



The Spa
AT KILRONAN CASTLE



The Spa

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SPA OPENING HOURS

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



The Spa

AT KILRONAN CASTLE

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.





Absolute relaxation...

... the absolute spa-therapy

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*

About Soak

Soak is an award-winning Irish wellness range that harnesses the power of the Atlantic Ocean and botanical actives to restore balance to the body and mind. Soak treatments go beyond relaxation ~ they are a ritual of renewal.

Each Soak blend is meticulously formulated with mineral-rich Atlantic sea salts, organic herbs, and pure essential oils to support sleep, ease stress, uplift mood, and rejuvenate the skin.

We offer a selection of Soak Body Rituals and Soak Bathing Rituals, designed to bring you deep relaxation and radiant skin. Choose from:

Bedtime Bliss ~ A calming, sleep-enhancing ritual infused with organic lavender to quiet the mind and promote deep rest

Joy Connects ~ A mood-boosting experience with uplifting lime and sage to refresh your spirit and restore balance.

Breathe Deep ~ A revitalizing treatment using orange, mint, and eucalyptus to support deep healing, ease muscle tension, and enhance recovery.

Soak's luxurious treatments deliver deeply therapeutic benefits ~ nurturing your well-being, revitalizing your skin, and immersing you in the essence of true luxury.



*Award Winning Wellness
Exclusive to Kilronan Castle*



Thermal Suite (60 Minute Access)

Cocoon yourself in the therapeutic waters of our luxurious Thermal Suite:

Facilities include:

~Sauna~LighttherapyAromaSteamRoomTropicalShowers~HydrotherapyShower

~ Hot & Cold Vitality Pools ~ Ice Fountain ~ Relaxation Suite

***** Inclusive with treatments of €100 and above**

€45pp - 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) **€65pp**

***** 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.

SOAK / Seaweed Bathing Rituals

An Atlantic sea, organic herbs and Irish seaweed bath, elevated with an aromatherapy candle and breath-work, for your bathing experience.

BEDTIME BLISS:

To ease anxieties, support sleep, and calm your mind. An organic blend with lavender and blue cornflowers.

JOY CONNECTS:

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.

45 mins €80pp / couples €140



Elemis Expert™ Bath Snergy



ELEMIS EXPERT™ MUSCLEASE HERBAL BATH SNERGY

Relieves, Relaxes, Calms

A bath soak that combines the richness of the sea with the essence of Juniper and Lemon to help relax and ease tension of tired muscles.

OR

ELEMIS EXPERT™ CELLUTOX HERBAL BATH SNERGY

Cleanses, Detoxifies & Stimulates

A stimulating bath soak enriches the body with a unique blend of actives (Juniper, Sea Fennel & Sea Buckthorn) to leave the body feeling revitalised and renewed.

45 Mins €80pp / Couples €140





SOAK Body Rituals

Cocoon your whole body in this immersive and ultimate self-care experience. This ritual invites you to connect with your breath and soak in the benefits of Atlantic sea therapy. The treatment incorporates a Soak body scrub wrapped around your body, an abhyanga massage with Soak body oils, assisted body movements, and pressure points to encourage deeper relaxation. Complete it with a deep head massage to finish your sea therapy experience. Guided by your therapist, choose from the Soak range to suit your wellness needs.

BEDTIME BLISS:

To nurture tranquillity, release tensions, and ease anxieties.

JOY CONNECTS:

Promotes connection, relaxation and joy.

BREATHE DEEP:

Promotes healing, releases tension and soothes aching muscles.

90 mins - €220pp

Elemis Expert™ Facial Menu

Your Skin Is Our Expertise

ELEMIS EXPERT™ TOUCH FACIALS



ELEMIS EXPERT™ TOUCH NOURISH FACIAL

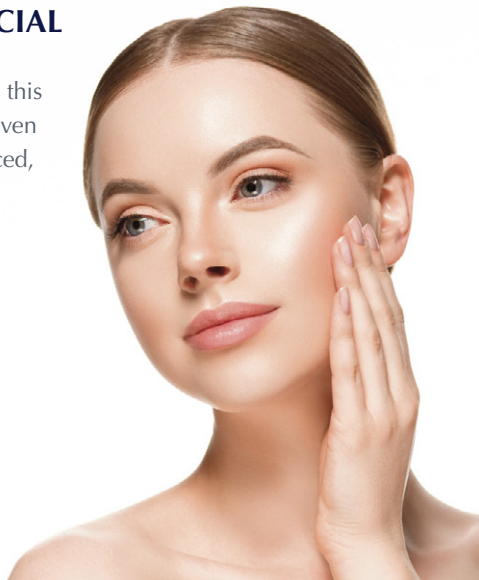
Cleanse, Rebalance & Revive / 60 Mins / €130

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant – rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

ELEMIS EXPERT™ TOUCH REVEAL FACIAL

Resurface, Smooth & Glow / 60 Mins / €130

Powered by our patented Tri Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.



ELEMIS EXPERT™ TOUCH RENEW FACIAL

Hydrate, Lift & Firm / 60 Mins / €130

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin – lifting massage techniques. After just one treatment the complexion looks supremely hydrated lifted and firm.

ELEMIS EXPERT™ TOUCH DEFINE FACIAL

*Energise, Rejuvenate & Sculpt / 60 Mins - €130 /
75 Mins - €150*

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin. For the ultimate facial experience book our 75 mins option.





Elemis Expert™ Facial Add Ons

*Choose from our range of specialised treatments
designed to target specific concerns*

ELEMIS EXPERT™ LED ENERGY MASK

Glow, Soothe & Energise / €20

Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7 – in – 1 Light Mask to calm, soothe and energise leaving your skin visibly refreshed and glowing.

ELEMIS EXPERT™ COLLAGEN EYE BOOST

Brighten, Hydrate & Revitalise / €25

Elevate your facial experience with our targeted eye treatment add on, specially designed to brighten, hydrate and revitalise.

ELEMIS EXPERT™ RESTORATIVE HEAD MASSAGE

Brighten, Hydrate & Revitalise / €25

Combined with your main treatment, our restorative head massage, performed without the use of oil, helps to alleviate tension in the neck and scalp leaving you feeling completely rebalanced.

Elemis Expert™ Tech Facials



ELEMIS EXPERT™ TECH RADIANCE + REVIVE FACIAL

Rebalance, Nourish & Glow / 60 Mins / €150

Revive tired skin with our advanced Ultrasonic Peel Technology teamed with Oxygen Infusion to plump and Galvanic to nourish, leaving your skin rebalanced, nourished and radiant.

BIOTEC Technology:

Ultrasonic Peel for glowing skin

Oxygen Infusion to plump the skin

Galvanic Technology to restore the skin

ELEMIS EXPERT™ TECH SMOOTH + POLISH FACIAL

Reset, Resurface & Brighten / 60 Mins / €150

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic to nourish, revealing bright, polished and smooth skin.

BIOTEC Technology:

Ultrasonic Peel for glowing skin

LED Light Mask to re-energise the skin

Galvanic Technology to restore the skin



ELEMIS EXPERT™ TECH LIFT + REJUVENATE FACIAL

Renew, Plump & Tone/ 60 Mins / €150

Restore your skins vitality with our targeted Microcurrent Technology for the ultimate skin lift. Ultrasonic Peel to gently exfoliate and Oxygen Infusion to plump. Skin will appear renewed, toned and firmer.

BIOTEC Technology

Ultrasonic Peel for flowing skin

Microcurrent to lift the skin

Oxygen Infusion to plump the skin

ELEMIS EXPERT™ TECH SCULPT + FIRM FACIAL

Revitalise, Strengthen & Define / 60 Mins - €150 / 75 Mins - €170

Our ultimate treatment, this multi – faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined. For the ultimate facial experience book our 75 Mins option.

BIOTEC Technology:

Cryotherapy for skin sculpting

Ultrasonic Peel for glowing skin

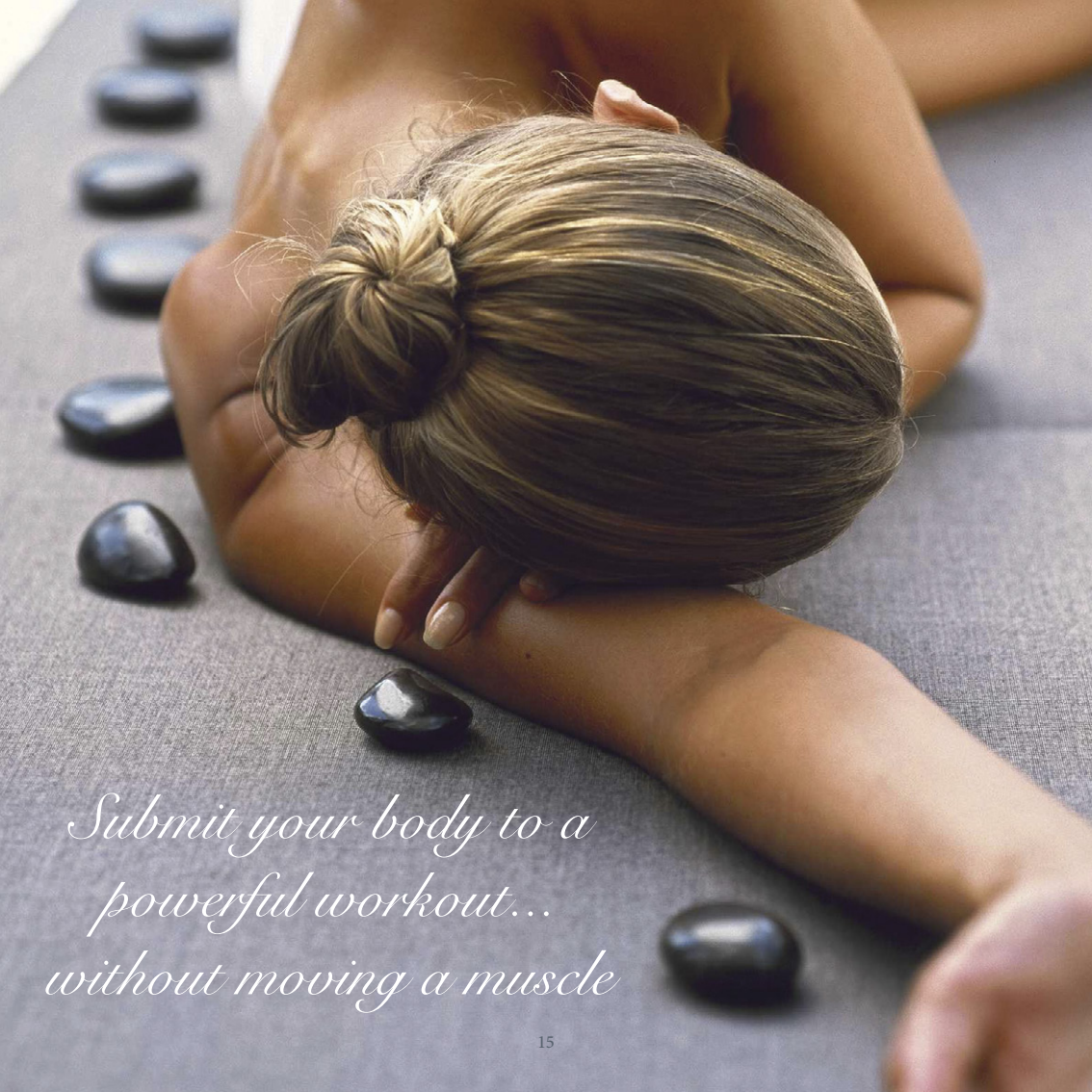
Microcurrent to lift the skin

Oxygen Infusion to plump the skin

LED light Mask to re-energise the skin

Galvanic Technology to restore the skin


The Spa
AT KILRONAN CASTLE

A woman with long, light brown hair tied in a bun is lying on her stomach on a grey textured mat. Her head is resting on her arms, and her hands are clasped under her chin. Several smooth, dark, oval-shaped stones are arranged in a line along the left side of the mat, extending from the top left towards the center. The lighting is soft and even, highlighting the texture of the mat and the smoothness of the stones.

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

Elemis Expert™ Body Treatments

Your Skin Is Our Expertise



ELEMIS EXPERT™ DEEP TISSUE TENSION – EASE MASSAGE

Renewed, Grounded & Focused

60 Mins - €135 / 75 Mins €150 / 90 Mins €165

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation – it is tailored to ease tension and target deep – seated muscle knots, leaving you feeling renewed, grounded and focused.

ELEMIS EXPERT™ TRANSFORMATIVE HOT STONE MASSAGE

Soothe, Relax & Relieve / 75 Mins / €155

This deeply transformative treatment incorporates heated volcanic stones which are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

ELEMIS EXPERT™ REFLEXOLOGY

Harmonise, Soothe & Restore / 60 Mins / €110

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

ELEMIS EXPERT™ DEEP TISSUE BACK, NECK AND SHOULDER & INDIAN HEAD MASSAGE

Relax, Unwind & Relieve / 60 Mins / €135

A therapeutic massage aimed at relieving stress and tension. Adapted from Ayurvedic techniques this treatment focuses on the face, scalp, back, neck and shoulders to relax the muscles and ease away tension and stiffness.

ELEMIS EXPERT™ EXOTICS

Invigorated, Cleansed & Polished 30 Mins / €70

Choose from 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.

After light body brushing, warm oil is dripped luxuriously over the body followed by the salt scrub. Skin is left deeply cleansed and moisturised with a glowing & vibrant finish.



Elemis Expert™ Detox And Hydrating

ELEMIS EXPERT™ FRANGIPANI WRAP

Hydrating, Nourishing & Conditioning / 60 mins €110

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin.

The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

An emotionally grounding experience for skin that has never felt silkier.



ELEMIS EXPERT™
MUSCLEASE / CELLUTOX
AROMASPA OCEAN BODY WRAP



Powerful, Stimulating & Reinvigorated / 60 Mins / €125

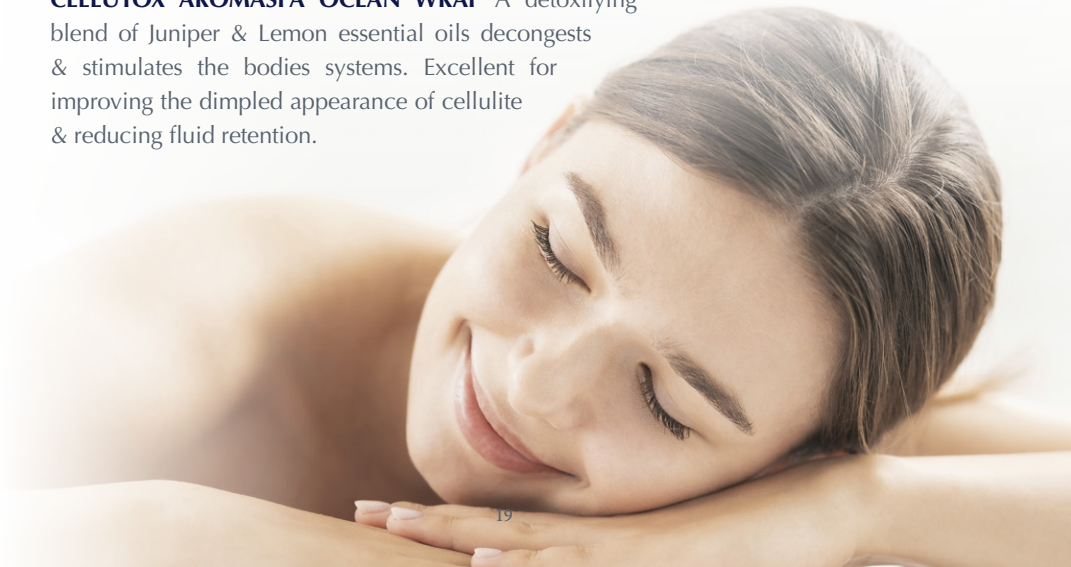
These seaweed treatments detoxify & deep cleanse the body inside & out, combining the richest of sea plants & marine algae with aroma-therapeutic actives. A warm seaweed body mask combined with a blend of essential oils is applied to the body, before you are cocooned in a comforting foil wrap, whilst being treated to a facial & scalp massage.

Choose from either:

MUSCLEASE AROMASPA OCEAN WRAP A warming blend of Pine & Rosemary essential oils to help ease the pains of rheumatism, arthritis, muscular spasm & fatigue.

OR

CELLUTOX AROMASPA OCEAN WRAP A detoxifying blend of Juniper & Lemon essential oils decongests & stimulates the bodies systems. Excellent for improving the dimpled appearance of cellulite & reducing fluid retention.



The Spa
AT KILRONAN CASTLE



Relax, unwind...

Elemis Expert™ Body Add Ons



Choose from our range of specialised treatments designed to target specific concerns

ELEMIS EXPERT™ LIME & GINGER SALT SCRUB OR FRANGIPANI & HIBISCUS SALT SCRUB

30 Mins / €50

ELEMIS EXPERT™ DEEP TISSUE BACK, NECK & SHOULDER MASSAGE

30 Mins / €70

ELEMIS EXPERT™ DEEP TISSUE FULL BODY MASSAGE

60 Mins / €90

*** The above prices are only valid when adding to another service ***



Elemis Expert™ Great Expectations



ELEMIS EXPERT™ PEACEFUL PREGNANCY MASSAGE

This tranquil and restorative mother – to – be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics which are safely formulated to be used during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

Nurture, Restore & Calm / 75 Mins / €155

ELEMIS EXPERT™ YUMMY MUMMY

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

Peaceful pregnancy full body massage (75 mins) ~ Reflexology (60 mins) ~ Elemis Taster Facial (30 mins)

€255 ~ 165 mins



Hands and 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 & gel polish.

€70

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 & gel polish.

€80

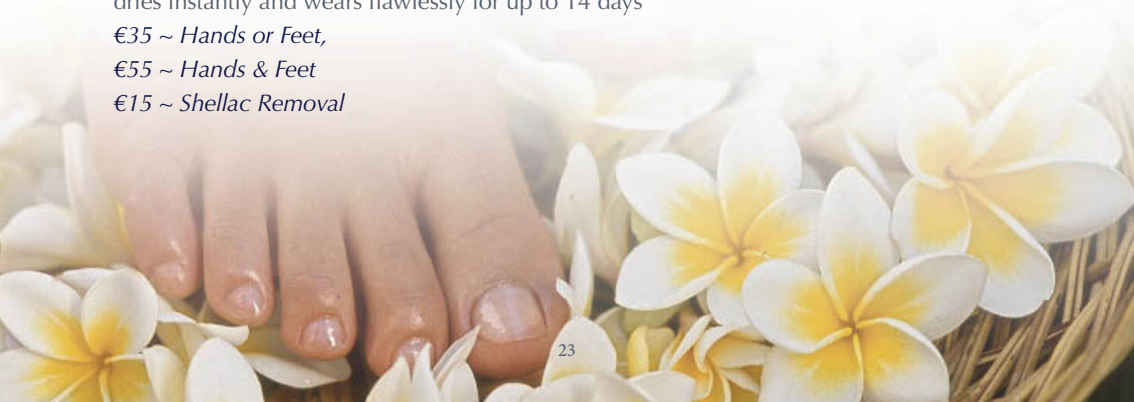
2 WEEK GEL POLISH (HANDS OR FEET)

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 ~ *Hands or Feet,*

€55 ~ *Hands & Feet*

€15 ~ *Shellac Removal*





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 €14

Eyebrow Tint €14

Eyebrow/lash Tint & Shape €35

LADIES WAXING

Eyebrow Wax €10

Lip/Chin Wax €10

Under Arm Wax €14

Half Leg Wax €22

Full Leg Wax €30

Bikini Line Wax from €20

Full Leg & Bikini line €40





Spa Retreats



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

SPA TASTER ~ 75 mins **Because you're worth it!**

Enjoy the following treats:

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

Monday to Friday €125

Saturday, Sunday BH Mon - €140

TOP TO TOE ~ 75 mins **Rejuvenate your skin & revive your senses**

- ~ Rejuvenating Body Scrub
- ~ Elemis Expert™ Touch Nourish Facial

Monday to Friday €135

Saturday, Sunday BH Mon - €150

Spa Retreats



ABSOLUTE SPA RITUAL ~ 120 mins

The ultimate skin and body therapy for maximum results

Choose from one of the unique Elemis Expert™ Touch Facials and combine it with the powerful effects of the Elemis Expert™ Deep Tissue Tension - Ease Full Body Massage

€220

TOTAL TRANQUILLITY ~ 180 mins

Face and Body Therapy to leave you glowing

~ Elemis Expert™ Deep Tissue Tension – Ease Full Body Massage

~ Elemis Expert™ Touch Nourish Facial

~ Elemis Expert™ LED Energy Mask

~ Elemis Expert™ Intensely Cleansing Salt Scrub

~ Elemis Expert™ Restorative Head Massage

€295

PURE PARADISE SPA ESCAPE ~ 255 mins

Total mind and body indulgence

~ Elemis Expert™ Intensely Cleansing Salt Scrub

~ Elemis Expert™ Musclease OR Cellutox Aromaspa Ocean Body Wrap

~ Elemis Expert™ Restorative Head Massage

~ Elemis Expert™ Transformative Hot Stone Full Body Massage

~ Elemis Expert™ Touch Define Facial

~ Elemis Expert™ LED Energy Mask

€390



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 award-winning 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



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) €20 extra

From €245pp

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 €389pp



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Sunday	10am – 7pm

Earlier / later appointments available upon request

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 €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

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

