



SURRENDER TO THE RHYTHM OF NATURE



The K Spa
— AT THE K CLUB —

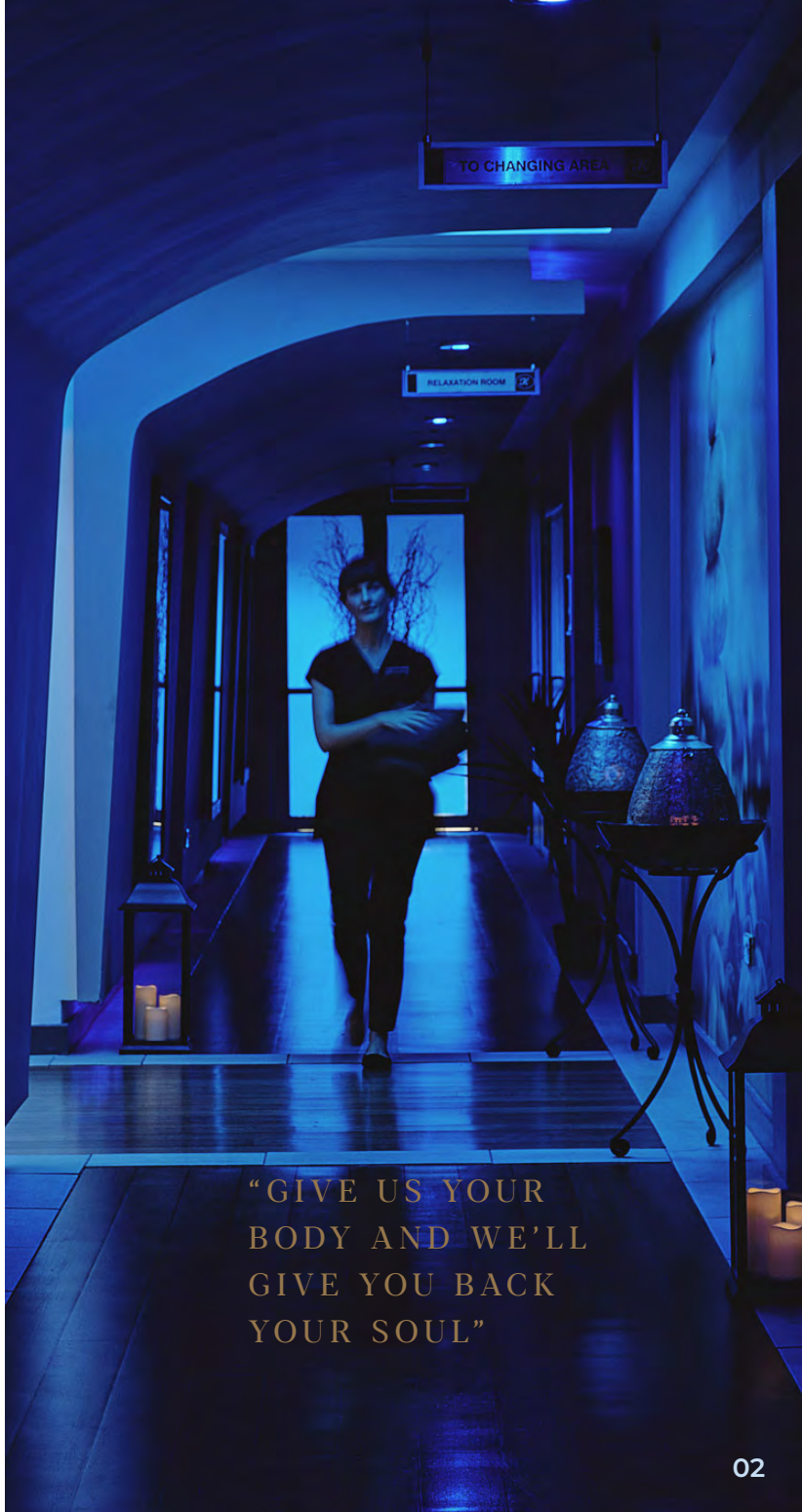
Soft lighting, soothing sounds and evocative aromas - all senses are nourished at the thoroughly serene K Spa. Welcome to a place of quiet refuge, hidden away from the excitement and activity of the resort, a personal retreat where your wellbeing takes centre stage and life's worries melt away under the expert care of our top-class treatment professionals.

Our resort wellness complex comprises seven treatment rooms, two private suites and an aromatic garden in which to unwind. It also houses a quiet studio space offering an array of classes from yoga to meditation plus a 16.5-metre swimming pool with water jet massage, Jacuzzi, steam room, sauna and a rejuvenating outdoor Canadian hot tub.

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All of our treatments are unisex



“GIVE US YOUR BODY AND WE’LL GIVE YOU BACK YOUR SOUL”

OUR BRANDS

Natura Bissé
Barcelona

Natura Bissé, a family-owned luxury skincare company from Barcelona, Spain, founded by Ricardo Fisas in 1979. Since that time, Natura Bissé has become one of the most prestigious and respected brands in the luxury skincare market.

Natura Bissé products are now available in over 30 countries and have developed a loyal following of celebrities, make-up artists, fashionistas and top dermatologists throughout the world. Dedicated to extensive research and development, Natura Bissé has an array of skincare collections, which include anti-ageing products for the face and body, sun care products

GROUND

Founded by wellness expert and renowned spa consultant Peigín Crowley, Ground Wellbeing was borne of a desire to make wellness truly accessible. Ever conscious and grateful for our natural world, Ground Wellbeing is “clean and green”, using pesticide- and herbicide-free pure botanical ingredients. Neutral by design and focused on natural, quality essential oils and ingredients, Ground produces a host of handcrafted treatments that complement The K Spa’s wellness ethos.



FACIAL TREATMENTS

Carboxi Express 25min

Showing off pure, glowing skin is quick and easy with this amazing express treatment that revitalises skin.

A new idea in skin treatment that incorporates a proven technique in aesthetic medicine: carboxytherapy. The system uses CO2 to fight the signs of skin ageing, producing an effervescent explosion that results in visibly revitalised skin.

This renewal treatment intensely and safely regenerates your skin’s surface, delivering maximum luminosity.

The Skin Comfort 60min

The ultimate answer to sensitive and reactive skin types that display conditions such as red spots, dilated capillaries or inflammation.

This treatment combines ingredients that repair and decongest, thanks to its ultra-softening botanical ingredients. Visibly soothes skin, providing maximum relief and comfort. Discernibly improves the appearance of congested skin and strengthens your self-defence mechanisms against harmful aggressors. This avant-garde cosmetic repair treatment restores the balance of your skin.

The Citrus Essence

60min

Recommended for anyone seeking to recapture skin's luminosity and firmness through a relaxing citrus aromatherapy experience.

This exquisite protocol awakens your senses, infusing skin with all of the energy in Vitamin C. Its extraordinary anti-oxidant action repairs even the most mistreated skin, unveiling a completely hydrated, revitalised complexion that showcases your radiant face. Its delicious citrus fragrances and rich textures make this treatment an unforgettable experience.

Diamond Life Infusion Ritual

- The Hollywood Facial

90min

An innovative treatment that infuses life into your skin in order to preserve youth and beauty.

This revolutionary experience provides unprecedented rejuvenating action by regulating the 4 key skin-age biomarkers. This intensive, comprehensive treatment results in firmer, more luminous and visibly younger looking skin. It redefines your facial contour, improves skin texture and fades wrinkles and expression lines in just one session. An amazing "youth elixir" that unveils renewed skin that is soft, smooth and wonderfully rejuvenated.

Diamond Energy Facial

60min

5-star age-defying, energising & rejuvenating treatment that will visibly transform your skin and revive dull complexions from environmental stress and premature aging.

Powerful active ingredients and innovative Myo-facial massage using a combination of your therapists' hands and a soft microcurrent Gua-Sha tool to enhance the look of facial contours and reveal firmer, more supple and rejuvenated skin.

Skin Consultation

25min

Truly understand your skin and learn how best to treat it in order to achieve long term visible results.

The lesson includes a mini cleanse and a professional skin diagnosis. Learn product application tips to maximise your investment into professional skincare.



MASSAGES

Signature K Spa Massage

50min or 80min

A full body massage fusing the very best of Eastern and Western massage techniques, tailored entirely to suit your individual needs.

Using long effleurage movements, your body and mind will be in a state of full relaxation and mindfulness. Pressure vary from low to medium.

Back, Neck and Shoulder Massage

25min

This is an express massage which focuses on the back, neck and shoulders in order to release stress and tension.

Hot stone Massage

80min

This will ease those knots away with a combination of deep heat from Basalt stones, warm oil and a flowing massage that varies in pressure to follow your body's needs. A treatment that goes beyond the physical experience of a regular massage.

Lomi Lomi Massage

50min or 80min

Unlike other massages, the therapists will use long flowing strokes from head to toe in a continuous, rhythmic movement, massaging both the top & underside of the body.

Signature K Spa Maternity Massage

50min

Our Signature K Spa Maternity Massage is designed to offer a blissful retreat for expecting mothers, promoting relaxation and alleviating the physical stresses associated with pregnancy. Our expert therapists are trained in prenatal massage techniques, ensuring a safe and soothing experience.

Luxury Scalp Therapy

25min

Relax and unwind with our Luxury Scalp Therapy. This is a head massage designed to relax the nerves and the muscles around the scalp. We also include a neck and shoulder massage to help release all tension around this area. This truly relaxing experience is one of the highest recommended for de-stressing.

Sport Massage, Deep Tissue Massage

50min

This therapeutic is recommended for those who regularly receive massage and who enjoy intense bodywork. Specialized, focused techniques with Natura Bisse cryo gel reach deep muscle layers and address points of attachment, as well as the belly of the muscles.



GROUND WELLBEING TREATMENTS

The Grounding Ritual

60min

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 ground in your body.

Focused on the back of the body and specifically centered on the areas that are prone to tightness and tension. Feel your body and soul come together again.

The Sleep Ritual

90min

Rest is the pillar to wellness: ideal for exhaustion & burn out. The Ground Sleep Ritual serves one purpose, to guide the mind and body into deep slumber. Focused on inducing deeper breathing, it encourages the body physically relax in order to restore and the mind to let go as you are enveloped in the aromas of organic geranium and jasmine absolute.

The treatment will give you the space and time to reconnect with yourself, to tap into your body's ability to self-repair and leave you feeling replenished and grounded.

The Cleansing Ritual

60min

The gut is our second brain, much of our wellbeing depends on it. With the intention to move our system into the state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs. The fresh circulation helps bring the body's core back to homeostasis and balance.

The warming treatment focuses on relaxing and soothing the abdomen physically, while stimulating the area to aid detoxification. Massage techniques are used to release stagnated energy and emotions from the abdominal area while acupressure point on the face & feet are worked on to further promote digestion and metabolism.

Tóg go Bog é

60min

A restorative massage treatment to soothe and comfort the full body using slow and rhythmical techniques, this treatment helps to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils will help set your intention to ground and connect to self while restoring balance in the body.

HOLISTIC TREATMENTS

Reflexology

50min

Using pressure points on the feet, this is an ancient practice believed to improve the health of many organs and body systems.

Reiki

50min

This is a Japanese technique for stress reduction and relaxation that also promotes healing. This is a non-invasive, relaxing treatment suitable for anyone.

Craniosacral Therapy

50min

Craniosacral Therapy is a light-touch hands-on therapy that enhances the body's natural capacity for healing. For 30 years CST has been shown to be effective in treating a wide range of physiological issues associated with pain and loss of biomechanical, systemic and emotional function/wellbeing.

The Craniosacral Therapy essentially encourages the body to release restrictions that it has been unable to overcome on its own. Rather than deciding how these changes should be made, the therapist follows the body's response as to how to proceed. Following this gentle approach helps ensure the method is safe and effective.

Rasul

25min

Enjoy as a treat for yourself, with your partner or with friends. The Rasul is based on the original Arabic bath and includes four large thrones to sit on the relaxing sensory lights overhead. Apply nourishing and detoxifying mineral rich mud all over your face and body and sit back while the aromatic steam helps the mud to activate.

The cycle completes as light warm rain "tropical rain" falls from the ceiling, washing away the mud and leaving you thoroughly cleansed and moisturised. Guests can choose from a moisturising or exfoliating Rasul experience.

"NOTHING CAN CURE
THE SOUL BUT THE
SENSES, JUST AS
NOTHING CAN CURE
THE SENSES BUT
THE SOUL."

OSCAR WILDE





BODY TREATMENTS

Diamond Rose Body Ritual

60min

A luxurious and romantic ritual with outstanding restorative effects that provides dramatic results on the skin.

A regenerating body treatment that includes diamond dust and reveals extraordinarily renewed and beautiful skin. This treatment also provides a complete wellness experience and exceptional aromatherapeutic benefits, thanks to the unique Damask rose absolute. This exquisite oil is obtained from Damask roses from Morocco. Used since ancient times as a beauty elixir, Damask rose is believed to provide extraordinary rejuvenating and relaxing benefits. A delicate exfoliation with a scrub that includes Damask rose and diamond dust will leave your skin renewed and supple, while a massage and the finishing products will reveal vibrant, silky and supple skin, transporting you through a journey of restoration and well-being in a wonderful atmosphere of roses.

Citrus Scrub

60min

An effective treatment especially recommended for recapturing firmness and definition in the most delicate areas and in places with loss of firmness.

Uses an innovative system of refirming bands inspired by methods used in kinesiology; used along with an innovative vitamin concentrate, skin is revitalised and toned, softening the formation and appearance of stretch marks. Get a firm, remodeled body with this addictive treatment that produces excellent immediate and sustained long-term results.



BEAUTY ESSENTIALS

Citrus Hands

35min

Recover the vitality of your hands thanks to power of Vitamin C, an ingredient which provides a significant amount of antioxidants, as well as an energizing, firming and brightening action.

Citrus Feet

35min

The power of vitamin C at your feet to restore all their freshness and softness. Repair the damage caused by years of stress and feel supple, soothed soles all over again.

Margaret Dabbs Supreme Manicure

55min

We begin working with the cuticles, followed by a creamy scrub, anti-ageing serum and a hand and lower arm massage.

Margaret Dabbs Supreme Pedicure

60min

Cuticle grooming is followed by a foot bath and wonderfully revitalising and hydrating foot massage, the treatment is finished with the application of a polish of your choice.

Finishing Touches

Gelish file and polish
Gelish removal
Full leg and bikini wax
Full leg wax
Half leg wax
Bikini line wax

Lip wax
Chin wax
Eyelash tint
Eyebrow tint
Eyebrow trim

Hair and make-up appointments available Wednesday to Saturday.
Please note a patch test is required 48hrs in advance of any waxing or tinting treatments.



SKIN CARE
MASTERCLASS

The most enjoyable way to learn how to care for your skin.

A fun, educational experience in which our Skincare Experts invites you to discover your skin's needs in a group setting and provides customized instruction on how to meet those needs.

Enjoy this experience with whomever you choose; learn which products are most suited to your skin and the best way to apply them. Together, we will learn the most practical tricks to get the most out of your daily beauty routine.

Learn to know your skin. No one can pamper it better than you.

Minimum Numbers of 5 apply.

SUMPTUOUS DAY SPA RITUALS

FACE & BODY COMBINATIONS

The most luxurious treatments to pamper the skin on both your face and body. Relaxing and transformative experiences that will reveal an incredibly glowing complexion and renewed skin.

Half Day Rejuvenation Package

80min

Pamper yourself at The K Spa with an indulgent selection of treatments. Have your pick of a 50 minute massage and a 25 minute facial or a 50 minute facial and 25 minute back massage.

Private Spa Experience

Relish in privacy of the Private Spa

Afternoon Tea Delight (available midweek only)

50min

Come and enjoy a morning of relaxation in The K Spa with a muscle melting K Spa back massage followed by a K Spa glow facial. Once you're truly relaxed and rejuvenated, join us in The Drawing Room for an indulgent Afternoon Tea to savour the serene atmosphere and sumptuous surrounding of The K Club.

Mother To Be Experience

60min

Treat yourself with this relaxing experience for legs, feet and skin, to achieve an overall feeling of balance and well-being. This treatment also nourishes and softens your skin during this precious time, when it needs that extra care.



SPA ETIQUETTE

- **Arrive on Time:** It's essential to arrive at the spa at least 15/20 minutes prior to your scheduled treatment time. This allows you to check-in, fill out any necessary forms, and start your treatment promptly.
- **Respect Quiet Zones:** Spas often have designated quiet areas where guests can relax and unwind. Be mindful of other by keeping noise to a minimum in these areas.
- **Communicate Preferences:** Communicate your preferences and any health concerns to your therapist before your treatment begins. This includes informing them of any allergies, injuries, or areas of the body you prefer to avoid focus on during the treatment.
- **Hygiene:** Maintain good hygiene by showering before using The K Spa wet facilities such as swimming pool, steam room, saunas & hot tubs.
- **Use of Mobile Devices:** To maintain a tranquil atmosphere, it's best to keep your mobile device on silent or turned off during your spa visit.
- **Attire:** The K Spa provides robes, slippers, and disposable underwear for guests during treatments. However, if you feel comfortable wearing your own attire, choose something loose-fitting and comfortable.
- **Use of Facilities:** Be courteous when using spa facilities such as saunas, steam rooms, and pools. Follow any posted guideline regarding usage and cleanliness.
- **Relax and Enjoy:** Lastly, remember to relax and enjoy your spa experience. Take deep breaths, unwind, and allow yourself to fully embrace the rejuvenating atmosphere



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