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## The Spa at Dromoland

[The Spa at Dromoland](#) at Dromoland Castle Hotel & Country Estate, opened in July 2007, adding yet another reason to a rather long list, to visit this sensational property in Newmarket-on-Fergus in County Clare, Ireland.

Without a doubt, spas are the ultimate place for luxury pampering, and The Spa at Dromoland is a blissful oasis that delivers on its promise. We stayed at Dromoland Castle Hotel & Country Estate in September 2007, and had late afternoon massages, which thoroughly revived our jet-lagged bodies.

The spa uses Anne Sémonin, Paris, products featuring aromatic essential oils, trace elements and marine ingredients, and Voya, 100% certified organic seaweed products from Ireland.



To begin our spa experience, June, the Spa Receptionist, brought us warm scented towels while we waited in the attractive reception area with a soothing waterfall, background music, low lights, a wood floor, and an attractive salmon suede circular conversation sofa that reminded us of the inside of a chambered nautilus.

We progressed to the waiting area with teal and salmon leather chairs, sculpture, white orchids and candles decorated the tables, sundial sconces illuminated the walls, and pillar candles burned brightly on the wood and small tile floor.



Our therapists, Aisling and Elaine, greeted us and led us off to separate treatment rooms where we received full-body massages with drainage. Based on our requests, they created "Made to Measure Massages" using cinnamon and ginger in combination with essential oils and trace elements, which we learned are four times more effective than using essential oils alone. Mixed together, they gently fragranced the room and imparted a light spicy aroma on our skin.

Reclining on heated massage tables with rose petals placed in bowls on the floor so that we had a view from our face rests should we leave our eyes open during our treatments, for the next 55 minutes our therapists kneaded our backs, feet, and legs using deep tissue massage to relieve tension and improve circulation.



After our treatments we had the option of either going to the comfortable relaxing room or to go outside and use the Hydro Spa Pool. Feeling much too relaxed and lazy, we opted for sitting in the relaxation room in leather reclining massage chairs in front of the glowing fireplace with pillar candles on the floor and low lighting. Slipping off for a much needed nap, we awoke refreshed and ready to enjoy a late dinner at The Earl of Thomond Restaurant.

The Spa at Dromoland features six treatment rooms with two couple rooms, and a full range of Anne Sémonin therapies including Signature Collection Facials, Phyto-Aromatic Facials, Facial Collection for Men, Collection for Eyes and Décolleté, Collection for Face and Back, Body Therapy Collection, Wraps and Scrubs Collection, Made to Measure Cocoon Floats, and Body Specific Collection. They also offer a varied selection of Voya therapies including Organic Bladderwrack Body Buff, Organic Peppermint or Lavender Sugar Glow, Dry Body Brushing & Seaweed Massage, Seaweed Oil Massage, Tangle Me Up (Seaweed Body Wrap Focusing on Cellulite), Indian Head Massage, and Reflexology. In addition, the Spa offers a complete menu of beauty treatments.

Please read other articles on **Dromoland Castle Hotel & Country Estate** in the **Hotels and Resorts** and **Restaurants** sections, and **Chefs' Recipes** where Executive Chef David McCann shares his delicious vision of a taste of Ireland.



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