



KINSALE  
HOTEL & SPA



# Face - Touch



## *Pro Collagen Age Defy Facial*

Tackle 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. \*Independent Clinical Trials.

60mins - €109



## *Superfood Proradiance Facial*

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives.

25mins - €69

50mins - €95



# Body

## *Freestyle Classical Massage*

With an individual approach to each client, your therapist will adapt your massage to your specific needs, whether focusing on muscle pain, stress relief, relaxation or balance.

25mins - €59

50mins - €109

1hr 25mins - €139

## *Men's High Performance Skin Energiser*

Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

50mins - €95

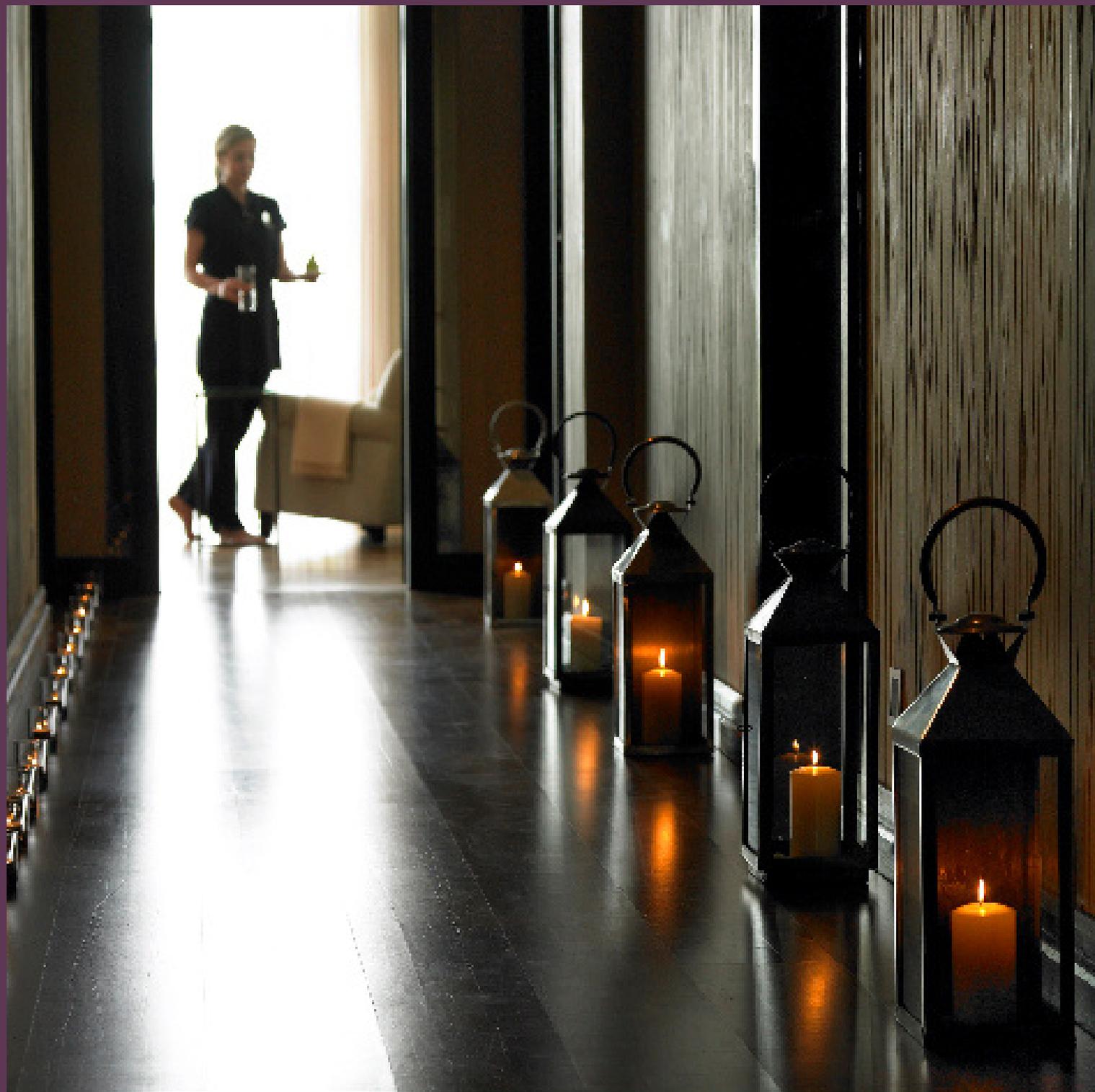
## *Intensely Cleansing Salt Scrub*

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.

25mins - €55





# Packages

## *Ultimate Wellness Face & Body Treatment*

A top to toe treatment to encourage a deep sense of wellness and optimum skin health using ground-breaking formulation and techniques.

Indulge in a freestyle deep tissue massage to alleviate high stress levels, release muscle pain and encourage optimum circulation.

This grounding massage is followed by the Superfood Facial, a nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives.

100mins - €169

## *Rejuvenation Package*

Hot Oil, Back, Neck & Shoulder Massage  
Refresher Facial  
30 mins of Dry Float or Hydro Bath  
Unlimited use of Relaxation Room during your visit

80mins - €120

## *Couture Touch*

Condition your skin and muscles with this all-embracing experience.  
Combine your Booster Facial with your personalised Freestyle Deep Tissue Back Massage.

50mins - €95



# *Pregnancy Treatments*

## *Peaceful Pregnancy Massage*

Mothers-to-be are restored to optimum wellness.

An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

1hr 15mins - €125

## *Mother-to-be Back Massage*

A gently nurturing, specially formulated massage for mothers-to-be that deeply relaxes and soothes away any tension. Focusing on back, neck, shoulder and scalp.

40mins - €79





# Alternative Treatments

## *Milk 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 to soften, nourish and hydrate the skin.

25mins - €45

## *Dry Flotation Bed*

The deep relaxation state achieved allows the body to recover from stress. Pain is relived. Blood flow is stimulated through all the tissues, natural endorphins are released, and the brain gives out alpha waves associated with relaxation and meditation.

30mins - €45  
add to Spa treatment for additional €25

## *Head Massage*

Massage uses and adapts classic Swedish massage techniques for treating scalp, face, neck, shoulder and upper arms. It works on the area of the body most affected by stress.

40mins - €79

## *Best Foot Forward*

Take a load off with this foot-focused tension releaser.

Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

25mins - €55



# Special Offers

*Take advance of our seasonal special offers and enjoy  
all the benefits of our Spa experience*

## *Midweek Special*

This midweek pamper session  
includes:

25min Booster Facial  
30min Dry Flotation Experience  
Traditional Afternoon Tea

55mins - €98

## *Lazy Summer Mini Package*

With this package enjoy:

25min Back, Neck & Shoulder Massage  
30min Dry Flotation Experience

55mins - €59

## *Spa Retreat*

Our Spa Retreat includes:

50min Hot Stone Massage  
Head Massage  
Mini Facial  
Dry Flotation Experience  
1 Course Spa Lunch

130mins - €185

# Our Team



Iva - Spa Operations Manager  
Favourite treatment - Couture Touch Package

Monika - Assistant Spa Operations Manager  
Favourite treatment - Advanced Facials



Diane - Spa Therapist  
Favourite treatment - Deep Tissue Massage

Gillian - Spa Therapist  
Favourite treatment - Pro-Collagen Age Defy Facials



Juliana - Spa Therapist  
Favourite Treatment - Head massage

Micaela - Spa Therapist  
Favourite Treatment - Pro-Radiance Superfood Facial



# 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 treatment 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. The spa will provide luxurious towels, robes and slippers complimentary for spa days.

## 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

Spa day and spa treatment terms and conditions:

- 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 day and spa treatments must be paid in full at the time of booking and cannot be in conjunction with any other offer
- Spa day and spa treatment can be amended or cancelled at no extra charge up to 48 hours before your scheduled treatment for individual bookings. For all group bookings (two or more) spa treatments can be amended up to 7 days in advance of your treatment without penalty
- Individual bookings cancelled within 48 hours will incur a fee of 50% of their booked treatment. Group bookings will incur 100% cancellation fee if cancelled within 7 days





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