



WHITE HORSES SPA

SUMMER  
TREATMENTS

# MASSAGES

## DEEP TISSUE MASSAGE

30 MINUTES **€80**

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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.

## SWEDISH MASSAGE

30 MINUTES **€60**

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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.

# FACIALS

## CUSTOMISED FACIAL BY ELEMIS

30 MINUTES **€60**

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All Elemis facials have been independently tested resulting in revolutionary results. This Elemis facial targets what each individual needs such as blemish control, dry or dehydrated skin or fine lines and wrinkles. A thorough consultation with your therapist will advise you on the best facial for your specific needs!

This facial includes a double cleanse, tone, exfoliating scrub and a customised mask. While the mask is working you will experience the aromas of Elemis massage oils. Stressed muscles will be eased around the neck and shoulders leaving you de-stressed and rejuvenated. This is the perfect pick me up!

## BIOTEC FACIAL TREATMENT

30 MINUTES **€75**

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Supercharge your skin with one of our 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 is also tailored to your skin type and needs. We offer The Line Eraser, Firm a Lift, Anti Pigment Brightener, Skin Resurfacer, Radiance Renew, Blemish Control and Sensitive Skin Soother.

## EYE & NECK TREATMENTS

### ELEMIS ANTI-AGING EYE TREATMENT

30 MINUTES **€60**

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Fine lines, dark circles, swollen or tired eyes are a problem for you? Experience a unique eye treatment exclusive to Elemis using award winning ingredients. A specialised lifting massage to help redefine the eye area increase circulation and cellular renewal leaving your eyes area smooth, firmer and brighter.

### BIOTEC EYE TREATMENT

30 MINUTES **€60**

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

### BIOTEC NECK TREATMENT

30 MINUTES **€60**

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

## NAILS BY OPI

Nails Mini Mani Pedi Combo

**€50**

Male Manicure

**€45**

File & Re Polish

**€20**

Male Pedicure

**€45**

3 Week Manicure

**€30**

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**Additional service charges of 15% applies to prices**

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## RESERVATIONS

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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 5602

**Email:** [doonbeg.reservations@trumphotels.com](mailto:doonbeg.reservations@trumphotels.com)

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