



Nature inspired wellness



Truly in a world of its own



The Spa at Parknasilla Resort is surrounded by the natural beauty of woodlands, ocean and mountains; let your troubles drift away as you take in this awe inspiring backdrop.

The emphasis is on relaxation and therapy, we have a highly trained and professional team of therapists operating from 12 treatment suites decorated in soothing shades of deep chocolate, cream and caramel, incorporating hand cut stone and honeyed tones of wood, over-sized treatment couches and large walk in showers.

In conjunction with your spa treatment we advise that you use the comprehensive thermal suite to maximize your spa experience. This stunning space enjoys a south-easterly aspect with full glazing that carries the beautiful land and sea scape inside. The Thermal Suite incorporates an eclectic mix of wet and dry, warm, hot and cold experiences, all created especially for The Spa at Parknasilla by thermal specialists Hydrotherm.

Offering detoxification, purification, relaxation and general benefit to health and well-being from warm, dry and wet heat, steam, essences, light salt and herb therapy, heated relaxation loungers and experience showers.

The Spa at Parknasilla, our facilities at a glance.

- 12 treatment rooms
- Indoor Swimming pool 18m
- Post treatment relaxation space
- Elemis Emporium
- Herb Sauna
- Salt Inhalation Room
- Experience Showers
- Couples treatment suite
- Outdoor hot tubs
- Outdoor Terrace
- Laconium
- Aromatherapy Steam Room
- Ice Fountain
- Heated Loungers

Defined by Nature led by Science

The Spa at Parknasilla Resort uses Elemis professional spa therapies and products trusted by over 5 million spa-goers every year. Renowned for their successful combination of natural active ingredients with cutting-edge technology, Parknasilla offers a full range of the exceptional Elemis professional therapies which provide scientific solutions for all skin types, body and lifestyle treatments, with profound effects and maximum results.





Nature inspired wellness

"Nature Inspired Wellness" sums up the uniqueness of the destination that is Parknasilla and presents a true haven of relaxation. Our location by the sea and the 500 acres of islands, inlets and hidden beaches that surround us provide numerous opportunities to combine the nature of this beautiful part of Ireland into your Spa journey.

The idea of being one with nature promotes a heightened sense of well being, positivity and freedom. Enjoy quiet & contemplative time in our gardens, explore one of our seven mapped walking trails across our island and inlets, walk the Kerry Way, take an Eco Kayak excursion, and experience the beauty of the Kerry countryside coupled with majestic beauty of the Atlantic Ocean along the Wild Atlantic Way.

Re-energize yourself by partaking in aqua aerobics, an early morning class, or guided walk with Lorna or Hula hoop with our spa manager Christine.

Signature Treatments

Parknasilla Frangipani Secrets *50mins - €75.00*

This full body exfoliation using a frangipani monoi salt glow will leave your skin feeling amazingly smooth and nourished. After your exfoliation you will have a choice of having either a 25 minute back, neck and shoulder massage or face and scalp massage.

Parknasilla Journey of wellness *90mins - €130.00*

Step into your Parknasilla wellness journey enveloped with warm "flowers of the gods" treatment oil. Allure the senses with the elixir of eternal youth, using the vital forces of ancient stone and water therapies. Harnessing the power of warmed Basalt stones, find yourself embraced in a comforting Frangipani wrap and treated to a sublime face and body warmed stone massage experience immersing yourself in the healing power of stones and enveloping your body in sumptuous moisture of Frangipani leaving the skin silky soft and pure to the touch. This Visible Brilliance booster facial includes specialised micro-circulatory massage techniques combined with a powerful formulation and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

Renew your wellness *90mins - €130.00*

Your seaweed journey will detoxify and deep cleanse the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. A warm seaweed body mask combined with a blend of essential oils is applied to the body, before you are cocooned in a comforting foil wrap, whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment. The Tri-Enzyme Resurfacing power treatment offers 30 minutes micro-encapsulated enzyme therapy with unprecedented results never seen before from just one facial. The precision layering of three targeted enzymes stimulates and accelerates the skin's biological exfoliation.



Elemis Advanced Facials

“Renew your complexion....experience the ultimate facial therapy”

Pro Intense Lift Effect 50mins - €95.00

Super lifting facial for sagging jowls, cheeks, chin and neck

Strong, deep and powerful hands-on lifting massage techniques target sagging jowls, cheeks and chin, whilst helping to reduce the puffiness and fluid retention associated with sagging skin along the lawline. The facial contours appear shaped, lifted and firmed after just one treatment.

Visible Brilliance 70mins - €95.00

To combat ageing, stressed & slackened skin

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin whilst helping to reduce dark circles. Moisturisation & elasticity levels of the skin are proven to increase after just one treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

Pro -Collagen Quartz Lift 70mins - €95.00

Anti-wrinkle facial with proven results

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, just after one treatment, this facial reduced the number of wrinkles & improves skin firmness. Specialising lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving firmer, uplifted, more youthful looking appearance.



Tri-Enzyme Resurfacing facial 55mins - €85.00

Peel away the years for smoother, more radiant skin.

This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of three targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

Modern Skin Facial 55mins - €75.00

Designed for Skin challenged by Modern living

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. Resulting in remineralised, rebalanced and renewed skin.



Advanced Treatments for Men

“the next generation of spa-therapies...pure skin intelligence for men”

Urban Cleanse Facial 70mins - €95.00

Deep cleanse and complete skin detox

This super-grooming facial works overtime to help eliminate blocked pores rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving skin visibly clear & squeaky clean.

Dad to Be Package 70mins - €99.00

Your journey towards relaxation begins with a soothing soak and exfoliation for the feet, Followed by a back neck and shoulder massage which will allow you to unwind and de-stress in preparation for the the new arrival. Your choice of a further face and head massage or Elemis taster facial will complete your journey into relaxation, leaving you feeling like a new man.

Elemis Face & Body Therapy

"Wellness inspired by touch"

Elemis Face and Body Sensation 55mins - €99.00 per person

Experience the perfect Elemis treatment duo, a sensational hot stones massage on the back of the body combined with a prescribed booster anti-aging facial designed to smooth out wrinkles & restore youthful radiance.

Elemis Body Therapy

"Absolute results.....absolute relaxation"

Aroma Stone Therapy 55mins - €99.00

Warm Basalt stones to melt away tension.

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

Deep Tissue Muscle Massage 55mins - €80.00

Deep rhythmic pressure massage.

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Choose from:

- *Stress-a-Way: Wind down and release the tension of the day.*
- *Spirit Reviver: A powerful surge to invigorate and recharge.*
- *Muscle Melt: Relax and re-energise a tired and aching body.*

Alternative...

Luxury Head Massage with Frangipani Monoi Hair Treatment

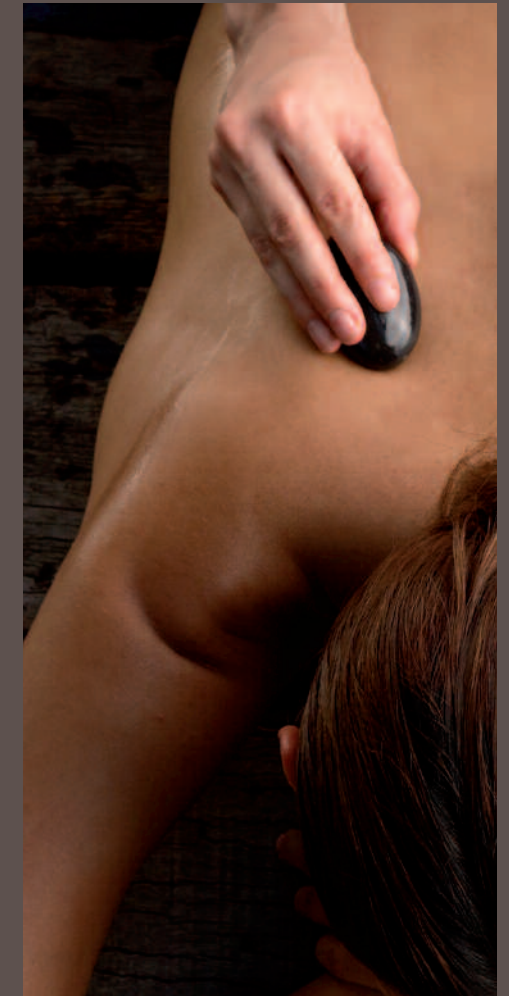
40mins - €65.00

This treatment is perfect for anyone who wants to feel ready to sleep after their treatment...or indeed even during their treatment. It is an ideal starting point for anyone who is new to having spa treatments. The frangipani oil helps to stimulate hair growth and will leave your hair feeling silky smooth and glowing. The treatment includes massage movements on the face, neck, shoulders and scalp, making for a truly relaxing experience.

Rejuvenating Massage

55mins - €80.00 / 90mins - €120.00

Rejuvenating Massage, an uplifting massage to rejuvenate and awaken skin and senses. This nourishing massage deeply moisturises the skin leaving it soft and supple.



Elemis Detox Therapy

"Detoxify and deep cleanse to the deepest level"

Cellutox Aroma Spa Ocean Wrap 75mins - €85.00

A deeply detoxifying blend to decongest and stimulate the system

Let your thoughts drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energized and skin is left silky soft & smooth.*

**Upgrade your ocean wrap and include a luxurious Back, Neck & Shoulder massage for only €60*

Body Sculpting Cellulite and Colon Therapy 50mins - €90.00

Redefine and smooth your silhouette.

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.



Elemis Scrubs & Wraps

Musclease Aroma Spa Ocean Wrap 75mins - €85.00

Powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.*

**Upgrade your ocean wrap and include a luxurious Back, Neck & Shoulder massage for only €60*

Exotic Coconut Rub and Milk Ritual Wrap 45mins - €70.00

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

Exotic Frangipani Body Nourish Wrap 45mins - €70.00

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Exotic Lime and Ginger Salt Glow 30mins - €60.00

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Hands & Feet Therapy

Exotic Ritual for Hands including full manicure 45mins - €60.00

Warmed aroma-therapeutic oils nourish and super condition neglected hands and nails. The extra rich hydration replenishes and softens hard working hands, lavishing a rich and healing action on your skin.

Sole Delight Grooming for Feet including full pedicure 45mins - €60.00

Warmed aroma-therapeutic oils nourish and super condition neglected feet and nails. The extra rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

Shellac Polish €10.00 / Shellac Removal €10.00

Men's Luxury Spa Manicure / Pedicure 45mins - €50.00

Warmed aroma-therapeutic oils to nourish and super condition neglected Hands / Feet.

Mums to be

Nurturing Massage for Mother-to-Be 60mins - €99.00

Massage adapted to each stage of pregnancy.

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. You may choose to have your massage on the unique Elemis beanbag or on our treatment couch. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

Please allow 75 mins for your treatment to include consultation and relaxation time.

Rituals

Parknasilla Mother to be package 100mins - €160.00

The Ultimate experience for the Mother to be

First you will enjoy a pregnancy back massage to ease your aching muscles, followed by a foot massage to alleviate swelling in the feet. Your relaxing experience will continue with an anti-ageing booster facial. As a final touch you can choose between having a file and polish on either the hands or feet. For an additional 15 euro, why not indulge and have it on both.

After your treatment you can enjoy a 2 course lunch in The Doolittle Bar.

Absolute Spa Ritual & Total Time Out Couples Spa Day €180.00 per person

Start your ultimate spa day with a wonderful walk on one of the many mapped trails at Parknasilla Resort. Experience full use of the Spa Pool, Thermal suite & outdoor hot tubs before you commence your treatments for maximum benefits.

- One hour advanced prescribed Elemis facial
- One hour Elemis Deep tissue muscle massage.
- Two Course lunch in the Dolittle Bar
- Unlimited use of Thermal Suite, Spa Pool & Outdoor hot tubs

You can choose to have either package without lunch. Please ask Spa reception for details.



Useful Information

SPA TIMES: We are open from 8am to 8pm daily – Treatment time 10am to 7pm

TREATMENT POLICY: To ensure efficiency for all guests we ask that you arrive at least 15minutes prior to your treatment start time. Credit/Debit card details will be asked for when making your appointment. Please understand that your late arrival may result in a reduction of treatment time as a courtesy for the next client.

COMFORT: Spa guests who have booked a treatment are provided with complimentary towels, robes & slippers. Hotel guests receive towels complimentary for swim visits. For self catering guests there is a charge of £1 per towel for swim visits. Swimming Caps are required in the Spa Pool. Please note that swimwear is required in the Thermal Suite.

CHILDREN: Children are welcome in the spa pool from 10am to 6pm (last pool entry at 5.30pm) and must be accompanied by an adult at all times. Teenagers aged 16 or over are welcome to use the Thermal suite & the outdoor Hot-tubs.

NOISE LEVEL: In order to maintain a serene and relaxing environment within the spa, we ask that noise be kept to a minimum & mobile phones be switched off.

CANCELLATION: There will be a charge of 50% if cancelled within 48hrs of treatment and 100% charge if within 24 hours of treatment.

PREGNANCY: We have specifically designed treatments for expectant and nursing mothers; please contact our spa reception for more information.

PERSONAL BELONGINGS: Lockers are provided on a complimentary basis for guests availing of Spa treatments. For guests on swim visits only a £1 coin is needed to use the lockers. These lockers are provided for the safety of your personal belongings. Please remove all jewellery before entering the spa.

HEALTH: If you have any condition that you feel may prohibit you from using our facilities please consult your GP prior to your visit. Alternatively please contact the spa reception.





enjoy • relax • explore

Parknasilla Resort & Spa, Sneem, Co. Kerry, Ireland
Tel: +353 (0)64 6675600
Email: spa@parknasillaresort.com

www.parknasillaresort.com