

# Face Therapies



## Skin Glow Facial

Unlock healthy, glowing skin from within

Powerful resurfacing technology lifts away dead skin cells revealing smooth, renewed and refined skin. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

**25min ~ €69 | 50min ~ €99**

## Signature Kinsale Spa Facial

This 75-minute ritual is tailored to your skin type to deliver gorgeous, glowing skin. Following this bespoke facial, enjoy a face, décolleté, shoulder, neck and scalp massage combining both hand touch and hot stone therapy. Your skin will look visibly refreshed with your body and mind rebalanced.

**75min ~ €135**

## ELEMIS Pro-Glow Facials Powered by BIOTEC

Delivered over 60 minutes, our BIOTEC facial harnesses the revolutionary power of advanced technologies, light therapy, microcurrent, galvanic, ultrasonic and oxygen infusion. In just one treatment, skin is visibly rejuvenated, refreshed and radiant.

**60min ~ €120**



# Body and Soul Therapies



## Freestyle Massage

Tailored to meet your individual needs, your therapist will adjust the pressure from relaxing to firm for a feeling of deep relaxation and revitalisation.

**25min ~ €59 | 50min ~ €109 | 1hr 15min ~ €139**

## Aromatherapy Hot Stone Massage

Hot stones bathed in nourishing almond oil are worked deep into the muscles, reaching areas of tension, while essential oils help to soothe and calm the soul. The result; a sparkling vitality with the added bonus of intensely hydrated skin.

**50min ~ €119 | 1hr 15min ~ €169**

## Hot Mineral Body Boost

This powerful treatment is designed to stimulate each cell throughout your body, helping to alleviate muscle pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

**60min ~ €109**

## Garden of England Rose Restore

This unique trio of rose, camelia and poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

**1hr 30min ~ €139**

## Full Body Salt Scrub

Marine minerals will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves smooth skin, ready to absorb the deeply nourishing body oil.

**25min ~ €55**

## Body Wrap

Enjoy the deeply relaxing sensation of our warm body wrap using mood-balancing aromatics and skin conditioning oils.

**60min ~ €89 | Add Body Scrub for ~ €40**

# Mums-To-Be



## **Pregnancy Back, Neck and Shoulder Massage**

Enjoy a deeply relaxing Back, Neck and Shoulder Massage using pure almond oil.

**40min ~ €79**

## **Full Body Pregnancy Massage**

Indulge in our Full Body Massage using nourishing almond oil combined with special techniques and designed especially for expectant mothers.

**1hr 15min ~ €125**

## **Mum-to-be Pamper Package**

Our pamper package includes a nourishing Back, Neck and Shoulder Massage followed by our Skin Glow Facial and Dry Flotation Experience for ultimate relaxation, designed for that prenatal pamper craving.

**1hr 40min ~ €150**

**Mum-to-be treatments suitable  
from second trimester**



# Short Escapes



## Head Destress Massage

A relaxing massage that focuses on the head, neck and shoulders to help reduce stress and release tension. It also aids in the relief of headache and migraine pain, helps to improve sleep and circulation.

**40min ~ €79**

**Add 25min to any spa treatment ~ €40**

We recommend Dry Flotation Experience

## Foot and Leg Ritual

A revitalising foot scrub topped with a relaxing massage.

**40min ~ €79**

**Add 25min to any spa treatment ~ €40**

We recommend Freestyle Massage

## Dry Flotation Experience

A deeply relaxing and sleep-inducing treatment which lets your troubles float away with a feeling of weightlessness.

**30min ~ €45**

**Add on to any spa treatment ~ €25**

## Hydrotherapy Bath

Multi massage bath incorporating colour light therapy to relax the mind and the body. Treat yourself to a milky bath designed to leave you feeling cleansed and relaxed. By using the milk bath it will help you to soften, nourish and hydrate the skin.

**30min ~ €45**

**Add on to any spa treatment ~ €25**



# Packages



## Couture Touch

Combine our tailored Skin Glow Facial, with a personalised Freestyle Back, Neck and Shoulder Massage.

**50min ~ €99**

## Rejuvenation Package

Rejuvenate and condition your skin, body and mind with the all-embracing experience of our Hot Oil Back, Neck and Shoulder Massage followed by your personalised Skin Glow Facial finished off with a relaxing Dry Flotation Experience.

**80min ~ €120**

# Ultimate Wellness Packages



## For Her

Full Body Massage

Tailored Skin Glow Facial including relaxing Head Massage

**105min ~ €169**

## For Him

Full Body Massage

Booster Facial with relaxing Head Massage

Dry Flotation Experience

**105min ~ €169**



# Finishing Touches



## Mani and Pedi

Spa Manicure	€45
Express Manicure ( <i>file and polish</i> )	€20
Spa Pedicure	€59
Nail Polish	€15

## Waxing

Mini ( <i>choose between lip, chin or brows</i> )	€10
Midi ( <i>choose between armpits, arms, half leg or bikini line</i> )	€20
Maxi ( <i>choose between full legs, torso or back</i> )	€35

## Eyebrows and Eyelashes

Brow shaping	€10
Eyelash OR Eyebrow Tinting	€15
Tint & Shape ( <i>lashes and brows</i> )	€30

## Makeup

Everyday/Natural	€50
+ <i>Add Eyelashes</i>	€10
Glam	€75



# Spa Etiquette



## Arrival Time

Please allow sufficient time prior to your experience to complete a spa consultation form and/or health questionnaire.

We recommend that you arrive up to 30mins in advance of your treatments so that you can change, relax and enjoy the spa facilities.

Please be advised that late arrivals will result in a reduction of treatment time.

## Your Treatment Time

Treatment times include before and after care.

## Medical Conditions

Some of the treatments offered are not suitable for guests with certain medical ailments or conditions.

We request that you bring any of the following to our attention at the time of booking: epilepsy, allergies, heart condition, high/low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid, pregnancy, recent operations.

## Cancellation Policy

- Card details are required to fully confirm your spa treatment.
- Spa treatments must be booked and confirmed with the Spa prior to arrival by the guest.
- Spa days and spa treatments can be amended or cancelled at no extra charge up to 48 hours before your scheduled treatment for individual and couples' bookings. For group bookings (three or more) spa treatments can be amended up to 72 hours in advance of your treatment without cancellation fee.
- For large group bookings (seven or more) spa treatments can be amended or cancelled up to 7 days in advance of your treatment booking.
- Individual and couples' bookings cancelled within 48 hours will incur a fee of 50% charge of the overall booking value. Group bookings will incur 50% booking value cancellation fee if cancelled within 72 hours. Larger group bookings will incur 50% booking value cancellation fee if cancelled within 7 days.
- No-Show will incur a fee of 100% charge of the booking value.