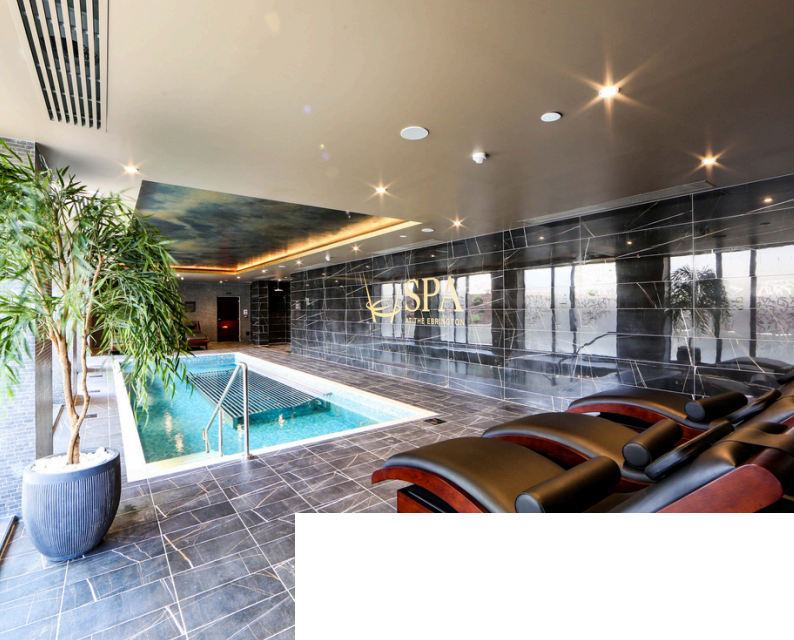




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# TREATMENT LIST



## THE SPA AT EBRINGTON

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Welcome to a sanctuary of tranquillity, where your mind, body and well-being take centre stage. Embark on a transformative journey designed to awaken your senses, restore your balance, and replenish your spirit. With an unwavering commitment to impeccable service and meticulous attention to detail, we have curated a blissful retreat where every element has been carefully crafted to cater to your needs.

Our highly skilled therapists and state-of-the-art facilities are here to ensure you experience pure bliss. Immerse yourself in our exquisite hydrotherapy pool, where soothing jets of water gently caress your body, melting away any lingering tension. Unwind in our serene steam room and sauna, or indulge in a revitalising massage that eases tension, melts away stress, and rejuvenates you from head to toe.

## EB BOTANICALS - GROUNDING & FLOWING

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EB Botanical Skincare's wellness philosophy is based on sustainability, connection, and respect, with an underpinning desire to use ancient knowledge combined with local botanicals and actives to return our guests to a sense of harmony and flow akin to that of the inspiring river Foyle. With the restorative nurture of touch aligned with our bespoke blends of sensorial rich aromatics we aim to help calm the rapids and evoke tranquillity.

## EB ESSENCE - OUR STORY

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A distinct blend of aromatics envelops you within The Ebrington Hotel which is a rich uplifting and spirit brightening Gorse with a grounding Oak base with warming, comforting, yet luxurious undertones of Cashmere. This scent purveys throughout all areas of the hotel, and it is hoped that guests carry this connection and intention with them long after creating memories during their stay.

# THERMAL SUITE

Enjoy the ultimate pre-treatment experience in our thermal area where you can rest on pool-side loungers and allow your body to settle into a relaxed state. With a wish to harness the healing powers of water and respect the origins of Spa therapy, this zone is a luxurious space to begin your spa journey.

## THERAPEUTIC POOL

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Fully equipped with bubble loungers to recline on, and thermo massage jets designed to massage the back, thighs, and calves to free up tension. A powerful cannon jet completes this pool with its ability to target shoulder areas with solid hydro pressure.

## CLASSICAL SAUNA

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Used for centuries to help boost circulation, encourage detoxification, and enhance overall immunity, our classic sauna will help you peacefully unwind.

## STEAM ESSENCE ROOM

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A place to relax whilst inhaling the aromatic essences created in-house for maximum therapeutic benefit. Aiding both the sinuses and lungs.

## BUBBLE SPA EXPERIENCE SHOWER

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A cascade of bubble rain gives the sensation of bursting bubbles on the skin. The rhythmic tapping as bubbles ‘pop’ on the user improves circulation, supports immunity, and releases muscles.

## COLD THERAPY BUCKET SHOWER

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Shock the senses and invigorate the body with our cold therapy shower. With numerous benefits to body and mind, feel refreshed, awake and energised.

## SENSORY SHOWER

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With a focus on the healing power of hydrotherapy, this shower recreates a range of water pressures from morning mist to the massaging pressure akin to standing under a waterfall or in the currents of river rapids.

Guests are encouraged to use the thermal area pre-treatment. Contraindications do exist for this area so those visiting with health issues such as high blood pressure and those who are expecting are advised to seek further guidance from the Spa team as to how to tailor this area to their needs.

Prebooking of thermal suite during weekends and busy times essential.



# FACIAL TREATMENTS

## DETOX FACIAL

50 MINS £95 Mid-week & £105 weekend

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A deep cleansing facial, this treatment has been designed to detox skin at a cellular level, ideal for those who are always on the go or who lack a regular sleep cycle. A powerful blend of bio-compatible antioxidants and peptides help detox the skin of free radicals, whilst massage of the face, neck & scalp including cooling Gua Sha stone therapy is used to increase blood flow, aid drainage of fluids, reduce puffiness and help firm. Leave feeling thoroughly rejuvenated with a smoother, younger-looking complexion.

## RESTORATIVE FACIAL

50 MINS £95 Mid-week & £105 weekend

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A replenishing facial, perfect for sensitive or fragile skin. Start with gentle cleansing, followed by our signature cold therapy facial massage, and the application of an anti-aging mask, serum, and moisturiser. Our restorative facial also includes a soothing scalp, hand or foot massage releasing tension across the body to allow you to slowly unwind and feel fully restored.

## GAIA JADE FACIAL

50 MINS £105

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This healing massaging facial will leave your skin feeling rejuvenated and glowing... GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

## GAIA EQUILIBRIUM FACIAL

50 MINS £115

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There is a link between our skin, our identity and our sense of self-worth. Using a powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals woven throughout the treatment which lend their energetic and healing benefits, bringing the mind and body back to a state of equilibrium.

## GAIYOGA LIFTING FACIAL

80 MINS £140

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As much as we know exercising our body is good for us, well it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature, this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.



# MASSAGE TREATMENTS

## LYMPHATIC DRAINAGE MASSAGE

50 MINS £100 Mid-week & £120 weekend

Enjoy a gentle, rhythmic therapy that stimulates the flow of lymph fluid throughout the body. This technique supports the lymphatic system in removing toxins, waste, and excess fluid, making it a valuable service for individuals recovering from surgery, managing lymphedema, or simply seeking improved immune and circulatory health. It is a non-invasive, calming therapy that benefits both health and relaxation.

## EB & FLOW SIGNATURE MASSAGE

50 MINS £90 Midweek & £110 Weekend

This full body massage adapts to your desired pressure using our grounding and restorative massage oil. Benefits include increased circulation, improved flexibility, and purging toxins from the muscles.

## EB DEEP TISSUE MASSAGE

50 MINS £90 & Midweek & £110 Weekend

This deep massage relieves discomfort of stressed muscles and joints, promotes circulation, and is beneficial for overall wellness.

## HOT STONE MASSAGE

50 MINS £95 Midweek & £115 Weekend

Large, heated basalt stones are used to relax tightened muscles and ease pains. Smaller stones are used to massage the arms and legs, while the heat relieves muscle tension.

## EB AROMA BACK

50 MINS £90 Midweek & £110 Weekend

Let your therapist choose an aromatherapy laden oil for this back, neck, head and shoulder massage ideal for those who are time conscious yet need the hands-on therapy of this targeted massage which will finish off with a luxurious back of legs massage guaranteed to have you leaving feeling totally refreshed and invigorated from head to toe

## GREAT EXPECTATIONS PRE NATAL-MASSAGE

50 MINS £90 Midweek & £110 Weekend

Rest supported by pillows and enjoy this mother to be delight. This cocooning massage uses delicate floral wild rose body oil and is a pre-birth treat which can be enjoyed by expectant mothers after the first trimester.

# BODY TREATMENTS

## WILD ATLANTIC SCRUB

50 MINS £90 Midweek & £105 Weekend

Eliminate toxins, stimulate circulation, and soothe sore muscles with this refreshing sea salt and buckthorn scrub. Followed by a nourishing warm Ebrington oil application to keep skin soft for days after. This exfoliation is the ideal pre-holiday preparation.

## GREAT OAK WRAP

100 MINS £155

Nurture and support yourself from roots to branches with this full body wrap and Celtic inspired stretching and massage treatment. Harnessing the healing properties of the Oak to soothe inflammation and tighten the skin. This anti-ageing body wrap and massage treatment is ideal for those wishing to tighten and renew the skin.

## RIVER & ROOTS

50 MINS £90 Midweek & £115 Weekend

Real Relief for Calves & Feet. Constant standing, walking, running, and being on the go create lower leg fatigue that resonates throughout the entire body. An invigorating and refreshing foot scrub followed by a peppermint infused leaves soles soothed and smoothed. Real results are achieved through massage, customised points, and stretching techniques & hot stone therapy specific to the calves and feet, providing benefits felt from the hips to the toes.

## EBRINGTON HEAD TO TOE SERENITY PACKAGE

100 MINS Midweek £155 &  
Weekend £175

Enjoy an afternoon of total decadence with a fabulous freestyle Swedish full body massage & bespoke facial to include Gua Sha stone treatment. A luxurious facial to help hydrate, smooth, detox and ease the body.

A specialised treatment combined, from head to toe, tailored to your specific needs, helping you to relax the mind and body in the surrounds of our tranquil spa area. Avail of 45 mins in the Thermal facility. Glass of Prosecco & refreshments in our relaxation room.

## GIRLS PAMPER DAY SPA PACKAGE

50 MINS Treatment & 45 MINS Thermal Suite  
£90pp Midweek & £115 weekend

One of the simple pleasures in life is spending quality time with your closest friends, so why not gather your besties and enjoy a pamper day in the luxurious surroundings of the Spa at Ebrington. Begin your spa journey in our thermal suite, complete with experience showers, hydrotherapy pool, steam room & sauna before enjoying a 50 minute spa treatment of choice before finishing off your day in our relaxation room with some welcome refreshments. Minimum booking of two guests required for this package

Glass of Prosecco, Refreshments & use of Relaxation Suite.

Choose from Treatment:

- Bespoke Facial.
- Back, Neck & Scalp Massage.
- Swedish Freestyle Body Massage

## PRE AND POSTNATAL DELIGHT

50 MINS £105 Midweek & £125 Weekend

A unique massage ritual and facial which works in synergy with a woman's complex hormonal system to envelope and nurture with our distinctive blend of adaptogen aromatherapy serums and oils.

## COUPLES MASSAGE

50 MINS - £180 Midweek & £220 Weekend - Per Couple

Enjoy a romantic spa day at the Ebrington, where you can both take it easy while two therapists pamper you both together.

After enjoying a relaxing hour in the Thermal suite, relax and enjoy our fabulous Freestyle Swedish full body massage, curated for you and your partner before retiring to our relaxation room for some rest, relaxation & refreshments

## SPECIAL REQUIREMENTS

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We advise you to book your appointments prior to your arrival, so that we may best accommodate your needs and to avoid disappointment should we be fully booked. Please inform us if you suffer from allergies, sensitivities, high blood pressure, diabetes, a heart condition or any other physical ailments or injuries at the time of your reservation to allow the best possible treatment experience for you. Children under 16 are not permitted in pool or thermal suite.

Please notify us when making a reservation if you are pregnant and we will guide you through the treatments suitable for you as we have treatments specifically designed for expectant mothers.

## CANCELLATION POLICY

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We require 48 hours' notice to re-schedule or cancel your reservation. Cancellations made with less than 48 hours' notice or failure to arrive for an appointment will incur the full charge of the treatment.

## AFTER YOUR TREATMENT

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It is especially important to drink a lot of water before and after your treatment.

## ARRIVAL

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Please arrive at least 15 minutes prior to your scheduled appointment time, and 1 hr. before to use the pool area and enjoy the spas relaxing environment.

You are advised to take time to relax immediately afterwards, as this will help ensure you enjoy and experience the full benefits of your treatment.

## BOOKING

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To confirm and secure your reservation, a credit card will be required.

## FACILITIES

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Spa facilities, pool and steam room etc. are for the exclusive use of our in-house guests & day guests who have pre booked treatment.

## SUSTAINABILITY

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The Ebrington Hotel advocates a sustainable policy throughout. As such in-house guests are encouraged to use the slippers and robes supplied in their bedroom and come to the spa prepared. This will also ensure a quick check-in experience.

## HYDROTHERAPY POOL

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Please be aware that there is no lifeguard on duty in the pool area and patrons use this area at their own risk. U16 are not permitted in pool/ thermal suite.

## VALUABLES

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Lockers are provided in the changing rooms; however, we advise you not to bring or wear valuables whilst using our facilities. The company will not take liability for any loss of or damage to personal articles.

## SPA TREATMENTS & PRODUCTS

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Holistic consultations are carried out before all treatments. Please be aware that certain products used during, and some treatments, are not suitable for certain conditions and it is in your best interests if we suggest an alternative treatment. Always consult your doctor first about any concerns you may have about your health.



## SPA OPENING TIMES

THERMAL SUITE  
Daily - 8am - 7pm

SPA TREATMENTS  
Monday to Saturday 10am - 7pm  
Sunday 10am - 5pm

## CONTACT US

Email: [Spa@theebrington.com](mailto:Spa@theebrington.com)  
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