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Specialised Body Treatments

(Please note that all treatment times are inclusive of both therapist and client preparation)

Natural Seaweed Bath

Bathe in heated seawater and freshly harvested seaweed to ease away aches and pains, also ideal for skin ailments.

€30 - 20mins in bath but please allow 45 mins in total

Balneotherapy

Computerised zoned hydrotherapy bath with heated seawater and microionised seaweed. Ideal for back problems and muscular pain. The essence of modern technical thalassotherapy. Not suitable during pregnancy.

€35 - 20 minutes

Body Scrub

Three-in-one treatment, which exfoliates, softens and moisturises the skin. Highly recommended before any of the following wrap treatments.

€45 - 25 minutes

Marine Salt Glow

The ultimate in body exfoliation. This treatment incorporates an all over light body brushing followed by a gentle exfoliation using marine mineral salts and essential oils. These salts and oils remain on the skin while you are cocooned in a warm blanket for 20 minutes. The treatment is completed with a shower followed with a light massage using moisture rich creams and a blend of essential oils. These oils can be tailored to your needs: detoxifying, revitalising or relaxing. (Not suitable during pregnancy)

€90 - 55 minutes

Marine Algae Wrap (Algootherapy)

Deeply relaxing, detoxifying, re-balancing and relieves aches and pains. Also softens the skin. Excellent for slimmers who need an extra metabolism booster. Warmed seaweed is applied to the body and you are cocooned in a heated blanket for 20 minutes followed by a shower and application of moisture rich body creams. Also excellent for skin ailments. (Not suitable during pregnancy.)

€70 - 40 minutes

€95 - with body scrub - 1 hour 10 minutes

Ultimate Stress Buster

This treatment begins with a light massage of the head and feet followed by the ultimate body exfoliation treatment. After exfoliation, marine mud rich in trace elements is applied to the body, you are then cocooned in a heated blanket for 20 mins followed by a shower and an all over light body massage using a blend of rich body moisturising creams and essential oils tailored to your needs: detoxifying, revitalising or relaxing. (Not suitable during pregnancy)

Total time out...what else can we say!

€180 - 2 hours

Swedish Body Massage

Relaxing full body massage includes face and scalp.

(Not suitable during pregnancy.)

€75 - 55 minutes

Swedish Back, Neck & Shoulder Massage

(Not suitable during pregnancy.)

€45 - 25 minutes

Aroma Massage (full body)

Body massage tailored to your needs using a blend of essential oils: aroma detoxifying, revitalising or relaxing.

(Not suitable during pregnancy.)

€85 - 55 minutes

Specialised Facial Treatments

(Please note that all treatment times are inclusive of both therapist and client preparation)

We use Thalgo products in all our facials . Thalgo are a french based company and are world leaders in marine cosmetology, often copied but never equalled.

Included in all our facials is an in-depth skin analysis using the renowned "Wood Lamp". This analysis will help us to prescribe a unique tailored facial for your skin's needs, giving you better results. This machine will assess UV damage, check moisture levels etc.

Cold Marine Facial

An excellent facial for sensitive skins. An intensive treatment for broken capillaries and high colour. Incorporates a cool mint mask. Can help to stimulate circulation and reduce redness.

€80 - 1 hour 10 minutes

Rebalancing Facial

An intensive treatment for oily/combo skin. Deep cleansing and purifying. Particularly good for eczema or psoriasis. A seaweed mask is used in this facial.

€80 - 1 hour 10 minutes

Hydra – Moisture Source Facial

Suitable for all skin types, this facial featuring the absolute hydration range which will help to combat signs of dehydration, leaving the skin softer, with improved skin texture.

€80 - 1 hour 10 minutes

Silicium Super Lift Facial *

Dare to defy time with this super lift facial, designed to combat all the signs of ageing at 40+. This facial uses marine Hyaluronic acid and marine silicium for optimum effectiveness and immediate results. The anti-wrinkle and lifting massage techniques with a double mask fills deep wrinkles and lifts your features. The Ultimate in anti-age facials!

€130 - 1 hour 30 minutes

Teenage Facial

Pick-up for the skin includes facial cleansing, exfoliate and deep cleansing mask.

€45 - 45 minutes

Skin Consultation

€40

Skin consultation, €40 redeemable against any products purchased on same day as consultation

* Denotes facials which are not included on the top-to-toe day, mid-week or weekend special. However these can be availed of by paying the extra charge

(Confused by our range of facials? Well, don't be. Our highly qualified therapists will be happy to advise on the best facial to suit your skin type.)



Beauty Treatments

Paraffin Wax Manicure

Intensive hydration manicure. Ideal for very dry, rough nails and hands.

€60 - 1 hour

Jessica Manicure

This treatment cares for and cultivates the natural nail entailing analysis, cuticle machine, heated mittens for beautiful nails and nail paint. No short cuts here.

€60 - 1 hour

Please note french manicure polish will cost €5 extra for manicures/pedicure and must be requested at time of booking.

Re-file and polish

€20

Re-file and french polish

€25

Mini Manicure

Re-file, cuticles & polish €30

Jessica Pedicure

This treatment combines aromatherapy with natural extracts, which includes herbal soak, purifying scrub and nail paint. A must for tired feet. Please remember to bring a pair of open toe/flip flop sandals to avoid smudging.

€60 - 1 hour

Jessica Pedicure de-luxe

As above but with herbal foot mask with heated booties for added hydration. A real treat. No short cuts here. Please remember to bring a pair of open toe sandals to avoid smudging.

€68 – 1 hour 15 minutes

(please note that if you wish to have french polish paint finish for either manicure or pedicure it must be requested at time of booking)

Jessica Manicure & Pedicure

As above, when booked together.

€100 – 1 hour 30 minutes

2 week Manicure / Pedicure

- On like polish • Wears like gel €30
 - Off in minutes • Does not damage natural nail
- Removal and application €40

Waxing

(Patch test required for 1st time)

We are delighted to offer our clients traditional hot waxing (without strips). Basically it is **less painful** and results **last longer** than normal waxing.

Regular		Hot
€35	Full leg	€50
€45	Full leg & bikini	€55
€25	Half Leg	€30
€20	Bikini	€35
€35	Half leg & bikini	€50
€20	Underarm	€25
€10	Lip wax	€15
€18	Lip & chin	€20
€10	Eyebrows	€15
€12	Eyebrow pluck / tweeze	
€15	Eyelash tint	
€10	Eyebrow tint	
€30	Eyelash, eyebrow tint & eyebrow wax	

Thigh waxing from €15

(Patch test required for first time tinting)

Waxing treatments cannot be carried out within 12 hours of any heat treatment. Please ensure to have showered prior to waxing treatments.

Intimate - Specialised Waxing

First time waxing	€60
Hollywood – everything off	€60
Hollywood Upkeep (4 weeks)	€40
Brazilian – thin landing strip	€50
Brazilian Upkeep (4 weeks)	€40
Californian – advanced bikini	€40
Californian Upkeep (4 weeks)	€30

Fake tan

Half leg	€25
Full body tan	€35

Cleanse & Make-Up

With Lashes	€45
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Winner

Best Day Spa 2004 in Ireland

(Irish Beauty Industry Awards)

Top 5 rating in Ireland for Residential Spa of the Year 2003

(Irish Beauty Industry Awards)

Top 5 rating in Ireland for Best day Spa 2005

(Irish Beauty Industry Awards)

Booking requirements/cancellation policy

For individual appointments over 30 minutes duration a 50% deposit is required at the time of booking. A minimum of 2 hrs cancellation notice is required should you need to cancel. For day/mid-week/weekend specials the same procedure applies with a minimum of 48 hrs cancellation required. For group bookings a non refundable deposit of €10 per group member is required at time of booking confirmation. 50% of total cost is payable 1 week prior to booking date.

Late arrivals

As a courtesy to our therapists and to our clients we would ask that you be prompt for your appointment. However should you be more than 15 minutes late we would be delighted to reschedule you. We will, however, have to charge you for the missed appointment. We may offer you a shortened treatment depending on the original pre-booked one at the full price.

Accommodation

Accommodation is available, **starting from €50** per person sharing in an en-suite room with a selection of breakfasts.

Kilkee Thalassotherapy Centre

offers a range of specialised treatments for both men and women to relax, rejuvenate and re-balance the body.

Our guesthouse is Bord Failte approved.

Private car parking is available.

Please note that the entire centre is non-smoking. Also, as we like to promote a sense of peace and calm, please remember to switch off all mobile phones.

Opening schedule

We are open year round. Please phone for Christmas and new year opening times. Closed Mondays in low season. Daily opening times: 10 am to 6 pm

Top to Toe Day Options

This day is designed to relax and rejuvenate the body from top to toe. Packages are as follows

Option A

Consultation
Sauna & seaweed bath
Facial*
Light & healthy lunch
Scenic hill walk (optional)
Full body massage
Body scrub
Relaxation period

Mid-week €200

Weekend €230

Option B

Consultation
Balneotherapy bath
Facial*
Light & healthy lunch
Scenic hill walk (optional)
Full body massage
Body scrub
Relaxation period

Mid-week €200

Weekend €230

Option C

Consultation
Natural seaweed bath
Facial*
Light & healthy lunch
Scenic hill walk (optional)
Marine algae wrap
Body scrub

Mid-week €200

Weekend €230

Option D

Consultation
Balneotherapy bath
Facial*
Light & healthy lunch
Scenic hill walk (optional)
Marine algae wrap
Body scrub

Mid-week €200

Weekend €230

Why not give yourself the perfect end to a Perfect Top-to- Toe day and stay overnight? Just enquire for b&b prices at time of booking.

(Additional treatments on top-to-toe days/mid-week/ weekend specials cannot be guaranteed unless booked in advance)

Mum-to-be day

Natural seaweed bath
Body scrub
Facial*
Light and healthy lunch
Manicure or de-luxe pedicure

Mid-week €200

Weekend €220

Weekend special / Mid-week

This programme is designed to be enjoyed from Friday evening to Sunday afternoon or any two days midweek. It includes six fabulous treatments, unlimited use of sauna and two nights accommodation with full Irish breakfast. Lunch can be provided at an extra cost and must be pre-booked.

Treatments include:

1 seaweed bath
Algotherapy (marine body wrap)
Body scrub
1 Balneotherapy
Facial*
Swedish body massage

Mid-week €350

Weekend €400

Five day packages are available on request.
Prices are per person sharing, single supplements will apply.

The following are also included in the top-to-toe days/mid-week/ weekend specials:

- Tea, coffee, herbal tea available during the day
- Towelling robe, slippers and towels for use during your visit (Please note that programmes may be designed to suit your own needs.)

The emphasis on all our treatment packages is 'time out' for you, a much-needed and deserved opportunity for you to relax, unwind and escape from every day stress and strain. Your treatments can be treated as an extra bonus. So all you need to do is surrender yourself to us for ultimate indulgence.

Treatment times are inclusive of client and therapist preparation.

FAQs

Should I shower after having either the seaweed or the balneotherapy bath?

Simply, no.

Do I need to bring towels?

No, we provide these.

What do I wear while having a massage?

For the purpose of hygiene we would ask that you leave your underwear on. For women having a back/neck massage we recommend that you remove your upper garments.

What do I wear during a wrap/body scrub?

Disposable underwear, which we provide.

Is it necessary to pre-book appointments?

To avoid disappointment we highly recommend that you do.

Do I have to stay overnight to have treatments?

Absolutely not.

Do I have to have treatments to stay in the guesthouse?

Absolutely not - but could you resist the temptation?

Please attend 5 to 10 minutes prior to your appointment time. For day/mid-week breaks we ask **that you attend 1 hour prior to your first appointment.**

Booking requirements/cancellation policy

For individual appointments over 30 minutes duration a 50% deposit is required at the time of booking. A minimum of 2 hrs cancellation notice is required should you need to cancel. For day/mid-week/weekend specials the same procedure applies with a minimum of 48 hrs cancellation required. For group bookings a non refundable deposit of €10 per group member is required at time of booking confirmation. 50% of total cost is payable 1 week prior to booking date.

Late arrivals

As a courtesy to our therapists and to our clients we would ask that you be prompt for your appointment. However should you be more than 15 minutes late we would be delighted to reschedule you. We will, however, have to charge you for the missed appointment. We may offer you a shortened treatment depending on the original pre-booked one at the full price.

Accommodation

Accommodation is available, starting from €50 per person sharing in an en-suite room with a selection of breakfasts. Wireless Internet access available in all bedrooms.

Kilkee Thalassotherapy Centre offers a range of specialised treatments for both men and women to relax, rejuvenate and re-balance the body.

Our guesthouse is Bord Failte approved.

Private off street parking available to overnight guests on a first come first served basis. Cars parked at owners own risk.

In low season we offer discounts on individual, top to toe days and weekend breaks.

Please contact us for more details.

Prices correct at time of printing may be subject to change.



Thalassotherapy

CENTRE
& GUEST HOUSE

*Best Day Spa 2004
(Irish Beauty Industry)*