

COOLBAWN QUAY

LAKESHORE SPA

*Relax the mind,
body and spirit
in calm and
tranquillity.*

*Rejuvenate
and revive*

in warm waters,

*luxurious treatments
and idyllic surroundings.*



- All treatments are subject to availability.
- Please advise of any medical conditions at time of booking.
- Credit Card details are required at time of booking to guarantee your appointment.
- 48 hours cancellation notice is required for Spa Treatments.
- 72 hours cancellation notice is required for Spa Mini Days and Spa Days.
- 7 days cancellation notice is required for groups of 5 or more.
- Full price will be charged where required cancellation notice is not given and for no-shows.
- Please arrive promptly for your appointment, otherwise treatment times may be shortened and full list price charged.
- Please respect the tranquil environment of the Spa and ensure that mobile phones are switched off.
- Coolbawn Quay is not responsible for the loss of any personal belongings from the Spa or Beauty Rooms.
- Gratuities are left to the Client's discretion.
- We reserve the right to alter our prices without prior notice.
- Please refer to Terms and Conditions and Spa Etiquette on our website.

Spa Days - Spa Stays

Coolbawn Quay, Coolbawn, Nenagh, Tipperary

Tel: 067 28158 Spa Direct: 067 28949

email: reservations@coolbawnquay.com or spa@coolbawnquay.com

Website www.coolbawnquay.com

The Lakeshore Spa is a rural retreat offering exquisite treatments, by highly trained therapists specialising in products from organic skincare range Dr Hauschka, Spa Find and Guinot. Enjoy blissful moments in a peaceful and picturesque lakeshore setting.

The Spa is situated directly facing Lough Derg and is bordered by forest and rolling pastures. A natural spring deep within the village is the water source for the Aqua Suite with counter-current pool, sauna and eucalyptus steam room. Book a half hour private session and relax with your thoughts.

The Relaxation Room sits quietly to the front of the Spa with doors opening onto our outdoor deck area with the lake beyond. Curl up under a cosy blanket, pick up your favourite magazine or simply sit and listen to the peace of the lake.

SPA MINI DAYS

Spend a morning or afternoon at our Spa and choose one of the following.

REFRESH	€110
<ul style="list-style-type: none"> • Sixty Minutes of Heaven Dr Hauschka Facial • French Manicure 	
ESCAPE	€130
<ul style="list-style-type: none"> • Essential Facial • Wellbeing Back Massage • Manicure or Pedicure 	
PAMPER	€170
<ul style="list-style-type: none"> • Hot Stone Therapy Massage • Sixty Minutes of Heaven Dr Hauschka Facial • Manicure 	
TWO'S COMPANY	€250 for 2
<ul style="list-style-type: none"> • Therapeutic Full Body Massage and Spa Find Facial. <p>Share a half day spa with a friend or loved one!</p>	

SPA DAYS

Our Spa days are inclusive of refreshments on arrival and light lunch..

ESCAPE FOR HIM	€170
<ul style="list-style-type: none"> • Stressbuster Massage, Spa Find Facial and Manicure . 	
DETOXIFY	€205
<ul style="list-style-type: none"> • Salt Brushing • Algae Seaweed Body Wrap • Algae Mud Facial • Wellbeing Back Massage 	
LUXURY ESCAPE	€240
<ul style="list-style-type: none"> • Therapeutic Full Body Massage • Sixty Minutes of Heaven Facial • Luxury Hand Treatment & Luxury Foot Treatment 	
INDULGE	€265
<ul style="list-style-type: none"> • Body Scrub • Hot Stone Therapy Massage • Sixty Minutes of Heaven Dr Hauschka Facial • French Manicure and French Pedicure 	

SPA PACKAGES

Enhance your Spa experience by staying overnight in one of our charming village rooms or suites. No need to rush away. Enjoy relaxed rustic comfort, dinner by candlelight, the smell of burning turf and a late night walk under the stars.

We offer very attractive overnight rates to complement your Spa experience. Details are available on our website www.coolbawnquay.com or call 067 28158.

GIFT VOUCHERS

A Gift Voucher from Coolbawn Quay Lakeshore Spa is the perfect gift for any occasion. You can choose a gift for a particular treatment, monetary value or any of our special Spa Day and Stay packages available throughout the year. Gift vouchers can be purchased online at www.coolbawnquay.com and issued instantly or alternatively you can call 067 28158 for gift wrapped postal service.

To check out our special offers, log on to www.coolbawnquay.com

