

ÉRIU SPA

ÉRIU

A person with long, wavy brown hair is seen from behind, looking out at the ocean under a clear blue sky. The hair is the central focus, cascading down the back. The background shows the horizon line of the sea meeting a vast, clear sky.

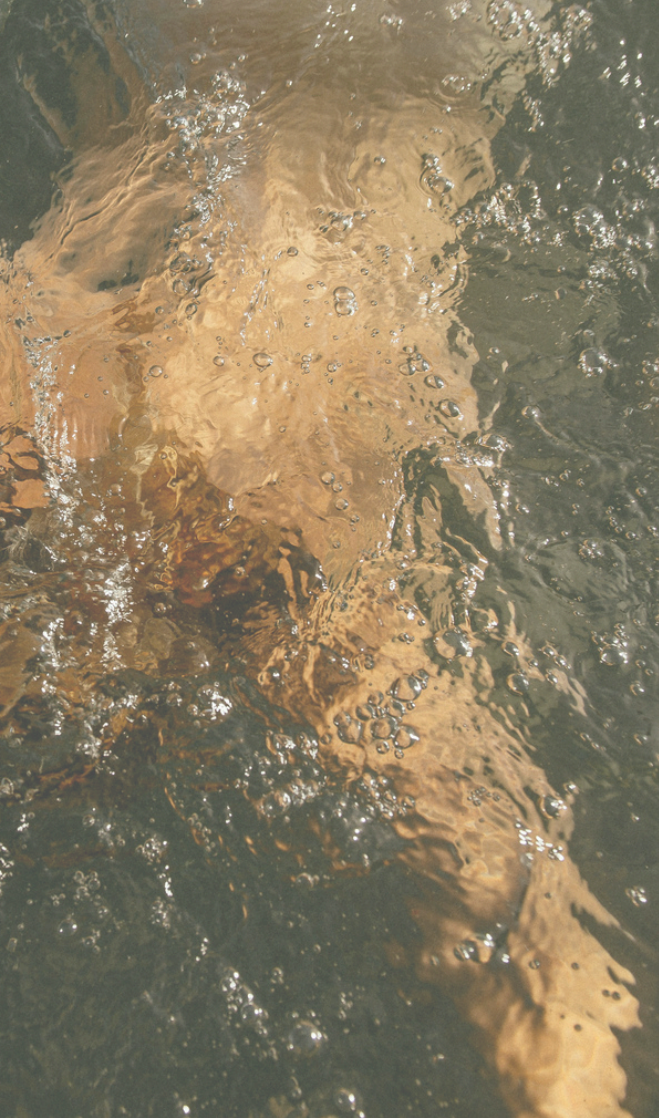
A Celtic goddess who is the deity for land, sea and sovereignty. Ériu is all that you are and all you can see. A movement, a moment, a feeling.

PHILOSOPHY



Ériu Spa draws together ancient healing rituals and restorative bodywork to amplify your emotional, physical and spiritual wellbeing.

Channelling inspiration from the land and sea that surround us on the Curraun peninsula - our holistic approach restores energy and harmony. Leaving our guests with a sense of inner calm and a radiant outer glow.



THERMAL SUITE

Wash away the outside world in our sensory haven of relaxation. The thermal suite is complimentary for guests availing of treatments. It is advised to arrive an hour ahead of your booking to make the most of each retreat.

STEAM ROOM

Spending time in this space encourages deep breathing and the cleansing of the respiratory system.

COLD PLUNGE

Elevate your thermal experience with a 'shock to the system' promoting immuno-support.

SAUNA

Allowing us to reconnect with our bodies, our Finnish Sauna is a wellbeing all-rounder.

JACCUZZI

Unplug as the heated bubbles gently promote blood-flow and circulation.

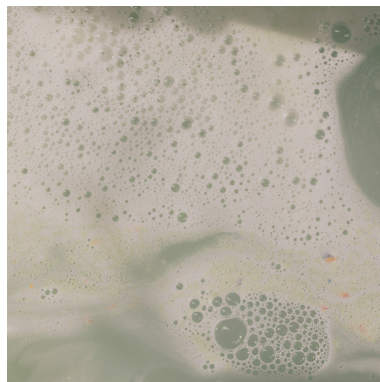
THE BATH HOUSE

All treatments | 1 Hour



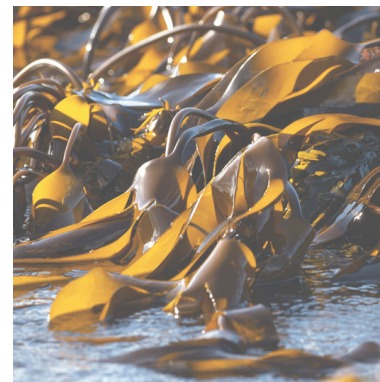
ORGANIC PEAT | 65

Immerse yourself in the detoxifying warmth of an Organic Irish Peat Bath. The only ancient bathing experience on the Wild Atlantic Way that allows you to take a step back in time with each healing drop.



SALT | 65

Reduce stress, improve sleep and boost wellbeing in an artful blend of ylang ylang & lavender .



SEAWEED | 65

Cleanse body and mind with local seaweed laden in mineral-rich oil. Packed with antioxidants and vitamins and leaving your skin silky soft.

MASSAGES

All treatments | 1 Hour

HOT STONE | 135

A therapeutic full body massage using heated basalt stones and aromatherapy oils. The warmth of the stones penetrates deep into your muscles to sooth aches and pains, leaving you feeling relaxed and recharged.

SWEDISH | 100

A light pressure technique working with your soft tissues and muscles – featuring long, gliding strokes and circular motions. This massage helps relax your muscles, releasing pain and discomfort from the built-up tension you've been experiencing.

MUSCLE MELT | 105

This deeply restorative massage is specifically designed for tight, stressed and aching muscles. Combining lemongrass and rosemary essential oils with deep tissue massage. This is recommended for anyone suffering from chronic stress or deep-seated tension.

WARM OIL ABHYANGA | 95

A healing massage that combine our signature heated massage oil with aromatic scents of lavender and geranium. Using light kneading and lengthy strokes, this treatment is recommended to relieve anxiety and promote well being.



MUM TO BE | 100

Enjoy a relaxing face, hand and arm massage, while your bump is enveloped in a special mask that helps prevent stretch marks and your feet are gently massaged to ease tension and relieve pressure.

CHANGING SEASONS | 135

Curated to assist the body in it's constant state of flux. Our Changing Seasons massage is a holistic-based technique that uses massage and acupressure to address the physical, emotional, and hormonal changes women experience during perimenopause and menopause.

SPA DAYS

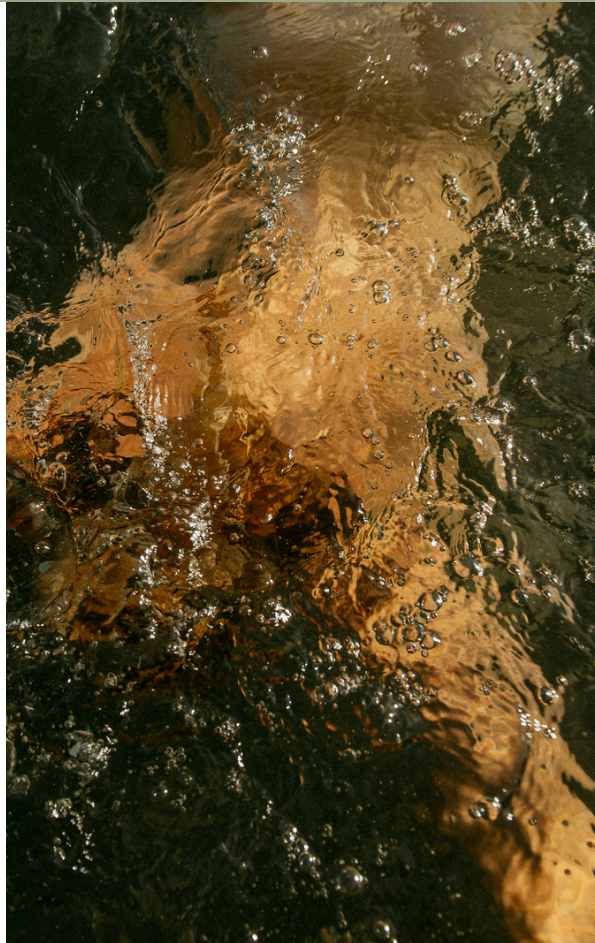
SUAIMHNEAS | 180

Glass of bubbles or freshly squeezed orange juice on arrival followed by a bathing ritual. Round the afternoon off with a Swedish Massage.

GRÁ | 450

Two bathing rituals with a bottle of bubbles and melange of fruit. Two full body massages followed by an hour in our thermal suite and a two-course meal in The Waterfront Bar.

All treatments | 1 Hour





SPA DAYS

FÓDHLA | 230

Start your day with a warm oil Abhyanga massage followed by a lounge around our thermal suite.

Tuck into a two-course meal in The Waterfront Bar, washed down with a glass of bubbles.



BANBHA | 80

Enjoy an afternoon of sheer bliss in our thermal suite followed by a decadent afternoon tea in The Waterfront Bar.

All treatments | 1 Hour



ÉRIU SPA

SPA ETIQUETTE

Please arrive to the spa 10-15 minutes before your treatment | Turn phone on silent or power off during your time at ÉRIU SPA | Wear the robe and slippers provided at reception. Please inform your spa therapist on any areas of concern before your treatment.

FREQUENTLY ASKED QUESTIONS

Q: How do I book an appointment?

A: Guests can book a treatment by calling 098 36716 or email via info@eriuspa.ie

Q: Can I book my appointment the day of?

A: ÉRIU SPA requires a minimum of 24 hours notice ahead of time on any bookings.

Q: What should I bring to my appointment?

A: Just yourself! We provide robes, slippers and towels. If you're using the Thermal Suite or pool, bring swimwear.

Q: What should I do after my massage?

A: Guests are advised to drink plenty of water, avoid alcohol and caffeine and take the day easy as your body adjusts to the treatment.



ÉRIU SPA

VIEW OUR WEBSITE



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