THE SPA
AT MUCKROSS

Immerse yourself in nature
A warm welcome awaits...

THE SPA AT MUCKROSS
led by Spa Manager, Noreen Middleton

With a wealth of 5 star spa experience, Noreen’s core aim is “to provide a relaxed and comfortable atmosphere as well as excellent customer service”. Using superior products and techniques, Noreen and her team create an escape from a busy everyday life.

Located in the heart of Killarney National Park, this unique luxury spa is designed to reflect the architecture and nature of its beautiful surroundings.

The Spa reflects a sense of timelessness with contemporary monastic elegance, evoking a calming spirituality, which offers guests a balance of the body and mind.
Wellbeing and preventative maintenance for the skin are at the heart of Pevonia’s philosophy with a goal to enhance total guest experience with advanced formula products and treatments that treat the skin, mind and body. Pevonia Botanica offers a full line of skin care products containing powerful and effective, natural source ingredients incorporated within technologically advanced formulations and treatments, delivering you remarkable, highly visible results.
The Organic Pharmacy leads with innovation in the luxury organic health and beauty arena - through technical expertise and research we seek out the safest most effective natural and organic extracts and bring them together in uniquely effective formulations – the right dose, the right combination, the right texture means brilliant results every time. Founded by Margo (a pharmacist and homeopath) and Francesco Marrone in 2002, our principles today are as they were when we first started, putting you first with quality, expertise, honesty and knowledge.
“What you seek is seeking you.” — Rumi
Spa Rituals

TORC REVIVER
120 min €165
- Pevonia Silky Skin Body Scrub
- 60 Minute Signature Massage
- Pevonia Aromatic Moor Mud Tension Relief Wrap with Cocoon Movements and Scalp Massage

ESCAPE TO THE LAKES
110 min €160
- 30 Minute signature body exfoliation
- 80 Minute Rosemary & Grapefruit Energising Massage

BLUE POOL RITUAL
120 min €175
- 60 Minute Signature Massage
- 60 Minute Pevonia Facial
- Add Skin Scan Consultation for an additional €20

COUPLES RITUAL
90 min €290 (per couple)
- 60 minute De-stressing massage
- 30 Minute “The Organic Pharmacy” Discovery Facial
- Prosecco and Handmade Chocolates

JET LAG RECOVERY
90 min €160
- 60 minute Seaweed salt body exfoliation, detoxifying Eucalyptus & Rosemary wrap with stimulating scalp massage
- 30 Minute “The Organic Pharmacy” Discovery Facial

Enjoy an Afternoon Tea or Main Course Lunch with Juice for €20, available to add on to any rituals. Served in Monk’s Lounge.

RECEIVE A FREE SPA GIFT WITH ALL SPA RITUALS.
ROSE CRYSTAL LYMPHATIC FACIAL
90 min  €120
Deep cleansing followed by three luxurious masks to decongest, brighten and hydrate the skin. A relaxing massage of the feet, hands, arms and scalp evokes a deep sense of relaxation leaving the skin fresh and glowing.
The Rose Crystal Lymphatic Facial combines lymphatic drainage and acupressure massage to firm and reduce puffiness to leave you feeling relaxed and rejuvenated.

SKIN SOLUTIONS FACIAL
60 min  €99
Customised for specific skin concerns such as acne, eczema and psoriasis or even just a skin type that is sensitive, this facial uses powerful Organic Pharmacy products to hydrate, rebalance and revitalize. With bespoke treatments to purify, brighten and rejuvenate, your skin will be left feeling fresh, luminous and fully balanced.

VITAMIN C & PAPAYA ENZYME PEEL
60 min  €105
Renew your skin to its natural perfection with a delicate re-surfacing and brightening enzyme peel. This radiance boosting and skin regenerating treatment use the latest high potency mask from The Organic Pharmacy. Targeting age spots, pigmentation and uneven skin tone to reveals brighter, re-oxygenated, nourished, lifted and exceptionally smooth and flawless skin for a visibly younger complexion.
Facials by Pevonia

We offer facial treatments to suit all skin types. Pevonia Botanica products have a high percentage of active ingredients therefore some treatments are not suitable for sensitive skin types. Your therapist will advise and guide you in choosing the best suited facial for your skin type or an equally effective alternative will be recommended.

ROSACEA FACIAL
60 min   €95

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 Liquorice, combine to properly decongest and calm your skin for an even, healthy appearance. Ideal for Vascular skin conditions.

LUMAFIRM™ LIFT & GLOW FACIAL
60 min   €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.

PLANTOMER HYDRATING FACIAL
60 min   €95

Visibly enhance your skin’s texture and maximise hydration. This refreshing, soft lift-off mask combines the hydrating benefits of Seaweed, the ocean’s finest resource with revitalising Propolis a natural healing and desensitising 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.
**Eye Treatments**

**DE-STRESS EYE TREATMENT FOR LINES & WRINKLES**

30 min  €45

A treatment with 100% pure freeze-dried collagen to repair the delicate eye contour, intensely hydrates the skin reducing the appearance of fine lines, wrinkles & crepiness.

- Add on to any Pevonia Facial for €20.

**DE-STRESS EYE TREATMENT FOR PUFFINESS & DARK CIRCLES**

30 min  €45

This refreshing eye treatment utilises Gingko Biloba to stimulate the lymphatic capillaries to drain excess fluid, thus reducing the appearance of puffiness. Vitamin C works in synergy as it brightens the eyes, alleviating dark circles.

- Add on to any Pevonia Facial for €20

“Let the beauty of what you love be what you do”

*Rumi*
Massage

**SIGNATURE MASSAGE**
60 min  €99 / 80 min  €125

“The Organic Pharmacy” massages are always tailored to your needs.

The touch of an experienced therapist can bring about deep relief from tension, stress, pain and aches.

Choose from:
- Energising & Detoxifying
- De-Stressing & Relaxation
- Therapeutic & Deep Release

**WARMING LAVA SEA SHELL MASSAGE**
60 min  €115

Using polished Tiger Clam shells and a natural self heating solution, this massage will ease away muscle tension, releasing energy flow and restoring a sense of balance to the entire body and mind.

**TENSION RELIEVING BACK MASSAGE**
35 min  €60

Restore and invigorate with this tension relieving back, neck & shoulder massage, using swedish massage techniques to ease tense muscles, leaving you de-stressed and re-energised.

**RECOVERY BACK & LEG MASSAGE**
50 min  €90

The perfect treatment to aid tired, over worked muscles, for those who are always active and on the go, using hot oil and smooth heated Lava Shells. The perfect remedy to put that spring back in your step!

**INDIAN HEAD MASSAGE**
30 min  €65

This relaxing therapy involves massage of the soft tissues in the upper back, shoulders, neck and face using different massage pressures and rhythms to stimulate these areas.
“Take care of your body. It's the only place you have to live.”

Jim Rohn
# Body Treatments

**DETOXIFYING SEAWEED & EUCALYPTUS BODY WRAP**

*60 min  €120*

An aromatic journey with a rejuvenating and detoxifying treatment infused with eucalyptus and seaweed salt scrub. A purifying mud wrap will envelop the whole body with stimulating essences of eucalyptus and rosemary. After being cocooned and deeply relaxed with a scalp massage, your skin will be invigorated with a layer of detox body oil and body sculpting gel.

**AROMATIC MOOR MUD TENSION RELIEF WRAP**

*60 min  €90*

As warm Aromatic Moor Mud rich in natural vitamins, minerals and enzymes is generously applied to the entire body, sore muscles, aches and pains are alleviated. It is renowned for relieving pain from rheumatism and arthritis, helping to control cramps and boosts the body’s immune system.

**GREEN COFFEE BODY SCULPTING**

*60 min  €85*

Shape and define your silhouette with this stimulating body treatment. Reduces puffiness, bloating and improves circulation for a firmer and slimmer silhouette. Focusing on the thighs, waist, tummy and bottom, this treatment combines dry skin brushing with thermogenic salon-strength chilli and coffee massage oil and powerful Re sculpting Body Gel to help break down fat cells, stimulate the circulation and boost metabolism.

**BACK RITUAL WITH AROMATIC MOOR MUD**

*50 min  €85*

As this thermal mud aids muscular tension, aches and pains, escape into a state of deep relaxation. This treatment is ideal prior to a massage for longer lasting ease of tension, acne on the body or simply as a sole therapy.
**A MUCKROSS DREAM**  
90 min  €140

This exquisite treatment begins with a jasmine inhalation & flower petal foot soak. Followed by a deeply relaxing full body massage using powerful Rose & Jasmine infused body oil to promote total body relaxation and restful sleep.

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**MUCKROSS SIGNATURE BODY EXFOLIATION**  
50 min  €85

Choose from a selection of natural salt or sugar based exfoliations to suit what your skin or mood is craving. Experience a full body aromatic exfoliation and relax with a soothing scalp massage.

To finish you will be pampered with our Radiating Dry Body Oil, leaving you with soft, dewy, nourished skin!

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**MUCKROSS SIGNATURE DIAMOND RITUAL**  
90 min  €150

Restore, hydrate and rejuvenate the skin with our signature diamond treatment.

The power of diamonds and cosmeceuticals are combined to hydrate, firm and brighten skin. Begins with a purifying back mask with lower leg and foot massage, then a deep exfoliation using diamond dust and enzyme peel are followed by an intensely lifting facial leaving your skin looking and feeling instantly refreshed, rejuvenated and lifted.
For Him

STRESS RELIEF BODY MASSAGE
60 min €99

Your therapist will select ‘The Organic Pharmacy’ aromatic oil according to your concerns, be it muscle pain, stress relief or relaxation. This prescriptive massage, incorporates Swedish massage techniques to ease muscle tension and restore vitality.

REJUVENATING HAND TREATMENT
35 min €55

Your hands & arms will be exfoliated, followed by a nail & cuticle tidy. A skin healing mask will be massaged into the hands & arms with nail buff to finish.

FOOT THERAPY
35 min €55

Tired feet are soaked in a warm foot bath, your feet will be exfoliated and pampered with a nourishing mask followed by a refreshing foot massage and a nail buff to finish.

ESSENTIAL BACK THERAPY
50 min €85

A cleansing and nourishing back treatment refines, soothes & relieves your tired & stressed back. Begins with cleansing & exfoliation, followed by a warming purifying back mask with leg & foot massage. A soothing back massage completes the treatment leaving you feeling relaxed & restored.
Pregnancy Treatments

TIME FOR MUM PEVONIA MASSAGE
50 min  €95

Enhance the experience of being pregnant exclusively designed by Pevonia. Specifically tailored to safely care for the pregnant lady, the treatment combines a specific Pevonia Full Body Massage concentrating on the mum to be needs.

TIME FOR MUM PEVONIA FACIAL
60 min  €95

This Pevonia Plantomer Facial uses a revitalising Propolis, a natural healing and desensitising substance rich in natural antibiotic and vitamin A. It soothes, nourishes, hydrates and calms. It renders the skin undeniably radiant with highly visible results.

LAVA MAMA PREGNANCY MASSAGE
60 min  €115

This ingenious treatment creates a blissful combination of relaxation and stimulation. Ease away aches and pains particularly focussing on the back, hips and legs as the pregnancy progresses. The treatment also aims to improve energy levels, assisting circulation and alleviating fluid build-up particularly in the legs and ankles. The clever combination of gentle but effective warmth and cold assists with pain relief and reduces muscle spasm in over-worked muscles.

ORGANIC MAMA
90 min  €120

This face and body treatment has been designed for mothers to be who are craving some pampering, as well as that massage touch that helps to relieve lower back pain and achy legs and feet and leave them with radiant and healthy skin.
Beauty Treatments

MAKE UP APPLICATION
€45

By identifying your most striking features and accentuating them you will look and feel beautiful. Full make up application, flawless colours, to include a Day to Night and Smokey Eyes look.

EYES

Eyelash Tint €20
Eyebrow Tint €15
Lash, Brow Tint & Shape €35

WAXING

Eyebrow €15
Lip Wax €12
Underarm €20
Forearm €20
Half Leg €25
Full Leg €35
Chest or Back €40

LUXURY SPA MANICURE
60 min €65

Hands are soaked, then softened and exfoliated with a sugar scrub, cuticles are tidied followed by an avocado & chamomile mask. You will enjoy a moisture rich hand & arm massage after which your nails will be shaped & polished.

LUXURY SPA PEDICURE
60 min €65

Feet are soaked, then softened and exfoliated with a sugar scrub, cuticles are tidied followed by an avocado & chamomile mask. You will enjoy a deep relaxing foot massage after which your nails will be shaped & polished.

GELCOLOR BY OPI

Plain Colour 40 min €30
French Polish 40 min €35

An advanced gel polish perfect for anyone who likes to have manicured nails all the time. OPI's shine intense GelColor shades are designed to last a minimum of two weeks. Includes a nail file, cuticle repair, buff and gelcolor application.
Wedding Ritual

150 min  €195

Enjoy pre wedding bliss with our ultimate pamper package to relax and enjoy before your big day.

This package is designed to get your skin lifted, vibrant & glowing, your choice of hand or foot pampering as well as giving you a relaxing day of ‘you time’ before the ‘I DO’s.

Your pampering package includes:

• Signature 30 minute body exfoliation
• 60 minute Lumafirm™ Lift & Glow facial
• Your choice of Luxury Manicure or Pedicure

Enjoy a chilled glass of bubbles on us!
Spa Facilities

VITALITY POOL
Warm balmy waters help to soothe and ease aches and pains. Relax as a multitude of air and water features gently massage those hard to reach areas.

JACUZZI
Gives a pleasant massage to the body, reducing muscle tension and activating the circulation system.

OUTDOOR HOT TUB
Relax and de-stress overlooking the Blue Pool River.

HERBAL SAUNA
This has a higher humidity than conventional saunas, increasing health benefits within the dry heat. The Sauna clears the body of toxins and improves circulation, a wonderful treatment to enjoy before or after a massage.

STEAM CHAMBER
Benefits include deep relaxation, relief from muscular aches and pains, improved sleep and a calmer spirit.

ICE FOUNTAIN & TROPICAL SHOWER
A decorative ice fountain that produces crushed ice. This is for cooling the body after a herbal sauna or steam, which has many health benefits. The shower has different themes, Cold Caribbean Mist and Atlantic Rain seasonal fragrances are dispersed to enhance the experience.

THERMAL LOUNGERS
Warm the body and relax the muscles.

RELAXATION ROOM
Ideal pre or post treatment. Surrounded by nature, a place to rest during your spa experience.

The use of our Thermal Suite, Vitality Pool and Outdoor Hot Tub is complimentary with all treatments.
Spa Etiquette

Guests under 16 years of age are not permitted to use the spa. Guests aged between 16 and 18 years are allowed to use the spa when accompanied by an adult.

Please book your treatments in advance to avoid disappointment.

To make the most of your special spa experience, please arrive at least 30 minutes before your scheduled appointment time.

Please avoid arriving late when possible as this may alter your treatment time. All appointments will end at their scheduled time.

Please inform a member of staff if you are pregnant or if there is anything else we should be aware of.

Guests who have had their hair coloured or bleached recently are advised to wear a swimming hat when using the vitality pool, jacuzzis and outdoor hot tub.

Swimwear must be worn in our Thermal and Vitality Area.

Please respect the privacy & relaxation of other Spa guests by speaking softly and switching off mobile phones.

Robes & slippers are provided for our hotel guests in their rooms. Day guests will be provided with robes & slippers on arrival to the Spa.

Disposable underwear will be provided for use for all of our Spa treatments.

Please ensure to collect all of your personal belongings from your locker & robe before leaving. The Spa are not responsible for any personal items left behind in a robe or locker.

As a courtesy to other clients, please give us at least 24 hours notice if you need to cancel your appointment. Any cancellations made within the 24 hour period will be charged in full.
THE SPA
AT MUCKROSS

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