



THE SPA

at the
Killarney Park Hotel

WELCOME TO THE SPA



Located in the heart of Mother Nature, Killarney town is sheltered from the outside world by the rugged glaciated landscapes of the South West of Ireland. This is our home.

Welcome to The Spa at The Killarney Park Hotel.

From the moment you arrive, whether for an hour or as a guest, you will discover the true meaning of warmth beyond the smile.

East comes West. Old mixes with new – the décor with its distinctively Eastern flavour merges seamlessly into the purity of modern design. Featuring eight private treatment suites, the Spa also has a specially designed relaxation room and caldarium.

When choosing the products and treatments for the Spa, equal consideration was given to the requirements of both male and female clientele. Of course, a visit to any Spa is much more than product or place. It is the human touch....that makes all the difference.

Prepare to be pampered.

SIGNATURE TREATMENTS

EVE LOM FACIAL

90 minutes

Eve Lom's philosophy is based on a holistic approach to skincare. Cleansing is the key to human grooming. The Eve Lom treatment is primarily an evaluation of the present skin condition, application of the appropriate individual treatment using the highly acclaimed Eve Lom skincare products and finally the re-evaluation to achieve the lasting maintenance of the skin.

The Eve Lom facial involves a deep cleanse, followed by the application of a warm paraffin wax. Impurities are then removed and a clay-based mask is applied, which works to draw out impurities, leaving the skin glowing and feeling refreshed.

ELEMIS VISIBLE BRILLIANCE FACIAL

70 minutes

This anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Specialised micro-circulatory massage techniques are combined with the powerful proven formulations of Liquid Radiance, Cellular Recovery and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance and plumpness. This superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

ELEMIS AROMA STONE THERAPY

80 minutes

Warm Basalt stones melt away tension. Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation..

COOLING HOTSTONE THERAPY

70 minutes

Experience the luxurious hot and cold sensations of this massage to target your specific problem areas, alleviate stress and ease aching muscles. You will then be treated to one of Elemis' Advanced Anti- Ageing Facials designed to smooth out wrinkles and restore youthful radiance.

BODY SCULPTING CELLULITE COLON THERAPY

60 minutes

Redefine and smooth your silhouette using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

FACE

ELEMIS SKIN SPECIFIC FACIAL

55 minutes

Elemis Skin Specific Facials are the perfect skin maintenance facial, combining exceptional skin conditioning plant actives with unique Eastern massage techniques to deeply cleanse the face, whilst renewing radiance and treating the skin.

ELEMIS MODERN SKIN FACIAL

55 minutes

Rebalance and restore radiance to stressed skin. Designed for those whose challenging and unpredictable skin is reacting to the stress of modern living. Bursting with antioxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins caused by environmental and lifestyle stresses. Helping to increase important mineral levels, re-generating skin cells, rebalancing sebum and reducing rosacea; the results reveal a clearer, radiant and more balanced skin.

EVE LOM ULTIMATE CLEANSER

60 minutes

This is the ultimate skin cleansing. A deep cleanse is followed by the application of bees wax to soften the skin and prepare it for the removal of impurities. These impurities build up in our skin from everyday living. A clay-based mask is then applied to clean and refresh your skin. Your skin is left with a glowing and pure radiance.

FACE

ELEMIS ADVANCED ANTI-AGEING FACIALS

ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL

70 minutes

- for fine lines and wrinkles

Providing immediate results in the fight against time, this exceptional face and eye treatment helps to slow down the signs of premature ageing, reducing the appearance of fine lines and wrinkles on the face and crows feet around the eye contour. Specialised lifting massage techniques are combined with the unique anti-ageing Japanese Silk Mask impregnated with Pro-Collagen Booster Serum.

TRI ENZYME RESURFACING FACIAL

60 minutes

Clinically proven: after just one treatment up to 75% resurfacing & up to 32% increased skin smoothness The NEW Tri-Enzyme Resurfacing Facial offer micro-encapsulated enzyme therapy with unprecedented results never seen before from just one facial. The precision layering of three targeted enzymes stimulates and accelerates the skin's biological exfoliation process by up to 75%.

These advanced resurfacing techniques safely and effectively remove the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion.

BODY

ELEMIS EXOTIC LIME AND GINGER SALT GLOW

40 minutes

An exotic exfoliation ritual to invigorate and bring vitality to your face and body

ELEMIS AROMA SPA OCEAN WRAP

70 minutes

The power of aromatherapy is combined with the riches of the ocean in these deeply relaxing and cleansing wraps. A heated seaweed body mask infused with a warm blend of essential oils is applied to your body before you are cocooned in a comforting wrap. Let your thoughts drift away, whilst you enjoy a soothing face and scalp massage.

Choose from:

Cellutox – to detoxify, decongest and stimulate the body systems

Musclease – to ease away muscle spasm, tension and fatigue

ELEMIS EXOTIC COCONUT RUB AND MILK RITUAL WRAP

55 minutes

A traditional Balinese recipe with Coconut, Mungbean, spices and Lavender polishes the skin, whilst the Exotic Frangipani Monoi Oil indulges your senses.

ELEMIS EXOTIC FRANGIPANI BODY NOURISH WRAP

55 minutes

Drench yourself in its moisture and bathe in sensuality, in this comforting foil wrap.

BODY

ELEMIS DEEP TISSUE MUSCLE MASSAGE

55 minutes

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout

ELEMIS NURTURING MESSAGE FOR MOTHER-TO-BE

85 minutes

This treatment combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy.

SWEDISH MASSAGE

55 minutes

A full body massage using pure oils chosen specifically for their therapeutic qualities and designed to ease tensions, reduce stress and provide a sense of well being.

INDIAN HEAD MASSAGE

40 minutes

This ancient technique involves the massage and rubbing of the whole head and scalp area as well as the neck and shoulders.

EXOTIC SPA RITUALS

ABSOLUTE SPA RITUAL

2 hours 55 minutes

Elemis Exotic Coconut Rub and Milk
Ritual Wrap
Elemis Deep Tissue Muscle Massage
Elemis Advanced Performance Facial
OR Elemis Advanced Anti-Ageing Facial

RITUAL FOR MOTHER TO BE

2 hours 25 minutes

Nurturing Massage for Mother to Be
Deluxe Pedicure

HARMONIOUS BEAUTY RITUAL

3 hours 40 minutes

Elemis Tri-Enzyme Facial or Elemis
Advanced Anti-Ageing Facial
Elemis Reviving Back Massage
Deluxe Manicure
Deluxe Pedicure

JET LAG REVIVER

2 hours 25 minutes

Elemis Deep Tissue Massage
Elemis Pedicure or Manicure
Elemis Mini Facial

GOLFERS TONIC

1 hour 25 minutes

Swedish Massage
Foot and Ankle Massage

PURE INDULGENCE

4 hours 25 minutes

Elemis Exotic Lime and Ginger Salt Glow
Elemis Exotic Frangipani Body Nourish
Wrap
Elemis Deep Tissue Muscle Massage
Eve Lom Facial

THE DETOXIFIER

2 hours 25 minutes

Elemis Cellutox Aroma Spa Ocean Wrap
Swedish Massage
Elemis Mini Facial

GENTS EXECUTIVE STRESS RELIEF

3 hours 10 minutes

Elemis Musclease Aroma Spa Ocean
Wrap
Elemis Deep Tissue Muscle Massage
Elemis Skin IQ Facial



DAY PACKAGES

WEEKDAY REFRESHER

1 hour 30 minutes

Monday - Thursday

Elemis Tri Enzyme Facial
Elemis Reviving Back Massage
Light Lunch in Garden Bar

TOP TO TOE

1 hour 30 minutes

Monday - Thursday

Elemis Mini Facial
Elemis Reviving Back Massage
File & Polish Hands and Feet
Light Lunch in Garden Bar

AFTERNOON BUBBLES

1 hour 40 minutes

Monday - Thursday

Elemis Exotic Lime & Ginger Glow
Elemis Mini Facial
Elemis Reviving Back Massage
Afternoon Tea with a Glass of
Champagne

DEEP CLEANSE

2 hours 10 minutes

Monday - Thursday

Eve Lom Ultimate Cleanse
Body Sculpting Cellulite and Colon
Therapy
Light Lunch in The Garden Bar

TIME FOR TWO

1 hour 50 minutes

Revitalizing Deep Tissue Massage
Elemis Skin Specific Facial
Light Lunch in The Garden Bar

PRE-WEDDING BLISS

3 hours 10 minutes

Exotic Aroma Stone Therapy Massage
Deluxe Manicure and Pedicure



SPA ESCAPES

REVITALISER ESCAPE

Includes:

Elemis Skin Specific Facial

or

Elemis Deep Tissue Muscle Massage

One nights accommodation in a deluxe room with Full Irish Breakfast and dinner in the award winning Park Restaurant.

SPA INDULDGENGE ESCAPE

Includes:

Elemis Skin Specific Facial

and

Elemis Deep Tissue Muscle Massage

Two nights accommodation in a deluxe room with Full Irish Breakfast and dinner on one evening in the award winning Park Restaurant. In addition to this enjoy Complimentary Champagne and Chocolates in your room on arrival.



TIME FOR MEN

ELEMIS SKIN REPAIR FACIAL

55 minutes

Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

ELEMIS SKIN IQ FACIAL

70 minutes

Helping to calm irritation and minimize the signs of anti ageing, this facial is the ultimate overhaul for male skin. Protecting against the harsh, ageing effects of shaving and environmental damage.

ELEMIS URBAN CLEANSE FACIAL

70 minutes

This super grooming facial, works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast acting ingredients reduce sensitivity and provide long lasting defence against damaging effects of daily pollutants, leaving skin visibly clear and squeaky clean.

HEALTH & FITNESS CLUB

The creation of the Spa inside the environs of this luxurious award winning, five star hotel, is central to you discovering the much wider experience we have designed to cater for your ultimate pleasure, relaxation and enjoyment.

If you are feeling energetic, you may wish to visit our Health and Fitness Club which includes a 20m heated swimming pool, sauna, Jacuzzi, bubblepool, plunge pool, outdoor hot tub and fitness suite.



PLEASE TAKE A MOMENT TO READ THIS...

To help you enjoy your visit at The Spa...

Etiquette: The Spa is a retreat for your body, mind and spirit. Out of consideration for others, we request that visitors keep noise to a minimum. Dedicate your time at our spa retreat to complete relaxation. Switching off cellular phones and other electronic devices disconnects you from the mobile world, if only for a few hours, but would help take your mind off worldly concerns.

Cancellation Policy: 24 hour cancellation notice is required to help us reschedule your appointment, subject to space availability. Any cancellation with less than 24 hours' notice will incur a 50% cancellation fee. Any cancellation with less than 4 hours' notice will incur a 75% cancellation fee. Full charges will be imposed for a "no show".

Reservations: We recommend that you book well in advance of your arrival to secure your preferred date and time of treatment. A credit card number is required at the time of booking. Persons under the age of 16 are not eligible to receive treatments.

Check In: Please check in at the spa reception at least 15 minutes prior to your scheduled appointment to avoid reduced treatment times.

Spa Treatment Hours: The Spa is open from 10.00am to 7.00pm daily. Appointments outside these hours may be available on request.

Special Consideration: If you have high blood pressure, heart conditions, are pregnant or have any other medical complications, may we advise you to consult your doctor before signing up for any spa services. Please make your spa therapist aware of any medical conditions.

Valuables: We recommend that no jewellery be worn at the Spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.

Refund Policy: Treatment packages are non-refundable, non-transferable or non-exchangeable.

Clothing: Gentlemen must wear shorts for all treatments including massage treatments.

Gift Cards: Treat a friend or loved one by giving them an experience they will never forget. Gift Cards are available for use against any treatment, spa ritual or retail products.





THE LEADING HOTELS
OF THE WORLD®

Town Centre, Killarney, Co. Kerry, Ireland.

tel: +353 64 667 0089

fax: +353 64 35266

e-mail: thespa@killarneyparkhotel.ie

web: www.killarneyparkhotel.ie