



HALCYON SPA  
KINGFISHER COUNTRY ESTATE





# YOUR JOURNEY BEGINS

# THE MOMENT YOU ARRIVE

## WELCOME TO HALCYON SPA

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The Halcyon Spa at Kingfisher is the quintessential environment in which to unwind.

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Indulge your body and mind. With a comprehensive list of treatments, our spa takes you on a journey to calmness and serenity within one of our four stunningly appointed treatment rooms.

Halcyon Spa is the first in Northern Ireland to feature Ground Wellbeing treatments and products — the 100% natural spa label that truly embraces sustainable wellness.

Our guests can also enjoy our hydro facilities including the hydrotherapy pool, sauna, steam room, Himalayan Salt Chamber and our revitalising 'Experience' showers.

A woman is lying down, receiving a facial treatment. Her face is covered in a thick, white, textured mask. Two hands are gently massaging her face, one on each side. She has her eyes closed and a relaxed expression. The background is a soft, neutral-toned wall. To the right, there is a small, round, dark-colored container with a lit candle inside, providing a warm, ambient glow. The overall atmosphere is calm and soothing.

# FACIAL RITUALS

## AWAKENING FACE RITUAL

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Stimulate the skin & uplift the mind.

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Harnessing the power of nutrient-rich botanicals, lymphatic drainage and Gua Sha techniques, this energising face ritual works to stimulate the skin's natural function leaving the skin feeling refreshed and invigorated while providing a sense of focus, clarity and inner strength. This ritual is particularly beneficial for those seeking a sense of balance and support during moments of stress, fatigue, overwhelm, or anxiety.



60 Minutes

£85.00



90 Minutes

£120.00

## MINDFUL FACE RITUAL

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Comfort the skin & calm the mind.

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Tune into the gentle rhythms of our deepest selves with this mindful face ritual designed to help restore balance and harmony, supporting your skin's natural ability to soothe and heal, making it the perfect choice for those seeking comfort and support during turbulent times or hormone fluctuations.



60 Minutes

£85.00



90 Minutes

£120.00

*All 90 Minute Facial Rituals options offer either:*

*30 minute back, neck & shoulder massage to ease tension & promote energy flow*

*30 minute abdominal massage to assist with cleansing & detoxification*

## THE RESTORATIVE RITUAL

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Ease tension & stress in the face, head, neck & scalp.

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Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness and tension, eyestrain, migraines, headaches, TMJ issues, sinuses and puffiness.

 60 Minutes

£85.00

 90 Minutes

£120.00

*All 90 Minute Facial Rituals options offer either:*

*30 minute back, neck & shoulder massage to ease tension & promote energy flow*

*30 minute abdominal massage to assist with cleansing & detoxification*



# MASSAGE RITUALS

## THE GROUNDING RITUAL

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Surrender in full & return to source; ideal to soothe mental anxiety & burnout.

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Sacred time for you to allow healing in. This treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body. Feel your body and soul come together again with this medium to firm pressure massage.

 **60 Minutes**

**£85.00**

The 90 minute option offers an added 30 minutes focused on the neck, shoulders, face and scalp and includes the use of the soothing Ground Gua Sha stones.

 **90 Minutes**

**£120.00**

## 30 MINUTE ADD-ONS

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These 30 minute treatment options can only be added onto any spa packages or treatments already booked.

BACK MASSAGE	£35.00
BODY POLISH	£35.00
PEAT FOR THE FEET	£35.00

## THE SLEEP RITUAL

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**Rest is central to wellbeing: developed to soothe physical fatigue & exhaustion.**

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The Sleep Ritual serves one purpose; to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork, help to induce deeper breathing and invite rest in. Feel your whole body soften as deep rest descends while enveloped in the aromas of organic geranium and jasmine absolute. This is a light to medium pressure full body massage treatment.

 **90 Minutes**

**£120.00**

## THE BALANCING RITUAL

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**Empowering & supporting through hormone change: Perimenopause & Menopause.**

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Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each massage is highly customised to the individual and includes elements of Reflexology and Lymphatic Drainage. The treatment commences with an aromatherapy foot bath and breathwork and the option to include Marble Stone Massage Therapy and Gua Sha. This unique and purposeful massage will bring alignment and balance when going through this change and experiencing the symptoms of menopause at any stage.

 **90 Minutes**

**£120.00**



## THE COMFORTING RITUAL

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**Pregnancy care: specific relief for the second & third trimester.**

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Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting treatment for the second and third trimester of pregnancy. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows through pregnancy.

 **60 Minutes**

**£85.00**

 **90 Minutes**

**£120.00**

Enhance your experience by opting for the 90 minute treatment which includes 30 minutes of massage and Gua Sha techniques on the face and scalp.

## THE CLEANSING RITUAL

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**To encourage gut harmony: ideal for those who hold stress in the tummy.**

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The gut is our second brain, much of our wellbeing depends on it. With the intention to move our system into the state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs. The fresh circulation helps bring the body's core back to homeostasis and balance. This warming treatment focuses on relaxing and soothing the abdomen physically, while stimulating the area to aid detoxification. Massage techniques are used to release stagnated energy and emotions from the abdominal area while acupressure points on the face and feet are worked on to further promote digestion and metabolism.

 **60 Minutes**

**£85.00**

## ‘TÓG GO BOG É’ FULL BODY MASSAGE

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Take it softly; a Ground approach to traditional massage.

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This full body massage treatment incorporates aromatherapy and breathwork alongside slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.



60 Minutes

£85.00

## MUSCLE RECOVERY RITUAL

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Flowing, rhythmical & firm.

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This massage was created to assist in releasing the overworked muscles of the body from their tense and tightened position. Helping to alleviate aches and stiffness while also improving circulation, this deeply relaxing massage will aid in restoring balance, improving quality of movement and renewing energy levels. While the Muscle Recovery Ritual places specific focus on the arms, back, shoulders and glutes it will be intentionally personalized to your individual needs.



60 Minutes

£90.00

# BODY RITUALS

## THE BODY POLISH

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This invigorating all over body exfoliation refines skin texture & increases lustre.

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This invigorating all over body exfoliation refines skin texture and increases lustre. Improving circulation and aiding the absorption of the potent essential oils, this treatment includes the double action of gently removing dead skin cells with salt and the healing effects of the lavender and lemongrass essential oil. It ends with a back, neck and shoulder massage to ease tension and promote energy flow.

 60 Minutes

£85.00

## PEAT FOR THE FEET

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Reconnect with Mother Earth & tap into our body's ability to self-repair & re-align.

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Commencing with an aromatherapy foot soak, mindful breathwork and peat mask application to the feet, this is a deeply grounding treatment. While this nourishing and invigorating mask penetrates to detoxify and restore balance, you'll receive a deeply relaxing hand and arm massage, along with a décolleté and scalp massage. The finishing touch is a personalised foot massage with your chosen Ground Wellbeing oil or balm.

 60 Minutes

£85.00

# SPA DAYS



## HALCYON BLISS SPA DAY

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### 60 Minute Treatment +

Use of fluffy robes, slippers & towel for the day

**£90.00**

## HALCYON LUXURY SPA DAY

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### 60 Minute Treatment +

Use of fluffy robes, slippers & towel for the day

Spa lunch

**£105.00**

## HALCYON EUPHORIA SPA DAY

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### 90 Minute Treatment +

Use of fluffy robes, slippers & towel for the day

Spa lunch

**£140.00**

## HALCYON HAVEN SPA DAY

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### 120 Minute Treatment +

Use of fluffy robes, slippers & towel for the day

Spa lunch

**£185.00**

### An extra tittle....

Mimosa & truffles to enjoy in our Relaxation Suite after your treatment.

**£10/Person**

\*All packages include 2 hours relaxation in our hydro facilities.

# STAY & SPA

## TIME FOR TWO

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### Overnight Stay & Breakfast +

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60 Minute spa treatment  
Glass of bubbles with truffles  
Use of robes, slippers & towel  
3 course dinner

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Prices available on request

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## SPA + BED (60)

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### Overnight Stay & Breakfast +

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60 Minute spa treatment  
Use of robes, slippers & towel

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Prices available on request

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## SPA & DINE

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### Overnight Stay & Breakfast +

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60 Minute spa treatment  
Use of robes, slippers & towel  
3 course dinner

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Prices available on request

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## SPA + BED (90)

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### Overnight Stay & Breakfast +

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90 Minute spa treatment  
Use of robes, slippers & towel

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Prices available on request

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*\*All packages include 2 hours relaxation in our hydro facilities.*

# PACKAGE TREATMENT OPTIONS

Treatments included in our 'Spa Day' and 'Stay & Spa' Packages

## 2 HOUR OPTIONS

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Pick an option below:

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Awakening Face Ritual  
Mindful Face Ritual  
The Restorative Ritual

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Pick an option below:

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Peat For The Feet

## 90 MINUTE OPTIONS

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Pick an option below:

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Awakening Face Ritual  
Mindful Face Ritual  
The Restorative Ritual

+

Pick an option below:

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30 Minute Halcyon Back Massage  
30 Minute Peat For The Feet

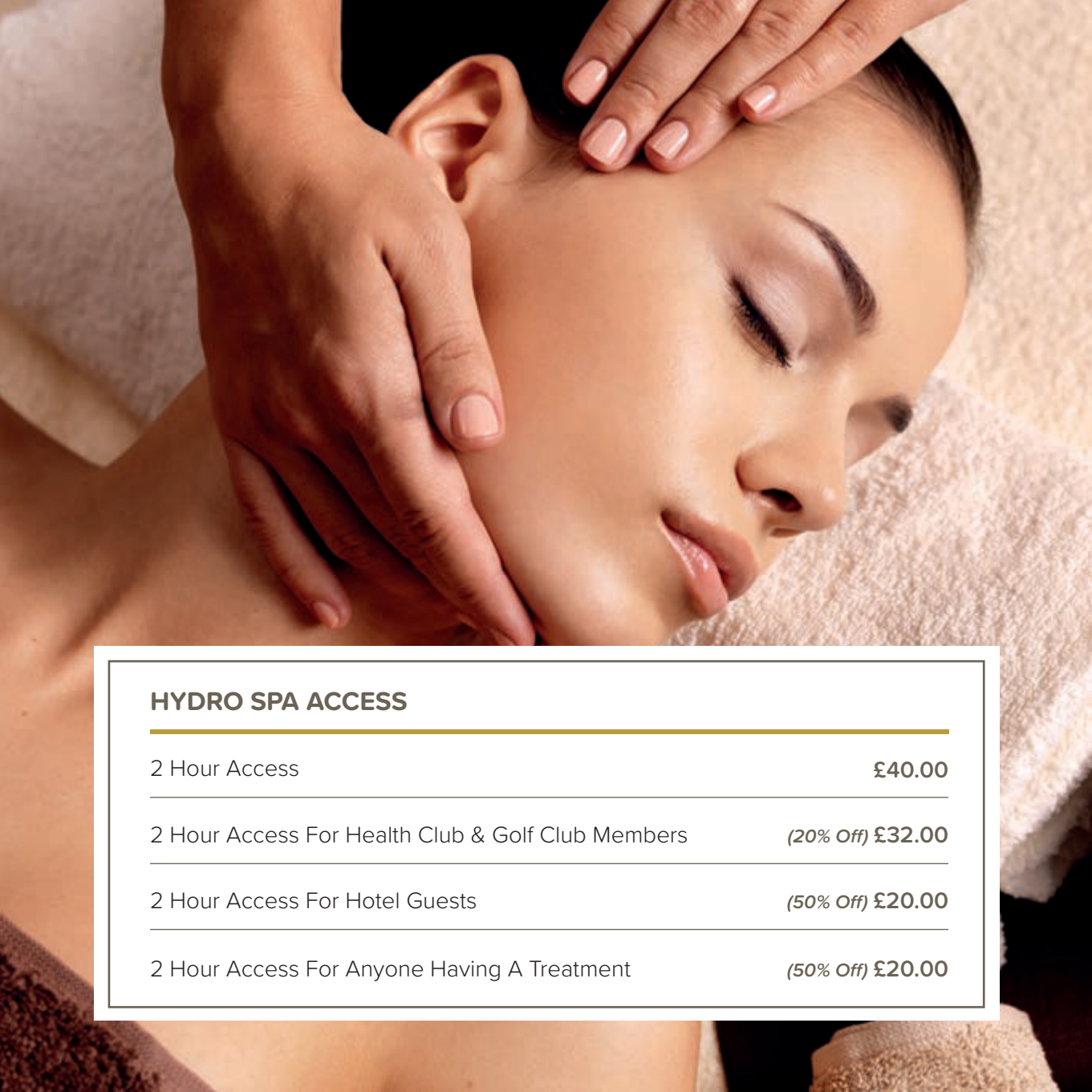
## 60 MINUTE OPTIONS

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Pick an option below:

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30 Minute Customisable Ground Wellbeing Facial + 30min Halcyon Back Massage  
60 Minute Restorative Ritual  
60 Minute Peat For The Feet



## HYDRO SPA ACCESS

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2 Hour Access £40.00

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2 Hour Access For Health Club & Golf Club Members *(20% Off)* £32.00

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2 Hour Access For Hotel Guests *(50% Off)* £20.00

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2 Hour Access For Anyone Having A Treatment *(50% Off)* £20.00



## **OPENING HOURS - 7 DAY A WEEK**

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Treatments can be booked between the hours of 10am-6pm.

Hydro area will be open during the hours of 8am-8pm (booking required).

## **AGE RESTRICTIONS**

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All guests visiting the Halcyon Spa must be at least 16 years old to avail of treatments or use of the Hydro Area.

## **SPA ETIQUETTE**

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### **Arrival**

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We request you arrive to the spa 15 mins before your treatment.

This allows sufficient time for you to fill out our consultation form, get changed in to your robe and slippers and relax before you are taken into your selected treatment.

If you are running late, we ask that you contact us as soon as you can, we will always try to honour your treatment time, but this may not always be possible.

### **What To Wear**

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Robes, slippers and towels will be provided for you once you arrive into the spa.

Spa robes are permitted in the spa and Hydro Areas only.

All spa robes and towels must be returned to the spa reception. However, please feel free to keep your slippers.

Please bring along swimwear when using the Hydro Area.

Disposable underwear will be provided for you in your treatment room if your swimwear is wet.

## SECURITY & SAFETY

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### Valuables

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We kindly ask that you try to refrain from bringing valuable belongings into the spa.

However, lockers will be available in the changing rooms. The Halcyon Spa does not accept any responsibility for any personal items.

To preserve the serenity of Halcyon Spa we kindly ask our guests to either silence or switch off all mobile devices.

## YOUR WELLBEING

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### Health Conditions

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When making a spa reservation it is important that you inform us of any health conditions, allergies or injuries which could affect your treatment.

You will be required to fill in a consultation form prior to your treatment.

### Pregnancy

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The Halcyon Spa is happy to welcome mums-to-be and breastfeeding mothers to enjoy our treatments and hydro area.

Be sure to inform us at the time of booking and we can guide you towards selecting the treatment best suited to you!

Please be advised that there are certain risk factors associated with using the Hydro Area during pregnancy.

Please be aware that we cannot carry out treatments before 14 weeks.

## **PAYMENT & CANCELLATION POLICIES**

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### **Payment**

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A treatment or package is only reserved once a 50% deposit is paid. If a gift voucher is being used, the details will be required at the time of making the booking.

Payment is required on arrival to the spa reception.

Hotel guests may charge to their room as long as they have allocated a credit/debit card.

### **Cancellation**

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We ask that if you are unable to keep your appointment, you contact the spa at least 72 hours prior to your treatment.

If your treatment or package is cancelled after 72 hours you will lose your deposit.

However, if you contact us before this time, we will happily transfer your deposit and treatment or package to another date.

## **CONTACT US**

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### **Halcyon Spa Is Part Of Kingfisher Country Estate**

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