



THERAPIES MENU

DISCOVER A TRANQUIL OASIS

The Spa at the Killarney Plaza Hotel is a peaceful oasis in the heart of Killarney town, guaranteed to leave you feeling refreshed and invigorated during your stay. Designed to provide an atmosphere of idyllic serenity, our spa features six treatment rooms, while our opulent Relaxation Garden is the ideal place to clear your mind and escape the outside world. Unique to our spa experience is our Gulfstream Hydrotherapy Pool, an indulgent water therapy designed to release stress and tension.

The Spa also features a Mud Serail Chamber. Through a sequence of dry heat and steam infused with essential oils, you will feel rested and revitalized with this detoxifying and skin brightening therapy. The experience is enhanced further with a body-boosting mud and light therapy to help open pores and energize the body.



DECLÉOR
PARIS

SKIN · BODY · MIND

CREATED OVER 40 YEARS AGO

With one simple mission – to pass on my passion to ensure respect and success in the ‘beauty expert’ profession. With a determined vision – to establish a fundamental, energetic technique for the benefit of women, treatments and care using the infinite resources of the botanical world. With an authentic philosophy - feeling well in body, mind and skin.

This mission, vision and philosophy remain as important to me today as they were on the day I created Decléor. Decléor’s new profession of faith ‘SKIN · BODY · MIND’ is not a mystical hook. It is value added to our initial declaration, the continuation of a 40-year-old authentic philosophy which is more in keeping with the times than ever. It gives me great pleasure to share Decléor’s rebirth with you – surrounded by motivated, skilled experts, with above all a joy in sharing ideas and convictions with audacious partners: YOU.

Solange Dessimoulie
Beautician & Ambassador of Decléor

THERMAL SUITE



GULFSTREAM HYDROTHERAPY POOL

Our Gulfstream Hydrotherapy Pool is an unforgettable experience and is at the heart of all our treatments.

This truly indulgent water therapy leaves you relaxed and free of aches and tension. Ease your way through the warm water to the submerged aerated lounger. Submerged multi-level jets of water massage key points of the body.

A large 'swan neck' gives that finishing touch to ease muscle tightness in the neck area. This is a lovely therapy to enjoy alone or with somebody. Ideal to warm up the muscles, break down toxin build-up or simply drift away in a unique environment.

*Bathing suit required.

THE SERAIL EXPERIENCE

Step into this dedicated space and prepare to emerge with an altered reality.

Body boosting, detoxifying and skin brightening, this journey is all about the self: it begins as you enter a cosy relaxation space lit by an open fire; slip out of your robe before entering the earthspace, the inner chamber where a collection of conditioning fossil muds await. A sequence of dry heat, essential oil infused steam and light therapy fills the room as you apply the muds, relax into a lounger, let your pores open and your mind become at peace.

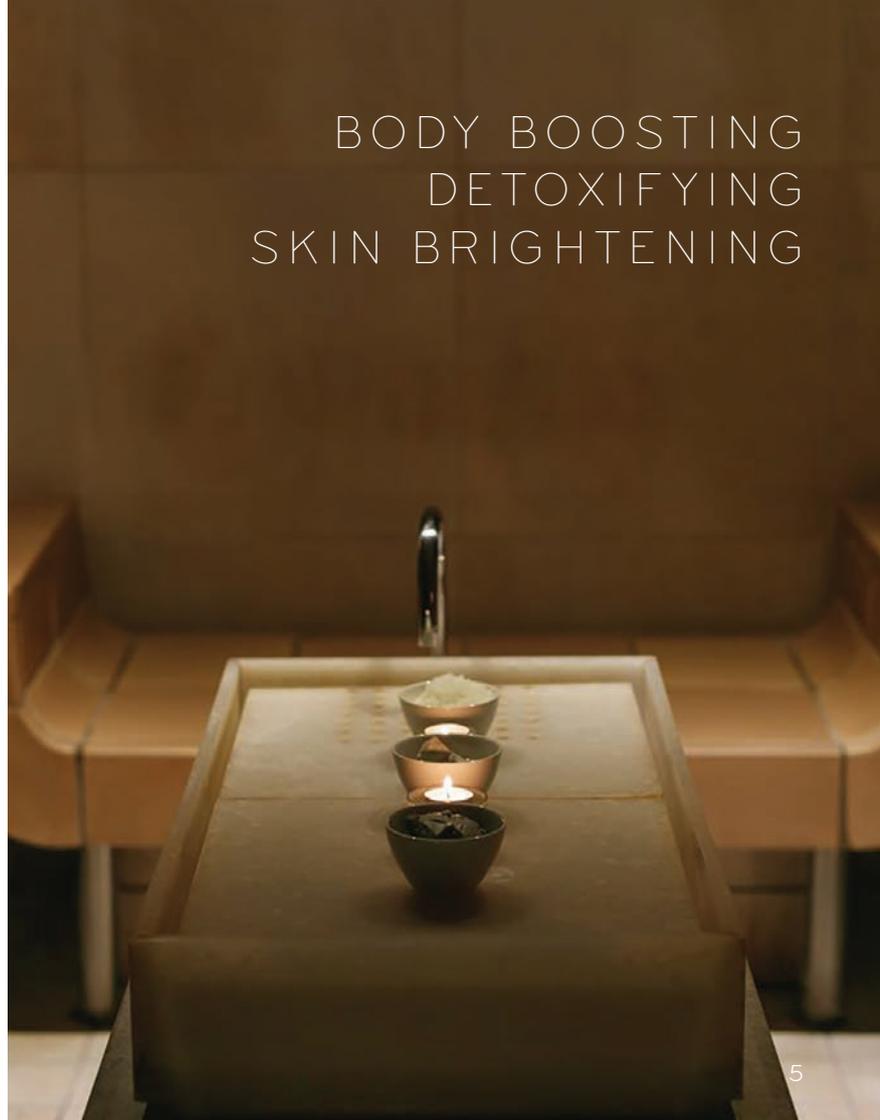
Before coming back into the world, take a private shower in the pod and slowly re-adjust in the relaxation space. The experience can be enjoyed on your own, with friends or a partner.

Duration 60 minutes | €55 pp

*Bathing suit optional.

Pre booking is advised for this therapy.

BODY BOOSTING DETOXIFYING SKIN BRIGHTENING



FULL BODY MASSAGE



HEAVENLY FULL BODY MASSAGE

Everyday stresses and strains simply disappear with our Heavenly Aromatherapy Massage to either relax, refine, tone or stimulate. The incredibly soothing sensation of the warm aromatherapy balms, expertly blended from an exquisite elixir of natural essential oils, melt away tension and ease stress for renewed energy and velvety skin.

Duration 60 minutes | €109

DEEP TISSUE MUSCLE ENERGISER MASSAGE

Banishes tight muscles with deeply therapeutic massage techniques.

Powerful, deep and strongly rhythmic movements make this customised massage pure therapy for the body and soul. Created to alleviate stress and release the discomfort of aching muscles. 100% natural, Decléor Essential Oil. Balms actively work with your body to release localised areas of intense tension. Leaves your mind feeling less cluttered and muscles intensely relaxed.

Duration 60 minutes | €109



AROMATHERAPY HOT STONE MASSAGE

The most blissful way to soothe the body, mind and soul with a sensory journey, personalised for you, using intuitive touch in harmony with smooth, heat-releasing stones. Individually shaped, the hot stones help release tension, soothe aches and rebalance energy levels, combining luxurious aromatic balms to leave skin feeling silky smooth.

Duration 60 minutes | €119



EXPERT FACIAL RITUALS



Decléor's holistic facials are famous worldwide for their heavenly feel and simply stunning results. Every therapy begins with the unique back diagnostic massage; utterly relaxing for you and a wonderful insight to your therapist into your overall state of health – and therefore your precise needs. The use of expert massage techniques and 100% pure, preservative-free essential oils address the demands of every single skin type to leave all complexions balanced, comforted and glowing with health.



BODY EXFOLIATING ENVELOPMENTS



Tailor-made cocooning full body envelopments. Each envelopment comprises three key elements - exfoliation, body mask then scalp and back massage. Offering total pleasure and comfort. Expertly tailored to your specific needs.



LEMON & MANGO, FIRM & TONE

Tightening, sculpting and smoothing.

This collagen-boosting body envelopment tones slacked skin, repairs sun damage and helps improve the look of stretch marks. Potent radiance enhancers immortelle, lemon and frankincense essential oils work to erase the appearance of imperfections and strengthen skin whilst also combating wrinkles. Deliciously nourishing, this sculpting envelopment hydrates and moisturises too, improving hydration levels for radiant, firm and soft skin all over.

Duration 60 minutes | €109

ANTI-FATIGUE CITRUS ENERGY BOOST

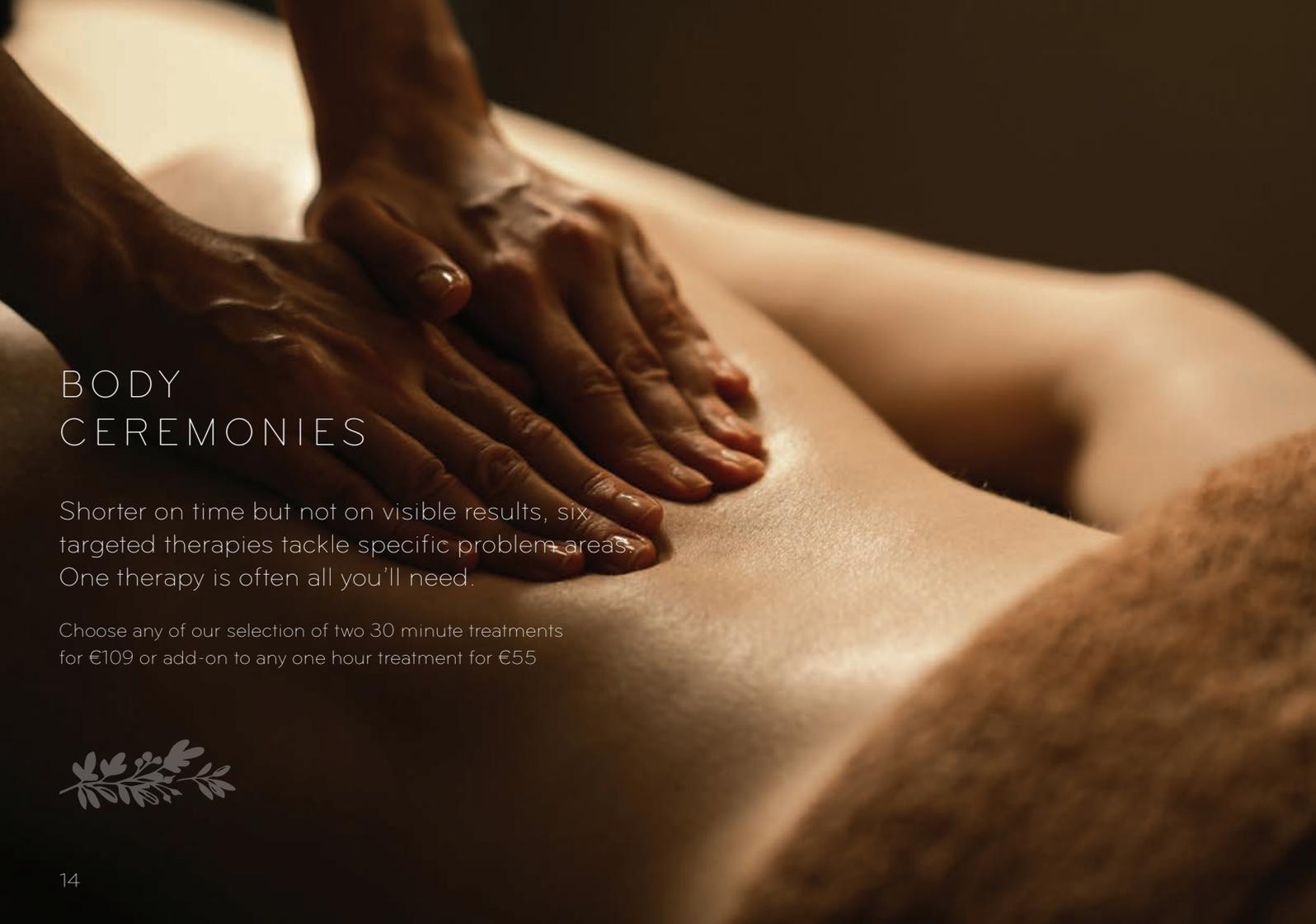
Energising and revitalising
to improve circulation.

Aches, pains and tiredness melt away with this super-stimulating therapy. The antidote to poor circulation, the refreshing full body envelopment eases aching muscles and fights fatigue. Ideally suited to those who enjoy sport and / or an active lifestyle, this warming zesty treatment also ensures cold hands and feet become a thing of the past.

Revitalising essential oils of lemon, pepper and cypress for total comfort all over.

Duration 60 minutes | €109





BODY CEREMONIES

Shorter on time but not on visible results, six targeted therapies tackle specific problem areas. One therapy is often all you'll need.

Choose any of our selection of two 30 minute treatments for €109 or add-on to any one hour treatment for €55



1. TRANQUILITY SCALP THERAPY

Intensively relaxes to ease tension and aid sleep.

Deeply relaxing, this blissful scalp therapy incorporates a pressure point massage to banish tension and encourage a good night's sleep. With stimulating and purifying eucalyptus, pepper and rosemary - plus calming lavender essential oils - it gives immediate results. With the option of including an exfoliation to target flakiness and styling product build-up, it also purifies the scalp and conditions hair. Simply serene.

2. EXPRESS ENERGISING FACE RITUAL

(Only for Men)

Time saving and face saving.

The high-speed solution to re-energise skin, this half hour anti-ageing therapy can be slotted into the busiest diary. Developed to re-charge and revive skin instantly, it includes thorough exfoliation and revitalising massage to give tired skin a lease of new life. Leaves every skin type clear and fresh thanks to highly potent clove oil. Every busy man's key to better looking skin.

3. MINI FACIAL

Award-winning vitamin facial to leave your skin visibly radiant. This internationally renowned, multi-award winning facial is power-packed with vitamins and anti-oxidants. Stress simply melts away thanks to five deeply relaxing massage techniques and the ideal rebalancing aromatic elixir for your complexion. Our deliciously warm and decongesting mask softly cocoons skin, providing the perfect environment for it to flourish. Skin is left deep cleansed, perfectly replenished and glowing with vitality.

4. SOFT HANDS

Restoring and renewing for supple, younger looking hands. Indulgently rich moisturising products combine with skin smoothers and soothers to nurture hard-working hands. The perfect remedy for dry and damaged skin, this conditioning therapy works to nourish and restore split cuticles and hang nails plus strengthen weak, brittle nails. Includes a delicious hand and arm massage to leave you feeling ultra relaxed and pampered. Superbly restorative after nail extensions.

Duration 30 minutes | €55

Optional with file & polish 60 minutes | €70

RADIANT MUM 2 BE

Safe and nurturing pregnancy ritual, suitable for pregnancies over 12 weeks.

Pregnancy can take its toll on your body so relax and let a highly trained therapist safely and gently treat you to a truly nurturing experience. This blissful face and body therapy includes a comforting tummy mask that actively helps reduce the risk of stretch marks plus draining massage to reduce water retention thus lightening 'heavy' legs. A skin-brightening facial ensures you look as glowing as you feel.

Duration 60 minutes | €109

Enhance your spa experience by adding a Soft Foot Ritual for €55 - designed to relieve tired, swollen feet.





NEW MUM INDULGENCE TREAT

Luxurious and pampering to regain balance after baby arrives.

Our new post-natal therapy takes care of you top-to-toe. Deeply relaxing, this face and body treat utilises Decléor's most sumptuous, replenishing products to help ease backache, improve fluid retention and combat fatigue. A divine draining massage soothes tired legs and an over-tired body and mind, while an illuminating facial improves skin tone and elasticity, helping new mums re-energise to feel like themselves again. Leaves skin as soft as a newborn's.

Duration 75 minutes | €115

A warm, dimly lit spa area. In the foreground, a dark brown ceramic teapot sits on a matching tray with a small round treat. Next to it is a plate of sliced citrus fruit. In the background, a stack of folded white towels with a red tassel hangs over the edge of a wooden spa bed.

SPA ETIQUETTE

Our guidelines are designed to ensure that all of our guests are able to fully enjoy their spa experience. We ask that you reserve 'time' for yourself rather than specific therapies when visiting the spa. An important aspect of relaxation is allowing time to do it properly and thus we recommend you allow a minimum of two hours for your spa journey.

Ensure you allow time to use the Gulfstream Hydrotherapy Pool and Relaxation Garden.

Your appointment

To maximise your experience, we ask you to arrive 15 minutes before your appointment. This time will be used for your personal consultation and for you to relax into our surroundings.

Some of our therapies may not be suitable for all clients; this will be determined in your pre-appointment consultation. Arriving late may interfere with your treatment and in some cases we may be forced to re-schedule your appointment. All appointments will end at their scheduled time so that the next guest will not be delayed.

Spa robes, towels and personal lockers will be provided on arrival. Services involving brow/lash tinting or waxing will require a patch test 24 hours prior to the treatment.

To preserve a peaceful atmosphere, we request that all cell phones and pagers are switched off before entering the spa.

Your booking

We require a minimum of 24hrs notice should you need to make a cancellation and a minimum of 48 hours notice for group of 3 or more. Cancellations made within the above time frame will incur a fee of 50% of the treatment booked; cancellations made within 12 hours will be charged the full price of the treatment.



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