



THE
SPA

AT THE KINGSLEY

THERMAL SUITE

Enjoy a wide variety of healing experiences in our Thermal Suite. All guests reserving spa treatments over the value of €50 can avail of complimentary access to our Thermal Suite, for a period of one hour prior to your treatment commencement time.

The Thermal Suite Experience can also be reserved for a charge of €20pp.

Laconium
Aromatherapy Steam Baths
Finnish Sauna
Hamam (Turkish Bath)
Jacuzzi Pool
Tropical Rain Shower
Cool Mist Shower
Ice Shower
Heated Mosaic Loungers

FACIALS

Pevonia Botanica offers a full line of skin care products containing the most potent and effective, natural source ingredients incorporated within technologically advanced formulations and treatments, delivering you remarkable, highly visible results.

Lumafirm Lift & Glow Eye Contour Treatment
30 mins | €50
Express Facial
30 mins | €50
Prescriptive Facial
60 mins | €80
Gentlemen's Facial
60 mins | €80
Plantomer Hydrating Facial
(Sensitive, Eczema and Psoriasis prone skin types)
60 mins | €90
Rosacea Facial
60 mins | €90
Luminous & Oxygenated Skin
60 mins | €90
Lumafirm Lift & Glow Facial (Anti-Ageing)
60 mins | €110
Rejuvenate Stone Therapy Facial
(Body Polish, Facial & Massage)
120 mins | €160

MASSAGE & HOLISTIC

Pevonia Botanica – Natural Ingredients. Professional Results.

Hopi Ear Candling
40 mins | €65
Reflexology
50 mins | €80
Indian Head Massage
45 mins | €70
Back, Neck & Shoulder Massage
25 mins | €50
Full Body Massage
50 mins | €80
Full Body Massage with Luxury Scalp Massage
65 mins | €95
Deep Tissue Full Body Massage
50 mins | €90
Couples Massage
50 mins | €75pp
Pevonia Recovery Massage
60 mins | €90
Relax Stone Therapy Massage
90 mins | €120
Pevonia Aroma Massage
60 mins | €90

The
FOTA | Collection

HOTEL SPA HEALTH CLUB RESIDENCE

The Spa at The Kingsley, Victoria Cross, Cork, Ireland. www.thekingsley.ie

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Find us on



THE SPA AT THE KINGSLEY BODY TREATMENTS

BODY SCRUBS 20 mins | €50

Flower Power

Bergamot & Calendula Flower Salt Scrub

Zingy

Lime & Lemongrass Salt Scrub

Organic & Natural

Sweet Orange & Ground Argan Oil Granite Scrub

Detox Green

Matcha Green Tea & Coconut Oil Body Polish

Sweet Treat

Strawberry Cream Salt Scrub

AROUND THE WORLD BODY RITUALS

(Scrub, Wrap & Full Body Massage) 90 mins | €120

Asian Infusion

Taste of the Orient

Arabian Nights

BODY WRAPS INCLUDING LUXURY SCALP MASSAGE

30 mins | €50

Ginger Spice & Star Anise

Anti-oxidation and healing

Green Tea

Detoxifying

Champagne & Caviar Extract Wrap

Anti-ageing

Sweet Chocolate

Nourishing

PEVONIA BODY TREATMENTS

Pevonia Cellulite Smoothing Green Coffee Body Wrap

60 mins | €80

Lumafirm Body Firm & Glow Body Wrap

60 mins | €80

TOUCH THERAPY

An innovative and integrated approach to the specific needs of cancer patients. Touch Therapy treatments using Lindi Skin which are innovative products to aid patients dealing with skin-related side effects caused by chemotherapy and radiation therapy. Each Touch Therapy treatment includes an in-depth consultation with your expert therapist. This will enable your therapist to tailor the treatment specifically for your individual needs.

Facial Treatment

60 mins | €80

Chemo Comfort Therapy

60 mins | €80

Touch Therapy for Radiation Clients

60 mins | €80

MATERNITY

MAMA MIO

Making a baby is a stressful business, both physically and mentally. It is the perfect time for a girl to check out of reality and into a spa. Mama Mio Pregnancy Spa Treatments are our special programme of skin salvation; indulgent spa treatments designed to take you right through every stage of your nine month stretch. Remember, take good care of yourself and find joy in your amazing achievement.

Happy Mama = Happy Baby

Gorgeous Glow Pregnancy Facial

60 mins | €90

Mama Mio Pregnancy Massage

60 mins | €90

Lucky Legs Lighten Up

25 mins | €50

Gorgeous Glow Top to Toe

90 mins | €120

FINISHING TOUCHES

Hands & Feet Treatments

File & Polish for Hands 20 mins | €20

File & Polish for Feet 20 mins | €20

Spa Ritual Manicure (Colour Finish) 60 mins | €50

Spa Ritual Manicure (French Finish) 70 mins | €55

Spa Ritual Manicure (Gelish Finish) 80 mins | €70

Spa Ritual Pedicure (Colour Finish) 60 mins | €50

Spa Ritual Pedicure (French Finish) 70 mins | €55

Spa Ritual Pedicure (Gelish Finish) 80 mins | €70

Ladies don't forget your flip flops!!

Gelish

A nail polish that looks and lasts like gel nails. It's applied to your own natural nail and lasts for two to three weeks with no chipping or peeling.

Colour Finish €30

French Finish €40

Remove & Reapply Colour Finish €35

Remove & Reapply French Finish €45

Make-up

Make-up Application 40 mins | €40

Eye Make-up 30 mins | €25

Bridal Make-up including trial (2 applications) 40 mins | €70

Make-up Application with Strip Lashes 45 mins | €50

Make-up Application with Individual Lashes 50 mins | €55

WAXING

Waxperts wax is the next generation in waxing. Using the latest technology, they have created a super flexible wax range with a no double dipping policy. Perfect for even the most sensitive skins or strongest hair types. With a low melting point it is the most comfortable wax available. From brows to brazilians it grips even the shortest waxed hair to offer a painfree a wax as possible.

Female Waxing

Basic Bikini (A tidy up just outside the panty line)	€16
Californian (Takes the basic bikini a step further)	€25
G-String (Further extended bikini and bum)	€32
Brazilian (A small strip/triangle remains)	€40
Hollywood (Totally bare)	€45
½ Leg Wax	€20
¾ Leg Wax	€25
Full Leg	€30
Underarms	€15
Arm	€20
½ Arm	€15
Lip	€10
Chin	€10
Eyebrows	€15
Eyebrow Wax & Brow Tint	€20
Eyebrow Wax, Tint & Eyelash Tint	€30
Sides of Face	€10
Abdomen	€15

Add a ½ leg wax to any bikini wax for €15 or add a full leg wax to any bikini wax for €25.

A patch test is essential 24 hours prior to having a tinting treatment.

Male Waxing

Chest	€25
Back	€35
Shoulders	€15
Back & Shoulders	€45
Eyebrows	€20

TANNING

Instant Tan Application

Full Body	€30
Tan Ritual (includes full Body Buff and Spray Tan)	€60

Spray Tan Application

Full Body	€30
Tan Ritual (includes full Body Buff and Spray Tan)	€60

Please note: Spray Tan is not an instant tan and requires developing overnight.

PAMPERING PACKAGES

Half Day Packages

All our Half Day pampering packages include 1 hour use of our Thermal Suite prior to treatments.

INFUSION OF TEA TIME TREATS 60 mins | €90pp

A luxurious afternoon getaway. Choose **two** 30 minute treatments from the list below combined with Afternoon Tea served in The K Lounge;

- Lime & Lemongrass Salt Scrub
- Sweet Chocolate Body Wrap
- Peppermint & Green Tea Foot Treatment
- Raspberry Infused Back Neck & Shoulder Massage
- Express Facial with a Sunflower Oil Hand & Arm Massage

RENEW & ILLUMINATE 120 mins | €150pp

Pevonia Prescriptive Facial
Choose from either the Recovery Full Body Massage or Hot Stones Full Body Massage

FULL DAY PACKAGES

Our Full Day pampering packages includes use of the Thermal Suite and Lunch served in your choice of either Springboard or The K Lounge

COUPLES ESCAPE € 170pp

Mud Rasual Experience
Couples Massage
Express Facial

MUM TO BE € 170pp

Mama Mio Full Body Massage
Luxury Pedicure
File & Polish Fingers

BACK TO NATURE € 170pp

Organic Sweet Orange & Ground Argan Oil Granite Scrub
Back, Neck & Shoulder Massage
Pevonia Prescriptive Facial

LUMAFIRM & GLOW € 170

Lumafirm & Lift Facial
Lumafirm & Glow Body Wrap