THE SPA
at
KILKEA CASTLE

Treatment Menu
Welcome to the Spa

Welcome to our luxurious boutique Spa. The Spa at Kilkea Castle is designed to create a relaxing and mindful environment. We have focused on creating a unique and enriching experience to nurture the mind and body.

ELEMIS

We are delighted to feature ELEMIS, the world’s premier Spa and Skincare brand. ELEMIS therapists make it personal: they look, they listen... they tune into you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin.

A healing hub where touch and technology are turbo-charged by the power of minerals, plants and active natural aromatics. All the treatments are designed to support great skin health, to respect that skin is alive. No two skins are the same. And no two bodies are the same. Every skincare therapy is shaped and moulded around you. Personalised for a results-driven, couture experience.

To book or to find out more information:

T: +353 (0) 59 9167523
E: spa@kilkeacastle.ie
**FACIALS | Touch**

The hands of a highly trained therapist are profoundly effective anti-aging tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results. These targeted facial treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

**PRO COLLAGEN AGE DEFY**
Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine-charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.
1hr 15mins | €110

**DYNAMIC RESURFACING PRECISION PEEL**
Clinically proven to target the signs of aging and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.
1hr | €100

**SUPERFOOD PRO-RADIANCE**
A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. This treatment will leave skin plumper, radiant and lit up with good health.
1hr | €100

**ELEMIS PERSONALISED FACIAL**
Allow your Therapist to create a bespoke treatment tailored to address your individual concerns. Following an in-depth consultation, your Therapist will recommend a treatment guaranteed to deliver results.
1hr | €100

**SKIN BOOSTER FACIAL**
An express treatment ideal for refreshing the skin, encompassing a facial which will cleanse, tone and exfoliate with a relaxing neck and scalp massage concluding with skin hydration.
30mins | €70

**PEPTIDE 24/7 SKIN SYNC**
Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.
1hr | €100

**FACIALS | Technology**

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. The clinically proven technology results in your skin looking visibly healthy nourished and energized.

**BIOTEC LINE ERASER**
Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating facial treatment that effectively iron out wrinkles and fills out lines.
30min | €80  1hr | €120

**BIOTEC FIRM-A-LIFT**
Rediscover the architecture of your face with this ground breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.
30min | €80  1hr | €120

**BIOTEC ANTI-PIGMENT BRIGHTENER**
This illuminating treatment dynamically tackles the appearance of uneven skin tone, discoloration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.
30min | €80  1hr | €120

**BIOTEC SENSITIVE SKIN SOOTHER**
This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin’s ability to repair itself. The result is calm and soothed skin.
30min | €80  1hr | €120

**BIOTEC SKIN RESURFACER**
This revolutionary facial helps address skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.
30min | €80  1hr | €120
TIME FOR MUM

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester.

PREGNANCY PEACEFUL MASSAGE
Pregnancy Peaceful Massage moulds to every bump, mothers-to-be are restored to optimum wellness with a personally prescribed facial. An intuitive and relaxing massage hydrates skin that is expanding to accommodate growing baby.

1hr 15min | €110

PEACEFUL PREGNANCY FACE AND BODY EXPERIENCE
This beautiful treatment combination gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

2hrs 15min | €195

MASSAGE THERAPY

SWEDISH MASSAGE
A uniquely personalised treatment. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance.

30min   |   €65
60min   |   €100
80min   |   €145

DEEP TISSUE MASSAGE
A powerful, intense massage designed to alleviate deep-seated tension and muscular stress.

30min   |   €70
60min   |   €110
80min   |   €150

HEAD, NECK AND SHOULDER MASSAGE
A targeted, results driven massage treatment designed to relieve areas of stress and tension.

30min   |   €65

DEEPER THAN DEEP HOT STONE MASSAGE
Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

30min   |   €70
60min   |   €110
80min   |   €150

SCRUBS AND WRAPS

INTENSELY CLEANSING SALT SCRUB – LIME AND GINGER OR FRANGIPANI
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

30min   |   €70

THOUSAND FLOWER DETOX WRAP
This nutrient-rich detox wrap uses the deeply nourishing Green Tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

60min   |   €110
MEN

Men’s skin behaves differently to women. Shaving, sports and lifestyle all have their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

FACIAL | Touch

HIGH PERFORMANCE SKIN ENERGISER
The hard-working facial for aging, dehydrated skin and tired eyes. It maximises cell regeneration, boosts circulation and induces deep relaxation.
1hr | €100

FACIAL | Technology

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.
1hr | €120

MASSAGE | Favourites

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SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests’ right to privacy and serenity. To maintain this, the Spa is a mobile phone free zone.

HEALTH CONDITIONS
Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your Spa reservation.

PREGNANCY
We have specially designed treatments for expectant women or nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable during this special time.

VALUABLES
The Spa at Kilkea Castle accepts no responsibility for loss of valuables and jewellery at any time on the Spa premises. All valuables should be kept securely in the lockers provided.

HOME CARE
To continue your Spa experience at home, most products used in our treatments are available to purchase at our Spa Reception.

CHILDREN’S POLICY
We are delighted to offer manicure and pedicure services for children under 18 years old taken in The Beauty Lounge. Access to the rest of the Spa including the spa changing, heat experiences, thermal floor and gym are restricted to over 18s.

GIFT VOUCHERS
Give the gift of luxury with a Gift Card for The Spa at Kilkea Castle. Please contact our Spa reservations team for details.

CANCELLATION POLICY
A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.