

Created by: Debra C. Argen
The Spa at Dunbrody

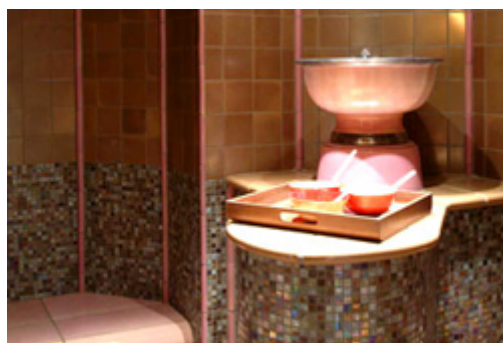
The Spa at Dunbrody is located in the former stables at [Dunbrody Country House Hotel & Restaurant](#) and is a luxurious addition to this small jewel of a property.

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Dunbrody Country House Hotel & Restaurant, a member of [Small Luxury Hotels of the World](#), may be on the small size, there are just 22 rooms and suites, but its services are pure luxury, which carry over into their spa, which features 4 attractive treatment rooms and some very state-of-the-art facilities and treatments.

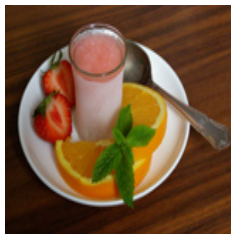
We stayed at Dunbrody Country House Hotel & Restaurant in September 2007 and indulged in pampering Spa treatments at The Spa at Dunbrody, where Laura Myler introduced us to their Dunbrody Signature Serail Therapy. Their Asian Rasul combines mud, dry heat and steam that is a body boosting, detoxifying, and brightening treatment. Knowing the healthful benefits of both mud treatments and saunas, we definitely wanted to experience their Signature Serail Therapy.



Our treatment began with entering a beautiful domed chamber, which featured miniature multi-colored tiles and niche seating for up to four people. Laura had mixed up their special mud with aromatic eucalyptus oil, and left us in the chamber with the instructions to apply the mud all over our skin, and then to sit back and relax while we let the mud dry.

Comfortably seated and covered with mud, for 30 minutes we relaxed in the warm, dry chamber and watched as the room darkened slightly and was illuminated with varying colored lights. Mud dried, the room filled with aromatic steam, and combined with the colored lights, we had the very pleasant and soothing sensation of being in a dream or being inside of a cloud as we took a journey of the nourishing kind. Our lungs took in the eucalyptus scent and with it came a sense of deep relaxation and contentment. The treatment ended with a shower flowing above our heads inside the chamber to wash off the mud; talk about the ultimate in state-of-the-art equipment.

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We left the chamber, took a shower with eucalyptus gels, applied body moisturizer, and went to the lounge in the relaxation room to savor the after effects of the serail treatment, when Laura surprised us with a delicious and refreshing treat of homemade sorbet.

Next on our Spa pampering treatment schedule was their specialty USPA Eye Contour Wrap (for Debra) and a Signature Massage for Back, Neck, and Shoulders (for Edward).



Debra: With all of the travel that we do, I like to pay extra special attention to my face and eyes, and I was very interested in experiencing their Eye Contour Wrap, which uses freshly grated potato. This being Ireland, I cannot say that I was too surprised to see a treatment on their menu utilizing potatoes, however, what I did not know was the healthful benefits of applying potatoes to the skin. Laura told me to close my eyes, and then applied chilled freshly grated potatoes to my eyelids.

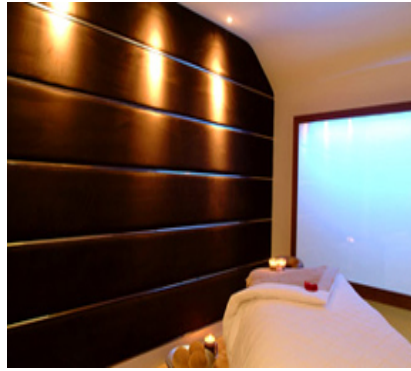


For 45 minutes, all I had to do was lay back, relax, and let the potato masque and Laura's fingers work their magic as she used Marma point massage techniques to reduce puffiness, fatigue and dark circles from under my eyes, which are two "bags" that every traveler can certainly live without. I emerged refreshed with my eyes looking wonderful, and the best part was that I am able to recreate this treatment at home using potatoes without Laura's magic fingers.

Edward: I am a massage man, so I selected their Signature Massage for Back, Neck, and Shoulders, which was 75 minutes of alternating pain and paradise. The massage consisted of both Swedish and Shiatsu massage techniques that promised "deep tissue rejuvenation, lymphatic drainage and a range of specific sensory enhancement." I may not have had a clue as to what that meant, but I was certainly ready to experience this massage.

I selected the massage oil scent I wanted, and then closed my eyes and relaxed in the tranquil treatment room as the massage delivered what it promised. I emerged from the massage a bit weak in the knees from being so totally relaxed, and decided that I had better return to the light-filled relaxation room, before leaving this Spa heaven.

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We thoroughly enjoyed our Spa experience at The Spa at Dunbrody, and look forward to returning to experience the rest of their Spa menu which features Elemis products, a wide selection of facials including specially designed facials for men; Signature Serail Therapies; intriguing body therapies including polishes, wraps, salt glows, and masques; treatments to pamper hands and feet; and an interesting massage menu that also includes a special massage for mothers to be; and for a definite change of pace, they offer an Elemis Fennel Cleansing Cellulite & Colon Treatment.

The Spa at Dunbrody may be small in stature, but is it lavish on luxury.



Read about **Dunbrody Country House Hotel & Restaurant** in the **Restaurants, Hotels and Resorts, Chefs' Recipes**, and **Luxury Products** sections.

The Spa at Dunbrody
Dunbrody Country House Hotel & Restaurant
Arthurstown, New Ross
County Wexford, Ireland
Telephone: +353-51-38-9600
Fax: +353-51-38-9601
Email: dunbrody@indigo.ie
www.DunbrodyHouse.com

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