

THE WELL
CLIFF HOUSE HOTEL
SPA AND ACTIVITIES

SPA ETIQUETTE

OPENING HOURS

Pool, Sauna, Steam Room, Gym and Jacuzzi

Daily 8.00am – 8.00pm
or by prior arrangement.

The Well

Sunday – Thursday: 9.00am – 6.00pm
Friday and Saturday: 9.00am – 7.00pm

All details are correct at time of printing but are subject to alteration.

PLEASE REMEMBER

» To arrive at least 15 minutes before your appointment time – this will allow time for you to relax into your surroundings and complete a consultation before your treatment commences. Late arrival could result in your treatment time being shortened as all treatments will end at the scheduled time.

» Please respect other guests' privacy and need for quiet by turning off your mobile phone, allowing you and other guests, total undisturbed relaxation.

» To inform us if you are unable to keep your reservation – a charge will apply for non cancellation – we require at least 24 hours cancellation notice.

Cancellation between 24 -12 hours will incur a 50% charge of original treatment cost.

Cancellation within 12 hours of treatment time will incur full cost of treatment.

No show appointments will incur full cost of treatments booked.

» To secure all your valuables – preferably don't bring them with you at all – we cannot take responsibility for them.

» To ensure that we are informed of any health issues when booking your treatment and before treatment commences.

» To bring swim wear for the pool, sauna and steam room – they are obligatory.

» To bring appropriate gym wear and gym shoes for use within this area – we cannot allow use of the equipment if you are not safely dressed.

» We will provide guests with gown and slippers for use while at the Spa/swimming pool. (Disposable underwear will be provided for treatments where it is required)

» Spa treatments are for adults over 16 years of age only.

» When making a booking our Reservationists will require credit card details to register the booking.

Whilst we endeavour, at all times, to exceed perfection, we welcome your comments. If you feel we can improve your spa experiences in any way please let us know – we will listen and act accordingly.

An advisor is available at all times to deal with any queries you may have about treatments or pool and gym facilities.

GIFT VOUCHERS

Gift Vouchers are available to purchase that special gift for individual treatments, rituals, packages, products or simply for a monetary value.

We look forward to welcoming you to our oasis of peace and tranquillity.

ACTIVITIES - THE WELL

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ACTIVITIES

We offer an array of activities for your enjoyment and well being, helping to boost energy levels, keep fit, assist in weight control and mostly so that you have a fun. We cater our classes for all levels of fitness and for all ages and we will devise a personal plan for you upon request. A few of our popular classes are listed below.

Fitness

Have your level of fitness assessed with cardio vascular, local muscle endurance and flexibility testing, our staff will then recommend a programme designed for you.

Cliff Walk (or run)

Enjoy the stunning views whilst enjoying an accompanied walk (or run, for the fit) along the famous Cliff Walk.

Circuit Training

Using different pieces of equipment and body resistance exercises.

Challenge Yourself

A programme of different exercises set at different levels to challenge and improve your fitness.

Aqua Exercise

Low impact exercises in the water of our warm pool – a gentle safe way to get in shape.

Children

We hold fun classes for children – these are a great way of helping your child enjoy exercise, keep fit and have fun – whilst giving you time to enjoy a swim, a treatment in The Well or perhaps just relax and watch the waves roll in. Classes are always carried out with our 'Child Activity Specialist'.

Swimming

Learn how to swim or improve your swimming technique – assistance in swimming for both Adults and Children.

The swimming pool, sauna, steam room, jacuzzi and gym are available for your own use daily. Children should be accompanied by an adult when using the pool.

Swim hats are to be worn in the pool and are available to purchase at the Spa reception.

There is also direct access from The Hotel to the sea for outdoor swimming – weather permitting.

We hold a supply of swim suits, goggles, armbands etc. for purchase – please ask at The Well reception.

ACTIVITIES - IN THE LOCALITY

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ACTIVITIES IN THE LOCALITY

Please call The Well for information on any of the activities listed on 024 87830 or Ext 830 from your room.

Kayaking in Ardmore Bay

Groups of up to 6
Price on application

Rock Climbing

Groups of up to 6
Price on application

Surfing in Whiting Bay

Transport provided to Whiting Bay.
Groups of up to 8
Price on application

Whale & Dolphin Watching

Cliff watch from The Cliff Walk.
Picnics and lectures can be arranged.
Price on application

Adventure Boating

High powered rigid inflatable boat trips.
Price on application

Boat Trips

Boat and dinghy, lobster and angling trips can be arranged.
Price on application

Scuba Diving & Snorkeling

Try dives (weather dependant) or open water boat dive for experienced divers.
Price on application

Snorkeling

Price on application

Fishing From Ardmore Pier

Contact The Well ext 830 for details of hiring fishing equipment.

Horse Riding

Lake Tour Stables, Tramore & Colligan Equestrian Centre, Dungarvan.
Price on application

Quad Biking, Castlemartyr

9 mile off road trekking
Price on application

Perks Family Entertainment Centre, Youghal

10,000sq ft of fun adventure and indoor entertainment.

Mobile Reptile Zoo

Travels to The Hotel for your entertainment – snakes, lizards, tortoises, tarantulas and more.
Price on application

Trabolgan Entertainment Centre, Midleton, Cork

Approximately 40 mins drive from the Cliff House Hotel with lots of child friendly activities such as abseiling, climbing, crazy golf, tennis etc.
Price on application

Car Rally Driving

Catering for taster, intermediate and experienced rally drivers, based in Dungarvan.
Price on application

Golf

Several championship golf courses are nearby:

Fota Island – approx 45 mins drive from The Cliff House Hotel
Price on application

The Old Head of Kinsale Links Course – approx 75 mins drive from The Cliff House Hotel
Price on application

Youghal Golf Club – just 10 mins drive from The Cliff House Hotel
Price on application

Dungarvan Golf Club – 25 mins drive from The Cliff House Hotel
Price on application

West Waterford Golf Course, Dungarvan – championship parkland golf approx 20 mins drive from The Cliff House Hotel
Price on application

Gold Coast Golf Course, Dungarvan – championship parkland golf course with spectacular views – approx 30 mins drive from The Cliff House Hotel
Price on application

Rental of golf clubs/equipment can be arranged at any of the Courses mentioned.

THE WELL
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SPA AND ACTIVITIES

FACE AND BODY TREATMENTS

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Anne Semonin Serenity

An Anne Semonin treatment which is powerful and deeply relaxing. Incorporating a facial to brighten and energise the skin together with a hot stone back massage to help release stress and tensions.

1hr 25 mins €120.00

Anne Semonin Complete Harmony

A soothing anti-stress treatment for back, neck and scalp massage and rejuvenating tailor made facial.

1hr 15mins €100.00

Anne Semonin Nurturing Mother To Be Treatment

A relaxing and unwinding treatment, incorporating a tailor made facial, therapeutic back massage to relieve muscular aches and pains, and lower leg massage to help with fluid retention, puffy ankles and fatigue using specific techniques to ensure your comfort at all times.

1hr 30 mins €125.00

Anne Semonin Top To Toe Treatment

The ultimate spa experience – an invigorating back cleanse, back exfoliation, and soothing back, neck and scalp massage designed to relieve key areas of stress and muscle tension. A rehydrating and nourishing made to measure facial follows with a pressure point foot & leg massage completing this wonderful treatment resulting in an overall sense of calm and harmony.

1hr 25 mins €125.00

Voya Experience

Using organic seaweed products this treatment commences with back brushing to stimulate and exfoliate followed by a back, neck and shoulder massage. A moisturising/hydrating facial completes this treatment leaving skin that is refreshed and rehydrated alleviating fine lines and wrinkles.

1hr 25 mins €135.00

Organic Environmental Defence Treatment

Suitable for all skin types, but of particular benefit to congested skin. A deep back cleansing treatment leaving the back purified, smooth and rehydrated, followed by a rebalancing facial, eliminating toxins with the use of hot and cold cleansing, facial massage and lymphatic drainage and seaweed mask all combine to leave the skin calmed, cleansed, rebalanced and a visibly clearer complexion.

1hr 25 mins €140.00

THE WELL
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HOLISTIC TREATMENTS

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Reflexology

Reflexology has been practised for centuries, benefitting all ages and many conditions, both acute and chronic, a highly relaxing and de-stressing treatment using precise pressure techniques treating specific points which correspond to all organs and systems of the body. It has been found to assist in inducing relaxation and promoting sleep, improve blood and lymph flow, improve energy levels, digestive problems and hormone imbalances to name but a few of the conditions that can be helped. This is a therapy which works on the feet to restore homeostasis to the whole person.

50mins €65.00

Reiki

A simple, safe and natural method of healing. Pronounced 'Ray Key' meaning universal life energy, Reiki seeks to restore order and rebalancing to the body. With this ancient method of hands on healing which promotes the body's ability to heal itself and facilitates the removal of blockages in energy flow and the dispersal of toxins.

60mins €60.00

Ear Coning

A gentle yet effective therapy, also known as auricular ear coning, which is used as a preventative measure in maintaining ear health and often recommended in improving hearing loss, cerumen (ear wax) irritation of the ear canal, tinnitus, dizziness, vertigo, sinusitis etc.

30mins €48.00

Indian Head Massage

Based on an Ayurvedic system of healing having been practised in India for over a thousand years providing relaxation and stress release, improving blood circulation and lymphatic flow benefitting conditions such as headaches or migraine, sinusitis, fatigue, insomnia and the elimination of toxins and waste products.

35mins €55.00

Holistic Cancer Care Treatments

If you have been diagnosed with Cancer or are undergoing Chemotherapy or radiation therapy we have specially trained therapists who can help during this time with a customised massage or reflexology treatment helping with relaxation and stress which has a restorative effect on mind and body

Approx 1 hr €65 - €85

FACIAL TREATMENTS – MALE & FEMALE

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FEMALE FACIALS

Anne Semonin facials

The Anne Semonin treatment collection combines an ingenious blend of aromatic essential oils, trace elements and marine ingredients with the classic French touch and holistic approach to treating the individual needs of your skin. The treatments are designed to be 'tailor made' and are focused towards comfort, absolute luxury and outstanding results.

Anne Semonin L'Experience Facial

Luxurious and rejuvenating treatment for face and décolleté. Designed for all skin types, meeting the individual needs of the skin with precision, creating a lifting and firming effect.

1hr 25 mins €135.00

Anne Semonin Eternal Youth Cryotherapy Facial

The ultimate anti wrinkle treatment – lifts, firms and tightens, helping the exchange of cellular nutrients, a skin brightening facial for special occasions or as part of an anti ageing programme excellent for mature, dry or dehydrated skin types

55 mins €110.00

Anne Semonin Deep Marine Purifying Facial

Ideal for combination/problematic skin types – deep cleansing and purifying helping to soothe, heal and detoxify the skin

1hr 15 mins €110.00

Anne Semonin Soothing Remedy Facial

Calming and soothing for sensitive or irritated or sun damaged skin promoting comfort and reducing tissue damage.

55 mins €90.00

Anne Semonin Phyto-Aromatic Facial

Individually blended, creating a tailor made facial for each and every skin type, reinforcing the natural balance of the skin.

55mins €90.00

Anne Semonin Hydra Express Phyto-Aromatic Facial

An express skin replenishment treatment, refreshing and hydrating the skin – addressing all skin conditions helping to rehydrate and refresh the skin.

40 mins €75.00

Anne Semonin Eye Treatments

Lifting and Firming Eye Treatment is an effective treatment to combat fine lines, wrinkles dryness and sensitivity of the eye area OR Eye Brilliance – helpful in reducing dark shadows and puffiness around the eye area.

25 mins €68.00

Miracle Eye Treatment

Designed to enhance, lift and firm the eye area using revolutionary eye radiance ice cubes with their cryotherapy benefits, used in conjunction with a therapeutic lymphatic eye massage to relax eye muscle fatigue and target signs of aging, improving under-eye shadows and fine lines. A hot stone shoulder

massage is the ultimate relaxing conclusion to this treatment.

45 mins €85.00

VOYA FACIALS

Voya products are made using only hand harvested seaweed from the Atlantic coast of Ireland and subtly combine these natural seaweed extracts with the finest organic elements from around the world bringing you a range that is 100% certified organic.

Voya Organic Reviver Facial

Of particular benefit for maturing, dry or dehydrated skins using a combination of anti-oxidant complexes, pro collagen extracts and a restorative blend of organic ingredients to help fight the signs of aging, reduce the appearance of fine lines and wrinkles resulting in instantly firmed and tightened skin with a natural radiant glow - ideal after long haul flights to rehydrate the skin.

55 mins €95.00

Voya Deluxe Facial

Holistic Seaweed facial incorporating a back body brush and back, neck and shoulder massage, using organic seaweed with its active anti-oxidants this facial shows visible results, deeply relaxing and hydrating. The skin will feel revived and rehydrated with an alleviation of fine lines and wrinkles.

1hr 25 mins €135.00

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FACIAL TREATMENTS – MALE & FEMALE

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Organic Environmental Defence Facial

Of particular benefit for congested, problematic or city skins, commencing with a deep cleansing back treatment leaving this often neglected area feeling purified and re-hydrated. In the facial a double action technique is used working to eliminate toxins and re-balance the skin leaving it calm, cleansed and rebalanced with a visibly clearer complexion.

1hr 25 mins €140.00

Dermalogica Facials

Each Dermalogica Facial commences with face mapping a unique system of analysing the skin, its needs and issues, thus allowing your Therapist to prescribe a facial to your needs, be it anti aging, premature aging, congested/acne, sensitivities, or imbalances in the ph of the skin.

1hr 25 mins €95.00

MALE FACIALS

Anne Semonin Deep Clean Detoxifying Facial

A gentle but complete detoxifying treatment for the skin, using seaweed, steam and extraction methods resulting in a decongested and soothed skin. Ideal for 'stressed' imbalanced skins.

1hr 15 mins €110.00

Anne Semonin Made to Measure Grooming Facial

A tailor made facial to suit your skins individual requirements for perfectly balanced skin.

55 mins €90.00

The Cliff House Luxury Hot Shave Treatment

Incorporating a facial scalp massage, double, aromatherapy infused heated towel shave.

55 mins €65.00

Dermalogica Facial

After a face mapping consultation we focus on your skin's needs to help rebalance the ph of the skin - leaving your skin calm, revived and refreshed - a unique male facial designed especially to combat the daily rigours of shaving etc.

1hr 25 mins €95.00

Cliff House Express Voya Facial

An Organically holistic facial using seaweed extracts to rehydrate the skin helping to alleviate fine lines and wrinkles.

45 mins €65.00

For other treatment choices that may be of interest please see the information sheets on **Body Treatments, Body Wraps and Scrubs, Nail Treatments and Holistic Treatments.**

BODY TREATMENTS

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Body Massages with personally prescribed intensive complexes and warmed botanical oil, choosing from:

- **Anne Semonin De-stressing Phyto Aromatic Full Body Massage**
- **Anne Semonin Fitness Phyto Aromatic Full Body Massage**
- **Anne Semonin Uplifting Phyto Aromatic Full Body Massage**
- **Anne Semonin De-toxifying Phyto Aromatic Full Body Massage**

55 mins €85.00

The Cliff House Hot Stone Full Body Massage

A totally holistic experience for mind, body and spirit - a deeply relaxing full body massage using heated basalt stones, a healing, stress and pain relieving treatment which induces relaxation and promotes quality sleep.

1hr 15 mins €115.00

The Cliff House Back, Neck and Shoulder Massage

A massage to relieve stress and tension and enhance well being to back neck and shoulders.

25 mins €55.00

The Cliff House Scalp Therapy

Deeply relaxing and healing treatment of the face, neck, shoulders and scalp.

45 mins €60.00

Anne Semonin Anti Stress Back Therapy

Boosting the circulation of this often neglected area we introduce a self heating mineral mud mask to the back promoting a sense of well being, a relaxing massage of lower legs and feet is carried out whilst the mask is activated.

45 mins €80.00

Anne Semonin Anti Cellulite Therapy

For the treatment of cellulite accumulation - helping to break down fatty deposits and fluid retention in localised areas thus perfecting the skins appearance. A course is recommended.

55 mins €110.00

Anne Semonin Nurturing Mother To Be Treatment

A relaxing and soothing treatment helping to relieve muscular aches and pains, fluid retention, stress and fatigue.

1hr 30 mins €125.00

Voya Organic Warm Poultice Body Massage -

Warmed bags of calming organic Chamomile, detoxifying Peppermint or stimulating Fennel are used as the massage medium in this full body massage.

1hr €95.00

Voya Seaweed Hot Stone Massage

Combining the use of seaweed leaves and hot stones in a full body treatment the dual action of which will soothe muscles and release precious extracts from the seaweed to key parts of the body.

1hr 15mins €125.00

Voya Dry Body Brush and Massage

A stimulating treatment incorporating a full body exfoliation by dry brushing to encourage blood and lymph flow followed by a full body massage.

1hr 15 mins €100.00

BODY WRAPS AND SCRUBS

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Black Sand Body Scrub Ritual

Using black sand from Tahiti and aromatic oils, dry skin is actively swept away leaving the body soft, silky and detoxified, a wrap follows and the treatment concludes with an aromatic full body massage to re-awaken the senses.

1hr 25mins €130.00

Anne Semonin Warmed Aromatic Oil and Sea Salt Scrub

A superb body polish and enriching treatment, resulting in a smoother, brighter skin tone - ideal for pre-holiday or special occasion preparation.

55 mins €95.00

Anne Semonin Detoxifying Spirulina Envelopment

Activates the elimination of toxins, boosts metabolism and refines the texture of the skin. This treatment is ideal for a weight loss or cleansing programme.

55mins €95.00

Anne Semonin Hydrating Pink Kaolin Clay Envelopment

An ultra hydrating body envelopment using plant complexes and pink Kaolin clay resulting in smooth, supple skin.

55 mins €95.00

Anne Semonin Body Polish

Invigorating natural salt and oil body polish which will leave the skin smooth and nourished with improved energy levels - we recommend this treatment before holidays or special occasions or pre-body massage.

25 mins €50.00

Voya De-Tangle Body Envelopment

Incorporating body exfoliation and envelopment to assist with anti aging and cellulite conditions.

1hr 15 mins €110.00

Voya Organic Coral Envelopment

High in many vitamins and minerals this treatment is a truly hydrating and anti oxidant body conditioning experience.

60 mins €95.00

Voya Organic Seaweed Body Envelopment

A firming and detoxifying body treatment which leaves the body silkily hydrated.

1hr 30 mins €120.00

Voya Dry Body Brushing Ritual

A stimulating treatment which will improve blood and lymph flow and includes a full body massage.

1hr 15 mins €100.00

Voya Sugar Scrubs

A full body exfoliation with a choice of sweet organic lavender and seaweed or pure organic peppermint and seaweed sugar scrub.

1hr €90.00

Voya Bladderwrack Body Buff

Using 100% organic seaweed and oil scrub a full body exfoliation treatment that is suitable for the most sensitive of skins.

1hr €95.00



GENERAL TREATMENTS

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NAIL TREATMENTS BY LEIGHTON DENNY

Luxury Manicure
60mins €50.00

Luxury French Manicure
60 mins €55.00

Luxury Pedicure
60 mins €50.00

Luxury French Pedicure
60 mins €55.00

Luxury Male Manicure
45 mins €40.00

Luxury Male Pedicure
45 mins €40.00

Express Manicure or Pedicure
25 mins €20.00

Express French Manicure or Pedicure
30 mins €25.00

WAXING

Full leg and bikini wax
50 mins €45.00

Half leg wax
30 mins €25.00

Lip Wax
15 mins €10.00

Under Arm Wax
15 mins €15.00

Bikini Line Wax
15 mins €20.00

Eyebrow Shape
15 mins €10.00

GENERAL TREATMENTS

Eyelash Tint
20 mins €18.00

Eye Brow Tint
10 mins €8.00

Eyelash and Brow Tint
20 mins €22.00

Cleanse and Make up
45 mins €40.00

Aviva Sunless Body Tanning
A flawless spray tan

- Whole Body €45.00
- Half Body €30.00
- Body Exfoliation with whole body tan €65.00

OUTDOOR BATHING EXPERIENCES

Unique in Ireland – For your enjoyment, pleasure and health we have installed two outdoor baths – look out onto the sea whilst soaking in a hot bath tub infused with one of following certified organic products:-

Organic Seaweed - harvested from the unspoilt Atlantic Coast of Ireland helping to relax muscles, plump and add definition to the skin, support skin regeneration/renewal and combat the effects of aging.

Aroma Salt & Essential Oil Bath Therapy – a relaxing, hydrating and healing (bruising etc) bath soak with a blend of essential oils of organic lemon, lime, clove, basil, mandarin and patchouli and salt.

Seaweed Peat Bath – using hand harvested Irish Seaweed, Peat and Ginger, soothes away muscular aches and pains, relieving stress and fatigue, with the organic blend of spicy/peppery ginger with cinnamon and herbs stimulates the mind, body and soul – not recommended for sensitive skins.

To gain optimum results we recommend a body exfoliation prior to bathing – allow 30 minutes before bathing time for this treatment.
45-60 minutes €35 per person

90 minutes - Bath & Body exfoliation €60 per person

THE WELL
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COLLECTION DAYS

OPENING HOURS

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COLLECTIONS...

Day and Half day collection of treatments

Included in all Collections is use of our swimming pool, sauna, steam room and outdoor hot tub. Herbal teas will be offered to you throughout your visit and time has been allocated within your day to visit the hotel bar or restaurant of your choice for lunch, (not included in the price.) If you would like to add an outdoor bathing experience to your Collection Day of treatments add €30.00. Our Collection Days are available to enjoy on Mondays - Thursdays only.

Wave Collection Days

Express Facial, Back Massage, Nail shape, buff and polish
€150.00

Shell Collection Days

Organic Seaweed Leaf Wrap, Hot stone back massage, Facial Experience, Pedicure.
€310.00

Cliff House Collection Days

Full Body hot stone massage, Seaweed Wrap, 'Le experience facial, eye treatment and scalp massage, manicure and pedicure.
€440.00

Together Collection Days

Men: Deep Marine Facial, Full Body Massage, Hot Shave treatment
Ladies: Aromatic Facial, Full Body Massage, Manicure.
€450.00

Alternatively, we are happy to tailor make a Collection Day specifically for your requirements, perhaps a mother and daughter day, mother to be day, pre-wedding preparation day for brides and grooms.