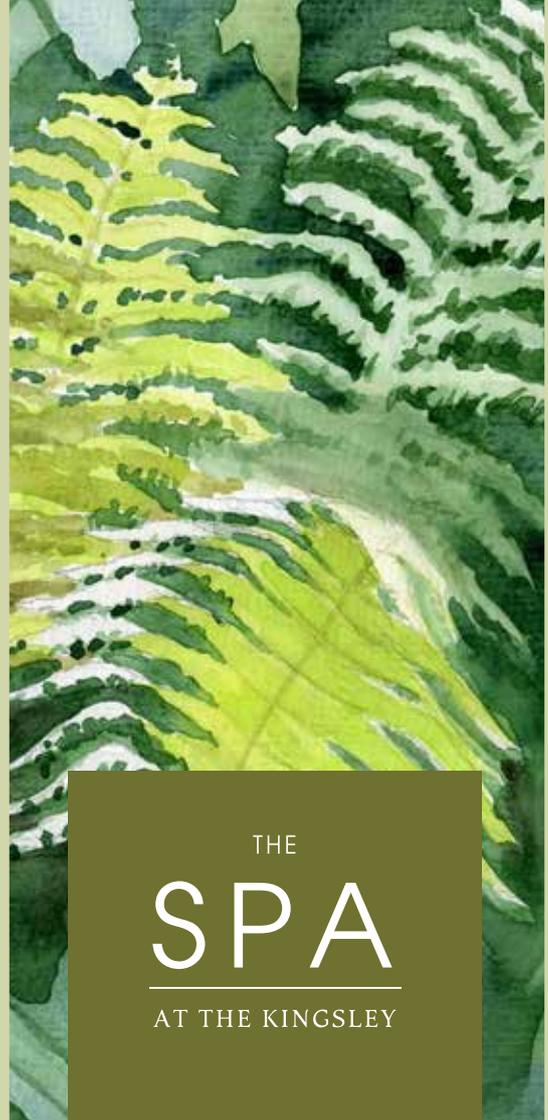


We believe

THAT NATURAL IS THE
WAY FORWARD



THE
SPA
AT THE KINGSLEY



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PHILOSOPHY

We believe that natural is the way forward, so we offer luxurious, results-driven treatments using products made with nature's purest ingredients. These therapies are as effective as they are ethical: no-compromise skin care to soothe, treat and indulge the body, mind and spirit.

PRODUCTS

Pevonia Botanica the finest of oceans and earth... Nature's purest holistic botanical and marine elements synergise with high-tech manufacturing to deliver outstanding visible results and an unsurpassed spa experience. An affinity with nature. Pevonia maintains a harmonious balance with precious resources by offering fully recyclable, completely biodegradable packaging. The natural way forward.

Natural Spa Factory create products that are inSPArational, as natural as possible and innovative. Free from chemicals such as Parabens, SLS, MCI and Methylisothiazolinone (MI) or MCI, these products are not tested on animals and truly are inspired by the seasons and food we love. Botanically sourced ingredients derived by nature like herbs, plants and flowers.

Mama Mio Mama's Touch™ is a special programme of skin-salvation, indulgent maternity and post-pregnancy treatments designed to relax, comfort and nourish. Which are specifically designed to be totally safe and effective. Mama Mio Mama's Touch™ treatments are all individually created to alleviate the main issues of discomfort in pregnancy by increasing skin elasticity, nourishing parched skin, relieving itchy bellies, rejuvenating heavy legs, easing tired muscles and tension, assisting circulation and reducing water retention. Every Mama Mio product is paraben free, petrolatum free, sodium laureth and sodium laurel sulphate free, colourant free, synthetic fragrance free, phthalate free and xenoestrogen free.

Spa Ritual believes that slowing down is the path to enlightenment and is committed to creating earth sustaining products that relax, nourish and reconnect mind, body & spirit. Their products are formulated with vegan ingredients from around the world including many specially sourced & selected plant essences that are certified Organic & Fair Trade. Their nail lacquers and nail care essentials are vegan and formulated without any nasty chemicals. Slow Beauty for a fast world.

Vita Liberata's mission is to help you achieve safe, healthy and glowing skin

with the best self-tan range in the world. All products are non-toxic, odourless, organic, paraben free and bursting with natural extracts designed to moisturise and hydrate the skin.

Multi-award winning Fuschia Make-up is infused with natural ingredients, which protect the skin from damaging elements such as wind, excessive dryness and airborne pollutants.

Neom Organics contain the highest possible percentage of the purest essential oils, which not only smell wonderful but also have true therapeutic benefits for the mind and body, helping to transform the way you feel. All Neom products are 100% natural, ethically sourced, finely crafted from sustainable origins and use no artificial ingredients or petrochemical paraffin or mineral wax. Neom believes that achieving better balance in life can be possible, and with the right Neom products and lifestyle, you can feel good every day.

Touch Therapy, specially designed for people living with cancer is a series of safe and effective therapies to ease the burden of the many side effects of chemotherapy and radium treatment. Touch Therapy are nurturing treatments using Lindi Skin line, developed specifically with the skincare needs of cancer patients in mind.

Relax
PEACE Silence
enjoy REJUVENATE
Refresh CALM
SOOTHE quiet



THE THERMAL SUITE

Enjoy a wide variety of healing experiences in our Thermal Suite. All guests reserving spa treatments over the value of €50 can avail of complimentary access to our Thermal Suite for a period of one hour prior to your treatment commencement time. The Thermal Suite experience can also be reserved for a charge of €20pp.

LACONIUM

The Laconium is recommended for the beginning of your Thermal Suite experience. The gentle heat prepares the body for relaxation.

AROMATHERAPY STEAM BATHS

Breathe in the herbal-infused steam and allow it to permeate your body as you exhale the toxins built up as part of a stressful life.

FINNISH SAUNA

This traditional heat treatment is specifically designed as part of any detoxification programme. Temperatures of between 90 and 100 degrees help the body purify itself.

HAMMAM (TURKISH BATH)

The Hammam bath combines relaxation and purification with steam temperatures of 65 degrees infused with Eucalyptus essence. Use the Kneippe hoses and cool water streams to keep the body temperature regulated.

SPA POOL

Experience our indoor Spa Pool at a temperature of 35°C. Enjoy the massage jets and listen to the sound of soft music.

TROPICAL RAIN SHOWER

Helps to cleanse and prepare your body for the next heat treatment experience. We highly recommend that you experience this shower in between all heat treatments.

COOL MIST SHOWER

Gently brings your body temperature down before you go to the next heat treatment.

ICE SHOWER

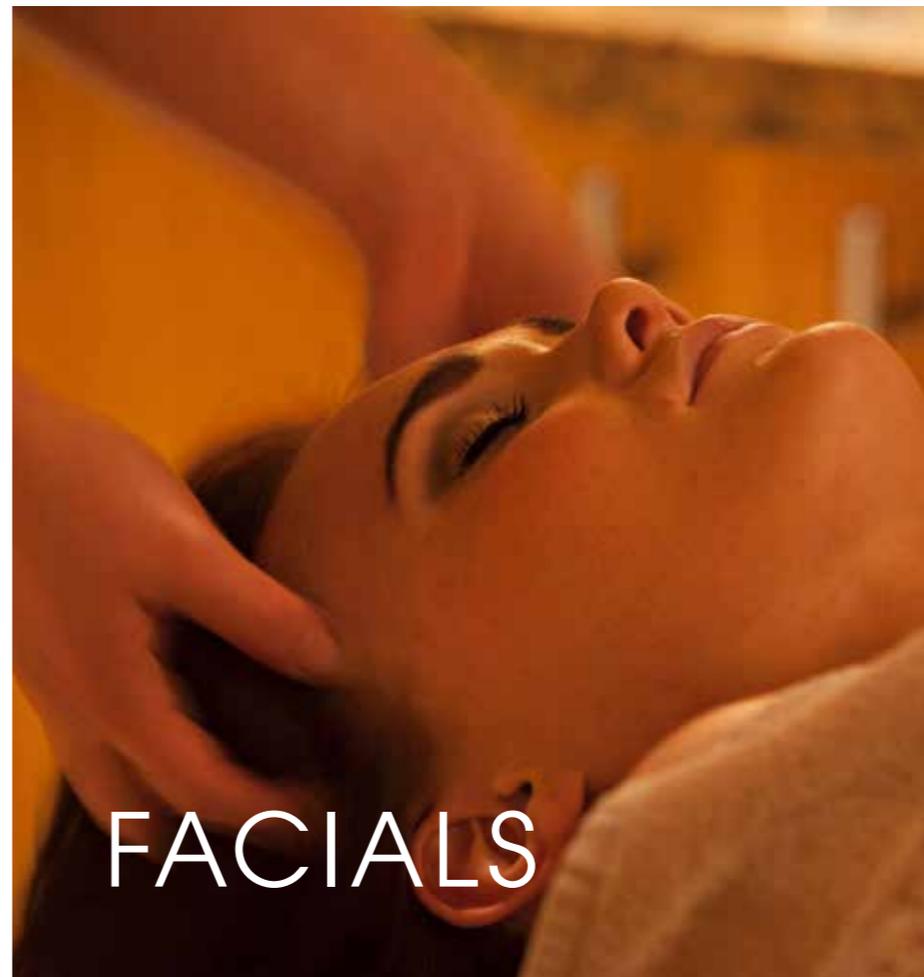
This re-energising shower helps to close the pores after a heat treatment while also stimulating blood flow and therefore helping to rid the body of toxins.

CHROMOTHERAPY ROOM

Chromotherapy (also known as colour therapy) is based on the principle that certain colours are infused with healing energies. Our Chromotherapy Room has been exclusively designed to recreate an oasis of tranquility using warmth and light to help you completely unwind and feel all daily worries drift away.

TEPIDARIUM WITH HEATED LOUNGERS

Finish your Thermal Suite experience relaxing on ergonomically designed heated loungers. This will ease tension in your muscles while the sound of running water will help you unwind.



Pevonia Botanica Natural Ingredients. Professional Results. Pevonia Botanica offers a full line of skin care products containing the most potent and effective, natural source ingredients incorporated within technologically advanced formulations and treatments, delivering you remarkable, highly visible results.

PRESCRIPTIVE FACIAL

60 MINS - €80

A universal treatment for all skin types. This facial is personalized and tailored to accommodate the needs of your skin. Includes professional skin diagnosis, deep cleansing, ampoule, massage and mask. This is an ideal facial to introduce your skin to the pure and active ingredients with the Pevonia Botanica line.

Mask options: Sensitive, Dry, Oily, Combination, Acne. Outstanding results for every skin type.

GENTLEMEN'S FACIAL

60 MINS - €80

This treatment specifically targets clogged pores, sensitivity, and razor burn while promoting total relaxation. A mask is applied to refine the pores, soothe and condition skin.

Mask options: Sensitive, Dry, Oily, Combination, Acne.

LUMINOUS & OXYGENATED SKIN

60 MINS - €90

This intensive treatment features a manufacturing wonder formulated with a new generation of liposomes: Oxyosomes (stabilized Vitamin C). Featuring an outstanding, targeted delivery system, it releases Vitamin C into your skin throughout the day. Powerfully formulated with Hyaluronic Acid, it works to visibly repair and smooth the skin, reduce the appearance of wrinkles, and increase oxygenation. The immediately visible result is a more youthful appearance with a healthy, radiant glow. Recommended for all skin types in need of intensive treatment and phenomenal benefits.

ROSACEA FACIAL

60 MINS - €90

This treatment is proven capable of delivering the exceptional results desired by those suffering from severe sensitivity, broken capillaries, Rosacea and Acne Rosacea. This alleviating thermal clay mask provides soothing relief and visible results to dilated capillaries, congestion, blotchiness, and irritability. Comforting and healing ingredients such as Rose, Green Tea, Chamomile and Licorice, combine to properly decongest and calm your skin for an even, healthy appearance. Ideal for Vascular skin conditions.

PLANTOMER HYDRATING FACIAL

60 MINS - €90

Visibly enhance your skin's texture and maximize hydration. This refreshing, soft lift-off mask combines the hydrating benefits of Seaweed the ocean's finest resource with revitalizing propolis a natural healing and desensitizing substance rich in natural antibiotics and Vitamin A. Soothing, nourishing and calming, it renders the skin undeniably radiant with highly visible results. Good for all skin types, excellent for Sensitive, Eczema and Psoriasis prone skin types.

LUMAFIRM LIFT & GLOW FACIAL

60 MINS - €110

Seeking a treatment with amazing instant results? Redefining radiance and facial contouring, this exclusively formulated treatment features the latest in freeze dried technology to deliver instant results and cumulative skin care benefits. Ideal for any skin type showing signs of ageing or as the perfect instant repair boost when you want to look your absolute best. Performance driven this facial features the best anti-ageing ingredients, rendering the skin ultra-luminous with a firmer, tighter and more youthful defined appearance.

SIGNATURE FACIALS

Using luxurious products from The Natural Spa Factory, each facial treatment begins with a deep cleanse and exfoliation of the skin to brighten dull and tired skin. While your mask develops you will also be treated to a choice of Scalp or Hand & Arm Massage.

RENEW AND ILLUMINATE FACIAL

50 MINS - €80

Improve skin's natural radiance using a magic combination of hyaluronic acid and rice to plump fine lines and wrinkles, brighten and illuminate the skin and lighten the appearance of pigmentation. The skin will be deeply cleansed, toned and exfoliated then a peel off mask will be applied to intensely brighten and tighten the skin. Whilst the mask sets you can unwind with a luxurious scalp massage using vanilla scented oil. The facial finishes with an application of a super serum, eye cream and moisturiser to leave skin feeling blissful.

EXPRESS FRUITY FACIAL

30 MINS - €50

Awaken the skin in a jiffy with our express super-fruits and healthy berries facial to reveal glowing skin. Your skin will be cleansed, polished and an intensive, rejuvenating mask will be applied to restore skin to its natural beauty.

YOUTHFUL GLOW FACIAL USING CAVIAR, CHAMPAGNE AND PEARL

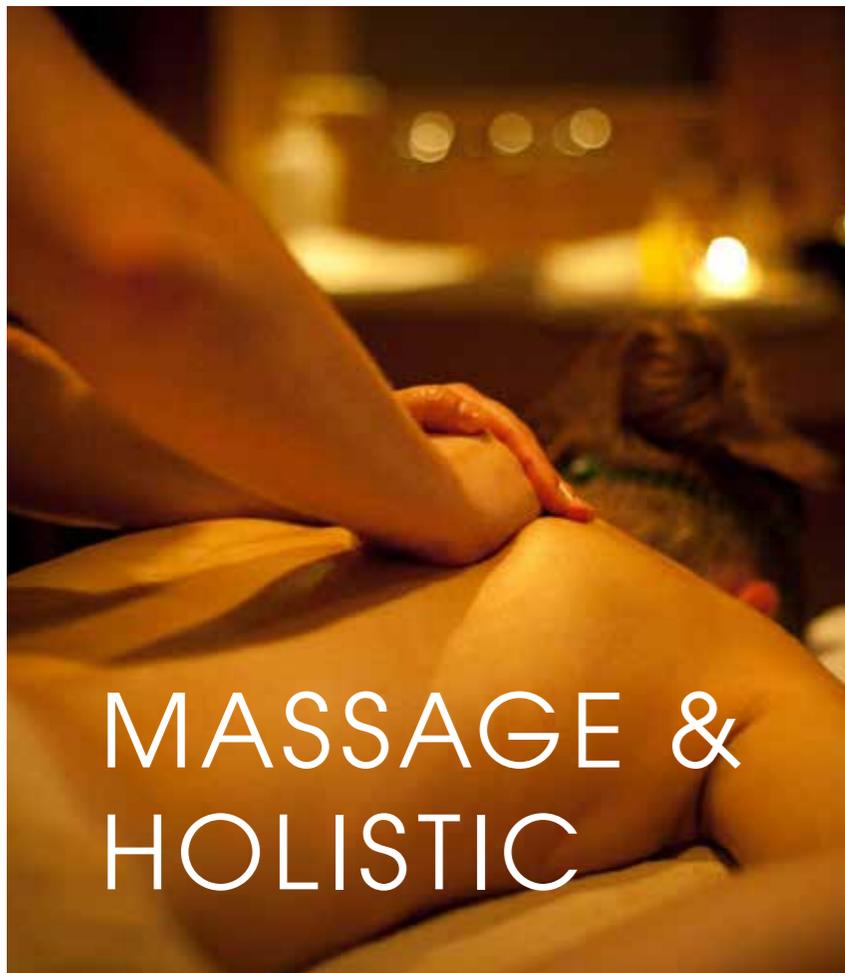
50 MINS - €80

This luxurious facial combines the power of Caviar, Champagne and Pearl to revive the skin boost hydration levels and leave the skin glowing with vitality. This facial has anti-ageing properties to leave the skin feeling and looking youthful.

BAMBOO DEEP CLEANSING FACIAL

50 MINS - €80

Indulge in a gentle but effective deep cleansing facial using the organic silica extracted from bamboo stems. The bamboo particles will gently remove dead skin cells and stimulate new ones, fade fine lines and help maintain a clear complexion.



MASSAGE & HOLISTIC

HOPI EAR CANDLING

40 MINS - €65

A treatment based on head & ear related problems using a hollow beeswax candle to draw out impurities. Also a calming treatment useful in helping to deal with stress.

REFLEXOLOGY

50 MINS - €80

Reflexology re-balances and relaxes the mind and body. It works points on the feet to heal the person as a whole.

REIKI

50 MINS - €70

Reiki is a Japanese technique for stress reduction and relaxation by the "laying on hands" to promote healing. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

COUPLES MASSAGE

50 MINUTES - €75PP

Experience a full body massage in our couples suite, which will aid relaxation and rebalance the mind and body.

INDIAN HEAD MASSAGE

45 MINS - €70

Indian Head Massage is based on an ancient Ayurvedic healing system practised in India for over 1000 years. It is a wonderfully relaxing therapy that involves massaging of the upper back, shoulders, scalp and face. The therapist uses a range of different massage pressures and rhythms to stimulate these areas and help balance natural energies and clear any localised areas of negativity.

FULL BODY MASSAGE WITH LUXURY SCALP MASSAGE

65 MINS - €95

This tailor-made full body massage is ideal for stress relief, improving blood circulation, easing tension in the muscles and general well-being.

FULL BODY MASSAGE

50 MINS - €80

This tailor-made full body massage is ideal for stress relief, improving blood circulation, easing tension in the muscles and general well-being. (For a deeper massage we recommend our Deep Tissue Full Body Massage)

DEEP TISSUE FULL BODY MASSAGE

50 MINS - €90

Combining deep massage techniques, this specific muscular treatment will help to release deep muscle tension.

BACK, NECK & SHOULDER MASSAGE

25 MINS - €50

Express massage which relaxes the muscles, relieves stress and trapped tension.

PEVONIA RELAX HOT STONES MASSAGE

90 MINS - €120

A sensory journey for a complete holistic approach to relaxation. Warm, basalt stones are guided to melt away that built up tension. This massage stimulates the body's own ability to release stress and restore peace, bringing about a state of deep relaxation.

PEVONIA RECOVERY MASSAGE

60 MINS - €90

Cleanse, decongest and release tension with therapeutic Eucalyptus and Camphor which unite to deliver stimulating benefits while promoting warmth and healing, improving respiration, circulation and lymph flow. If you're feeling under the weather or suffering from seasonal allergies and your immune system needs a boost, this anti-inflammatory massage therapy will help to relieve these symptoms whilst you relax and inhale the soothing, natural decongesting aromas.

PEVONIA AROMA MASSAGE

60 MINS - €90

A therapeutic massage for complete relaxation using a blend of the highest quality essential oils. Your therapist will select appropriate oil depending on your individual needs.



MATERNITY

MAMA MIO

Making a baby is a stressful business, both physically and mentally. It is the perfect time for a girl to check out of reality and into a spa. Mama Mio Pregnancy Spa Treatments are our special programme of skin salvation; indulgent spa treatments designed to take you right through every stage of your nine month stretch. Remember, take good care of yourself and find joy in your amazing achievement.

Happy Mama = Happy Baby

GORGEOUS GLOW PREGNANCY FACIAL

60 MINS - €90

From the pregnancy experts at Mama Mio, especially designed to help with hormonal breakouts to give you that gorgeous pregnancy glow. Deep cleansing and exfoliation is followed by a mind-melting facial massage and our brightening serum, the Oxygenating Moisture Mask sets about clarifying and evening-out your skin tone, helping with excess pigmentation. Relax, you're in safe hands – just get ready to look and feel gorgeous!

MAMA MIO PREGNANCY MASSAGE

60 MINS - €90

A completely relaxing full body massage using our safe but effective pre-natal techniques and our award-winning Omega-rich oils to relax those specific lower back muscles that are carrying that beautiful bump. Includes a wonderful neck and head massage and the unique Yummy Tummy elasticizing mask.

LUCKY LEGS LIGHTEN UP

25 MINUTES - €50

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. While you sit back and relax, we massage your hands and cuticles too. They don't call it a maternity marathon for nothing!

FREE LOADER BACK MASSAGE

30 MINS - €55

A wonderful back massage specially designed to release tensions and muscle fatigue. This treatment focuses on the specific muscles that are responsible for supporting the pregnant tummy.

GORGEOUS GLOW TOP TO TOE

90 MINS - €120

From the pregnancy experts at Mama Mio, enjoy a complete top to toe spa experience with the new Gorgeous Glow pregnancy facial – deep cleansing, exfoliating and rebalancing combined with mind-melting massage. The wonderful Oxygenating Mask clarifies and helps with pigmentation whilst your hard-working legs and feet are treated to a circulation boosting, cooling mineral wrap to ease circulation and reduce puffiness. Sit back, relax and get ready to look and feel gorgeous.

TOUCH THERAPY

An innovative and integrated approach to the specific needs of cancer patients. Touch Therapy treatments using Lindi Skin which are innovative products to aid patients dealing with skin-related side effects caused by chemotherapy and radiation therapy. Each Touch Therapy treatment includes an in-depth consultation with your expert therapist. This will enable your therapist to tailor the treatment specifically for your individual needs.

FACIAL TREATMENT

60 MINS - €80

This facial treatment helps to alleviate the symptoms of dry, flaky, sensitive skin. Products used include a skin soothing balm, citrus and lavender serums and face moisturizer to create visible results. Also included is a soothing hand or foot treatment with a warm or cool towel compress.

CHEMO COMFORT THERAPY

60 MINS - €80

Designed with the side effects of chemotherapy in mind, from excessive dry skin to hand & foot syndrome and hair loss. The treatment will consist of a body wash, the application of an intense hydrating body lotion, soothing balm and a relaxing hand and foot treatment, paying particular attention to the nail beds. Also included is a massage using light pressure and suitable positioning to help relieve pain and muscle soreness.

TOUCH THERAPY FOR RADIATION CLIENTS

60 MINS - €80

This is an extra-gentle therapy using hydro gels with cooling, healing aloe vera and soothing balm which have anti-inflammatory properties and extract of turmeric for wound healing. Also included is a massage using light pressure and suitable positioning to help relieve pain and muscle soreness.

The Kingsley Spa is delighted to make a contribution to Breakthrough Cancer Research with each Touch Therapy Treatment.



For more information about their work visit www.hopeliveshere.ie or local 1890 998 998



PAMPERING PACKAGES

HALF DAY PACKAGES

All Half Day pampering packages include 1 hour use of the Thermal Suite prior to treatments.

INFUSION OF TEA TIME TREATS

60 MINS - €90PP

A luxurious afternoon getaway. Choose two 30 minute treatments from the list below combined with Afternoon Tea served in the K Lounge.

- Lime & Lemongrass Salt Scrub
- Sweet Chocolate Body Wrap
- Peppermint & Green Tea Foot Treatment
- Raspberry Infused Back Neck & Shoulder Massage
- Express Fruity Facial

ILLUMINATE FACE & BODY

125 MINS - €150PP

- Luminous & Rice Facial
- Full Body Massage with Luxury Scalp Massage

FULL DAY PACKAGES

The Full Day pampering packages include use of the Thermal Suite and lunch chosen from the Spa Lunch Menu, served in the K Lounge.

MUM TO BE - €170PP

- Mama Mio Full Body Massage
- Luxury Pedicure
- File & Polish Fingers

NATURAL TOUCH - €170PP

- Organic Sweet Orange & Ground Argan Oil Granite Scrub
- Back, Neck & Shoulder Massage
- Gold & Caviar Facial

TREATS FOR TWO

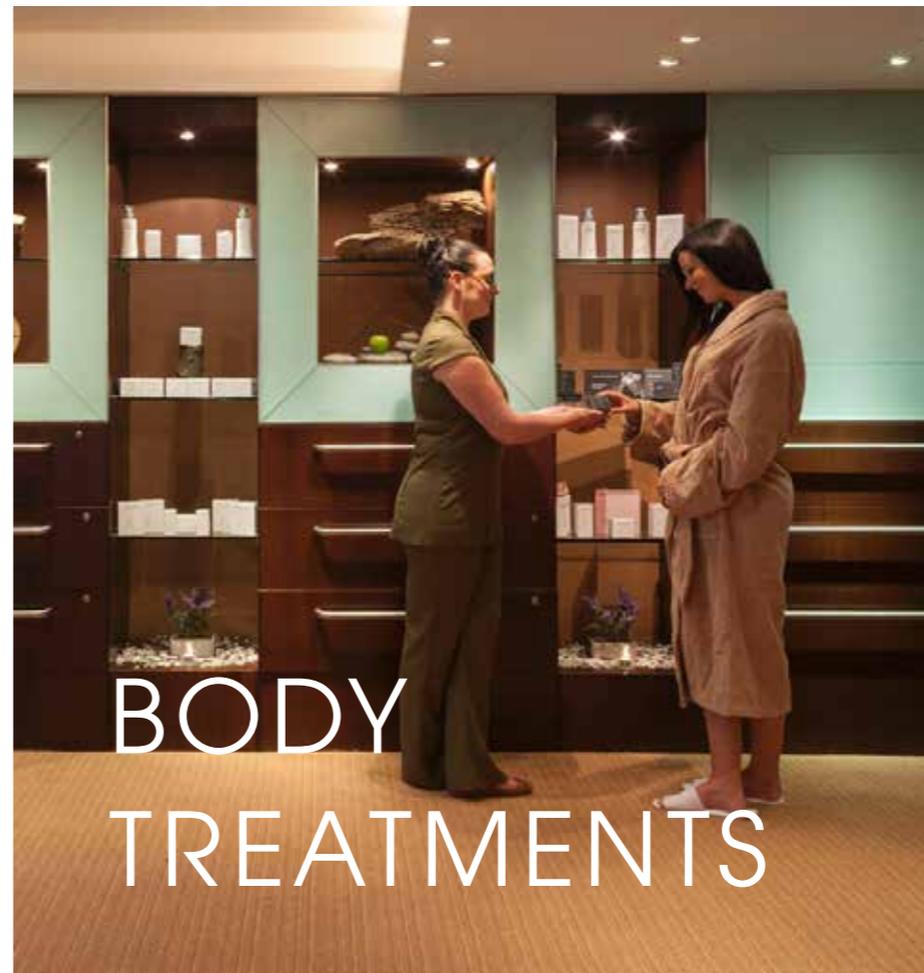
COUPLES MASSAGE

50 MINUTES - €75PP

Relax together and experience a full body massage in our couples room, which will aid relaxation and rebalance the mind and body.

COUPLES RETREAT - €170PP

- Spa Ritual Pedicure (suitable for both male and female)
- Couples Massage
- Express Fruity Facial



PEVONIA BODY TREATMENTS

PEVONIA CELLULITE SMOOTHING GREEN COFFEE BODY WRAP

60 MINS - €80

The ultimate answer to effectively treat cellulite. Slim and tone your body with this cutting-edge treatment. This wrap stimulates your body's ability to break down fat and transform it into energy, increase metabolism and eliminate water retention. 100% pure micronized Green Coffee, naturally rich in Chlorogenic acid polysaccharides and proteins as well as essential oils will smooth and enhance the skins overall texture thus visibly reducing spongy, dimply, cellulite areas.

LUMAFIRM BODY FIRM & GLOW BODY WRAP

60 MINS - €80

Feel confident looking your very best with Pevonia's Lumafirm Firm & Glow Body Wrap. Enriched with 26 dynamic ingredients including an exclusive combination of anti-ageing extracts; the latest in peptides, and an amazing liposomic technology, every body will look youthfully radiant with Pevonia's Lumafirm Life & Glow Body Wrap. Deeply repairing, hydrating, smoothing and de-ageing, this luxurious wrap leaves every inch of your skin velvety soft while rendering your body visibly rejuvenated, instantly firmer and more toned.

BODY SCRUBS

20 MINS - €50

FLOWER POWER

Bergamot & Calendula Flower Salt Scrub

The healing and calming properties of the calendula petals and the gentle refreshing bergamot essential oil make this the ultimate rejuvenation treatment. The sweet, lemony top note of Bergamot and the floral calendula leave the skin with a sensual, fresh feminine fragrance.

ZINGY

Lime & Lemongrass Salt Scrub

Perfect for reviving tired skin. The fresh lime and zesty lemon notes in the gorgeous scrub make it perfect pre-cocktails pick-me-up.

ORGANIC & NATURAL

Sweet Orange & Ground Argan Oil Granite Scrub

This scrub contains the rare precious Argan oil; hailed as the ultimate beauty secret, for its natural anti-ageing properties. Argan oil combined with the sweet orange scent make for the ultimate miracle scrub.

DETOX GREEN

Matcha Green Tea & Coconut Oil Body Polish

This deeply detoxifying, green tea polish makes this scrub a perfect prelude to slimming and anti-ageing body care. As the greenest and the most prestigious of green teas, Matcha lends its unique colour to the product.

SWEET TREAT

Strawberry Cream Salt Scrub

The sweet strawberry aroma of this strawberry cream salt scrub make it the perfect preparatory treatment for beautiful skin.

BODY WRAPS

30 MINS - €50

A luxurious envelopment experience, excellent for tension and stress relief. Accompanied by a relaxing scalp massage.

GINGER SPICE & STAR ANISE

This stimulating and energizing ginger wrap is combined with the unique fragrance of star anise and stuffed with anti-oxidants and anti-ageing properties which in turn stimulates blood circulation.

GREEN TEA

This fresh & detoxifying body wrap is formulated with numerous health enhancing components and antioxidants, such as flavonoids and vitamin C and E.

SWEET CHOCOLATE

A relaxing and nourishing wrap which provides a wealth of minerals such as magnesium and zinc which work in synergy with vitamins A, B & E.

NEOM ORGANIC

NEOM WELLBEING SLEEP TREATMENT

90 MINUTES - €120

Nothing effects how you look or feel as much as sleep or lack of it. Enter a room, deeply scented with Neom's extraordinary blend of 12 first pressed essential oils, including English lavender, basil and jasmine, oil blended with one purpose: to induce deep sleep. This treatment begins with a peaceful guided meditation, reflexology and breathing techniques. Throughout the treatment we drizzle Neom's Intensive Skin Treatment candle oil over the Skin and massage every inch of the body, including key stress relieving points on the head, face, neck and back. We harness the very best's techniques of Shiatsu, Cranio and Thai massage and trigger point work. Prepare to be lost in a blissful state, ready for a deep night's sleep.

NEOM ENERGISE TREATMENT

90 MINUTES - €120

Energy is the single most powerful fuel to accomplish anything in life. This well-being treatment is designed to allow you to stop, unplug and then reboot. Your senses will be awakened and your body and mind will be given a boost of natural energy.

Using changes in temperature, speed of touch and different textures, this treatment begins with Neom's Organic Body Scrub with its potently invigorating oils of wild mint and mandarin. Your skin will be buffed head-to-toe, left feeling amazingly uplifted and ready to be fully enveloped in Neom's energising cream clay wrap where the stimulating essential oils of rosemary, lemon and grapefruit penetrate the skin and allow for detoxification. Whilst you are wrapped, you will experience a 20 minute face and scalp pressure point massage plus specialist reflexology techniques.

NEOM HAPPINESS TREATMENT

90 MINUTES - €120

Over 160 studies tell us that happy people are healthier. Surrounded with a complex blend of 8 of the most potent first pressed oils, including white neroli, mimosa and lemon, this treatment begins with guided meditation, reflexology and breathing exercises, all designed to really lift your mood. Your skin will be lightly buffed head-to-toe with Neom's Body Scrub, with its potently invigorating oils of wild mint and mandarin, and by applying purposeful techniques of Shiatsu, Cranio and Thai massage and trigger point touch to the back, shoulder, face and scalp, we work to decrease stress levels and release endorphins, leaving you feeling relaxed and happier.

This purposeful combination of thoughtful touches will lift your spirits and leave you feeling like the best version of you.

NEOM DESTRESS TREATMENT

90 MINUTES - €120

Experts say that today most of us are struggling with stress issues, mainly due to working harder and plugging in for longer. Neom's complex blend of 24 first pressed essential oils, including lavender, jasmine and Brazilian rosewood create a destressing environment the moment you enter the room, with a peaceful guided meditation, reflexology and breathing techniques. Throughout the treatment, we drizzle Neom's Intensive Skin Treatment Candle oil over the skin and provide specialist massage to key stress relieving points on the head, face, neck and back. We harness the very best techniques of Shiatsu, Cranio and Thai massage and trigger point work. This treatment allows tension to drift away and for a calm 'new you' to be uncovered.

AROUND THE WORLD BODY RITUALS

90 MINS - €120

ASIAN INFUSION

Full Body Exfoliation, Body Wrap with Luxury Scalp Massage & choice of either a Mint Infused Full Body Massage or Bamboo Deep Cleansing Facial

The body is cleansed with a Asian inspired Zingy Lime & Lemongrass Salt Scrub, which is then complimented with a stimulating Ginger and Star Anise Body Wrap and polished off with a choice of soothing yet invigorating Mint Infused Full Body Massage or a Bamboo Deep Cleansing Facial.

TASTE OF THE ORIENT

Full Body Exfoliation, Body Wrap with Luxury Scalp Massage & choice of either a White Flower Full Body Massage or Luminous Rice Facial

Begin your journey with a detoxifying body polish of anti-oxidizing Green Tea and soothe with the gentle Luminous Rice Wrap to help relax and brighten the skin. Complete your journey to the sublime orient with a choice of either a White Flower Full Body Massage to aid circulation or a Luminous Rice Facial.

ARABIAN NIGHTS

Full Body Exfoliation, Body Wrap with Luxury Scalp Massage & choice of either a Gold & Honey Full Body Massage or Gold & Caviar Facial.

The Gold Body Scrub will invigorate and revitalise the skin, preparing your body to be cocooned in a sparkling Champagne & Caviar Extract Wrap. Your therapist will then treat you to a Luxury Scalp Massage while your wrap works wonders, nourishing your skin and melting away tension. Choose the final chapter of your ritual. Choose from either a Full Body Gold & Honey Massage, or a Gold & Caviar Facial using luxurious and natural products.



FINISHING TOUCHES

WAXING

Waxperts wax is the next generation in waxing. Using the latest technology, they have created a super flexible wax range with a no double dipping policy. Perfect for even the most sensitive skins or strongest hair types. With a low melting point it is the most comfortable wax available. From brows to brazilians it grips even the shortest hair making the waxing process as painless as possible. 24 hour patch test is required before tinting.

FEMALE WAXING

Add a 1/2 leg wax to any bikini wax for €15 or add a full leg wax to any bikini wax for €25.

Basic Bikini (A tidy up just outside the panty line)	€16
Californian (Takes the basic bikini a step further)	€25
G-String (Further extended bikini and bum)	€32
Brazilian (A small strip/triangle remains)	€40
Hollywood (Totally bare)	€45
1/2 Leg Wax	€20
3/4 Leg Wax	€25
Full Leg	€30

Underarms	€15
Arm	€20
1/2 Arm	€15
Lip	€10
Chin	€10
Eyebrows	€15
Eyebrow Wax & Brow Tint	€20
Eyebrow Wax, Tint & Eyelash Tint	€30
Sides of Face	€10
Abdomen	€15

SPRAY TAN APPLICATION

Full Body	€30
Instant Tan Ritual	€60

(Includes full body buff and application of tan)
Please note: Spray Tan is not an instant tan and requires development overnight.

GELISH

A nail polish that looks and lasts like gel nails. It's applied to your own natural nail and lasts for two to three weeks with no chipping or peeling.

Colour Finish	€30
French Finish	€40
Remove & Reapply Colour Finish	€35
Remove & Reapply French Finish	€45

Spa Ritual believes that slowing down is the path to enlightenment and is committed to creating earth sustaining products that relax, nourish and reconnect mind, body & spirit. Their products are formulated with vegan ingredients from around the world including many specially sourced & selected plant essences that are certified Organic & Fair Trade. Their nail lacquers and nail care essentials are vegan and formulated without any nasty chemicals. Slow Beauty for a fast world.

HANDS & FEET TREATMENTS

File & Polish for Hands	20 MIN €20
File & Polish for Feet	20 MIN €20
Spa Ritual Manicure (Colour)	60 MIN €50
Spa Ritual Manicure (French)	70 MIN €55
Spa Ritual Manicure (Gelish)	80 MIN €70
Spa Ritual Pedicure (Colour)	60 MIN €50
Spa Ritual Pedicure (French)	70 MIN €55
Spa Ritual Pedicure (Gelish)	80 MIN €70



GENTLEMAN'S
TREATMENTS

GENTLEMAN'S TREATMENTS

MALE WAXING

Chest - €25

Back - €35

Shoulders - €15

Back & Shoulders - €45

DEEP TISSUE FULL BODY MASSAGE

50 MINS - €90

Combining deep massage techniques, this specific muscular treatment will help to release deep muscle tension.

DEEP CLEANSING BAMBOO FACIAL

50 MINS - €80

This treatment specifically targets clogged pores, sensitivity, and razor burn while promoting total relaxation. A mask is applied to refine the pores, soothe and condition skin. Mask options: Sensitive, Dry, Oily, Combination, Acne.

INDIAN HEAD MASSAGE

45 MINS - €70

Indian Head Massage is based on an ancient Ayurvedic healing system practised in India for over 1000 years. It is a wonderfully relaxing therapy that involves massage of the upper back, shoulders, scalp and face. The therapist uses a range of different massage pressures and rhythms to stimulate these areas and help balance natural energies and clear any localised areas of negativity.

BACK, NECK & SHOULDER MASSAGE

25 MINS - €50

Express massage which relaxes the muscles, relieves stress and trapped tension.

EXECUTIVE PEDICURE

60 MINS - €50

Relax and unwind in our American style massage pedicure chairs while you soak your tired trampled feet in a warm aromatic foot bath to de-stress the mind, body and soul. This will be followed by a foot exfoliation to soften callus skin and also removal of callus skin. Your cuticles will be trimmed and your nails will be filed, shaped, and buffed, followed by a luxurious Swedish Lower leg and Foot Massage, to ease all aches and pains.

EXECUTIVE MANICURE

60 MINS - €50

Soak your tired hard working hands in warm aromatic water. A Nourishing and Hydrating Hand Exfoliation will be performed to help aid circulation in the hands, while also removing dead skin cells from your hard working hands. Your cuticles will then be trimmed, nails will be filed, shaped and buffed followed by a deeply relaxing and de-stressing hand massage using Swedish massage movements, to ease the tension and stress away.

RESERVATIONS

Advance booking prior to your intended treatment time is recommended. Please call The Spa at The Kingsley on +353 (0)21 480 0570, should you wish to discuss your personalised treatment.

LATE ARRIVALS

In the event that you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterward.

SPA ETIQUETTE

To preserve the sense of quiet, relaxation and time away from distractions essential to everybody's enjoyment of their spa experience, kindly turn off your mobile phone.

CLOTHING

Swimwear is mandatory in the communal suites.

GIFT VOUCHERS

An ideal present. Treat yourself or that someone special to a gift voucher for any treatment, half and full day spa programmes or luxurious Pevonia Botanica, Spa Ritual, Mama Mio, Vita Liberata, Fuschia Make-up or Lindi Skin products. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

CANCELLATION

A 50% cancellation charge will be incurred for any treatment or spa programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

PRIVACY

Your privacy will be protected at all times. Your therapist will ensure that you are draped with towels, covering all parts of the body not being treated.

MEETING YOUR NEEDS

Upon your arrival at The Spa at The Kingsley, your receptionist will conduct a brief consultation to ensure that you experience treatments best suited to your needs. Please advise the receptionist if you are pregnant or have any health issues which could affect your treatment when making your reservation. Our receptionists are experienced in all treatments and would be delighted to assist you in planning a spa programme. You are encouraged to arrive at least thirty minutes prior to your appointment to enjoy the exclusive facilities at The Spa at The Kingsley.

PREPARING FOR YOUR SPA TREATMENTS

For ladies, no preparation is necessary – turn up and enjoy! For men we recommend shaving prior to having a facial for maximum comfort and benefit to the skin, but other treatments require no preparation.



FITNESS CLASSES

THE HEALTH
CLUB
AT THE KINGSLEY

THE HEALTH CLUB AT THE KINGSLEY

The Health Club offers a wide range of classes for adult & child users, ranging from swimming lessons to fitness bootcamps, indoor group cycling and personal training.

Whether you are preparing for a marathon, need assistance losing weight, or simply want to tone up for that special occasion, The Health Club team have the expertise and passion to design a personalised fitness programme for your very needs.

The fitness class schedule is revised on a monthly basis and listed below are a sample of the class activities offered. For further details and pricing please contact a member of The Health Club team.

BOOTCAMP CLASSES

The professionally trained instructors create an informal mixture of fun, team spirit and a bit of hard work to improve fitness and forge new friendships. With personal instruction, participants benefit from increased cardiovascular fitness, increased lean muscle endurance, decreased body mass index, slimmer waistline and improved physique.

UPPER BODY & CORE CIRCUITS TRAINING

With a wide range of fitness equipment, your training regime will get off to a flying start while at the same time providing you with an enjoyable work out experience. This circuit style class focuses on toning and strengthening your arms, chest, core and abs.

STRENGTH & POWER CIRCUITS

This total body workout uses barbells, kettlebells, medicine balls and free weights to strengthen and build muscle, mixed with a high intensity cardio work out to keep the heart rate up. The perfect way to improve strength and muscle tone.

HIGH INTENSITY INTERVAL TRAINING (HIIT)

High Intensity Interval Training is an enhanced form of interval training, and exercise strategy alternating periods of short intense anaerobic exercise with less intense recovery periods. These short intense workouts provide improved athletic capacity and condition, an improved metabolism and improved fat burning.

TABATA

A version of HIIT using 20 seconds of ultra-intense exercise, followed by 10 seconds of rest, repeated continuously for 4 minutes (8 cycles).

TOTAL TONE CLASS

This class concentrates on toning all major muscle groups using bodyweight, barbells and dumbbells in a circuit set up. Great music and your choice of weight, inspire you to get the results you came for and fast! The benefits of Total Tone include improving your strength, shaping and toning your muscles.

INDOOR GROUP CYCLING & RUNNING CLASSES

Indoor group cycling classes focus on strength, endurance, intervals, higher intensity and recovery. The workout increases heart and lung capacity and lower body endurance and strength.

Spin/Run/Spin – This is the ultimate cardio session with a 15 minute run between two 15 minute steady fast spin workouts.

SWIMMING LESSONS

The Health Clubs 18 metre swimming pool is the perfect location to learn to swim or improve your stroke. Children and adults can attend group and private one-on-one lessons, all taught by our experienced professional swimming instructors.

It doesn't get easier
.....YOU GET
STRONGER



GYMNASIUM

A feature of The Health Club is the fully equipped and spacious gym, completed with Technogym cardiovascular & strength machines. Our cardio equipment includes: treadmills, cross trainers, wave machines, stepper, rowing machines, upright & recumbent bikes. Unique to The Health Club is the Kinesis studio which offers zero-impact exercises for wellness seekers of all levels of fitness and ability. Kinesis makes movement free and enjoyable, easy and natural and without restrictions and is ideal for working on your balance, strength or flexibility.

SWIMMING POOL

Within The Health Club setting rests the large heated indoor swimming pool. An 18m X 10m pool, with lane swimming facilities has a small relaxation area and children's pool. Swimwear is mandatory in the communal suites and pool area. Swim hats must also be worn in pool areas.

OUTDOOR HYDRO POOL

The outdoor hydro pool overlooking the peaceful setting of the river Lee, provides a unique setting to invigorate, relax and unwind. A perfect stress reliever on aching tired muscles and joints.

PERSONAL TRAINING

The purpose built studios and fully equipped gym floor provide a wide range of strength & free weights equipment to allow the highly skilled and experienced personal trainers supervise your personal training programmes. Each training programme is specifically customised to cater for your needs and personal goals. The Health Club team will be with you every step of the way to push and encourage you to ensure you enjoy reaching your fitness goals. We will also provide weekly analysis and nutritional advice to ensure that you get the results you are looking for.

ONE-TO-ONE PERSONAL TRAINING: ACTIVE 8 THE NEW YOU

8 x 45 Minute Personally Tailored One-To-One Training Sessions

Choose a schedule that will best suit your daily routine. Weight management and nutritional advice will also be included. As a bonus, for every One-To-One Personal Training programme you will receive six complimentary fitness class passes. The Active 8 programme is available to Health Club members and non-members.

HEALTH CLUB MEMBERSHIP & OPENING HOURS

Monday to Friday
6.00am – 10.00pm

Weekends & Bank Holidays
8.00am – 8.00pm

CHILDREN'S POOL TIMES

Access to the pool area for children is restricted to 9.00am – 6.00pm daily. Children's usage times are extended to 7pm during weekends & holiday periods.

All children under the age of 16 must be accompanied in the pool by an adult at all times.

Children under the age of 16 are not permitted to use the Health Suite facilities or the Outdoor Hydro Pool.

Swimming hats must be worn in the swimming pool at all times. They can be purchased from the Health Club reception for €2 each.

Please note: Terms & Conditions apply to all of the above.

THE HEALTH CLUB

AT THE KINGSLEY

Unrestricted access to the Thermal Suite is restricted to Platinum Membership holders only. Thermal Suite day passes can be purchased from Health Club reception or the spa reception desks for a fee of €20 per person.

Towel hire is available at a rental charge of €1 per towel.

Health Club members can bring adult & child guests to the club. A guest fee of €12 per adult, €6 per child or student with valid student ID card applies. Children under the age of 5 receive complimentary access during our children's pool times as above.

The
FOTA | Collection

HOTEL SPA HEALTH CLUB RESIDENCE
The Kingsley, Victoria Cross, Cork, Ireland. www.thekingsley.ie

Find us on   



THE HEALTH
CLUB
AT THE KINGSLEY