

The River Spa



Luxurious Four Star
Knightsbrook Hotel, Spa and Golf Resort



ENVIRON

Behind one of the most successful professional skin care brands in the world today is a doctor who believes that Vitamin A is the starting point for beautiful, radiant skin. Dr Des Fernandes is so convinced of it's value that he has made it the cornerstone ingredient in his Environ skin care philosophy. His reasoning is compelling. A Vitamin A deficiency can potentially lead to skin abnormalities like pigmentation irregularities, sun damage and ageing.

Environ's Vitamin STEP-UP System is a scientifically researched and developed product line that works hard to make a wonderful and lasting difference to the appearance of the skin. The line's formulae are entirely based on the need to help replenish all the essential skin nutrients lost by exposure to the sun and environmental factors, while at the same time moisturising the skin's appearance.

[**comfort zone**]

We consider skin as the mirror of our mental wellbeing, physical state and the daily choices we make. Our mission is to promote a holistic, soulful, healthy and sustainable lifestyle with advanced science-based conscious solutions to visibly improve skin, body and mind. An Award winning Italian skin care brand, [comfort zone] is a sublime experience for senses that incorporates a great passion for beauty. You will have immediate, measurable results with treatments and the luxurious range of homecare products.

natural Spa factory®

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We have partnered with Natural Spa Factory to deliver a collection of natural & botanical treatments. Using only gorgeous ingredients, Natural Spa Factory was founded in Bath, Somerset and part of their ethos is to never use chemicals in any of their products. They are free from MI, MCI, SLS, Parabens, Microbeads and cruelty free. Incredible ingredients to make you feel good from the inside.

[comfort zone] Facials

SOOTHING REMEDY

25 Minutes €55

55 Minutes €80

Renewing, strengthening and soothing, this fragrance-free treatment is recommended for skin which is sensitive, fragile, or prone to redness. The protective skin barrier is restored and strengthened through a delicate dermal-affinity action which smoothens the skin and soothes redness and irritation.

HYDRAMEMORY

25 Minutes €55

55 Minutes €80

A deeply hydrating, antioxidant-rich treatment for the face, neck and décolleté. This Facial has been specifically designed to combat dehydration and premature ageing. The application of a hyaluronic acid mask with brushes, offers a unique and pleasurable experience. Ideally suited to dehydrated and stressed skin which has been exposed to air-conditioning and dry climates.

ACTIVE PURENESS

25 Minutes €55

55 Minutes €80

A deep cleansing treatment that provides immediate luminous, smooth and an even appearance. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned. Characterised by an innovative mattifying peel-off Spirulina algae mask, this facial is particularly effective on oily, scarred and acne-prone skin.

URBAN LONGEVITY FACIAL

25 Minutes €64

50 Minutes €90

The perfect antidote to modern fatigue and urban lifestyle, this facial is ideal for when you feel your skin is starting to show first signs of ageing. Customisable to correct dullness, dehydration, and expression wrinkles. The combination of Skin Regimen natural aroma, Macro Waves Sound, and massage techniques, such as unique Qigong and rolling roullage will leave you feeling recharged and ready to face your busy days. **Not suitable during pregnancy*

SUBLIME SKIN ACTIVE LIFT

55 Minutes €80

This luxury Facial combines the renewing efficiency of the double peel with vitamin C and the innovative firming bi phasic mask, along with exclusive Active Lift massage techniques for immediate results. Particularly recommended for mature, thickened skin showing visible loss of tone and volume.



ENVIRON

ACTIVE VITAMIN TREATMENT

60 Minutes €80

The Environ Active Treatment begins with various stages of cleansing and exfoliation to dissolve pore congestion and prepare the face to receive the vitamins. A creamy clay mask gently polishes the skin's surface, leaving it smoother and looking more radiant.

A hyaluronic Acid Mask is then applied for 15 - 20 minutes and its cooling powers serve to make the skin look brighter while visibly reducing redness and skin imperfections. Finally a moisturiser and SPF are applied. The end result is glowing skin.

ADVANCED ACTIVE VITAMIN TREATMENT

90 Minutes €110

The Advanced Active Vitamin Treatment is packed with nourishing, anti-aging ingredients that will leave your skin looking radiant, dewy and beautiful. The most active forms of Vitamin A & C and Antioxidants are driven deep into the lower layers of the skin using soundwaves and small electrical pulses. This scientific approach stimulates collagen to soften lines, improve elasticity, increase hydration and boost radiance.

The Active Vitamin Treatments are suitable for all skin types and are especially effective for addressing sun damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring. Measurable differences are visible after just one treatment.

**Not suitable during pregnancy*



ENVIRON

COLLAGEN POWER TREATMENT

60 Minutes €80

This peptide-packed facial helps to boost collagen, soften fine lines and firm lax skin, resulting in a more youthful appearance. It is ideal for targeting mature or photo-damaged complexions. The treatment uses gentle sound waves to drive, special nutrient-packed serum deep into the lower layers of the skin. The formula contains a unique combination of three peptide complexes which work in synergy to give skin a plumper, more radiant appearance.

HYDRA BOOST TREATMENT

60 Minutes €85

This deeply hydrating treatment is the perfect antidote to dry lacklustre skin. Based on Hyaluronic Acid, which holds 1000 times its own weight in water, it helps to reduce fine lines caused by dehydration. It also boosts the plumpness of the dermis resulting in moisturised glowing skin.

PURIFYING TREATMENT

40 Minutes €60

Created to purify micro-exfoliate and re-hydrate your skin. This particular treatment assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin, leaving your skin feeling like new.

**Not suitable during pregnancy*

[comfort zone] RITUALS

THE RIVER SPA TRANQUILLITY PRO-SLEEP MASSAGE *

55 Minutes €90

An innovative ritual acting on three different sensorial pathways: Smell, touch and hearing for profound relaxation. The synergy of a unique blend of essential oils, the bespoke Tranquility Sound, Ayurvedic and Indonesian Sea Malay techniques combined with the use of soft brushes, gently guide the way to achieving a quiet peaceful mind and body. Recommended for those who feel stressed, unable to relax and have problems sleeping well.

TRANQUILLITY FACE & BODY RITUAL *

75 Minutes €99

A unique aromatherapy massage experience for the body and profound relaxing techniques for the face, decontracting tense muscles and relieving tension for a pleasant experience of wellbeing.

THE RIVER SPA FULL BODY MASSAGE *

55 Minutes €90

This classical massage uses techniques to manipulate muscles with a variety of strokes. This massage will stimulate circulation, ease muscle tension, improve flexibility and promote relaxation.

TRANQUILLITY HOT STONE MASSAGE*

55 Minutes €90

Your Therapist and the basalt hot stones work in synergy to give the ultimate massage experience. The heated stones enable a deeper massage to soothe tension and to calm the mind and soul.

HOT STONE BACK, NECK AND SHOULDER MASSAGE*

25 Minutes €60

The basalt hot stones enable a deeper back, neck and shoulder massage to soothe tension and to calm the mind.

** Not suitable during pregnancy or breastfeeding due to essential oils*

TRANQUILITY BACK, NECK AND SHOULDER MASSAGE

25 Minutes €55

Express Massage using classical techniques to stimulate circulation, ease muscle tension, improve flexibility and promote relaxation.

HOT STONE FOOT AND CALF MASSAGE

25 Minutes €55

Firmly relieves pressure from the soles and arch of the feet and calf muscles. This treatment is deeply relaxing and relieving to tired and aching feet.

MUM TO BE FULL BODY MASSAGE

55 Minutes €90

A gentle massage to release tension, soothe tired muscles and nourish the skin using a relaxing Jojoba Oil. Recommended after the first trimester.

KNIGHTSBROOK GOLD EXPERIENCE

45 Minutes €72

1hr 15 Minutes €105

This treatment starts with a Gold Body Scrub followed by a tantalising gold shimmering honey massage. Rich in caviar extract, this honey body massage releases it's numerous benefits and leaves the skin silky soft. A truly exclusive treatment.



[comfort zone] BODY CARE

CELLULITE

BODY STRATEGIST CELLULITE

AROMATHERAPY WRAP

An intensive treatment based on essential oils to fight cellulite imperfections caused by weakening of the microcirculation and a stagnation of the liquids.

55 Minutes €80

BAGNI DI PISA THERMAL MUD

Detoxifying and Anti-Cellulite treatment with thermal water from Bagni Di Pisa and Fucus and Laminaria Algae promote lipolytic action. Ideal for all types of cellulite.

55 Minutes €80

THERMOGENIC ATTACK

An intensive thermogenic treatment with Fucus algae, ideal for the most visible and resistant cellulite imperfections and to support visible improvement of the silhouette.

55 Minutes €80

ALGAE PEEL-OFF

A Marine cosmetic treatment with alginates and Laminaria algae to mineralise, hydrate, and tone the skin.

55 Minutes €80

TONE

BODY STRATEGIST TONE

FIRMING MASK

An anti ageing treatment to improve the tone and elasticity of the skin, using an antioxidant mask, rich in biological Tamanu Oil and green walnut extract, it hydrates the skin leaving it soft and silky.

55 Minutes €80

GROTTA GIUSTI SPA MUD

A bespoke wrap with remineralising thermal waters in creamy mud. A warming, therapeutic treatment for muscles and joints, stimulating energy flow and bestowing a sense of therapeutic relaxation, comfort, and vitality. This treatment is ideal for skin renewal and purification.

55 Minutes €80

**All above treatments are not suitable during pregnancy, in the case of thyroid disorders, fragile capillaries or circulation problems.*

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CAFFINE KICK

75 Minutes €90

Revitalising and stimulating, the perfect antidote for tired, lethargic muscles. An infusion of spiced coffee scrub to buff off and excite circulation, followed by energising and toning sweet orange, cocoa bean and ginger wrap. Finishing with a generous application of warming oil to leave you feeling re-invigorated.

TEA-TOX

75 Minutes €90

Intensely calming, cleansing and detoxing treatment. A full body polish with purifying Matcha green tea and coconut sugar scrub is followed by a detoxing wrap in green tea, white tea, red tea and mint. White tea is the tea of beauty. The treatment is finished with the green tea and jojoba oil body moisturiser to replenish and hydrate.

BRIGHTENING VANILLA CREAM WRAP

55 Minutes €80

After a welcoming coconut and lychee foot ritual, we swaddle you in an intensely nourishing and illuminating vanilla cream body mask, infused with a collection of Swiss wild alpine herbs and flowers. Sink into deep relaxation with a coconut scalp and face massage. Finish by submerging into a raw coconut cocoon to feel nourished and serenely hydrated.

LIME SCRUB

30 Minutes €55

Zesty Salt Scrub Infused with Lime and Lemongrass for a deeply exfoliating treatment to lift the senses leaving the body silky smooth.

All of the above Treatments are not suitable during pregnancy OR breast feeding

DAY SPA PACKAGES

ULTIMATE DAYDREAM DELIGHT

85 Minutes €110

The perfect pamper combination of a Back, Neck and Shoulder Massage, a [Comfort Zone] Taster Facial, Soothing Scalp Massage, Foot Massage using Hot Basalt Stones and Essential Oil and a relaxing Hand and Arm Massage. Finish your day with Afternoon Tea.

SERENITY HALF DAY SPA PACKAGE

85 Minutes €110

Begin with a Foot Cleansing Ritual consisting of a Foot Scrub then cleansed using warm cloths. Followed by a soothing massage on the feet and calf muscles using warm basalt stones and oil. [Comfort Zone] Skin Specific Facial, incorporating a relaxing Head, Neck and Shoulder Massage. Finish your day with Afternoon Tea.

RIVER SPA TASTER PACKAGE

25 Minutes €59

Choose between a Back, Neck & Shoulder Massage OR a [Comfort Zone] Taster Facial. Finish your day with Afternoon Tea. Valid Monday - Friday Only

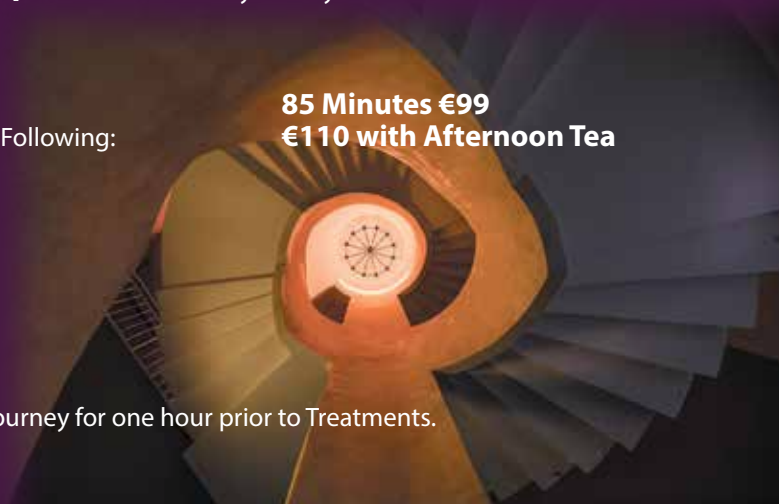
PICK N MIX PACKAGE

**85 Minutes €99
€110 with Afternoon Tea**

Tailor make your own Spa Day by choosing three treatments from the Following:

- Back Neck & Shoulder Massage
- [Comfort Zone] Taster Facial
- Hot Stone Foot & Calf Massage
- Express Manicure (Excludes French Polish)
- Express Pedicure (Excludes French Polish)
- Hand & Arm Ritual
- Foot & Leg Ritual

Above Packages include Thermal Spa Journey for one hour prior to Treatments.



AFTERNOON TEA PACKAGE

Choose either a Skin Specific Facial or a Full Body Massage with Thermal Spa and Afternoon Tea.

75 Mins €99

COUPLES RETREAT

Mud Rasul with Thermal Suite and pool followed by a Full Body Massage in couples suite and Afternoon Tea for two.

2 Hours €221 per couple

LADIES ESCAPE PACKAGE

Thermal Spa Journey followed by a Skin Specific Facial and our Exclusive Knightsbrook Gold Experience which includes a Full Body Scrub & Massage. Afterwards, relax in our relaxation room and end the day with lunch in our elegant Terrace Lounge.

2 hours & 30 Min €189

THERMAL SPA

Our Unique collection of cool and hot speciality cabins are designed to offer you intense relaxation while gently restoring vitality and balance to your mind and body. Includes Laconium, Salt Grotto, Herbal Sauna, Steam room and Experience Showers.

60 Minutes €16

MUD RASUL

Our rasul chamber offers the ultimate cleansing ritual to refresh, invigorate and revitalize the skin. Our mud mask deeply cleanses with the aid of aroma infused steam helping to relax muscles and improve circulation and condition of the skin.

One Person €37

Two People €69

**There is no Therapist involved in this Treatment*

HAND AND FOOT TREATMENT

FOR THE HANDS

Finger Tip Treatment

File, Buff and Polish

De-Stress Manicure

This treatment includes exfoliation, cuticle work, a nourishing mask followed by a massage and application of polish.

25 Minutes €20

Normal Polish 55 Minutes €50
Two Week Polish 75 Minutes €65

Two Week Polish

Gel overlay is applied like a polish with the strength of gel and is chip free, scratch free, smudge free and lasts up to two weeks.

€25

FOR THE FEET

All pedicures are performed in American style manicure pedicure chairs. Relax and indulge as your feet are soaking in warm luxurious foot bath leaving your feet refreshed and revitalised.

Toe Tip Treatment

File, Buff and Polish

25 Minutes €20

Footlogix Pedicure

A results-orientated, medi-pedi that delivers while your tired feet relax in warm aromatic foot bath to de-stress the mind, body and soles. This is followed by a foot exfoliation to soften callused skin and a soothing Swedish foot massage. To finish, cuticles will be trimmed and your nails will be filed, shaped, and polished with your choice of colour.

Normal Polish 55 Minutes €55
Two Week Polish 75 Minutes €70

*Please note: If you currently need removal, please let us know prior to your appointment so as to allow extra time.
Additional charges may apply.*



WAXING AND TINTING

(Patch test required 48 hours before first treatment)

Eyebrows/ Lip/ Chin	€10
Underarm	€15
Half Leg	€25
Full Leg	€35
Full Leg and Bikini	€40
Bikini Line Basic	€25
Californian/Hollywood/Brazilian	€50
Back Wax	€35
Chest Wax	€30
Brow Wax	€10
Eye Lash Tint	€10
Eye Brow Tint	€8
Eye Combination	€25
Full Make Up	€35

FULL BODY SPRAY TAN

€30

Choice of Vita Liberata or He-Shi

HOW TO SPA...

BOOKINGS

Bookings can be made online at www.knightsbrook.com
We advise booking in advance to avoid disappointment.
Bookings must be made with Credit, Debit or Gift Voucher.

YOUR APPOINTMENT

Guests must arrive 15 minutes in advance for their personal consultation, to relax and enjoy the peaceful surroundings.

AGE REQUIREMENT

The Spa is designed for clients over 16 years of age.

CANCELLATIONS/ LATE ARRIVALS

As a courtesy to all Spa guests, please be aware that your late arrival will result in a reduction of your treatment time.
Guests who wish to cancel their treatments are required to provide a minimum of 24 hours notice or the full treatment cost will be charged. No show appointments will be charged in full.

WHAT TO WEAR

Towels and Robes are provided for treatments. Please bring swimwear and flip flops for use of the Thermal Spa. Disposable briefs will be provided if required.

SPA ETIQUETTE

The Spa is designed to be calm, quiet and relaxing and for this reason, the use of mobile phones is prohibited. We also ask that you respect other Spa users by speaking quietly whilst in our relaxation area. Any loud behaviour in any area of the Spa may result in you being asked to vacate the River Spa.

*Advise at time of booking of any Pre-Existing Medical Conditions.
Due to the Delicate Nature of the First Trimester of Pregnancy, the River Spa cannot perform any Treatments in our Brochure on a Mum-to-Be during this time.*

Terms & Conditions Apply



Knightsbrook Hotel, Spa and Golf Resort
Dublin Road,
Trim,
Co. Meath

Tel: +353 46 9482147

Email: theriverspa@knightsbrook.com

Web: www.knightsbrook.com