



Luxurious Four Star
Knightsbrook Hotel, Spa and Golf Resort



ENVIRON

Behind one of the most successful professional skin care brands in the world today is a doctor who believes that Vitamin A is the starting point for beautiful, radiant skin. Dr Des Fernandes is so convinced of it's value that he has made it the cornerstone ingredient in his Environ skin care philosophy. His reasoning is compelling. A Vitamin A deficiency can potentially lead to skin abnormalities like pigmentation irregularities, sun damage and ageing.

Environ's Vitamin STEP-UP System is a scientifically researched and developed product line that works hard to make a wonderful and lasting difference to the appearance of the skin. The line's formulae are entirely based on the need to help replenish all the essential skin nutrients lost by exposure to the sun and environmental factors, while at the same time moisturising the skin's appearance.

[comfort zone]

We consider skin as the mirror of our mental wellbeing, physical state and the daily choices we make. Our mission is to promote a holistic, soulful, healthy and sustainable lifestyle with advanced science-based conscious solutions to visibly improve skin, body and mind. An Award winning Italian skin care brand, [comfort zone] is a sublime experience for senses that incorporates a great passion for beauty. You will have immediate, measurable results with treatments and the luxurious range of homecare products.

Each [comfort zone] treatment has a modern skincare approach that empowers you from inside out. Working on the skin whilst improving the mind, and on the mind to improve the skin. These resurfacing treatments stimulate cellular renewal and illuminate the skin.

[comfort zone] Facials

SOOTHING REMEDY

Renewing, strenghtening and soothing, this fragrance-free treatment is recommended for skin which is sensitive, fragile, or prone to redness. The protective skin barrier is restored and strengthened through a delicate dermal-affinity action which smoothens the skin and soothes redness and irritation.

25 Minutes €60
55 Minutes €85

HYDRAMEMORY

A deeply hydrating, antioxidant-rich treatment for the face, neck and decollete. This Facial has been specifically designed to combat dehydration and premature ageing. The application of a hyaluronic acid mask with brushes, offers a unique and pleasurable experience. Ideally suited to dehydrated and stressed skin which has been exposed to air-conditioning and dry climates.

25 Minutes €60
55 Minutes €85

ACTIVE PURENESS

A deep cleansing treatment that provides immediate luminous, smooth and an even appearance. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned. Characterised by an innovative mattifying peel-off Spirulina algae mask, this facial is particulary effective on oily, scarred and acne-prone skin.

25 Minutes €60
55 Minutes €85

URBAN LONGEVITY FACIAL

The perfect antidote to modern fatigue and urban lifestyle, this facial is ideal for when you feel your skin is starting to show first signs of ageing. Customisable to correct dullness, dehydration, and expression wrinkles. The combination of Skin Regimen natural aroma, Macro Waves Sound, and massage techniques, such as unique Qigong and rolling roullage will leave you feeling recharged and ready to face your busy days. **Not suitable during pregnancy*

50 Minutes €95

SUBLIME SKIN ACTIVE LIFT

This luxury Facial combines the renewing efficiency of the double peel with vitamin C and the innovative firming bi phasic mask, along with exclusive Active Lift massage techniques for immediate results. Particulary recommended for mature, thickened skin showing visible loss of tone and volume.

55 Minutes €85



ENVIRON

Electro-Sonic Essential Treatments

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skincare treatments. Low frequency sonophoresis together with pulsed iontophoresis in combination with Environ's professional skin care products, help deliver more of what skin needs where it needs it most - making a real lasting difference to your skin, for life.

ESSENTIAL YOUTH RESET

Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

60 Minutes €80
90 Minutes €110

ESSENTIAL MOISTURE BOOST

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

60 Minutes €80
90 Minutes €110

**Not suitable during pregnancy*



ENVIRON

ESSENTIAL COMFORT CALM

60 Minutes €80
90 Minutes €110

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

ESSENTIAL RADIANCE REVEAL

60 Minutes €80
90 Minutes €110

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

**Not suitable during pregnancy*



ENVIRON

Electro-Sonic Focus-on Treatments

Specially developed to target specific areas using Environ's revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed. Perfect for when time is limited.

FOCUS-ON FROWN TREATMENT

An iconic peptide blend assists in reducing the appearance of expression and frown lines around the eyes and forehead resulting in a more youthful appearance.

30 Minutes €60

FOCUS-ON EYE TREATMENT

Combining our powerful peptide complexes with Hyaluronic Acid, ensures a completely refreshed, hydrated and youthful appearance.

30 Minutes €60

FOCUS-ON TEXTURE TREATMENT

An intensive combination of the three Environ technologies; Dual ELECRO-SONIC, COOL PEEL and MICRO PERFUSION improve the appearance of mild scarring, revealing smoother, evenly textured skin.

30 Minutes €60

FOCUS-ON EVEN TONE TREATMENT

The powerful combination of vitamin A, C and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even-toned, brighter complexion.

30 Minutes €60

**Not suitable during pregnancy*



ENVIRON

Environ Cool Peel

Environ's unique Cool Peel® Technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes, to safely and effectively help refine, revive and brighten skin. Experience a real, lasting difference to skin through beautiful science.

YOUTH RENEW COOL PEEL

This cool peel treatment assists with reducing the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

45 Minutes €80

MOISTURE BOOST COOL PEEL

Designed to gently buff the skin's surface and focus on revitalising dry, tired-looking skin, revealing a healthy-looking glow. This gentle yet effective peel is suitable to do all year round with no visible peeling.

45 Minutes €80

DEEP CLEANSING COOL PEEL

Environ's interpretation of the classic deep cleanse facial. This unique method of deep cleansing the skin is gentle in exfoliating the skin's surface, yet effective in purifying and assisting to control the appearance of congested, break-out-prone skin. This unique, gentle peel helps to achieve visible improvements, leaving the skin looking radiantly healthy and refreshed.

45 Minutes €80

**Not suitable during pregnancy*



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BRIGHT RECOVERY COOL PEEL

This gentle lactic acid cool peel assists with reducing the appearance of premature ageing, fine lines and uneven toned skin complexion as a result of excessive sun exposure.

45 Minutes €80

BLEMISH CONTROL COOL PEEL

This powerful cool peel therapy assists with the management of blemish prone, distressed skin, by purifying, cleansing and assisting to unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

45 Minutes €80

VIBRANT-C MICRO PEEL

A concentrated, vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy complexion with an even skin tone and texture because vitamin C is essential for the skin to function at its best. Excellent choice for sun-damaged, pigmented and mature skins.

45 Minutes €80

**Not suitable during pregnancy*

natural Spa factory®

— EST. BATH ENGLAND —

CAFFINE KICK

75 Minutes €95

Revitalising and stimulating, the perfect antidote for tired, lethargic muscles. An infusion of spiced coffee scrub to buff off and excite circulation, followed by energising and toning sweet orange, cocoa bean and ginger wrap. Finishing with a generous application of warming oil to leave you feeling re-invigorated.

TEA-TOX

75 Minutes €95

Intensely calming, cleansing and detoxing treatment. A full body polish with purifying Matcha green tea and coconut sugar scrub is followed by a detoxing wrap in green tea, white tea, red tea and mint. White tea is the tea of beauty. The treatment is finished with the green tea and jojoba oil body moisturiser to replenish and hydrate.

BRIGHTENING VANILLA CREAM WRAP

55 Minutes €85

After a welcoming coconut and lychee foot ritual, we swaddle you in an intensely nourishing and illuminating vanilla cream body mask, infused with a collection of Swiss wild alpine herbs and flowers. Sink into deep relaxation with a coconut scalp and face massage. Finish by submerging into a raw coconut cocoon to feel nourished and serenely hydrated.

LIME SCRUB

30 Minutes €60

Zesty Salt Scrub Infused with Lime and Lemongrass for a deeply exfoliating treatment to lift the senses leaving the body silky smooth.

All of the above Treatments are not suitable during pregnancy OR breast feeding

[comfort zone] RITUALS

THE RIVER SPA TRANQUILLITY PRO-SLEEP MASSAGE *

55 Minutes €95

An innovative ritual acting on three different sensorial pathways: Smell, touch and hearing for profound relaxation. The synergy of a unique blend of essential oils, the bespoke Tranquillity Sound, Ayurvedic and Indonesian Sea Malay techniques combined with the use of soft brushes, gently guide the way to achieving a quiet peaceful mind and body. Recommended for those who feel stressed, unable to relax and have problems sleeping well.

TRANQUILLITY FACE & BODY RITUAL *

75 Minutes €105

A unique aromatherapy massage experience for the body and profound relaxing techniques for the face, decontracting tense muscles and relieving tension for a pleasant experience of wellbeing.

THE RIVER SPA FULL BODY MASSAGE *

55 Minutes €95

This classical massage uses techniques to manipulate muscles with a variety of strokes. This massage will stimulate circulation, ease muscle tension, improve flexibility and promote relaxation.

TRANQUILLITY HOT STONE MASSAGE*

55 Minutes €95

Your Therapist and the basalt hot stones work in synergy to give the ultimate massage experience. The heated stones enable a deeper massage to soothe tension and to calm the mind and soul.

HOT STONE BACK, NECK AND SHOULDER MASSAGE*

25 Minutes €65

The basalt hot stones enable a deeper back, neck and shoulder massage to soothe tension and to calm the mind.

** Not suitable during pregnancy or breastfeeding due to essential oils*

TRANQUILITY BACK, NECK AND SHOULDER MASSAGE

25 Minutes €60

Express Massage using classical techniques to stimulate circulation, ease muscle tension, improve flexibility and promote relaxation.

HOT STONE FOOT AND CALF MASSAGE

25 Minutes €60

Firmly relieves pressure from the soles and arch of the feet and calf muscles. This treatment is deeply relaxing and relieving to tired and aching feet.

MUM TO BE FULL BODY MASSAGE

55 Minutes €95

A gentle massage to release tension, soothe tired muscles and nourish the skin using a relaxing Jojoba Oil. Recommended after the first trimester.

KNIGHTSBROOK GOLD EXPERIENCE

45 Minutes €80

1hr 15 Minutes €110

This treatment starts with a Gold Body Scrub followed by a tantalising gold shimmering honey massage. Rich in caviar extract, this honey body massage releases it's numerous benefits and leaves the skin silky soft. A truly exclusive treatment.

DAY SPA PACKAGES

SERENITY HALF DAY SPA PACKAGE

85 Minutes €120

Begin with a Foot Cleansing Ritual consisting of a Foot Scrub then cleansed using warm cloths. Followed by a soothing massage on the feet and calf muscles using warm basalt stones and oil. [Comfort Zone] Skin Specific Facial, incorporating a relaxing Head, Neck and Shoulder Massage. Finish your day with Afternoon Tea.

RIVER SPA SPARKLE PACKAGE

55 Minutes €109

Relaxing Head & Scalp Massage, [Comfort Zone] Mini Facial and Hot Stone Foot and Calf Massage
Valid Monday - Friday Only

PICK N MIX PACKAGE

Tailor make your own Spa Day by choosing three treatments from the Following:

- Back Neck & Shoulder Massage
- [Comfort Zone] Taster Facial
- Hot Stone Foot & Calf Massage
- Express Manicure (Excludes French Polish)
- Express Pedicure (Excludes French Polish)
- Hand & Arm Ritual
- Foot & Leg Ritual

85 Minutes €115
€125 with Afternoon Tea

Above Packages include Thermal Spa Journey for one hour prior to Treatments.

AFTERNOON TEA PACKAGE

75 Mins €120

Choose either a Skin Specific Facial or a Full Body Massage with Thermal Spa and Afternoon Tea.

LADIES ESCAPE PACKAGE

2 hours & 30 Min €189

Thermal Spa Journey followed by a Skin Specific Facial and our Exclusive Knightsbrook Gold Experience which includes a Full Body Scrub & Massage. Afterwards, relax in our relaxation room and end the day with lunch in our elegant Terrace Lounge.

THERMAL SPA

60 Minutes €16

Our Unique collection of cool and hot speciality cabins are designed to offer you intense relaxation while gently restoring vitality and balance to your mind and body. Includes Laconium, Salt Grotto, Herbal Sauna, Steam room and Experience Showers.

MUD RASUL

One Person €37
Two People €69

Our rasul chamber offers the ultimate cleansing ritual to refresh, invigorate and revitalize the skin. Our mud mask deeply cleanses with the aid of aroma infused steam helping to relax muscles and improve circulation and condition of the skin.

**There is no Therapist involved in this Treatment*

HAND AND FOOT TREATMENT

FOR THE HANDS

Finger Tip Treatment

File, Buff and Polish

De-Stress Manicure

This treatment includes exfoliation, cuticle work, a nourishing mask followed by a massage and application of polish.

25 Minutes €25

Normal Polish 55 Minutes €55
Two Week Polish 75 Minutes €70

Two Week Polish

Gel overlay is applied like a polish with the strength of gel and is chip free, scratch free, smudge free and lasts up to two weeks.

€30

FOR THE FEET

All pedicures are performed in American style massage pedicure chairs. Relax and indulge as your feet are soaking in warm luxurious foot bath leaving your feet refreshed and revitalised.

Toe Tip Treatment

File, Buff and Polish

25 Minutes €25

Footlogix Pedicure

A results-orientated, medi-pedi that delivers while your tired feet relax in warm aromatic foot bath to de-stress the mind, body and soles. This is followed by a foot exfoliation to soften callused skin and a soothing Swedish foot massage. To finish, cuticles will be trimmed and your nails will be filed, shaped, and polished with your choice of colour.

Normal Polish 55 Minutes €60
Two Week Polish 75 Minutes €70

Please note: If you currently need removal, please let us know prior to your appointment so as to allow extra time.

Additional charges may apply.

WAXING AND TINTING

(Patch test required 48 hours before first treatment)

Eyebrows/ Lip/ Chin	€10
Underarm	€15
Half Leg	€25
Full Leg	€35
Full Leg and Bikini	€40
Bikini Line Basic	€25
Californian/Hollywood/Brazilian	€50
Back Wax	€35
Chest Wax	€30
Brow Wax	€10
Eye Lash Tint	€10
Eye Brow Tint	€8
Eye Combination	€25
Full Make Up	€35

FULL BODY SPRAY TAN

€30

Choice of Vita Liberata or He-Shi

HOW TO SPA...

BOOKINGS

Bookings can be made online at www.knightsbrook.com or call 046 94 82147. We advise booking in advance to avoid disappointment. Bookings must be made with Credit, Debit or Gift Voucher.

YOUR APPOINTMENT

Guests must arrive 15 minutes in advance for their personal consultation, to relax and enjoy the peaceful surroundings.

AGE REQUIREMENT

The Spa is designed for clients over 16 years of age.

CANCELLATIONS/ LATE ARRIVALS

As a courtesy to all Spa guests, please be aware that your late arrival will result in a reduction of your treatment time. Guests who wish to cancel their treatments are required to provide a minimum of 24 hours notice or the full treatment cost will be charged. No show appointments will be charged in full.

WHAT TO WEAR

Towels and Robes are provided for treatments. Please bring swimwear and flip flops for use of the Thermal Spa. Disposable briefs will be provided if required.

SPA ETIQUETTE

The Spa is designed to be calm, quiet and relaxing and for this reason, the use of mobile phones is prohibited. We also ask that you respect other Spa users by speaking quietly whilst in our relaxation area. Any loud behaviour in any area of the Spa may result in you being asked to vacate the River Spa.

*Advise at time of booking of any Pre-Existing Medical Conditions.
Due to the Delicate Nature of the First Trimester of Pregnancy, the River Spa cannot perform any Treatments in our Brochure on a Mum-to-Be during this time.*

Terms & Conditions Apply



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