

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

110 Minutes

Back, neck and shoulder massage, full body scrub and taster facial followed by lunch.

RELAXATION TO A TEA

60 Minutes

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

RELAXATION TO A TEA DELUXE

90 Minutes

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

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

URBAN WARRIOR

60 Minutes

Hot stone back massage with taster facial followed by lunch.

TIME FOR MUM PACKAGE

120 Minutes

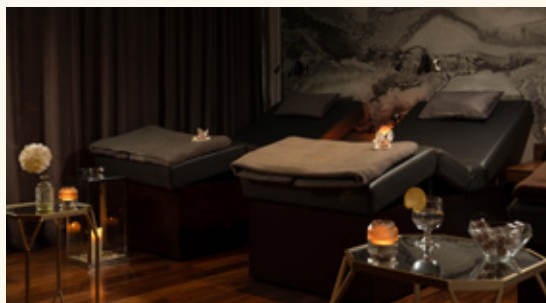
Peaceful pregnancy massage, taster facial and an express pedicure, followed by lunch.

STRESS RECOVERY PACKAGE

90 Minutes

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 Expert™ Touch Facial

Our globally renowned, hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.

NOURISH FACIAL

Cleanse, Rebalance & Revive - 60 Minutes

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived

REVEAL FACIAL

Resurface, Smooth & Glow - 60 Minutes

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

RENEW FACIAL

Hydrate, Lift & Firm - 60 Minutes

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

DEFINE FACIAL

Energise, Rejuvenate & Sculpt - 60 or 90 Minutes

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

TASTER FACIAL

A customised Facial suitable for all skin types - 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.



ELEMIS Expert™ Tech Facials

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works in combination with the therapist to turbo-charge your facial results.

RADIANCE + REVIVE FACIAL

Rebalance, Nourish & Glow - 60 Minutes

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Oxygen Infusion to plump the skin
- Galvanic technology to restore the skin

SMOOTH + POLISH FACIAL

Reset, Resurface & Brighten - 60 Minutes

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- LED Light Mask to re-energise the skin
- Galvanic technology to restore the skin

LIFT + REJUVENATE FACIAL

Renew, Plump & Tone - 60 Minutes

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.

BIOTEC Technology:

- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin

ELEMIS Expert™ Add-Ons

SCULPT + FIRM FACIAL

Revitalise, Strengthen & Define - 60 or 90 Minutes

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined.

For the ultimate facial experience, we recommend choosing our 90 min option.

BIOTEC Technology:

- Cryotherapy for skin sculpting
- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin
- LED Light Mask to re-energise the skin
- Galvanic technology to restore the skin



Choose from our range of specialised treatment add-ons, designed to target specific concerns and enhance your experience.

Add on available for 60 minute treatments.

COLLAGEN EYE BOOST

Brighten, Hydrate & Revitalise - 15 Minutes

Elevate your facial experience with our targeted eye treatment add-on, specially designed to brighten, hydrate, and revitalise.

LED ENERGY MASK

Glow, Soothe & Energise - 15 Minutes

Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7-in-1 Light Mask to calm, soothe and energise, leaving your skin visibly refreshed and glowing.

RESTORATIVE HEAD MASSAGE

Rebalance, Restore & Relieve - 15 Minutes

Combined with your main treatment, our restorative head massage, which is performed without the use of oil, helps to alleviate tension in the neck and scalp, leaving you feeling completely rebalanced.

Massage & Body 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.

REFLEXOLOGY *60 Minutes*

Discover the ancient healing therapy of Reflexology. Reflexology focuses on applying gentle pressure to specific points on your feet which correspond to various organs and systems in your body, promoting relaxation, improved circulation, stress relief and overall well-being.

ELEMIS EXPERT™ DEEP TISSUE TENSION-EASE MASSAGE *Renewed, Focused & Grounded - 60 Minutes*

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

ELEMIS EXPERT™ TRANSFORMATIVE HOT STONE MASSAGE *Soothe, Relax & Relieve - 30 or 60 Minutes*

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

HEAD NECK AND SHOULDER MASSAGE *30 Minutes*

A Tension-relieving scalp massage, designed to ease the stress of daily life.

ELEMIS EXPERT TARGETED TIGHTENING BODY TREATMENT *Tighten, Tone & Smooth - 50 Minutes*

A powerful blend of minerals and seaweeds join forces to target cellulite and promote a smoother silhouette with our focused sculpting massage, for skin that looks and feels intensely tightened, toned and smoothed. Choose from: Arms, Hips & Thighs, or Abdomen

ELEMIS EXPERT ABSOLUTE FACE AND BODY RITUAL *Bespoke Body Cleansing Salt Scrub and Frangipani Body Wrap - 50 Minutes*

Immerse yourself in luxury with this tailored treatment. An exotic ritual to invigorate and bring vitality to the body. Warm oil is dripped sparingly over the body, Frangipani salt glow cleanses and polishes the skin. Drench yourself in moisture and bathe in this comforting wrap, treating you from the crown to the tips of the toes. A final application of frangipani body cream is applied, leaving the skin glowing, vibrant, replenished and flawless looking.

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

Maternity Treatments

ELEMIS EXPERT™ PEACEFUL PREGNANCY MASSAGE *Nurture, Restore & Calm - 60 Minutes*

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby.

Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

ELEMIS EXPERT™ TOUCH NOURISH FACIAL *Cleanse, Rebalance & Revive - 60 Minutes*

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

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.



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: 09.00 – 21.00

Friday: 09.00 – 19.00

Saturday: 10.00 – 19.00

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
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www.castleknockhotel.com