

Gulf Stream Hydrotherapy Pool



GULF STREAM HYDROTHERAPY POOL

Rejuvenating water therapy designed to ease muscle tension, aches and pains through the transference of warm water that breaks down tension within 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.



SERAIL EXPERIENCE

The Serail Mud Chamber is a privately bookable steam experience that evokes the feeling of a soothing rain shower beneath the forest canopy.

A self-application treatment incorporating a body exfoliator and natural clay muds for your face & body work together with a sequence of dry heat and steam to unclog pores and purify the body.

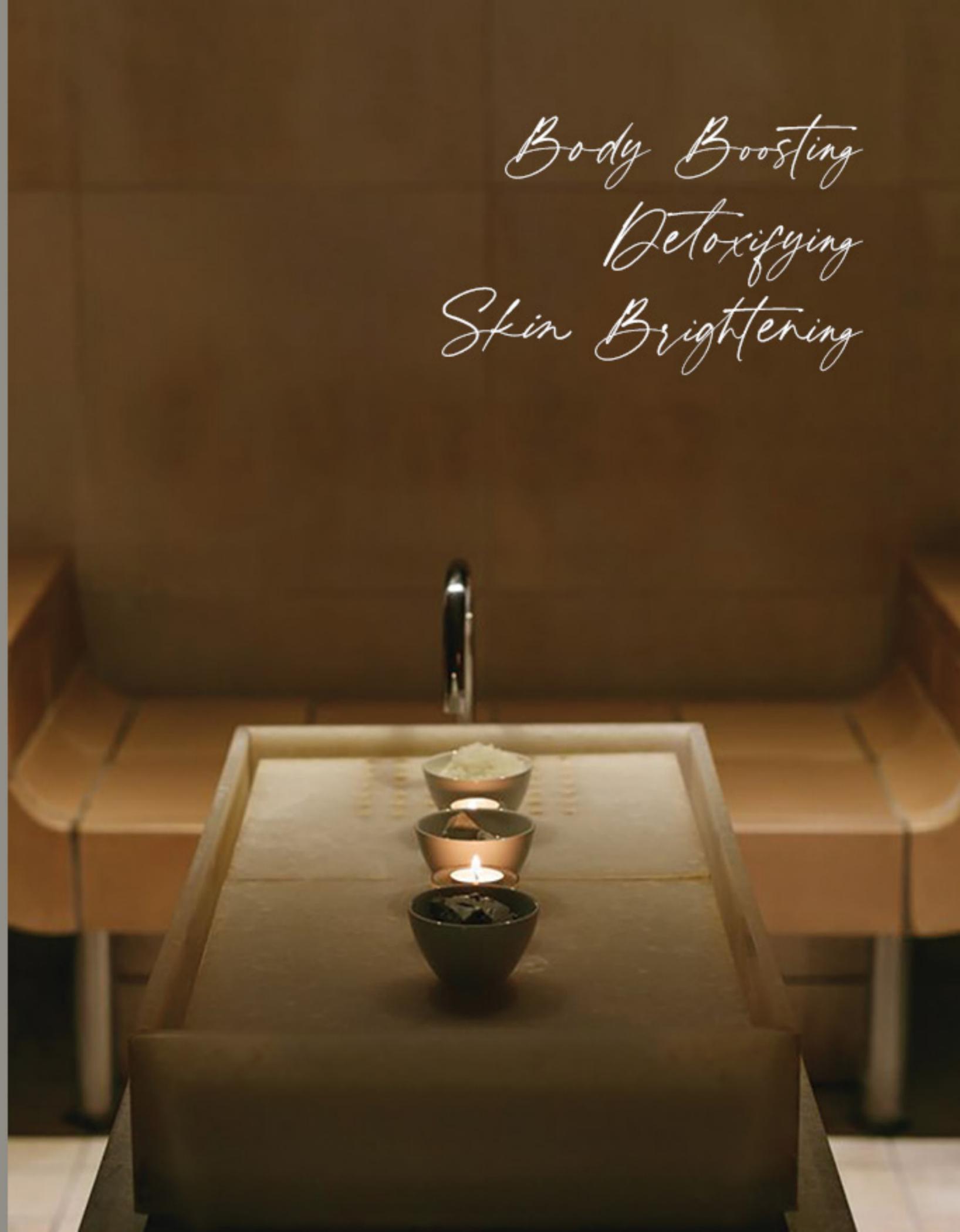
A gentle warm rain shower inside the room removes all traces of the products completing this unique serail experience.

This treatment can be experienced alone or in groups of up to 6 people.

Not suitable in pregnancy or for people with heat intolerances.

60 minutes | €69 per person
Max Capacity - 6 people

Body Boosting
Detoxifying
Skin Brightening



Signature Treatments



THE ULTIMATE RESET

A one-of-a-kind, results-driven treatment designed to detoxify, sculpt, and rejuvenate from head to toe.

This exclusive two-hour experience harnesses the power of clinically formulated, cruelty-free skincare from Irish brand Skin Formulas, combined with advanced lymphatic drainage techniques, facial cupping and body sculpting to deliver visible, lasting results.

Your journey begins with a full body exfoliation to smooth and invigorate the skin, followed by a relaxing full body massage incorporating lymphatic drainage techniques to stimulate circulation, ease tension, and support detoxification.

You'll then enjoy a fully personalised facial, enhanced with facial cupping to lift, tone, and brighten the complexion, and completed with a deeply relaxing scalp massage to melt away any remaining stress.

By enhancing circulation, refining skin texture, and restoring optimal balance, this signature treatment leaves you feeling refreshed, contoured, and glowing with vitality.

2 hours | €249



THE ANCIENT YEW

Inspired by Killarney's oldest tree, the ethereal 'Yew', this blissful treatment encapsulates the deep rooted and grounding qualities of woody essential oils.

Indulge in a light-to-medium pressure aromatherapy full body massage to relax both body and mind, followed by a facial tailored to your individual skin type. Let the soothing sounds and gentle light therapy transport you to an oasis of calm, leaving you refocused and revitalised.

2 hours | €238

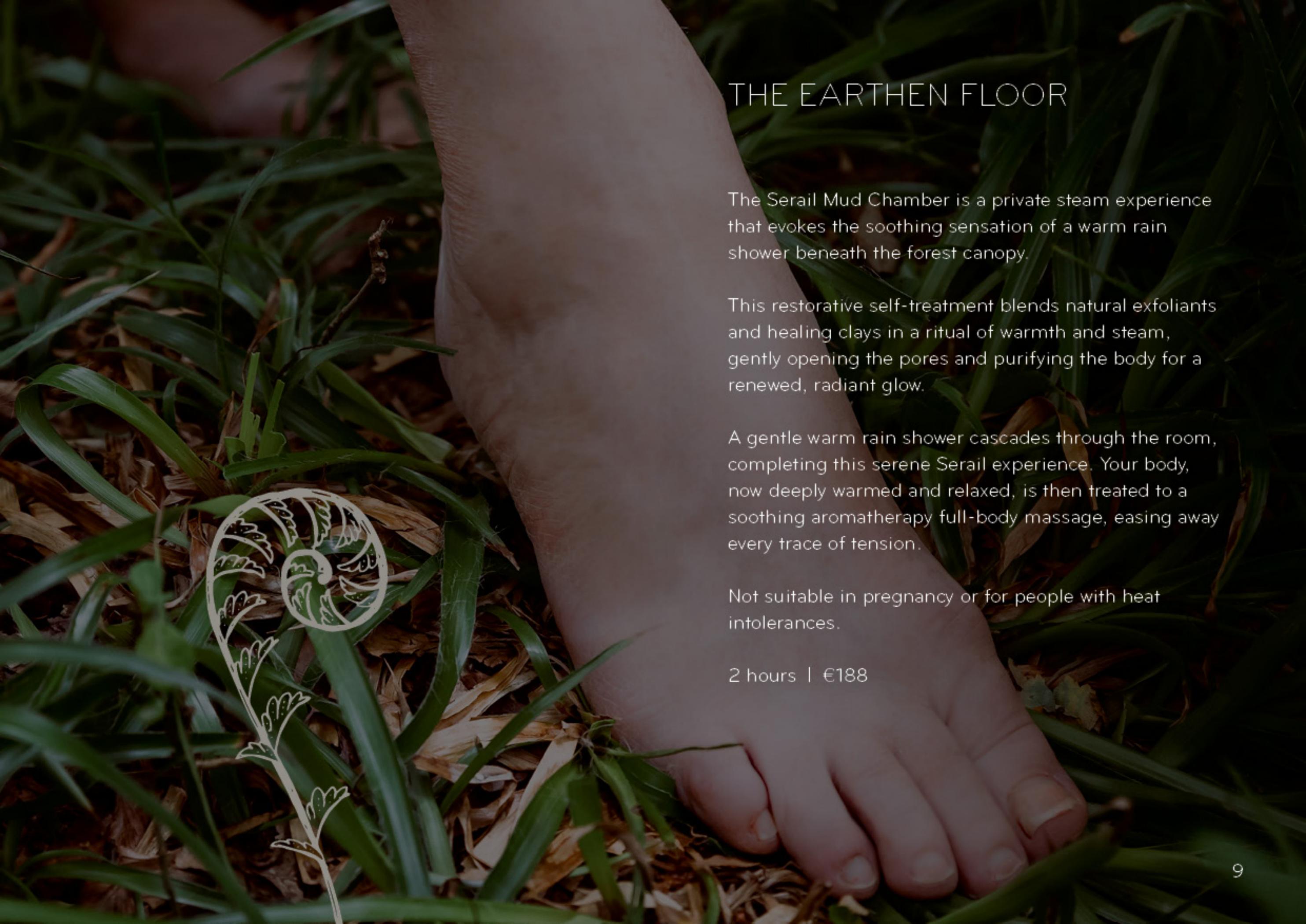


THE LOUGH WATERS

A restorative treatment inspired by the aquatic qualities of the lakes of Killarney and flora of Muckross Gardens. This signature body treatment has been designed to soothe and repair tired, aching muscles.

A therapeutic body wrap and Indian head massage offer an immersive and peaceful experience, releasing tension and reviving tired muscles. You begin your treatment with a full body brush exfoliation to stimulate your circulation, this prepares your skin for the cocooning body mud wrap and Indian head massage to finish.

1 hour 15 minutes | €129



THE EARTHEN FLOOR

The Serail Mud Chamber is a private steam experience that evokes the soothing sensation of a warm rain shower beneath the forest canopy.

This restorative self-treatment blends natural exfoliants and healing clays in a ritual of warmth and steam, gently opening the pores and purifying the body for a renewed, radiant glow.

A gentle warm rain shower cascades through the room, completing this serene Serail experience. Your body, now deeply warmed and relaxed, is then treated to a soothing aromatherapy full-body massage, easing away every trace of tension.

Not suitable in pregnancy or for people with heat intolerances.

2 hours | €188



Massages

AROMATHERAPY FULL BODY MASSAGE

Melt away everyday stresses with a personalised full-body aromatherapy massage. Guided by a unique sensory journey and infused with expertly blended essential oils, this treatment restores balance, renews energy, and leaves your skin beautifully soft.

60 minutes | €119

75 minutes | €129

DEEP TISSUE MASSAGE

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

60 minutes | €129

75 minutes | €139

HOT STONE MASSAGE

A light-pressure massage using smooth volcanic stones to release heat, ease muscle tension, and restore the body's natural balance.

60 minutes | €129

LYMPHATIC DRAINAGE

A light to medium pressure massage using body Gua Sha techniques to promote lymphatic drainage, reduce swelling and bloating, and support detoxification through the lymphatic system.

75 minutes | €139

INDIAN HEAD MASSAGE

Deeply relaxing, this blissful scalp therapy uses pressure-point massage to release tension and promote a restful night's sleep. With an organic coconut conditioning treatment, enjoy a soothing massage of the scalp, face, upper back, shoulders, and upper arms.

60 minutes | €109

WALKERS' RECOVERY

Step into total lower-body relief. This revitalising massage targets tired thighs, calves, ankles, and feet, melting away muscle fatigue, boosting circulation and easing tension from long walks, hikes, or busy days on your feet. Perfect for active lifestyles or travel recovery, it's your go-to reset for light, energised legs.

60 minutes | €119



Upgrade hot stones to another massage (exception of maternity) for an extra €10

Add on a facial hydra sheet mask to your massage treatment for an extra €9

Facials



SKIN FORMULAS RADIANCE RENEWAL FACIAL

The radiance renewal facial is designed to treat all your skin concerns but on an advanced level. This is a deep exfoliating treatment using 25% lactic acid, targeting deep lines and wrinkles, sun damage, dehydration, congestion and for skin that is lacking in radiance.

Not suitable while pregnant or breast feeding.

60 minutes | €129

Course of 3 x 60 minutes | €300

VITAL EYES

Delicately nurturing the most sensitive and delicate part of the face, this specialised treatment using cold stone therapy is fatigue-fighting and moisture quenching. Leaves contact lens wearers, hay fever sufferers and smokers with a dramatically brighter, younger looking eye zone.

45 minutes | €99

SCULPT & GLOW MASSAGE

A luxurious facial massage treatment combining the ancient techniques of facial cupping and Gua Sha to lift, contour, and rejuvenate your complexion. This gentle sculpting massage working on the face & décolleté improves circulation, promotes lymphatic drainage, and releases tension, leaving your skin radiant, firm, and beautifully sculpted.

45 minutes | €99



Skin Care Treatments

MOISTURE BOOST FOR DRY DEHYDRATED SKIN

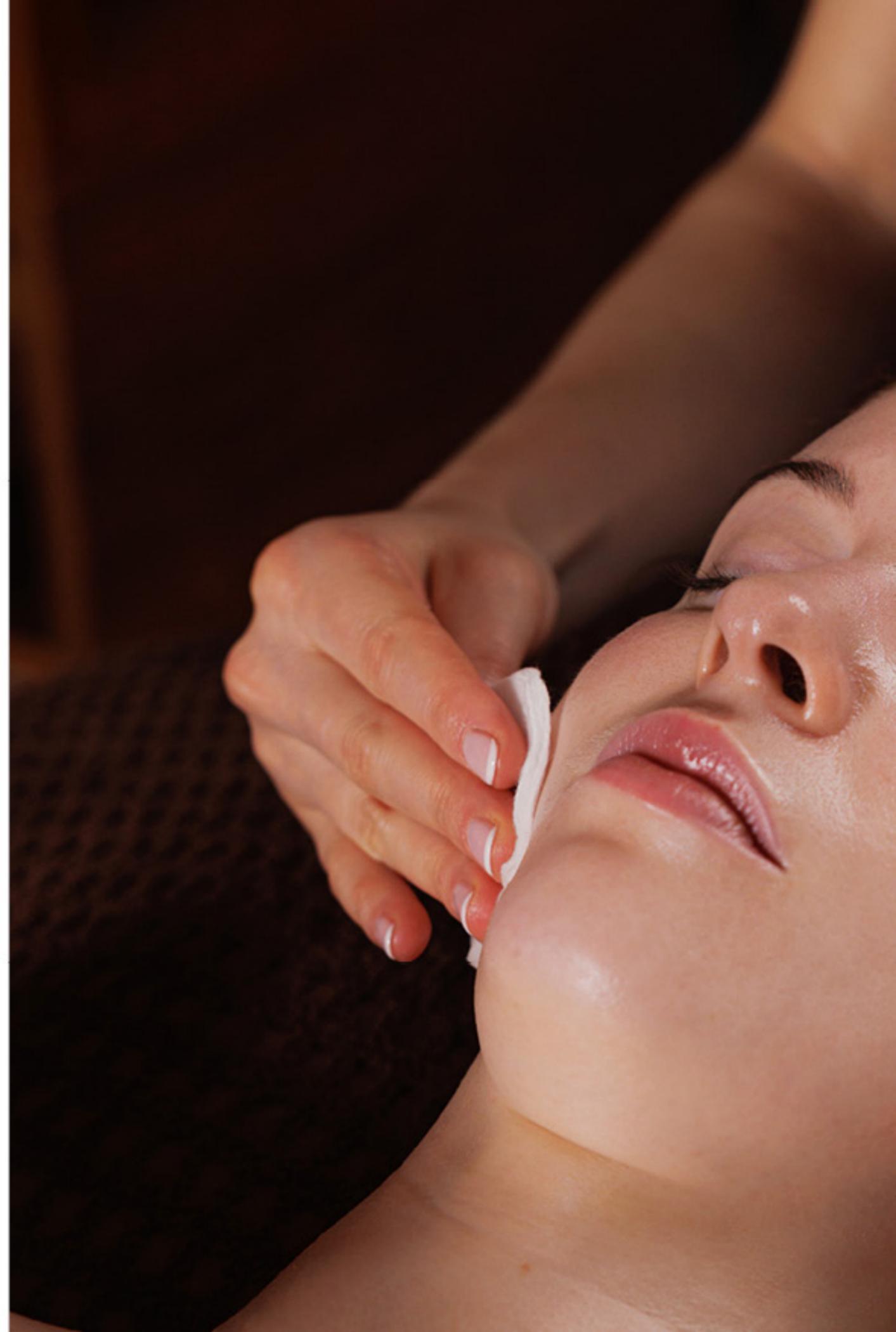
When skin is dehydrated, it can appear dull, tired, and feel tight. Fine lines become more visible, and that natural glow starts to fade. This treatment deeply replenishes moisture, leaving your skin smooth, radiant, and refreshed.

60 minutes | €119

CALM & RESTORE FACIAL FOR SENSITIVE SKIN

Sensitive skin often feels easily irritated, with redness, dryness, or a stinging sensation. It may react to weather, products, or stress. Our calming facial is designed to soothe and strengthen, leaving your skin feeling balanced, soft, and comforted.

60 minutes | €119





TIMELESS RADIANCE

FACIAL ANTI-AGEING

A refined treatment designed to smooth fine lines, restore firmness, and revive your skin's natural radiance. Experience renewed softness and a luminous, youthful glow.

60 minutes | €119

CLEAR COMPLEXION

FACIAL FOR OILY, COMBINATION SKIN IN NEED OF A DEEP CLEANSE

A deeply cleansing facial designed to purify and balance oily, congested skin. This treatment unclogs pores, reduces excess oil, and soothes inflammation, leaving your complexion clear, refreshed, and mattified.

60 minutes | €119

ADD ON A HYDRA SHEET MASK
TO ANY FACIAL FOR AN EXTRA €9



Day Packages

THE DREAMING RITUAL

A deeply relaxing ritual designed to prepare the body and mind for restful sleep. Begin with a relaxing foot massage, followed by an Indian head massage to ease tension and silence the mind. Finishing back on the feet with touch therapy to calm and soothe.

60 minutes | €109

THE CALMING EMBRACE

A calming, light pressured aromatherapy face and body massage designed to melt away stress and anxiety. Gentle, flowing movements help relax the mind, release tension, and restore emotional balance, leaving you deeply relaxed and grounded.

90 minutes | €149

THE BODY RECOVERY

Begin your recovery journey with 30 minutes in our Serail to gently warm your muscles, preparing them for a 75-minute deep tissue massage, with hot stones incorporated where needed. This treatment is designed to support muscle recovery after intense physical activity, targeting sore areas, improving circulation, and reducing inflammation to promote faster healing and optimal performance.

1 hour 45 minutes | €179

RE-BOOST & AWAKEN

A revitalising experience designed to awaken and renew. Gentle dry brushing smooths the skin and stimulates circulation, followed by an uplifting medium pressured massage to leave you feeling refreshed, balanced, and re-energised.

75 minutes | €129



THE PERFECT FINISH

Renew your skin from head to toe with this full-body exfoliation and skin-peel facial treatment. Your skin is left soft, hydrated, and radiant, perfect for special occasions.

1 hour 45 minutes | €219

EMBRACE THE CHANGE

Looking after your skin during times of change, receive a full body exfoliation, application of hydrating body milk and vital eyes to help treat your skin especially the delicate eye area.

90 mins | €189



GENTLE RESET

The perfect package for when your body needs a little TLC, starting with body brushing to awaken your skin and circulation, a warmed body wrap is applied before the treatment is finished with a light lymphatic drainage massage.

2 hours | €219

SPA & DINE

Treat yourself to two treatments from our perfect pair package, followed by a delicious brunch in Café du Parc. The ideal way to press pause, restore your glow and enjoy a taste of luxury.

60 minutes & Brunch | €139

Available Monday - Thursday only



Exfoliation

Indulge in our head-to-toe exfoliating experience, designed to awaken your senses and renew your skin. The treatment begins with a gentle full-body exfoliation using natural, aromatic scrubs to remove dry, dull skin and stimulate circulation.

A facial exfoliation follows, with a day cream tailored to your skin type, leaving your complexion smooth, radiant, and refreshed. Nourishing body milk is then applied to lock in hydration, leaving your skin soft and revitalised.

Your experience concludes with a deeply relaxing scalp massage, easing tension and enhancing overall well-being.

60 minutes | €109



Body Wraps

Experience sheer relaxation with our targeted body wraps designed to ease sore, tired muscles, detox or to simply unwind and relax. Your treatment begins with dry body brushing to awaken your circulation in preparation for your body wrap.

A warm, mineral-rich therapeutic wrap is applied to help treat a specific concern. While your body rests, enjoy a calming scalp massage to melt away mental stress and encourage total relaxation.

The experience ends with a gentle application of hydrating body milk, leaving your skin nourished and hydrated.

Choose from:

- Seaweed wrap, to detoxify
- Sea marine, for aching tired muscles
- Cocoa, mood uplifting, stress and deep relaxation

60 minutes | €119



Maternity Treatments

Our specially designed maternity treatments provide safe, soothing care for expectant mothers during this special time. Each treatment is tailored to support your changing body, relieve common pregnancy discomforts, and promote deep relaxation and emotional well-being.

All treatments are delivered by experienced therapists using pregnancy-safe products and supportive positioning to ensure complete comfort and peace of mind.

Please note all our maternity treatments are of a light-medium pressure only, and suitable from the second trimester onward.

FULL BODY MASSAGE

60 minutes | €119

MINI FACIAL & 30-MINUTE MASSAGE

(back or lower legs and feet)

60 minutes | €119

BODY EXFOLIATION

60 minutes | €119

LIGHTER LEGS

30 minutes | €79

MINI FACIAL

30 minutes | €79





Couple's Treatments

Treat yourselves to the ultimate relaxation with our thoughtfully designed couples' treatments. Our couple's suite features two private rooms connected by an open centre, allowing you and your partner to enjoy your treatments side by side while still having your own space and therapist.

Perfect for a romantic getaway, anniversary celebration, or shared self-care moment, each experience is carefully crafted to nurture both body and bond.

AROMATHERAPY FULL BODY MASSAGE & MINI FACIAL

90 minutes | €179 per person

BACK MASSAGE & PERSONALISED FACIAL

90 minutes | €179 per person

INDIAN HEAD MASSAGE

60 minutes | €109 per person

DEEP TISSUE MASSAGE

60 minutes | €129 per person

BACK MASSAGE & MINI FACIAL

60 minutes | €119 per person





The Perfect Pair

Choose any of the below 2 treatments:

- Lighter Legs
- Relaxing Back Massage
- Mini Facial
- Facial Massage
- Scalp Massage
- Hand & Arm Massage

Choose any two treatments for €119 or add one onto any 60-minute treatment for an extra €60.



Spa Etiquette



Our guidelines are designed to ensure that all of our guests are able to fully enjoy their spa experience. 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 be forced to reschedule 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 24 hours notice should you need to make a cancellation and a minimum of 48 hours notice for groups of three or more. Cancellations made within the above timeframe will incur a fee of 50% of the treatment booked; cancellations made within 12 hours will be charged the full price of the treatment. No-shows will be charged 100% of the treatment price, this will automatically be charged 30 minutes from your scheduled treatment time.