



THE SPA & COUNTRY CLUB  
CASTLEMARTYR  
RESORT



NEW YEAR,  
NEW YOU

Indulge in a 50-minute ESPA Inner Calm Aromatherapy Massage, crafted to ease stress and banish winter tension. Choose from luxurious aromatherapy oils to soothe your mind, body, and soul.

Complete your experience with Mrs Quinn's Light Lunch and enjoy:

20% off spa retail (on the day)  
Full access to The Spa & Health Club

€125 | Monday to Thursday

To book contact the Spa on 021 421 9060 or  
at [spa@castlemartyrresort.ie](mailto:spa@castlemartyrresort.ie)

Castlemartyr, Cork,  
P25 X300, Ireland

T: 021 421 9060

E: [spa@castlemartyrresort.ie](mailto:spa@castlemartyrresort.ie)

W: [www.castlemartyrresort.ie](http://www.castlemartyrresort.ie)



THE SPA & COUNTRY CLUB  
CASTLEMARTYR  
RESORT



EXPRESS DETOX  
SPA DAY

Treat yourself to one of these revitalising 30-minute treatments:

- Clean & Green Detox Facial
- Detoxifying Back, Neck & Shoulder Massage
- Detoxifying Salt & Oil Scrub

Complete your experience with Mrs Quinn's Light Lunch and enjoy:

- 20% off spa retail (on the day)
- Full access to The Spa & Health Club

€80 | Monday to Thursday

To book contact the Spa on 021 421 9060 or  
at [spa@castlemartyrresort.ie](mailto:spa@castlemartyrresort.ie)

Castlemartyr, Cork,  
P25 X300, Ireland

T: 021 421 9060

E: [spa@castlemartyrresort.ie](mailto:spa@castlemartyrresort.ie)

W: [www.castlemartyrresort.ie](http://www.castlemartyrresort.ie)