



KILLASHEE

HOTEL • SPA • LEISURE



SPA

PURE RELAXATION, NATURALLY YOU

Take some time out to relax, unwind and recharge in our luxurious spa. Immerse yourself in a lazy massage at the hands of our expert team of spa therapists or surrender to the healing properties of our fabulous Hydrotherapy Suite.

ALL TREATMENTS ARE NOW INCLUSIVE OF COMPLEMENTARY USE OF THE HYDROTHERAPY SUITE. WE RECOMMEND YOU USE THIS ONE HOUR PRIOR TO YOUR TREATMENT AND BOOKING IS ESSENTIAL.



Our Spa is truly a haven of tranquility, where the stresses of everyday life are left behind as soon as you step in the door. To mirror the gorgeous natural surroundings of our wonderful estate, we've chosen the world-renowned Elemis Spa Therapies range which harnesses the power of nature, science and aromatics.

Our treatments are tailored to your own personal skin and body profile. Try a Pro-Glow Facial to make you truly glow on your special day or a Hot Stone Massage to unwind after a challenging business meeting.

FANCY AN AFTERNOON OF PURE BLISS?

Come visit our luxurious Hydrotherapy Suite, a peaceful place where you can sink into the warm, crystal waters of our spacious pool.

Let us take you on a journey as jet massages target key areas of the body, relieving tension and leaving you totally relaxed and ready for an invigorating spell in our state of the art Lifestyle Showers. Top it all off with a cleansing session in our Steam Room.



ELEMIS FACIALS

PRO-GLOW RENEWAL FACIAL

60 MIN

FOR GORGEOUS GLOWING SKIN

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow.

In one treatment, skin looks visibly refreshed and rebalanced.

PRO-GLOW SMOOTH FACIAL

60 MIN

THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. 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.

After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

PRO-GLOW RESURFACE FACIAL

60 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.

PRO-GLOW BRILLIANCE FACIAL

60 MIN

YOUR RECIPE FOR RADIANCE

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime.

Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy.

ELEMIS FACIALS

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 be visibly smoother, resilient and firmer-looking.

An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

ELEMIS EXPRESS FACIAL / TASTER FACIAL

30 MIN

An express treatment ideal for refreshing the skin, a facial that will cleanse, tone, exfoliate including a mask and pressure point scalp massage leaving the skin refreshed and hydrated.

THE ELEMIS PRO-GLOW+ FACIAL TREATMENT HARNESSSES THE REVOLUTIONARY POWER OF ADVANCED COLD THERAPY WITH OUR NEW SUBZERO CRYO2 THERAPY, ADVANCED LIGHT THERAPY, MICROCURRENT, GALVANIC AND OXYGEN INFUSIONS. IN JUST ONE TREATMENT, SKIN IS VISIBLY REJUVENATED, REFRESHED AND RADIANT.

PRO-GLOW RENEWAL FACIAL+

60 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 2.0: Ultrasonic Resurfacing

PRO-GLOW CRYO2 SCULPT FACIAL+

60 MIN

FREEZE TIME FOR A FRESH AND YOUTHFUL YOU

An ELEMIS first, harnessing the power of sub-zero Cryotherapy, known to tighten. With a triple level approach to skin hydration, reveal a visibly lifted appearance and improve the look of deep-set lines, firmness, and elasticity for instant skin-smoothness.

An age-defying facial experience like no other, skin feels energised and refreshed.

Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic, CryO2 & and LED Light Therapy

ELEMIS FACIALS

PRO-GLOW RESURFACE FACIAL+

60 MIN

REVEAL STUNNINGLY SMOOTH SKIN

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt, and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, LED Light Therapy & Galvanic

PRO-GLOW BRILLIANCE FACIAL+

60 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 Superfoods 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 2.0: Ultrasonic, O2 Infusion & Galvanic

PRO-GLOW SMOOTH FACIAL+

60 MIN

THE ULTIMATE HIIT WORKOUT FOR YOUR SKIN

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin.

Skin will appear more vibrant, with improved feeling of firmness and elasticity.

Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic, Microcurrent & O2 Infusion

PRO-GLOW GENIUS FACIAL+

75 MIN

THE ULTIMATE AGE-DEFYING EXPERIENCE

Harnessing the powerful benefits of all 6 ELEMIS BIOTEC 2.0 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 2.0 Ultrasonic, Microcurrent, Galvanic, Light Therapy & CryO2.

MASSAGE AND BODY TREATMENTS

SWEDISH MASSAGE

30 OR 60 MIN

A relaxing massage that uses light to medium pressure and smooth sweeping strokes to relieve tension, restore energy and create a sense of well-being.

HEAD, NECK & SHOULDER MASSAGE

30 MIN

Treatment to relieve tension and stress. It is used to stimulate or sedate the nervous system and is excellent for relieving migraines.

WARM BAMBOO MASSAGE

60 MIN

Gently heated pieces of smooth bamboo are used for kneading tight muscles and rolling out tension. This deeply relaxing massage treatment will promote well-being, relieve stress, tension, stimulate blood circulation and provide an unbelievable sense of relaxation.

LOMI LOMI MASSAGE

60 MIN

Originating in Polynesia, the Aloha touch of 'Lomi Lomi' offers extreme relaxation and cleansing. Your therapist will use long sweeping strokes up and down the full length of the body with continuous flowing movement to give the exquisite perception of many hands working simultaneously. The flowing style of 'Lomi Lomi' works powerfully to balance all systems of the body. When the heart, mind, soul and body are in alignment a sense of pure relaxation can be found throughout the body relieving stress and tension. You will feel extreme relaxation and a feeling of wellbeing. A beautiful treatment that will leave you with a warm sense of healing and contentment.



ELEMIS

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

60 MIN

Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

ELEMIS HOT STONE MASSAGE

30 OR 60 MIN

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

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. Neck, shoulder, and scalp massages ease you further into relaxation.

INTENSELY CLEANSING SALT SCRUB

30 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.

PREGNANCY TREATMENTS

(SUITABLE AFTER THE 12TH WEEK OF PREGNANCY)

PEACEFUL PREGNANCY MASSAGE

60 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.

TIRED LEG SOOTHER

30 MIN

An exfoliation lower leg and foot massage to improve circulation and improve any swelling and heaviness in the legs associated with pregnancy. Whilst the legs are wrapped you are treated to a relaxing scalp massage. It's a wonderful treatment for giving your mind and body a rest.

FLOATATION & RASUL

DRY FLOATATION

30 MIN

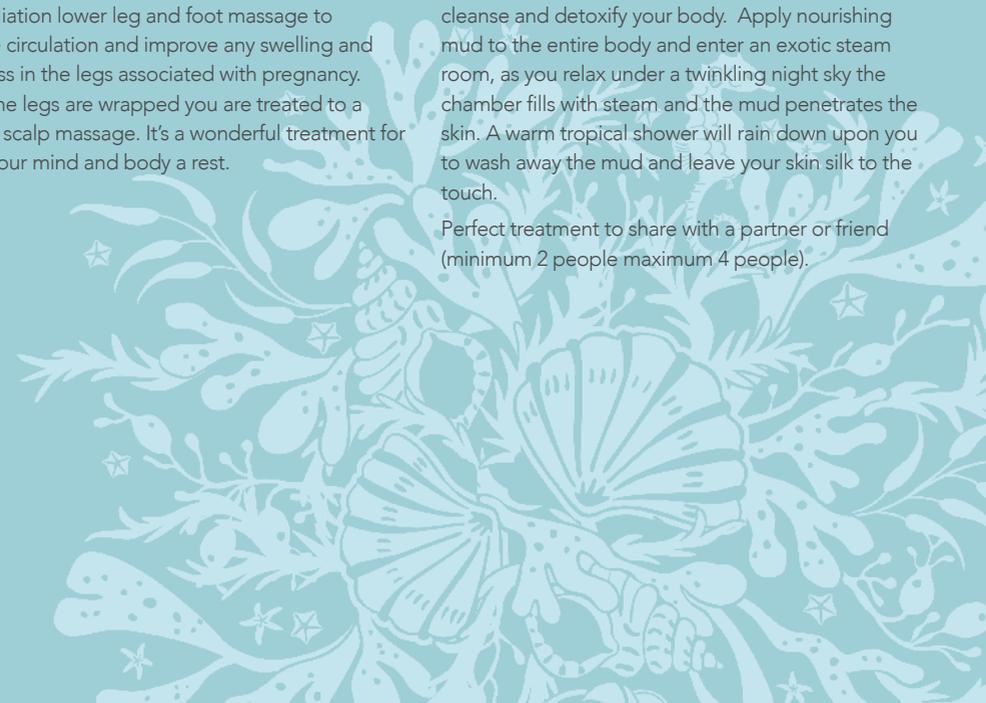
Relax your mind and body as you lie cocooned in our Dry Floatation. A deeply relaxing and sleep-inducing treatment; 30 minutes equals 3 hours of deep sleep for the body.

RASUL

60 MIN

A traditional Arabian cleansing ritual that will relax, cleanse and detoxify your body. Apply nourishing mud to the entire body and enter an exotic steam room, as you relax under a twinkling night sky the chamber fills with steam and the mud penetrates the skin. A warm tropical shower will rain down upon you to wash away the mud and leave your skin silk to the touch.

Perfect treatment to share with a partner or friend (minimum 2 people maximum 4 people).



MENS TREATMENTS

SWEDISH MASSAGE

30 OR 60 MIN

A relaxing massage that uses light to medium pressure and smooth sweeping strokes to relieve tension, restore energy and create a sense of well-being.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

60 MIN

Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

ELEMIS HOT STONE MASSAGE

30 OR 60 MIN

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

ELEMIS MEN'S TASTER FACIAL

30 MIN

An express treatment ideal for refreshing the skin. This facial will cleanse, tone and exfoliate the Skin leaving it feeling revitalised and refreshed.

PRO-GLOW BRILLIANCE FACIAL

60 MIN

Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Skin is left feeling fresh, radiant and healthy. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

PRO-GLOW BRILLIANCE FACIAL+

60 MIN

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion. Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, O2 Infusion & Galvanic

FINISHING TOUCHES

Waxing and tinting is available upon request – 24hr patch is required.

DIAMOND DELUXE MANICURE

50 MIN

DIAMOND DELUXE MANICURE WITH GEL POLISH

60 MIN

DIAMOND DELUXE PEDICURE

50 MIN

DIAMOND DELUXE PEDICURE WITH GEL POLISH

60 MIN

GEL POLISH

40 MIN

Spray tan is available upon request.

HYDRO THERAPY SUITE

A UNIQUE HYDROTHERAPY SPA EXPERIENCE AWAITS YOU AT THE SPA KILLASHEE

Our Hydrotherapy suite offers guests a tranquil & invigorating journey of a unique blend of heat experiences to instantly relax the body & mind. Indulge in the warmth of our fibre optic lit steam room. Cool down or heat up in the lifestyle showers & experience the ultimate relaxation in our spacious indoor Therapy Pool, as jets massage & loosen the body's muscles easing tension & stress. The heat experiences have been carefully designed with heat generating & cooling therapies to cleanse and stimulate the body and aid relaxation.

THIS AREA IS FOR OVER 18'S.

* Not suitable during pregnancy.

Please note the Spa & Leisure Centre are located in a separate building to the Hotel.

SPA HOURS & POLICIES

SPA OPENING HOURS

SUNDAY - MONDAY 10.00AM - 6.00PM

TUESDAY-SATURDAY 10.00AM - 7.00PM

CONTACT DETAILS

For any queries just dial 045 895182 or email us at spareservations@killasheehotel.com. Should your query be urgent, and you require assistance outside of opening hours please contact the main hotel reception on 045 879277.

Online booking can be done through our website and our Facebook page.

CANCELLATION POLICY

Clients who wish to reschedule or cancel an appointment are required to give 48 hours' notice otherwise 50% of the treatment will be charged. Cancellations within 12 hours of the treatment time will incur 100% charge.

GIFT VOUCHERS

The perfect gift for someone special. Our gift vouchers are available to purchase from the spa reception, the gym reception or at the hotel reception. Alternatively, you can purchase these online on our website www.killasheehotel.com. Gift vouchers must be mentioned at time of reservation and also presented at the time of your treatment.

HOW TO SPA

To ensure you reap the full benefits of your experience at The Killashee 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 treatment time will be shortened. Some medical conditions are contraindicated to certain treatments so we ask that you inform us of any medical condition at the time of booking. All information is kept in the strictest of confidence.

WHAT TO BRING

Swimwear must be worn at all times in the pool area so please ensure you bring your swimming attire. Robes, slippers and towels will be provided to guest having treatments.

QUIET TIME

Please respect the serenity of the spa by refraining from talking loudly while in the treatment room, hydrotherapy suite or relaxation area.

As a courtesy to other guests, we also request that all mobile phones are switched off upon arrival and left in locker provided.

SPA TREATMENT TIMES

While we endeavour to adhere to treatment times on occasion treatment times may deviate by 15 minutes without prior notice.

SPA PACKAGES

REST, RESET AND FLOAT AWAY - FOR TWO

MONDAY-THURSDAY
FRIDAY AND SUNDAY

€180 FOR TWO
€200 FOR TWO

INCLUDES:

- Access to the Hydrotherapy Suite*
- Rasul for 2 - The Rasul treatment is a traditional Arabian cleansing ritual that will relax, cleanse & detoxify your body. It combines the health properties of heat, steam and mud. Apply nourishing mud to the entire body & enter an exotic steam room, as you relax under a twinkling night sky the chamber fills with steam & the mud penetrates the skin. A warm tropical shower will rain down upon you to wash away the mud & leave your skin silk to the touch.
- 45-minute Dry Floatation Therapy for 2- relax your mind and body as you lie cocooned in our dry floatation bed. A deeply relaxing & sleep-inducing treatment where thirty minutes equals three hours of deep sleep for body
- Relaxation Suite - curl up and relax in the relaxation suite
- All this followed by Traditional Afternoon Tea for 2 in Killashee Hotel.

**Hydrotherapy Pool must be booked in advance*

**not suitable during pregnancy.*



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E: spareservations@killasheehotel.com
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WWW.KILLASHEEHOTEL.COM

SPA PACKAGES

SPA & AFTERNOON TEA LUXURY RETREAT

MONDAY-THURSDAY
FRIDAY AND SUNDAY

€119 PER PERSON
€129 PER PERSON

INCLUDES:

- Access to the Hydrotherapy Suite*
- 25 minute-Hot Oil Customised Back Massage, a relaxing massage to relieve muscle tension, restore energy and create a sense of well being
- 25 minute-Elemis Booster Facial, the perfect treatment to bring back the glow of dull lifeless skin, an instant pick-me-up
- Relaxation Suite, curl up and relax in the relaxation suite
- All this followed by Afternoon Tea in Killashee Hotel

**Hydrotherapy Pool must be booked in advance*

SPA PACKAGES

SPA INDULGENCE PACKAGE

MONDAY-THURSDAY
FRIDAY AND SUNDAY

€114 PER PERSON
€129 PER PERSON

INCLUDES:

- Complimentary use of the Hydrotherapy Suite*
- 25 minute-Hot Oil Customised Back Massage, a relaxing massage to relieve muscle tension, restore energy and create a sense of well being
- 25 minute-Elemis Booster Facial, the perfect treatment to bring back the glow of dull lifeless skin, an instant pick-me-up
- 45 minute-Dry Floatation Therapy, relax your mind and body as you lie cocooned in our dry floatation bed. A deeply relaxing & sleep-inducing treatment where thirty minutes equals three hours of deep sleep for body
- Relaxation Suite, curl up and relax in the relaxation suite

**Hydrotherapy Pool must be booked in advance*

**not suitable during pregnancy.*



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THE SPA AT KILLASHEE HOTEL

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