

# The River Spa



Luxurious Four Star  
Knightsbrook Hotel, Spa and Golf Resort



## [ comfort zone ] Facials

### SOOTHING REMEDY

25 Minutes or 55 Minutes

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.

### HYDRAMEMORY

25 Minutes or 55 Minutes

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.

### ACTIVE PURENESS

25 Minutes or 55 Minutes

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 particularly effective on oily, scarred and acne-prone skin.

## [ comfort zone ] Facials

### URBAN LONGEVITY FACIAL

55 Minutes

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*

### SUBLIME SKIN ACTIVE LIFT

55 Minutes

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.



# 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 or 90 Minutes

### **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 or 90 Minutes

*\*Not suitable during pregnancy*



# ENVIRON

### **ESSENTIAL COMFORT CALM**

60 Minutes or 90 Minutes

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 or 90 Minutes

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.

45 Minutes

### **FOCUS-ON EYE TREATMENT**

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

45 Minutes

### **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.

45 Minutes

### **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.

45 Minutes

*\*Not suitable during pregnancy*



# ENVIRON

## **Environ Cool Peel**

45 Minutes

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. Customised to treat early signs of Ageing, pigmentation, acne, dull or dehydrated skins.  
\*PLEASE NOTE COOL PEEL ARE NOT SUITABLE AS A FIRST TIME TREATMENT.

*\*Not suitable during pregnancy*

*natural Spa factory*<sup>®</sup>

— EST. BATH ENGLAND —

### CAFFINE KICK

75 Minutes

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

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

75 Minutes

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

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

*\*Not suitable during pregnancy*

### WAXING AND TINTING

*(Patch test required 48 hours before first treatment)*

Eyebrows/ Lip/ Chin  
Underarm  
Half Leg  
Full Leg  
Full Leg and Bikini  
Bikini Line Basic  
Californian/Hollywood/Brazilian  
Back Wax  
Chest Wax  
Brow Wax  
Eye Lash Tint  
Eye Brow Tint  
Eye Combination  
Full Make Up

## [ comfort zone ] RITUALS

### THE RIVER SPA TRANQUILITY PRO-SLEEP MASSAGE \*

55 Minutes

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 Tranquility 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.

### TRANQUILITY FACE & BODY RITUAL \*

75 Minutes

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

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.

### TRANQUILITY HOT STONE MASSAGE\*

55 Minutes

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

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

### TRANQUILITY BACK, NECK AND SHOULDER MASSAGE

25 Minutes

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

### HOT STONE FOOT AND CALF MASSAGE

25 Minutes

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

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

75 Minutes or 1 Hour 15 Minutes

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.

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

## DAY SPA PACKAGES

All Day Spa Packages are available with or without Afternoon Tea

### ULTIMATE DAYDREAM PACKAGE

85 Minutes

A Combination of blissful de-stressing Back, Neck and Shoulder massage, an Ultra-Hydrating Taster Facial using our exclusive Skincare Range [Comfort Zone].

After, relax with a Soothing Scalp Massage, then moving on to a Soothing Hand & Arm Massage, finishing with a Foot Massage using Hot Basalt Stones and Essential Oil.

### PICK N MIX PACKAGE

85 Minutes

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

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

### SERENITY HALF DAY SPA PACKAGE

85 Minutes

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.

### RIVER SPA SPARKLE PACKAGE

55 Minutes

Relaxing Head & Scalp Massage, [Comfort Zone] Mini Facial and Hot Stone Foot and Calf Massage

### AFTERNOON TEA PACKAGE

75 Minutes

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

### LADIES ESCAPE PACKAGE

2 Hours 30 Minutes

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.

### MUD RASUL

55 Minutes

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

#### **Express Manicure**

File, Buff and Polish

#### **Luxury Manicure**

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

#### **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.

*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.*

## HAND AND FOOT TREATMENT

### 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. (Subject to availability)

#### **Express Pedicure**

File, Buff and Polish

#### **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.

*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.*

# HOW TO SPA...

## BOOKINGS

Bookings can be made online at [www.knightsbrook.com](http://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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