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Discover your Coastal Calm

Blissful Samplers



Indulge in our taster treatments at The Salthouse Spa and explore what we have to offer...



Sea Breeze Revival

45 minutes: £55

Infused with nourishing organic oils and botanical extracts, our salt scrub deeply hydrates and replenishes your skin, leaving it silky smooth.

Glow & Go Facial

45 minutes: £55

Indulge in a customised treatment designed to cleanse, exfoliate, and nourish your complexion.

Scalp and Sole Soothe

45 minutes: £55

Indulge in a dual sensation of relaxation with our Scalp and Sole soothe treatment. This soothing sensation combines a tranquil scalp massage with a blissful foot rub, leaving you feeling rejuvenated and refreshed.



The Salthouse Signatures

Luxury Heavenly Moments

120 minutes: £180

Experience two hours of pure luxury: Begin with a soothing foot ritual followed by a revitalising salt scrub for your back. Continuing the journey of relaxation with a customisable full-body massage and a deluxe facial. Finishing with a stress-relieving head massage. Pure relaxation awaits.

The Salthouse Foot Treatment

60 minutes: £75

The Salthouse Foot Treatment: This treatment starts with an invigorating salt scrub to remove dry skin cells and soften the feet. Foot lotion and heated booties are applied while our expert therapist performs a head and scalp massage to help relieve any upper body tension. To finish off, indulge in a deep relaxing foot massage leaving your feet feeling repaired and the body stress free.

The Deluxe Facial

90 minutes: £120

The ultimate facial experience. This treatment allows guests to experience the best of both worlds, starting with a relaxing 30 minute back massage followed by a 60 minute facial tailored to you. Your skin will be left with a radiant glow.

The Salthouse Full Body Massage

(or Pregnancy Massage between 12-37 weeks)

60 minutes: £95

Allow tension to ease away and leave your body feeling relaxed, restored and rebalanced with 60 minutes of pure relaxation. Our therapists will use a variety of massage techniques and tailor pressure to suit your individual needs.

The Salthouse Back, Neck, Shoulder and Scalp Massage

60 minutes: £85

Begin your journey into deep relaxation through a range of massage movements to help ease aching pained muscles. Allow the stress to drift away as your therapist moves on to your head and scalp area leaving the body and mind in a state of total relaxation.



GAIA

Bespoke Treatments



Gaia Bespoke Massage

60 minutes: £110

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep tissue and Aromatherapy to relax the body and mind bringing you into the present moment.

Gaia Hot Stone Massage

60 minutes: £115

Therapeutic full body massage using our specifically blended GAIA oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated. Choose from the GAIA oils, Awakening, Balancing and Calming.

Gaia Restorative Treatment

60 minutes: £120

Experience a therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils; Awakening, Balancing or Calming

Gaia Jade Facial

60 minutes: £105

This healing massaging facial will leave your skin feeling rejuvenated and glowing... GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

Gaia Salt and Oil Scrub

45 minutes: £95

Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.

Gaia Mud Cocoon

90 minutes: £130

Offering a protective, cocooning treatment to emerge from awakened. This treatment includes whole body, face, and scalp therapy for a truly indulgent experience; following a sea salt exfoliation, a deeply nourishing body mud is applied, while the face & scalp is gently massaged. The treatment is completed with our Awakening Body Cream, with nourishing coconut oil and shea butter.

Gaia Indian Head Massage

45 minutes: £95

Gaia's Indian head massage is a treatment combining massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.

Gaia Awakening Journey

60 minutes: £120

An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil exfoliation, removing dead skin cells to reveal refreshed, soft skin. The Awakening Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.

Gaia Balancing Journey

60 minutes: £120

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium the mind and body. The journey centres around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Balancing Journey continues with a nurturing Jade facial, known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines. With this 60minute journey, you'll leave feeling relaxed, restored and emotionally balanced.

Gaia Calming Journey

60 minutes: £120

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is followed by a scalp massage which includes a facial cleanse, tone and a beautifully relaxing facial massage, focusing on pressure points to relieve tension. Included is a hand and arm massage, helping to release stress and find total relaxation.





Seaweed Baths

45 minutes: £60

Submerge your body into a bath of organic hand harvested Atlantic seaweed to remove unwanted toxins and alleviate aches and pains. Increase your bodies circulation and promote healing internally and externally to feel revived and replenished.
(Each bath seats 2 people)



A close-up photograph of seaweed, likely a type of kelp, with a blurred background of a beach and mountains. The seaweed is the central focus, showing its intricate, leaf-like structure in shades of yellow and green. The background is out of focus, showing a sandy beach, the ocean with white foam, and dark, silhouetted mountains under a bright sky. The overall mood is serene and natural.

Seaweed Baths

Thermal Suite



THE THERMAL JOURNEY

Whatever the weather or time of day, enjoy magnificent views of Fairhead and Rathlin whilst relaxing in our outdoor spaces. Take a plunge in warm water or a seat in our Sauna. Come rain or shine you won't be disappointed.

OUTDOORS

Hot Tubs Not one but two large hot tubs with crystal clear waters heated to over 38°C. Share them with friends, or wait for an opportune moment to sit in peace and quiet overlooking Rathlin and beyond.

Sauna This is no ordinary Sauna. Our spacious Sauna has ample room for you to sit and gaze at the scenery from the vast panoramic window, or lie back and let your body absorb the heat and fragrances from our traditional stone fire.

Experience Shower After your Sauna close your pores and immerse yourself in an Ice Cold shower.

INDOORS

Steam Room Aromatherapy Vapours cleanse the body of impurities and revitalise the mind.

Heated Day Bed & Relaxation Area in a space of relaxation, rest on our day beds or the gentle heated day beds and enjoy views of Fairhead.

Tropical Rain Shower Bathe in a warm tropical shower, complete with dramatic lighting to accompany the jets of warm or cold water. Ideal to use between treatments to cleanse, stimulate and invigorate.

Residents - £20 per person 60 minutes access

Non Residents - £30 per person 60 minute access

**please note if you book a minimum of 60 minute treatment this will be complimentary.*



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