



THE  
SPA

The Killarney Park



# THE SPA

## Welcome to The Spa at The Killarney Park

The Spa at The Killarney Park is a space in which to immerse yourself in tranquility, well-being and exceptional service.

The Spa features eight private treatment suites and a specially designed caldarium. Whether you are joining us as a spa day guest or as an overnight guest at the hotel, our treatments and services have all been thoughtfully created for everyone to enjoy, with a commitment to help you achieve your wellness goals.

Swim laps in our restful and relaxing 20 meter indoor pool, unwind in our outdoor hot tub, bubble pool, sauna and steam room. Our leisure suite will sweep away the stresses of daily life and bring balance to the body, mind and soul.

Emerge rejuvenated, relaxed and revitalised.

## Killarney Park Favourites

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### Letting Go

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Quieten your mind and relax your senses with this tailor-made sleep experience. Enjoy a Facial Cleanse & Eye Treatment followed by our Sleep Sound Wellness Ritual to help clear your mind. Combined, these enable you to completely switch-off, ensuring an uninterrupted and restful nights sleep.

Relax with a Chamomile tea and a refreshment plate in the relaxation room post treatment.

105 Mins

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### Total Bliss

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Condition your skin and muscles with this all-embracing experience which targets your specific skin problem areas, alleviates stress and eases aching muscles.

Combine one of Elemis' hands on facials designed to smooth out wrinkles and restore youthful radiance with your personalised Freestyle Deep Tissue Massage. Relax and indulge with a glass of Champagne and refreshment plate, served in the relaxation room post treatment.

105 Mins

Excludes the Pro Glow Genius Facial.



# Biotec Pro-Glow + Facial Treatments

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Elemis Biotec delivers 5 highly effective, super-charged facial treatments to re-boot cellular performance, enhancing the skin's ability to repair, renew and re-tone. BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. Each treatment targets specific skin needs to deliver immediate, visible and long-lasting results. The clinically proven result? Thriving, visibly healthy and energised skin.

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## Pro-Glow Renewal Facial+ | 50 Min For A Healthy, Gorgeous Glow

Elemis' signature deep cleansing skin wellness facial harnesses the goodness of prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced. Supercharged with Elemis Biotec 1.0: Ultrasonic Resurfacing.

## Pro-Glow Smooth+ | 50 Min The Ultimate HIIT Workout For Your Skin

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting micro-current technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with an improved feeling of firmness and elasticity. Supercharged with Elemis Biotec 1.0: Ultrasonic, Micro-current & Oxygen Infusion.

## Power Boost Pro-Glow Resurface + | 50 Min Resurfacing For Stunningly Smooth Skin

Purify and brighten as skin's texture is transformed, with a spotlight on enlarged pores, blemishes and blackheads. This unique facial, powered by patented tri-enzyme technology, minimises the look of uneven tone, texture, fine lines and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed. Supercharged with Elemis Biotec 1.0: Ultrasonic, LED Light Therapy & Galvanic.

## Pro-Glow Brilliance+ | 50 Min Your Recipe For Radiance

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich super-foods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed and glowing. Supercharged with Elemis Biotec 1.0: Ultrasonic, Oxygen Infusion & Galvanic.

## Pro-Glow Genius Facial+ | 75 Min The Ultimate Age-Defying Experience

Harnessing the powerful benefits of all 6 Elemis Biotec 1.0 technologies, skin will be visibly smoother, more sculpted and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment. Supercharged with Elemis Biotec 1.0 Ultrasonic, Micro-current, Galvanic, Light Therapy & Oxygen Infusion.

## Pro-Glow Facial Treatments

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Bespoke skin wellness, powered by the hands of a highly trained therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

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### Pro-Glow Brilliance | 50 Min

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### Pro-Glow Genius Facial | 75 Min

#### Your Line Fighting Superhero Facial

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration. Skin will appear visibly smoother, resilient and firmer looking.

All facial treatments include a full consultation with a therapist to determine which treatment is most suitable for your needs.

## The Spa Wellness Rituals

Our Spa Wellness Rituals have been developed to create a journey of rest, relaxation and restoration for all our guests. The Rituals have been inspired by the majestic scenery of Killarney, the scenic mountains, crystal clear lakes and lush green forests. They reflect our deep connection with nature and how our well-being is intrinsically linked to the environment that surrounds us.

The intention to care for all guests whilst being conscious and mindful of our impact and responsibility to our environment is central to our wellness concept.

Our treatments focus on slow meditative touch, breath work and harnessing the power of therapeutic grade, 100% natural essential oils, to create a journey of rest and relaxation, encouraging true well-being.

*Immerse yourself in a Spa Wellness Ritual  
and bring balance to your body, mind and soul.*

# Choose Your Wellness Ritual...

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## The Sleep Sound Ritual

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Induce deeper breathing and surrender as you envelop yourself in the potent aromas of organic geranium and jasmine absolute to leave you feeling rested & restored. Sacred time for you, to allow healing in.

This treatment will provide you with the space and time to reconnect to source, to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body.

This ritual serves one purpose: to guide your mind and body into a peaceful, restful state.

60 Min | 90 Min

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## The Rebalancing Ritual

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Empowering and supporting through change, this treatment is designed with women in mind. It is a hands-on approach to well-being which is truly holistic, using breath work, Cold Stone Massage Therapy and Lymphatic Drainage. This unique and purposeful ritual will bring alignment and balance when going through the symptoms of menopause or peri-menopause.

Using a combination of cooling marble body stones this treatment redistributes heat throughout the body while alleviating aches & pains. Leaving you feeling calmer and more connected with yourself.

60 Min | 90 Min

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## The Comforting Ritual

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A deeply comforting treatment for Mum-to-Be as she cradles her baby within. This treatment centres on a gentle rhythmical massage to hold and relax expectant mum. It is a grounding treatment to soothe and relax tired muscles specifically in the shoulders, back and lower legs.

60 Min

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## The Energising Ritual

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This treatment helps to encourage gut harmony by gently stimulating the circulation of lymph, nerve and fresh blood flow to the digestive organs. This helps bring the body's core back to equilibrium.

This warming treatment focuses on relaxing and soothing the abdomen, while stimulating the area to aid detoxification. Acupressure points on the feet are worked on to aid digestion and metabolism. Breath work and mindfulness are used to ease anxiety and stress.

60 Min

# Body Treatments

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Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and your skin's natural beauty is restored.

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## Freestyle Deep Tissue Massage | 55 Min

This vigorous workout for the body is perfect to alleviate high-stress levels. Tailored entirely to your needs, your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. This flowing massage works deep into tension, encouraging optimum circulation and leaving you feeling grounded and focused.

## Swedish Massage | 55 Min

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.

## Deeper Than Deep Hot Stone Massage | 60 Min

Balinese stones bathed in Frangipani Monoi Body Oil are worked deep into the muscles, targeting areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.

## Peaceful Pregnancy Massage | 75 Min

This intuitive, restorative and relaxing massage for mothers-to-be, deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics are specially selected for optimum wellness and deep calm.





### Indian Head Massage | 40 Min

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

### Frangipani Intensely Cleansing Salt Scrub | 40 Min

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

### Elemis Thousand Flower Detox Wrap | 70 Min

This nutrient rich detox wrap uses deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

### Frangipani Body Nectar Nourishing Wrap | 60 Min

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic.

## Nail Care

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Soothe tired hands with a luxurious and pampering manicure that nourishes, protects, conditions and restores or indulge in a treat for aching feet, that rejuvenates and revitalises with a pedicure.

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### Manicure | 40 Min

Detailed cuticle work along with shaping, perfectly polished to finish.

### Deluxe Manicure | 60 Min

The ultimate indulgence for tired hands and arms.

Beginning with a hand and arm exfoliation this luxurious treatment includes a full manicure to tidy nails. Relax and enjoy a hand and arm massage and a nourishing hand mask. Finished with an OPI polish of your choice.

### Pedicure | 60 Min

Detailed cuticle work along with hard skin removal, shaping and finished with an OPI polish of your choice.

### Deluxe Pedicure | 70 Min

The ultimate indulgence for tired legs and feet.

Beginning with a foot and lower leg exfoliation this luxurious treatment includes a full pedicure to tidy nails and remove hard skin. Relax and enjoy a foot, ankle and lower leg massage and a nourishing foot mask. Finished with an OPI polish of your choice.

All our manicures and pedicures include OPI regular polish.

Please allow adequate time post treatment for nails to dry.

We do not offer gel polish removal.



## Spa Enhancements

### Eye Treatment | 15 Min

Instantly target fine lines and tell-tale signs of ageing with this revitalising treatment that tightens, lifts and tones your delicate eye area.

### Facial Taster | 30 Min

Cleanse, tone, exfoliate and moisturise.

### Body Scrub | 30 Min

Select your scrub of choice from the treatment menu.

### Back Massage | 30 Min

Back, neck and shoulder massage.

### Indian Head Massage | 30 Min

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

### Foot & Ankle Massage | 30 Min

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and legs, then treat them to a rejuvenating and intensely reviving massage.

### The Elemis 7-In-1 Light Energy Face Mask | 15 Min

This mask is a non-invasive light therapy using LED technology which works by sending energy-producing light into the deepest layers of the skin to boost skin cell activity. 7 Light therapies intensified by infra-red offer a new customised solution for a range of skincare needs.

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Why not enjoy a delicious two course lunch pre or post treatment in the warm and inviting atmosphere of The Garden Bar & Terrace.

# Luxury Spa Experiences

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Our Spa Experiences offer the perfect opportunity to escape from the hustle & bustle of daily life to the tranquillity of The Spa. Choose from our extensive range of treatments while we ensure you relax, rejuvenate and renew in this stunning and unique environment.

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## The Revitaliser | 60 Min

This experience allows you to have the best of both worlds. A relaxing back massage, followed by a customised facial to balance all needs.

## Time for Two | 55 Min

Make date night, date day with our Time for Two Spa package. Time for Two includes a bespoke massage or facial each, to leave you in the most serene state. Relax after your treatment with a glass of bubbles making this package perfect for celebrating anniversaries, birthdays or just having a day together.

Includes: Deep Tissue Massage or Pro Glow Renewal Facial.  
Excludes: Pro Glow Genius Facial.

## The Sunday Daydreamer | 90 Min

A choice between a 60 minute massage or hands-on facial. Followed by a 30 minute add on of either a back massage, refresher facial or Indian head massage. Our most popular package, advanced booking is strongly advised.

Excludes: Biotec & Pro Glow Genius Facials.

## Red Carpet Ready | 110 Min

Make the ultimate entrance with this customised treatment, perfect for any upcoming social event, resulting in glowing skin that is camera ready.

Includes: Biotec Facial, Mini Manicure & Mini Pedicure. Excludes: Pro Glow Genius Facial.

## Golfers Tonic | 75 Min

Restore your body and relax your mind after an exhilarating day of golf.

Includes: Swedish Massage, Foot and Ankle Massage.

## Jet Lag Reviver | 100 Min

Start your holiday refreshed and don't let energy-sapping jet-lag steal your hard-won holiday time.

Includes: Elemis Freestyle Deep Tissue Massage, Elemis Taster Facial & Elemis Reviving Eye Treatment.

## Me, Myself & I | 110 Min

This luxurious treatment begins with a full body Frangipani Salt Scrub to remove dead skin cells followed by a deeply hydrating body wrap. While cocooned you will experience a mini facial and eye treatment resulting in top to toe radiance and tranquillity.

Includes: Mini Facial & Eye Treatment, Cleansing Scrub, Hydrating Wrap.

## The Detoxifier | 145 Min

This treatment begins with an Elemis Thousand Flower Detox Wrap which uses deeply nourishing green tea balm to stimulate the elimination of toxins. This is followed by a stress relieving full body Swedish massage and completed with a mini facial, leaving you with a sense of total well-being.

Includes: Elemis Thousand Flower Detox Wrap, Swedish Massage & Mini Facial.

## How To Spa

We advise you to book your appointments in advance, so that we may best accommodate your needs. To ensure you reap the full benefits of your experience at The Spa we ask that you arrive 15 minutes prior to your treatment time. Late arrivals will be facilitated to the best of our ability, however your treatment time may be shortened. Some medical conditions are contraindicated to certain treatments, so we ask that you divulge any medical conditions at the time of booking. All information is kept in the strictest of confidence. To make a spa appointment, please visit our website [www.killarneyparkhotel.ie](http://www.killarneyparkhotel.ie) to book or contact the spa where we will be delighted to assist you.

## Ambiance

The Spa is a retreat for your body, mind and spirit. Out of consideration for others, we request that spa guests keep noise to a minimum and conversations to a whisper. Dedicate your time at our spa retreat to complete relaxation. To fully benefit from a transformative and tranquil experience, all electronic devices must be switched to silent.

## Spa Treatment Hours

The Spa is open from 10.00am to 7.00pm and is closed on Tuesdays. Appointments outside these hours may be available on request.

## Can't Make It

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".

## Privacy

We have dedicated male and female changing rooms. Our communal spa areas are gender neutral.

## Age Requirements

Persons under the age of 18 are not eligible to receive treatments.

## What To Bring

Wear what makes you feel comfortable to your appointment. The Spa provides complimentary robes and slippers. On arrival, a therapist will explain what the treatment entails and will advise which items of clothing should be worn. Gentlemen must wear shorts during their treatments. During treatments the therapists will drape clients appropriately and respect privacy. Swimwear must always be worn in the pool area so please ensure you bring your swimming attire.

## 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.

## Refund Policy

Treatment packages are non-refundable, non-transferable or non-exchangeable

## Continue Your Spa Experience At Home

To continue your spa experience at home, all products used during your spa treatments are available at the spa reception.

## Gift Vouchers For The Spa

Gift vouchers are an ideal present for someone special and are available for purchase at the spa reception. Gift vouchers are non-refundable and must be presented at the time of treatment or purchase.

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Visit [killarneyparkhotel.ie](http://killarneyparkhotel.ie) Call +353 64 667 0089

Email [thespa@killarneyparkhotel.ie](mailto:thespa@killarneyparkhotel.ie)

Town Centre, Killarney, Co. Kerry, Ireland, V93 CF30.