

# THE SPA

AT  
CASTLEKNOCK  
HOTEL

luxury inspired by nature



# The Spa

Step into The Spa at Castleknock Hotel and you will be entering 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 time in 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 and Vine Restaurant or 22 Bar and Restaurant.



GIRLS DAY OUT PACKAGE  
(MONDAY - THURSDAY)

*110 minutes*

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

GIRLS DAY OUT PACKAGE  
(FRIDAY - SUNDAY)

*110 minutes*

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

RELAXATION TO A TEA  
(MONDAY - THURSDAY)

*55 minutes*

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

RELAXATION TO A TEA  
(FRIDAY - SUNDAY)

*55 minutes*

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

ABSOLUTE SPA RITUAL

*110 minutes*

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

URBAN WARRIOR

*55 minutes*

Hot stone back massage with taster facial followed by lunch.

VOYA TIME FOR MUM PACKAGE

*90 minutes*

Full body exfoliation, pre-natal massage and taster facial followed by lunch.

MENS EXECUTIVE STRESS RECOVERY  
PACKAGE

*85 minutes*

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

Please note on Bank Holiday Mondays, weekend pricing applies.



# Face Rituals at The Spa

ELEMIS BIOTEC delivers the next generation of ELEMIS facial, setting new standards with a fusion of technology and touch. This unique facial combines new machine technologies seamlessly with hands-on therapy, creating immediate and long-term results while targeting specific skincare needs. Powerful plant actives work with the body's natural bio-electrical field and enhance the skin's ability to rejuvenate, resurface and radiate.

### BIOTEC LINE ERASER

*55 minutes*

Target wrinkles and energise the skin towards optimum performance with a clinically proven\* treatment using the firming and toning powers of microcurrent pulses. Red and blue light therapy warms, cleanses and reinvigorates, whilst oxygen therapy helps plump and fill out fine lines.



### BIOTEC FIRM-A-LIFT

*55 minutes*

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Microcurrent pulses and circulation-stimulating botanicals work in synergy for skin that is visibly strengthened, contoured and remarkably lifted.



### BIOTEC SKIN RE-SURFACER

*55 minutes*

This revolutionary, clinically proven\* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. An ultrasonic peel vibrates against the skin to reveal a noticeably smoother canvas before massage and light therapy deliver restored balance and softness.



### BIOTEC RADIANCE RENEW

*55 minutes*

This cellular-boosting treatment targets sluggish complexions for a radiant, hydrated glow. An ultrasonic peel stimulates the removal of impurities and dead skin cells, while the rejuvenating galvanic current restores moisture and harmony for instantly clearer and visibly brighter skin.

### BIOTEC NECK OR EYE TREATMENT

*25 minutes*

This treatment is designed to focus in on either the eye or neck area for those with specific concerns.

\* Independent clinical trials.

## ELEMIS Touch Facials

The hands of a highly qualified ELEMIS therapist are profoundly effective anti-aging tools. Using a combination of massage techniques from across the world this is where intuition meets expertise with clinically proven results.

### PRO-COLLAGEN AGE DEFY

*55 minutes*

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of Padina Pavonica and Red Coral. Skin is massaged to encourage optimum cellular function and lymphatic drainage, whilst exfoliation and a complex of plumping marine actives is applied to improve firmness and elasticity for nourished, younger looking skin.

### DYNAMIC RESURFACING PRECISION PEEL

*55 minutes*

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. Ideal to remove dead skin cells, deeply extract and cleanse the complexion. A new start for smoother, younger-looking skin.

### SUPERFOOD PRO-RADIANCE

*55 minutes*

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying, vitamin-charged actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

### PRO DEFINITION LIFT AND CONTOUR

*55 minutes*

Powered by break through technology, this facial helps to restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted youthful effect.

### PEPTIDE 24/7 SKIN SYNC

*55 minutes*

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.

### TASTER FACIAL

*25 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.

\* Independent clinical trials.

## VOYA Facials

VOYA offers luxury results-driven products based on the highest-quality botanical ingredients and aromatherapy oils. Using seaweed harvested from the West of Ireland which naturally cleanses and purifies your skin, helping to improve its suppleness and elasticity. It helps to reduce the signs of ageing by toning, smoothing, moisturising and stimulating skin cells.

### RADIANCE FACIAL

*55 minutes*

Detoxify, revitalise and clarify your skin tone with this organic skin-specific facial. Featuring a relaxing facial massage, it releases built up toxins to improve radiance and restore your glow. Allow VOYA to meet your skin's unique needs with a comprehensive skin analysis, a chance to select the perfect facial products for you. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin, leaving it feeling purified, nourished and perfectly balanced.

### ORGANIC ANTI-AGING RESTORATIVE FACIAL

*70 minutes*

Breathe new health into your skin with this rejuvenating facial, featuring a unique mixture of organic VOYA ingredients. A powerful combination of anti-oxidant algae complexes and pro-collagen organic extracts helps fight signs of visible aging, reduce the appearance of fine lines and wrinkles, hydrates and plumps up skin texture. Newly firmed and tightened skin will radiate a natural glow, provided by fresh leaves of Atlantic seaweed. Suitable for all skin types, this treatment includes a relaxing scalp massage.

### THE DELUXE FACIAL EXPERIENCE

*85 minutes*

Make time for true indulgence, with this revolutionary seaweed facial by VOYA. You'll start with back exfoliation and massage, before a spinney bamboo facial exfoliator gently renews your skin. An intense VOYA signature facial massage follows, with freshly harvested organic seaweed leaves forming a warm poultice seaweed mask. Finishing with a light head massage, the experience will renew and soften dry, dehydrated skin and alleviate fine lines and wrinkles.





# Massages at The Spa



### ELEMIS FREESTYLE DEEP TISSUE MASSAGE

*55 minutes*

Alleviate stress and soften the body with a tailored deep tissue treatment. Your therapist will select an aromatic oil to suit your concerns, be they muscle pain, stress relief, relaxation or emotional balance. Skin is prepped and circulation is boosted whilst flowing massage works deeply into the tension, leaving you grounded and restored.

### ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

*25 or 55 or 70 minutes*

Relax your body and deeply hydrate your skin with this restoring muscle treatment. Balinese hot stones are bathed in exotic Frangipani Monoi body oil and worked deep into the muscles, loosening tension and reaching knots and areas of stress at a profound level. The result is radiant vitality, restored muscles and intensely hydrated skin.

### THE SPA SIGNATURE SWEDISH MASSAGE

*25 or 55 or 70 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.



# Body Treatments

## REFLEXOLOGY

*50 minutes*

Using the feet as a map of the body this specialised therapy focuses on pressure points which represent various organs and structures within the body. Reflexology helps the body to heal and detoxify while relaxing the body, mind and spirit.

## ELEMIS Treatments

### 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 beautifully oils for velvety-soft, conditioned skin.

### BODY NECTAR NOURISHING WRAP

*55 minutes*

A deeply grounding experience for skin that's never felt softer. Velvety Monoi oil is swept over the body for super hydration, quenching thirsty skin and parched areas. The body is softly cocooned and warmed while the mood-balancing aromatics and skin conditioning oils do their work. Neck, shoulder and scalp massages ease you further into relaxation.

### THOUSAND FLOWER DETOX WRAP

*55 minutes*

This nutrient-rich detox wrap, featuring deeply nourishing green tea balm is designed to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium, leaving you feeling completely reinvigorated.

## VOYA Treatments

### ORGANIC WARM SPICED MUD WRAP

*55 minutes*

The seaweed is taken fresh from the ocean and its purifying elements are released from this rich Warm Spiced Mud Wrap. The extract is rich in potent anti-oxidants and minerals. This wrap offers immediate and noticeable effects to the skin including firming and toning the body. This is a powerful detoxifier, metabolism provides a stimulator and a natural anti-aging boost. Infused with aromatic spices of ginger and orange which also revives the senses.

### MAJESTIC MERMAID

*140 minutes*

The crème de la crème of treatments. The experience begins with a finely ground exfoliation process before being cocooned in nutrient rich seaweed leaves while your therapist performs a relaxing scalp massage. Finally sink into utter relaxation with a full body massage and taster facial designed to leave you feeling like the fabled siren of the sea.

### ORGANIC SEAWEED LEAF WRAP

*80 minutes*

This treatment begins with finely ground seaweed to exfoliate then continues using fresh leaves of Atlantic seaweed to cocoon the body to deeply detoxify, moisturise, soften and revive the skin. Then enjoy a relaxing scalp massage while the leaves packed with minerals, vitamins and amino acids work their magic with immediate effect.

### ORGANIC STIMULATING SEAWEED BODY BUFF

*50 minutes*

Let us scrub your body head to toe with certified organic bladderwrack body buff. It is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral rich bladderwrack seaweed combines with VOYA's signature massage oils to offer a powerful organic way to better skin.



# Maternity Treatments





## PEACEFUL PREGNANCY MASSAGE

*55 minutes*

Mothers to be are restored to optimum wellness with an intuitive and relaxing massage that hydrates the skin that is expanding to accommodate a growing baby.

## BABY MOON GLOW

*55 minutes*

Sit back and relax as an exfoliation is completed on your bump and a mask applied to the area to hydrate the skin leaving it feeling nourished and soft. Unwind while your therapist completes a foot ritual to relax those tired aching feet finishing with a face and arm massage to ease any tension, leaving you feeling relaxed and revitalised.

## ELEMIS BESPOKE FACIAL

*55 minutes*

Pregnancy hormones can completely change your skin type and needs. Let our ELEMIS trained team create a bespoke facial for you designed to help your skin look refreshed during your second and third trimester.



# Time for Men



### GENTS SKIN BOOSTER FACIAL

*25 minutes*

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

### BIOTEC MENS FACIAL

*55 minutes*

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

### EXECUTIVE STRESS RECOVERY PACKAGE

*85 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

*25 or 55 or 70 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.

### MAN-I-CURE

*25 minutes*

Well-groomed hands and nails reflect the inner peace, health and vitality of every man. This traditional manicure will nourish, restore and buff in time for those essential social occasions.



# The Express Spa

### EXPRESS MANICURE

*25 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

*55 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. To finish an application of polish of your choice will complete your treatment.

### DELUXE MANICURE

*70 minutes*

Our deluxe manicure includes all the magic of the luxury manicure and more. A scented warm paraffin wax is applied to the hands which is great for those suffering with poor circulation or arthritis. When the paraffin has been removed your hands are left feeling silky smooth.

### EXPRESS PEDICURE

*25 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

*55 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. To finish an application of polish of your choice will complete your treatment.

### DELUXE PEDICURE

*70 minutes*

Our deluxe pedicure includes all the magic of the luxury pedicure and more. A scented warm paraffin wax is applied to the feet which is great for those suffering with poor circulation or arthritis. When the paraffin has been removed your feet are left feeling silky smooth.



# Beauty & Grooming Treatments

## MAKE-UP

From natural daytime beauty to dazzling night-time glamour, our team of skilled makeup artists are on hand to lend their expertise. They'll consult with you to craft the perfect look, enhancing your beauty, accentuating your features, and leaving you feeling relaxed and beautiful.

## WAXING BY WAXXPERTS

Forearm	<i>15 minutes</i>
Standard Bikini	<i>15 minutes</i>
Californian	<i>30 minutes</i>
Brazilian	<i>30 minutes</i>
Hollywood	<i>45 minutes</i>
Full Leg	<i>30 minutes</i>
Full Leg & Bikini	<i>45 minutes</i>
Half Leg	<i>25 minutes</i>
Underarm	<i>15 minutes</i>
Lip & Chin	<i>15 minutes</i>
Eyebrow	<i>15 minutes</i>
Back	<i>25 minutes</i>
Chest	<i>25 minutes</i>

## TINTING

Eye Trio	<i>25 minutes</i>
Eyelash Tint	<i>15 minutes</i>
Eyebrow Tint	<i>15 minutes</i>

## TANNING

Full Body Tan	<i>30 minutes</i>
Half Body Tan	<i>15 minutes</i>

## MAKE UP BY FUSCHIA

Fresh Day Look	<i>40 minutes</i>
Evening Look	<i>55 minutes</i>

\* A patch test is required 24 hours prior to a waxing or tinting 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: 10.00 – 19.00

Thursday and Friday: 10.00 – 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](http://www.castleknockhotel.com)





To make a booking  
Call (01) 640 6300  
[thespa@castleknockhotel.ie](mailto:thespa@castleknockhotel.ie)  
[www.castleknockhotel.com](http://www.castleknockhotel.com)