



THE
SPA

KINSALE
HOTEL & SPA

Welcome to The Spa, where our selection of luxurious treatments have been carefully designed to embrace elements from nature, both the land and the sea. Our face and body rituals will heal, cleanse and refresh all in the amazingly tranquil setting of Kinsale Hotel & Spa.

From the moment you enter the hotel grounds, and meander along our stunning woodland driveway to the beautiful waterfall, you will feel a sense of peace and relaxation. Prepare to have your breath taken away as you enter the imposing light drenched foyer of the hotel with it's stunning sea views over Oysterhaven Bay.

Surrounded by towering trees, a cascading waterfall, and crystal-clear streams... The Spa is designed to harmonize with the landscape, offering a peaceful retreat far from the noise of the modern world.

Visit our truly amazing location, where the hotel grounds sweep down to the sea to Oysterhaven Bay, a sea-inlet on the coast of County Cork, just outside Kinsale.

All guests receiving spa treatments enjoy complimentary access to the 20 metre pool with it's hydrotherapy section, as well as our large dry sauna, steam room and jacuzzi. We recommend that you utilise these facilities prior to your treatment to enhance your experience.

Our team of professional spa therapists, all **[comfort zone]** Ambassadors, look forward to guiding you through your unforgettable journey towards ultimate relaxation.

[comfort zone]
conscious skin science

Enter a world of health, luxury and wellbeing where you are invited to experience the true meaning of a spa.

You will choose from the amazing selection of signature treatments, rituals and therapies from a menu that has been carefully developed by a specialised team from Parma, Italy with extensive clinical and scientific studies.

[comfort zone] Professional Spa Therapies are world renowned for their powerful massage sequences, combined with the most dynamic active ingredients available in the world today. The treatments deliver immediate results and are complemented by a bespoke home care regime as a part of the **[comfort zone]** journey to full body wellness.



[comfort zone]

conscious skin science

SIGNATURE FACIAL

60 MINS | €120

A customized, holistic facial experience tailored to your skin's unique needs. This treatment blends science and nature, using high-performance botanical formulas combined with expert touch to cleanse, exfoliate, hydrate and restore the balance. Ideal for all skin types, it leaves the complexion refreshed, radiant and deeply nourished.

REMEDY FACIAL

60 MINS | €120

An innovative, fortifying approach to sensitive, delicate skin. With a prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuro-inflammation and reinforces the skin's defence.



FACIAL FOR MENOPAUSE SUPPORT

60 MINS | €130

The 50+ Repair **[comfort zone]** Facial, with its unique special touches, focuses on the physical and emotional impact of hormonal changes occurring during menopause.

With a balance of stimulating and comforting techniques, together with the results-driven products and innovative textures, the perfect solution for skin which is profoundly dry and depleted which most often accompanies the menopause and post-menopause phase.

HYDRO-MEMORY FACIAL

60 MIN | €120

A deeply hydrating facial designed to restore moisture, plumpness, and radiance to dehydrated or stressed skin. Powered by the Hydramemory™ line with macro hyaluronic acid and Moringa oil, this refreshing treatment delivers immediate and long-lasting hydration. The skin is left smooth, luminous, and revitalized—perfect before a special occasion or anytime your skin needs a hydration boost.

SUBLIME FACIAL

60 MIN | €130

An advanced, anti-aging facial designed to restore youthful glow and firmness to the skin. The Sublime Skin Facial combines a double peel, innovative massage techniques and a lifting mask to smooth wrinkles, improve skin tone and deeply hydrate.

Suitable for mature or dull skin, this luxurious treatment stimulates collagen production and leaves the complexion visibly firmer, plumper and more radiant.

Add-ons to your facial

€25 PER ADD ON

EYE RECOVERY

Triple action against dark circles, puffiness and wrinkles, providing immediate lifting and luminosity

GLOW PEEL ADD-ON

Quick boost of AHAs with double peel method for instant glow and vitality

ABSOLUTE FIRMING NECK & DÉCOLLETÉ

Targeted lifting and firming action

PEEL-OFF MASK ADD-ON

Intensive lifting and replumping treatment



Body Rituals

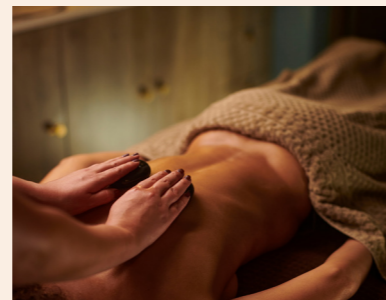
FULL BODY MASSAGE

60 MINS | €120

A deeply restorative and sensorial massage experience designed to melt away tension, rebalance the body, and soothe the mind.

Using **[comfort zone]**'s signature aromatherapeutic oils and personalized techniques, this full body massage is tailored to your needs—whether you seek relaxation, stress relief, or muscle release.

Combining the power of touch with natural botanical blends, this full body massage delivers not just physical benefits, but a true sense of inner calm and wellbeing.



HIMALAYAN HOT STONE MASSAGE

60 MINS | €120

[comfort zone]'s most-loved body treatment, using the power of aromatherapy for instant relaxation. This therapeutic massage with warm, healing Himalayan salt blocks helps release tension and restore energy. **[comfort zone]** has incorporated the ancient healing properties of Himalayan salt into a new 60-minute body treatment.

The treatment is designed to be an effective year-round detox and revitalisation option, ideal as a winter warming treatment or a remodelling summer massage for pre or post-sun exposure. The process has been formulated to be a stand-alone treatment for skin, body and mind to ease muscle aches and pains, stimulate the metabolism, improve blood circulation, detoxify and aid weight-loss.

HOT STONE MASSAGE

60 MINS | €120

A luxurious and deeply soothing treatment that combines the warmth of smooth, heated stones with expert massage techniques to melt away tension and stress. The heat from the stones penetrates deeply into the muscles, promoting relaxation and easing stiffness. This therapy is ideal for those seeking relief from chronic pain, muscle tension, or simply in need of a restorative, calming experience.

PREGNANCY MASSAGE

60 MIN | €130

[comfort zone] prenatal massage is tailored specifically to the needs of pregnant women and honours their changing bodies. By customizing the massage to the expectant mother and helping to reduce any discomforts, it is a wonderful addition to prenatal care. This massage can help to make for a more tranquil and comfortable pregnancy and alleviate lower back pain, swollen feet associated with pregnancy.

NEW LIFE - MUM TO BE

80 MIN | €150

This special **[comfort zone]** combination of back, neck and shoulder massage is followed by the **[comfort zone]** Hydrating Facial. This facial is designed to adjust the hormonally driven changes of the skin that may occur during pregnancy.

[comfort zone] products help the skin to recover from dryness and signs of stress during this special time. Massage is one of the most ancient methods of healing. Hands on manual techniques can manipulate blood flow, detoxify acid waste in the tissue and muscles, relax the nerves and assist in oxygenating the skin.



HIMALAYAN SALT SCRUB

60 MIN | €120

The Himalayan Salt Scrub nurtures your wellbeing on a deeper level. The blend of natural minerals not only leaves your skin silky smooth, but also support your body's equilibrium. It's a perfect balance where exfoliation and hydration meet a gentle, grounding massage, inviting you to reconnect with your inner serenity.

TRANQUILITY BODY SCRUB RITUAL

60 MIN | €120

Our Tranquillity Body Scrub Ritual is all about pampering your skin. This experience is designed not only to rejuvenate your body but also bring a gentle, soothing calm to your mind, creating a sanctuary where you feel completely at ease.

THERMAL MUD MASSAGE

60 MIN | €120

A deeply detoxifying and soothing treatment that blends the power of warm thermal mud with the therapeutic benefits of a relaxing massage. The rich, mineral-packed mud from the **[comfort zone]** line is applied to the body, helping to purify, hydrate, and rejuvenate the skin while easing muscle tension. The heat from the mud enhances the effects of the massage, promoting relaxation and improving circulation. Perfect for those seeking to relieve stress, detoxify, and restore vitality to both body and skin.

Spa Packages

TRANQUILLITY TIME HALF DAY PACKAGE WITH LUNCH

80 MIN TREATMENT | €170

Take a well-deserved break with our Half-Day Tranquillity Time Package, designed to refresh your body and mind in just a few hours.

Begin your journey with a soothing full-body massage to melt away stress and tension, followed by a radiance-boosting facial that leaves your skin glowing and refreshed.

Enjoy some quiet time in our serene relaxation area with herbal tea or a light refreshment to complete your experience. Enhance your experience by enjoying complimentary access to the 20 metre pool with its hydrotherapy section, as well as our large dry sauna, steam room and jacuzzi. We recommend that you utilise these facilities prior to your treatment to enhance your experience.

Finalize your well deserve break with a delicious healthy lunch from our Spa Lunch Menu.

Perfect for a midweek recharge or a special treat, this spa escape will leave you feeling restored, revitalized, and renewed.



**BLISSFUL HARMONY, FULL DAY PACKAGE
WITH BREAKFAST & LUNCH**
120 MIN TREATMENT | €235

Start your day with ultimate relaxation and indulgence with our Blissful Harmony Retreat, complete with a delightful breakfast and lunch for the perfect wellness experience.

Begin your morning with a nourishing breakfast before unwinding with your soothing and relaxing treatments. At midday, enjoy a healthy gourmet lunch. Enhance your experience by enjoying complimentary access to the 20 metre pool with it's hydrotherapy section, as well as our large dry sauna, steam room and jacuzzi. We recommend that you utilise these facilities prior to your treatment to enhance your experience.

This all-inclusive spa day package is perfect for those seeking pure tranquillity and indulgence.

Choose your journey:

Detoxifying - Body Salt Scrub & Hot Salt Stone Massage

Renewing - Body Mud Mask & Hot Stone Massage

Relaxing - Signature Facial & Full Body Massage

DETOXIFYING SPA JOURNEY

Rebalance your body and mind with our Detoxifying Spa Journey, designed to cleanse, refresh, and restore your natural energy. This revitalizing experience begins with a gentle body exfoliation with Himalayan salt removing impurities and leaving your skin soft and renewed. Enhance the cleansing process with a lymphatic drainage massage, stimulating circulation and promoting overall well-being. By using hot salt stones, this unique therapy eases muscle tension, improving circulation and promoting deep relaxation.

RENEWING SPA JOURNEY

Refresh your body, mind, and spirit with our Renewing Spa Journey, a luxurious experience designed to restore your natural glow and vitality. Begin with a body mud mask, rich in natural minerals that draw out impurities while nourishing and hydrating your complexion. This process unclogs the pores, absorbs excess oil and improves skin texture. Next you will enjoy luxurious treatments designed to melt away tension and restore balance with smooth heated basalt stones to improve circulation and promote deep relaxation.

RELAXING SPA JOURNEY

Escape into tranquillity with our Relaxing Spa Journey, a blissful experience designed to melt away stress and restore inner peace. Begin with a gentle aromatherapy massage, using soothing essential oils to calm the mind and ease muscle tension. Continue your journey with a nourishing facial, leaving your skin refreshed, radiant, and deeply hydrated. A luxurious hand and foot treatment completes your experience, ensuring total relaxation from head to toe.

THE GIRLY INDULGENCE PACKAGE

80 MINS | €150

Treat yourself and your friends to a day of ultimate pampering with The Girly Indulgence Spa Package.

Designed for relaxation and rejuvenation, this package includes everything you need to feel like your best self. Start with a soothing aromatherapy massage, followed by a glowing facial to refresh and brighten your skin.

Enhance your experience by enjoying complimentary access to the 20 metre pool with its hydrotherapy section, as well as our large dry sauna, steam room and jacuzzi. We recommend that you utilise these facilities prior to your treatment to enhance your experience.

Enjoy a glass of herbal tea as you unwind in our tranquil spa, making this the perfect retreat for girlfriends, special celebrations, or simply a day of indulgence.

GLOW & REVITALIZE

80 MINS | €150

An intensive treatment indicated to relax the area of head, neck, back and shoulders and to bring luminosity and glow to the face.

The aroma therapeutic action for the back, neck and shoulders combined with the relaxing and repairing action of yellow clay, integrates and enhances the exclusive combination of manual techniques with a decontracting action.

For the facial an intensive peel is used to promote an even and radiant complexion, bringing luminosity and uniformity.

SOULMATE ESCAPE PACKAGE

80 MINS | €150

Reconnect and unwind together with our Soulmate Escape Package, a luxurious spa experience designed for couples seeking relaxation and rejuvenation.

Begin your journey with a soothing aromatherapy or deep tissue massage, melting away stress and restoring harmony. Continue with a radiance-boosting facial to leave your skin glowing and revitalized.

Enjoy quality time in our tranquil relaxation lounge, complemented by refreshing herbal teas. Perfect for anniversaries, special occasions, or simply a romantic retreat, this spa escape is all about relaxation, connection, and pure bliss.

BODY & SOUL PACKAGE

70 MINS | €130

Indulge in the ultimate relaxation experience with this facial & massage spa package, designed to rejuvenate your skin and soothe your body.

This luxurious treatment begins with a personalized **[comfort zone]** facial tailored to your skin’s unique needs, followed by a soothing Hot Stone Massage to melt away tension and promote deep relaxation.

Whether you seek to refresh your complexion, release stress, or simply unwind, this combination offers the perfect balance of skin care and stress relief.

ULTIMATE WELLNESS PACKAGE

120 MINS | €220

Experience the perfect harmony of relaxation, rejuvenation, and total body wellness with our Ultimate Wellness Comfort Package.

This signature 60 min Full Body massage is designed to provide an all-encompassing experience that nurtures both body and mind.

Beginning with a deeply calming massage tailored to your needs, followed by a luxurious **[comfort zone]** facial that restores hydration, clarity, and radiance, this package leaves you feeling relaxed, refreshed, and completely at ease.



Spa Etiquette

ON ARRIVAL

Spa treatments must be booked and confirmed with the spa prior to arrival. We advise that you arrive at least 15 minutes prior to your treatment time. You will need to complete a consultation form, change into your robe & slippers in our Spa changing room and unwind for a few minutes in our Relaxation Suite before starting your treatment.

LATE ARRIVALS

Please allow sufficient time prior to your experience to complete your consultation form, to change and to relax. Late arrivals will not receive an extension to their treatment, nor will there be a discount offered. Full charges will apply.

CANCELLATION POLICY

To secure your booking, please call the Spa on 021 470 6000 to provide credit/debit card details.

Spa treatments can be amended or cancelled at no extra charge up to 48 hours before your scheduled treatment. Group bookings can be cancelled up to 72 hours in advance of your treatment without a cancellation fee. For big groups (more than 7) cancellation has to be done 7 days prior booking.

No shows will incur a fee of 100% charge of the booking value. Individual and couples' bookings cancelled within 48 hours will incur a fee of 50% charge of their booking value. Group bookings will incur 50% booking value cancellation fee if cancelled within 72 hours.

PAYMENT

We accept cash and all major credit cards, debit cards and vouchers. If you are a hotel resident, it may be possible to charge your treatments to your room.

MINIMUM AGE

Guests must be over 16 years old for facial treatments and over the age 18 years old for massage and body treatments.

DRESS CODE

In our changing room, you will find your Spa robes and slippers to help you feel comfortable whilst moving throughout the Spa and Leisure Club facilities. Our Spa team will provide you with disposable underwear. However, you are also welcome to wear your personal underwear if you prefer. If you intend on using our swimming facilities, please remember to bring your own bathing suit and swim hat as these will not be provided but may be purchased from our Leisure Club.

SPECIAL CONDITIONS

If you suffer from any medical conditions, we advise that you consult your doctor before booking any treatments. You will be asked to complete a confidential questionnaire before your treatment commences. If you have any concerns, please let us know. When booking your treatment please advise the receptionist if you are pregnant, as some treatments/ products may not be appropriate. Our therapists are trained to advise on suitable options available to you.

PHONE ETIQUETTE

To preserve the harmony within the Spa, we kindly ask you to turn off your mobile phone. Our treatment rooms and relaxation suite are quiet zones and we appreciate your cooperation with this to maintain a tranquil experience.



Our Location

We are only 5-mins from Kinsale town centre, and 20-mins from Cork Airport

GPS Coordinates: 51.6993° N, 8.4661° W

We have complimentary parking, including 3 ev chargers on site.

For those of you lucky enough to travel by helicopter,
we can accommodate you with our helipad.

Kinsale Hotel & Spa Rathmore Road, Kinsale, Co. Cork, P17 F542



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