



AT THE HAWTHORN

Perched on the wild western edge of Ireland, The Spa at The Hawthorn is a place to pause, breathe, and return.

Rooted in the quiet presence of the native hawthorn tree, an ancient symbol of protection, healing, and renewal, every treatment, ritual, and moment here is shaped by nature, guided by expertise, and designed to last.

We work with exceptional partners whose values mirror our own: Tata Harper, whose botanical intelligence brings visible, lasting results; Maison Caulières, whose bespoke Hawthorn body collection was created exclusively for this place; and TheraFace, whose advanced technology supports skin health and recovery at the deepest level. Here, relaxation and results are not in opposition. Every visit is designed to leave you feeling restored, renewed, and deeply at home.



TATA HARPER®

Renowned for pioneering high-performance natural skincare, Tata Harper combines advanced green technology with powerful botanical formulations created on their farm in Vermont. We are proud to be the first spa in Ireland to partner with Tata Harper, bringing a curated collection of custom-designed treatments and a retail offering available exclusively within our boutique.





facial treatments

RADIANCE FACIAL

60MINUTES

This signature glow-inducing treatment brings skin back to life with joyful immediacy. Exfoliating fruit enzymes and brightening actives sweep away dullness, while the Bio Energy Massage boosts circulation and awakens vitality. Enhanced by percussive-based cleansing to deeply dislodge pore-blocking debris and dead skin, the result is a complexion that feels instantly smoother, brighter, and visibly more alive.

BENEFITS: fresh luminosity, even tone, and unmistakable radiance.

KIND FACIAL

60 MINUTES

A restorative haven for delicate, sensitive, or depleted skin. Calming botanicals are layered to fortify the skin barrier and revitalize reactive skin, while the Harmonic Drainage gently eases congestion and restores balance. The ritual closes with hot and cold therapy, where soothing warmth relaxes the skin and cooling touch calms sensitivity. When the barrier is strong, skin retains moisture more effectively and protects itself against environmental stressors.

BENEFITS: soothed skin, reduced redness, restored balance, and lasting comfort.

TIMELESS FACIAL

60 MINUTES

A high-performance ritual designed to strengthen and refine the skin for lasting vitality. The Remodelage Massage works to firm, lift, and reinforce skin structure, while targeted microcurrent therapy tones and tightens, improving muscle definition across the face and neck. The result is the pinnacle of performance, delivered through an experience of exceptional luxury and efficacy.

BENEFITS: firmer contours, renewed vitality, and resilient skin health.

SUPREME FACIAL

90 MINUTES

Our most visionary treatment is a holistic approach to skin longevity—centered on the Supreme 360 Massage, which works across structure and fascia to strengthen skin architecture and support long-term resilience. The ritual is completed with LED vibration therapy to stimulate cellular renewal, revealing smoother, healthier-looking skin with a visible reduction in fine lines and dark spots.

BENEFITS: strengthened cellular renewal and supported skin longevity

THE ULTIMATE EXPERIENCE

90 MINUTES

The signature Hawthorn experience brings together the most transformative elements of the full menu into one comprehensive ritual. The journey begins with a Singing Bowl ceremony to calm the nervous system, followed by a fully customized facial featuring a triple cleanse and Tata Harper’s signature multi-masking system. Personalized facial massage and targeted device work are seamlessly integrated, while full-body pressure boots support lymphatic flow—creating a deeply restorative experience that renews both skin and self.

BENEFITS: Deep relaxation, improved circulation and lymphatic flow, refined skin texture, enhanced radiance, and a restored sense of balance and wellbeing





MAISON CAULIÈRES

Rooted in a 300-year family tradition of transforming raw materials from the land into exceptional oils and rituals, Maison Caulières brings ancestral expertise and refinement to every experience. In collaboration with The Spa at The Hawthorn, the brand has created a bespoke body collection inspired by the natural elements of Galway Bay — Irish herbs, sea minerals, and botanical extracts that reflect the spirit of this landscape.



body treatments

MYOFASCIAL RELEASE THERAPY – THE RECOVERY SESSION

60/90 MINUTES

A deep, targeted treatment designed to support recovery after physical exertion. Ideal for athletes or anyone experiencing muscle tightness from training, golf, fitness, or intense activity. Using slow, firm pressure and advanced release techniques, the treatment reduces muscle tension, improves mobility, and helps restore natural movement and balance.

Benefits: Supports pre- and post-sport recovery Reduces stiffness and tightness Improves flexibility and range of motion Helps prevent injury

CALM STATE THERAPY - NERVOUS SYSTEM RESET 60/90 MINUTES

A relaxation treatment designed for deep nervous system regulation. A true neuro-emotional reset, it works where stress is silently stored: in neural circuits, reflex points and the body's somatic memories. This protocol is based on precise body reflexology, incorporating the body, feet, hands and head

BENEFITS: Promotes sleep Regulates the nervous system Reduces fatigue

LYMPHATIC DRAINING THERAPY

60 MINUTES

Lymphatic drainage is a gentle, rhythmic massage technique designed to stimulate the flow of lymph throughout the body. It helps eliminate toxins, reduce fluid retention, and decongest tissues.

BENEFITS : improves circulation, relieves the feeling of heavy legs, helps reduce the appearance of cellulite, and supports the immune system.

THE DETOX THERAPY - BODY SCULPTING & FIRMING 60 MINUTES

A bespoke slimming, firming, and lifting body treatment designed to support detoxification. This targeted treatment features a contouring four-hand massage that helps sculpt and firm the body while stimulating the metabolic system, focus on areas of concern.

Includes: Targeted four-hand massage, body wrap with laminaria seaweed leaves.

BATHING RITUALS 30 MINUTES

Immerse yourself in the timeless tradition of the Irish Seaweed Bath experiences designed to help you fully unwind – in the outdoor thermal bath area. Our wellness team will be delighted to guide you.

EXFOLIATION – IRISH MILLED BLADDERWRACK *60 MINUTES

An energizing and detoxifying scrub is intensified by the addition of a warm fucus mud wrap cocooned in the thermal blanket drawing deeper toxins from the cells. Awakening the skin and lymphatic system, this wrap detoxifies and cleanses the body, removing waste products, and re-energizing and softening the skin.

* 30 minute scrub can be added to any body massage or combine with seaweed bath

ORGANIC SEAWEED LEAF WRAP 60 MINUTES

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses organic seaweed leaves to wrap your body. Beginning with a fucus serratus seaweed bath, this treatment detoxifies, firms and softens the skin. Your whole body is then enveloped in laminaria seaweed leaves for instant results.



SIGNATURE WILD ATLANTIC RITUAL

150 MINUTES

MAISON CAULIÈRES created exclusively for The Spa at The Hawthorn a bespoke massage oil with pure and organic essential oils extracted from indigenous marine and local herbs. The experience brings your body and mind into harmony with the rhythm of nature, leaving you feeling regenerated, reinvigorated, and fully embraced by the energy of the wild Irish Ocean.

Includes: Outdoor seaweed bath, body scrub, seaweed mud wrap and full body massage with hot healing basalt stones to balance the body and mind.

COUPLE'S CONNECTION EXPERIENCE

150 MINUTES

The perfect romantic experience. Begin your ritual with a relaxing outdoor seaweed bath for two over a glass of Champagne. Indulge in the personalized 60 minutes massage and finish off with Tata Harper 60 minutes customized Facial. A couple gift from us to celebrate this moment.

Includes: Outdoor couple seaweed bath, couple full body massage and facial.



spa etiquette

ARRIVAL

Relax and take advantage of world-class spa facilities to enhance your spa treatments. Please arrive 30 minutes prior to your scheduled appointment. This gives us time to help familiarize you with the facilities and allows you to relax before your experiences begin. Please note all treatments end on time, regardless of start time. Please leave jewellery and other valuables in your locker or the hotel safe.

COURTESIES

To preserve the tranquility of our facilities, mobile phones must be in silent mode in the Spa

CANCELLATIONS

If you must reschedule or cancel any spa appointment, please notify the spa 24 hours in advance to avoid being charged for the service. Missed appointments without proper notice will be charged a full value.

ATTIRE

You will receive a robe and slippers to wear between treatments, and a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments.

PAYMENT FOR SERVICES

To confirm all spa reservations, we require a valid credit card number. For your convenience, payment for spa services is settled at the conclusion of your treatment. Room signing privileges are available.

PREGNANCY & TREATMENTS

While prenatal massage may be available, the Spa cannot offer standard massage, body wrapping, deep tissue massage, abdominal massage, foot massage, reflexology, aromatherapy or treatments involving essential oils to our pregnant guests during their first trimester.

AGE

Children must be at least 16 years old to receive a facial or massage. Children between the ages of 12 and 15 may receive certain wellness treatments if accompanied by a parent or guardian.

SPA THERMAL SUITE

Experience ultimate rejuvenation in the Thermal Suite. Contrast Therapy, featuring an invigorating cold plunge and infrared sauna. Take your wellness routine to the next level by boosting circulation, reducing inflammation, and resetting the body. The facilities can be utilized before or after treatments. Spa guests must bring a swimsuit to enjoy the pool and hydrotherapy. Thermal area and Fitness Centre are reserved exclusively for hotel resident guests.





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