



AUTUMN
EXPERIENCES

NATURE INSPIRED TREE PACKAGES

Inspired by the nature and trees of Killarney National Park, our Sycamore, Oak and Willow Packages have been designed to help restore and rejuvenate your body, mind and soul. Spending time amongst trees has been known to reduce stress, lower blood pressure and improve mood. Why not take a leisurely stroll through the park before or after your treatment to feel the full benefits.



THE SYCAMORE EXPERIENCE

De-stress upon arrival with 45 minutes in our Gulf Stream Hydrotherapy Pool, followed by two - 1 hour treatments of your choice and 45 minutes in the Serail Mud Room.

1 Hour Treatment Options -

- **Relax & De-Stress Massage** - Customised essential oil massage targeting 2 areas of your choice
- **Recover & Release Tension Bamboo Massage** - Deep tissue massage powered by bamboo gestures and eucalyptus essential oils to leave you feeling restored and tension free
- **Plump & Lift Facial** - An anti-aging facial combining essential lavender oils and facial lift yoga gestures
- **Smooth & Glow Facial** - Green mandarin essential oil facial treatment with bamboo gestures
- **Polish and Nourish treatment** - An energising fruit seed scrub, followed by an invigorating buff and polish leaves skin feeling smooth and revitalised.

Enjoy 45 minutes in the Relaxation Garden to end.

€204 Monday - Thursday

€245 Friday - Sunday

Time 3 hours 30 minutes



THE OAK EXPERIENCE

A sensory journey beginning with an indulgent 45 minutes in our Gulf Stream Hydrotherapy Pool, followed by two glorious 30 minute treatments of your choice.

30 Minute Treatment Options -

- **Back, Neck and Shoulder Massage** - A customised massage using essential oils
- **Scalp Massage** - A unique scalp massage incorporating pressure point techniques that will transport you to a state of pure bliss
- **Smooth & Glow Facial** - A green mandarin essential oil facial treatment with bamboo gestures
- **Soft Hand Treatment** - A soothing treatment to treat dry and tired hands
- **Soft Foot Treatment** - A luxurious treatment that will have you feeling like walking on air

End your spa ritual with 30 minutes in our Relaxation Garden.

€104 Monday - Thursday

€115 Friday - Sunday

Time 1 hours 45 minutes



THE WILLOW EXPERIENCE

Enjoy some quality time with your BFF while nurturing the body, mind and soul. Begin your spa ritual with a relaxing 45 minute soak in the Gulf Stream Hydrotherapy Pool followed by a 1 hour treatment of your choice.

1 Hour Treatment Options -

- **Relax & De-Stress Massage** - Customised essential oil massage targeting 2 areas of your choice
- **Recover & Release Tension Bamboo Massage** - Deep tissue massage powered by bamboo gestures and eucalyptus essential oils to leave you feeling restored and tension free
- **Plump & Lift Facial** - An anti-aging facial combining essential lavender oils and facial lift yoga gestures
- **Smooth & Glow Facial** - Green mandarin essential oil facial treatment with bamboo gestures
- **Polish and Nourish treatment** - An energising fruit seed scrub, followed by an invigorating buff and polish leaves skin feeling smooth and revitalised.

End your experience with 30 minutes of undisturbed bliss in the Relaxation Garden followed by lunch in Cafe Du Parc with tea / coffee or savour a 2 course meal in The Tan Yard with a bottle of wine.

€120 with Lunch in Café du Parc (Mon - Thurs)

€150 with Dinner in the Tan Yard (Mon - Thurs)

€130 with Lunch in Café du Parc (Fri - Sun)

€160 with Dinner in the Tan Yard (Fri - Sun)





MASSAGES

Plaza Signature Massage Treatments

Enjoy 45 minutes in our Gulf Stream Hydrotherapy Pool prior to your treatment and 30 minutes in our Relaxation Garden following your treatment.

Heavenly Full Body Massage

Heavenly full body massage using warm aromatherapy blended oils.

60 mins | €99

Deep Tissue Massage

Banish tight muscles with deeply therapeutic massage techniques.

60 mins | €99

Hot Stone Massage

Heated stones release away muscle tension and strains.

60 mins | €110

Bamboo Massage

Deep tissue massage using natural bamboo and cica, rosemary & niaouli essential oils

60 mins | €110

Polish and Nourish Treatment

An energising fruit seed scrub, followed by an invigorating buff and polish leaves skin feeling smooth and revitalised.

60 mins | €99



PAMPERING AFTERNOON TEA PACKAGE

Indulge the senses with our Pampering Afternoon Tea experience. Slip into an oasis of calm with 45 minutes in our Gulf Stream Hydrotherapy Pool and a 1 hour treatment, followed by Afternoon Tea with a glass of bubbly served in the Upper Lobby or 'to go' for savouring in the neighbouring Killarney National Park.

1 Hour Treatment Options:

- **Relax & De-Stress Massage** - Customised essential oil massage targeting 2 areas of your choice
- **Recover & Release Tension Bamboo Massage** - Deep tissue massage powered by bamboo gestures and eucalyptus essential oils to leave you feeling restored and tension free
- **Plump & Lift Facial** - An anti-aging facial combining essential lavender oils and facial lift yoga gestures
- **Smooth & Glow Facial** - Green mandarin essential oil facial treatment with bamboo gestures
- **Polish and Nourish Treatment** - An energising fruit seed scrub, followed by an invigorating buff and polish leaves skin feeling smooth and revitalised.

€124 Saturday & Sunday

Time 1 hours 45 minutes

DECLÉOR EXPERT FACIAL RITUALS



SPA at the Killarney Plaza Hotel,
Town Centre, Killarney, Co.Kerry

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DECLÉOR
PARIS



Enjoy 45 minutes in our Gulf Stream Hydrotherapy Pool prior to your facial treatment and finish with 30 minutes of pure bliss in our Relaxation Garden.

Ultimate Vitamin Glow

Award-winning vitamin facial to leave your skin glowing with radiance.

60 mins | €99

Moisture Quench

Deeply hydrating for silky soft skin.

60 mins | €99

Plump & Lift Facial

An anti-aging facial combining essential lavender oils and facial lift yoga gestures.

60 mins | €99

Orexcellence Facial Pilates

A triple performance facial designed to reduce fine lines. Recommended for age 50+.

60 mins | €99