

## **Spa Solis at Solis Lough Eske Castle Hotel now open**

Solis Lough Eske Castle, nestled within a forest estate opened its doors in Donegal in December. This hotel has put the North West of Ireland on the map as it was the first Solis hotel to open worldwide. Set on 43 acres on the shores of Lough Eske, this week the hotel opened its 6000ft Spa Solis. As well as the spacious spa, the hotel boasts 96 beautifully appointed bedrooms, a gourmet restaurant and a 4,000 square-foot ballroom adjacent to the fully redeveloped Tudor-Baronial castle. This property is built to an exceptionally high 5 star standard and will redefine the meaning of luxury in the North West.

Spa Solis at Solis Lough Eske Castle uses “Sodashi” products from Australia. In Sanskrit, Sodashi translates to “wholeness, purity and radiance” and these words aptly describe Sodashi 100% natural products and uniquely luxurious spa treatments. Produced in Australia, Sodashi’s skin and body care products and spa therapies use only natural sources from the earth and sea, including extracts and essential oils of the purest and highest grade.

The pool and SPA building sits in the footprint of the original Glass House. An aqua green and gold mosaic colour theme flows through the pool and SPA areas. The pool and SPA building comprises 7 treatment rooms including 2 couples treatment suites with jet bath and steam room; a fully equipped thermal suite consisting of an ice fountain, sauna, steam room, sanarium, tropical experience showers and an infinity pool. We aim to ensure that all clients wellness and indulgent relaxation needs are catered for. The fitness centre offers a range of cardiovascular and strength training options as well as state-of-the-art-equipment.

For a shared experience, synchronised treatments can be provided by two therapists in one Suite. Any treatment can be booked in one of the lavish couples suites. Classic Lloyd Loom chairs & loungers decorate the pool deck and a specially designed iroko clad pod houses the steam room on the pool floor. Exotic planting and artwork throughout the space promoting a contemporary spa feel within a relaxing and secluded location. Walnut floors with soft concealed lighting throughout corridors & treatment rooms. Fully equipped, fully iroko lined thermal suite for those receiving treatments consisting of an ice fountain, sauna, steam room, circular showers, heated benches & infinity pool.

The picturesque area of Lough Eske is situated 5km to the North East of Donegal town and is surrounded by the Blue Stack Mountains, which form part of the outstanding natural beauty of the area. The property is about one hour and 20 minutes by car from Derry, Sligo and

Donegal airports. It is 3 hours by car from Belfast and 4 hours by car from Dublin. Lough Eske (meaning Lake abounding in fish) is three miles long and one mile wide and is only one of four lakes in Ireland to hold char. Donegal has grown in popularity for surfers and there are many other activities available locally including golf, pony trekking, hill-walking and fishing.

See [www.solislougheskecastle.ie](http://www.solislougheskecastle.ie) for more details.

**For more information:**

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