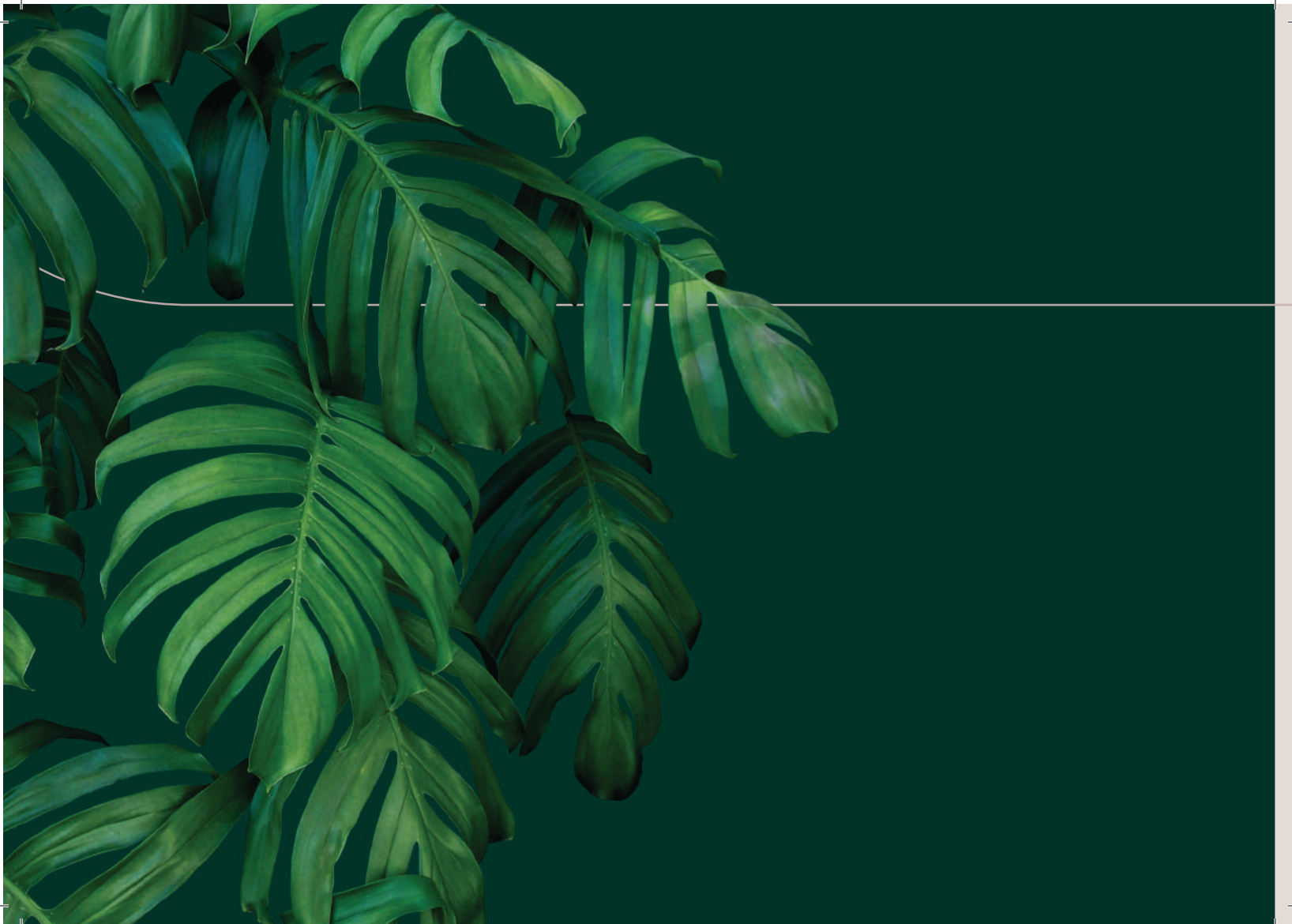


THE
SPA

AT THE KINGSLEY




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The
FOTA | *Collection*

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*THE TIME
TO RELAX
IS WHEN
YOU DON'T
HAVE TIME
FOR IT.*

Our Philosophy





Escape to our luxurious sanctuary, where you will be greeted with natural wellness treatments with the aim to indulge your body using products made with the finest of ingredients.

We believe it is essential to escape life's stresses and to take the time to relax. During your visit to The Spa, we aspire to create an urban retreat, giving you the space to forget about the outside world. We are passionate about a holistic approach and with this in mind we have created a range of signature treatments to enhance your well-being experience.

Prior to your treatment enjoy a wide variety of healing experiences in our extensive Thermal Suite including chromotherapy room, heated mosaic loungers, tropical rainforest showers, ice shower, spa pool and a range of heat and steam rooms. This is time for you to ground, rebalance and re-energise your mind, body and spirit.

Our Spa Partners



KERSTIN FLORIAN

Has combined a passion for innovative skincare, beauty, natural wellness, and spa lifestyle to create skincare programmes that deliver results with a beautiful sensory experience. Kerstin Florian's luxurious, result-orientated facials elevate skincare to an experience using two distinctive facial massage techniques and 16-point acupressure for memorable treatments that provide visible results.

ANDA

Is cruelty-free, vegan friendly and soothes those that are dealing with skin-related side effects caused by chemotherapy and radiation therapy. After forty trend-setting years in the spa wellness space, Kerstin Florian International launched ANDA, a curated natural and organic skincare collection dedicated to the vitality of skin and spirit. As part of the brand mantra "skin-friendly, animal-friendly, earth-friendly", not only are ANDA products made with sustainable and recyclable materials, but the production process also involves using responsibly sourced packaging. ANDA donate a portion of brand profits to WeForest, a global charity dedicated to cleaner water, air, and earth through their mission of planting 175 billion trees by 2030.

THE NATURAL SPA FACTORY


Offers innovative and elegant spa products. Above all, The Natural Spa Factory want you to smell sensational, feel great and enjoy yourself by using botanically sourced ingredients derived by nature like herbs, plants and flowers and try to avoid as many nasties as possible. Natural Spa Factory products do not contain parabens, S.L.S., mineral oils, synthetic colours, or genetically modified ingredients.

BASQ

Use only the highest quality ingredients, carefully selected to deliver results. It is BASQ's mission to offer the best in maternity skincare by providing products free from harmful ingredients. BASQ pregnancy treatments are suitable from the second trimester onwards.







*IT'S NOT SELFISH
TO LOVE YOURSELF,
TAKE CARE OF YOURSELF,
AND TO MAKE YOUR
HAPPINESS A PRIORITY.*



Thermal Suite

Enjoy a wide variety of healing experiences in the Thermal Suite. All guests booking spa treatments over the value of €65PP may avail of complimentary access to The Thermal Suite for a period of one hour prior to treatment commencement time.

LACONIUM

The Laconium is recommended for the beginning of your Thermal Suite experience. The gentle heat prepares the body for relaxation. This is also a lovely room to practice some meditation or breathing exercises.

AROMATHERAPY STEAM BATH

Breathe in the herbal-infused steam and allow it to permeate your body as you exhale the toxins built up as part of a stressful life.

FINNISH SAUNA

This traditional heat treatment is specifically designed as part of any detoxification programme. Temperatures of between 90° - 100° help the body to purify itself.

HAMMAM (TURKISH BATH)

The Hammam bath combines relaxation and purification with steam temperatures of 45° - 50° herbal-infused essence. Kneippe hoses and cool water streams keep the body temperature regulated.

SPA POOL

Experience the indoor spa pool with heated water and massage jets.

TROPICAL RAIN SHOWER

Helps to cleanse and prepare your body for the next heat treatment. We highly recommend that you experience this shower in between all heat treatments.

COOL MIST SHOWER

Gently brings your body temperature down before you go to the next heat treatment. We highly recommend that you experience this shower in between all heat treatments.

ICE SHOWER

This re-energising shower helps to close the pores after a heat treatment, while also stimulating blood flow and therefore cleansing the body of toxins.

CHROMOTHERAPY ROOM

The Chromotherapy Room has been exclusively designed to recreate an oasis of tranquillity using warmth and light to help you completely unwind and balance the energies of the body.

TEPIDARIUM WITH HEATED LOUNGERS

Complete your Thermal Suite experience relaxing on ergonomically designed heated loungers. This will ease tension in your muscles while the sound of running water will aid with relaxation.

Kerstin Florian Facials





ESSENTIAL SKINCARE

50 MINS | €95PP 

This results-oriented treatment is customised to address specific skin concerns including sensitivity, oily skin to dehydrated skin. Includes a renewing exfoliation on the face, neck & décolleté, a deep cleansing massage to promote circulation and a masque to balance and nourish the skin. A customised intensive face serum and relaxing hand & arm massage complete the experience. Customise your treatment by choosing from one of the following:

- Deep Cleansing Facial
- Sensitive Skin Facial
- Rehydrating Facial

EXPERT SKINCARE

ORGANIC
AROMATHERAPY FACIAL

50 MINS | €100PP  

To Nourish & Relieve Stress

Reconnect with nature, spirit and self with this luxurious facial that combines modern skincare with the ancient art of aromatherapy. Immerse your senses in the aromatic scents of nature for complete relaxation and renewal. This deeply nourishing and hydrating facial with a specially-designed face and scalp massage will impart a feeling of healthy restoration – the way nature intended.

BERRYPLUS ANTIOXIDANT
INFUSION FACIAL

65 MINS | €115PP  

For Premature Ageing

An ultra-oxygenating, anti-ageing treatment based on vitamin-rich super berries and plant cell cultures fortifies, rejuvenates, and renews. Concentrated, nourishing oils, serums and plant essences combine with exclusive acupressure and muscle-easing

face and neck massage followed by a nourishing algae-rich masque for increased cellular renewal and healthy radiance. To continue the effects of your facial you will take home the pure ampoule used in this treatment, which will provide you with up to 7 days of at-home treatment.

BIOMINERAL FACIAL


65 MINS | €115PP 

For Oily & Combination Skin

Reset your complexion with this all-natural facial designed to return the skin's microbiome to its ideal, most functional state. Balancing pre and probiotics, cell-renewing fruit enzymes and skin-replenishing minerals combined with a clearing massage using Jade tools to stimulate lymphatic drainage, release toxins, and improve circulation. A nourishing masque and customised serum blend are infused into the skin leaving it refreshed, renewed, and restored. To continue the effects of your facial you will take home the pure ampoule used in this treatment, which will provide you with up to 7 days of at-home treatment.



BRIGHTENING FACIAL

65 MINS | €115PP 

For Hyperpigmentation & Dull Skin

This specific treatment delivers brightening and clarity for immediate luminosity. With this results-oriented facial, the hands, face, neck & décolleté are treated to effective formulas that tone and even out skin texture. Using a powerful blend of skin illuminating botanicals and Activ-5 Brightening Complex, along with a multi-acid peel, and a unique cooling masque with luminous rice, skin appears lighter, brighter, and more refined. To continue the effects of your facial you will take home the pure ampoule used in this treatment, which will provide you with up to 7 days of at-home treatment.

ANDA THE VITAL FACIAL

65 MINS | €115PP  

Vegan, Organic & Cancer Care

Envelop skin and soul in a restorative refuge that allows you to renew, transform and strengthen. Organic, nutrient-rich, multi-function formulas are custom blended and enhanced with Bian Stone, Gua Sha massage to breathe life into skin as meditations of self-love uplift the soul.

GUA SHA INSTANT LIFT FACIAL

95 MINS | €165PP  

*To Reduce Puffiness,
Boost Circulation & Contour*

Rejuvenate the skin with the Ancient Art of Gua Sha combined with protein dense Caviar for a visibly firm, contoured, and glowing complexion. Expert massage techniques with specialised Jade tools which stimulate lymphatic drainage, release toxins, improve circulation and enhance natural hydration while botanical essences nourish, replenish, and fortify skin. Tension is released, puffiness is reduced, and clarity is enhanced, leaving the face, neck and décolleté visibly smoother, tighter, and more radiant.

TECHNOLOGY

65 MINS | €120PP 

ALL NATURAL URBAN RESCUE

*Customised Facial with 10mins
of Red LED Light*

With this antioxidant treatment, reverse the signs of ageing caused by exposure to daily environment stressors such as pollution, free radicals, and UV rays. Concentrated, nourishing

oils, serums and plant essences combined with age-renewing Red-Light therapy helps to rescue skin, repair cellular structure and restore skin's natural wellness and radiance.

K-LIFT YOUTH ACCELERATOR FACIAL

*Deep cleansing and multi-acid
peel followed by 40 minutes of the 3
phases of the K-Lift Machine*

This advanced facial integrates three modalities of Kinetic energy. Energy in motion that work in harmony with the body's natural energy to target and address the underlying causes and factors associated with ageing. Visible Light Energy (LED Red Light) Electron Energy (Impulse Micro Current) Magnetic Energy (Transdermal Delivery) targets all layers of the skin for visible results. It can help to tighten facial contours, boost collagen production, increase elastin, and improve overall circulation restoring your skin's natural wellness.



16 PT ACUPRESSURE



GUA SHA



ORGANIC AROMATHERAPY



COOL BEAUTY GLOBES

Face & Body Rituals





MINDFUL MOMENTS

50 MINS | €105PP

Take a deep breath, revive, relax, and rejuvenate your face and body with this nurturing experience. A blended treatment combining a pampering massage with a Kerstin Florian Refresher Facial.

Choose your Mindful Moment to suit your mood:

REVIVE | FACE, BACK, NECK & SHOULDERS

This uplifting treatment combines a muscle easing Swedish back, neck & shoulder massage with a Kerstin Florian Refresher Facial. A deep-cleansing express facial based on organic Moor Mud to refine, brighten, and hydrate your skin. Includes a massage of the face, as well as a hand massage.

RELAX | FACE, BACK, NECK & SHOULDERS

This relaxing treatment includes a back, neck & shoulder massage using warm basalt stones combined with a Kerstin Florian Refresher Facial. A deep-cleansing express facial based on organic Moor Mud to refine, brighten, and hydrate your skin. Includes a massage of the face, as well as a hand massage.

REJUVENATE | FACE, UPPER BACK & SCALP

This stress reducing treatment includes a mini Indian Head Massage focusing on your upper back & scalp. Followed by a Kerstin Florian Refresher Facial. A deep-cleansing express facial based on organic Moor Mud to refine, brighten, and hydrate your skin. Includes a massage of the face, as well as a hand massage.

KERSTIN FLORIAN WELL-BEING TREATMENTS

95 MINS | €150PP

Indulge your senses & relax your mind. Our Kerstin Florian rituals provide true therapeutic benefits that embody wellness. We have carefully selected therapies to help you to de-stress, sleep and to uplift your mood.

Customise your Well-being Treatment by choosing from one of the following:

DE-STRESS | NEROLI BLOSSOM SENSORY EXPERIENCE

Your treatment will include an Energy Balancing Acu-Flex Foot Treatment, Energy Balancing Full Body Massage & Acupressure Facial Exercise

Awaken your senses with the signature aroma of Neroli in this deeply relaxing yet uplifting experience. Featuring an energy balancing Eucalyptus infused foot cleansing ritual with an Acu-Flex foot exercise to clear your mind, a lymphatic dry brush technique followed by a Neroli Blossom meditative massage.



SLEEP | LAVENDER DREAMS

Your treatment will include a Full Body Exfoliation, Hotstones Back, Neck & Shoulder Massage, Foot & Pressure Point Scalp Massage

Relax. Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deep; inhale the calming and balancing benefits of wild lavender in this completely balancing and rejuvenating spa experience. To begin, earthly minerals are combined with lavender's healing properties in an invigorating full body exfoliation. Following is a pampering back, neck and shoulder massage with Organic Lavender Bath & Body Oil and warm healing stones. Next, nourish and relax inside a warm cocoon while a luxurious foot and pressure point scalp massage completes this head-to-toe experience.

UPLIFT YOUR MOOD | BOTANICAL CRUSH

Your treatment will include a Welcome Foot Ritual, Back of Body Massage, Refresher Facial & Scalp Massage

Restore your inner peace and re-balance your body and mind with this therapeutic ritual. Your mood boosting experience begins with a refreshing foot soak

and mineral-rich salt exfoliation of your lower leg and feet. Your journey continues with a back of body tension relieving massage using a warm organic aromatherapy oil of Grapefruit & Black Pepper. After your luxurious massage, your pampering experience continues with a Kerstin Florian Refresher Facial and relaxing scalp massage. Emerge renewed and replenished.

SENSES OF THE BODY

95 MINS | €150PP

Our Signature Rituals using Natural Spa Factory include a Full Body Exfoliation, Body Wrap with Luxury Scalp Massage, completed with a choice of Full Body Massage or Kerstin Florian Facial

RAINFOREST | TO REHYDRATE

Awaken your senses with a Strawberry & Elderflower full body exfoliation. Followed by a soothing and luxurious self-heating Chocolate & Cocoa Bean Body Wrap including Luxury Scalp Massage. Your journey continues with a choice of a Kerstin Florian Rehydrating Facial or a Full Body Massage using Sensitive Body Oil to hydrate and nourish your skin.

PARADISE | TO RESTORE SKIN

Transport your mind to a beachside paradise with a Coconut & Lychee full body exfoliation. Next a Ginger, Cocoa Bean & Sweet Orange Wrap with anti-ageing and antioxidant properties will envelop your body while you are treated to a Luxury Scalp Massage. Your journey continues with a choice of a Kerstin Florian Organic Aromatherapy Facial or Coconut Oil Full Body Massage to inject pure goodness into your skin.

PURIFY | TO DETOX

Invigorate body and mind with a full body Colombian Rush Coffee Scrub. A brew of the finest Colombian beans infused with intoxicating, antioxidant rich green cardamom and bitter chocolate. Next a Laminaria Slimming & Remineralizing Wrap will envelop your body while you enjoy a Luxury Scalp Massage. This refining treatment will stimulate metabolism and promote the breakdown of fats and flush out excess fluid and toxins. Your journey continues with a choice of a Kerstin Florian Deep Cleansing Facial or Invigorating Oil Full Body Massage for increased cellular renewal and detoxification.

Body Treatments & Massage





CBD BODY TREATMENT

65 MINS | €120PP

Your CBD treatment is customised using a range of techniques including Swedish massage and massage tools. Your journey will consist of a consultation focusing on a specified area, choosing from Back, Neck & Shoulders, Hips & Legs and Front of the Body. Hot and cold techniques are used including a scrub, to help increase blood circulation and to allow the blend of CBD Oil and Sage Oil to penetrate deeper into the muscles. Your CBD Ritual can promote pain relief, reduced anxiety, and reduced muscle tension.

KERSTIN FLORIAN | TURKISH BODY SCRUB

50 MINS | €100PP

An exhilarating thermal salt exfoliation is applied in a two-step treatment utilising salt rich in minerals and trace elements mixed with essential oils, followed by a loofah scrub with thermal mineral shower/bath gel. This invigorating treatment stimulates circulation and leaves the skin smooth and soft. Finished with an application of Remineralising Body Crème.

KERSTIN FLORIAN | BODY FIRING DETOX

95 MINS | €150PP

(Course of 6 available on request)

Refine and firm body contours with a purifying scrub to energise and detoxify, while a cellulite-reducing massage with clinically proven actives promotes slimming results.

REFLEXOLOGY

50 MINS | €90PP

Reflexology re-balances and relaxes the mind and body. This treatment works on points on the feet to heal the person as a whole. It works on the principal that every organ and system of the body has a corresponding point on your feet. Your therapist will apply medium to firm pressure to each point on your toes, feet, and ankles. Reflexology can help increase circulation, strengthen the immune system, help with hormone imbalances, and promote relaxation. Reflexology has many known benefits and can aid with conditions related to digestive issues, sinus congestion, headaches and migraine, stress, and insomnia.

INDIAN HEAD MASSAGE

50 MINS | €90PP

Indian Head Massage is a relaxing holistic treatment that uses acupressure massage to release stress and tension that has accumulated in the tissues, muscles and joints of the head, face, neck, and shoulders. It has many benefits as it aims to rebalance your body's energies, helps to relieve migraines, stimulates lymphatic drainage, promotes reduced insomnia and fatigue, and can lift your mood.

ANDA | COMFORT TOUCH CANCER CARE

65 MINS | €115PP

ANDA delivers Vegan, Organic and Cancer Care treatments, nourishing the most sensitive of skin with its natural ingredients. Organic, nutrient rich, multi-function formulas are custom blended to soothe and calm on a physical and emotional level and aid those dealing with skin-related side effects caused by chemotherapy and radiation therapy. Each treatment includes an in-depth consultation with your expert therapist, who will tailor your treatment specifically to your individual needs.

MAGNESIUM BACK OF BODY WITH LUXURY SCALP MASSAGE

50 MINS | €105PP

Restore your inner peace and re-balance your body and mind with our soothing Back of Body and Luxury Scalp Massage. Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. Your therapist will use a Mineral Wellness Blend to deliver the power of magnesium to your body.

WAVESTONE FULL BODY MASSAGE

50 MINS | €105PP

Ease stressed and tensed muscles with this unique treatment combining Swedish massage techniques with the Wavestone massage tool. Hand carved from White Jade the Wavestone allows for a firmer massage easing tense shoulders and reducing knots and aches. It stimulates the circulatory system and promotes self-healing.

BAMBOO FULL BODY MASSAGE

65 MINS | €130PP

A blend of therapist's hands and Bamboo canes are used to provide a firm massage. This therapeutic enhancement will add to the holistic experience of your massage. The use of bamboo ensures healthy circulation, relief of muscle tension, deep relaxation, and aids in detoxification. Bamboo is known to symbolize flexibility, strength and peace.

ANDA | GUA SHA FULL BODY MASSAGE

65 MINS | €130PP

Infuse and invigorate body and spirit with the energy of Sibirian stone, featuring our specialized Gua Sha techniques. The Sibirian stone enables the therapist to perform muscle stripping techniques. This aids the breakdown of lactic acid which has built up in the muscles causing them to feel sore and tired. The boost of oxygen to the circulation system leaves your body and mind with vitality and well-being restored.

HOT STONE FULL BODY MASSAGE

65 MINS | €130PP

A sensory journey for a complete holistic approach to relaxation. Warm basalt stones are guided to melt away built-up tension. This massage stimulates the body's own ability to release stress and restore peace, creating a state of deep relaxation.





BASQ Maternity Treatments

CUSTOMISED PREGNANCY MASSAGE

65 MINS | €120PP

A customised full body massage using safe pre-natal techniques. This carefully designed massage will help release tension and reduce fatigue while also increasing the bodies blood circulation to combat aches and pains, decrease swelling, aid relaxation and soothe tired legs.

PEACEFUL PACE FULL DAY PACKAGE

€220PP

Every Mummy to Be deserves to be luxuriously pampered. Your Full Day package includes Lunch served in The K Lounge combined with the following luxurious BASQ maternity treatments:

- Back, Neck & Shoulder Massage
- Pregnancy Glow Facial
- Lighten Up Foot Massage

HEAD, SHOULDERS, BUMP & TOES

95 MINS | €150PP

A complete head to toe experience that focuses on your head, face, bump, and lower legs. We begin with a relaxing face massage including your shoulders and neck to release tension and congestion. We then move on to the bump where gentle dry brushing increases the circulation, and a gentle exfoliation removes dead dull cells which improves the tone and elasticity of your skin. This is followed by an application of our luxurious BASQ Resilient Body Oil and BASQ Mega Moisture Butter to your bump to help prevent stretch marks. While the cream and oil absorb into the skin, your lower legs are massaged to assist circulation and reduce the feeling of heavy, tired legs and feet.

PREGNANCY GLOW FACIAL

50 MINS | €95PP

A deep-cleansing, and purifying treatment customized based on your skin type. Includes an exfoliating peel to renew the skin, a stimulating facial massage using Gua Sha techniques to promote circulation and a personally selected masque to balance and nourish your skin. While the masque is on, you are treated to a massage application of BASQ Intensive Treatment Stretch Mark Butter to the bump which will help and support the elasticity of your skin. A lower leg massage completes your pampering experience.



Half Day Packages





TRANQUILITY & TEA

50 MINS | €120PP

Choose one 50-minute treatment from the list below combined with:

- One Hour Thermal Suite Experience
- Indulgent Afternoon Tea

ORGANIC AROMATHERAPY FACIAL

Reconnect with nature, spirit and self with this luxurious facial that combines modern skincare with the ancient art of aromatherapy. Immerse your senses in the aromatic scents of nature for complete relaxation and renewal. This deeply nourishing and hydrating facial with a specially-designed facial and scalp massage will impart a feeling of healthy restoration – the way nature intended.

MAGNESIUM BACK OF BODY WITH LUXURY SCALP MASSAGE

Restore your inner peace and re-balance your body and mind with our soothing Back of Body and Luxury Scalp Massage. Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. Your therapist will use a Mineral Wellness Blend to deliver the power of magnesium to your body.

TURKISH BODY SCRUB

An exhilarating thermal salt exfoliation is applied in a two-step treatment utilising salt rich in minerals and trace elements mixed with essential oils, followed by a loofah scrub with thermal mineral shower/bath gel. This invigorating treatment stimulates circulation and leaves the skin smooth and soft. Finished with an application of Remineralising Body Crème.

WAVESTONE FULL BODY MASSAGE

Ease stressed and tensed muscles with this unique treatment combining Swedish massage techniques with the Wavestone massage tool. Hand carved from White Jade the Wavestone allows for a firmer massage easing tense shoulders and reducing knots and aches. It stimulates the circulatory system and promotes self-healing.

RESTORE WELL-BEING

Your therapist will begin your well-being experience using a Tibetan Singing Bowl. The healing sound of a singing bowl automatically relaxes you as soon as the frequency reaches your ears. For thousands of years, singing bowls have been used by monks as a method of deepening your meditative state. Your journey will continue with an expertly designed scalp, shoulders & face massage to help you to feel calm and reduce stress. This massage utilises essential oils to relax the mind. Next a lower leg & foot cleanse and exfoliation followed by muscle easing lower leg & foot massage. Your journey is completed with the application of Cooling Bliss Gel and the ringing of the Tibetan Bells, leaving you feeling restored, grounded and re-energised.

DRIFT AWAY

65 MINS | €115PP

Take some well-deserved time to unwind, relax and recharge with the perfect combination of calming treatments.

Your package includes:

Full Body Self Heating Chocolate Wrap & Scalp Massage

Combined with one of the following options;

- Strawberry & Elderflower Full Body Scrub
- Hot Stone Back of Body Massage
- Kerstin Florian Refresher Facial

OASIS OF PEACE

100 MINS | €185PP

Escape away for a half-day all to yourself in your own personal Oasis of Peace. Step back into the real world renewed and ready to take on anything:

- Kerstin Florian Rehydrating Facial
- Magnesium Back of Body with Luxury Scalp Massage

GUA SHA HAVEN

95 MINS | €175PP

Gua Sha is a natural therapy that uses both the Jade Gua Sha stone and the Sibirian stone for the ultimate top to toe rejuvenating experience. The perfect stimulator for cell renewal, flushing out the lymphatic system and increasing blood flow, all of which are essential for radiant, healthy, and vibrant skin.

- Gua Sha Full Body Massage
- Gua Sha Express Facial





— *Full Day Packages* —

All Full Day Packages include use of the Thermal Suite combined with Spa Lunch overlooking the magnificent River Lee.

WELLNESS RETREAT

€205PP

Inspired by the power of Spa, nature and wellness, we have specially created this package to balance your natural energies:

- Welcome Foot Ritual
- Indian Head Massage
- Deep Cleansing Facial

INFUSION OF LAVENDER & EUCALYPTUS

€230PP

The ultimate retreat. Experience true therapeutic benefits to relieve stress and aid sleep, while inhaling the calming and balancing benefits of Wild Lavender:

- Welcome Foot Ritual
- Luxury Scalp Massage
- Lavender Dreams

REHARMONISE

€230PP

Relax and unwind with the natural power of CBD. Reduce tense, aching muscles, and help to stimulate your lymphatic and immune system with this combination of reharmonising treatments:

- CBD Ritual combined with Skinjay Aromatherapy Shower
- BerryPlus Antioxidant Facial

CALM MIND

€260PP

Reconnect with nature, spirit and self with this luxurious pampering package. Leave your mind clear and your face and body feeling cleansed and balanced:

- Neroli Blossom Sensory Experience
- BioMineral Facial



Your Booking



To book or discuss your personalised treatment, please contact The Spa at The Kingsley:

T: +353 (0)21 480 0570

E: thespa@thekingsley.ie

Advance booking is advised.

PREPARING FOR YOUR SPA TREATMENTS

For ladies, no preparation is necessary, simply turn up and enjoy! For men we recommend shaving prior to having a facial for maximum comfort and benefit to the skin, other treatments do not require preparation.

MEETING YOUR NEEDS

Upon your reservation, please advise the receptionist if you are pregnant or have any health issues which could affect your treatment. Our receptionists are experienced in all treatments and would be delighted to assist you in planning a spa programme. You are encouraged to arrive at least one hour and 15 minutes prior to your appointment allow time to check in and to enjoy the Thermal Suite. Treatments are strictly restricted to persons over the age of 18.

SPA ETIQUETTE

To preserve the sense of quiet, relaxation, and time away from distractions essential to everybody's enjoyment of their spa experience, kindly turn off your mobile phone. We also kindly ask that noise is kept to a minimum in our relaxation areas.

CLOTHING

Swimwear is mandatory in the communal suites.

PRIVACY

Your privacy will be protected at all times. Your therapist will ensure that you are draped with towels, covering all parts of the body not being treated.

LATE ARRIVALS

In the event that you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterwards.

CANCELLATION

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

GIFT VOUCHERS

The perfect gift. Treat a loved one to a gift voucher which can be redeemed on any of our treatments, full and half day packages, or luxurious Kerstin Florian, Natural Spa Factory, Esters Aromas, Neom Organics, BASQ maternity or Hand-made Soap Company products. Gift vouchers are non-refundable and must be presented at time of treatment or product purchase.

TREATMENT TIMES

Monday - Saturday
9.00am – 7.00pm

Sunday & Bank Holidays
9.00am – 6.00pm





THE HEALTH

CLUB

AT THE KINGSLEY



Your Workout

Whether you are preparing for a marathon, looking to lose weight, or simply wish to tone up, The Health Club team have the expertise and passion to design a bespoke fitness programme for your needs.

FITNESS CLASSES

Our fitness class schedule is revised on a monthly basis. Below is a sample of the exciting range of classes on offer:

FLEX & STRETCH

This class is based on the principles of Pilates i.e., muscles that are tight are lengthened and muscles that are weak are strengthened. Many of the simple but effective exercises in Pilate's style classes are used but the movements are also blended with some basic release work and strength movements.

AQUA AEROBICS

Water aerobics is the performance of aerobic exercise in waist deep or deeper water. Aqua Aerobics is not only a type of resistance training, but also a form of aerobic exercise that is high intensity, low impact and suitable for all levels of fitness.

BOXING FITNESS

Boxing fitness is an exercise class based on the training concepts boxers use to keep fit. This class does not involve any form of physical contact. It is a fun, challenging and safe workout. Boxing fitness incorporates core strengthening exercises as well as both upper and lower body movements. All fitness levels welcome.

FULL BODY BLITZ

A total body, heart pumping, aerobic and strength conditioning workout. This interval-based session combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind before you start your busy day! All fitness levels welcome.

PILATES

Beginner to Intermediate classes available.

Pilates improves flexibility, builds strength, and develops control and endurance. Pilates places an emphasis on alignment, breathing, developing a strong core, improving coordination and balance.

INDOOR GROUP CYCLING

Our indoor group cycling classes range from 30 to 45minutes. Whether you want to lose weight, improve your muscular endurance or increase your aerobic capacity this is the class for you. All fitness levels welcome.

Fitness classes are available to Health Club Members and Non-Members are also welcome (Terms & Conditions Apply)

FITNESS CLASS PRICES

Free to Health Club Members

€6 - €12 For * Non-Members

*Not all classes available to non-members

To book fitness classes and for further enquiries, please contact The Health Club:

T: +353 (0)21 480 0523

E: thehealthclub@thekingsley.ie





Facilities

Whether you wish to enjoy a workout in a state-of-the-art gym or enjoy relaxing in our Outdoor Hydro Pool, The Health Club caters for all your needs.

GYMNASIUM

Our fully equipped and spacious Gym is complete with Technogym cardiovascular and strength machines. Our cardio equipment includes treadmills, cross trainers, rowing machines, upright and recumbent bikes.

SPEEDFLEX STUDIO

We are proud to offer Irelands first Speedflex Studio. Speedflex towers feature a free motion bar which ensures muscles aren't stretched beyond their optimum capability, all but eliminating post exercise pain. Our Speedflex Studio offers a wide range of equipment suitable for all levels of fitness. Speedflex sessions are trainer led and heart rate monitored.

SWIMMING POOL

The 18M X 10M indoor heated Swimming Pool is complete with swimming lane facilities and children's pool.

SAUNA

A perfect place to relax. Available to young Adults 16 years and over.

STEAM ROOM

Unwind and de-stress. Available to young Adults 16 years and over.

SPA POOL (JACUZZI)

Experience our indoor Spa Pool with heated water and massage jets. Available to young Adults 16 years and over.

OUTDOOR HYDRO POOL

Our heated Outdoor Hydro Pool overlooking the River Lee is designed to promote relaxation and healing of the body, combining water temperature with jets and other features for massage and to ease muscle tension. Available to young Adults 16 years and over.



Personal Training



Our purpose-built studios and fully equipped gym provide a wide range of strength and free weights equipment for your tailored one to one training sessions with one of our highly skilled and experienced Personal Trainers.

Each Personal Training programme is specifically customised to cater for individual needs and personal goals from weight loss to injury rehabilitation, from toning to lean muscle gain.

The Health Club will be with you every step of the way to push and encourage you and ensure you enjoy reaching your fitness goals.

We provide weekly analysis and nutritional advice to ensure you get the results you are looking for.



60 Minute Sessions - x8 Members €225 | Non-Members €300

60 Minute Sessions - x10 Members €275 | Non-Members €375

60 Minute Sessions - x12 Members €300 | Non-Members €425

Single Session Price Available on Request

Speedflex



WHAT IS SPEEDFLEX?

Speedflex is suitable for anyone of any age or fitness level. As the Speedflex towers respond to you, the sessions allow everyone to exercise at high intensities, but at levels set by each individual.

This coupled with the added benefit of little (or no) post training muscle soreness. Speedflex is enjoyable, and simultaneously delivers a cardiovascular and resistance workout.

Speedflex sessions are led by Speedflex qualified personal trainers and tracked via the latest technology in heart rate monitoring. Speedflex sessions offer a series of exhilarating group-based sessions that activates the whole body.

We've done the thinking, so you don't have to by removing the need for you to adjust settings (that most of us don't understand anyway). Our Speedflex trainers can maximise your time spent exercising, delivering a seamless, productive results driven session tailored to your personal needs and goals.

Speedflex towers have a free motion bar which, unlike traditional resistance exercise machines, requires users to apply force through an entire exercise, as

opposed to force in one direction followed by a controlled movement back to the starting position. This means that even the most basic of exercise also require the use of opposite muscle groups.

There are no weights involved and the resistance is set in both directions, meaning the user must work to their optimum level. Speedflex towers operate on a closed loop circuit which means resistance is automatically adjusted in response to user-generated forces. When the body starts to fatigue, the machine will adjust the resistance to maintain an optimum workout.

The Health Club in association with Speedflex offers a wide range of flexible membership options to suit your needs.

Introductory Package Price List:
(Available to New Customers Only)

Taster Session (complimentary,
pre-booking is essential)

* 4 Session Trial | €30

* 6 Week Introductory
Experience | €90

* 6 Week Gold Experience
Including 6 Week Health
Club Membership | €155

For Speedflex enquiries, please
contact The Health Club:

T: +353 (0)21 480 0523

E: thehealthclub@thekingsley.ie





OPENING HOURS

Monday – Friday
6.00am – 10.00pm

Weekends & Bank Holidays
8.00am – 8.00pm

CHILDREN'S POOL TIMES

Access to the pool area for children is from 9.00am to 6.00pm daily. Children's usage times are extended to 7.00pm during holiday periods.

All children under the age of 16 must be accompanied in the swimming pool by a responsible adult at all times.

Children under the age of 16 are not permitted to participate in fitness class activities or use the gym or health suite (Sauna, Steam Room, Spa Pool (Jacuzzi) facilities or the Outdoor Hydro Pool.

Infants are required to wear an Aqua Swimming Nappy.

Boys over 8 years are not permitted in the Ladies Changing Area and Girls over 8 years are not permitted in the Gents Changing Area.

Other Terms & Conditions may apply.

GENERAL INFORMATION

Photography is prohibited throughout the swimming pool and changing area facilities - includes mobile phones, tablets and any other communication device.

Swimming hats must be worn in the swimming pool at all times. They can be purchased from Health Club reception for €2 each. Towel hire is available at a cost of €2 per towel.

GUESTS OF MEMBERS

Our Health Club members are welcome to bring guests to the club. A guest fee of €15 per adult and €6 per child or €10 per student with valid student ID Card applies. Maximum Of 2 Adult Guests & 2 Children applies at all times.

Children under the age of 5 receive complimentary access during our children's pool times.

Children under the age of 16 are permitted to use the swimming pool only and must be accompanied by a responsible adult in the water at all times.

THE THERMAL SUITE

Enjoy a wide variety of healing experiences in The Thermal Suite.

Platinum Membership holders can enjoy unrestricted access to The Thermal Suite.

Current Health Club Members only will be permitted to purchase a Thermal Suite day pass from our Health Club reception for a fee of €30 per person. Terms & Conditions apply.

For information on membership, or to book fitness classes or any other queries please contact The Health:

T: +353 (0)21 480 0523

E: thehealthclub@thekingsley.ie

The
FOTA | *Collection*

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