

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](mailto: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 irons 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, discolouration 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 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

## BIOTEC RADIANCE RENEW

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

30min | €80      1hr | €120

## BIOTEC BLEMISH CONTROL

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the 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 skins ability to repair itself. The result is calm and soothed skin.

30min | €80      1hr | €120



# 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



# 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



# 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*

### SWEDISH MASSAGE

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### HEAD, NECK AND SHOULDER MASSAGE

A targeted, results driven massage treatment designed to relieve areas of stress and tension.

30min | €65

# THERMAL SUITE

Enhance your spa experience by relaxing in our vitality pool after a treatment. This State-of-the-Art Thermal Suite has many features to allow for an unforgettable experience.

The pool combines fine air bubbles and powerful water jets that can massage your whole body. One area of the pool has an air pad that offers an invigorating air massage on your feet while in another corner there are hydro jets that massage your legs. We have a lovely swan neck high pressure massage for your neck and shoulders as well.

Also, a one of a kind feature, a swim resistant area where you can swim against a powerful current to achieve a vigorous hydrotherapy work out.

The thermal suite also offers a beautiful shower area with an ice water bucket to awaken the senses. The thermal suite also encompasses steam and sauna cabins for spa guests to enjoy. Please note the thermal suite is only available to spa guests who are receiving treatments.



# 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.

## 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.

## HOMECARE

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.

## THERMAL SUITE

Please note the thermal suite is only available to spa guests who are receiving treatments.

## 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.



# Kilkea Castle

Est~1180

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