



THE RIVER SPA  
at Knightsbrook Resort

# FACIAL MENU

## ELEMIS EXPERT™ TOUCH FACIALS

ELEMIS blends clinically proven formulas with indulgent spa rituals to deliver real, visible skin results. Our Expert™ Touch Facials are personalised treatments that restore balance, boost radiance and enhance skin health.

### ELEMIS EXPERT™ TOUCH NOURISH FACIAL

**Cleanse, Rebalance & Revive | 50 minutes**

**€115**

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

### ELEMIS EXPERT™ TOUCH RENEW FACIAL

**Hydrate, Lift & Firm | 50 minutes**

**€115**

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.

### ELEMIS EXPERT™ TOUCH REVEAL FACIAL

**Resurface, Smooth & Glow | 50 minutes**

**€115**

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

### ELEMIS EXPERT™ TOUCH DEFINE FACIAL

**Energise, Rejuvenate & Sculpt | 80 minutes**

**€140**

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin. For the ultimate facial experience book the 80min option.

## ELEMIS EXPERT™ ADD ONS

Choose from our range of specialised treatments designed to target specific concerns. Add-on service. Must be booked in conjunction with a full-price treatment

### ELEMIS EXPERT™ LED ENERGY MASK

**Glow, Soothe & Energise | €15**

Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 5-in-1 Light Mask to calm, soothe and energise leaving your skin visibly refreshed and glowing.

### ELEMIS EXPERT™ COLLAGEN EYE BOOST

**Brighten, Hydrate & Revitalise | €15**

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

### ELEMIS EXPERT™ RESTORATIVE HEAD MASSAGE

**Rebalance, Restore & Relieve | €15**

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

# BODY TREATMENTS

TO HELP YOU RELAX & DESTRESS

## **ELEMIS EXPERT™ DEEP TISSUE TENSION-EASE MASSAGE**

**Renewed, Grounded & Focused | 50 minutes**

**€120**

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 | 50 minutes**

**€120**

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

## **ELEMIS EXPERT™ ABSOLUTE FACE + BODY RITUAL**

**Restored, Rejuvenated & Renewed | 50 minutes or 80 minutes**

**€120 | €170**

Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatment, or let your therapist prescribe the perfect treatment to leave you feeling restored from head to toe.

## **ELEMIS EXPERT™ TARGETED TIGHTENING BODY TREATMENT**

**Tighten, Tone & Smooth**

**Choose from :**

**Thighs Or Abdomen | 50 minutes | €120**

**Thighs, Abdomen and Arms | 80 minutes | €170**

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.

## **ELEMIS EXPERT™ PEACEFUL PREGNANCY MASSAGE**

**Nurture, Restore & Calm | 50 minutes**

**€120**

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics which are safely formulated to be used during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

# BESPOKE TREATMENTS

TO HELP YOU RELAX & DESTRESS

## **ELEMIS EXPERT TOUCH FACIAL | 25 minutes**

€75

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.

## **DEEP TISSUE TENSION EASE BACK MASSAGE | 25 minutes**

€75

Deep Tissue Massage focuses on your back, neck and shoulders, using rhythmic pressure techniques and resulting in an invigorating workout. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage.

## **CLEANSING SALT SCRUB | 25 minutes**

€80

### **Elemis Exotic Lime & Ginger Full Body Glow**

The fragranced salt will gently scrub away dead skin cells, encouraging cell regeneration for the softest, smoothest and most nourished skin. The Elemis Exotic Lime & Ginger Salt Glow is a deeply relaxing and invigorating treatment that exfoliates the full body. Warm oil is drizzled over your body and combined with a lime and ginger fragranced salt scrub. Dead skin cells are removed, and the skin is left cleansed, moisturised and revitalised. This treatment is perfect for preparing the skin for tanning, encouraging a reduction in the appearance of ingrown hairs and giving dry or dull skin a radiant boost!

## **CLEANSING SALT SCRUB & FRANGIPANI BODY WRAP | 50 minutes**

€130

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.

## **CLEANSING SALT SCRUB & TENSION EASE BACK MASSAGE | 50min**

€130

### **Exfoliate. Glow. Relax.**

Rejuvenate your body and mind with our luxurious Cleansing Salt Scrub & back massage. Exfoliate dead skin cells, Melt away tension, Feel refreshed, silky smooth and stress free.

# FACIAL MENU

## ENVIRON FACIALS

Using high-dose vitamins and active ingredients, Environ facials are designed to restore skin health, improve visible signs of ageing and deliver long-term results.

### **ESSENTIAL YOUTH RESET | 55 minutes**

**€115**

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

### **ESSENTIAL MOISTURE BOOST | 55 minutes**

**€115**

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

### **ESSENTIAL COMFORT CALM | 55 minutes**

**€115**

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

### **ESSENTIAL RADIANCE REVEAL | 55 minutes**

**€115**

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

# SPA DAY EXPERIENCES

TO ESCAPE THE EVERYDAY

## THE ULTIMATE ESCAPE

From €150 | 85 minutes

A Combination of blissful de-stressing Back, Neck & Shoulder massage, an Ultra-Hydrating Taster Facial using our Skincare Range ELEMIS . 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.

## HEAD TO TOE SERENITY

From €150 | 85 minutes

Begin with a Foot Cleansing Ritual consisting of a Foot Scrub and cleanse using warm cloths. Followed by a soothing massage on the feet & calf muscles using warm basalt stones & oil. ELEMIS Facial, incorporating a relaxing Head, Neck & Shoulder Massage.

## THE GLOW AND RESTORE

From €120 | 55 minutes

Relaxing Head & Scalp Massage, ELEMIS Mini Facial & Hot Stone Foot & Calf Massage.

## THERMAL SPA

### THERMAL SUITE & POOL ACCESS

90 minutes | €25

Use of the Thermal Suites including Experience Showers, Salt Grotto, Essence Steam Room, Laconium & Herbal Sauna. Use of Swimming Pool. Robe & Slippers included.

### MUD RASUL

55 minutes | €40 for one person | €70 for two people

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

\*There is no Therapist involved in this Treatment

# YOUR SPA EXPERIENCE

## **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.

Please note, spa treatment times will be confirmed upon arrival to spa reception as times may deviate by thirty minutes.

## **YOUR APPOINTMENT**

Guests must arrive 15 minutes in advance for their personal consultation. 1 hour in advance for Thermal Spa access.

## **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 48 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 & flip flops for use of the Thermal Spa.

## **SPA ETIQUETTE**

The Spa is designed to be calm, quiet & relaxing, 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.

## **MEDICAL CONDITIONS**

Advise at the 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 during this time. Use of the Thermal Suites are not recommended during Pregnancy. T&C's Apply

The River Spa is proud to be able to open its doors to those affected by Cancer. Let our trained therapists pamper and care for you when you most need it. The treatments are tailored to each client's exact needs. Cancer care treatments are for those living with cancer or who have had a history of cancer. We do require prior consent from a GP/Consultant for some treatments.

A consultation is required prior to treatment, this is a safe non-judgmental discussion. Your safety is our priority. Please ensure to advise us prior to arrival.



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