



The K Spa

— AT THE K CLUB —

# *Surrender to the rhythm of nature*



At The K Spa our aim is to bring you on a journey where even time seems to hush. Where you can surrender yourself to the rhythm of nature and arrive in a place where it's more about letting things happen than making things happen. Covering 20,000 sq ft The K Spa incorporates seven luxurious treatment rooms, two private suites and our own aromatic garden. Our wellness studio offers an array of classes

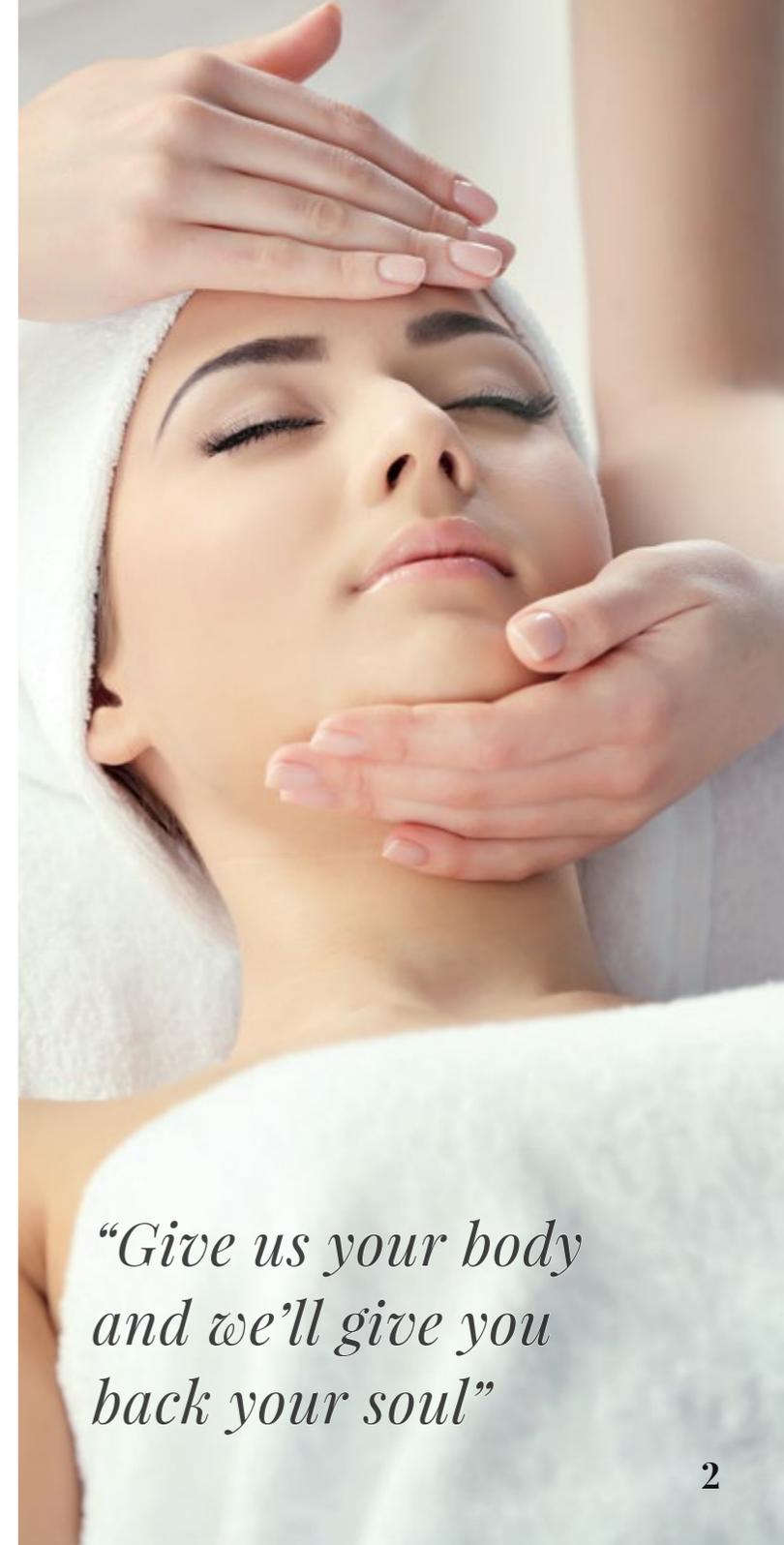
including yoga, pilates and meditation. Our extensive pool area includes a 16.5m swimming pool with water jet massage, Jacuzzi and an outdoor Canadian hot tub. Our personal trainers are at hand to ease you into an exercise routine and put together a programme tailored to your fitness level and specific requirements.

# *Contents*

Our Brands	03
Facial Treatments	04
Massages	06
Complementary Therapies	09
Body Treatments	12
The Wellness Suite	13
Mindfulness Therapies	15
Hand and Foot	18
Private Suites	19
Day Spa Rituals	21
Our Awards	22
Spa Etiquette	22



*All of our treatments are unisex*



*“Give us your body and we’ll give you back your soul”*

# Our Brands

**Natura Bissé**  
Barcelona

Natura Bissé, a family-owned luxury skincare company from Barcelona, Spain, founded by Ricardo Fisas in 1979. Since that time, Natura Bissé has become one of the most prestigious and respected brands in the luxury skincare market. Natura Bissé products are now available in over 30 countries and have developed a loyal following of celebrities, make-up artists, fashionistas and top dermatologists throughout the world. Dedicated to extensive research and development, Natura Bissé has an array of skincare collections, which include anti-ageing products for the face and body, sun care products and special treatments for both men and women.

  
**CARITA**  
PARIS

Through uncompromising vision and innovation, Carita has defined the world of luxury skincare combined with results-driven treatments. Led by the advance research laboratories of Japan, America and Europe. Carita only uses the finest and purest ingredients combined with the very latest scientific discoveries to offer superior anti-ageing results.



## Facial Treatments

### Skin Consultation

25min Skin diagnosis and skin care lesson

Truly understand your skin and learn how best to treat it in order to achieve long-term visible results. The lesson includes a mini cleanse and a professional skin diagnosis. Learn product application tips to maximise your investment into professional skincare.

### Diamond Life Infusion Ritual

90min

An innovative treatment that infuses life into your skin in order to preserve youth and beauty. This revolutionary experience provides unprecedented rejuvenating action by regulating the 4 key skin-age biomarkers. This intensive, comprehensive treatment results in firmer, more luminous and visibly younger looking skin. It redefines your facial contour, improves skin texture and fades wrinkles and expression lines in just one session. An amazing "youth elixir" that unveils renewed skin that is soft, smooth and wonderfully rejuvenated.

### The Skin Comfort

60min

The ultimate answer to sensitive and reactive skin types that display conditions such as red spots, dilated capillaries or inflammation. This treatment combines ingredients that repair and decongest, thanks to its ultra-softening botanical ingredients. Visibly soothes skin, providing maximum relief and comfort. Discernibly improves the appearance of congested skin and strengthens your self-defence mechanisms against harmful aggressors. This avant-garde cosmetic repair treatment restores the balance of your skin.

## The Citrus Essence

60min

Recommended for anyone seeking to recapture skin's luminosity and firmness through a relaxing citrus aromatherapy experience.

This exquisite protocol awakens your senses, infusing skin with all of the energy in Vitamin C. Its extraordinary anti-oxidant action repairs even the most mistreated skin, unveiling a completely hydrated, revitalised complexion that showcases your radiant face.

Its delicious citrus fragrances and rich textures make this treatment an unforgettable experience.

## The Cure

60min

An effective treatment that deep-cleans and detoxifies skin while relieving stress.

This meticulous cleansing protocol is based on thermoactive enzymatic detoxification: it provides heat to open and soften pores, and botanical freshness to close and purify them.

This treatment is a new concept that pampers your skin, providing an immediate state of wellbeing so that your skin can reach maximum purity.

## Carboxi Express

30min

Showing off pure, glowing skin is quick and easy with this amazing express treatment that revitalises skin.

A new idea in skin treatment that incorporates a proven technique in aesthetic medicine: carboxytherapy. The system uses CO2 to fight the signs of skin ageing, producing an effervescent explosion that results in visibly revitalised skin.

This renewal treatment intensely and safely regenerates your skin's surface, delivering maximum luminosity.

## Carita Lifting & Firming Facial

105min

Hailed as the "youth revival range", Carita's iconic Genesis of Youth range with the exclusive CINETIC™ technology, works to re-sculpt and visibly firm skin by helping the skin reactivate energy flows responsible for healthy cell renewal. This deeply relaxing and rejuvenating treatment includes a blend of massage techniques and expert anti-ageing products to instantly lift & firm ageing skin. After just one facial, the skin appears visibly transformed: pores are refined, skin is tighter and firmer as if lifted and complexion more even and divinely soft to the touch.

## Massages

### Signature K Spa Massage

50min or 80min

A full body massage fusing the very best of Eastern and Western massage techniques, tailored entirely to suit your individual needs. Working with deep tissue techniques with warm oils to manipulate and ease the body from the very top of your head to the very tips of your hands.

### Back, Neck and Shoulder Massage

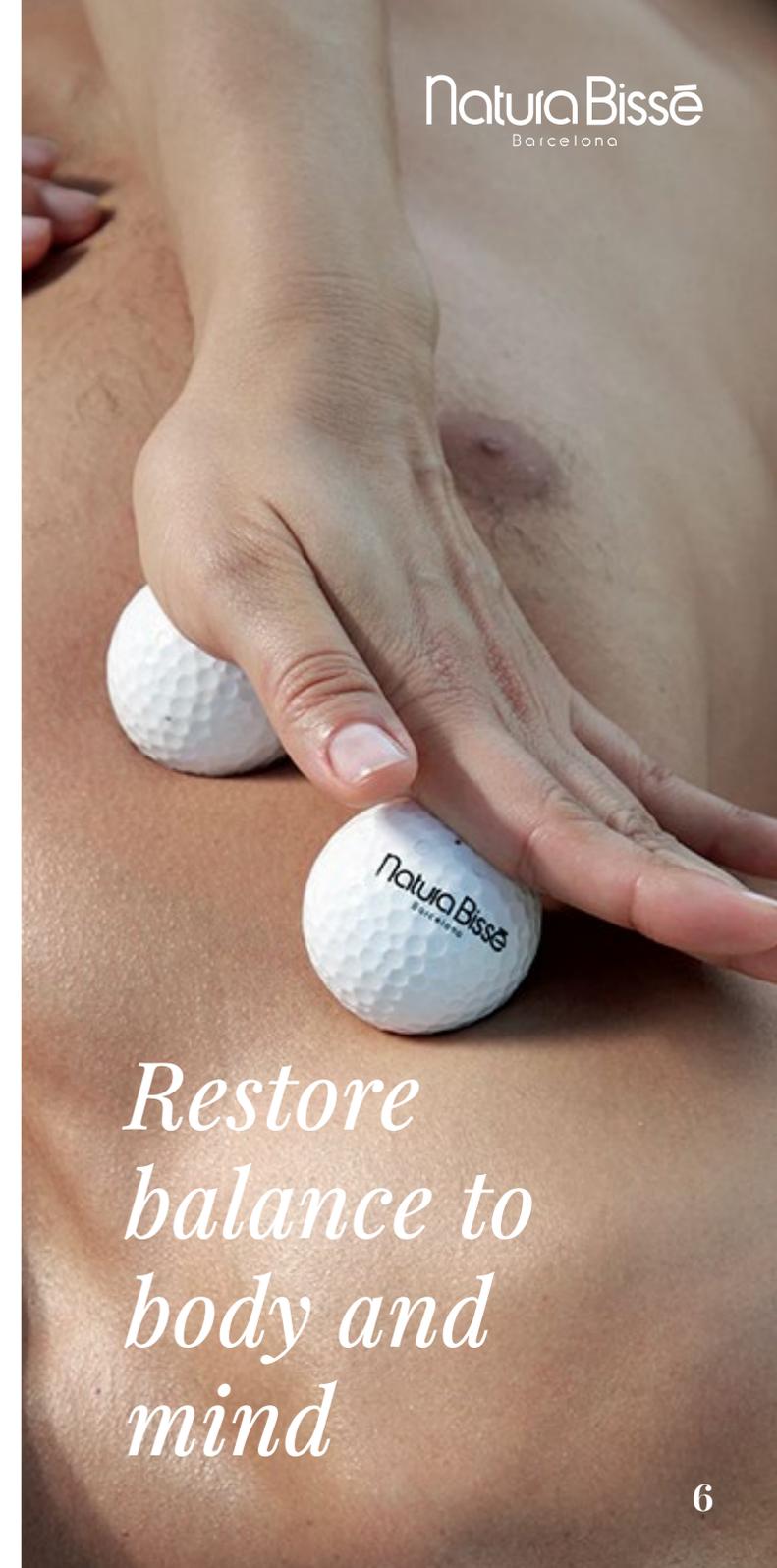
25min

This is an express massage which focuses on the back, neck and shoulders in order to release stress and tension.

### Quiro Golf Massage

50min or 80min

The latest innovation in outstanding therapeutic massage; relieves tension, soothes muscle soreness, improves flexibility, eliminates stress and restores energy to body and mind. This lavish ritual relaxes your muscles from head to toe through an amazing therapeutic massage that uses golf balls to improve circulation and reduce joint pain. These innovative therapy techniques improve body flexibility and restore balance to body and mind, leaving you free from tension and tight muscles. The result is skin that is totally revitalized, smooth, firmer and supple, ensuring complete rest.



*Restore  
balance to  
body and  
mind*

## Hot Stone Massage

80min

This will ease those knots away with a combination of deep heat from Basalt stones, warm oil and a flowing massage that varies in pressure to follow your body's needs. A treatment that goes beyond the physical experience of a regular massage.

## Lomi Lomi Massage

50min or 80min

Unlike other massages, the therapists will use long flowing strokes from head to toe in a continuous, rhythmic movement, massaging both the top & underside of the body.



## Muslin Bag Massage

50min or 80min

Soaked warm bags containing a combination of the finest herbs and seaweed are gently massaged into the body. This process reconditions and rejuvenates the skin by gently exfoliating the outer layers and nourishing deep within. Choose between calming organic chamomile, detoxifying peppermint or stimulating fennel.

## Couples Massage Therapy

50min or 80min

Full body massage for two people in our couples suite. This is ideal as part of a romantic getaway or simply treating yourself to a relaxing spa session, a couples massage is a great way to relax and unwind both you and your loved one. Couples massages are also ideal for friends and family members who would like to enjoy their experience together.

## Luxury Scalp Therapy

45min

Relax and unwind with our Luxury Scalp Therapy. This is a head massage designed to relax the nerves and the muscles around the scalp. We also include a neck and shoulder massage to help release all tension around this area. This truly relaxing experience is one of the highest recommended for de-stressing.

*“Nothing can cure the soul but the senses, just as nothing can cure the senses but the soul.”*

*– Oscar Wilde*

## Complementary Therapies

Complementary therapies are available only on request and prebooking is essential.

### Reflexology

50min

Using pressure points on the feet, this is an ancient practice believed to improve the health of many organs and body systems.

### Reiki

50min

This is a Japanese technique for stress reduction and relaxation that also promotes healing. This is a non-invasive, relaxing treatment suitable for anyone.

### Acupuncture

Acupuncture is one of the main forms of treatment in traditional Chinese medicine. It involves the use of sharp, thin needles that are inserted in the body at very specific points. This process is believed to adjust and alter the body's energy flow into healthier patterns, and is used to treat a wide variety of illnesses and health conditions.

### Craniosacral Therapy

50min

Craniosacral Therapy is a light-touch hands-on therapy that enhances the body's natural capacity for healing. For 30 years CST has been shown to be effective in treating a wide range of physiological issues associated with pain and loss of biomechanical, systemic and emotional function/wellbeing.

The Craniosacral Therapy essentially encourages the body to release restrictions that it has been unable to overcome on its own. Rather than deciding how these changes should be made, the therapist follows the body's response as to how to proceed. Following this gentle approach helps ensure the method is safe and effective.





## Body Treatments

### Diamond Rose Body Ritual

60min or 80min

A luxurious and romantic ritual with outstanding restorative effects that provides dramatic results on the skin. A regenerating body treatment that includes diamond dust and reveals extraordinarily renewed and beautiful skin. This treatment also provides a complete wellness experience and exceptional aromatherapeutic benefits, thanks to the unique Damask rose absolute. This exquisite oil is obtained from Damask roses from Morocco. Used since ancient times as a beauty elixir, Damask rose is believed to provide extraordinary rejuvenating and relaxing benefits. A delicate exfoliation with a scrub that includes Damask rose and diamond dust will leave your skin renewed and supple, while a massage and the finishing products will reveal vibrant, silky and supple skin, transporting you through a journey of restoration and well-being in a wonderful atmosphere of roses.

### Bamboo Scrub

60min

An exquisite ritual designed for skin that needs to eliminate toxins and dead cells, prevent dryness and combat the signs of skin ageing.

This delicate body exfoliant uses bamboo microparticles especially selected to massage and exfoliate skin, purifying and removing impurities from the surface of your skin. Thanks to its extraordinary properties - anti-inflammatory, healing, soothing, protecting and hydrating - your skin will look soft, luminous and completely renewed.

### Citrus Scrub

60min

An effective treatment especially recommended for recapturing firmness and definition in the most delicate areas and in places with loss of firmness.

Uses an innovative system of refirming bands inspired by methods used in kinesiology; used along with an innovative vitamin concentrate, skin is revitalised and toned, softening the formation and appearance of stretch marks. Get a firm, remodeled body with this addictive treatment that produces excellent immediate and sustained long-term results.

## The Wellness Suite

The Wellness Suite incorporates a range of water based, sensory activities and is based on the ritual of bathing. Heating and cooling the body through a series of water treatments results in deep cleansing and rejuvenation. The Wellness Suite incorporates four distinct wet treatments which can be used alone or as a combination (The Wellness Path) for wellness results you can really feel.

## The Wellness Path

1hr 30min

Begin the Wellness Path with an exfoliation to polish the skin, then enjoy our Rasul Chamber and finish up with either a Hydrobath or a Vichy Shower. Guests can also use the swimming pool, outdoor hot tub, experience showers and deep relaxation room in-between each element. Your body will be thoroughly exfoliated and invigorated. The Wellness Path is particularly enjoyable to experience before a massage, wrap or body treatment.

## Vichy Shower

25min

The Vichy Shower consists of a wet treatment table with a six head shower system. As you lie on the treatment table, warm water envelopes and massages you while water falls from above, giving an invigorating massage that stimulates blood circulation and lymphatic flow.



## Rasul

25min

Enjoy as a treat for yourself, with your partner or with friends. The Rasul is based on the original Arabic bath and includes four large thrones to sit on and relaxing sensory lights over head. Apply nourishing and detoxing mineral rich mud all over your face and body and sit back while the aromatic steam helps the product to activate. The cycle completes as light warm 'rain' falls from the ceiling, washing away the mud and leaving you thoroughly cleansed and moisturised. Guests can choose from a moisturising or exfoliating Rasul experience.

## Hydrotherapy

25min

Hydrotherapy offer ancient forms of healing and wellness through water. Our hydrotherapy combines a series of powerful jets to stimulate blood flow and relax tired and weary muscles and bones. Guests can choose from liquid seaweed, detoxing or rejuvenating salts and aromatherapy essences.

## Detox Seaweed Bath

25min

Immerse in a bath of organic seaweed. The treatment will relax the muscles, plump up and add definition to the skin and support skin regeneration and renewal while combating the effects of the stresses of every day life.

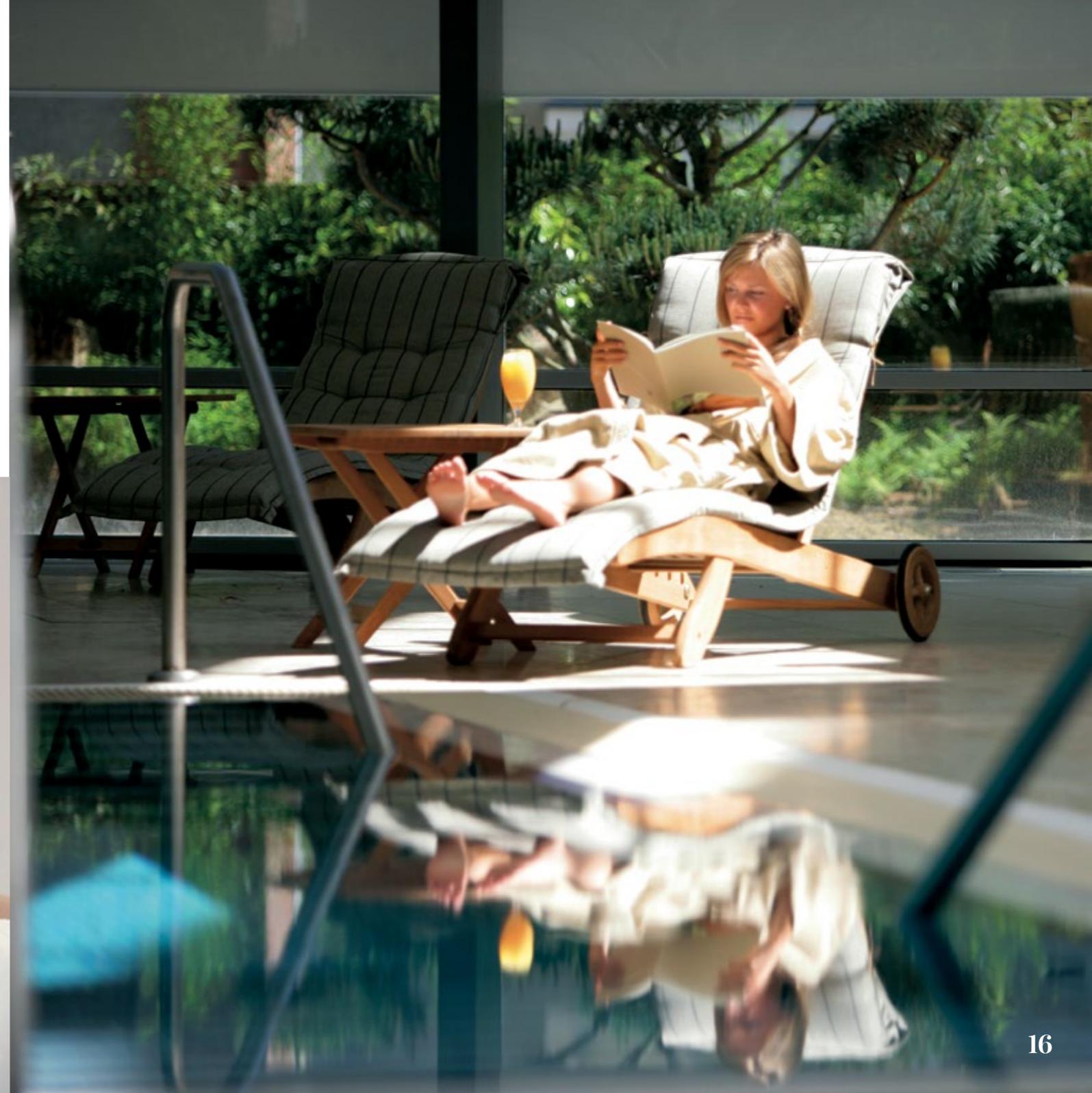
## Mindfulness Therapies

In an increasingly fast-paced world, stopping and appreciating the present moment has become essential to regain inner balance. That is why Natura Bissé, always at the leading edge of its sector, has once again become a pioneer with the creation of a revolutionary ritual that will take you to a new dimension of the art of well-being.

### The Mindful Touch

Your Mindfulness Spa Experience is the most innovative and trailblazing venture within the spa sector, in which the results of Natura Bissé's cosmetics are combined with the most advanced technology. Through virtual reality, mindfulness and the therapist's expertise –the touch– we invite the client to reconnect with the here and now, to relax their body, to awaken their senses and to experience the pleasure of beauty in a more intense way.

Upgrade any 60 minute Natura Bissé treatment experience with The Mindful Touch. Please speak to a member of our staff for further details.





# Beauty Essentials

## Citrus Hands

35min

Recover the vitality of your hands thanks to power of Vitamin C, an ingredient which provides a significant amount of antioxidants, as well as an energizing, firming and brightening action.

## Citrus Feet

35min

The power of vitamin C at your feet to restore all their freshness and softness. Repair the damage caused by years of stress and feel supple, soothed soles all over again.

## Deluxe Manicure

55min

Complete nail, cuticle and hand care with thermal mitts. And finishing with gelish polish.

## K Spa Lycon Pedicure

60min

Using the Lycon products – a pampering treatment where we care for the nails and cuticles using heated booties. A relaxing foot massage finishing with gelish polish

## Finishing Touches

- Gelish File and Polish
- Gelish removal
- Full leg and Bikini Wax
- Full leg wax
- Half leg wax
- Bikini line wax

- Lip wax
- Chin wax
- Eyelash tint
- Eyebrow tint
- Eyebrow trim

*Hair and make-up appointments available Wednesday to Saturday.  
Please note a patch test is required 48hrs in advance of any waxing or tinting treatments.*



## Private Suites

Our private suites are named after two significant trees within the resort. The majestic Oak tree that fronts the hotel building and stems back to 1798 and the Ash tree that was planted during the opening of The K Club in 1991.

### The Oak Suite

Here you can enjoy a "royal" treat in the Kings bath. An old fashioned bath tub made of brass but with modern technology of air jets which, with complementary bath additives for you to choose from, makes this an experience you will never forget. You can also enjoy your own private sauna and shower before you indulge in some of our wonderful treatments.

### The Ash Suite

A large Jacuzzi and steam room for your own private use makes this a place to relax and unwind. Perfect in combination with any of our treatments.



## Day Spa Rituals

### One Hundred Minutes in Paradise

100min

Enjoy a relaxing exotic Rasul experience and a combined Body Massage and Facial.

### Celtic Tranquillity

80min

Relax with a West of Ireland Seaweed Bath in the beautiful Oak Suite followed by our bespoke Suaimhneas (meaning peace and tranquillity in Irish) massage.

### The 20<sup>th</sup> hole

110min

Citrus Scrub, Quiro Golf Back Massage and Citrus Essence Facial.

### Fairway To Heaven

110min

Quiro Golf Massage and The Cure Facial.

### Spa Tee Time

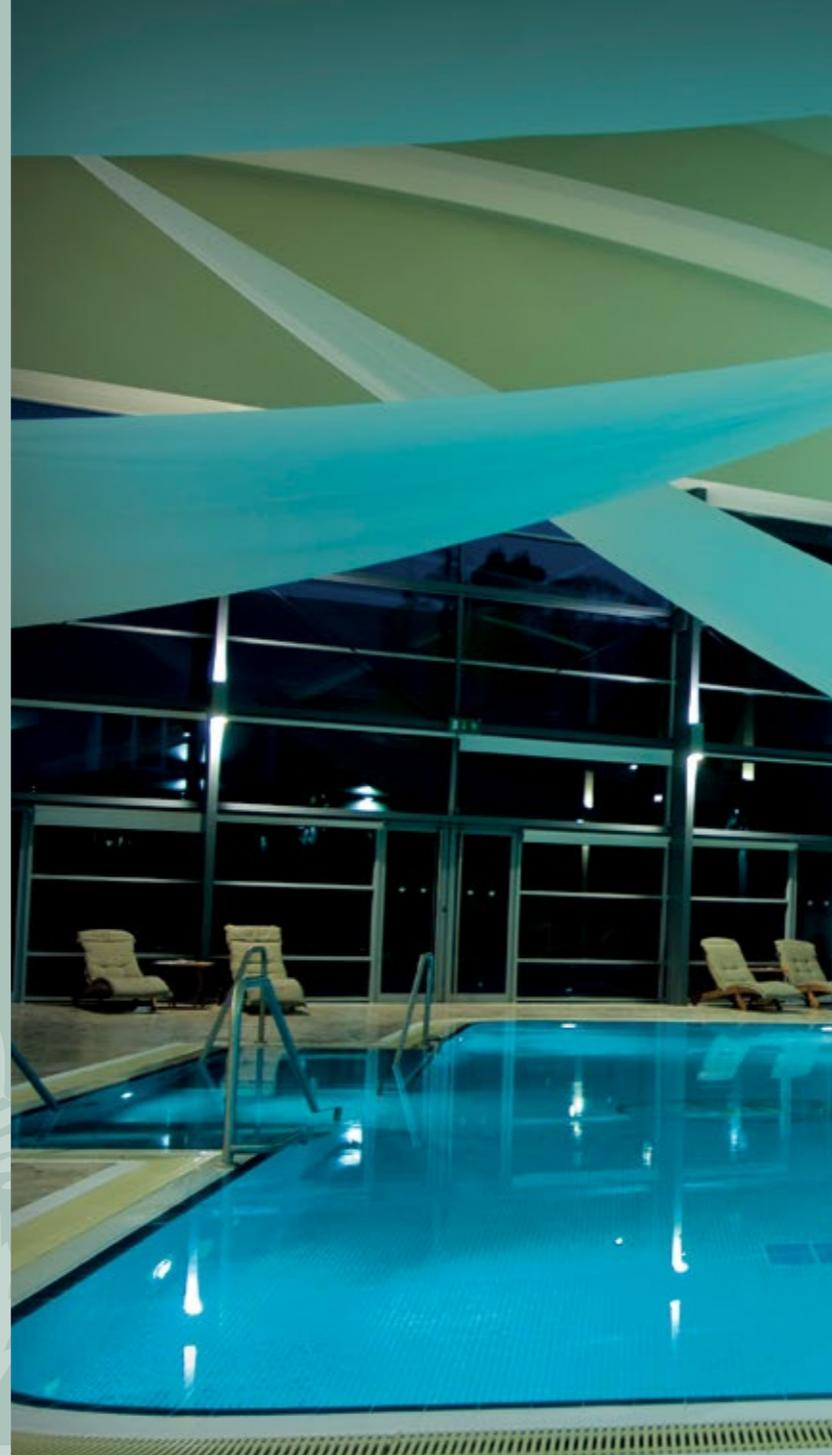
55min

Quiro Golf Back Massage and Carboxi Express.

### Mother To Be Experience

60min

Treat yourself with this relaxing experience for legs, feet and skin, to achieve an overall feeling of balance and well-being. This treatment also nourishes and softens your skin during this precious time, when it needs that extra care.



The K Spa at The K Club is the proud recipient of

**Luxury Spa of the Year,  
Irish Beauty Industry Awards 2017**

**Best Luxury Resort Spa in Ireland 2017,  
World Luxury Spa Awards**

**Highly Commended Craniosacral Massage,  
Irish Tatler Magazine 2016**

### Spa Etiquette

Guests under 18 years of age are not permitted to use the spa.

To make the most of your special spa experience, please arrive at least 40 minutes before to use the pool and thermal facilities.

Please give 24 hours notice if you need to cancel your appointment.

Failure to do this results in being charged in full.

Please avoid when possible arriving late as this may alter your treatment time.

All appointments will end at their scheduled time.

Please inform a member of staff if you are pregnant, have allergies, are on medication, have any illness or operations within the last 12 months.

Swimwear must be worn in our wet areas.

Please respect other spa users and keep noise to a minimum.

Please book your treatments in advance to avoid disappointment.

Breathe deeply, tread softly and treat yourself kindly



[www.kclub.ie](http://www.kclub.ie)

