

## > PREGNANCY TREATMENTS

RITUAL FOR MOTHER-TO-BE €100  
Lighten Up Foot and Hand Treatment,  
followed by a relaxing Back, Neck & Shoulder  
Massage and finished with a Cleanse Your  
Mind Face, Neck and Head Ritual (80mins)

PREGNANCY MASSAGE €75  
A complete soothing and calming body  
massage for mums to be (55mins)

BACK, NECK & SHOULDERS €60  
A deeply relaxing massage focusing on  
the areas of most tension (45mins)

CLEANSE YOUR MIND €35  
A hypnotic face, neck and shoulder massage  
to relax and unwind (30mins)

LIGHTEN UP FOOT &  
HAND TREATMENT €35  
Relaxing foot soak with a gentle hand, foot  
and lower leg massage (25mins)

## > BEAUTY TREATMENTS

MAKE-UP  
Make-up Application €25  
Bridal Make-up €35

## SPECIALISED TREATMENTS

Full Body Spray Tan €30  
HD Brows €35  
Threading from €10  
Specialised Waxing from €40  
Shellac Nails €30

## PROFESSIONAL NAIL CARE TREATMENTS

Regenerating Spa Manicure (55mins) €50  
Rejuvenating Spa Pedicure (55mins) €60  
Callus Peel Pedicure (55 mins) €60  
Maintenance Manicure €30  
Maintenance Pedicure €35  
File and Polish Fingers or Toes €20

## TINTING

Eye Lash Tint €15  
*(Requires a patch test 24hrs prior)*  
Eyebrow Tint €9  
Eye Lash Tint, Eyebrow Tint,  
Eyebrow Wax €30

## FINISHING TOUCHES

Full Leg Wax €35  
Half Leg Wax €17  
Half Leg & Bikini Wax €25  
Bikini Line Wax €12  
Underarm Wax €12  
Lip Wax €9  
Brow Wax €9  
Full Leg, Bikini, Underarm, Lip,  
Brow Wax €60

\* Early and late appointments are available upon request.

Please be advised a cancellation fee of 100% will be included where a guest does not show for treatments or does not cancel at least 12 hours in advance.

# Zen DAY SPA



## Randles Hotel

KILLARNEY

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COMPLIMENTARY PARKING



## Randles Hotel

KILLARNEY

# Zen DAY SPA



AT ZEN DAY SPA WE STRIVE TO HELP OUR GUESTS ACHIEVE A BALANCE OF HEALTH AND WELLBEING THROUGH THE ELIMINATION OF STRESS AND TENSION.

OUR PROFESSIONAL SPA TREATMENTS UTILISE THE PUREST CERTIFIED PRODUCTS WHICH ARE SOURCED LOCALLY. ALL OUR SKINCARE RANGES ARE ENRICHED WITH THERAPEUTIC PLANT OILS AND NATURAL INGREDIENTS. OUR TREATMENTS ARE PRESCRIPTIVE AND ARE DESIGNED TO MAKE YOU LOOK AND FEEL BETTER.

Begin your spa experience with time in the Sauna, Steam or Heated Pool followed by your selected Zen Signature Spa, Face or Body Treatment. Allow us to take care of your needs with our personalised expertise and quality treatments for a truly relaxing and therapeutic experience. Our face and body treatments are designed for both ladies and gentlemen.

*Zen* DAY SPA



## > ZEN SIGNATURE SPA TREATMENTS

**AROMATHERAPY RITUAL FOR LADIES** €140  
This unique ritual begins with an invigoration body exfoliation which leaves the skin radiant and glowing followed by a soothing aromatherapy massage with aromatic essential oils and a head massage to complete the treatment (2 hours)

**GENTLEMENS' TIME OUT** €140  
An invigorating body exfoliation, followed by a deeply relaxing therapeutic massage and finally a head massage to complete the treatment (2 hours)

## > FACE TREATMENTS

**ANTI AGEING FACIAL** €110  
Rejuvenating for maturing skin (90mins)

**HYDRATING FACIAL** €75  
Nourishing for normal/dry/sensitive skin (50mins)

**BALANCE FACIAL** €75  
Deep cleansing and rebalancing for oily/combo skin (50mins)

**REFRESHER FACIAL** €45  
A mini-facial specifically for your skin type (30mins)

*Combine any facial with a Relaxing Back Massage Add €30*

## > BODY TREATMENTS

**SWEDISH BODY MASSAGE** €75  
Therapeutic traditional European style massage, focusing on specific areas of concern (50mins)

**HOT STONE RITUAL** €110/€70  
A full or half body massage ritual utilising deeply warming and therapeutic basalt stones (80/40mins)

**LOMI LOMI MASSAGE** €75  
Hawaiian massage with flowing soothing rhythmic movements (50mins)

**HOLISTIC MASSAGE** €75  
Full body massage for deep relaxation and stress relief (50mins)

**AROMATHERAPY MASSAGE** €75  
Gentle and soothing with the therapeutic benefits of pure essential oils (50mins)

**DEEP TISSUE MASSAGE** €80  
Targets deep seated tension with firm pressure and specific muscle releasing techniques (50mins)

**AROMATOUCH MASSAGE** €60  
The AromaTouch Technique is a simple yet powerful way to provide every individual with an essential oil experience (45mins)

**BACK, NECK & SHOULDER MASSAGE**  
Relaxing Back Massage (30mins) €40  
With Hot Stone (30mins) €50  
Deep Tissue Back Massage (30mins) €50

**BODY EXFOLIATION** €35  
Energising lemongrass and apricot kernel body polish leave your skin feeling soft and radiant (25mins)

**SHEER BLISS** €80  
An invigorating back exfoliation followed by a relaxing back, neck, face, head & shoulder massage, finishing with a hot stone foot massage (55mins)

**HYDRATING COCOON** €100  
A moisture replenishing body wrap (80mins)

**DETOX REJUVENATOR** €100  
Detoxifying body envelopment (80mins)

**FOOT REFLEXOLOGY** €60  
A detoxifying and relaxing treatment which stimulates the whole system through massage of specific points on the feet (45mins)

**INDIAN HEAD MASSAGE** €60  
A head massage to focus on balancing the body's energy, eliminating tiredness, alleviate headaches, eye strain, stress and muscle tension (45mins)

**HOPI EAR CANDLING** €45  
A natural gently cleansing treatment for the ear canal (30mins)

**DREAM AWAY MASSAGE** €60  
A Relaxing Back Neck & Shoulder combined with a head Massage (45mins)

**MELT AWAY MASSAGE** €60  
A Relaxing Back Neck & Shoulder Massage combined with a leg massage (45mins)

## > SUGGESTIONS FOR MEN

Gentleman's Facial (50mins) €75

Therapeutic Body Massage (50mins) €75

Relaxing Back Massage (30mins) €40

Gentleman's Escape (50mins) €75  
(1/2 massage - 1/2 facial)