



YOUR OWN KIND OF PERFECT

THE HERITAGE SPA

Adopt the pace of nature. Her secret is patience.  
– Ralph Waldo Emerson





At one with nature...

There's something magical about those few simple words.

The Heritage Spa Experience promises perfect tranquility in a quiet, countryside setting.

No interruptions, just pure relaxation.

Our Spa Experience has been created to take you on a journey through the elements of nature. Discover the power of pure natural ingredients with our holistic treatments. Immerse yourself in the ancient ritual of hot and cold bathing. Each step will draw you further into deep relaxation, where nothing matters but you.

In every walk with nature one receives far more than he seeks.

– John Muir

Celebrate the harmony of nature and its gentle healing properties. Extensive relaxation spaces have been carefully designed so that you can experience pure luxury in a wonderfully peaceful rural setting.

The Heritage Spa Experience nourishes both body and soul.

Your journey begins with the ancient ritual of bathing, where the body is heated then cooled through a series of different bathing areas. These spaces have a natural flow, bringing you to a state of deep relaxation. The journey ends in our resting zone where you can drift away to the soothing sounds of nature.



## HEAT EXPERIENCE

This ritual dates back thousands of years, with its roots in ancient Roman and Turkish bathing traditions. Each Experience has its own unique cleansing and beautifying properties.

### Sanarium

This Luxurious timber chamber combines the traditional pleasures of the Scandinavian Sauna with the added benefit of steam infusion, mood lighting and gentle background music. The 'softer climate' allows you to linger longer, allowing the heat to deeply penetrate the body and soothe joints and muscles.

### Tepidarium

The Roman Tepidarium was a lukewarm lounging area, usually located in the opulent hall of the spa. Bathers could relax and unwind here, watching the world go by. The radiant heat of our Tepidarium helps to soothe the body, mind and soul, creating a sense of calm and well-being.

### Caldarium

A 2000 year old Roman Tradition. The floor benches and walls are heated, offering a dry, warm environment for deep-cleansing the pores.

### Steam Bath

A humid heating sensation also known as a Turkish or Roman Steam Bath. Particularly beneficial for the respiratory system. The heat combines with pure essential oils, helping to induce a state of deep relaxation.

### Rustic Sauna Cabin

A Finnish tradition offering intense dry heat. An authentic copper kettle disperses aromatic water over hot coals, creating a warm and gently fragrant environment. Perfect for unwinding, de-stressing and resting tired, aching muscles.

### Open Hydro-pool

With water fountains for shoulder and neck massage, air loungers for full body massage plus individual jetpacks tailored to specific hydrotherapeutic needs.

## COOLING EXPERIENCE

Like yin and yang, cooling down is a key part of our spa experience.

Cooling the soft tissues not only moderates your core temperature.

It invigorates your body and stimulates the nerve endings, leaving your feeling refreshed and energised.

### Elemental Showers

These showers imitate natural rainfall, offering a multi-sensory experience to help cool the body, from soft tropical rain to invigorating ice rain.

### Hydro Boost

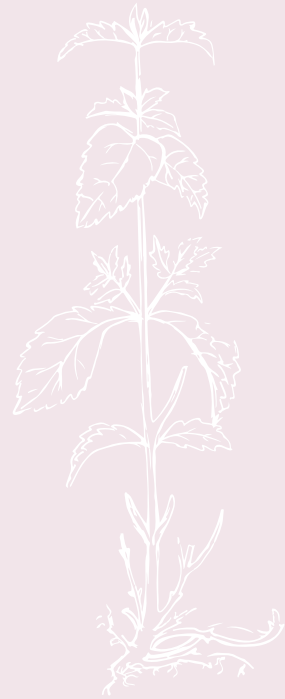
This immersive hydro experience, incorporating a waterfall shower, bucket douche, body shower and Kneipp hose, has wonderful rejuvenating properties. It helps to stimulate circulation and metabolism, firm the skin and, of course, invigorates the body and soul!

### Foot Baths

Foot-baths have been used for millennia, to cleanse the body and the soul. This divine foot therapy literally melts away the stresses of life. Warm water and gorgeously aromatic salts gently soothe and massage the feet, providing deep therapeutic effects.

### Resting Zone

Now it's time to commune with nature. Our resting zone is tucked away in a quiet, tranquil area. Lie back, relax, gaze out at the beautiful Laois countryside and let the gentle sounds of nature envelop you.



Our philosophy is firmly rooted in the healing properties of nature. That's why we've chosen to partner with ESPA and VOYA, the leading brands in natural, organic and holistic products. Our treatments are a true expression of nature's gentle healing powers. Each one has been created using a careful balance of products that work in perfect harmony with your skin type.

We believe that to get the right results, it's important that we take the time to listen and get to know your own individual needs. Every one of our ESPA treatments starts with a detailed personal consultation. Your therapist will discuss your needs to find the perfect treatment for you.

We carry out a sensory test to find out which products are best suited to your skin type. Our therapist then creates a personalised treatment that is perfectly in sync with you. That way, you'll benefit from the best results possible. We're here to make your spa journey truly special. If you need anything, just ask.



Normality is a paved road; it's comfortable to walk, but no flowers grow.

– Vincent van Gogh

## HOLISTIC THERAPIES

These alternative therapy techniques are based on ancient traditions.

They are centred around healing and rejuvenation of the mind, body and spirit.

### Reflexology

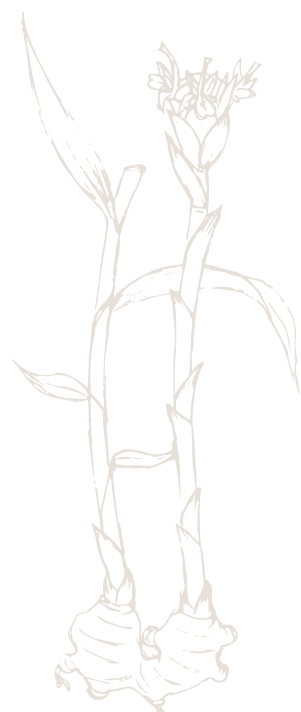
60 mins

This ancient technique stimulates pressure points on the feet to rebalance your body's energy systems.

### Indian Head Massage

45 mins

Designed to alleviate stress, this massage concentrates on the scalp with a focus on soft tissues in the shoulders and neck.



## WRAPS, SCRUBS AND RITUALS

### ESPA Detox Wrap

60 mins

An indulgent body wrap designed to comfortably raise your body's temperature and induce cleansing. Release toxins and improve circulation. Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment finishes with a mind calming scalp massage for ultimate relaxation.

#### Includes:

Skin brush, body exfoliation, detox algae wrap, scalp massage.

### ESPA Body Wrap

60 mins

A tailored experience designed to comfortably raise your body's temperature, nourish your skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied, specifically tailored to your needs. Your skin will feel nourished and hydrated. A soothing scalp massage leaves your mind totally relaxed.

#### Choose from the following:

De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Skin Conditions or Body Toner.

#### Includes:

Skin brush, body exfoliation, wrap and scalp massage.

### Salt and Oil Scrub

30 mins

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA massage. We offer a lighter application with exfoliating body polish instead of Salt and Oil Scrub if preferred.

### Organic Lavender or Peppermint and Seaweed Sugar Glow

60 mins

A wonderful fragrant mix of lavender or peppermint oil, seaweed and sugar which gently exfoliates and heals.

### Hammam

60 mins

Influenced by the bathing ritual of the Ottoman nations, relax on a warm plinth in absolute humidity whilst being treated by your therapist. Exfoliating massage performed on a warm massage plinth.

### The Blissful Hammam Experience

60 mins

This ultimately luxurious hammam experience will leave your body and mind in complete bliss. A full body lavender and seaweed sugar glow scrub will deep cleanse and gently exfoliate your skin, leaving it soft and smooth. This will be complemented with a full back recovery treatment. Organic Laminaria leaves and warm stones alongside Balinese and Hawaiian massage techniques will ensure your muscles are relaxed, your mind is calm and you feel renewed and invigorated.

## ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye.

Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Skincare products are chosen for your individual needs to achieve the best possible results. We recommend treating yourself to a facial once a month to maintain the ultimate in healthy, radiant skin.

*Please note:*

*Your lifestyle consultation and skin analysis is part of your treatment and treatment time. We recommend that you book a 1 hour "Spa Intensive Facial" and your therapist will recommend one of the below facials which will best meet the needs of your skin type on arrival.*

### Skin Radiance Facial

60 mins

This revitalising facial treatment refreshes tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, regulate pigmentation and brighten the skin to deliver instant results.

### Re-Hydrator Facial

60 mins

An intensive and regenerating facial for dehydrated skin, leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing oils and masks, deeply moisturising and soothing the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

### De-Sensitiser Facial

60 mins

A comforting facial for sensitive skin prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity, leaving skin calmed, nourished and comfortable.

### Skin Purifying Facial

60 mins

Ideal for oily skin or for those affected by hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential tea tree and white thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a clearer, more balanced complexion.

### Optimal Skin Health Facial

60 mins

Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of our Optimal Skin collection with expertly tailored facial techniques. Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while new Optimal Skin Pro Moisturiser targets the delivery of nutrient-rich, hydrating actives to where your skin requires them the most. Instantly reviving and brightening the complexion, this facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.

### The Express Optimal Pro Facial

30 mins

Designed to reveal your skin's true potential, ESPA's iconic Optimal Skin ProFacial has been tailored to suit those with a fast-paced lifestyle and little time to relax. This luxurious, powerful 30-minute experience leaves the skin with instantly visible results, appearing healthier, brighter and fresher.

### Intensive and Age Defyer Facial

60 mins

A luxurious and regenerating facial for maturing skin that minimises lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age defying massage techniques and a selection of age defying products to replenish and revitalise the skin. Your complexion will be toned, radiant and rejuvenated.

## VOYA FACIALS

VOYA is an award-winning Irish Organic Skincare range. The VOYA range combines the highest quality botanical ingredients and aromatherapy oils with certified organic seaweed. The seaweed is carefully harvested by hand and selected by sight from the wild Atlantic coast and is accredited by the Organic Soil Association.

### Self Discovery Radiance Facial

60 mins

This skin type-specific, ocean-inspired organic facial is deeply detoxifying, thoroughly revitalizing, smoothing skin tone and increasing clarity. A relaxing facial massage releases toxins, repairing and nourishing damaged skin cells. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin, leaving it feeling purified, nourished and perfectly balanced. You will be left with a revived glowing, fresh complexion, feeling enriched and strengthened.

*Choose 1 of 3 facials for your journey:*

Purifying Facial

- Oily/Combination Skin

Ultra Calming Facial

- Sensitive Skin

Intensive Hydra Veil Facial

- Dry Skin

Everything has beauty, but not everyone sees it.

– Confucius



## ESPA MASSAGE

### ESPA Aromatherapy Massage

30 mins 60 mins

With a blend of individually chosen essential oils, ESPA Aromatherapy Massage is professional and bespoke. A personal consultation with one of our expert therapists will ensure that you receive a unique treatment tailored to your specific needs.

*Choose from the following:*

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

*Includes:*

Aromatherapy massage to back, legs, arms, abdomen, neck and shoulder massage.

### ESPA Swedish Massage

30 mins 60 mins

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. The ESPA Swedish Massage is an ideal introduction to massage; stimulating movements help soothe tired aching muscles, leaving you relaxed and revived.

*Includes:*

Swedish massage to back, legs, arms, abdomen, neck and shoulder massage.

### ESPA Hot Stone Massage

60 mins

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones slips into your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated

*Includes:*

Hot stone aromatherapy massage to back, legs, arms, abdomen, neck and shoulder.

## VOYA MASSAGE

### VOYA Voyager Massage Journey

60 mins

This serene experience uses body brushing, full body massage and scalp massage. This combination of both gentle and stimulating movements releases tension, promotes deep relaxation and relieve aches and pains. This luxurious Massage Journey is completely tailored to your individual needs:

*Choose 1 of 3 oils for your journey:*

Uplift

- Angelicus Serratus

Relax

- Mindful Moments

Serenergise

- Muscle Relief

### VOYA Hot Stone Massage

60 mins

Experience serenity with our deep tissue Hot Stone Massage. Warmed leaves of seaweed are combined with aromatic organic essential oils and gently layered over the body. Heated stones are then placed onto these leaves, soothing the muscles while releasing precious extracts to relieve tension. This treatment goes beyond any normal massage, relaxing the mind and body.

## MATERNITY MASSAGE

### ESPA Maternity Pre and Post Natal Treatment

30 mins 60 mins

A deeply nourishing body massage to care for areas prone to stress and tension during or after pregnancy. Gentle back exfoliation is followed by a soothing body massage specifically tailored to your needs. Our expert therapist will focus on alleviating muscular aches, whilst helping to relax, restore and revitalise. We recommend a course of 6 treatments following the first trimester of pregnancy. This bespoke treatment includes back exfoliation (if desired), body and scalp massage.



NAIL CARE

- Luxury Manicure
- Luxury Pedicure
- File & Polish
- OPI Gel Polish

SPRAY TANNING

- Full Body Spray Tan
- Half Body Spray Tan

*Prior to tanning, we recommend that you:*

- Exfoliate
- Refrain from applying moisturiser or deodorant
- Wear dark, loose clothing
- Book any waxing appointment 24 hours in advance of tanning

EYE CARE

- Eyelash Tint \*
- Eye Brow Tint \*
- Eye Brow Shape
- Eye Trio [Shape, Brow & Lash Tint]\*

*\* a patch test will be required 24 hours prior to the treatment time*

MEN'S PACKAGES

**Men's Personalised Facial**

*60 mins*

A personalised facial is the perfect answer whether your skin needs a deep cleansing, soothing or hydrating. Your therapist will tailor your treatment to suit the specific needs of your skin. This bespoke facial includes a Triple Cleanse, Exfoliation, Facial Massage and Mask.



## SPA PACKAGES

Relax, renew, rejuvenate... even if it's just for the day. Our Full and Half Day packages will allow you to indulge in a truly world-class spa experience. Enjoy full access to The Heritage Spa Experience followed by a treatment that's perfectly tailored to you.

### The Heritage Spa Experience

2 - 4 hrs

Your journey begins with the ancient ritual of bathing, where the body is heated then cooled through a series of different bathing areas. These spaces have a natural flow, bringing you to a state of deep relaxation. The journey ends in our resting zone where you can drift away to the soothing sounds of nature.

## FULL DAY SPA PACKAGES

A sensory test will affirm which products are best suited to you. Your therapist will personalise your treatment to achieve optimum results. Your package includes:

- Two hours of ESPA time with one of our expert therapists which allows us to personalise a treatment schedule for your specific concerns
- Full access our Thermal Spa
- Your bespoke treatment
- Unlimited use of our Deep Relaxation Room
- A light lunch in our Spa Lounge.

### Afternoon Retreat

60 mins

Afternoon Retreat is the ultimate girly day at The Heritage Spa! Start your spa day in the thermal suite spa experience and enjoy our range of heating and cooling experiences. Enjoy two 25 minute treatments - A bespoke mini facial tailored to your skin and a muscle melting back massage to ease away any aches and pains. Complete your afternoon of relaxation with The Heritage signature afternoon tea served in The Galleria.

## HALF DAY SPA PACKAGES

### Midweek Retreat

30 mins

Escape into an oasis of calm for some midweek relaxation. Begin your journey by enjoying our Thermal Spa. Choose one of our luxury treatments to enjoy:

- Personalised Express Facial
- Muscle Melting Back, Neck and Shoulder Massage
- Salt and Oil Body Scrub
- Lift and Firm Eye Treatment
- Shoulder, Neck and Scalp Massage with Conditioning Hair Treatment
- A light lunch in our Spa Lounge is also included.

### Sunday Splendour

60 mins

Ahh... what Sundays were made for. Ease yourself into a new week with a leisurely afternoon at The Heritage Spa. Begin your journey through our Thermal Spa and enjoy one of our luxury treatments:

- Skin Radiance Facial
- Full Body Swedish Massage
- ESPA Body Wrap
- A light lunch in our Spa Lounge is also included.

### Energise Spa

60 mins

Bring the day into focus with our revitalising active day spa package. Begin the day with a refreshing 5km walk through the idyllic Laois countryside on our ground-lit walking track. Unwind afterwards in our thermal suite spa experience, followed by: Full body energising massage using

a revitalising zesty blend to awaken the mind and a scalp massage with conditioning hair treatment.

Light lunch served afterwards in our Spa Lounge

### The Heritage Healing

60 mins

Escape the pressures of a hectic lifestyle and enjoy a morning or afternoon indulging in some quality 'me' time. Begin your journey enjoying our Thermal Spa. Then choose one of our luxury treatments:

- Personalised ESPA Facial
- De-Stress Full Body Massage.



## THE HERITAGE SPA GUIDE

### Arrival Time

Arriving 1 hour before your treatment commences will give you plenty of time to relax and enjoy the surroundings. If you're late for your appointment, the time will be deducted from the length of your scheduled treatment.

If your package includes The Heritage Spa Experience, we recommend you allow a minimum of 1 hour before or following a treatment to fully utilise the area.

### Booking Information

We recommend you book treatments and packages in advance as demand for the Spa is high. All bookings are subject to The Heritage terms and conditions, which are available on request.

To book please call +353 (0)57 869 5050 or email [spa@theheritage.com](mailto:spa@theheritage.com) For residents available please telephone +353 (0)57 864 5500 or email [reservations@theheritage.com](mailto:reservations@theheritage.com)

### Health

The first priority of our team is your health, safety and wellbeing. If you have any concerns regarding your medical history we recommend consulting your GP prior to your visit. A medical note may be needed in order for us to perform some treatments. If you've undergone surgery within 6 months prior to the date of appointment, this may affect your choice of treatments available. Please ask our Spa Reception Team for advice on booking, they will be happy to help.

### Pre and Post Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please contact our spa reception and a member of our Spa Reception Team will be happy to provide more information. If you have undergone a C-section in the previous 6 months, unfortunately it will not be possible to have any massage or body treatments.

### Children

Due to the active nature of the products, Spa users must be a minimum age of 18 years.

### Gifts and Vouchers

Gift vouchers and Spa gifts can be purchased directly from The Heritage or online at [www.theheritage.com](http://www.theheritage.com)

### Etiquette

As a courtesy to other clients and to preserve the ambiance of the Spa, we ask that clients switch off their mobile phones and leave them in the locker area. Smoking is not permitted in the Spa. We thank you in advance for your understanding.

### What to Bring

We will provide you with a luxury bathrobe and towel. Swimwear is obligatory in The Heritage Spa area at all times. We ask that you wear flip flops when using the Spa Experience. You can bring your own or you can purchase a pair at our Spa reception for €3.

### Personal Belongings

Lockers are available to ensure the safety of your personal belongings. Please remove all jewellery before entering the Spa.

### Cancellation Policy

As a courtesy to other guests and our therapists, please give us at least 72 hours' notice if you need to cancel or change your appointment. Please note that cancellations less than 72 hours prior to the booking are subject to a 50% cancellation fee. If you don't attend your appointment on the day, you will be subject to a cancellation fee of 100% of the treatment price.

For group cancellation policy, please refer to your group confirmation contract. We reserve the right to alter prices and modify or discontinue treatments without prior notice to ensure that we maintain maximum standards of service and quality.

### Opening Times

*Spa Treatments:*

Mon - Sun 10am - 6.30pm

*The Heritage Spa Experience:*

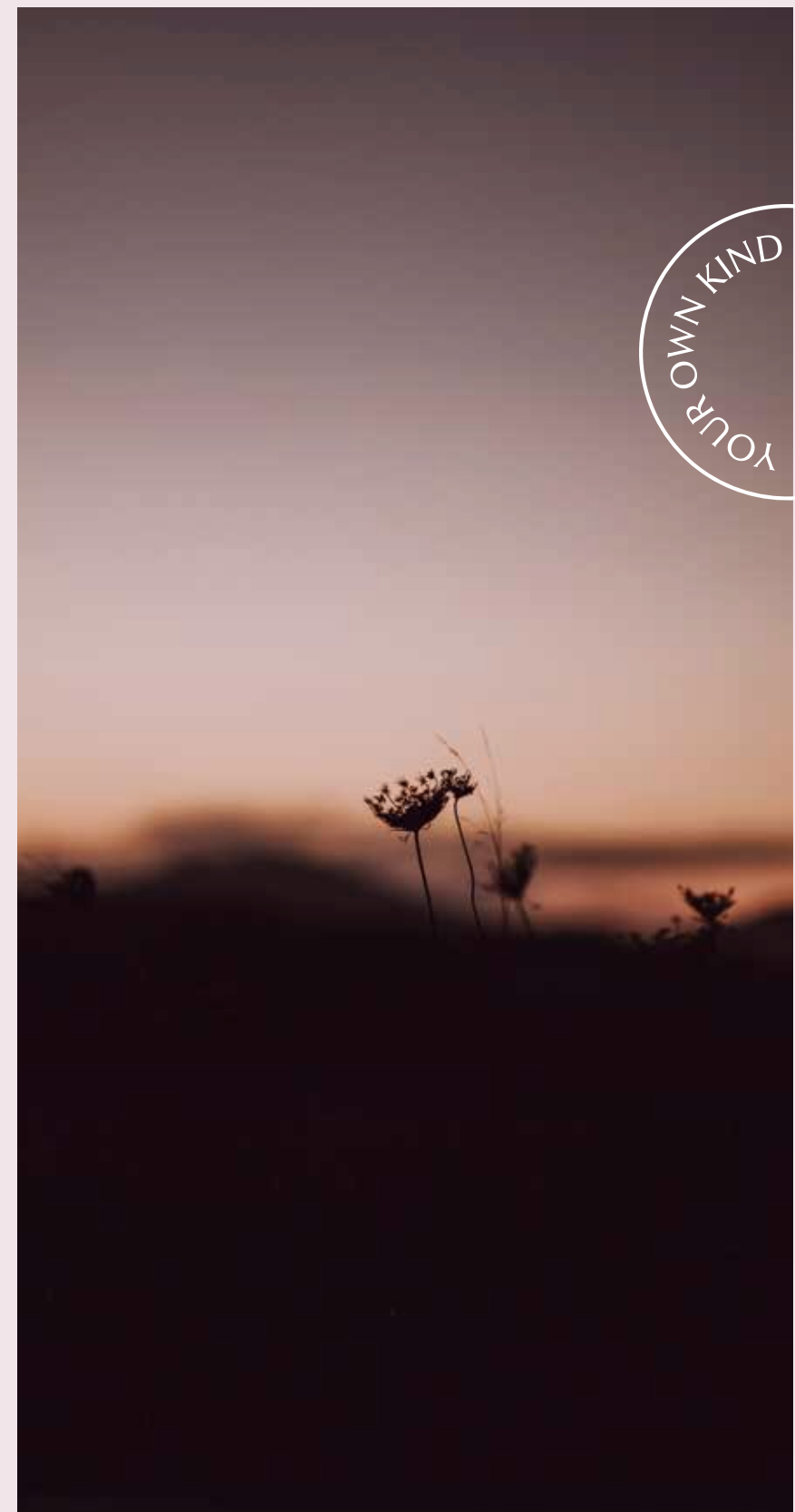
Mon - Fri 10am - 8.30pm

Sat - Sun 10am - 6.30pm

Bank Holidays 10am - 6.30pm

### The Health Club

Located beside the Spa, the Health Club is equipped with Technogym exercise equipment, fitness studio, leisure pool, Jacuzzi. Ladies and gents locker rooms are equipped with a separate sauna and steam room in each.



**HOLISTIC THERAPIES**

**Reflexology**  
60 mins €100

**Indian Head Massage**  
45 mins €85

**WRAPS, SCRUBS AND RITUALS**

**ESPA Detox Wrap**  
60 mins €105

**ESPA Body Wrap**  
60 mins €105

**Salt and Oil Scrub**  
30 mins €65

**Organic Lavender or Peppermint and Seaweed Sugar Glow**  
60 mins €90

**Hamam**  
60 mins €90

**The Blissful Hammam Experience**  
60 mins €100

**ESPA FACIALS**

**Skin Radiance Facial**  
60 mins €110

**Re-Hydrator Facial**  
60 mins €110

**De-Sensitiser Facial**  
60 mins €110

**Skin Purifying Facial**  
60 mins €110

**Optimal Skin Health Facial**  
60 mins €110

**The Express Optimal Pro Facial**  
30 mins €75

**Intensive and Age Defyer Facial**  
60 mins €120

**VOYA FACIALS**

**Self Discovery Radiance Facial**  
60 mins €105

**VOYA Deluxe Facial Experience**  
80 mins €130

**ESPA MASSAGE**

**ESPA Aromatherapy Massage**  
60 mins €115

**ESPA Swedish Massage**  
60 mins €115

**Back Neck and Shoulder Massage**  
30 mins €75

**ESPA Hot Stone Massage**  
60 mins €120

**VOYA MASSAGE**

**VOYA Voyager Massage Journey**  
60 mins €115

**VOYA Hot Stone Massage**  
60 mins €120

**MATERNITY MASSAGE**

**ESPA Maternity Pre and Post Natal Treatment**  
60 mins €110

**BEAUTY SUITE**

**NAIL CARE**

**Luxury Manicure**  
60 mins €65

**Luxury Pedicure**  
60 mins €65

**File & Polish**  
15 mins €20

**OPI Gel Polish**  
30 mins €35

**SPRAY TANNING**

**Full Body** €30

**Half Body** €25

**EYE CARE**

**Eyelash Tint** €15

**Eye Brow Tint** €15

**Eye Brow Shape** €10

**Eye Trio Tint [Shape, Brow & Lash]** €30

**MENS PACKAGES**

**Men's Personalised Facial**  
60 mins €110

**FULL DAY PACKAGES**

**The Heritage Spa Experience**  
2 - 4 hrs Mon - Fri €40.00  
2 - 4 hrs Sat - Sun €50.00

**Afternoon Retreat**  
50 mins Mon - Fri €110  
50 mins Sat - Sun €130

**HALF DAY PACKAGES**

**Mid Week Retreat**  
30 MINS €100.00

**Sunday Splendour**  
60 mins €140

**Energise Spa**  
60 mins Mon - Fri €100  
60 mins Sat - Sun €110

**The Heritage Healing**  
60 mins Mon - Fri €105  
60 mins Sat - Sun €115





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**FBD HOTELS & RESORTS**