



## Beauty Rooms

*"A unique experience awaits"*

The Beauty Rooms offer an experience unique to Castletroy Park Hotel, Indulge yourself in the relaxing and tranquil ambience of our Beauty Rooms, offering a wide range of world renowned and effective treatments for both ladies and gentlemen expertly delivered by our friendly team of professionals. We use the transforming skincare range Payot, and offer a variety of their award winning facials that rejuvenate, revitalize and firm the skin resulting in a more youthful appearance. Escape and melt away tension and stress with one of our detoxifying, rejuvenating or deep tissue massages.

*Experience our tropical coconut and nourishing sugar wraps or try one of our manicures and pedicures. You will be completely de-stressed, relaxed and revitalized after your visit to our Beauty Rooms.*

Our products and treatments have been specially chosen to suit your every need providing you with the very best results. We are also happy to tailor-make unique packages to suit our guests, so please ask our friendly staff to assist you. We also invite our Beauty Rooms guests complementary use of our Leisure Club. We look forward to seeing you at the Beauty Rooms...

## Membership Enquiries

Membership is available for Individuals, Couples and Families and can be paid for in full or by direct debit. Membership includes use of all the facilities listed above with high levels of support from our Leisure Team fully included. Re-joining fees apply to lapsed membership. For more information please email: club@castletroypark.ie or call: 061331311

## Opening hours

Monday – Friday	6.30 am - 10.00 pm
Saturday & Sunday	8.00 am - 8.45 pm
Bank holiday Mondays	8.00 am - 8.45 pm
Children's hours	9.00 am - 7.00 pm

And Remember...

Being part of the Castletroy Park Hotel, you have the added benefit of relaxing and enjoying the hotel facilities.

Web: [www.castletroypark.ie](http://www.castletroypark.ie)  
 /CastletroyParkHotel

Email: [club@castletroypark.ie](mailto:club@castletroypark.ie)  
 /CastletroyPark



CASTLETROY PARK  
HOTEL  
★★★★

Aqua Club | Fitness Club | Beauty Rooms



*For all your relaxation and exercise needs...*





## Our Features

### Castletroy Park Hotel Aqua / Fitness Club & Beauty Rooms

The Ideal Venue for your work out. Exercise, relax, unwind, pamper yourself and achieve that wonderful feeling of rejuvenation.

*Complimentary parking for members while using the facilities only.*

#### OUR FEATURES INCLUDE:

- 20m deck level pool
- Steam Room
- Sauna
- Fully equipped Fitness Suite
- Jacuzzi
- Excellent changing facilities
- Beauty Treatments Rooms
- Ice baths available on request

Together with these wonderful facilities you can also take advantage of the many amenities available at Castletroy Park Hotel such as private parking, our Garden Rooms which have a wide range of amazing coffees with fresh pastries, or lunch and dinner in either the Brasserie or McLaughlin's Restaurant.



### Aqua Club | Fitness Club | Beauty Rooms



## Lessons & Classes

To ensure you achieve the maximum from your membership of the Castletroy Park Hotel Aqua and Fitness Club, we have arranged a wide variety of classes and lessons for you to enjoy as follows:

- Kettlebells
- Group aqua exercise classes
- Swimming lessons for adults & children (Ask for details at Club Reception)
- HIIT Classes (High intensity interval training)
- Abs & core toning
- Circuit training
- Total tone classes
- Fitness Assessments
- Exercise programs (older Adult Classes)

Our fully qualified staff are always on hand to advice and encourages you on your way to fitness.

We will carry out a full fitness assessment for you and work out a programme to suit you and your schedule.

All classes are included with your membership, but swim lessons for adults and kids are at an extra cost