WHITE HORSES SPA

at

Trump Ireland

Trump International Golf Links
IRELAND
DOONBEG

Your Journey to *Wellbeing*

Discover a curated collection of restorative rituals, results-driven treatments, and indulgent experiences designed to relax the body, calm the mind, and renew the spirit. From mineral-rich bathing rituals to bespoke massages, advanced facials, and beauty essentials, each page invites you to explore your path to complete rejuvenation.

1. *Premium Spa Treatment Products*
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Master the Art of *Relaxation*

We are delighted to share that the White Horses Spa has undergone an elegant refurbishment to further enhance your future wellness experience. Thoughtfully designed with your comfort and relaxation in mind, these updates elevate the spa's serene atmosphere and treatments alike. We are pleased to announce that our copper baths are now open, offering a deeply restorative bathing experience, while our wetrooms—featuring brand-new hot and cold plunge pools—will reopen in mid-June, completing this exciting new chapter of renewal and relaxation.

In the meantime, we invite you to look forward to a renewed sanctuary of calm, where thoughtfully curated treatments, bathing rituals, and restorative experiences will be designed to restore balance, relaxation, and your wellbeing.

Our tranquil spa is designed to provide the ultimate escape, featuring five beautifully appointed treatment rooms where you can unwind and enjoy a range of rejuvenating therapies.
Indulge in our dedicated manicure and pedicure area, perfect for luxurious hand and foot treatments, or experience deep relaxation in our brand-new copper baths, specially crafted to soothe the body and calm the mind.
Complete your journey to wellness in our serene relaxation room, where heated massage beds and therapeutic music create the perfect environment to rest, recharge, and restore your sense of balance.

PREMIUM SPA TREATMENT PRODUCTS

Natura Bissé - a globally renowned skincare house celebrated for its innovative, results-driven formulations.
Guided by the philosophy that every skin has its own voice, Natura Bissé combines expert techniques with cutting-edge technology, advanced scientific research, and time-honoured skincare traditions to deliver exceptional results.
Each product is thoughtfully crafted to nourish, restore, and reveal your skin's natural radiance. In keeping with the brand's commitment to integrity and wellbeing, all Natura Bissé products are Halal-certified and never tested on animals.

Repêchage - a pioneering skincare brand inspired by the restorative power of the sea.
Founded on the healing benefits of sustainably harvested seaweed, Repêchage blends nutrient-rich marine ingredients with advanced skincare science to hydrate, soothe, and revitalise the skin. Rich in vitamins, minerals, trace elements, and antioxidants, these ocean-derived formulations help restore balance, improve tone and texture, and reveal a healthy, radiant complexion.
Celebrated worldwide by skincare professionals, Repêchage treatments deliver visible results while offering a deeply relaxing and rejuvenating experience — perfectly aligned with our coastal philosophy of wellness and renewal.

THE COPPER BATHS AT THE WHITE HORSES SPA

Seaweed baths are a centuries-old tradition, particularly in Ireland, used to soothe the body through detoxification, skin rejuvenation, and muscle relief. By immersing yourself in warm seawater infused with hand-harvested seaweed, your body absorbs a powerhouse of minerals, including iodine, magnesium, and calcium, released as the seaweed heats.

KEY BENEFITS FOR BODY AND MIND

- **Skin Rejuvenation & Healing:** Seaweed is rich in vitamins A, C, and E, which nourish and hydrate the skin. Its natural oils, often called mucilage, create a protective, silky barrier that locks in moisture and helps treat conditions like eczema, psoriasis, and acne.
- **Detoxification & Circulation:** The warm bathwater dilates your pores and blood vessels, allowing the skin to absorb nutrients through osmosis while simultaneously drawing out impurities. This process boosts blood flow and supports the lymphatic system.
- **Muscle & Joint Relief:** Seaweed's anti-inflammatory properties are highly effective for easing sore muscles, rheumatism, and arthritis. The magnesium content specifically helps release muscle tension and promotes deep relaxation.
- **Metabolic & Hormonal Support:** The high concentration of iodine absorbed through the skin can support the thyroid gland in regulating metabolism, while vitamin K assists in hormonal balance.

OUR BATHING RITUALS COLLECTION

THE DOUGHMORE

45 *minutes* | €75

Immerse yourself in the Doughmore Restoration Ritual, a deeply soothing journey inspired by the healing power of the Atlantic.

Your experience begins with hand-harvested organic serrated wrack from the pristine waters of Doughmore Bay. As it warms, the seaweed releases a silky infusion of minerals, oils and iodine to support detoxification and skin renewal.

Relax into the sensation of gentle weightlessness as natural antioxidants soften the skin and ease tired muscles. The fresh coastal aroma calms the mind while marine minerals hydrate and revive the body. More than a bath, this ocean infusion restores radiance and leaves you with a lasting sense of calm.

THE AYLEVAROO

45 *minutes* | €75

Experience the revitalising power of the Repêchage Seaweed Bath, a thalassotherapy ritual that channels the life force of the ocean to renew skin and spirit. A concentrated infusion of Laminaria Digitata and Ascophyllum Nodosum releases vitamins, amino acids and minerals into warm, mineral-rich waters to detoxify, hydrate and soothe the body.
Emerge with skin that feels softer, smoother and deeply replenished — a restorative ocean ritual that helps restore natural vitality.

THE KILKEE

45 *minutes* | €75

Surrender to the transformative power of the Vita Cura Dead Sea Salt Mineral Bath, a curated immersion designed to bridge the gap between ancient healing traditions and modern cellular science. This exquisite ritual centres on the world's most concentrated source of restorative minerals. As the crystalline salts dissolve into a warm, silken infusion, they release high potencies of magnesium, calcium, and potassium. These vital elements work in synergy to draw out impurities, soothe inflammation, and stimulate micro-circulation, effectively "resetting" the body's equilibrium.

The experience is a profound sensory escape; as the minerals penetrate the lipid barrier, the skin is instantly softened and deeply hydrated, emerging with a refined, luminous texture. The nervous system finds its quiet centre, bathed in a mineral-rich solution that mimics the earth's most therapeutic waters. This is more than a soak - it is a deep-tissue detoxification that leaves the spirit weightless and the skin revitalised with a youthful, dewy glow.

BODY TREATMENTS

HOLISTIC REBALANCING RITUAL

100 minutes | €245

Experience a signature holistic sanctuary designed to restore balance and calm. Begin with a full-body exfoliation to revive the skin, followed by a bespoke rhythmic massage to release tension and ground the mind. More than a treatment, it's a restorative escape from stress and burnout, guiding you back to a state of harmony and renewal.

WHITE HORSE OCEAN PACKAGE

130 minutes | €295

Surrender to a restorative ocean-inspired ritual designed to release tension and renew the body and mind. Begin with a seaweed body contouring mask and a soothing scalp massage, followed by a bespoke full-body massage and an express hydrating facial. A deeply calming experience that restores radiance and delivers total renewal.

SEA SPA GLOW

45 minutes | €180

Awaken your senses with our invigorating, all-over body exfoliant infused with marine salts, nourishing seaweed, and soothing aloe. Reveal irresistibly smooth, silky-soft skin that feels revitalised and refreshed after each use.

BODY TREATMENTS

COCOON OF COASTAL SERENITY

80 minutes | €185

Immerse yourself in coastal serenity with this restorative ritual designed to renew body and skin.
Begin with a 30-minute seaweed bath to detoxify and soothe muscles, followed by a 25-minute back, neck and shoulder massage to release tension. Finish with a 25-minute express facial that cleanses, exfoliates, and nourishes for a radiant glow.

EBB & FLOW SIGNATURE ESCAPE

50 minutes | €145

Surrender to the rhythmic pull of tranquillity as your worries recede with the tide. This curated restorative duo begins with a bespoke Tension Release Massage, specifically targeting the back, neck, and shoulders to dissolve the weight of the day and unbind the spirit. To conclude your journey, an Express Oxygen Infusion breathes new life into your complexion, leaving your skin luminous, revitalised, and profoundly refreshed.

SEAWEED CONTOURING BODY WRAP

50 minutes | €180

Indulge in the tradition of European Thalassotherapy with our mask enriched with mint and seaweed extracts and blended with kaolin clay. It softens and tones, leaving you feeling relaxed and rejuvenated.

FACIALS

DIAMOND ENERGY FACIAL

60 minutes | €180

Every skin has its own voice, its own expression, its own life. Experience a high-end, energising & rejuvenating treatment that visibly transforms your skin. Powerful active ingredients and innovative massage work together to reveal lifted, firmer and more radiant skin.

CITRUS ESSENCE FACIAL

50 minutes | €165

Receive a powerful dose of antioxidants and awaken your senses with a delicious citrus essence aromatherapy. Unveil fully hydrated, revitalised and repaired skin for your most glowing complexion.

PERFECTING PEEL FACIAL

30 minutes | €125

The Diamond Glyco Extreme Peel contains a triple enzymatic exfoliation system with five AHAs that produces miraculous renewal and rejuvenation.

OXYGEN FACIAL

50 minutes | €135

This essential exfoliating and invigorating treatment supports cellular function for visibly hydrated skin. Pure oxygen cleanses and brightens a dulled complexion, restoring a healthy glow.

SKIN COMFORT FACIAL

50 minutes | €135

The perfect facial for sensitive skin, including those undergoing oncology treatments or during pregnancy. A soothing enzyme peel with Papaya extract, a neuropeptide concentrate, and lymphatic drainage provides hydrating and anti-ageing properties for delicate skin.

LUXURIOUS REPÊCHAGE FOUR-LAYER FACIAL

50 minutes | €170

This iconic treatment is the ultimate in skincare luxury. Enjoy two facial massages and a cool seaweed mask, followed by a mineral-rich thermal mask for total relaxation. Experience visibly lifted, deeply nourished, and glowing skin with results that last.

PREMIUM REPÊCHAGE FOUR-LAYER FACIAL

80 minutes | €185

Restore vitality and radiance with this elevated, multi-layer facial featuring the powerful deep-cleansing Biolight® Luminex Mask with glycolic acid for instantly smoother, hydrated, and glowing skin.

MASSAGE

SCENT-SORY MASSAGE

50 / 80 minutes | €110 / €165

Long, soothing strokes improve circulation and release tension while aromatic oils provide therapeutic benefits.

ARNICA DEEP TISSUE MASSAGE

50 / 80 minutes | €135 / €190

A combination of neuromuscular techniques and pain-relieving arnica eases joint stiffness and muscle soreness.

ATHLETE'S MASSAGE

50 / 80 minutes | €135 / €190

This massage has been designed specifically for athletes and will help restore joint mobility to improve performance. Excellent for shoulder and lower back concerns.

INJURY SPECIFIC MASSAGE

25 minutes | €70

Repetitive movements can create unbalanced muscle conditions, causing inflammation and pain. Both massage and stretching techniques, along with healing menthol and eucalyptus, will relieve discomfort and assist the body with healing.

MASSAGE ENHANCEMENTS

ESSENCE BLEND

€10

Your choice of essential oil blend to calm, energize, restore, or clear sinuses.

MARINE SALT SCRUB FOR THE BACK

€30

Exfoliate and energize (additional 15 minutes).

OCEAN ELIXERS FOR HAND OR FOOT TREATMENT

€10

Exfoliate, smooth and nourish hands or feet. Feel the penetrating heat of warmed stones on tired muscles.

HOT STONES

€20

Feel the penetrating heat of warmed stones on tired muscles.

NAIL BAR

MANICURE

50 minutes | *€60*

Upgrade to OPI Gel Colour available.

3 WEEK MANICURE (OPI GEL COLOUR)

30 minutes* | *€35

3 WEEK MANICURE REMOVAL

20 minutes* | *€15

FILE & POLISH FINGERS

30 minutes| *€25*

POST-TREATMENT RELAXATION ROOM

30 minutes

After your treatment, you will be taken to our Relaxation Room, where you can enjoy 30 minutes of "me time" with some refreshments in our calming surroundings. As this is a peaceful area for all of our spa guests to enjoy, please consider this space as a "whisper lounge"

AMENITY PASSES

Included with Resort Fee

To ensure a relaxing experience for you, please schedule your time in our amenity space in advance. Walk-ins are welcome as space permits.

Fees for non-resident guests will apply.

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