

## K SPA PRICE AND TREATMENT LIST

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### **THE WELLNESS SUITE**

The Wellness Suite incorporates a range of water based, sensory activities and is based on the ritual of bathing. Heating and cooling the body through a series of water treatments results in deep cleansing and rejuvenation. The Wellness Suite incorporates four distinct wet treatments which can be used alone or as a combination (The Wellness Path) for wellness results you can really feel.

### **THE WELLNESS PATH – 2 hrs €100**

Begin the wellness path with an exfoliating Hamam in order to exfoliate and polish the skin, next enjoy our Rasul Chamber and finish up with either a Hydrobath or a Vichy Shower. Guests can also use the swimming pool, outdoor hot tub, experience showers and deep relaxation room in between each element. Your body will be thoroughly exfoliated and invigorated. The Wellness Path is particularly enjoyable to experience before a massage, wrap or body treatment.

### **VICHY SHOWER – 25 mins €45**

The Vichy Shower consists of a wet treatment table with a six head shower system. As you lie on the treatment table warm water envelopes and massages you while water falls from above giving an invigorating massage that stimulates blood circulation and lymphatic flow.

### **HAMAM - 25 mins €45**

The Hamam is a warm plinth on which you lie while your therapist carries out a complete body brush and body polish, a back massage or a deep body cleanse using our carefully selected, specialist ingredients.

### **RASUL – 25 mins €45 per person**

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 and relaxing sensory lights over head. Apply nourishing and detoxing mineral rich mud all over your face and body and sit back while the aromatic steam helps the product to activate. The cycle completes as light warm ‘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.

### **HYDRO AND BALNEOTHERAPY – 25 mins €45**

Both Hydrotherapy and Balneotherapy offer ancient forms of healing and wellness through water. Our Balneotherapy combines a series of powerful sets to stimulate blood flow and relax tired and weary muscles and bones. Guests can choose from liquid seaweed, detoxing or rejuvenating salts and aromatherapy essences.

## **BATHING RITUALS**

Dating back over 300 years, seaweed baths were Ireland's only indigenous therapy and were traditionally seen as 'the sailor's cure'. Seaweed has been harvested by hand in Sligo on the West Coast of Ireland for over 150 years. K Spa uses a range of Voya products which are made from seaweed, hand picked from these shores.

The K Club is in many ways intrinsically linked to the West Coast through the expressionist painter, Jack B. Yeats who hailed from Sligo. His work hangs in the Yeat's Room, a room dedicated to the painter and coincidentally one of his paintings on display in the hotel depicts the beach at Strandhill, Sligo where this seaweed is harvested from. This is a very elegant room and is just the place to enjoy lunch or afternoon tea before or following a treatment in our spa.

### **Seaweed Peat Bath – 25 mins €45**

Seaweed from Sligo combined with peat from the bogs of Ireland. The peat contains unparalleled, levels of humic acids. This dark deep relaxing bath will soothe away muscular pains while the infusion of the organic blend of spicy/ peppery ginger with cinnamon chi herb stimulates the mind, body and soul.

### **Liquid Seaweed Bath – 25 mins €45**

A liquid version of our seaweed blend is added to the balneotherapy bath and when combined with the powerful jets, helps stimulate blood flow, aid rejuvenation and detoxify the body.

### **Aroma Bath Therapy – 25 mins €45**

Organic essential oils including lemon, lime, clove, basil, mandarin, patchouli are combined with bath salts for a deeply relaxing bath.

### **Detox Seaweed Bath – 25 mins €45**

Immerse in a bath of organic seaweed. The treatment will relax the muscles, plump up and add definition to the skin and support skin regeneration and renewal while combating the effects of ageing.

## **FACIALS**

We offer a range of facials for both men and women, all of which are results driven. Guests can choose from a range of deep cleansing, refreshing, exfoliating or anti aging facials as well as prescriptive facials for particular skin types or problem skins.

### **Voya Facial Experience – 55 mins €110**

Finely ground bamboo gently exfoliates the face, a deep moisturising mask hydrates the skin and seaweed mask hydrates and plumps tired skin. Also incorporates a light head massage and hand or foot massage.

### **Voya Refresher Facial – 25 mins €75**

This is an express facial for people who may be short on time but would like a quick refresher. This facial includes an exfoliation and deep cleansing mask.

**Voya Organic Anti Ageing Facial – 55 mins €110**

Using freshly harvested organic seaweed leaves as part of the facial to plump up, renew, rehydrate and care for the more mature skin types. Initial cleansing and exfoliation ensures that that the skin absorbs maximum benefit from the rich nourishing seaweed.

**Voya Deluxe Facial Experience – 80 mins €145**

Indulgent seaweed facial incorporating a back brush, back and neck massage and relaxing light neck and shoulder massage. Following the massage, finely ground bamboo is used to gently exfoliate the face. Next, freshly harvested organic seaweed leaves are put on to the skin. Finally, a mask is applied to deeply renew, revive and soften dry and dehydrated skin to alleviate fine lines and wrinkles.

**Medex K Spa Purest Facial, deep cleansing– 55 mins €110**

Deep cleanse, enzyme peel, cleansing mask and a relaxing facial massage with steam and extraction. Particularly good for congested or problematic skin.

**Carita Essential Facial- 55 mins €110**

Bespoke facial which can be adapted for mature, sensitive or dehydrated skin. Cleanse, exfoliation, facial massage, mask, moisturiser and eye contour cream to lighten and brighten the eye area.

**Carita Intense Hydration – 1 hr 25 mins €145**

Specialised hydration facial which utilises traces of sunflower seeds to exfoliate the skin. Two facial massages are administered to ensure the deep penetration of product before the Ideal Pro Lift massage is used to decrease the appearance of fine lines.

**Carita Lift Anti Age 1 hr 45 mins €165**

Refines the complexion with a sculpting massage of the face and décolleté to erase all signs of fatigue. Micro mask smoothes the fine lines around the eyes and lips and brightens the skin before the Ideal Pro Life machine is applied in order to gain an incredible firming effect.

**BODY CARE**

**EXFOLIATING**

**Organic Lavender and Seaweed or Peppermint and Seaweed Sugar Glow -55 mins €95**

This refreshing and all over exfoliating treatment awakens the skin and body. It features a fabulously fragrant mix of peppermint leaf or organic lavender, seaweed and sugar all of which

perform the double action of gently removing dead skin cells while introducing you to the uplifting effects of organic peppermint oil or relaxing effect of lavender buds. The buff is followed by a light cleansing shower and a thorough relaxing moisturisation of the complete body.

### **Pure Organic Peppermint and Seaweed – 55 mins €95**

This refreshing and all over exfoliating treatment awakens the skin and body. It features a fabulously fragrant mix of organic peppermint leaf, seaweed and sugar all of which perform the double action of gently removing dead skin cells while introducing you to the uplifting effects of organic peppermint oil. This cool – feeling treatment is ideal for pre – holiday or tanning applications.

### **Bladderwrack Body Buff 55 mins €95**

The certified organic Bladder Wrack Body Buff is the ultimate treat for tired and dull skin. The antioxidants of the mineral – rich Bladder Wrack seaweed combines with massage oils to offer a powerful organic way to better skin. The all over body scrub is immediately followed by a light cleansing shower and finally a soothing, moisturising cream is applied.

### **K Spa Strong Body Polish 45 mins €60**

Herbal body polish that is very deep cleansing for the skin leaving it with a fresh and invigorated feeling. Finishes with an all over body moisturisation

### **K Spa Prep Scrub 25 mins €45**

A body scrub that can be booked as a pre treatment to other treatments. This will only prepare the skin and does not include a moisturisation

## **WRAPS**

### **Mermaids Purse Body Wrap 80mins €145**

This deeply hydrating and detoxing treatment is perfect for tired, dry and dull skin. By stimulating blood flow and manipulation of tissue the body is encouraged to renew its own skin cells. Skin condition is improved and a fresh new complexion emerges.

### **Seaweed Peat Wrap 80 mins €145**

This wrap combines seaweed extracts with micronized peat. There is a long existing tradition of peat wraps in Eastern Europe; they were traditionally used for a variety of skin and rheumatic conditions. This wrap offers a potent detoxification, due to its trace elements, vitamins, carbohydrates, polyphenols, lipids, and especially humic acids. Many studies have shown that humic acid has an astringent effect and also drains the toxic substances from the body. This wrap is particularly effective for detoxification.

### **Organic Seaweed Leaf Wrap 80 mins €145**

The body is cocooned in organically treated muslin and then wrapped in a thermal blanket. This treatment detoxifies firms and softens the skins and is excellent for weight loss programmes. The wrap includes a relaxing head massage.

## **MASSAGES**

### **Signature K Spa Massage – 55 mins €130 or 80 mins €160**

A full body massage fusing the very best of Eastern and Western massage techniques, tailored entirely to suit your individual needs. Working with either deep tissue techniques with warm oils to manipulate and ease the body from the very top of your head to the very tips of your hands.

### **Back, neck and Shoulder Massage 25 mins €75**

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

### **Organic Muslin Bag Massage 55 mins €135**

Soaked warm bags containing a combination of the finest herbs and seaweed are gently massaged into the body. This process reconditions and rejuvenates the skin by gently exfoliating the outer layers and nourishing deep within. Choose between, calming organic chamomile, detoxifying peppermint or stimulating fennel.

### **Green Golfers Cure– 55 mins €130**

This treatment begins with a VOYA massage that specifically targets the key trouble spots in the back, neck and shoulder using Organic Seaweed Oil. Follow this with an intensive massage of the lower legs, focusing on relaxing tight muscles. This treatment concludes with a cooling rejuvenating wrap to soothe the legs and a head massage to ease the mind.

### **Pregnancy Massage 55 mins €130**

Full body massage including scalp and face and draining movements to hands and feet. A treat for Mum's to be.

### **Seaweed Hot Stone Massage 80 mins €170**

This massage is ideal for deep tissue treatment. Firstly, aromatic organic essential oils are combined with leaves of seaweed and placed on the body, heated stones are then placed over the leaves. The heat of the stones soothes the muscles while releasing the powerful extracts of the seaweed into the body.

### **Hot Stone Massage – 80 mins €165**

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.

### **Dry Brushing and Voya Massage Ritual €145**

Dry skin brushing helps remove the outer layer of dry, dull skin and improves the absorption of skin treatments. It encourages cell rejuvenation and helps stimulate blood flow. This treatment starts with dry brushing the whole body from the soles of the feet up to the upper body. After the brushing is completed this ritual finishes with the application of a seaweed massage oil.

## **PACKAGES**

### **Tailor Made - 1 hr 20 mins €150. With lunch €165 or with afternoon tea €180**

Choose from any of our 55 minutes treatments and enjoy one other 25 minute treatment of your choice.

### **Ultimate Girls Day Out – 4 hrs €165 per person**

Enjoy full use of The Wellness Suite, including The Wellness Path, a half hour facial or back , neck or shoulder massage, afternoon tea or light lunch. This package is available for two or four people together.

### **Just for Two – 3 hrs €100 per couple**

Guests can enjoy full use of the private Ash Suite complete with its own private sauna and whirlpool bath. Fresh fruit and juice available on arrival. Can be added as an upgrade to any of our spa treatments. This private suite has been designed especially for two. Great for a romantic day at the spa or a girly get away.

### **Day at The K - full day at K Spa with lunch €240 per person, with Afternoon Tea €255 per person**

Begin your sensory journey through K Spa at The Wellness Suite where you will enjoy The Wellness Path. Next, enjoy two 55 minute treatments of your choice and full use of all of the spa facilities.

### **Just for me – 3 hrs €200**

The Oak Room is a private suite which features a stunning free standing copper bath and a sauna. This is just the place to relax and rejuvenate the mind and body. Soak your body in a deep seaweed bath before enjoying a luxurious full body massage. Fresh fruit and juices available in your room.

## **Additional Treatments**

Delux Spa Manicure 55 mins €55

K Spa Maintenance Manicure 25 mins €35

Deluxe Pedicure 55 mins €60

French Polish €5 extra

K Spa Maintenance Pedicure 35 mins €45

Full leg and bikini wax €60

Full leg wax €45

Half leg wax €35

Bikini line wax €30

Underarm wax €25

Eyebrow, lip or chin wax €20

Eyelash tint €25

Eyebrow tint €25

Eyebrow Shape €25

Full body tan €45

Half body tan €30

*Hair and makeup by appointment, bridal make up also available.*