



CORICK HOUSE
HOTEL & SPA

SPA TREATMENT MENU



THE SPA AT CORICK HOUSE HOTEL

Secluded in the heart of Clogher Valley with a strong emphasis on the curative powers of nature and water, The Spa at Corick House Hotel promises to deliver an enchanting spa escape. The calming tones of bronze and gold meet you at the entrance and immediately begin the process to calm your mind, relax your body and restore your spirit.

The luxury Spa facility at Corick offers guests a retreat from the stress of everyday life. Enjoy our relaxing Thermal Suite, where you will delight in a state of the art hydro therapy massage pool with jets of therapeutic water to sooth aching muscles wash away any tension.

The Thermal Suite also boasts an experience shower, steam room, sauna and thermal lounge - the perfect prelude to any spa therapy selected. With 8 luxurious treatment rooms including couples rooms guest can enjoy our wide range of treatments.

The Spa at Corick House also boasts the sumptuous Serenity Suite. A little bit of added luxury to your spa break, the private area is in a secluded corner of the spa with no interruptions. Float away to a land of luxury in our outdoor hot tub, curl up in the relaxation area with a selection of herbal teas and fresh fruit juices, and unwind in the private steam chamber. The Serenity Suite is sure to perk you up and revive all your senses.

CORICK SIGNATURE PACKAGES

Midweek Delight (Mon - Thurs - 50min)

An extra special package designed to brighten your day. Begin your experience with a visit and receive a 50 minute treatment of your choice. Your treatment will be followed by a sorbet in the deep relaxation room accompanied by a selection of herbal teas. Choose from 2 of the following 25 min treatments

- a) Back Massage
- b) Scalp, Neck & Shoulder Massage
- c) Mini Facial
- d) Foot & Leg Massage

Couples Retreat (must be booked as a couple - 195 Mins)

The perfect escape for any couple. Indulge in a little pampering in the Spa at Corick House Hotel. Guests will avail of the state of the art Thermal Suite before retreating to the private Serenity Suite for 1 hour, where a bottle of Prosecco, fresh strawberries and chocolates will be awaiting your arrival. After your time in the Serenity Suite you will enjoy a full body massage incorporating traditional Swedish massage techniques,

followed by a tailored express Facial in one of our couple's treatment rooms. This retreat also includes a light lunch in the Blackwater Bar & Lounge. After your treatments you will be served a seasonal sorbet in the deep relaxation room.

Here Come the Girls (minimum of 4 people)

Enjoy a relaxing day out with the girls perfect for a hen party, birthday or special occasion. Begin your experience with 1 hour in our thermal suite to relax and unwind, followed by 1 hour in our private Serenity Suite, where a bottle of Prosecco, fresh strawberries and chocolates will be awaiting your arrival. Then choose from 2 of the following 25 minute treatments

- a) Back neck and shoulder massage
- b) Scalp neck and shoulder massage
- c) Taster comfort zone facial
- d) Refreshing foot and leg ritual
- e) Hand and arm treatment
- f) Back exfoliation

Corick Relaxation (220 Mins)

The perfect relaxation treat. A fusion of treatments combined to provide a truly relaxing spa experience. Enjoy a full body hot lava shell massage with essential aroma oils to follow. A luxurious facial tailored to your specific skin requirements will be accompanied by a head, neck and shoulder massage. Finish your treatment with a Luxury Pedicure (Gel upgrade available £10). After your treatments you will be served a seasonal sorbet in the deep relaxation room. This package also includes a light lunch in the Blackwater Bar & Lounge

Corick Detox (210 Mins)

Let the detoxifying begin, this treatment will aid the toxin elimination, assist weight loss and help ease arthritic aches and pains. Dry full body exfoliation to increase the circulation and stimulates the skin. Cocooned in a slimming and remineralising body wrap, your body's restorative system goes to work. This is followed by a full body massage targeting the lymphatic drainage system of

the body, which encourages the elimination of any remaining toxins. A luxurious facial tailored to your specific skin requirements accompanied by a head, neck and shoulder massage finishes the treatment and ensures you leave feeling refreshed. After your treatments you will be served a seasonal sorbet in the deep relaxation room. This package also includes a light lunch in the Blackwater Bar & Lounge.



SERENITY SUITE

The Serenity Suite is the perfect escape. A little bit of added luxury to your spa break, the private area is in a secluded corner of the spa with no interruptions. Float away to a land of luxury in our outdoor hot tub, curl up in the relaxation area with a selection of herbal teas and unwind in the private steam chamber. The Serenity Suite is sure to perk you up again and revive all your senses.

All Serenity Suite packages include use of the Thermal Suite in the spa, where you can relax in the luxury hydrotherapy pool with massage jets, sauna, steam room and thermal lounger.

Serenity Suite Silver Retreat (120 Mins)

Indulge in a little pampering in the Spa at Corick House Hotel. Guests will avail of the state of the art hydrotherapy pool, sauna and steam room before retreating to the private Serenity Suite for 1 hour.

Serenity Suite Gold Retreat (140Mins)

Indulge in a little pampering in the Spa at Corick House Hotel. Guests will avail of the state of the art hydrotherapy pool, sauna and steam room before retreating to the private Serenity Suite for 1 hour where a glass of sparkling wine, fresh strawberries and chocolates will be awaiting your arrival. Guests will also receive a 20 minute treatment of their choice followed by tranquillity time in our deep relaxation area. Please choose from one of the following treatments:

- a) Relaxing Back Massage
- b) Scalp, Neck and Shoulder Massage
- c) Foot and Leg Massage
- d) Mini Facial

Serenity Suite Diamond Retreat (170 Mins)

Enjoy all the indulgence of the Serenity Suite for 1 hour where a glass of sparkling wine, fresh strawberries and chocolates will be awaiting your arrival and receive one 50 minute treatment of your choice followed by tranquillity time in our deep relaxation area. Please choose from one of the following treatments:

- a) Comfort Zone Signature Facial
- b) Full Body Massage
- c) Back Massage and Mini Facial

Serenity Suite Platinum Retreat (220 Mins)

Enjoy all the indulgence of the Serenity Suite for 1 hour where a glass of sparkling wine, fresh strawberries and chocolates will be awaiting your arrival. Guests will also receive two 50 minute treatments which are to be chosen below. These are then followed by tranquillity time in the deep relaxation area. This package also includes a light lunch served in the Blackwater Bar & Grill in the main hotel.

- a) Full Body Exfoliation
- b) Hydramemory Complete Facial
- c) Grotta Giusti Body Wrap
- d) Full Body Massage





FOR YOUR BEAUTIFUL FACE

**[comfort zone]
Intensive Hydration
50minutes**

This treatment will drench the skin with intense hydration, leaving it feeling dewy, soft, plumped and ultra-hydrated. Your skins hydro balance is restored and dehydration lines are immediately reduced.

**[comfort zone]
Calming & Soothing
(Normal – Sensitive Skin)
50 minutes**

This facial is ideal for those with sensitive skin, it will soothe, protect and relieve delicate and reactive skin. Redness and irritation are diffused and your skin is left soft, nourished and visibly calm. Excellent for those who suffer with rosacea or couperose skin.

**[comfort zone]
Detoxifying
50 minutes**

A deeply cleansing treatment to purify and rebalance your problematic skin. It helps to remove unwanted breakouts, leaving your skin feeling fresh, hydrated and glowing.

**[comfort zone]
Skin Regimen Longevity
Facial
30 minutes**

Rejuvenates and re-densifies the tissues thanks to a double corrective and protective action against the major causes and signs of aging. The efficacy of the exclusive longevity complex and of the high-tech ingredients is maximized by deep yet comforting massage movements that leave the skin vibrant, energized and lifted

**[comfort zone]
Sublime Skin Deluxe Lift
75 minutes**

This treatment is combined with the exclusive [comfort zone] Active Lift Massage, it stimulates cellular regeneration, bestows fullness and redefines the volume of the face. The efficacy and specific actions obtained are thanks to the double peeling combined with Vitamin C. Its specific action and efficacy is obtained thanks to the double peel followed by an innovative biphasic peel-off mask

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**[comfort zone]
Sublime Skin Active Lift
60 minutes**

An anti-aging, redensifying and lifting treatment for the face and neck. This combined with the specific [comfort zone] active lift massage, restores fullness to the skin and redefines the volume of the face. Its specific action and efficacy is obtained thanks in particular to the innovative biphasic peel-off mask

**[comfort zone]
Sublime Skin Double Peel
45 minutes**

A treatment which resurfaces stimulates cellular renewal and illuminates the face, neck and décolleté. The efficacy and specific actions obtained are thanks to the double peeling combined with Vitamin C

Eye Zone treatment can be added to any of the above services, please ask at time of booking

FOR YOUR BEAUTIFUL BODY

Fruity Peel Body Scrub 45 minutes

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment combining a fresh rejuvenating scrub for the body with an exceptional exfoliating and smoothing effect. The mix of alpha hydroxyl acids, acting together with the fruit extracts, favours water recall and improve the hydration of the skin

Half Body Massage 30 minutes

This treatment uses our signature oil and massage techniques selected for their ability to target tension and help with specific areas of concern

Grotta Giusti Body Wrap 50 minutes

Relax while your skin is gently exfoliated to prepare your skin for our muscle warming remineralizing and purifying warm body mud. Once cocooned in this cosy wrap you will relax with a glorious face and scalp massage, leaving you feeling totally relaxed from top to toe.

Intensive Cellulite Treatment 50 minutes

Need help getting rid of stubborn fat and cellulite? Then this treatment is for you. Begin your treatment with a full body exfoliation using lymphatic skin brushing techniques followed by a thermogenic treatment to your stubborn areas which heats up the area to assist in the breakdown of fats and cellulite. You will then enjoy a targeted detox massage for the hips, thighs and abs. One treatment is fab but a course of six is amazing.

Hot Stone Massage 50 / 75 minutes

Bathed in intensely moisturising oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy.

Swedish Full Body 50 / 75 minutes

This classical European Technique of manipulating muscles with aromatic massage oils is both relaxing

and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

Lava Shell Full Body Massage 50/75 minutes

This indulgent and truly pampering lava shell relaxing body massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the body and mind. This treatment is good for aches and pains or just a pampering treat.

The Massage Duet 50/75 minutes

In the privacy of our exclusive suite reserved for two, you and your favourite person can enjoy any of our deeply relaxing 50 or 75 minute massages (priced according to massage choice) as you lie side by side. We also offer customised treatment options in our Couples Suite, so please contact the spa concierge if you wish to customise your spa retreat.

Aromasoul Scrub Ritual 45 minutes

A unique renewing body ritual for an intimate connection with Aromasoul elements massages rituals, which reflect the ancient traditions of the oriental, Mediterranean, Indian and Arabian cultures. This bestows nourishment, youth and splendour to all skin types. Profoundly renewed, nourished, smooth and luminous skin.

Inner Balance - Indian Head & Hopi Ear 50 minutes

Indian head is perfect for both the body and mind. It helps ease tense muscles and relieves the neck, shoulders, face and scalp of any aches and pains. This is then followed by Hopi ear candeling to induce a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses.

Reflexology 50 Minutes

A ancient, holistic healing technique using manipulation and pressure applied to specific areas of the feet, which in turn has healing effects on the entire body and mind.



MATERNITY

Pregnancy is a very special stage in a woman's life. The Spa offers specially-tailored pregnancy packages and other treatments which are safe to enjoy after the first trimester. The hydro thermal journey is not recommended for those who are expecting a baby, however we have a selection of treatments for mums to be and a wonderful deep relaxation room to enjoy. The Spa's pregnancy treatments connect mother and baby through the power of touch, working with two heartbeats as one.

*There are a variety of other treatments available in the Spa which are suitable for, or can be tailored to suit the needs of expectant mothers, please enquire with one of our Spa Therapist for more information.

Mummy to Be Massage 50 minutes

From 12 weeks right up until delivery, mums can experience the benefits of specialised pre-natal massage. This massage is conducted without the need to lie on your tummy, and is extremely comfortable and safe for your baby too.

Yummy Mummy Package 170 minutes

Take time for yourself before or after you have that little bundle of joy. A deeply relaxing treatment designed to relieve the body from the stress and tension of pregnancy. Enjoy a nourishing facial accompanied by a luxury manicure and pedicure

Pregnancy Back Massage 30 minutes

A massage adapted to each stage of pregnancy, a little necessary for mums to be. A full pre-birth back neck and shoulder massage designed to lighten the body.



BEAUTY BAR

Express Manicure / Pedicure 30 Minutes

Express Gel Polish 45 Minutes Fingers or Toes

Luxury Manicure 60 minutes

A well-deserved pampering treatment for your hands. Begin your treatment with a hot towel compress to soften the skin which is followed by a luxurious exfoliation. The nails are shaped, filled, buffed and cuticles tended to. Your therapist then applies a luxurious conditioning mask and your hands will be placed into warm mitts to intensify the treatment. A soothing massage will leave your hands feeling smooth and refreshed. The treatment is complete with a polish.

Luxury Pedicure 60 minutes

Sooth and revitalise tired sore feet with an invigorating luxury pedicure. After soaking, your feet are exfoliated to refresh the skin and stimulate circulation. The nails are shaped, filled, buffed and cuticles tended to. Your therapist then applies a luxurious conditioning mask and your feet will be placed into warm mitts to intensify the treatment. A soothing massage will leave your feet feeling moisturised and refreshed. The treatment is complete with a polish.

TEEN RETREAT

We are delighted to offer our young customers a range of treatments which are suitable for 13 - 18 year olds. Please note all our treatments can be tailored to the needs of teenagers. Speak to the Spa Concierge if you would like to enquire about any treatments. Teens must be accompanied by an adult on arriving at the Spa to complete the consultation form.

TRANQUILITY

Face and Body Ritual 75 minutes

A unique aromatherapy massage experience suited to deep tissue techniques for the body, and profound relaxing techniques for the face, decontracting tense muscles and relieving tensions for a pleasant experience of wellbeing. After your treatment you will be served a seasonal sorbet in the deep relaxation room.

Pro-Sleep Massage 60 minutes

An Innovative massage acting on three different sensorial pathways for profound relaxation, favouring sleep and helping to recover jetlag side effects. The synergy of a unique blend of essential oils, the bespoke Tranquillity Sound, Ayurvedic and Indonesian Sea Malay manualities combined with the use of soft brushes, gently guide the way to achieving a quiet and peaceful mind and body state. After your treatment you will be served a seasonal sorbet in the deep relaxation room.

Relaxation, stimulation, slimming and firming. The Spa body therapies with massage modalities ranging from Swedish to Asian techniques provide the ultimate in body therapy.



SPA ENHANCEMENTS

Delightful treats to add to your main treatments, choose from one of the following for 15 more minutes of heaven only £20

- Hot oil scalp massage
- Indulgent hand ritual
- Indulgent foot ritual
- Eye Enhancement - A multi-active rejuvenating eye zone treatment to rejuvenate the eye area, draining puffiness and improving the appearance of dark circles and fine lines.

Or add on a little treat to help your taste buds and senses unwind - See price list for full details.

- A full bottle of house white wine
- A bottle of prosecco
- Fresh strawberries and chocolates (each portion suitable for 2 people)
- Afternoon tea - served in the Conservatory



BEAUTY ROOMS

See price list for full details.

Wax Treatments

Hard Wax

A peel off wax applied thickly on the skin and removed with your fingers. Used on sensitive and delicate areas.

Soft Wax

Is applied thinly and used with a paper strip. Used on larger areas of skin.

Waxing

Half leg

Full leg

Bikini - (Advanced options available)

Under arm

Arm

Lip

Eyebrow

Chin

Tinting

Facial Grooming

Eyelash tint

Eyebrow tint

Eye Package

Eyebrow wax, tint and eyelash tint

Spray Tan

Full body

Half body

Make Up

Beauty Occasion



GYM MEMBERSHIP

Membership to the fully equipped gym includes complimentary use of the thermal suite including hydrotherapy pool, sauna, steam room, experience shower and thermal lounge areas. All members will receive 20% discount on treatments (Mon - Thurs), 10% discount on homecare products.

* Access to thermal areas & discounts may be restricted at peak times.



SPA GENERAL INFORMATION

Opening Hours

Gymnasium & Thermal Areas
Mon – Fri 9.00am – 9.00pm,
Sat – Sun 9.00am – 7.00pm

Thermal Suite

Children aged between 13
-18 need to be accompanied
by an adult (children under 13
are not permitted in the spa).

Arrival Time

Guests are requested to
arrive 30minutes prior to
treatments to allow time to
change, if desired, and to fill
out a medical questionnaire.
Arriving late will deprive
you of precious minutes
of your treatment.

Spa Attire

As this facility is for both
genders, please ensure that
swimwear is worn at all
times. Disposable pants are
provided for wet treatments
and we respectfully request
that underwear is worn
for all other treatments.

Half & Full Day Spa Guests

For your comfort you will
be provided with a locker,
robe, towel and slippers.

Etiquette

The Spa is a sanctuary for
the mind, body and soul. Out
of consideration for others,
we request that visitors

keep noise to a minimum.

Mobile phones and electronic
devices must be switched off
before entering The Spa.

Special Considerations

If you have high blood
pressure, heart conditions,
allergies or any other
medical complications we
advise that you consult your
doctor before booking spa
treatments. If you have a
medical condition and would
like to know what treatments
you can avail of, please ask
our spa therapists who will
be happy to assist you.

Contraindications

All treatments are carried
out subject to completion
of our client consultation
card, which you will be
required to complete on
arrival. If you have any
medical conditions there
may be restrictions on the
treatments you can avail of.

Pregnancy

Please advise us if you are
pregnant or nursing as some
treatments during this special
time are not recommended.
We have a range of treatments
that have been specially
selected to help with all your
needs during this magical
time and will be happy to

recommend these treatments.

Please allow the spa team to
guide you in selecting which
treatments are most suitable
for you during this special
time. Unfortunately we do
not offer all spa treatments
during the first 12 weeks
of pregnancy but have a
selected recommendation.

Cancellation policy

For group bookings, a £10
deposit per person will
be required at the time
of booking and we ask
for seven days to avoid a
50% cancellation fee.

Individual/Group Bookings

To secure your booking, a
credit card number will be
required upon booking your
appointment or package or
alternatively a 50% deposit.

Cancellation Policy – Individual Bookings

As a courtesy to other
clients, a 48 hour notice is
required, otherwise a 100%
cancellation fee will be
incurred on the given credit
card or the deposit forfeited.

Cancellation Policy – Group Bookings (4 people +)

For group bookings seven
days notice is required,
otherwise a 50% cancellation

fee will be incurred, otherwise
a 100% cancellation fee will
be incurred on the given credit
card or the deposit forfeited.

Payment

We accept cash, all major
credit cards and hotel guests
can charge to their room.
All prices are quoted in
sterling pounds per person
and are subject to change
without prior notice. We also
reserve the right to modify
or discontinue treatments
without prior notice.

Refund Policy

Treatment packages
are non-refundable and
non-transferable.

If Late for an Appointment

Appointment times must be
adhered to. Should you arrive
late, your treatment will end
at the appointed time and
full payment must be made.

Valuables

We strongly recommend that
you leave your valuables in
your locker. Please ensure you
retrieve all valuables before
leaving the premises and in
particular check the pockets
of your robe. The management
accepts no responsibility for
the loss of valuables brought
onto The Spa premises.





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