



THE SPA  
AT MUCKROSS



A warm welcome  
awaits...



## THE SPA AT MUCKROSS

Led by Spa Manager, Ornella Saib  
With a wealth of 5 star spa experience,  
Ornella's core aim is "to provide a relaxed  
and comfortable atmosphere as well as  
excellent customer service". Using superior  
products and techniques, Ornella 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.





Creating the next chapter in performance driven organic formulations and treatments,

The Organic Pharmacy researches, formulates and manufactures all products in their own London laboratory with love, science and expertise. They are the first pharmacy dedicated to all things organic.

From farm to face The Organic Pharmacy has complete traceability of all actives and ingredients used in all products. They provide the perfect synergy of cutting-edge science and top-grade organic ingredients. Their exceptional formulations fuse herbal homeopathic and pharmaceutical knowledge.

The Organic Pharmacy provides a healthier choice without the need to sacrifice results.







# FACIALS



## ROSE CRYSTAL LYMPHATIC FACIAL

90 MINUTES | €170

Enjoy a deep cleanse followed by three luxurious masks that decongest, brighten and hydrate your skin. Then enjoy a relaxing massage of your feet, hands, arms and scalp, that evokes a deep sense of relaxation and leaves your skin fresh and glowing. The Rose Crystal Lymphatic Facial combines lymphatic drainage and acupressure massage to firm and reduce puffiness and leaves you feeling utterly relaxed and completely rejuvenated.

## VITAMIN C & PAPAYA ENZYME PEEL

60 MINUTES | €130

Renew your skin to its natural perfection with a delicate re-surfacing and brightening enzyme peel. This radiance-boosting and skin-regenerating treatment uses the latest high potency mask from The Organic Pharmacy. Targeting age spots, pigmentation and uneven skin tone, it reveals brighter, re-oxygenated, nourished, lifted and exceptionally smooth and flawless skin for a visibly younger complexion.

## SKIN SOLUTIONS FACIAL

60 MINUTES | €130

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

## IMMUNE RECOVERY HEALING FACIAL

60 MINUTES | €130

Immune recovery from within with an Eucalyptus & Himalayan Salt inhalation followed by deep cleansing and natural fruit acid exfoliation to brighten and revive your complexion. A lymphatic drainage massage with Jade and Rose Crystals help to balance and calm the mind and body and boost the immune recovery of the cell and reduce the inflammation.

## CYRO LIFTING FACIAL

60 MINUTES | €130

Defy gravity with this expert, specialised cell rejuvenation facial combining high-intensity active ingredients to support reduction of inflammation, lifting of facial tissues, relieving stress and boosting circulation. This facial incorporates the use of both thermotherapy and cryotherapy with cryo-sticks. With an armour of super-charged powerful antioxidants to protect the skin and fight against free radicals. Our facial will leave the skin visibly smoother and radiant, that is lifted, tighter and recharged.



# MASSAGES

## SIGNATURE MESSAGE

60 MINUTES | €130    80 MINUTES | €170

Enjoy a special massage by The Organic Pharmacy tailored to your needs. The touch of one of our experienced therapists will bring about deep relief from tension, stress, pain and aches.

Choose from:

- ◊ Energising & Detoxifying
- ◊ De-Stressing & Relaxation
- ◊ Therapeutic & Deep Release

## TENSION RELIEVING BACK MASSAGE

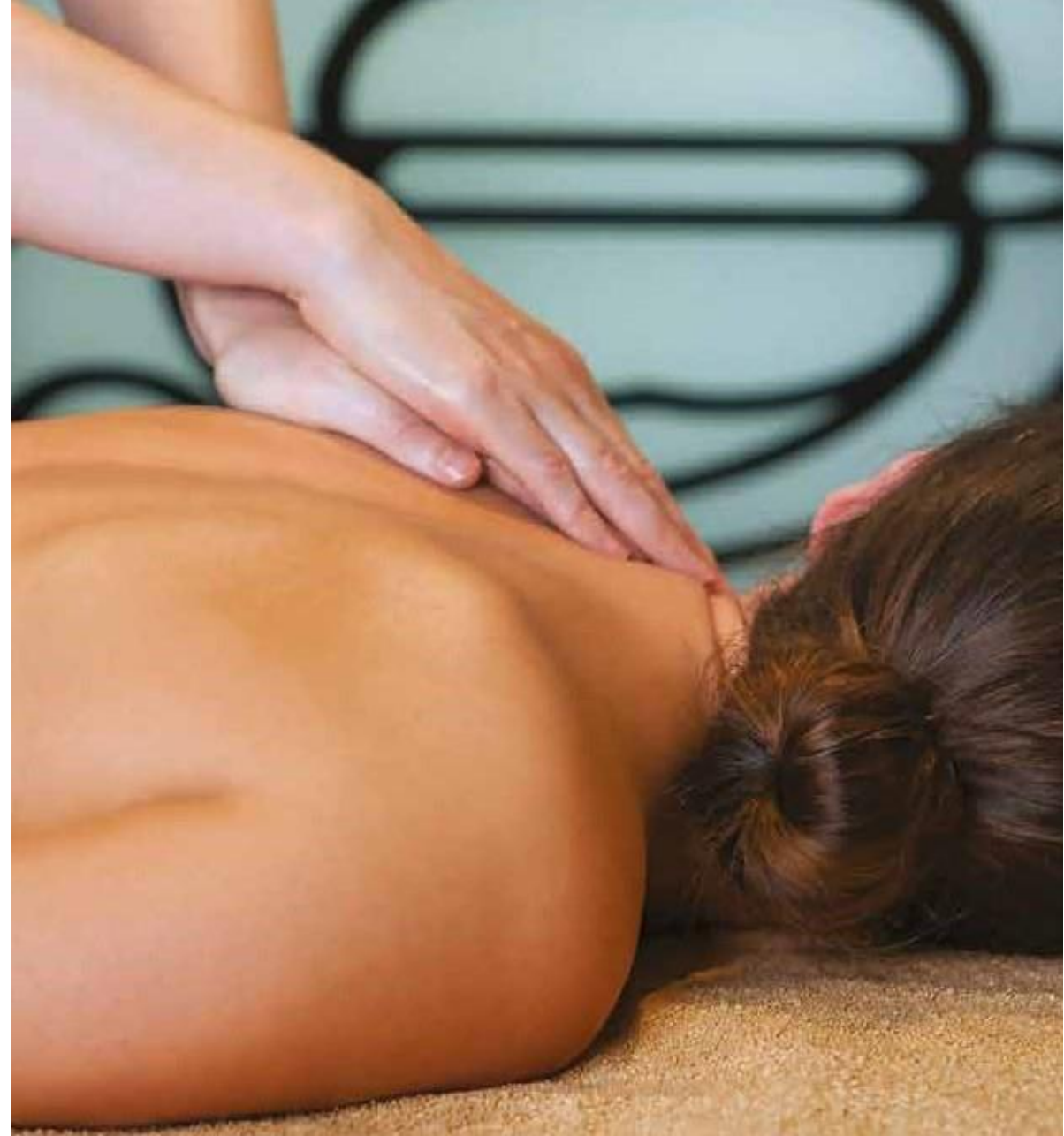
30 MINUTES | €85

Restore and invigorate yourself with this tension-relieving back, neck and shoulder massage that uses special Swedish massage techniques to ease tense muscles, leaving you destressed and reenergised.

## INDIAN HEAD MASSAGE

30 MINUTES | €85

This relaxing therapy involves massage of the soft tissues in your upper back, shoulders, neck and face and uses different massage pressures and rhythms to expertly stimulate these areas.





# BODY TREATMENTS

## DETOXIFYING SEAWEED & EUCALYPTUS BODY WRAP

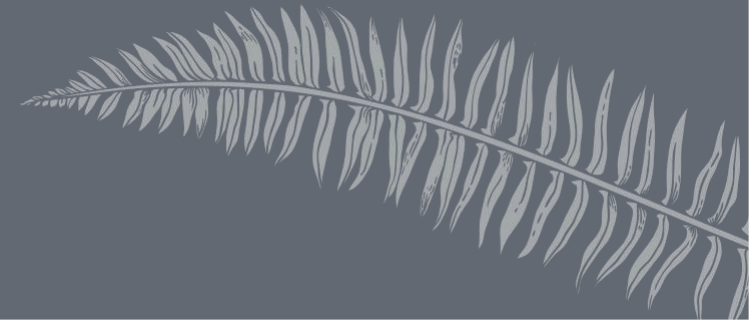
90 MINUTES | €170

Enjoy an aromatic journey with a rejuvenating and detoxifying treatment infused with eucalyptus and seaweed salt scrub. A purifying mud wrap will envelop your 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.

## GREEN COFFEE BODY SCULPTING

60 MINUTES | €130

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 to help break down fat cells, stimulate the circulation and boost metabolism.



# PREGNANCY TREATMENTS

## 'NURTURE ME' FACIAL

60 MINUTES | €130

A gently tailored facial designed to soothe, nourish, hydrate and calm the skin leaving undeniably radiant and highly visible results. Includes a luxurious face, scalp, neck and shoulder massage– Bliss!

## 'NURTURE ME' MASSAGE

60 MINUTES | €130

Enhance the experience of being pregnant with a specifically tailored massage to safely care for the pregnant lady, the treatment combines a customised massage concentrating on the mum to be needs.







## SIGNATURE TREATMENTS

### A MUCKROSS DREAM

90 MINUTES | €170

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

### MUCKROSS SIGNATURE BODY EXFOLIATION

50 MINUTES | €125

Choose from our hydrating Cleopatra flower petal scrub or a detoxing lemon and eucalyptus scrub to suit what your skin is craving. Experience a full body aromatic exfoliation and relax with a soothing scalp massage. To finish, you'll be pampered with our luxury rose body lotion, leaving you with soft, dewy and nourished skin.







# VEGAN TREATMENTS

A specific menu of vegan friendly treatments using certified organic products, delivering high end results.

## ROSE PETAL RENEWAL FACIAL

90 MINUTES | €170

Rejuvenating and indulgent vegan facial that deeply cleanses, renews and uplifts. Combination of organic, vegan-suitable products and rose quartz crystals awaken the lymphatic system for petal-smooth skin. Acupressure massage firms and tones tired facial muscles. Scalp, hands, arm and feet are also massaged to leave you totally relaxed.

## BRILLIANT & BRIGHT FACIAL

60 MINUTES | €130

Deeply exfoliating and resurfacing treatment that reveals brighter, smoother and more even complexion. High-performing vegan extracts including passion fruit correct pigmentation and increase skin's elasticity. Face, neck, décolletage and shoulder massage followed by acupressure points stimulation detoxifies and relieves stress.

## GREEN CHILLI SCULPTING

60 MINUTES | €130

Silhouette defining vegan body treatment. Dry skin brushing with thermogenic salon-strength chilli and coffee massage oil helps reduce puffiness, bloating and improves lymphatic drainage and circulation. This intense treatment with dual massage focuses on thighs, waist, tummy and buttocks for firmer and smoother result.

## ENERGY SHOT MASSAGE

60 MINUTES | €130    80 MINUTES | €170

Forget stiffness, muscle fatigue or sluggish circulation with this firm and energising body massage with stimulating vegan and organic oils of rosemary, grapefruit and juniper to mentally uplift and clear the mind.

## FLORAL UNWIND MASSAGE

60 MINUTES | €130    80 MINUTES | €170

Let go of stress and tension with this soothing and stress relieving full body massage. The treatment uses a vegan blend of rose, jasmine and rose hip oils and targets the areas of concern specified by a guest to work therapeutically into muscle layers. Simply relax and feel the tension melt away.





# SPA DAY RITUALS



Our Spa Day Rituals include full use of the Vitality Suite including outdoor hot tub, steam room, sauna, heated loungers, ice fountain, vitality pool and time out after your treatments in the garden view Relaxation Area.

**To complete your ritual, enjoy light lunch in the comfort of Monks Lounge.**

## TIME FOR TWO

1.5 HOURS | €415 PER COUPLE

A blissful, romantic experience for two in our Couples Suite treatment room.

Rose & Jasmine Signature Massage - 60 minutes

Discovery Facial - 30 minutes

Glass of prosecco & decadent chocolates to enjoy in the Relaxation Area.





## 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



Spa is only available to over 16 years of age and must be 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

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

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.

