



TREATMENTS

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THE TREATMENTS

ESPA HAS CREATED A COLLECTION OF POWERFUL AND HIGHLY EFFECTIVE SIGNATURE TREATMENTS FOR ESPA AT THE EUROPE THAT UNIQUELY REFLECTS A FUSION OF THE LATEST SCIENTIFIC ADVANCES WITH POTENT EUROPEAN THERAPIES, EASTERN PHILOSOPHY AND AYURVEDIC INFLUENCE. OUR TEAM OF HIGHLY SKILLED, ESPA TRAINED SPA PROFESSIONALS HAVE BEEN SELECTED TO DELIVER OPTIMUM RESULTS IN EVERY TREATMENT.

PRIVATE SPA SUITE

Designed with total privacy and luxury, the Private Spa Suite offers a truly unique experience, with spectacular views of Lough Lein and McGuillicuddy Reek Mountain Range, the suite has been exquisitely designed to include a double bath, steam shower, sauna, private changing room, relaxation and a generous changing area.

These opulent facilities offer shared escapism for two and incorporate an hour of relaxation time to enjoy the surroundings prior to your treatments commencing.

You can enhance your Spa experience by increasing your treatment time, allowing us to tailor your experience to your needs. Any combination of treatment experiences can be taken in the Private Spa Suite with a minimum treatment time of one hour per person, please contact Spa reception for guidance and assistance in creating your ideal Spa experience.

ADVANCED SIGNATURE TREATMENTS

HOLISTIC TOTAL BODY RITUAL WITH HOT STONES

2 Hours

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony. Recognised in both Ayurvedic and Chinese philosophies, blocked and congested Chakras can affect the body and mind both emotionally and physically. Natural energies are stifled and the zest for life is lost or subdued.

After a welcoming foot ritual and full body exfoliation this holistic treatment continues with the placing of stones along the spine, at vital energy points on hands and feet and on Chakras around the body. The body is massaged using individually tailored essential oils combined with the use of hot stones to release tension, before an acupressure head massage is given. This full body treatment ends with gentle stretching to help release deep-seated tension around neck and shoulders, and leave your body feeling soothed and your spirit calm.

ADVANCED BACK, FACE AND SCALP MASSAGE WITH HOT STONES

2 Hours

An all-embracing treatment incorporating back cleanse, massage and a full ESPA Intensive Facial with facial acupressure techniques and Oriental head massage.

The initial, deep cleansing back exfoliation is followed by the hot stone back massage with aromatherapy oils bringing powerful de-stressing benefits to mind and body. Hot stones are placed along spine, shoulders and neck to stimulate and balance vital energy points throughout this exceptional treatment.

The facial includes massage with a deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the Oriental head massage takes place to help clear the mind, calm the spirit and ease tension. The result is re-hydrated, nourished and soothed skin combined with a sense of deep relaxation.

ESPA AYURVEDIC INSPIRED RITUALS

DOSHA SPECIFIC AYURVEDIC INSPIRED RITUALS

2 Hours

These traditional yet sophisticated Ayurvedic inspired rituals commence with a hot tri-doshic herbal infusion and foot cleansing ritual followed by a full body exfoliation to enhance circulation. The body is covered in an application of warm Marine Algae, Mud or traditional Oshadi Clay and natural linens are used to envelop the body. Individually prepared warm ESPA oils blended with Ayurvedic blends are poured onto the body and hot or cold stones are used for the Dosha specific massage. The luxurious Oriental head massage that follows uses cool stones and deep inhalation of therapeutic aromatic oils to relax and clear the mind.

A Dosha consultation during the foot ritual allows the treatment to be uniquely designed based on your needs.

PITTA PACIFIER

The Pitta type person may frequently suffer from sensitive skin, frustration and is often affected by hot weather. Pitta minds and bodies can be over active and easily agitated and benefit from cooling and calming. This treatment helps to cool and soothe the skin, calm busy minds and emotions with Bhringaraj herbal oil and restorative plant extracts such as Palmarosa and Myrrh.

KAPHA STIMULATOR

The Kapha type person can experience oily, possibly dull skin, tendency to put on weight easily and is affected by cold damp weather. Kapha benefits from purification and stimulation to improve circulation. This treatment utilises detoxifying Indian herbs such as Ashwaganda and Algae extracts to clarify the skin, stimulate the circulation and warm the body.

VATA COMFORTER

The Vata type person may often suffer from dry skin, anxiety and be affected by cold dry weather. Vata needs warmth, nourishment, hydration, comfort and healing. This treatment helps to enhance the comfort of the skin and balance the mind with ancient Indian herbs such as Brahmi and Oshadi in addition to nourishing mud extracts.

ESPA INTENSIVE FACIALS

All ESPA facials begin with an in depth consultation followed by a detailed skin analysis to identify your individual needs and concerns. This enables your therapist to tailor the treatment to your specific requirements, and offer relevant home care advice to deliver long term benefits to your skin.

CHOOSE FROM THE FOLLOWING OPTIONS: 1 Hour

SKIN BRIGHTENER

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet; plus other skin regenerating products rich in anti-oxidants, which are skin softening, smoothing, and visibly improve the radiance, appearance and texture of the skin.

OIL CONTROLLER

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. After cleansing with a naturally foaming cleanser made with Yucca, Sugar Beet and Honey, this facial uses products with naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme to help soothe, calm, rebalance and encourage a clear complexion.

DE-SENSITISER

A specifically gentle facial for truly sensitive, fragile skins which are prone to redness and irritation. Soothing, de-sensitising natural plant extracts and aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins helping to reduce sensitivity and to calm high colour, leaving the skin calmed, nourished and comfortable.

RE-HYDRATOR

Ideal for dry, dehydrated, flaky and tired skin, this rehydrating facial is an excellent regenerating boost. Gentle deep cleansing and exfoliation helps the skin to improve the absorption of nourishing and moisturising masks, facial oils, Botanical Rescue Balm and moisturisers, which are specifically chosen for their deeply re-hydrating benefits. This facial leaves the skin smooth, soft, supple and nourished.

REGENERATING AND FIRMING EYE TREATMENT

30 Minutes

Perfect for those who are concerned with the first signs of ageing which appear around the eye area. The eye lift is also a welcome treat for those suffering from eye-strain and computer headaches and contact lens wearers. A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the environment.

ESPA ADVANCED FACIAL

INFINITE BRIGHTENING AGE DEFYER FACIAL

1 Hour 30 Minutes

A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing, and sun damaged skin. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with the ESPA seriously effective moisturising products, rich in natural anti-oxidants, and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalized and nourished.



ESPA ULTIMATE BODY ENVELOPMENT

Following a thorough consultation your personal therapist will identify the appropriate essential oil blend to meet your individual needs, and select either Marine Algae, Marine Mud or Oshadi Clay as the basis for your envelopment, not just a body wrap, it is a total body experience including lymphatic skin brushing and body exfoliation followed by a complete body envelopment.

MARINE ALGAE

Marine Algae rich in hydrating and detoxifying properties and is particularly beneficial when needing to speed up the elimination of toxins, prior to the absorption of essential oils and plant extracts.

MARINE MUD

Marine Mud is known for its skin conditioning properties and is ideal for dry, dehydrated skin requiring nourishment and rebalancing.

OSHADI CLAY

Oshadi Clay, blended with Ginger, Liquorice and Mustard Seed warms and hydrates the skin, and is particularly beneficial for those suffering from emotional and physical tension.

CHOOSE FROM THE FOLLOWING OPTIONS: 1 Hour

DETOXIFIER

Using Detoxifying Body oil blended with warmed Marine Algae to help improve circulation and speed up the eliminations of toxins.

BODY TONER

A luxury way to help restore skin tonicity, ideal after weight loss or pregnancy; deeply nurturing and moisturising.

SKIN HYDRATOR

Using Restorative Body oil and Marine Mud this deeply nourishing wrap brings true re-hydration to dry skin.

MUSCLE RELAXER

Using Fitness Body oil and Oshadi Clay, this warming wrap helps to soothe tired muscles and alleviate tension.

IMMUNE BOOSTER

Resistance Body oil made from a blend of three types of Eucalyptus is combined with both Marine Algae and Oshadi Clay in this stimulating wrap which is ideal when resistance is low.

STRESS RELIEVER

Stress comes in many forms but this comforting, warming, tension relieving wrap will restore balance and bring deep relaxation to body, mind and spirit.

ENERGY BOOSTER

Marine Algae combines perfectly with a refreshing uplifting blend of essential oils to re-establish a sense of well-being and inspired energy.

THE JET LAG ELIMINATOR

Travelling through time zones can disturb your body's natural rhythm. This wrap uses powerful aromatherapy oils to help reset your body clock; soothing and relaxing to induce sleep or revitalising and energising to leave you feeling fresh and alert.

ESPA ESSENTIAL BODY MASSAGE

AROMATHERAPY MASSAGE

ESPA aromatherapy massage is essential, professional and specific, using a blend of essential oils chosen to suit the needs of the individual. Choose from our luxurious selection of holistic massages. A personal consultation will ensure that you receive a tailor made treatment to suit your individual needs.

CHOOSE FROM THE FOLLOWING:

80 Minutes or 50 Minutes

DETOXIFYING

Using a detoxifying blend of cleansing citrus oils.

BODY TONER

Restoring and firming to improve tonicity.

MUSCLE RELAXER

Warming and stimulating essential oils to ease aches and pains.

STRESS RELIEVER

Relaxing, calming essential oils to soothe and de-stress.

IMMUNE BOOSTER

Using a powerful blend of Tea Tree and Eucalyptus known for their anti-viral and anti-bacterial properties.

ENERGISER

Uplift and rebalance the mind and spirit with a stimulating blend of essential oils.

JET LAG ELIMINATOR

Revive energy levels with an energising blend or relax into untroubled sleep with a soothing blend of essential oils.

FITNESS BODY MASSAGE

80 Minutes or 50 Minutes

An advanced massage developed to alleviate areas of deep seated tension. Limbs and muscles are stretched and hot stones used in preparation for specific muscular release.

BALINESE MASSAGE

80 Minutes or 50 Minutes

Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching sweeping movements for deep relaxation. A sophisticated, soothing and indulgent massage.



ESPA TREATMENTS FOR MEN

PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE

1 Hour

City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed. The triple cleanse procedure which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA body oil to release tight muscles and tension.

GOLFERS TONIC

80 Minutes

After a hard day on the green allow yourself some time to recover and soothe aching muscles with this treatment targeting swing tension held in the back and neck and golf weary legs and feet. Begin with a soothing foot soak, scrub and specific massage with hot stones followed by a warming mask of paraffin wax to restore energy to fatigued feet and legs. This treatment is complete with a deeply relaxing back massage with Hot Stones to release tension and muscle stress.

FITNESS BODY MASSAGE

80 Minutes or 50 Minutes

An advanced massage developed to alleviate areas of deep seated tension. Limbs and muscles are stretched and hot stones used in preparation for specific muscular release.

AROMATHERAPY MASSAGE

ESPA aromatherapy massage is essential, professional and specific, using a blend of essential oils chosen to suit the needs of the individual. An intensive massage to relieve physical tension and calm or uplift the spirit.

CHOOSE FROM THE FOLLOWING:

80 Minutes or 50 Minutes

DETOXIFYING

Using a detoxifying blend of cleansing citrus oils.

BODY TONER

Restoring and firming to improve tonicity.

MUSCLE RELAXER

Warming and stimulating essential oils to ease aches and pains.

STRESS RELIEVER

Relaxing, calming essential oils to soothe and de-stress.

IMMUNE BOOSTER

Using a powerful blend of Tea Tree and Eucalyptus known for their anti-viral and anti-bacterial properties.

ENERGISER

Uplift and rebalance the mind and spirit with a stimulating blend of essential oils.

JET LAG ELIMINATOR

Revive energy levels with an energising blend or relax into untroubled sleep with a soothing blend of essential oils.

ESPA TARGET ZONES

PRE AND POST NATAL EXPERIENCE

80 Minutes

This total body treatment has been carefully designed for those who are expecting or have just had a baby. Taking account of all contra-indications, this treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, Pink Clay Mud and various nourishing creams with advanced massage techniques to safe areas. It leaves the skin toned and you feeling totally relaxed.

STIMULATING HIP AND THIGH TREATMENT

1 Hour

A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone. After exfoliation with a special blend of seaweed, salt and oil there follows a deep, detoxifying massage and lymphatic drainage using stimulating essential oils. Including activation of the reflex zones and pressure points on the feet, this advanced treatment helps to purify and cleanse the body. A course of treatments is recommended to maximise the effects.

ESSENTIAL BACK TREATMENT

50 Minutes

An stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.

FULL BODY SALT AND OIL SCRUB

25 Minutes

An experience that will leave your body refreshed and cleansed with your skin smooth and revitalised. Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness. An ideal treatment prior to any Essential Body Massage.

ESPA FINISHING TOUCHES

HOLISTIC HAND AND ARM TREATMENT WITH HOT STONES 50 Minutes

An holistic arm, hand and nail treatment including a gentle skin refiner and a therapeutic massage incorporating Hot Stone therapy with the appropriate aromatherapy massage oils. Hands and nails are then either treated to a warm envelopment of paraffin wax to intensively nourish, soften and condition or alternatively nails are painted to achieve that polished finish.

HOLISTIC FOOT AND LEG TREATMENT WITH HOT STONES 65 Minutes

Holistic foot, leg and nail treatment including gentle exfoliation, and a relaxing acupressure point massage with the appropriate aromatherapy massage oil incorporating Hot Stone therapy. The feet are either then enveloped in warm paraffin wax to soften, deeply nourish and condition the skin or alternatively toes are painted to achieve that polished finish.

MANICURE 30 Minutes

An essential hand and nail treatment, incorporating a therapeutic massage using the appropriate aromatherapy massage oil chosen for your individual needs.

PEDICURE 45 Minutes

An essential foot and nail treatment, incorporating a relaxing pressure point massage using the appropriate aromatherapy massage oil chosen for your individual needs.

WAXING, TINTING AND MAKE-UP

WAXING

Skin brushing and exfoliation help to prepare the skin prior to waxing. A light, refreshing, mist of essential oil distillates, including antiseptic Tea Tree, will calm and cool. The treatment is completed with the application of a light moisturising balm to soothe the skin leaving the area smooth and soft.

Full Leg Wax	40 Minutes
Half Leg Wax	25 Minutes
Bikini Wax	10 Minutes
Underarm Wax	10 Minutes
Lip and Chin Wax	10 Minutes
Eyebrow Shape	10 Minutes

LASHES AND BROWS

Eyelash Tint	20 Minutes
Eyebrow Tint	10 Minutes
Eyelash / Eyebrow Tint	25 Minutes

24 hour Patch Test Required.

MAKE-UP APPLICATION

Day or Evening Make-up	40 Minutes
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HALF DAY MINI RITUALS

The Half Day Mini Rituals begin with full use of the Spa. You are encouraged to arrive 60 minutes prior to your treatment time in order to make full use of the Spa facilities including the Thermal Suite comprising of steam room, sauna, outdoor vitality pools, lifestyle showers and relaxation areas. To complete your Half Day Mini Ritual, a light, healthy lunch will be served in the Spa Café.

Each Half Day Mini Ritual begins with a cleansing foot ritual and personalised consultation.

SELECT FROM ONE OF THE FOLLOWING RITUALS:
2 Hours 15 Minutes

THE ESPA MUSCLE RELAXER

- Muscle Relaxer Essential Body Massage
- The Re-hydrator Intensive Facial

THE ESPA DETOXIFIER

- Stimulating Hip and Thigh Treatment
- Detoxifying Body Envelopment

THE ESPA BODY TONER

- Body Toner Envelopment
- Body Toner Essential Body Massage

THE ESPA STRESS RELIEVER

- Stress Reliever Essential Body Massage
- The Skin Brightener Intensive Facial

THE ESPA ENERGY BOOSTER

- Full Body Salt and Oil Scrub
- Energiser Body Massage (80 minute massage)

MANKIND

- Purifying Facial, Shoulder and Scalp Massage
- Muscle Relaxing Aromatherapy Massage

All massages are for the duration of 50 minutes except the Energy Booster Ritual

FULL DAY SPA RITUALS

Escape to the ultimate retreat, one of pure luxury and total indulgence. The Full Day Spa Rituals incorporate full use of the unique Spa and Leisure facilities including Thermal Suite, outdoor vitality pool, swimming pool, Spa relaxation and a light, healthy Spa cuisine lunch at the Spa Café. Each treatment experience will commence with a full consultation from your specially selected team of therapists who will respond to the needs of your mind and body to achieve perfect harmony.

Each Full Day Spa Ritual begins with a cleansing foot ritual and personalised consultation.

TOTAL BALANCE

2 Hours 45 Minutes

A calming, soothing journey designed specifically to achieve ultimate relaxation and tranquillity.

- Full Body Salt and Oil Scrub
- Stress Reliever Essential Body Massage
- De-Sensitiser Intensive Facial

BODY DETOX

3 Hours 15 Minutes

A luxurious experience created to cleanse, purify and detoxify mind and body.

- Detoxifier Ultimate Body Envelopment
- Detoxifying Essential Body Massage
- ESPA Intensive Facial
- Regenerating and Firming Eye Treatment

PURELY HOLISTIC

3 Hours 45 Minutes

Achieve ultimate tranquillity and a deep sense of relaxation with this powerful combination of advanced treatments.

- Dosha Specific Ayurvedic Inspired Ritual
- Infinite Brightening Age Defyer Facial

NEW BEGINNINGS

3 Hours 30 Minutes

Relax and enjoy this totally caring and nourishing collection of treatments to leave your skin soft and hydrated.

- Pre and Post Natal Experience
- ESPA Intensive Facial
- Pedicure

FITNESS

FITNESS ASSESSMENT

1 Hour

Let our qualified Fitness Instructors assess your current physical wellbeing. They will measure your blood pressure, heart rate, lung capacity and conduct a complete analysis of all aspects of your wellbeing. Receive advice on areas to address, and guidance on sensible corrective steps to improve your level of fitness. This will include a tailored programme of exercise personalised for you and your lifestyle. After one session, you can expect to be comfortable training within the gym environment within safe boundaries. For further progression, Personal Training will be recommended.

PERSONAL TRAINING

1 Hour

Need a little more from your workout? Let our Instructors review your routine and help you achieve new goals, whether you exercise regularly or require a helping hand to lead you back into the gym our team will ensure that you are exercising safely and with a purpose. If you are looking for specific improvements or as part of a weight management programme there is no more effective way to improve your level of fitness. Working on your core stability, flexibility and using the latest techniques and elements you will see and feel the difference. Nutritional and home lifestyle advice can form part of a course of Personal Training, where longer term stability of body and mind can be worked upon.

HOW TO SPA

SPA ARRIVAL

You are encouraged to arrive at least 60 minutes prior to your treatment reservation to enable you to enjoy the full use of the exclusive facilities at the Spa.

Please be aware that late arrivals will not receive an extension to their treatment.

SPA FACILITIES

Leisure facilities include; male and female changing rooms, outdoor vitality pool, indoor swimming pool, state of the art fitness studio with kinesis, studio, dedicated pool relaxation room, unisex Thermal Suite including - salt pool, steam room, sauna, ice fountain, lifestyle showers and Spa Café.

Spa facilities include; male and female changing rooms, separate sex - outdoor vitality pools, Thermal Suite - steam room, sauna, ice fountain, lifestyle showers, heated loungers, relaxation rooms and the beautifully designed Private Spa Suite.

The Private Spa Suite can be reserved to enhance your Spa experience (subject to availability).

SPA TREATMENTS

We wish to advise that Spa Treatments, Full Day and Half Day Spa Rituals are available for all guests.

To ensure your preferred time and treatments are available we recommend advanced booking.

SPA SCHEDULING

To schedule an appointment for the perfect treatment journey please contact ESPA at The Europe where our specialist Spa reception team will be delighted to assist you in the right choice for you.

Telephone: (064) 71333

E-mail: espa@theeurope.com

Address: ESPA at The Europe, Killarney, Co. Kerry, Ireland.

Website: www.espaattheeurope.com

Please note reservations cannot be confirmed or secured without a credit card.

Hotel Guests can press the Spa button on the room telephone.

SPA ETIQUETTE

Our Spa environment is one of tranquillity and relaxation. Please respect all Spa guest's rights to privacy and serenity and do not use mobile phones or pagers within the Spa.

Smoking is prohibited throughout the Spa.

For your comfort we will provide you with a luxurious robe, towels and all amenities required for use during your visit.

A bathing suit is required if you wish to use our unisex Thermal Suite, outdoor vitality pool and swimming pool.

Hotel guests may wish to arrive for their treatment in their bedroom robe to help with their continued relaxation.

The minimum age requirement for access into the Spa and to experience treatments is 16 years.

SPA GIFT VOUCHERS

Gift vouchers are available for any Spa Treatment, Ritual, Full and Half Day Spa programmes, products and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

HOMECARE

To continue your Spa regime and experience at home, all ESPA products used within your treatments are available at Spa Reception where one of our team would be delighted to advise you on the most suitable products for your needs.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your Spa reservation.

PREGNANCY

We have specially designed treatments for expectant and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment, ritual or programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

