The Spa
at
Kilkea Castle

Treatment Menu
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 59 9167523
E: spa@kilkeacastle.ie
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.

1 hr 15 mins | €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.

1 hr | €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.

1 hr | €100

### Elemis Personalised Facial
Allow your Therapist to create a bespoke treatment tailored to address your individual concerns. Following an in dept consultation your Therapist will recommend a treatment guaranteed to deliver results.

1 hr | €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.

30 mins | €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.

1 hr | €100
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 | 1hr | €110 | 80min | €150

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

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.

1hr | €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.

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### 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.

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### BODY | Favourites

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SPA ETIQUETTE

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

ARRIVAL
Please arrive 15 minutes before your scheduled treatment time to complete your consultation. If you are enjoying the Thermal Suite please allow up to 1 hour before your scheduled treatment time. Please note times may deviate by 15 minutes.

HEALTH CONDITIONS
Kindly advise us of any health conditions, allergies or injuries which could effect your choice of treatment when making your spa reservation. Please note that individuals with high blood pressure should avoid body wrap treatments and the steam room. If you have any health questions or concerns about a spa treatment, please consult with you physician prior to your appointment.

PREGNANCY
We have specially designed treatments for expecting women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time. Please note that pregnant women should avoid wrap treatments and the steam room. If you have any questions regarding treatments, consult with your doctor prior to your appointment.

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

CHILDREN’S POLICY
We are delighted to offer manicure and pedicure services for children under 18 years old at our Beauty Lounge. Access to the rest of the Spa including the spa changing area, heat experiences, thermal floor and fitness area must be 18 years or older.

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
Since treatments are reserved especially for you, please make any cancellations 24 hours prior to your appointment in order to avoid being charged in full.