

LÍR SPA

& HEALTH CLUB



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thespa@ravenportresort.ie



TREATMENT MENU

Experience ultimate relaxation at Lír Spa & Health Club,
where your well-being is our priority.

100% SIGNATURE FACIAL

50 minutes €100

This treatment combines science and nature to create a bespoke skincare experience. Using innovative ingredients, advanced technologies, and expert techniques, this tailored treatment rejuvenates and nourishes your skin, leaving it glowing and refreshed.

INDIAN HEAD MASSAGE

40 minutes €75

This treatment is an integral part of the Ayurvedic healing system that originated in India millennia ago and has been passed down through generations. It combines an upper décolleté massage with shoulder, neck, face, eyes, and scalp massage to help reduce tension, increase circulation, and leave you with a sense of complete well-being.

100% SIGNATURE BODY WRAP & SCRUB

60 minutes €110

Experience the 100% Signature Body Wrap & Scrub and immerse yourself in a tranquil retreat tailored to your senses. Choose between the fresh, floral, and relaxing lemon and petitgrain getaway, the warm and soothing Orange Blossom and cedarwood getaway, or the refreshing cinnamon and ginger getaway.

SWEDISH MASSAGE

50 minutes €105

A classic treatment designed to energise the body and improve overall health. Ideal for relieving tension in the lower back, shoulders, and neck, it uses kneading, long strokes, and circular motions with medium pressure to ease tight muscles from daily activities or exercise.



AFTERNOON RETREAT SPA PACKAGE

Monday to Thursday	€105
Friday, Saturday, Sunday	€115

Indulge in the Afternoon Retreat Spa Package, a customizable spa experience that allows you to design your own day of pampering. Choose a 45-minute treatment from our carefully curated list and end your spa day with an Afternoon Tea in the Lobby.

This package includes 1 hour of access to our leisure facilities.

Choose one of these 45-minute spa treatments:

- Facial
- Indian Scalp Massage
- Body Massage
- Wrap & Scrub

Relax for 30 minutes in the Relaxation Suite, where you will be served light refreshments. Exclusive to this package: receive a 10% retail discount card, valid only during your visit. Finish off your day with a Spa Afternoon Tea in the Lobby.

SPA AFTERNOON TEA

Per Person	€45
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After rejuvenating treatments, please take advantage of our special offer and enjoy a Spa Afternoon Tea at Ravenport Resort. It's the perfect way to enjoy your day. We recommend booking your Spa Afternoon Tea 45 to 60 minutes after your treatment.

ABOUT SOTHYS

At Lír Spa & Health Club, we are proud to partner with Sothys Paris, a global leader in luxury spa and skincare treatments.

Sothys Paris offers a sensory journey like no other. Their expert therapists use unique massage sequences, essential oils, and botanical science to deliver visible benefits while immersing you in complete relaxation. From the moment you arrive, Lír Spa & Health Club creates a bespoke and unforgettable experience tailored just for you.

With roots at the iconic 128 Rue du Faubourg Saint-Honoré in Paris, Sothys embodies elegance and innovation. Trusted in over 120 countries and featured in 15,000 spas and beauty institutes worldwide, Sothys remains a hallmark of well-being, effectiveness, and safety.



SPA GUIDELINES

Spa Reservations

For bookings please call +353 53 918 93 60.
Or email us at thespa@ravenportresort.ie
We recommend that bookings are made well in advance to ensure availability.

Spa Attire

Guests are provided with bathrobes and towels, and disposable undergarments are available for specific treatments. Dark swimwear is recommended for the jacuzzi, and underwear or swimwear must be worn at all times. Flip-flops are required in the leisure facilities and available for purchase at reception.

These facilities are unisex and include the Jacuzzi, pool and heat experiences. In separate male and female changing rooms you are provided with robes, slippers and towels for your comfort in the Spa. Refreshments are on offer in our comfortable relaxation area after your treatments. Please understand that late arrival may mean that the scheduled treatment time is reduced or is unable to be honoured.

Spa Etiquette

Please arrive 15 minutes prior to treatment booking time to allow for time to fill out client consultation cards etc. Please bring swimwear for the thermal suite and dry undergarments for after your treatments.

Pregnancy

Please inform us if you are pregnant. Heat and hydrotherapy are not recommended during pregnancy. Treatments are unavailable during the first trimester, but alternative options can be discussed with your therapist.

Special Considerations

Advise us of any medical conditions before your visit. Guests with high blood pressure or heart conditions should consult their doctor before treatments. Avoid alcohol and heavy meals within two hours of your treatment.

Comfort

Our therapists are here to ensure your comfort —please inform them if you need adjustments during your treatment. Men are recommended to be clean-shaven.

Cancellation Policy

- Cancellations made at least 72 hours in advance: No charge.
- Cancellations within 48 hours: 50% charge.
- Cancellations within 24 hours: Full charge.

Strictly Over 16's Only

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