

KINSALE
HOTEL & SPA



*Welcome to
Kinsale Hotel & Spa*

A family run hotel on the Wild Atlantic Way

Set on 90 acres of mature wooded parkland with panoramic views over Oysterhaven Bay, the luxurious Kinsale Hotel and Spa offers our spa clients peace and tranquillity for a memorable, relaxing visit

Our winding woodland entrance will lead you to our glass atrium, where unspoilt views of Oysterhaven Bay await you. Here you will be greeted by our experienced, award-winning spa therapists who will make your visit memorable from start to finish

Our Luxury Spa

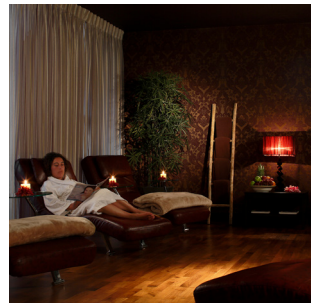
Escape from reality and take some time out

With a range of facilities, luxury products, treatments and spa days it is the perfect way to unwind

Each spa therapy is shaped and molded around you. Personalised for a results-driven experience. We have an amazing selection of beauty and holistic treatments to suit both male and female clients

During your visit you can enjoy use of our spa Relaxation Room including light spa refreshments as well as complimentary access to our state-of-the-art Leisure Club facilities, including gym, 20 metre swimming pool, steam room, sauna and jacuzzi

Our team of professional spa therapists await your visit

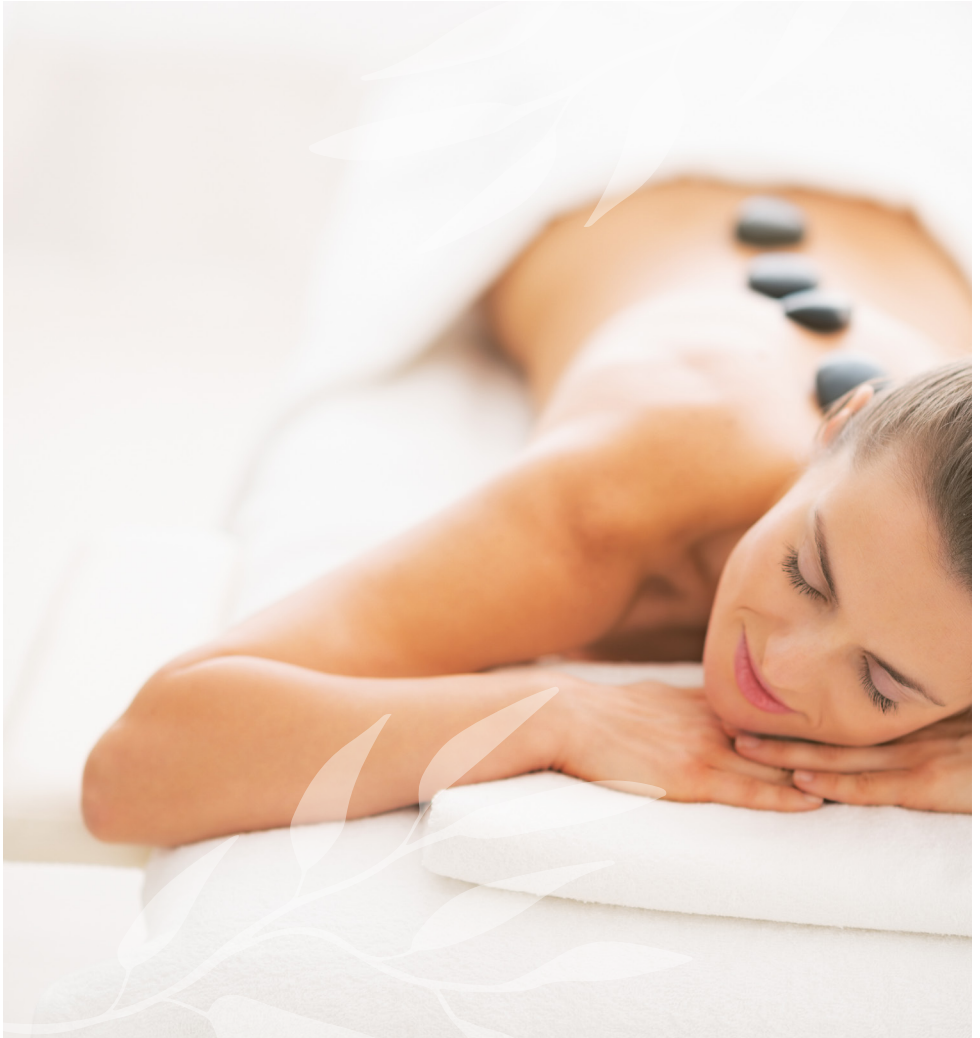




Location

Our luxury hotel offers our spa clients the perfect location as the first hotel on the Wild Atlantic Way, only 5 minutes away from Kinsale Town Centre – Ireland's Gourmet Capital, and 35 min drive from Cork City. Our hotel is the ideal location for individuals, couples or a group of friends searching for a secluded retreat with easy transport connections







Face Therapies



Skin Glow Facial

Enjoy the unforgettable experience of this age defying facial, resulting in a more lifted, radiant youthful appearance after just one treatment. Super-charged, deep cleansing and powerful ultrasonic peel technology eliminates visible pollutants and impurities for an immediately cleaner, brighter complexion.

25min ~ €69 | 50min ~ €99

Signature Kinsale Spa Facial

This 75 min ritual is tailored to your skin type to deliver gorgeous, glowing skin. Following this bespoke facial, enjoy a Face, Décolleté, Shoulder, Neck & Scalp Massage which combines the use of hand touch and hot stone therapy. Your skin will look visibly refreshed with your body and mind rebalanced.

75min ~ €135

Elemis Superfood Nourishing Facial

This is a nutritional boost for stressed, dull skin. Rich in superfoods and essential minerals jump starting tired and exhausted skin. Skin is left smoother, plumper and more radiant.

50min ~ €99



Elemis Pro Glow Facials



Elemis Pro Glow Resurface

This unique Elemis facial is powered by patented Tri-Enzyme Technology, minimising the look of uneven skin tone, texture, fine lines and pigmentation. As well as looking after your skin this treatment gives you a chance to unwind and relax, enjoy a Neck and Shoulder Massage whilst your Dynamic Resurfacing peel-off mask targets any stubborn areas such as enlarged pores, blemishes and blackheads. Your skin will appear instantly brighter, smoother and renewed.

50min ~ €99

Elemis Pro Glow Brilliance

Experience our ultrasonic peel technology and brightening enzymes which deep clean and remove visible pollutants, makeup and city grime for happy, healthy skin. This treatment is perfect for dry, dehydrated, tired skin as it will bring glow, shine, hydration and nourishment.

60min ~ €120

Pro Glow Genius Facial+

The ultimate age defying experience, harnessing the powerful benefits of all 6 Elemis Biotec 2.0 technologies, skin will be visibly smoother, more sculpted and firmer with a spotlight on deep-set wrinkles for maximum, multifaceted facial rejuvenation and skin hydration. An unsurpassed, age defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

60min ~ €120



Body and Soul Therapies



Candle Massage

Our beautiful Candle Massage is designed to target the senses, packed with essential oils and natural fragrances, this massage is further elevated using warm melted wax applied onto the skin.

The heat exuded from the candle wax, followed by gentle movements by our therapist aims to immediately unwind the body and soul, helps to promote blood and lymphatic circulation which relaxes the muscles.

50min ~ €109

Hot Stone Massage

Join us on a sensory journey for a complete holistic approach to relaxation. During this unique massage your therapist will utilise soothing oils and warm basalt stones to relax your muscles, mind and soul.

Our experienced therapists will tailor each massage to their guests' individual needs: guests experiencing aches and sore muscles will enjoy a hot / cold massage technique – which is proven to soothe aches and pains. It brings refreshing coolness to encourage the body to detox and heal, while also increasing lymph flow and helping to flush out waste.

50min ~ €105 | 75min ~ €139

Destress Head Massage

Take a deep breath and indulge in a blissful moment with this beautiful head massage. This relaxing 25 min treatment uses a range of massage techniques to destress and promote a sense of wellbeing.

Your therapist will use Elemis signature Frangipani Monoi oil to massage your shoulders, neck and décolleté. Elemis Frangipani Monoi oil is then applied from scalp to roots followed by a tension-draining massage.

This decadent skin and hair oil is used traditionally by Polynesians as a ritual before celebrations. This truly exotic oil is rapidly absorbed providing superior moisturisation while the divine aromatic coconut, frangipani and white flowers scent your skin.

40min ~ €79

Body and Soul Therapies



Elemis Hot Mineral Body Boost

This powerful massage treatment stimulates every cell in the body, helping to alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness. A soothing, full body massage followed with silky Amber Body Balm.

This balm is especially formulated to promote optimum skin health and is enriched with succinic acid to boost skin function for a renewed and revitalised body.

60min ~ €109

Elemis Body Nectar Wrap

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. 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.

Your body is 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.

60min ~ €85

Elemis Intensely Cleansing Salty Scrub

Escape to a tropical paradise with this luxurious salt scrub. Mineral-rich salts and Hibiscus cleanse and exfoliate, whilst an infusion of exotic Tahitian Monoi Oil and Frangipani flowers seal in moisture. The indulgent formula melts on contact and leaves skin beautifully smooth, soft and supple.

25min ~ €55



Mums-To-Be



During your time at Kinsale Hotel & Spa, we focus on your wellbeing. The hospitality of our team, as well as the warm and friendly atmosphere promise to deliver a well-deserved day of indulgence. We create a balance between body and soul with nourishing beauty treatments and soothing massages, leaving you feeling energetic and revitalised.

Your experience with us will also include some pampering with our infused water, herbal tea and healthy snacks: fresh yogurt with gluten free granola.

Full Body Pregnancy Massage

This prenatal massage is tailored specifically to the needs of pregnant women, honouring the needs of their changing body.

By customising this massage to the expectant mother this massage is a wonderful addition to prenatal care - helping to assist in reducing any discomforts.

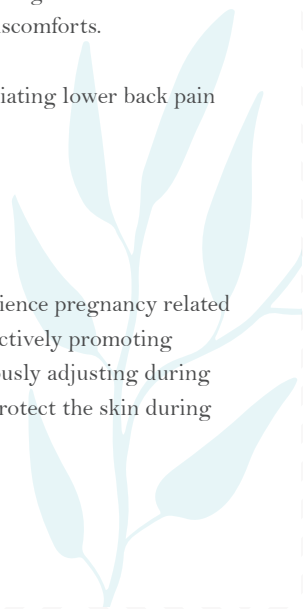
This treatment assists in a more comfortable pregnancy, alleviating lower back pain and swollen feet typically associated with pregnancy.

70min ~ €139

Back, Neck & Shoulder Massage

This massage provides the best benefits to women who experience pregnancy related stresses such as back aches, headaches and mental stress. Effectively promoting increased relaxation during pregnancy. Your body is continuously adjusting during pregnancy and sometimes needs a little help to nourish and protect the skin during this special time.

40min ~ €89



Mums-To-Be



Beautiful Mum-to-be Package

This package combines our Back, Neck & Shoulder Massage, followed by our Vegan Superfood Nourishing Facial finished off with our Dry Flotation Experience.

Our Vegan Superfood Facial is designed to adjust the hormonally driven changes of the skin that may occur during pregnancy. Elemis products help the skin to recover from dryness and signs of stress during this special time.

Massage is one of the most ancient methods of healing; hands on manual technique can manipulate blood flow, detoxify acid waste in the tissue and muscles, relax the nerves and assist in oxygenating the skin.

The Dry Flotation treatment is a truly unique experience – you will lay on a soft, warm membrane, staying completely dry whilst experiencing water therapy and feeling of complete weightlessness. It's the perfect way to switch off your mind and allow your troubles to float away.

95min ~ €150



Packages



Couture Touch

Enjoy the combination of our popular Skin Glow Facial and personalised Back, Neck & Shoulder Massage. This is the perfect combination to release tension and restore body, mind and soul.

50min ~ €99

Rejuvenation Package

Rejuvenate and condition your skin, body and mind with the all-embracing experience of our Hot Oil Back, Neck & Shoulder Massage, followed by your personalised Skin Glow Facial, finished off with a relaxing Dry Flotation Experience.

80min ~ €120

Sleep Tight

Treat yourself to the beautiful combination of our Back, Neck & Shoulder Massage followed by Indian Head treatment. This unique combination of both treatments helps you to switch off and put your mind at rest.

30 min ~ €59

Girly Afternoon Package

Discover our customised Back, Neck & Shoulder Massage of your choice* followed by our **25min Pro Glow Smooth Skin Facial**.

*Choose from the following Back, Neck & Shoulder treatments:

25min Hot Stone Massage

or

25min Candle Massage

You will also enjoy our delicious **Traditional Afternoon Tea** served in our Rockpool Bar & Restaurant

50 min ~ €120



Packages



Romantic Escape for Two

Escape the stresses of modern life with the one you love at the romantic Kinsale Hotel & Spa. This package includes Back, Neck & Shoulder Candle Massage, followed by our popular Destress Head Massage and Skin Glow Facial.

To finish off this perfect couple's retreat enjoy your delicious Traditional Afternoon Tea served in our Rockpool Bar & Restaurant.

70min ~ €300 for two guests



Ultimate Wellness Package

Discover our Ultimate Wellness tranquil spa retreat tucked away in the heart of Kinsale. This offer includes:

For Her

Full Body Massage ~ 50min

Super Glow Facial ~ 50min

Dry Flotation Experience ~ 25min

~ €169

For Him

Full Body Massage ~ 50min

Super Glow Facial ~ 50min

Dry Flotation Experience ~ 25min

~ €169

Each spa experience offers unique health and well-being benefits and have been designed to stimulate your senses, heal your body and calm your mind.



Finishing Touches



Luxurious Spa Manicure

A spa manicure is a luxurious treatment that includes soaking, exfoliating, moisturising and massaging your hands. Finished off with filed nails and OPI polish of your choice.

~ €45

Glamorous Spa Pedicure

Treat yourself to a luxurious spa pedicure that will transform your feet. Start with a relaxing foot soak, followed by a foot wrap – designed to remove dead skin cells. A grain exfoliator is applied to further dissolve any remaining hard skin. To complete the pedicure, you will enjoy a relaxing massage finished off with cuticle work, followed up with a file and choice of polish.

~ €59

Waxing

Mini (<i>choose between lip, chin or brows</i>)	€10
Midi (<i>choose between arm, half leg, or bikini line</i>)	€20
Maxi (<i>full leg</i>)	€35

Brow Perfection

Brow Shaping	€10
Eyelash OR Eyebrow Tinting	€15
Tint & Shape (<i>lashes & brows</i>)	€30



Spa Etiquette



Arriving

We advise you to arrive at least 15 minutes prior to your treatment time; you will need to complete a consultation form, change your clothing (into our robe & slippers) in our Spa changing room and unwind for a few minutes in our Relaxation Suite before starting your unforgettable journey in our Spa.

Being Late

Please be aware that late arrivals will not receive an extension to their treatment but full charge will be incurred.

Cancellation Policy

To secure your booking please call our Spa to provide credit/debit card details.

Spa treatments can be amended or cancelled at no extra charge up to 48 hours before your scheduled treatment. Group bookings can be cancelled up to 72 hours in advance of your treatment without cancellation fee. For big groups (more than 7) cancellation has to be done 7 days prior to treatment date. No shows will incur a fee of 100% charge of the booking value. Individual and couples' bookings cancelled within 48 hours will incur a fee of 50% charge of their booking value. Group bookings will incur 50% booking value cancellation fee if cancelled within 72 hours.

Payment

We accept cash and all credit cards, debit cards, and hotel gift cards. If you are a hotel resident, it may be possible to charge your treatments to your room.

Age Restriction

Guests must be over 18 years old for facial, massage and body treatments.

Dress Code

In our changing room you will find our Spa robes and slippers to help you feel comfortable whilst moving throughout the Spa and Leisure Club facilities during your time with us. Our Spa team provide disposable underwear for your convenience; however, you are also welcome to wear your personal underwear whilst with us. If you intend on using our swimming facilities during your visit, please remember to bring your own bathing suit and swim suit as these will not be provided.

Special Conditions

If you suffer from any medical conditions, we advise that you consult your doctor before booking any treatments. You will be asked to complete a confidential questionnaire before your treatment commences. If you have any concerns, please let us know.



“Take a deep breath ...

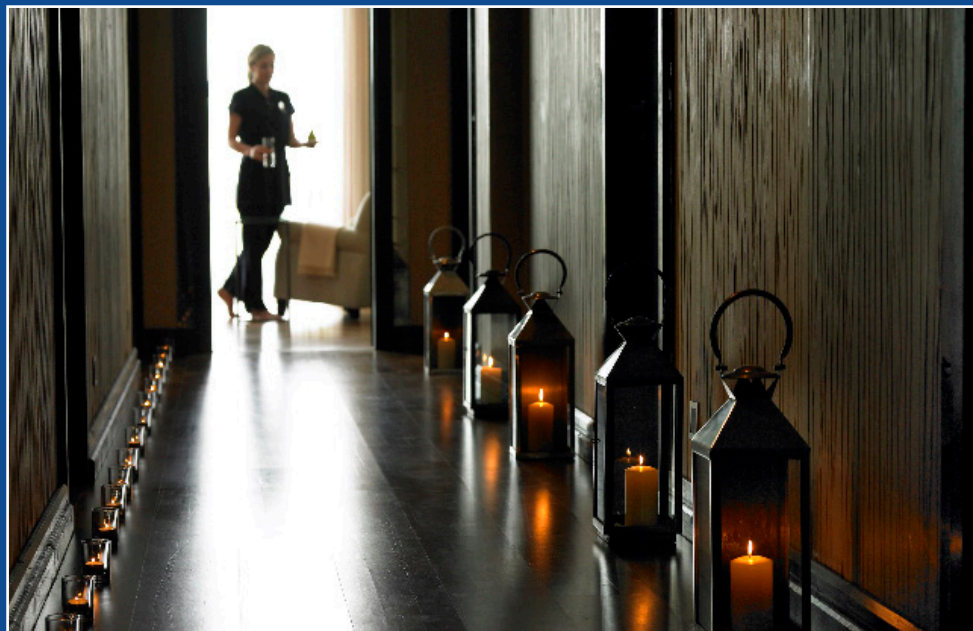
Inhale peace.

Exhale happiness.”

A.D Posey



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