

THE SPA

AT
CASTLEKNOCK
HOTEL

luxury inspired by nature



The Spa

Step into The Spa at Castleknock Hotel and enter an effortless cocoon of calm delivered by our team of experienced therapists. Indulge your senses and embrace The Spa journey with the aromas of fragrant essential oils and a full range of treatments in a softly lit haven.

Take a trip to the health club and enjoy an invigorating dip in our 18-metre swimming pool, followed by the comfort of our Jacuzzi, Sauna and Steam Room. Once your treatment ends unwind further in the relaxation room complete with refreshments and reading materials, or just snuggle up and enjoy the peaceful atmosphere.



Day Spa Packages

Each day spa package includes full use of our health club facilities prior to your treatments. Lunch or Afternoon Tea is served in either Earth & Vine Restaurant or 22 Bar & Restaurant.

GIRLS DAY OUT PACKAGE
(MONDAY - THURSDAY)

2 Hours (Treatment Time)

Back, neck and shoulder massage, taster facial, express manicure and express pedicure followed by lunch.

GIRLS DAY OUT PACKAGE
(FRIDAY - SUNDAY)

2 Hours (Treatment Time)

Back, neck and shoulder massage, taster facial, express manicure and express pedicure followed by lunch.

RELAXATION TO A TEA
(MONDAY - THURSDAY)

60 Minutes (Treatment Time)

Back, neck and shoulder massage with taster facial followed by afternoon tea.

RELAXATION TO A TEA
(FRIDAY - SUNDAY)

60 Minutes (Treatment Time)

Back, neck and shoulder massage with taster facial followed by afternoon tea.

RELAXATION TO A TEA DELUXE
(MONDAY-THURSDAY)

90 Minutes (Treatment Time)

Full body Swedish massage and taster facial
OR

Touch therapy facial and a back, neck & shoulder massage followed by afternoon tea.

RELAXATION TO A TEA DELUXE
(FRIDAY-SUNDAY)

90 Minutes (Treatment Time)

Full body Swedish massage and taster facial
OR

Touch therapy facial and a back, neck & shoulder massage followed by afternoon tea.

ABSOLUTE SPA RITUAL

2 Hours (Treatment Time)

Swedish full body massage and touch therapy facial followed by lunch.

URBAN WARRIOR

60 Minutes (Treatment Time)

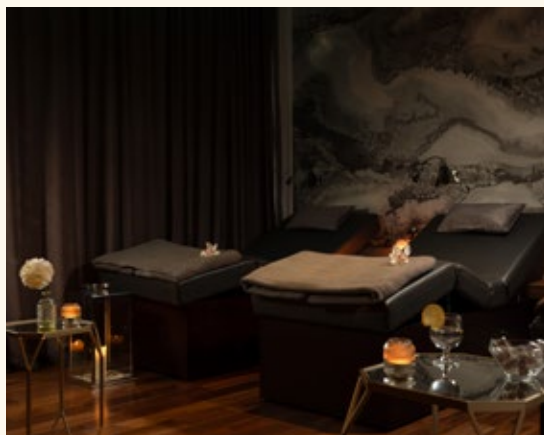
Hot stone back massage with taster facial followed by lunch.

MENS EXECUTIVE STRESS RECOVERY
PACKAGE

90 Minutes (Treatment Time)

Full body massage, mens taster facial and scalp massage followed by lunch.

Please note on Bank Holiday Mondays, weekend pricing applies.



Face Rituals at The Spa



ELEMIS Facials

PRO-GLOW RENEWAL FACIAL

60 Minutes

For Gorgeous Glowing Skin

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow.

In one treatment, skin looks visibly refreshed and rebalanced.

PRO-GLOW SMOOTH FACIAL

60 Minutes

The HIIT Workout For Your Skin

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

PRO-GLOW RESURFACE FACIAL

60 Minutes

Resurfacing For Stunningly Smooth Skin

Purify and brighten as the skins texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines and pigmentation.



PRO-GLOW BRILLIANCE FACIAL

60 Minutes

Your Recipe For Radiance

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin.

A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy. Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

PRO-GLOW GENIUS FACIAL

75 Minutes

Your Line-Fighting Superhero Facial

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin.

Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking.

An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

ELEMIS TASTER

30 Minutes

A personalised mini facial treatment tailored to help all skin concerns. This express treatment includes cleansing, toning, exfoliation, mask application with tailored serums and creams.

The ELEMIS Pro-Glow+

The ELEMIS Pro-Glow+ Facial treatment harnesses the revolutionary power of advanced cold therapy with our NEW Subzero CryO2 Therapy, Advanced Light Therapy, Microcurrent, Galvanic and Oxygen Infusions. In just one treatment, skin is visibly rejuvenated, refreshed and radiant.

PRO-GLOW RENEWAL FACIAL+

60 Minutes

For A Healthy, Gorgeous Glow

ELEMIS' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow.

After just one treatment, skin looks visibly refreshed and rebalanced.

Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic Resurfacing

PRO-GLOW CRYO2 SCULPT FACIAL+

60 Minutes

Freeze Time For A Fresh And Youthful You

An ELEMIS first, harnessing the power of sub-zero Cryotherapy, known to tighten. With a triple level approach to skin hydration, reveal a visibly lifted appearance and improve the look of deep-set lines, firmness and elasticity for instant skin-smoothness.

An age-defying facial experience like no other, skin feels energised and refreshed.

Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic, CryO2 & LED Light Therapy

PRO-GLOW RESURFACE FACIAL+

60 Minutes

Reveal Stunningly Smooth Skin

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines.

Dull, uneven, tired-looking skin will appear instantly renewed, stunningly smooth and clear.

Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, LED Light Therapy & Galvanic

PRO-GLOW BRILLIANCE FACIAL+

60 Minutes

Your Recipe For Radiance

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin.

Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed and glowing.

Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, O2 Infusion & Galvanic

PRO-GLOW SMOOTH FACIAL+

60 Minutes

The Ultimate HIIT Workout For Your Skin

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin.

Skin will appear more vibrant, with improved feeling of firmness and elasticity.

Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic, Microcurrent & O2 Infusion

PRO-GLOW GENIUS FACIAL+

75 Minutes

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, multi-faceted facial rejuvenation and skin hydration.

An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

Supercharged with ELEMIS BIOTEC 2.0 Ultrasonic, Microcurrent, Galvanic, Light Therapy & CryO2

Massage
& Body
Treatments



ELEMIS Treatments

THE SPA SIGNATURE SWEDISH MASSAGE *30, 60 or 75 Minutes*

Leave your cares behind with this traditional full body experience, adapted to every guest's needs. It includes a deeply immersive and tension-relieving scalp massage, designed to ease the stress of daily life.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE *60 Minutes*

Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

ELEMIS HOT STONE MASSAGE *30 or 60 Minutes*

Balinese stones bathed in Frangipani Monoi Body Oil are worked into the muscles, targeting areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.

FRANGIPANI BODY NECTAR NOURISHING WRAP *60 Minutes*

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic. Neck, shoulder and scalp massages ease you further into relaxation.

LIME AND GINGER INTENSELY CLEANSING SALT SCRUB *50 Minutes*

An invigorating experience with the extraordinary cleansing, mineral-rich power of salt. Aromatic salt is used to gently slough away dead skin cells, encouraging the regeneration skin and leaving the body smooth and responsive to oils and balms. Once thoroughly revived, the body is swept with beautiful oils for velvety-soft, conditioned skin.



Made For Your Wellbeing

Touch Therapy Spa Rituals are created to slow down the mind and relax, bringing harmony to the mind and body and a gentle feeling of having been nurtured and held. These rituals all use slow, soothing, and rhythmic massage techniques providing complete tranquillity and relaxation, promoting a sense of wellbeing. The treatments are adaptable and completely safe for everybody, even those with a compromised immune system.



HAND ON HEART™

Back, Face & Scalp Treatment - 90 Minutes

A mindful, gentle, and nurturing ritual for the head, face, back and shoulders - created to allow you to drift away into a meditative state of relaxation. A combination of deep breathing exercises and slow Tui Na Chinese massage techniques rebalance and calm the upper body. A facial pressure points massage eases tension and a slow and gentle head massage clears the mind.

CATCH THE BREATH™

Back and Head Treatment- 30 Minutes

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow, rhythmic movements using 100% organic Made for Life Organics products

SOLE SENSATION

Foot and Leg Treatment - 30 Minutes

Refresh tired, aching feet (and soles) with a rosebud foot soak and exfoliation, followed by a soothing leg and foot massage with cooling peppermint, healing rosemary and Made for Life 100% organic oils.

TENDER TOUCH

Hand and Arm Treatment - 30 Minutes

Hand reflexes are soothed and nurtured with a caring touch using enriching and moisturising hand balms. Soft touch therapy for the hands and arms.

ROSE QUARTZ WELLNESS FACIAL

Organic Facial - 75 Minutes

This deeply calming and uplifting facial softens tension and stress lines by using deep, therapeutic massage techniques across the face, neck and shoulders. Puffiness is dissolved and energy is infused into the complexion using cooling Rose Quartz “Gua Sha” Crystals. Eyes are refreshed and contours of the face are sharpened. The Made for Life Rose Quartz Facial begins with deep breathing for relaxation and includes a soothing scalp massage whilst the 100% organic products work their magic. This facial leaves you feeling renewed and aglow with health and vitality.

Maternity Treatments

PEACEFUL PREGNANCY MASSAGE

60 Minutes

This intuitive, restorative and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby.

Aromatics are specially selected for optimum wellness and deep calm.

MADE FOR MUMMA TO BE

Body Treatment - 60 Minutes

A beautiful and nurturing massage created especially for Mumma To Be. 100% organic oils created to nourish and replenish are applied using gentle and relaxing massage techniques to ease muscular tension and soothe. Almost like Tai Chi... in a massage. This is the perfect ritual to nurture Mumma and baby to be.



Time for Men

ELEMIS MENS TASTER FACIAL

30 Minutes

An express treatment ideal for refreshing the skin. This facial will cleanse, tone and exfoliate the skin leaving it feeling revitalised and refreshed.

PRO-GLOW BRILLIANCE FACIAL

60 Minutes

High performance facial for men to help detoxify and calm stressed, dehydrated skin.

EXECUTIVE STRESS RECOVERY PACKAGE

90 Minutes

Banish stress with this invigorating Swedish full body massage followed by the ELEMIS men's taster facial with a gentle head massage to eliminate that built up tension.

THE SPA SIGNATURE SWEDISH MESSAGE

30, 60 or 75 Minutes

Leave your cares behind with this traditional full body experience, adapted to every guest's needs. It includes a deeply immersive and tension-relieving scalp massage, designed to ease the stress of daily life.





The
Express
Spa

EXPRESS MANICURE

30 Minutes

A file, buff and polish. Perfect for those finger nails in need of a quick touch up. Choose from either a French polish or colour.

SHELLAC FILE & PAINT ON HANDS OR TOES

40 Minutes

File, buff and Shellac paint

LUXURY MANICURE

60 Minutes

Our luxury manicure is designed to leave your hands looking healthy and hydrated. A file, buff and cuticle tidy up will prepare the nails for a relaxing hand and arm exfoliation. A nourishing mask followed by a hand and arm massage will hydrate and soften your skin. Finish up with an application of polish of your choice which will complete your treatment.

EXPRESS PEDICURE

40 Minutes

A file, buff and polish, perfect for those toe nails in need of a quick touch up. Choose from either a French polish or colour.

LUXURY PEDICURE

60 Minutes

Our luxury pedicure is designed to freshen up your feet leaving your skin soft and nourished. A file, buff and cuticle tidy up will prepare the nails for a refreshing foot and lower leg exfoliation. A foot rasp is used to remove any hard skin from the feet. A nourishing foot mask followed by a foot and lower leg massage will hydrate and soften your skin. Finish up with an application of polish of your choice which will complete your treatment.

How to Spa at Castleknock Hotel

SPA ETIQUETTE:

- The Spa at Castleknock Hotel is suitable for guests who are 18 years and over.
- Please respect the privacy of other spa guests by speaking quietly and switching off mobile phones.
- Please arrive 20 minutes prior to your appointment as this will allow you time to complete your consultation form and change before your treatment.
- Robes and slippers are provided for all our hotel guests in their bedrooms.
- Day guests will be provided with robes and slippers on arrival.
- Swim hats are required to use pool facilities and can be purchased at The Spa reception desk for €3 each.
- Lockers are available and require a €1 coin to operate.
- Please note, spa treatment times will be confirmed upon arrival to spa reception as times may deviate by thirty minutes.

MEDICAL:

Please advise The Spa of any allergies, medical conditions or disabilities prior to your arrival to The Spa, e.g. pregnancy, high blood pressure, asthma etc. Some treatments are not recommended in the first 12 weeks of pregnancy and other treatments are cautioned for certain conditions, although The Spa may be able to tailor a programme to individual needs. All of our spa treatments can be modified to suit your individual needs.

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 afterwards.

CANCELLATIONS:

- A credit or debit card is required to secure treatments.
- Guests who wish to cancel or change an appointment are required to provide a minimum of 24 hours' notice to The Spa.
- Cancellations within the 24 hours' notice period will be charged in full.
- No show appointments will be charged in full.

OPENING HOURS:

Monday to Wednesday: 09.00 – 19.00

Thursday and Friday: 09.00 – 21.00

Saturday: 10.00 – 20.00

Sunday: 10.00 – 19.00

GIFT VOUCHERS:

A gift voucher is an ideal way to treat yourself or that someone special to a treatment, half or full day spa package, or items from our vast array of retail products. Gift vouchers are non-refundable and must be presented at time of treatment or purchase. Vouchers can be purchased at reception areas or online at www.castleknockhotel.com





To make a booking
Call (01) 640 6300
thespa@castleknockhotel.ie
www.castleknockhotel.com