

## *Thermal Suite*



## GULFSTREAM HYDROTHERAPY POOL

A ceremonious water therapy, designed to ease muscle tension, aches and pains through the transference of warm water, that breaks down a build up of toxins in the body. Submerge yourself in the waters as the multi-level jets of water work their magic and massage the pressure points of the body.

A large 'swan neck' transmits further ease for the neck area by allowing pressurised water to cascade down, relieving tightness and tension. This therapy is restorative and soothing whether alone or sharing the experience with another.



## THE SERAIL MUD CHAMBER EXPERIENCE

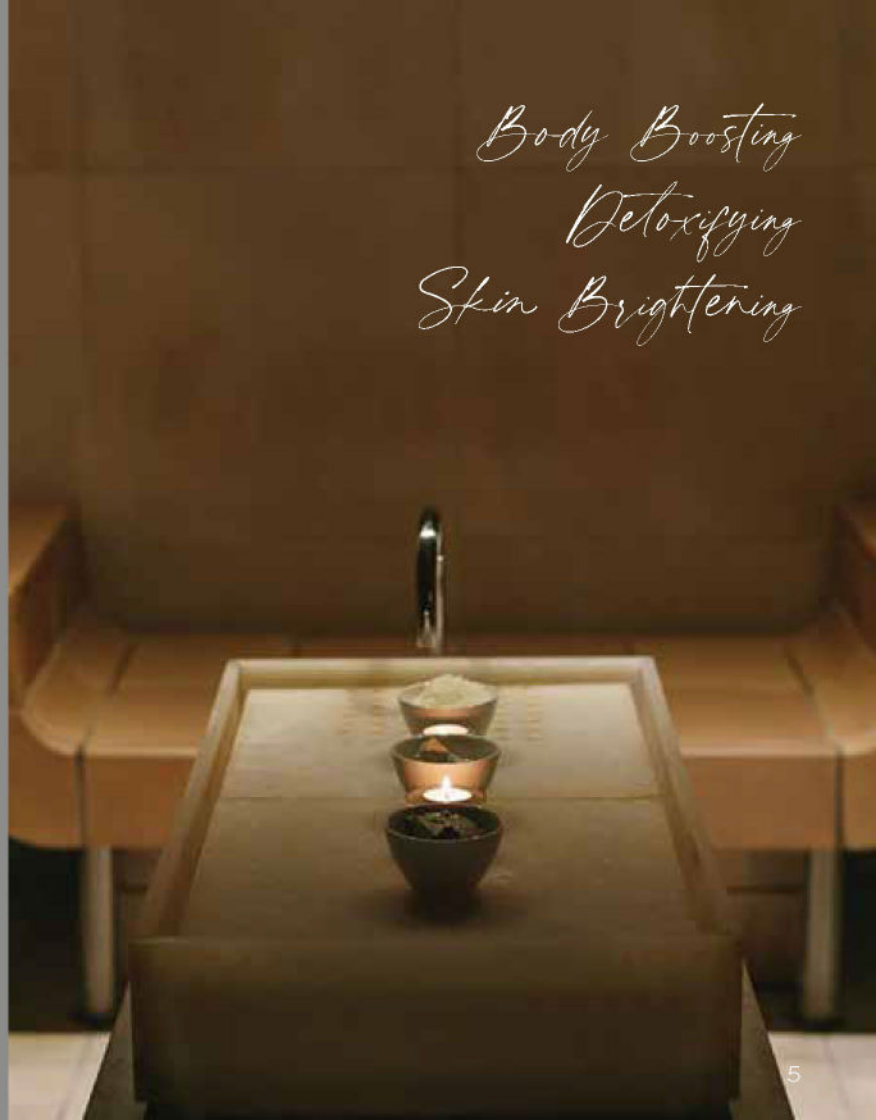
Step into this dedicated chamber and emerge with a refreshed reality.

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

Before coming back into the world, take a shower in the pod and slowly re-adjust. The Serail Mud Chamber can be experienced alone, with friends or with a partner.

Duration 60 minutes | €69 pp  
Max Capacity - 6 people

*Body Boosting  
Detoxifying  
Skin Brightening*



A close-up photograph of tall grasses with dark, feathery seed heads against a cloudy sky. The grasses are in sharp focus in the foreground, while the background is blurred. The sky is filled with soft, white clouds.

# *Signature Spa Rituals*



## THE ANCIENT YEW

Inspired by Killarney's oldest tree, the ethereal 'Yew' which embodies magic and mysticism, this blissful treatment encapsulates the deep rooted and grounding qualities of woody essential oils, combined with a full body massage and customised facial, connecting you with your inner strength.

### THE BODY

Indulge in a full body massage to enrich the body and soul followed by a facial to suit your individual skin type. Relax amongst the soothing blend of sandalwood oil and forest sound therapy, paying homage to the surrounding woodland. Slip into an oasis of calm as you become refocused and revitalised.

### THE MIND

Using scents characterised for their rich, earthy aromas and woody fragrances that promote a feeling of softness and peace of mind. Sandalwood, in particular has the ability to help you feel grounded and deeply rooted with the self.

Duration 2 hours | €238



## THE LOUGH WATERS

A therapeutic treatment inspired by the aquatic qualities of the lakes of Killarney and flora of Muckross Gardens. A jasmine body wrap and white Lotus Indian head massage offer an immersive and peaceful experience, releasing tension and reviving tired muscles.

### THE BODY

Bathe in water sound therapy as you begin your treatment with a hydrating body wrap and the essence of Jasmine aromas. A body brush exfoliation follows with an Indian head massage to finish, bringing you to a place of peace. This signature body treatment has been designed to soothe and repair tired skin, sun damage and scarring caused by the wear and tear of daily life.

### THE MIND

The floral fragrances of Muckross Gardens feature in the jasmine aromas, fostering peace and purity, whilst lotus brings a sense of daring freedom to the wearer.

Duration 1 hour 15 minutes | €129





## THE EARTHEN FLOOR

Drawing inspiration from the nutrient rich land, this treatment incorporates the Serial Mud Chamber - a dedicated space where all the benefits of the earthen floor are celebrated in union with heat and light rainforest showers, reminiscent of a day getting caught in a shower beneath the forest canopy. A full body massage follows, leaving you feeling rested and restored.

### The Body

A nutrient rich and body boosting journey, an experienced spa therapist will guide you through a self-application ritual, featuring a selection of body scrubs and mineral muds. Full of antibacterial and anti-inflammatory qualities, a sequence of dry heat and steam works in combination to unclog pores and purify the body and soul. Light rainforest showers refresh before the body is heated and primed for a full body massage to melt away any muscle tension with a healing aromatherapy balm.

### The Mind

The potassium enriched warm air within the Serial Mud Chamber is a powerful antibacterial remedy for respiration. Benzoin oil, a vanilla toned resin from the roots of a tree, burns in the background. It's warm, creamy fragrance and cheering characteristics, embalm vulnerabilities and promote comfort during challenging times.

Duration 2 hours | €188

# *A Sensory Journey*





## *Choose Your Scent*

### A PRACTICE OF SELF-AWARENESS

A fundamental truth in aromatherapy is the underlying belief that you know your body and its need for equilibrium more than anyone. The sensory journey is a thoughtful practice holding your body and its sensory intelligence in its rightful place. Our healing balms include:

You will be presented with a selection of healing balms to smell. What your senses are most drawn to, will guide you in choosing the oil blend for your massage.

Our three healing balms for your treatment -

The Relaxation balm with scents of jasmine for relaxation and restfulness.

The Cica balm invigorates and repairs mind and muscles with eucalyptus.

The Silhouette balm detoxifies and drains with fresh and enlivening lemon and peppermint.







# Massages

## AROMATHERAPY FULL BODY MASSAGE

Everyday stresses and tension melt away with our full body aromatherapy massage which is adaptable to your needs using blended aromatherapy balms and a unique sensory journey for renewed energy and velvet soft skin. Allow your body to tell you exactly what is needed by exploring our unique sensory journey where you will arrive at the exact tonic your body and mind need in this moment.

Duration 60 minutes | €119  
Duration 75 minutes | €129

## DEEP TISSUE MUSCLE ENERGISER MASSAGE

This customised massage promotes realignment for the body and soul. Created to alleviate stress and release the discomfort of aching muscles using deeply therapeutic massage techniques.

Duration 60 minutes | €129

## ENERGY CHARGED HOT STONE MASSAGE

Soothe the body, mind and soul using intuitive touch in harmony with smooth, heat-releasing charged volcanic stones. Stones are stored in salt water and kept in view of the sun and moon for energy transference. Individually shaped, the hot stones help release tension.

Soothe aches and rebalance energy levels, combining our sensory journey aromatic healing balms to leave your body, mind and soul in equilibrium.

Duration 60 minutes | €129









## *Exfoliation*

Cleanse and refresh tired skin, removing dead, dull skin and hydrating with our exfoliating elixirs to serve the tired and stressed as well as those looking for a boost in energy and radiant glow.

### JASMINE & HONEY

This relaxing ensemble has numerous benefits to the skin. Jasmine with its subtle relaxing floral aroma, helps blemishes, improve dryness and balances oily skin acting as an overall tonic while honey is known for its many healing properties. It combats aging, encourages a natural glow and fights acne while also treating dry skin and sunburn.

### LIME & GINGER

Lime is rich in antioxidants. Like vitamin C and citric acid, it has a range of benefits from treating acne and blemishes to removing dead skin, leaving skin with a glowy dew.



## FULL BODY

A gentle yet deeply exfoliating treatment for the face and body. Removing dead skin cells for a smoother softer appearance, drenching your skin with hydrating essential oil body milk to leave your skin renewed and refreshed from head to toe. Includes a full body and face exfoliation with a scalp massage to finish.

Duration 60 minutes | €109



## *Body Envelopements*

Cocooning full body envelopments, comprise of three key elements - dry body brushing, body mask and scalp massage.

### SEAWEED

A perfect treatment, rich in vitamins and minerals, to alleviate fluid retention and improve blood circulation.

Duration 60 minutes | €119

### COTTON & JASMINE

Cotton extract with jasmine fragrance and aloe vera soothes the body with intense relaxation. The perfect nourishing and soothing body treatment.

Duration 60 minutes | €119





# Holistic Treatments

## INDIAN HEAD MASSAGE

Deeply relaxing, this blissful scalp therapy incorporates a pressure point massage to release tension and encourage a good night's sleep. Using a warm conditioning treatment, enjoy a relaxing massage of the scalp, face, upper back, shoulders and upper arms.

Duration 60 minutes | €109



## *Body Ceremonies*

For those on the go or juggling a busy schedule, our 30-minute body ceremonies have been created to tackle a range of specific problem areas that the daily grind can trigger.

Choose any 2 for €119 or add-on to any one-hour treatment for €60.

Lighter Legs

Mini Facial

Back, Neck & Shoulder Massage

Scalp Massage





The couples pod is a dedicated space within the spa where two therapists tend to the couple and facilitate quality relaxation and restoration time together. There are a number of couple's packages to holistically care for a range of needs while creating a relaxing and nurturing environment.

## FULL BODY MASSAGE & 30 MINUTE FACIAL

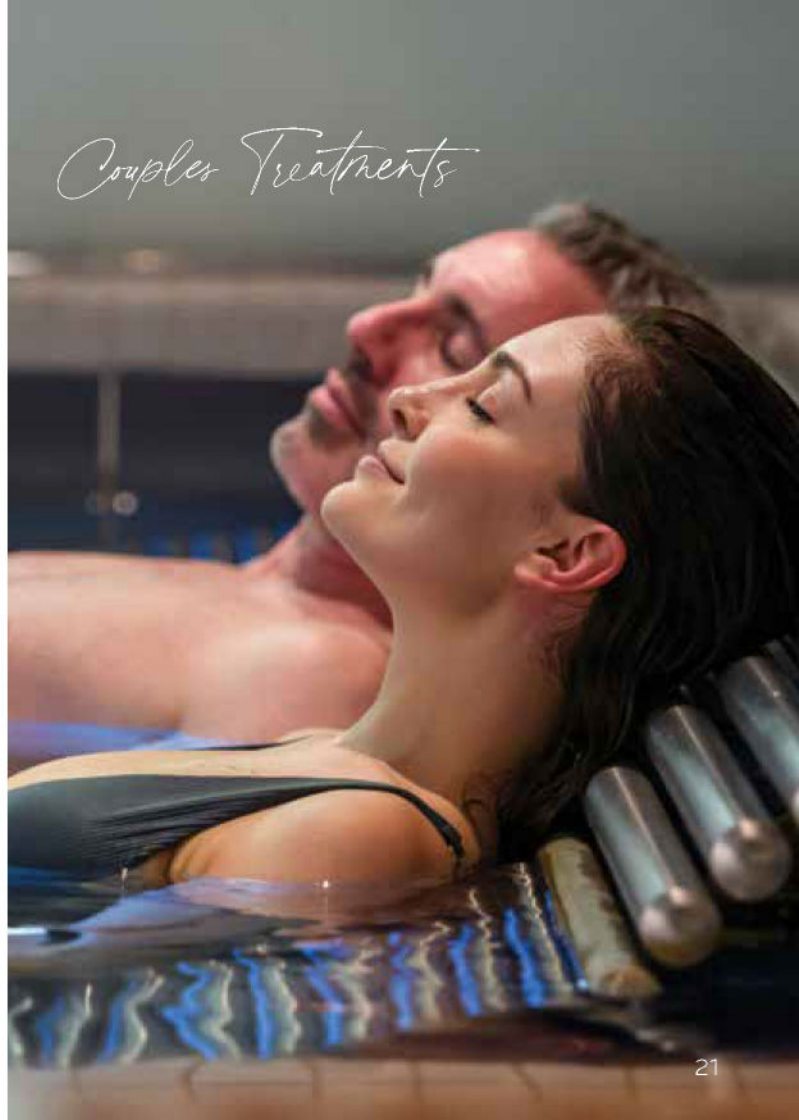
90 minutes | €179 pp

## PERSONALISED FACIAL & BACK MASSAGE

Duration 90 minutes | €179 pp



## *Couples Treatments*





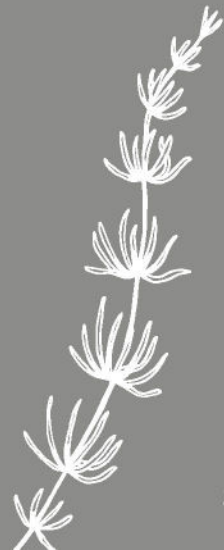


# Phaternity Treatment

## RESTED & RADIANT

Pregnancy can take its toll on your body so relax and allow a highly trained therapist safely and gently treat you to a truly nurturing experience. This thoughtful body massage uses cica oil with contains a blend of 9 botanical oils to prevent and repair stretch marks. This experience relaxes both mother and baby, encourages bonding and celebrates women and their ability to carry life.

Duration 60 minutes | €119 per person







A photograph of a modern spa treatment room. The walls are made of dark wood panels. In the center, there is a large, low-profile wooden daybed with a white cushion and a dark towel. To the right, there is a smaller wooden ottoman with a white cushion and a dark towel. The floor is made of light-colored wood. On the left, there is a tall, thin, dried plant in a dark pot. The lighting is warm and ambient, with small lights visible under the daybed and ottoman.

## 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. We recommend that you arrive 60 minutes prior to your treatment to enjoy the hydrotherapy pool in a relaxed manner. Swimwear is essential when using the hydrotherapy pool.

### Your appointment

To maximise your experience, we ask you to arrive 15 minutes prior to your treatment time. This time will be used for your personal consultation and for you to relax in your 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 have to be forced to re-schedule your appointment. All appointments will end at their scheduled times so that the next guest will not be delayed.

Spa robes, towels and personal lockers will be provided on arrival.

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

### Cancellations

We require a minimum of 24hrs notice should you need to make a cancellation and a minimum of 48 hours' notice for groups 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.