



# KILLASHEE

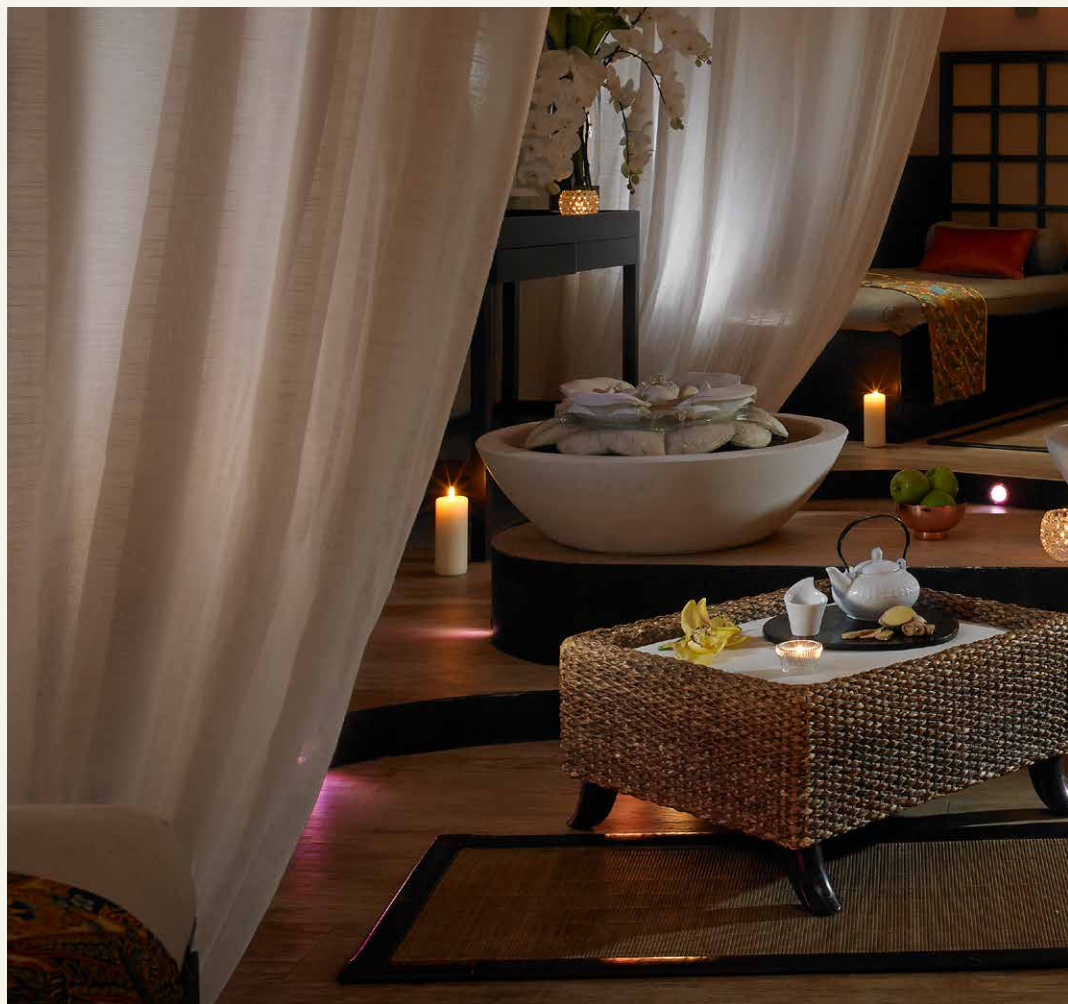
HOTEL • SPA • LEISURE



SPA

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# PURE RELAXATION, NATURALLY YOU



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Take some time out to relax, unwind and recharge in our luxurious spa and leisure area. 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.

Take the plunge in our swimming pool or kick off the day with a workout in our state of the art gym. And it's all just a stone's throw from the hotel.

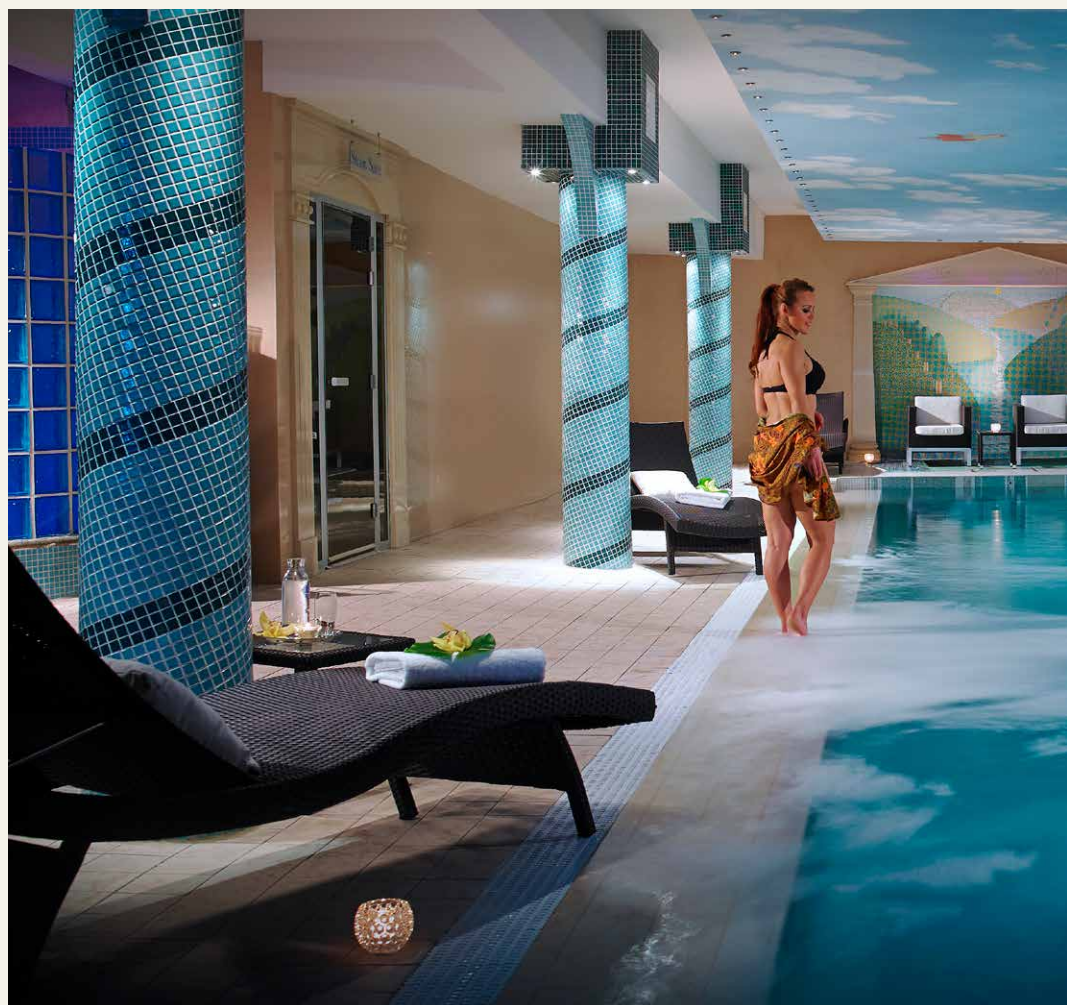
ALL TREATMENTS ARE NOW INCLUSIVE OF COMPLEMENTARY USE OF THE HYDROTHERAPY SUITE. WE RECOMMEND YOU USE THIS ONE HOUR PRIOR TO YOUR TREATMENT AND BOOKING IS ESSENTIAL.



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 Deep Cleanse Facial to make you truly glow on your special day or a Hot Basalt Stone Massage to unwind after a challenging business meeting.

Maybe you'd prefer one of our indulgent packages – like our 'Take me to Hawaii' Spa Package or the 'Oriental Mud Rasul Package'. Perfect for a fabulously chilled Birthday celebration or a fun-packed pre wedding Hen.





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## 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.



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# SKIN CARE

## ELEMIS FACIALS

### PRO-COLLAGEN AGE DEFY

55MINS

€100

This treatment tackles fine lines and wrinkles and helps support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines whilst Indian Mulberry reduces skin fatigue helping relax wrinkles. Targeted lymphatic drainage massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking.

### DYNAMIC RESURFACING PRECISION PEEL

55MINS

€100

This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired uneven skin tone. Specifically designed to work in conjunction with your skins unique structure, this pioneering precision layering protocol uses three layers of enzymes to nibble the dead skin away, revealing extraordinary results. This system delivers powerful exfoliation and renewal for smoother.

### SUPERFOOD PRO-RADIANCE

55MINS

€100

This is a crafted nutritional boost for stressed dull skin. Rich in superfoods, essentials minerals and trace elements, magnesium, potassium, vitamin A & E form a mineral array to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant – stress free and lit up with good health that has never looked better.

### SKIN BOOSTER FACIAL

25MINS

€60

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.



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# SKIN CARE



## ELEMIS BIOTEC FACIALS

### BIOTEC FIRM-A-LIFT

55MINS

€115

A ground-breaking blend of massage and sculpting galvanic technology for a contoured complexion that is remarkably lifted.

### BIOTEC ANTI-PIGMENT BRIGHTENER

55MINS

€115

Tackle uneven skin tone and discolouration with a dynamic combination of brightening actives, an ultrasonic peel and light therapy.

### BIOTEC SKIN RESURFACER

55MINS

€115

For a refined, even skin tone, a revolutionary facial that uses an ultrasonic peel, massage, and light therapy resulting in the smoothest skin imaginable.

### BIOTEC RADIANCE RENEW

55MINS

€115

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions for radiant and visibly brighter skin.

### BIOTEC BLEMISH CONTROL

55MINS

€115

Detoxify and repair damaged tissue with this deep cleansing facial, leaving skin decongested and soothed.

### BIOTEC SENSITIVE SKIN SOOTHER

55MINS

€115

Oxygen infusion and red light therapy improve the skin's ability to repair itself.

### BIOTEC SUPER CHARGER FOR MEN

55MINS

€115

A multi-tasking, time efficient solution for the male complexion.

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# JUST FOR MEN

## URBAN DEEP CLEANSE FACIAL

55MINS €80

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Eliminates blocked pores, rapidly accelerate skin repair and neutralize impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

## EXECUTIVE PEDICURE

45MINS €55

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Feet are soaked and exfoliated, nails and cuticles are cleaned and shaped followed by application of a hydrating mask, foot massage and moisturising.

## DEEP TISSUE MASSAGE

55MINS FULL BODY MASSAGE €100

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25MINS DEEP TISSUE BACK MASSAGE €65

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Submit your body to a vigorous workout of deep rhythmic pressure massage. A powerful customized massage that will focus on relieving specific stress and muscle tension.

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# BODY TREATMENTS

## ELEMIS AROMA SPA OCEAN WRAP

55MINS €90

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Seaweed wrap treatments detoxify and deep cleanse the body inside and out. Let your thoughts drift away, whilst you are cocooned in a comforting wrap and treated to a pressure point facial massage and de-stress scalp treatment.

Choose between:

### **Musclease Aroma Spa Ocean Wrap:**

a warming blend of Pine and Rosemary helps ease the pains of rheumatism, arthritis and fatigue

or

### **Cellutox Aroma Spa Ocean Wrap:**

a detoxifying blend of Juniper and Lemon decongests and stimulates the body's systems. Improve the dimpled Appearance of cellulite and reduce fluid retention.

## EXOTIC BODY EXFOLIATION

25MINS €50

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An exotic sea salt & essential oil exfoliation ritual to invigorate & revitalize the body. Leaving the skin silk to the touch.





# MASSAGE

## TRADITIONAL SWEDISH MASSAGE

55 MINS FULL BODY MASSAGE €90

25 MINS BACK MASSAGE €60

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.

## DEEP TISSUE MASSAGE

55 MINS FULL BODY MASSAGE €100

25 MINS BACK MASSAGE €65

Submit your body to a vigorous workout of deep rhythmic pressure massage, customised to focus on relieving specific stress and muscle tension.

## WARM BAMBOO MASSAGE

55 MINS €100

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.

## HOT STONE MASSAGE

55 MINS €100

Harnessing ancient healing power, The Hot Basalt stones are placed on key energy points, while massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the body.

## REFLEXOLOGY

55 MINS €80

25 MINS €65

Therapeutic pressure point massage working on the reflex zones of the feet which correspond to different parts of the body. Restores natural balance & harmony.

## HEAD, NECK AND SHOULDER MASSAGE

25 MINS €60

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

## LOMI LOMI MASSAGE

55 MINS €100

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.

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# BASQ PREGNANCY TREATMENTS

(SUITABLE AFTER THE  
12TH WEEK OF PREGNANCY)

## BASQ IN THE MOMENT PREGNANCY MASSAGE

55 MINS

€100

A customised full body massage using safe pre-natal techniques. To help relax, reduce fatigue, release tension, aches, pains, swelling all associated with pregnancy. This massage will help increase circulation and benefit mum to be.

## BASQ BABY BUMP TREATMENT

25 MINS

€70

This treatment is designed to reinforce the skin with deep hydration and a mega dose of nourishment that targets scars and marks also helping with the tone and elasticity of the bump.

## BASQ SKIN BOOSTING BODY EXFOLIATION

55 MINS

€95

Relax and breathe deep; inhale the calming benefits of Lavender in this completely balancing and rejuvenating spa experience. Using our Basq Perfecting Lavender Sugar scrub as our secret weapon for damage repair and smooth youthful skin.

## BASQ TIRED LEGS SOOTHER

25 MINS

€60

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.

## BASQ HEAD TO TOE EXPERIENCE

85 MINS

€130

A complete head to toe spa experience for Mum to be. To begin, let the stresses away with a relaxing head, neck & shoulder massage to release tension. Enjoy a treat for the bump, where gentle dry body brushing increases circulation followed by an exfoliation to improve the tone & elasticity of the skin. Followed by our BASQ resilient body oil and BASQ mega moisture butter are applied to treat the skin to prevent stretch marks. While the cream absorbs & takes affect you are treated to a lower leg exfoliation & foot massage to reduce swelling & stimulate circulation. Relax & unwind further in our relaxation suite after your treatment & enjoy a Herbal Tea.

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# ALTERNATIVE TREATMENTS

## RASUL

60MINS

€65 PER PERSON

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).

## DRY FLOATATION

25MINS

€45 PER PERSON

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.



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# FINISHING TOUCHES

## NAIL CARE

### DIAMOND DELUXE MANICURE

45MINS

€50

A deeply conditioning treatment to treat dry rough skin & out of control cuticles. Nails are filed, cuticles soaked and gently pushed back and your therapist will use our new Diamond cuticle machine to remove any excess cuticle gently without damaging the matrix of the nail. A nourishing mask is then applied to the hands to hydrate and soften the skin, followed by a relaxing hand and arm massage finishing with a polish.

### DELUXE DIAMOND MANICURE WITH SHELLAC POLISH

60MINS

€65

### SHELLAC

25MINS

€35

Discover a world of everlasting colour with our File and Polish with CND Shellac which lasts for approx. 2 weeks without chipping, peeling, smudging or fading. Hassle free nails in no time.

### DIAMOND DELUXE PEDICURE

55MINS

€65

Treat your feet to this luxurious pedicure which includes foot soak, file, cuticle treatment, leg & foot scrub & hydrating foot mask that will soften dry rough skin. This is a gentle non-invasive treatment of the nails leaving the cuticles intact using our new Diamond electric file removing hard skin while it is gentle on the cuticles. To complete this experience sit back & relax while you receive a leg & foot massage, a treatment that will leave your feet feeling utterly pampered. It is then finished off with a polish of your choice.

### DELUXE DIAMOND PEDICURE WITH SHELLAC POLISH

75MINS

€75

## TANNING

Crazy Angel Tan gives a natural flawless and even looking tan to suit all skin tones even the most fair.

FULL BODY TAN

€25

HALF BODY TAN

€20

\* Spray Tan

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# WAXING

## WAXING

At Killashee Spa we use only Lycon Precision Wax. A celebrity favourite, this revolutionary pain less waxing removes hairs as short as 1mm. Don't take our word for it try it for yourself...

FULL LEG WAX	€35
HALF LEG WAX	€20
UNDERARM WAX	€15
STANDARD BIKINI WAX	€20
CALIFORNIAN WAX	€40
BRAZILIAN WAX	€50
HOLLYWOOD WAX	€60
MEN'S BACK / CHEST WAX	€35
EYEBROW WAX	€12
LIP WAX	€12
CHIN WAX	€12
LIP AND CHIN WAX	€15

\*24 hour patch test is required for waxing and tinting.

\*Timings for waxing may vary depending on individual guest requirement.

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# HYDRO THERAPY SUITE

## A UNIQUE HYDROTHERAPY SPA EXPERIENCE AWAITS YOU AT THE KILLASHEE SPA.

Our Hydrotherapy Suite offers guests a tranquil and 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 and 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 ANY STAGE  
OF PREGNANCY.



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# SPA HOURS & POLICIES

## SPA OPENING HOURS

SUNDAY & MONDAY 9AM - 6PM

TUESDAY - SATURDAY 9AM - 7PM

## CONTACT DETAILS

For any queries just dial 045 895182 or email us at [spareservations@killasheehotel.com](mailto: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](http://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. As a courtesy to other guests we also request that all mobile phones are switched off upon arrival. 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 and swim hat 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, hydro therapy suite or relaxation area.





THE SPA AT KILLASHEE HOTEL

KILLASHEE, NAAS, CO. KILDARE, IRELAND

T: +353 45 895182 E: SPARESERVATIONS@KILLASHEEHOTEL.COM

[WWW.KILLASHEEHOTEL.COM](http://WWW.KILLASHEEHOTEL.COM)

