



# SPA OPENING HOURS

Monday	10am – 7pm
Tuesday	10am – 7pm
Wednesday	10am – 7pm
Thursday	10am – 7pm
Friday	10am – 7pm
Saturday	10am – 7pm
Sunday	10am – 7pm



The Spa at Kilronan Castle is dedicated to offering you the ultimate in luxury. Our spa treatments and retreats have been created to transcend you into a world of escapism.

Our Product houses include Elemis Body & Skincare. Our highly qualified team have years of experience and expertise in the Industry. We are confident that we are offering you the best!

The Spa is designed with both male & female clientele in mind. Our Interior has been specially created for your total comfort and wellbeing.

Feel free to explore our luxurious collection of treatments and retreats and discover for yourself why The Spa at Kilronan Castle is the place to be.







# About Elemis

Elemis has over 30 years experience in treating both men and women in the professional spa environment. Each spa-therapy has been developed by a specialised team, headed by Noella Gabriel, using extensive clinical and scientific studies to ensure every therapy shows real results.



Designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind.

Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today. Dynamic ingredients, medical grade formulas and dedicated research are all combined to provide a range of spa-therapies that offer scientific solutions to every skin, body or lifestyle concern.

Cocoon yourself... / in therapeutic waters



# Thermal Suite (60 Minute Access)

Cocoon yourself in the therapeutic waters of our luxurious Thermal Suite: Facilities include: ~ Sauna ~ LightTherapy Aroma Steam Room ~ Tropical Showers ~ Hydrotherapy Shower ~ Hot & Cold Vitality Pools ~ Ice Fountain ~ Relaxation Suite \*\*\* Inclusive with treatments of €100 and above €30pp - Non Residents

€25pp - Residents

# Rasul Mud Chamber

The Rasul is a traditional Arabian cleansing ritual which will leave you feeling pure and calm and your skin beautifully exfoliated.

Taking place in a private steam chamber, you apply a detoxifying mud, then sit back and relax as a series of steam bursts and tropical showers enhance the cleansing properties of the mud. The perfect treatment for couples and groups. (*Max 4 persons*)  $\in$ 60pp \*\*\* *Thermal Suite access can be added for an additional charge* 

Please note that use of the thermal area/Rasul is not recommended for anyone who is pregnant.



# Elemis Pro-Glow Facial Menu

Bespoke Skin Wellness Powered by ELEMIS

*ELEMIS'* advanced fusion of SUPER-CHARGED technologies, PRO-STRENGTH activities and EXPERT skin wellness touch.

Delivering powerful DEEP CLEANING, RESURFACING and HYDRATION-BOOSTING results for OPTIMAL SKIN WELLNESS.

Unlock healthy, glowing skin from within. Skin looks visibly rejuvenated, refreshed and radiant after just one treatment.



### **Pro-Glow Renewal**

ELEMIS' signature triple cleanse facial provides hyperfocused resurfacing and moisture-boosting results to unlock a healthy, lit-from-within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.  $\notin 110 \sim 50 \text{ mins}$ 

### **Pro-Glow Smooth**

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

€120 ~ 60 mins

### **Pro-Glow Resurface**

Transform the skins texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for renewed, stunningly smooth complexion

€120 ~ 60 mins



### **Pro-Glow Brilliance**

Awaken dull, lacklustre-looking skin with this radiance-boosting facial for a visibly brighter, glowing complexion. €120 ~ 60 mins

### **Pro-Glow Genius**



# Elemis Pro-Glow Facials Powered by BIOTEC



Delivered over 60 minutes, our new BIOTEC menu harnesses 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+**

ELEMIS' signature deep cleansing Skin Wellness facial delivers 27,000 vibrations\* per second to draw out impurities, improve texture and boost renewal, unveiling a healthy, lit-from-within glow. In one treatment, skin looks visibly refreshed, renewed and radiant.

Includes BIOTEC: Ultrasonic Resurfacing \*Alternative exfoliation treatment available for clients with contraindications.  $\in$ 140 ~ 60 mins

# **Pro-Glow Cryo Sculpt+**

Harnessing the power of Cryotherapy to firm and depuff, this advanced sculpting facial helps to define contours, tone and rejuvenate the skin, revealing a visibly lifted appearance.

Includes BIOTEC: Ultrasonic, CryO2 & LED Light Therapy 7-in-1 Mask  ${\it \in}140 \sim 60\ mins$ 



### **Pro-Glow Resurface+** ~ 60 mins

Transform the skin's texture whilst minimising the look of uneven tone, pigmentation, enlarged pores and congestion for a renewed, stunningly smooth complexion. A powerful combination of light therapy and rejuvenating Galvanic current leaves skin looking balanced with improved clarity.

Includes BIOTEC: Ultrasonic, LED Light Therapy & Galvanic €140 ~ 60 mins

### **Pro-Glow Brilliance+** ~ 60 mins

Awaken dull, lacklustre complexions with this radiance-boosting facial. A combination of Galvanic current, Oxygen Infusion and high potency actives energises the skin and replenishes moisture, for a visibly brighter, healthy appearance.

Includes BIOTEC: Ultrasonic, Galvanic & Oxygen Infusion €140 ~ 60 mins



### **Pro-Glow Smooth+** ~ 60 mins

This powerful anti-ageing facial utilises microcurrent pluses to help strengthen muscle memory whilst visibly smoothing the look of fine lines and wrinkles. An Oxygen Infusion helps to plump out lines, restore elasticity and increase hydration, for a visibly youthful appearance.

Includes BIOTEC: Ultrasonic, Microcurrent & Oxygen Infusion €140 ~ 60 mins

**Pro-Glow Genius+** ~ 75 mins Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high-performance facial sculpts, smoothes, firms and illuminates the skin. All 5 BIOTEC upgrades are harnessed for maximum, multi-faceted rejuvenation after just one treatment.

Includes BIOTEC: Ultrasonic, Microcurrent, Galvanic, Light Therapy & CryO2 €160 ~ 75 mins



Submit your body to a powerful workout... without moving a muscle



# Body & Soul Kilronan Castle Signature Body Therapies

# Elemis Freestyle Deep Tissue Muscle Massage

A deep rhythmic pressure massage which alleviates stress, eases aching muscles and powerful and customised, leaves you feeling revived.

€110 ~ 50 mins

# Aromatherapy Full Body Hot Stone Massage

### Warm Basalt stones to melt away tension.

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

€140 ~ 70 mins

# **Hot Mineral Body Boost**

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness. €120 ~ 60 mins

## Kilronan Castle De-Stress Signature Massage

Soothe your skin and senses through touch and aroma with this harmonising body oil massage which will help nourish the skin, melt away tension and completely relax the mind

€120 / €150 ~ 60/90 mins

# **Targeting Therapies**



# Reflexology

### Harmonise your body with this ancient Chinese technique

Reflexology is based on the belief that each part of the body is Inter connected through the nervous system to the hands and feet. Expert hands work on pre-defined pressure points to balance your energy channels bringing about a feeling of total equilibrium.

€95 ~ 50 mins

# Indian Head Massage

### Relax, Unwind, Restore

A gentle and therapeutic massage aimed at relieving stress and tension. Adapted from Ayurvedic techniques this treatment focuses on the face, scalp, neck & shoulders helping to relax the muscles, ease away stiffness, and eliminate toxins from the body.  $\notin$ 95 ~ 45 mins

# Elemis Freestyle Deep Tissue Back Massage

Minimum time, maximum tension-relieving results Specifically targeting the back, shoulders and neck areas, where you need it most.  $\in 80 \sim 30 \text{ mins}$ 

# Aromatherapy Back of the Body Hot Stone Massage

Warm Basalt stones to melt away tension.

Warm basalt stones are massaged over the back, neck and shoulders and back of the legs to release tension from the heated muscles.

€100 ~ 45 mins

# **Elemis Exotics**



# **Elemis Intensely Cleansing Salt Scrub**

### Invigorated, cleansed and polished to perfection

A body exfoliation to invigorate and revitalise. After light body brushing, warm oil is dripped luxuriously over the body and then you get the choice of an invigorating Lime & Ginger Salt Scrub to brighten a dull complexion OR a Frangipani & Hibiscus Salt Scrub to gently polish and soften a sensitive skin. Skin is left deeply cleansed and moisturised with a glowing & vibrant finish.

€70 ~ 30 mins





## Frangipani Body Wrap

The velvety texture of the Monoi Oil offers super-hydration while cocooned and warm as the mood-balancing aromatics and skin conditioning oils do their work. Followed by a nourishing Scalp Ritual.

€100 ~ 50 mins

### **Thousand Flower Detox Wrap**

This nutrient-rich detox wrap uses the 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.

€110 ~ 60 mins



# Kilronan Castle Couture Treatments



## **ELEMIS Couture Technology**

Condition your skin and muscles with this all-embracing experience Enjoy a 30 or 50 minute Freestyle Deep Tissue Back, Neck & Shoulder Massage and a 60-minute BIOTEC Facial.  $\in$  175 /  $\in$  220 ~ 90 / 110 mins



# Great Expectations



## Peaceful Pregnancy Full Body Massage

### Specialised Massage from 2nd Trimester onwards

This inspirational therapy connects mother and baby through the power of touch. Specialized positioning throughout the treatment is performed to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviate swelling in the hands and feet, while easing the mind and uplifting the spirit.

€140 ~ 70 mins

## Peaceful Pregnancy Back and Indian Head Massage. ~ 45 mins

### Specialised Massage from 2nd Trimester onwards

This unique back massage and Indian head massage has been combined to help relieve tension in the body during pregnancy, a must for any mother to be.

€100 ~ 45 mins





# Absolute Mother To Be Experience

Specialised Package from 2nd Trimester onwards Nurturing massage combined with a nourishing facial

The Perfect package during that 9-month stretch when your skin needs extra care. Hormones can play havoc with your skin during pregnancy, so combine a nurturing massage with a professionally customised Skin Solution or Anti-Ageing Facial. €205 ~ 110 mins

# Yummy Mummy

Specialised Package from 2nd Trimester onwards Ease the mind & uplift your spirit with this nurturing retreat

Nurturing Massage for Mother to Be (70 mins) ~
Reflexology (50 mins) ~ Elemis Taster Facial (30 mins)
€235 ~ 2 hr 30 mins treatment time

# Hands & Feet



## **Prescriptive Manicure**

Hands and nails are treated to a deeply nourishing treatment to repair and condition them. **Includes:** Nail file & shape, exfoliation, hydrating mask, heated mitts, cuticle tidy, hand massage & polish.

\*Add a Gel Polish to any Manicure / Pedicure for an additional €15

€55 ~ 45 mins

## **Prescriptive Pedicure**

### Rejuvenate your feet with this intensive pedicure

Combining deeply nourishing products with heated booties, feet are soothed and replenished. **Includes:** Foot bath, nail file & shape, exfoliation, hard skin removal, cuticle work, mask, heated booties, foot massage & polish.

\*Add a Gel Polish to any Manicure / Pedicure for an additional  $\pounds$ 15  $\pounds$ 65 ~ 50 mins

## 2 Week Gel Polish (Hands or Feet) ~ 40 mins

Preparation and Polish Combining the best features of nail polish and UV gel. Gel Polish dries instantly and wears flawlessly for up to 14 days  $€35 \sim$  Hands or Feet,  $€55 \sim$  Hands and Feet



# **Finishing Touches**



## Waxing

All our products contain only the finest natural ingredients and aromatherapy oils. They deliver superior performance removing even stubborn short hairs. Amazing low temperatures provide a nurturing and skin conditioning treatment for extra client comfort. Excellent on sensitive skin. Treatment requires a 24-hour patch test prior to first treatment.

### Lashes & Brows

Eyelash Tint (20 mins) €12 Eyebrow Tint (10 mins) €8 Eyebrow Shape (10 mins) €8 Eyebrow/lash Tint & Shape (25 mins) €35

# **Ladies Waxing**

Eyebrow Wax €8 Lip/Chin Wax €8 Under Arm Wax €12 Half Leg Wax €20 Full Leg Wax €28 Bikini Line Waxfrom €15 Full Leg & Bikini €38 Full Leg, Bikini & Underarm €45



# Spa Retreats



# All retreats include 60 mins Thermal Suite Experience and Relaxation Suite.

# Spa Taster

### Because you're worth it! Enjoy the following treats:

- ~ Rejuvenating Body Scrub
- ~ Nourishing Body Wrap
- ~ Elemis Taster Facial

Mon - Fri €120 ~ 75mins

Sat, Sun & BH Mon €135 ~ 75mins

# Top to Toe

### Rejuvenate your skin & revive your senses

- ~ Rejuvenating Body Scrub (25 mins)
- ~ Pro Glow Renewal Facial (50 Minutes)

Mon - Fri €130 ~ 75mins Sat, Sun & BH Mon €145 ~ 75mins

# Spa Retreats



## **Absolute Spa Ritual**

The ultimate skin and body therapy for maximum results

Choose from one of the unique Elemis Pro Glow Advanced Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage.  $\notin$ 195 ~ 1 hr 50mins

# **Total Tranquillity**

Face and Body Therapy to leave you glowing

~ Elemis Freestyle Deep Tissue Muscle Massage (50 mins)

~ Pro Glow Renewal Facial (50 Minutes)

~ Intensely Cleansing Salt Scrub (30 mins)

~ Indian Head Massage (30 mins)

€265 ~ 2 hr 40 mins

# Spa Retreats



### Pure Paradise Spa Escape

### Total mind and body indulgence

- ~ Aromatherapy Full Body Hot Stone Massage (70 mins)
- ~ Elemis Pro-Glow Facial (60 mins)
- ~ Thousand Flower Detox Wrap (60 mins)
- ~ Indian Head Massage (30 mins)
- ~ Intensely Cleansing Salt Scrub (30 mins)
- ~ Light Spa Lunch
- ~ Glass of Prosecco
- €380 ~ 4 hr 10 mins



# CANCER CARE THERAPY

The Spa at Kilronan Castle offers Cancer Care treatments which are safe holistic therapies carried out by expertly trained therapists.

Cancer Care spa treatments are endorsed by the Irish Cancer Society as a beneficial complimentary therapy that go hand-in-hand with - and not a replacement for conventional medical treatment. Here at The Spa we offer bespoke holistic treatments that are tailored to each client's exact needs.

Our treatments are aimed at easing the pain; discomfort and stress of those who are living with the disease and they can be taken before; during or after their programme of chemotherapy or radiation treatments.

If you are or know someone living with cancer and want them to enjoy the benefit of The Spa's Cancer Care treatments please speak to our Spa Staff or call 071 961 8021 Email spa@kilronancastle.ie

# Caring for yourself is the best way to care for others.

### The Spa's Cancer Care treatments are also beneficial for those who have lived with cancer in the past.

Traditionally oncology massage is offered to cancer patients in clinical settings such as hospitals; hospices and cancer care support centres.

The Spa at Kilronan Castle offers our clients the opportunity to relax in soothing non-medical surroundings and enjoy the facilities that our awardwinning spa has to offer. They also have the opportunity to share their concerns with their therapist in an un-rushed confidential setting.

The Cancer Care programme at The Spa at Kilronan Castles offers clients with cancer a chance to recharge on their own or to spend quality time with family and friends - who can avail of our regular Spa Menu.

Cancer Care clients can opt for an individual One-Hour Bespoke Treatment; recuperate on a tailored Day Break or avail of a specialized overnight Stay Break.

# **Residential Spa Retreats**



# **Blissful Retreat**

Unwind for 1 night and enjoy a blissful spa retreat combined with the comfort of a luxurious bedroom, and Full Irish Breakfast in the morning.

### **Choose between:**

- ~ Elemis Freestyle Deep Tissue Muscle Massage (50 mins)
- ~ Pro Glow Renewal Facial (50 mins)
- ~ Back, Neck, Shoulder Massage & Taster Facial (50 mins)

From €169pp

# **Quick Escape**

Escape for 1 night and enjoy a spa retreat combined with the comfort of a luxurious bedroom, dinner from our award winning restaurant and Full Irish Breakfast in the morning.

### **Choose between:**

- ~ Nourishing Body Wrap & Indian Head Massage (50 mins)
- ~ Pro Glow Renewal Facial (50 mins)
- ~ Elemis Freestyle Deep Tissue Muscle Massage (50 mins) €15 extra

From €209pp



# **Residential Spa Retreats**



# **Kilronan Spa Retreat**

Escape the daily stress with this specially created 2 night Spa Special, including an evening meal in our award winning Douglas Hyde Restaurant on the night of your choice, Full Irish Breakfast each morning, relax in the Thermal Suite and tailor make your own Spa Experience.

### Included:

Mini Treats Package

Choose any 3 x 25-minute mini treatments from the below.

- ~ Elemis Taster Facial
- ~ Back, Neck & Shoulder Massage
- ~ Rejuvenating Body Scrub
- ~ Nourishing Body Wrap

From €329pp

# **BATHING THERAPIES**



### 45 mins €70pp / couples €120

### Embrace the relaxation of a lazy soak in the bath.

All baths come with a complimentary herbal tea, sorbet and includes the Thermal Suite Experience & Relaxation Room (60 Minutes)

## Wild Atlantic Seaweed

Submerge your body in a bath of organic, hand-harvested Atlantic seaweed (Fucus Serratus) to remove unwanted toxins and alleviate aches and pains. Let the natural power of organic seaweed deeply moisturise the skin, increase circulation and promote healing.

## **SOAK Bathing Rituals**

An Atlantic Sea, Irish Seaweed, and organic herbal bath soak. Elevated with an aromatherapy candle and breath work for your bathing experience.

### Choose between:

- ~ **Bedtime Bliss**: to ease anxieties, support sleep, and calm your mind. An Organic Blend with lavender and blue cornflowers.
- ~ Joy Connect: Lime and Sage, to uplift and calm after a busy day. An earthy joyous blend that brings balance.
- Breathe Deep: Orange, Mint, Eucalyptus to heal and energize. A refreshing blend to ease tired muscles after exercise. Also, very soothing after a cold or flu.

If you are staying with us at the hotel and would like to enjoy bathing therapies in the comfort of your room, Please dial the Spa on Ext 4010.



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Earlier / later appointments available upon reque	

### SCHEDULING AN APPOINTMENT

To schedule an appointment for your chosen treatment or retreat please contact the Spa Reception Team or the Main Hotel Reception who will be happy to guide you in selecting the perfect treatment. Alternatively you can email spa@kilronancastle.ie. To ensure your preferred treatment and time is available we recommend you book in advance. All spa treatments and retreats will need to be guaranteed with a credit card or Kilronan Castle gift voucher.

### **SPA ACCESS**

Guests who have reserved spa treatments to the value of  $\notin$ 100 or over can enjoy complimentary use of the Thermal Suite. Swimwear is required for the Thermal Suite.

### **ARRIVAL TIME**

We ask that you arrive 20 minutes prior to your appointment time so you can complete a spa consultation form and prepare for your treatment. Please note that times stated are for actual treatments. Regretfully, late arrivals may result in a reduction of treatment time, so other guests are not inconvenienced.

### DAY SPA

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The spa will provide a robe, towels and amenities for use during your visit.

### **SPA ETIQUETTE**

The Spa at Kilronan Castle is a sanctuary of peace and tranquillity. Please respect all spa guest's right to serenity and privacy. The Spa at Kilronan Castle is a mobile phone, smart phone and camera free zone.

### **CANCELLATION POLICY**

A 100% charge will be incurred for treatments not cancelled within 48 hours of your scheduled treatment time. Late arrival will shorten your treatment time.

### **HEALTH CONDITIONS**

Kindly advise us of any health conditions, allergies or injuries when booking treatments as this could affect your chosen treatment. The spa reception team will be able to guide you to the most suitable treatments. If you are taking medication, have a medical condition or any injuries that were not discussed at the time of booking, this could possibly lead to the treatment being changed or cancelled.

### PREGNANCY

We have treatments that have been specially designed for expectant women and nursing mothers. Please ask the spa reception team who will be happy to guide you in choosing the treatment that best suits your needs at this special time. Treatments will only be carried out from 13 weeks onwards. Please note that use of the thermal area is not recommended for anyone who is pregnant.

### **GIFT VOUCHERS**

A gift voucher for the spa @ Kilronan Castle is always the perfect gift for someone special. You can purchase a voucher from the spa reception, main hotel reception, over the phone or online. If you are a voucher holder please present it on arrival.

#### VALUABLES

The Spa at Kilronan Castle accepts no responsibility for loss/damage of valuables and jewellery at any time on the premises.

### THERMAL SUITE HEALTH AND SAFETY

If you suffer from high/low blood pressure, heart conditions, epilepsy, diabetes un-medicated or if you are under the care of a medical practitioner or you are pregnant you should not use the Thermal Suite.

### HOMECARE

To enable you to continue your spa experience at home most products used in our treatments are available for purchase at the spa reception.

### **CHILDREN POLICY**

We regrettably cannot accommodate babies or children within the spa including the spas waiting area. Persons under 18 are not permitted in the Spa or Thermal area.

### LOST PROPERTY

Please hand all lost property found in the spa to the spa reception. Items will be stored for 6 months. Liquids, under garments and hair brushes are kept for 24 hours.

### PRICES

All prices are quoted in Euros and subject to change at any time without prior notice. Gratuities are not included and are welcomed at your discretion. All treatments are subject to availability & all prices are subject to change without prior notice.





Kilronan Castle Estate & Spa, Ballyfarnon, Co. Roscommon, F52 R867. The Spa - 071 96 18010 Hotel - 071 96 18000 E: spa@kilronancastle.ie www.kilronancastle.ie

