relieve tired and aching muscles, restoring your body's balance. Our calm mind ritual aids deep relaxation to ensure an excellent night's sleep and leave you fully rested in the morning.

€100 + Service Charge

FAR EAST REFLEXOLOGY

75 minutes

A supreme sensory delight, this treatment begins with an invigorating salt scrub exfoliation to the lower leg and foot to reveal silky smooth skin ready for the reflexology ritual. This ancient healing method focuses on pressure points on the feet to restore the flow of energy throughout the body, promoting deep relaxation, improved circulation and toxin release to enhance healing and balance from within. The experience is completed with a hand, neck and shoulder massage.

€125 + Service Charge

INDIAN HEAD MASSAGE

45 minutes

Restoring and balancing the body, this holistic massage concentrates on shoulders, neck and head, drawing on ancient pressure and manipulation techniques to relax and rejuvenate. This massage will initiate a healing process within the whole body and restore natural energy.

€75 + Service Charge

TIBETAN HEALING RITUAL

30 minutes | 45 minutes

This healing ritual begins by placing the hands gently over the body's energy centres or chakras. Singing bowls provide the focus for sound therapy and are intuitively used around the body. The combination of the energy of the therapist and the sound vibrations initiates a natural healing and balance within the body, emotionally, mentally and physically.

€60 | €75 + Service Charge

*Our service charge is 15%



An underwater photograph showing a vibrant coral reef in the foreground, covered in various types of coral and seaweed. The water is clear and blue, with sunlight filtering down from the surface, creating a shimmering effect. A white rectangular box is centered over the image, containing the text "EXOTIC THERAPY" in a clean, white, sans-serif font.

EXOTIC
THERAPY

EXOTIC THERAPY

EXOTIC COCONUT RUB & MILK RITUAL WRAP

60 minutes

Pure sensuality to enliven the senses.

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a facial massage and de-stress scalp treatment.

€75 + Service Charge

EXOTIC FRANGIPANI BODY NOURISH WRAP

45 minutes

For immediate softness and suppleness.

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

€75 + Service Charge

EXOTIC FRANGIPANI MONOI SALT GLOW

45 minutes

Melt away into the Frangipani Exfoliation Experience.

This luxurious salt scrub melts on contact with skin to leave it beautifully soft and nourished. Mineral rich salts and hibiscus cleanse and exfoliate, whilst an infusion of exotic Tahitian monoi oil and frangipani flowers seal in moisture. Skin is left delicately fragranced.

€60 + Service Charge

INTENSELY CLEANSING LIME AND GINGER SALT SCRUB

45 minutes

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

€60 + Service Charge

LAVENDER DREAMS

90 minutes

Relax, breathe and inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating aromatic experience complete with an invigorating full-body scrub and massage.

€150 + Service Charge

A 15 minute Booster Facial or 15 minute Eyes Bright Anti-Ageing Treatment can be added to any of the above Exotic Therapies at an additional cost of €30.00 + service charge

A long-exposure photograph of a rocky coastline. The foreground shows dark, jagged rocks with turquoise water flowing over them, creating a misty effect. The background is a dark, calm sea under a cloudy sky. A white rectangular box is overlaid on the image, containing the text "DETOX THERAPY".

DETOX
THERAPY

SCULPTING CELLULITE & COLON THERAPY

60 minutes

Redefine and smooth your silhouette.

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body. This treatment focuses on the abdomen and thigh area.

€90 + Service Charge

SEAWEED LEAF WRAP

90 minutes

Seaweed wrap for full moisturisation and nourishment.

One of Voya's truly amazing therapies, imagine your body being wrapped from head to toe in seaweed leaf. We use the finest seaweed, harvested by hand from the ocean to ensure that the highest content of bio-actives is preserved.

Starting with a high potency body buff scrub. Followed by a shower, your body is then wrapped in seaweed leaves while a gently head massage is performed. Once complete a full body application of moisturizer is applied. Leaving the body detoxified, hydrated and skin feeling firm.

€125 + Service Charge



NURTURING
TREATMENTS FOR
MOTHERS-TO-BE

NURTURING TREATMENTS FOR MOTHERS-TO-BE

MOTHER-TO-BE MASSAGE

60 minutes

A complete body massage using specific prenatal techniques to relax, renew and rejuvenate. Japanese Camellia Oil helps to improve the appearance of stretch marks whilst nourishing the skin. Allow yourself to luxuriate in this indulgent massage, and take time to nurture and rebalance your body at this special time.

€100 + Service Charge

GAELIC GODDESS BODY SCRUB

60 minutes

Rejuvenate your skin and clear your mind in preparation for your pending arrival. Our skin smoothing body scrub will gently exfoliate your skin. Followed with a luxurious moisturising massage to hydrate and elasticise your skin and a pampering scalp massage to soothe and revive your senses.

€100 + Service Charge

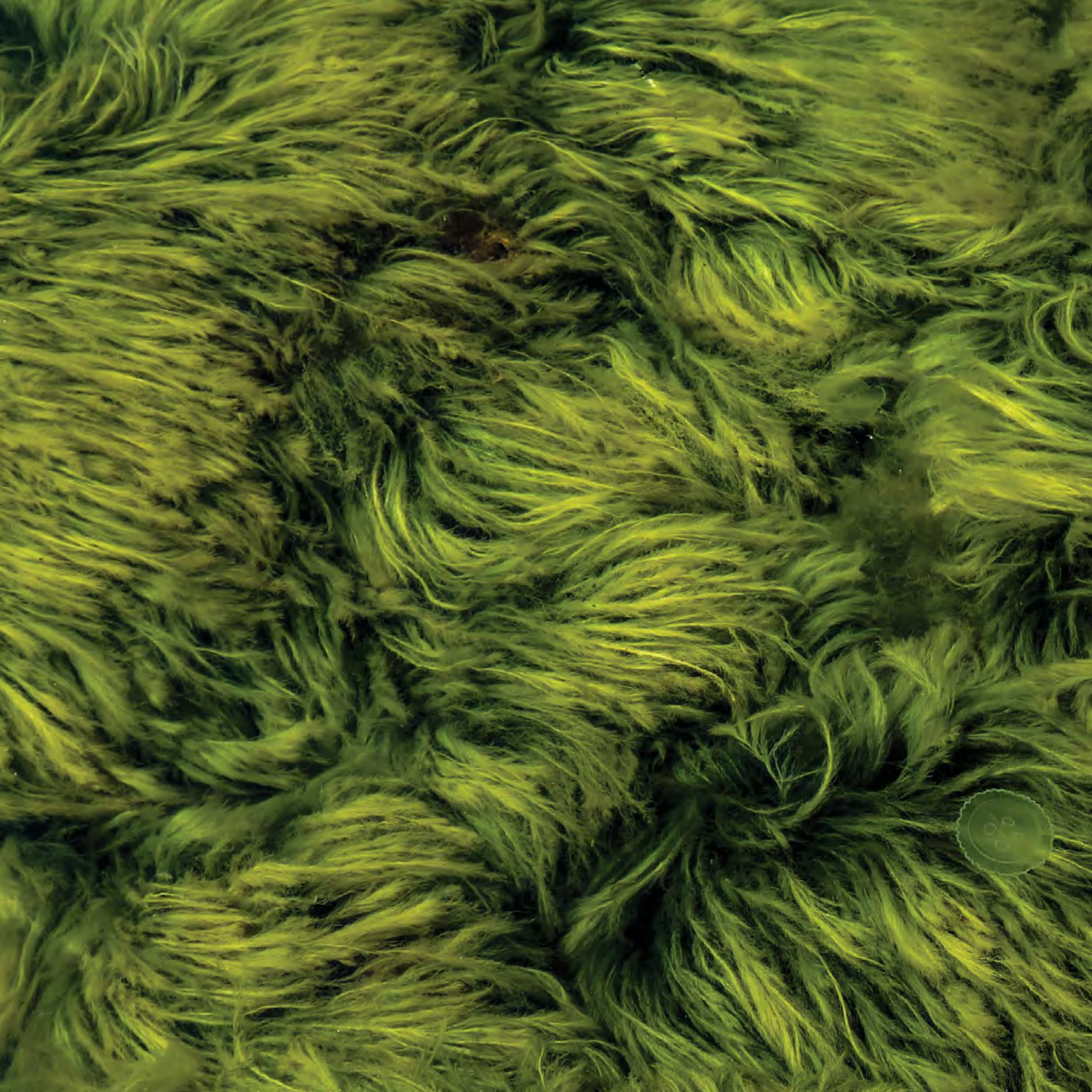
ORGANIC PRENATAL VOYAGER

90 minutes

This organic wellbeing ritual promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a top to toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

€150 + Service Charge

This can be extended by 30 minutes to include a Soothing Tummy Mask at an extra €30





THE WHITE HORSES
SIGNATURE
SPA RITUALS

THE WHITE HORSES SIGNATURE SPA RITUALS

WHITE HORSES SIGNATURE FACE & BODY EXPERIENCE

105 minutes

Experience the ultimate Elemis duo, a sensational massage combined with a prescribed Anti-Ageing facial. Designed as an all-over body experience, the 30 minute body treatment finishes with a soothing neck and shoulder massage, leading seamlessly into a facial treatment for the remaining 75 minutes.

A deep muscle massage combined with prescribed warm oils and hot stones effectively soothes whilst inducing a deep level of relaxation. The perfect therapy to ease away daily stresses and aid sleep.

€170 + Service Charge

WHITE STRAND BODY RITUAL

90 minutes

Luxurious and decadent, this exquisite trilogy ritual begins with a gentle exfoliation of the skin and is followed by an indulgent moisturising massage application. A refresher facial with cool marine cream is applied as you are cocooned and drift into peaceful tranquility.

€150 + Service Charge

AROMATHERAPY HEAD & FOOT RITUAL

45 minutes

Enjoy the pleasure of an aromatherapy foot bath ritual. The feet are cleansed and exfoliated with an essential oil salt scrub to remove dry skin. The lower leg and foot are luxuriously treated, with a blend of shea butter, revitalising peppermint and eucalyptus oils. Enjoy a soothing massage on arms, neck, and shoulders and tension-melting head massage, including pressure point techniques to release blocked sinuses. Complete the experience as you unwind with our signature calm mind ritual.

€75 + Service Charge

MINDFUL DREAMS

75 minutes

Mindful Dreams is a relaxation treatment that offers luxury and comfort in an incomparable sleep encouraging experience. Be ready to have all stresses and strains melt away in this ultimate sensory treat helping you achieve the perfect night's sleep.

Incorporating products especially chosen for their soothing properties, alongside sleep inducing cultural massage and meditation techniques, this wellbeing-focused treatment induces instant tranquility and fosters inner calmness and serenity.

€120 + Service Charge



HAND & FEET
TREATMENTS

PRO-COLLAGEN HAND & NAIL TREATMENT

30 minutes

Redefine the hands of time.

Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with the anti-ageing Pro-Collagen Hand and Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

€50 + Service Charge

SOLE DELIGHT GROOMING FOR FEET

45 minutes

A total sensory experience for your feet.

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

€50 + Service Charge

A File and Polish or Three Week Manicure can be added to either of the above at an additional cost of;

File & Polish €20 + Service Charge

Three Week Manicure €30 + Service Charge



NECK & EYE
TREATMENTS

ANTI AGEING EYE TREATMENT

30 minutes

This rejuvenating eye treatment begins with key reflexology points on the feet that are connected to the eye area, followed by a unique and calming silk protein eye compress with pure plant phytoamine biocomplexes, intelligent algae and the Active Absolutes from the award-winning Elemis Anti-Ageing range. Specialised lifting massage techniques help to refine, oxygenate and increase cellular renewal around the eyes, leaving them looking smoother, firmer and brighter. A soothing scalp massage completes this relaxing, yet results-driven, hands-on anti-ageing eye treatment.

€60 + Service Charge

BIOTEC EYE TREATMENT

30 minutes

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

€60 + Service Charge

BIOTEC NECK TREATMENT

30 minutes

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

€60 + Service Charge





MAKE UP
-
HAIR & NAIL BAR

MAKE UP

MAKE-UP APPLICATION

45 *minutes* €40 + Service Charge

MAKE-UP LESSON

60 *minutes* €70 + Service Charge

BRIDAL MAKE-UP

Package details available on request

Additional Beauty Services

WAXING

Full Leg €30 + Service Charge

Half Leg €20 + Service Charge

Bikini €20 + Service Charge

Lip €10 + Service Charge

Eyebrow €15 + Service Charge

Lip & Chin €20 + Service Charge

Under Arm €10 + Service Charge

TINTING

Eye Lash Tint €20 + Service Charge

Eye Brow Tint & Shape €30 + Service Charge

Both of the above €40 + Service Charge

VITA LIBERATA TANNING TREATMENT

Half Body €25 + Service Charge

Full Body €40 + Service Charge

BLOW DRYS

Blow Dry Short Hair	€20 + Service Charge
Blow Dry Medium to Long Hair	€30 + Service Charge
Curly Blow Dry Long Hair	€35 + Service Charge
Dry Styling	€20 + Service Charge
Upstyles	€40 + Service Charge
Bridal Hair Package	

Information available on request

NAILS

Mini Mani Pedi Combo	€50 + Service Charge
File & Re Polish	€20 + Service Charge
File & Polish on Fingers & Toes	€35 + Service Charge
File & French Polish	€25 + Service Charge
File & French Polish on Fingers & Toes	€35 + Service Charge
3 Week Manicure	€30 + Service Charge
3 Week Manicure Removal	€10 + Service Charge
Male Manicure	€45 + Service Charge
Male Pedicure	€45 + Service Charge

ENHANCE YOUR EXPERIENCE

*In an effort to help you enjoy your spa experience to the fullest,
we recommend the following:*

RESERVATIONS

Advance reservations are recommended to accommodate your choice of treatment and preferred date and time. Our experienced spa therapists are always available to recommend the spa programme that suits your needs.

Certain medical conditions may require a doctor's letter prior to treatment. Please advise us of any medical conditions at time of booking.

For reservations, please contact the Spa:

Telephone: +353 (0)65 905 5670

Email: whitehorsesspa@trumphotels.com

All treatments are subject to availability. We cannot guarantee a particular therapist at time of booking, but we certainly endeavor to comply with any specific requests

CANCELLATION POLICY

When booking, or if paying by gift voucher, a valid credit or debit card will be required to guarantee your reservation. Should you need to reschedule or cancel your appointment, please notify the spa at least 24 hours in advance to avoid being charged for the service.

Notice of less than 24 hours will incur a 50% charge and there will be a 100% charge for a no-show, charged to your credit or debit card.

SERVICE CHARGE

A 15% service charge is added on to the price of treatments. Gratuity may be left on your own discretion, this will directly go to the specialist.

SPA ARRIVAL & ETIQUETTE

We ask that you arrive 15 minutes prior to your treatment so we can offer you a refreshment and confirm your requirements. You may also enjoy a therapeutic bath soak, steam or sauna prior to your treatment. Please note that should you arrive late for your appointment your treatment time may be reduced accordingly. As a courtesy to other guests, the spa is a pager, mobile phone and alcohol free area.

CHILDREN

For their health and safety, children under the age of 16 years must be accompanied by a parent or guardian at all times in the Spa.

Children over the age of 16 years may enjoy use of the wet rooms. Please note that a maximum of two children are allowed in the Spa wet rooms at any one time.

Children under the age of 16 may enjoy manicure and pedicure treatments. A Declaration form must be signed by a parent or guardian prior to treatment.

WHAT WE PROVIDE & WHAT TO BRING

It is not appropriate to wear jewellery for spa treatments. We advise that valuables are not brought to the Spa, however a locker will be provided for your personal belongings.

A complimentary robe and slippers will be provided by the Spa. Please bring a swim suit for use in the plunge pools.

WET ROOM USE

Hotel guests may enjoy use of our individual male and female wet rooms.

GIFT VOUCHERS

Gift Vouchers are available and make perfect gifts for any occasion. Please note that gift vouchers are non-refundable.

REFUND POLICY

Please note that treatment packages and gift vouchers are non-refundable.



Trump International

GOLF LINKS® & HOTEL

DOONBEG

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