





## 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 hotel guest, you will discover the true meaning of warmth beyond the smile.

East comes West. Old mixes with new- the décor with it's 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, hydrotherapy suite 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 in the human touch....that makes all the difference.

Prepare to be pampered.

## SIGNATURE TREATMENTS

### **EVE LOM FACIAL *90 minutes***

*(An additional 30 minute Skin Consultation on first Visit only)*

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.

### **COOLING HOT STONE 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 .

## SIGNATURE TREATMENTS

### **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.

### **HEALING BATH CEREMONY *30 minutes***

Luxuriate in a deep, hydrotherapy bath while pulsating jets massage your body into total relaxation. Heal your mind with the sensual aroma of exotic oils. Emerge drenched with moisture, feeling sensuous and wonderfully aromatic.

*Choose from:*

- Elemis Detox Ocean Bath
- Elemis Muscle Warming Bath
- Elemis Exotic Enriching Milk Bath

### **BODY SCULPTING CELLULITE AND COLON THERAPY *60 minutes***

Redefine and smooth your silhouette using the Elemis Body Sculpting System. 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.

**EVE LOM ULTIMATE CLEANSE** *60 Minutes*

This is the ultimate is 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.

**ELEMIS SKIN SPECIFIC FACIALS****ELEMIS FRUIT ACTIVE GLOW** *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 EXOTIC MOISTURE DEW** *55 minutes*

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

**ELEMIS HERBAL LAVENDER REPAIR** *55 minutes*

For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

**ELEMIS SKIN SOLUTION FACIALS****ELEMIS OXYGEN SKIN CALM FACIAL** *70 minutes*

This face and eye treatment is pure soothing heaven for sensitive skins. Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin.

**ELEMIS S.O.S. PURIFYING FACIAL** *70 minutes*

A purifying treatment for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

**ELEMIS ANTI-AGING FACIALS****ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL** *70 minutes*

This advanced anti-ageing facial is clinically proven to reduce the number of wrinkles by up to 94%\* and improve skin firmness by up to 57%\*, after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

**ELEMIS TRI-ENZYME RESURFACING FACIAL** *55 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%.

**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

**EXOTIC COCONUT RUB AND MILK RITUAL WRAP** *55 minutes*

Pure sensuality to enliven the senses. Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

**EXOTIC FRANGIPANI BODY NOURISH WRAP** *55 minutes*

For immediate softness and suppleness. Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap.

**DEEP TISSUE MUSCLE MASSAGE** *55 minutes*

Deep rhythmic pressure massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

**ELEMIS MOTHER-TO-BE NURTURING MASSAGE** *85 minutes*

Massage adapted to each stage of pregnancy. This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

**SWEDISH MASSAGE** *55 minutes*

A full-body massage using pure oils chosen specifically for their therapeutic qualities.

## EXOTIC SPA RITUALS

### **JET LAG REVIVER**

**2 hour 25 minutes**

Elemis Stress Away Bath  
Elemis Deep Tissue Massage  
Pedicure OR Manicure

### **ABSOLUTE SPA RITUAL**

**2 hours 55 minutes**

Elemis Exotic Coconut Rub and Milk Ritual  
Wrap  
Elemis Deep Tissue Muscle Massage  
Elemis Skin Solution Facial or Elemis  
Advanced Anti-Ageing Facial

### **HARMONIUS BEAUTY RITUAL**

**3 hours 40 minutes**

Exotic Milk Bath  
Elemis Tri-enzyme Facial or Elemis  
Advanced Anti-Ageing Facial  
Deluxe Manicure  
Deluxe Pedicure

### **GOLFERS TONIC**

**1 hr 25 minutes**

Swedish Massage  
Foot and Ankle Massage

### **RITUAL FOR MOTHER TO BE**

**2 hours 25 minutes**

Nurturing Massage for Mother to Be  
Deluxe Pedicure or Manicure

### **THE DETOXIFIER**

**2 hours 25 minutes**

Detox Ocean Bath  
Elemis Cellutox Aroma Spa Ocean Wrap  
Swedish 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

### **GENTS EXECUTIVE STRESS RELIEF**

**3 hours 25 minutes**

Stress-a-way Bath Therapy  
Elemis Musclease Aroma Spa Ocean Wrap  
Elemis Deep Tissue Muscle Massage  
Elemis Skin Repair Facial



**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 minimise 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 the damaging effects of daily pollutants, leaving skin visibly clear and squeaky clean.

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 which includes a 20 m heated swimming pool, sauna, Jacuzzi, bubblepool, plunge pool, outdoor hot tub and fitness suite.



## DAY PACKAGES

### WEEKDAY REFRESHER

*1 hour 40 minutes*

*Monday- Thursday*

Tri Enzyme Facial  
Elemis Detox Ocean Bath  
Light Lunch in The Garden Bar

### TOP TO TOE

*1 hour 30 minutes*

*Monday- Thursday*

An aromatherapy Elemis mini facial  
Reviving Back Massage  
Manicure and Pedicure (*file and polish only*)  
Light lunch in The Garden Bar

### AFTERNOON BUBBLES

*1 hour 35 minutes*

*Monday- Thursday*

Exotic Lime and Ginger glow  
Elemis Muscle Warming Bath  
Aromatherapy Elemis mini-facial  
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*

*Monday- Thursday*

Revitalizing Deep Tissue Massage  
Elemis skin specific facial  
Light lunch in The Garden Bar

### PRE-WEDDING BLISS

*3 hours 10 minutes*

*Monday-Thursday*

Healing Bath Ceremony  
Exotic Aroma Stone Therapy Massage  
Deluxe Manicure and pedicure  
Light lunch in The Garden Bar



## SPA ESCAPES

### REVITALISER ESCAPE

*Includes:*

Light snack on arrival in The Garden bar  
Therapeutic Deep Tissue Muscle Massage  
Elemis Skin Specific facial

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

### SPA INDULGENCE ESCAPE

*Includes:*

Hydrotherapy Bath  
Elemis Musclease Aroma Spa  
Ocean Wrap  
Elemis Skin Specific Facial

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



## 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.

**Payment:** We accept cash, all major credit cards and room charges. All prices are quoted in Euros and are subject to change without prior notice.

**Clothing:** Gentlemen must wear shorts for all treatments including hydrotherapy and massages.

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



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