



THE RIVER SPA  
at Knightsbrook Resort

# FACIAL TREATMENTS

## TO LOOK YOUR BEST

### COMFORT ZONE FACIALS

**SOOTHING REMEDY (55 Minutes)** €105.00  
Soothe & heal sensitive skin. This facial will help repair the damage caused to the skin by environmental or lifestyle factors.

**HYDRAGLOW (55 Minutes)** €105.00  
Combining the power of bio active prickly pear & hyaluronic acid, this thirst quenching facial will intensely rehydrate the thirstiest of skins. Ice globes massage the décolleté & face to increase lymphatic drainage & reduce the skin of it's tired & dull complexion. The skin is left rehydrated & revitalised, promoting the skins natural glow.

**ACTIVE PURENESS (55 Minutes)** €105.00  
Rebalance & restore oily to combination skins. This will soothe acne & breakouts leaving the skin deeply cleansed & refreshed.

**SUBLIME SKIN ACTIVE LIFT (55 Minutes)** €105.00  
Our advanced anti-aging facial will lift, firm & rehydrate ageing skins. This treatment will deeply exfoliate & encourage cell renewal leaving the skin visibly more hydrated, plumper & radiant.

### ENVIRON FACIALS

**ESSENTIAL YOUTH RESET (55 Minutes)** €105.00  
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)** €105.00  
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)** €105.00  
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)** €105.00  
A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

## SIGNATURE RITUALS TO HELP YOU RELAX & DE-STRESS

TRANQUILITY PRO-SLEEP MASSAGE (55 Minutes) €110.00

This simple, gentle ritual is designed to induce a state of deep rest. Starting with gentle brushing of Tranquility Essential oil over the body, the senses are awakened by the gentle running of the fingertips over the limbs, a mild tingling sensation followed by deep relaxation. It is a simple but powerful ritual ideal for jet lag recovery or those who suffer from stress or anxiety.

TRANQUILITY FACE & BODY RITUAL (75 Minutes) €125.00

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

THE RIVER SPA FULL BODY MASSAGE (55 Minutes) €110.00

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

TRANQUILITY HOT STONE MASSAGE (55 Minutes) €110.00

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

BACK, NECK & SHOULDER MASSAGE (25 Minutes) €70.00

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

HOT STONE FOOT & CALF MASSAGE (25 Minutes) €70.00

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

MUM TO BE FULL BODY MASSAGE (55 Minutes) €110.00

A gentle elasticising, nurturing massage, perfect during pregnancy as well as post pregnancy. It reduces swelling, improves circulation & contributes to skin silkiness & tone

## BODY TREATMENTS TO HELP YOU DETOX

**TEA-TOX (75 Minutes)** €135.00

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

**BRIGHTENING VANILLA CREAM WRAP (75 Minutes)** €135.00

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

**LIME SCRUB (30 Minutes)** €70.00

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

**MUD RASUL (55 Minutes)** One Person €40.00/Two People €70.00

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

## HANDS & FEET TO PERFECT YOUR PINKIES

**SHELLAC** €35.00

Gel overlay is applied like a polish with the strength of gel & is chip free, scratch free, smudge free & lasts up to 2 weeks. Available for fingers or toes.

**LUXURY MANICURE** €70.00

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

**FOOTLOGIX PEDICURE** €70.00

A results-orientated medi-pedi that delivers while your tired feet relax in a warm aromatic foot bath to de-stress the mind, body & soles. This is followed by a foot exfoliation to soften callused skin & 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.

## SPA DAYS

### TO ESCAPE THE EVERYDAY

**DAYDREAM (85 Minutes)** From €145.00  
A Combination of blissful de-stressing Back, Neck & 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.

**SERENITY SPA (85 Minutes)** From €145.00  
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.

[Comfort Zone] Skin Specific Facial, incorporating a relaxing Head, Neck & Shoulder Massage.

**RIVER SPA SPARKLE (55 Minutes)** From €115.00  
Relaxing Head & Scalp Massage, [Comfort Zone] Mini Facial & Hot Stone Foot & Calf Massage.

**KNIGHTSBROOK GOLD EXPERIENCE (75 Minutes)** From €125.00  
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 & leaves the skin silky soft.

## THE GENTLEMEN'S ESCAPE

### TO THE MEN WHO DESERVE SELF-CARE

**FULL BODY MASSAGE (55 Minutes)** €110.00

**BACK, NECK & SHOULDER MASSAGE (25 Minutes)** €70.00

**SKIN SPECIFIC FACIAL (55 Minutes)** €105.00

**MENS LUXURY PEDICURE** €60.00

**MENS EXPRESS MANICURE** €30.00

# THE THERMAL SPA

## TO RELAX & RESTORE

**THERMAL SUITE & POOL ACCESS (90 Minutes)** €25.00  
Use of the Thermal Suites including Experience Showers, Salt Grotto, Essence Steam Room, Laconium & Herbal Sauna.  
Use of Swimming Pool. Robe & Slippers included.

## 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.

### YOUR APPOINTMENT

Guests must arrive 15 minutes in advance for their personal consultation.

### 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 & 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 & 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/PREGNANCY

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 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.