



TREATMENTS





WELCOME TO ESPA AT THE EUROPE – AN EXCLUSIVE ESPA SPA

Originating in leading luxury spas and guided by a holistic philosophy, renowned spa and skincare brand ESPA has spent over 20 years caring for your whole wellbeing. Their naturally advanced range of nourishing, restorative products and treatments unite plant extracts, marine actives and essential oils with the expert hands of highly trained therapists to deliver instantly visible and long term results for beautifully healthy skin and spirit.

There couldn't be a more perfect environment to experience ESPA than here at The Europe. As the stunning surroundings of our unique spa combine with Loch Lein's beauty and serenity to capture your heart and mind, let these outstanding spa treatments and products transport you to a place of enlightenment, peace and rejuvenation.

Wishing you a wonderful experience with us.

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 room 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.

- Salt & Oil Reviver
- Stress Reliever Aroma Massage
- De-Sensitiser Personalised Results Facial

BODY DETOX

3 Hours 15 Minutes

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

- Detoxifier Ultimate Body Envelopment
- Detoxifying Aroma Massage
- Personalised Results Facial
- Age-Defying Eye Treatment

PURELY HOLISTIC

3 Hours 30 Minutes

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

- Harmonising Ayurvedic Ritual
- Skin Rejuvenation Facial

HALF DAY RITUALS

The Half Day 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 Ritual, a light, healthy lunch will be served in the Spa Café.

Each Half Day 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 Aroma Massage
- Personalised Results Facial

THE ESPA DETOXIFIER

- Targeted Hip and Thigh Treatment
- Detoxifying Body Envelopment

THE ESPA BODY TONER

- Body Toner Envelopment
- Body Toner Aroma Massage

THE ESPA STRESS RELIEVER

- Stress Reliever Aroma Massage
- Personalised Results Facial

THE ESPA ENERGY BOOSTER

- Salt & Oil Reviver Full Body
- Energiser Aroma Massage (80 minute massage)

MANKIND

- Deep Cleansing Facial, Shoulder and Scalp Massage
- Muscle Relaxing Aroma Massage

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

THE TREATMENTS

OUR EXCLUSIVE COLLECTION OF SIGNATURE ESPA TREATMENTS FUSE THE LATEST SKINCARE ADVANCES WITH TIME HONOURED EUROPEAN THERAPIES, EASTERN PHILOSOPHY AND AYURVEDIC INFLUENCE. OUR TEAM OF HIGHLY SKILLED, ESPA TRAINED PROFESSIONALS HAVE BEEN SELECTED TO DELIVER OPTIMUM RESULTS IN EVERY TREATMENT.

PRIVATE SUITE

Price per couple - 2 Hours (minimum)

1 hour additional relaxation time - per couple

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.

HOLISTIC ENERGISER WITH HOT STONES

2 Hours

Melt away tension as you bring body and mind back into harmonious balance with this indulgent holistic ritual.

Body brushing and exfoliation first unveil fresh, smooth skin while a personalised facial gently cleanses and calms the complexion. An indulgent and highly- tailored massage follows using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles before a comforting scalp massage and gentle stretching allows you to relax and unwind.

Includes: Personal consultation – Body exfoliation – Facial cleanse – Full body massage with hot stones – Scalp massage

REVIVING BACK, FACE & SCALP TREATMENT WITH HOT STONES

2 Hours

Unravel tension, instantly boost your complexion and relax your body and mind with our most renowned treatment.

Massage targets key areas of stress and tension before a revolutionary, results-focused facial is tailored to your skin's unique needs. To finish, a skilled, stress-reducing scalp massage revives and recharges – you'll emerge restored, de-stressed and radiant.

Includes: Foot ritual – Back exfoliation – Back massage with hot stones – Personalised facial – Scalp Massage





ESPA AYURVEDIC INSPIRED RITUALS

HARMONISING AYURVEDIC RITUAL

2 Hours 15 Minutes

Rediscover your innate ability to unwind, as the ancient holistic wisdom of Ayurveda restores your mind and body back to balance.

Pitta Pacifier

Cooling, calming and soothing

Kapha Stimulator

Energising, balancing and purifying

Vata Comforter

Nourishing, hydrating and replenishing

Includes: Foot ritual – Body exfoliation – Wrap using detoxifying algae or restorative marine mud – Dosha specific massage with Ayurvedic oils and hot stones – Scalp massage

ESPA FACIALS

OUR FACIALS BEGIN WITH AN IN-DEPTH CONSULTATION FOLLOWED BY A DETAILED SKIN ANALYSIS USING TECHNOLOGY TO IDENTIFY SKIN CONDITIONS NOT VISIBLE TO THE NAKED EYE. EACH FACIAL IS TAILORED TO YOU USING SKIN CARE PRODUCTS CHOSEN FOR YOUR INDIVIDUAL NEEDS TO ACHIEVE THE BEST POSSIBLE RESULTS.

ESPA PERSONALISED RESULTS FACIAL

1 Hour

Discover the deeply cleansing, skin-boosting powers of this results-focused facial.

Tailored exactly to your unique needs, this highly-personalised treatment harnesses SkinVision™ technology for advanced skin assessment, identifying and correcting any concerns, with beautiful and instantly visible results for all skin types.

Includes: Deep cleanse – Steam – Facial massage – Personalised mask – Scalp massage

ESPA SKIN REJUVENATION FACIAL

1 Hour 15 Minutes

Visibly diminish the appearance of wrinkles and fine lines with this intensely rejuvenating facial.

Age-defying formulas combine with youth-boosting massage to noticeably tone, plump and intensely hydrate mature or prematurely ageing skin.

Includes: Triple cleanse – Exfoliation – Steam – Age-defying facial massage – Scalp massage – Intensive Serum and moisturiser.

ESPA INSTANT RADIANCE FACIAL

1 Hour 30 Minutes

Instantly brighten and revitalise skin with this supercharged facial.

Fresh, glowing results make this highly-targeted treatment ideal for fatigued complexions – it's the ultimate skin-boost for every skin type. A deep brush cleanse first preps skin for a dual mask which then brightens with an instant yet lasting 'lift and smooth' effect. Advanced age-defying massage techniques next stimulate the skin with energising crystals so you emerge looking and feeling radiant.

Includes:

Clarisonic deep brush cleanse – Facial cleanse – Steam – Age-defying Rose Quartz Crystal Massage – Radiance optimising mask – Lifting & smoothing mask – Intensive facial serum and moisturiser

ESPA LIFESTAGE RENEW FACIAL

1 Hour 30 Minutes

Introduce new youthful vitality to mature skin as you visibly target each sign of ageing.

This regenerating treatment specifically targets fine lines and wrinkles, lack of tonicity, age-related pigmentation, redness and oversized pores with its powerful combination of potent LifeStage formulas, advanced massage techniques and the latest age-defying expertise. Instantly effective, this results-driven facial leaves skin glowing and intensely rejuvenated while an uplifting scalp massage ensures the most radiantly renewed finish.

Includes: Deep brush cleanse – Exfoliation – Steam – Skin Radiance Mask – Age-defying, contouring and lifting facial massage techniques – Lifting & Smoothing Mask – Scalp massage – LifeStage intensive serums and moisturisers.

ESPA LIFT AND FIRM FACIAL

1 Hour 30 Minutes

Discover smooth, firm, rejuvenated skin with this SuperActive™ facial.

Instantly effective, this advanced facial uses specialised lifting massage techniques alongside naturally powerful skincare to stimulate collagen production and help combat the signs of ageing.

Includes: Deep cleanse – Steam – Facial treatment mask – Specialised contouring and lifting facial massage techniques – Lift & Firm Mask.

Why not complement your facial with:

AGE-DEFYING EYE TREATMENT

15 Minutes

Instantly target fine lines and tell-tale signs of ageing with this revitalising treatment that brightens, lifts and tones your delicate eye area.

Relaxing yet reviving, advanced massage techniques and selected marine-potent formulas smooth, firm and hydrate – rapidly diminishing puffiness and dark shadows.

Includes: Facial cleanse – Exfoliation – Massage – Mask – Lift & Firm Intensive Eye Serum application



ESPA ULTIMATE BODY ENVELOPMENT

ENTIRELY TAILORED TO YOUR NEEDS, THIS LUXURIOUS AND DEEPLY EFFECTIVE TOTAL BODY RITUAL COMBINES BODY EXFOLIATION WITH A RESULTS-FOCUSED WRAP, REVIVING SCALP MASSAGE AND AGE-DEFYING EYE TREATMENT TO RESTORE BALANCE, NOURISH THE SKIN AND INDULGE YOU FROM HEAD TO TOE.

CHOOSE FROM THE FOLLOWING OPTIONS

1 Hour 15 Minutes

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

From a blend of three types of Eucalyptus oil comes Resistance Body oil combined with Marine Algae in the 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

AROMA MASSAGE

80 Minutes / 50 Minutes

Quieten your mind, nourish your skin and release tension with this bespoke aromatherapy treatment.

Intensely therapeutic and targeted to areas of stress and strain, advanced massage relieves tired muscles while the finest quality aromatherapy oils relax, detox or energise, depending on your needs.

INTENSE MUSCLE RELEASE MASSAGE

80 Minutes / 50 Minutes

Let go of every last bit of tightness and strain in your body as hot stones and powerful, specialised massage techniques target areas of deep-seated tension while effective muscle stretching movements loosen and restore lightness to limbs.

BALINESE MASSAGE

80 Minutes / 50 Minutes

Immerse yourself in deep relaxation and calm as elongated, sweeping strokes and rhythmical massage movement with therapeutic aromatherapy oils ease muscular pressure and warm your entire body.

Why not complement your massage with:

SALT & OIL REVIVER

25 Minutes

Reveal soft, glowing, nourished skin with this high performance treatment. An instantly effective blend of sea salt and nurturing oils combine to effectively polish away skin-dulling cells, intensively smoothing and deeply hydrating skin. It's the perfect prep to maximise absorption benefits of other body treatment.

Only available as an add on, cannot be booked as an independent treatment.

ESPA TREATMENTS FOR MEN

WHILE ALL OUR ESPA TREATMENTS ARE SUITABLE FOR MALE CLIENTS, WE HAVE SELECTED TREATMENTS SPECIALLY DESIGNED FOR MEN.

REVIVING FACIAL

1 Hour 30 Minutes

Purify, smooth and energise skin with this invigorating facial treatment.

Ideal 'the morning after the night before', it deeply cleanses and stimulates the complexion by removing dull, dead cells and boosting cell regeneration, while personalised massage with cool Rose Quartz Crystals leaves skin toned and supple.

Includes: Deep brush cleanse – Facial cleanse – Age-defying Rose Quartz Crystal Massage – Professional Lifting & Smoothing Mask – Intensive facial serum.

MEN'S DEEP CLEANSING FACIAL

1 Hour

Clear, cool and balance the complexion with this refining facial.

Whatever your skincare need, naturally advanced products and tailored facial massage are selected to hydrate, calm or reawaken skin. A clarifying scrub clears congested pores before a specialised mask draws out impurities, leaving you looking and feeling ready for anything.

Includes: Double cleanse – Exfoliation – Steam – Facial massage – Mask – Scalp massage.

GENTLEMAN'S TONIC

1 Hour 30 Minutes

Re-energise tired, aching backs, feet and legs after a hard day.

Feet are first treated to a soothing soak and scrub before the legs and feet are massaged with a pure essential oil blend and enveloped in warm wax. A deeply restorative massage with Hot stones next eases tension across the back before an oriental-inspired head massage completes this relaxing treatment.

Includes: Foot soak – Hot stone back massage – leg and foot Massage – Paraffin envelopment – Scalp Massage

ESPA MATERNITY

YOUR ESPA THERAPIST WILL DECIDE WHICH TREATMENTS ARE SAFE FOR YOU THROUGHOUT YOUR PREGNANCY, HOWEVER AS A GENERAL RULE ALL ESPA ESSENTIAL FACIALS, ESPA MATERNITY MASSAGE AND ESPA PRE NATAL TREATMENTS CAN BE ENJOYED THROUGHOUT YOUR PREGNANCY AFTER THE FIRST TRIMESTER.

ESPA PRE AND POST NATAL RESTORE

80 Minutes

Support your body at this precious time with a soothing yet highly effacious treatment that delivers total relaxation and maximum results.

Nourishing formulas combine with expert massage techniques, helping to smooth and even skin tone while melting away tension. Suitable from the second pregnancy trimester and after birth or surgery.

Includes: Back exfoliation (if required) – focused body massage – Scalp massage

MATERNITY MASSAGE

80 Minutes / 50 Minutes

A relaxing full body massage to help improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy.

This massage is ideal to relax and relieve tension when shifts in posture cause muscles to tighten and feel uncomfortable.



LIGHTER LEGS

50 Minutes

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalizing treatment.

A relaxing foot ritual cleanses and smooths the feet and lower legs before they are treated to a rejuvenating massage with pure jojoba and Sweet Almond oils and enveloped in a cooling yet deeply nourishing moisturiser.

NEW BEGINNINGS

3 Hours 30 Minutes

Relax and enjoy a totally caring Full Day Spa Ritual.

This nourishing collection of treatments leave your skin soft and hydrated. Your Day Spa will commence with a full consultation with your specialized therapist who will respond to the needs of your body. A healthy spa cuisine lunch in the spa café is included.

Includes: Pre and Post Natal Treatment - Personalised Facial - Essential Pedicure

ESPA BODY EXPERIENCES

RELAX AND REFLECT

1 Hour 30 Minutes

Escape stress and strain with this targeted restorative treatment.

Focusing on tight or tired areas across the back, neck, legs and feet, a hot stone massage first warms muscles and releases tension, before fatigued legs and feet are enveloped in wax to restore energy. A deeply relaxing scalp massage completes this soothing treatment.

Includes: Foot soak – Back massage with Hot Stones – Lower leg and foot paraffin wax treatment and massage – Scalp massage

DEEP CLEANSNG BACK TREATMENT

1 Hour

Refresh and renew body and mind with this stress-relieving back treatment.

Deep cleansing and exfoliation across the back combine with an aromatherapy and warming marine mud mask to purify and refine skin. While the back mask takes effect, tension or fatigue in the back of the legs is released with targeted massage.

Includes: Back exfoliation – Back massage and mask – Leg massage.



ESPA FINISHING TOUCHES

ULTIMATE HOT STONE PEDICURE

1 Hour

This deeply nourishing treatment restores softness, beauty and energy to overworked feet.

A soothing soak first prepares and smooths legs and feet before they are massaged with a personally selected oil blend. The feet are then either enveloped in a deeply nourishing warm paraffin wax treatment to ease areas of tension or, for the perfect finishing touch, nails are buffed or polished as preferred.

ULTIMATE HOT STONE MANICURE

1 Hour

A relaxing arm, hand and nail treatment including a gentle skin refiner, cuticle work and a therapeutic massage using aromatherapy oils and hot stones.

Hands and nails are then treated to a warm envelopment of paraffin wax to intensively nourish and then nails are painted to achieve that polished finish.

A range of beauty treatments are available please ask a member of our team for further information.

SPA GIFT VOUCHERS

Beautifully presented and wrapped in our signature grey ribbon, our Spa Gift Vouchers are perfect for any occasion and the ideal present for someone special.

Gift vouchers are available all year round for any Spa Treatment, Ritual, Full or Half Day Spa programmes and retail products. If you prefer the recipient to select the treatment programme of their choice vouchers can also be purchased for a monetary value.

To order your voucher book online at www.theeurope.com or call our Spa Reception team on 064 667 1333 who will be delighted to assist you.

Gift vouchers are posted via speed post are non-refundable and must be presented at the time of treatment or purchase.



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 60 minutes prior to your treatment reservation to enable you to enjoy the full use of the exclusive facilities on the Spa level. *Please be aware that late arrivals will not receive an extension to their treatment.*

SPA FACILITIES

Spa level facilities include; separate male and female areas, male and female 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).

Active Level facilities are complimentary to hotel guests. Spa guests on Half and Full day Rituals can access the Active Level facilities complimentary as part of their package.

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

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

Telephone: (064) 6671333

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.

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.

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.

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.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment, ritual or programme not cancelled at least 6 hours prior to the appointment time. Cancellations within 6 hours will incur a 100% charge.



