

KINSALE  
HOTEL & SPA

# *Welcome to Kinsale Hotel & Spa*

A family run hotel on the Wild Atlantic Way

Set on 90 acres of mature wooded parkland with panoramic views over Oysterhaven Bay, the luxurious Kinsale Hotel and Spa offers our spa clients peace and tranquillity for a memorable, relaxing visit

Our winding woodland entrance will lead you to our glass atrium, where unspoilt views of Oysterhaven Bay await you. Here you will be greeted by our experienced, award-winning spa therapists who will make your visit memorable from start to finish

## *Our Luxury Spa*

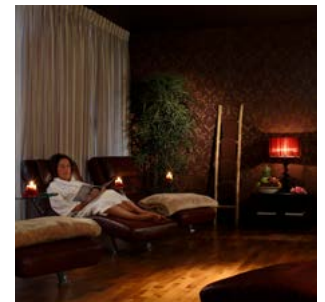
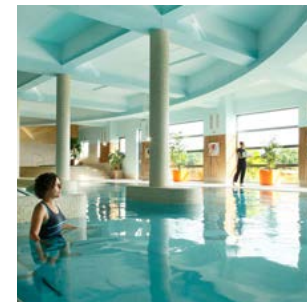
Escape from reality and take some time out

With a range of facilities, luxury products, treatments and spa days it is the perfect way to unwind

Each spa therapy is shaped and molded around you. Personalised for a results-driven experience. We have an amazing selection of beauty and holistic treatments to suit both male and female clients

During your visit you can enjoy use of our spa Relaxation Room including light spa refreshments as well as complimentary access to our state-of-the-art Leisure Club facilities, including gym, 20 metre swimming pool, steam room, sauna and jacuzzi

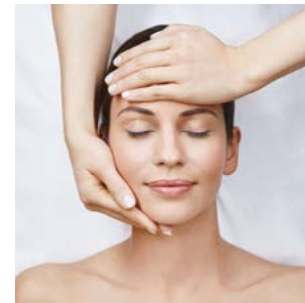
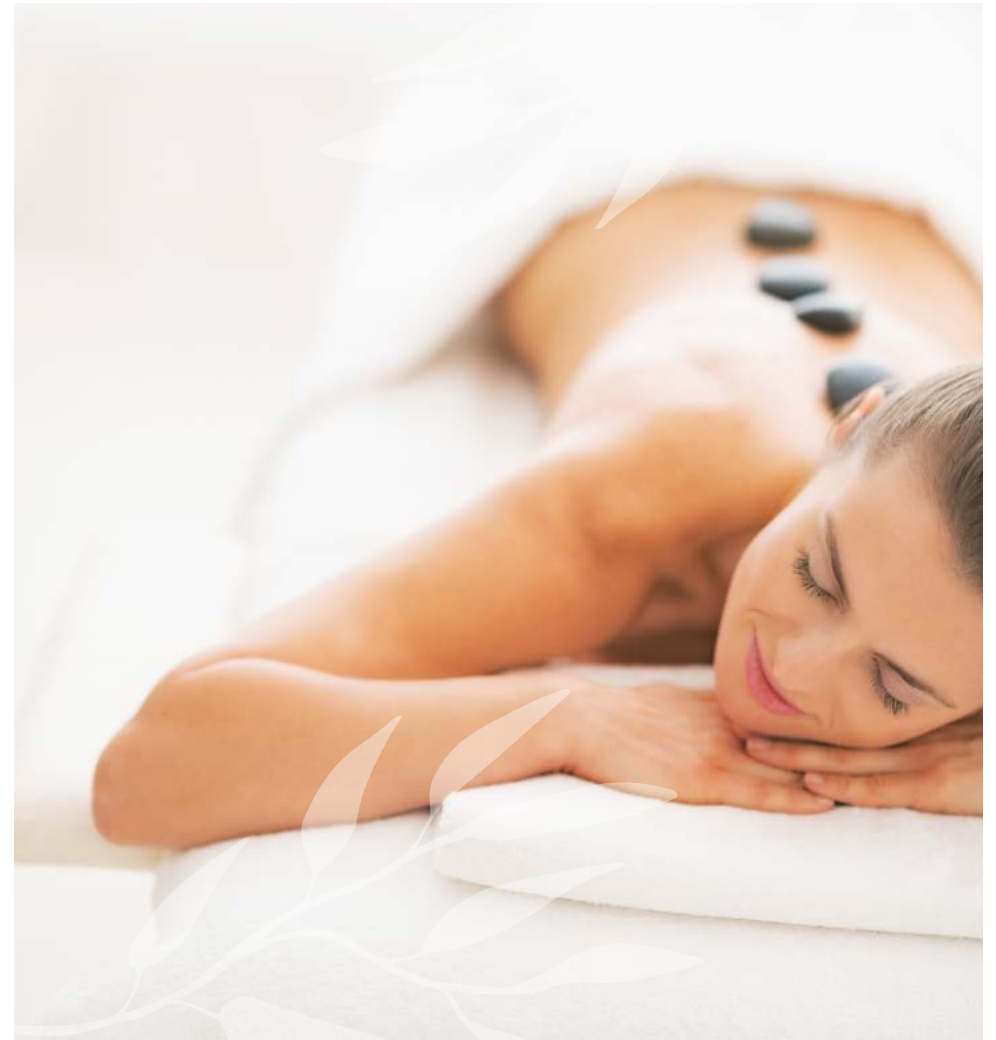
Our team of professional spa therapists await your visit





## Location

Our luxury hotel offers our spa clients the perfect location as the first hotel on the Wild Atlantic Way, only 5 minutes away from Kinsale Town Centre – Ireland's Gourmet Capital, and 35 min drive from Cork City. Our hotel is the ideal location for individuals, couples or a group of friends searching for a secluded retreat with easy transport connections





# 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.

**50min ~ €109 1hr 15min ~ €139**

## 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.

**50min ~ €99**

## Short Escapes



### 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 your 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**



# 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.

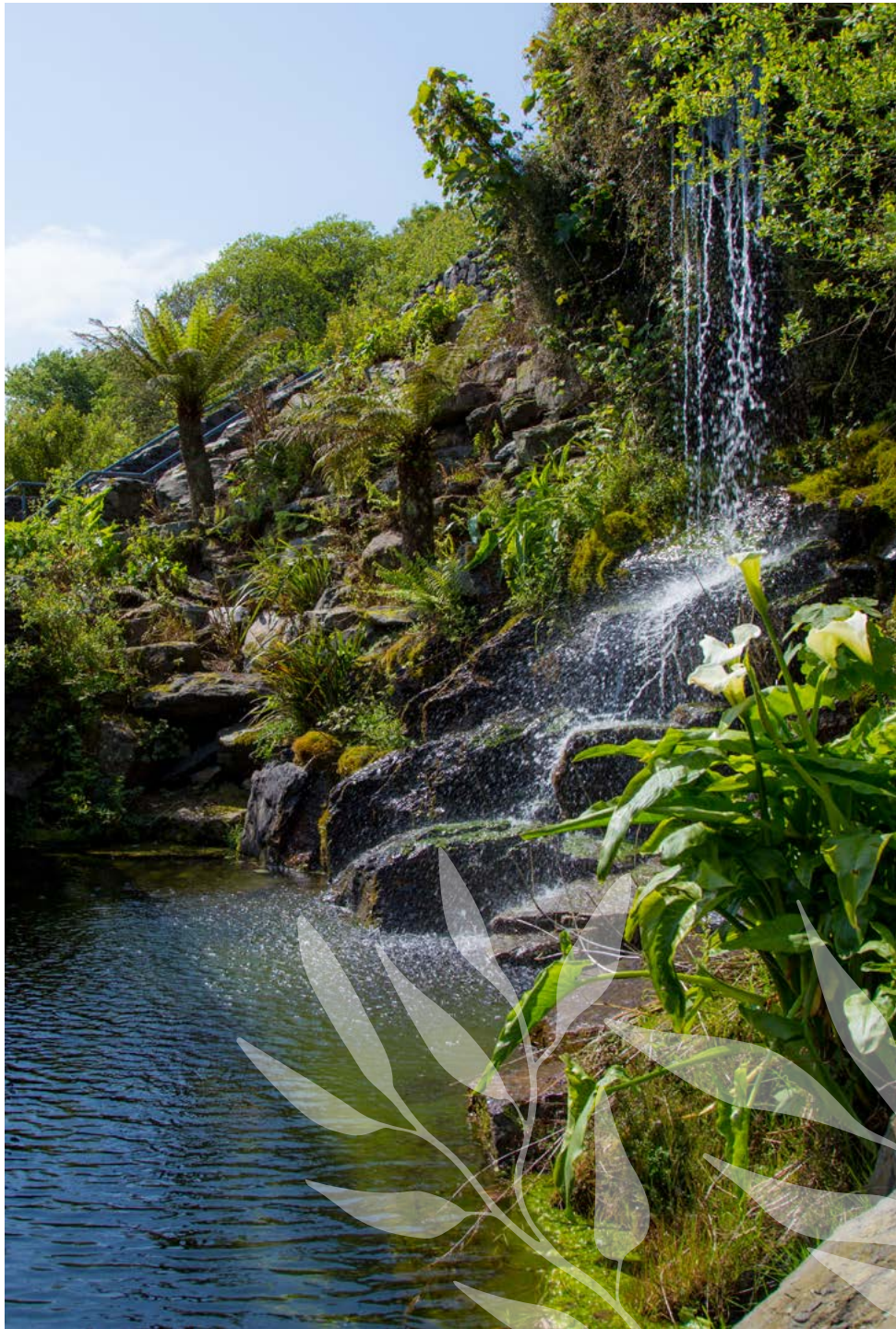
## Medical Conditions

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.



*"Take a deep breath ...*

*Inhale peace.*

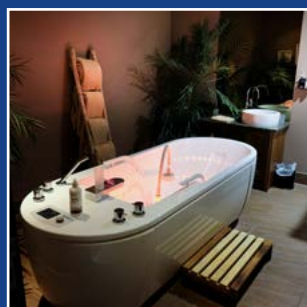
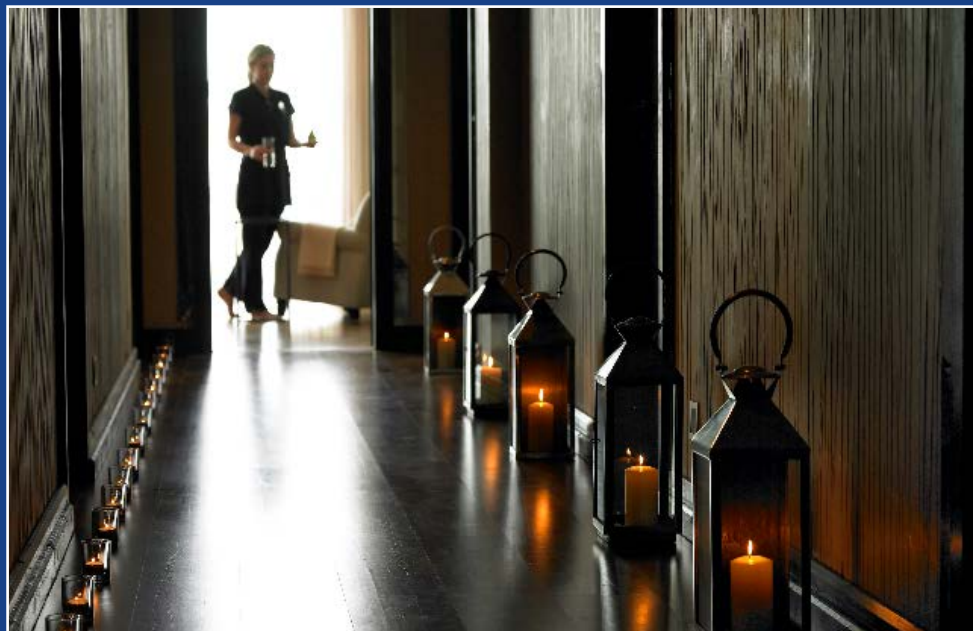
*Exhale happiness."*

A.D Posey



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