

### Thermal Suite Experience

This sanctuary is designed for guests to relax and luxuriate in. We recommend you arrive one hour prior to your treatment to enjoy this experience.

Thermal Suite Experience Excluding Rasul Non Members	€15.00
Thermal Suite Experience Including Rasul Non Members	€40.00
Thermal Suite Experience Excluding Rasul Members	€13.50
Thermal Suite Experience Including Rasul Members	€36.00

### Sauna Room

The Finnish wood-line sauna is warm and dry with a temperature between 80-100°C. It cleanses the body of impurities and is thought to enhance the body's immune defences as well as relieving stress.

### Aromatic Steam Room

This steam room is very attractive due to the mild - humid temperature of about 43-46°C. The humid warmth dilates the blood vessels and increase oxygen flow through the circulation of the body.

### Tropical Experience Shower

Immerse yourself in the ultimate combination of jets and mist nozzles with integrated colour changing lights

### Ice Rain Experience Shower

A refreshing lift after time in the Sauna or Steam room

### Ice Fountain

For cooling and refreshing between heat treatments.

### Warm Relaxation Chairs

Relax in the heated chairs that are shaped to stimulate pressure points in your back

### Rasul Mud Chamber

A detoxifying mud is applied to exfoliate and nourish the skin, followed by a period in the chamber to allow the mud to work its wonders, before a herbal steam and tropical rain shower to cleanse and induce pure relaxation.

## Gift Vouchers

Kingfisher Spa & Salon Gift Vouchers are available to purchase at any time.



### Day Spa Packages

Prices	Members N	on-Members
<b>Ladies Night Out</b>	€49.50	€55.00
Full body spray tan		
File and polish on the hands		
Eyebrow wax		
<b>Me Day</b>	€85.50	€95.00
USPA clarity essential facial		
Eyebrow shape		
Back, neck and shoulder massage		
Use of the thermal suite		
<b>The Kingfisher Male</b>	€85.50	€95.00
Kingfisher full body massage		
Mud chamber experience		
Use of the thermal suite		
<b>Refresh Half Day</b>	€58.50	€65.00
Hydrotherapy bath		
Back, neck and shoulder massage		
Use of the thermal suite		
<b>Pamper Day</b>	€90.00	€100.00
USPA clarity essential facial		
Rejuvenating mud wrap		
Use of the thermal suite		
<b>Mother To Be</b>	€99.00	€110.00
Mums to be massage		
USPA clarity essential facial		
File and polish on the hands		
Use of the thermal suite		
<b>Fix Me!</b>	€58.50	€65.00
Eyelash tint		
Eyebrow tint		
Eyebrow shape		
Full body spray tan		

To fully avail of your day spa please bring swimwear with you, the Kingfisher Spa will supply complimentary use of our robes, towels and slippers.

- Members & Non Members Welcome
- 200 Free Car Parking Spaces
- Excellent Value Maintenance and Spa Treatments
- We are located on the Tramore Road, beside Superquinn
- Gift Vouchers Available
- Excellent Range of Gift Packs
- Group Bookings Welcome – Ask about our Day Spa Packages



## refresh revive renew

Experience the kingfisher Spa



## Call 051 309640

### Opening Times

Tuesday	10 am – 7 pm	Friday	11 am – 8 pm
Wednesday	10 am – 7 pm	Saturday	9 am – 6 pm
Thursday	11 am – 8 pm	Sunday	Closed
		Monday	Closed

## Price List

	Members	Non Members
<b>Massage Treatments</b>		
Full body Swedish massage 55mins	€49.50	€55.00
Kingfisher full body massage 55mins	€54.00	€60.00
Hot oil full body massage 55mins	€54.00	€60.00
Sports full body massage 55mins	€49.50	€55.00
Mums-to-be massage 40mins	€45.00	€50.00
Lifted legs massage 25mins	€31.50	€35.00
Back, neck & shoulder massage 25mins	€31.50	€35.00
Scalp massage 25mins	€31.50	€35.00
<b>USPA Facial Treatments</b>		
Express clarity essential facial 40mins	€40.50	€45.00
Hydramax facial 60mins	€63.00	€70.00
De-sensitising facial 60mins	€63.00	€70.00
Regenerative facial 60mins	€63.00	€70.00
Purifying facial 60mins	€63.00	€70.00
Refining facial 60mins	€63.00	€70.00
<b>USPA Body Treatments</b>		
Rejuvenating body mud wrap 55mins	€49.50	€55.00
Aloe linen body wrap 55mins	€49.50	€55.00
Herbal hydration body wrap 55mins	€54.00	€60.00
Coffee & sea kelp contour polish 55mins	€49.50	€55.00
Bamboo & ginseng body polish 40mins	€45.00	€50.00
<b>Environ Facial Treatments</b>		
Vitamin penetration facial 55mins	€54.00	€60.00
ADV vitamin penetration facial 55mins	€58.50	€65.00
<b>Holistic Treatments</b>		
Hydro-therapy bath 20mins	€22.50	€25.00
Dry floatation therapy 25mins	€22.50	€25.00
Mud chamber for one 20mins	€27.00	€30.00
Mud chamber for two 20mins	€45.00	€50.00
Thermal suite usage 60mins	€13.50	€15.00

## Manicure Treatments

Hand file & polish	€15.00
Hand file & french polish	€19.00
Luxury spa manicure	€60.00
Luxury spa manicure, french polish	€65.00
Thai manicure	€40.00
Thai manicure, french polish	€45.00

## Pedicure Treatments

Toe file & polish	€18.00
Toe file & french polish	€22.00
Thai pedicure	€50.00
Thai pedicure, french polish	€54.00
Spa luxury pedicure	€60.00
Spa luxury pedicure, french polish	€64.00

## Eye Treatments

Eye lash tint	€15.00
Eye brow tint	€10.00
Eye brow tweeze	€10.00
Eye lash, tint brow and shape	€30.00
Eye brow wax	€10.00

## Tanning

Sun Fx	
Full body	€35.00
Half body	€20.00



## Waxing

Half leg	€20.00
Full leg	€28.00
Full leg / bikini	€35.00
Bikini line	€16.50
Californian	€27.00
Brazilian	€48.00
Hollywood	€60.00
Under arm	€16.00
Lip	€10.00
Chin	€10.00
Lip & chin	€18.00
Sides of face	€12.00
Lip, chin & brow	€27.00

## For Him

Back	€30.00
Chest	€30.00
Abdomen	€20.00
Toes & fingers	€15.00
Legs (see above)	

## Make-up by Jane Iredale Mineral Make - up

Make-up	€28.00
Make-up lesson	€45.00
Bridal trial	€28.00
Bridal makeup	€34.00