



## Packages

### Mid Week Spa Specials in Ciúnas!

Come with your friends for excellent  
Wednesday & Thursday value

One Friend 10% off  
Two Friends 15% off  
Three Friends 20% off  
Four Friends 25% off

Advance booking essential  
Subject to Availability

Discounts on all brochure-listed treatments  
only This offer does not extend to existing  
packages and offers.

### Ciúnas Spa Invitation to our Friday Club

Bring your Friends  
& Colleagues

20% Off!  
Treatments & Products

Open from 12.00pm until 9.00pm  
Last appointments @ 7.30 pm  
Early booking essential

All Welcome!  
Every Friday Night  
Ciúnas Spa Cromleach Lodge

### Invitation....



... Journey to the  
Heart of Silence

Thermal Areas:  
By appointment only  
Treatments:  
By appointment only

Cromleach Lodge  
4\* Country House Hotel & Ciúnas Spa  
Lough Arrow, Castlebaldwin, Co Sligo  
Tel 071 91 65155 - Fax 071 91 65455  
E mail [celinemccarrick@cromleach.com](mailto:celinemccarrick@cromleach.com)  
Web [www.cromleach.com](http://www.cromleach.com)

# 10% Discount Voucher

(brochure-listed treatments only)

### Revival

Sooth away tiredness with an invigorating Hydrotherapy bath, Voya Anti-Aging facial & a light lunch in our relaxation area

**Package €99**

### Gift from the Sea

Our seaweed bath, reviving back massage, & light lunch in our relaxation area.

**Package €90**

### Fingers & Toes

Foot Retreat from Voya for your feet and Jessana File & Polish for your fingers! Enjoy light lunch in our relaxation area

**Package €90 ♥**

### Head to Toe

Hydrotherapy bath. Afterwards treat yourself to a Mini Manicure or Mini Pedicure followed by a light lunch from our Ciúnas Spa Menu.

**Package €70**

### Little Treats

Jessana Mini Manicure and Mini Pedicure. Chill with a light lunch

**Package €65 ♥**



### Face the World

Clarity Essential Facial & light lunch  
Leave ready to face the world

**Package €60 ♥**

### Back to Bliss

Spend some time relaxing in our thermal area and Hot Stone Back Massage followed by a light lunch.

**Package €55**

### Recession-beating Special

Come with your friends and spend some relaxing social time in our thermal area - steam, sauna and outdoor Jacuzzi. Afterwards, treat yourselves to our spa lunch in the relaxation room as you chat and catch up on all the news!

**Package €35**

**All packages come with unlimited complimentary use of our sauna, steam room, outdoor Jacuzzi and infinite time in our various relaxation rooms**

♥ Treatments suitable for Mums-to-be. However, use of the thermal areas is not recommended during pregnancy. Use of the relaxation areas on the other hand is highly recommended! ♥

### Pamper & Stay Packages

#### Standard Spa Break

**€88 per person**

Staying in a Standard Room, including Full Breakfast & one of the following treatments

#### Superior Spa Break

**€95 per person**

Staying in a Superior Room, including Full Breakfast & one of the following treatments

#### Deluxe Spa Break

**€110 per person**

Staying in a Deluxe Room, including Full Breakfast & one of the following treatments

- Uspa Clarity Facial
- Hot Stone Back Massage
- Swedish Back Massage + Light Spa Lunch
- Seaweed bath for one + Light Spa Lunch
- Deluxe Hydro bath + Light Spa Lunch
- Regular Hydro bath + File & Polish
- Mini Pedicure + File & Polish + Light Spa Lunch
- Jane Iredale Make-up Make-Over + Light Spa Lunch

**10% Discount Voucher**

(brochure-listed treatments only)