



GLENEAGLE

— SKIN & BEAUTY —

Relax. Renew. Replenish.

Nestled within the elegant confines of Gleneagle Killarney, Skin & Beauty offers a haven of rejuvenation where the artistry of face and body treatments come together in perfect harmony. Our dedicated boutique beauty rooms serve as the canvas for a symphony of carefully curated experiences designed to pamper and revitalize your senses.

At Skin & Beauty, we take pride in our diverse menu of beauty treatments, facials, and massages, each thoughtfully crafted to cater to the unique needs and desires of our discerning clientele. With a meticulous selection of trusted and highly effective products, our commitment lies in delivering results that not only meet but exceed our clients' expectations, leaving them with a profound sense of satisfaction.

Our philosophy extends beyond mere aesthetics; it's about creating a holistic oasis of self-care within the heart of the hotel. We believe that self-care is an essential component of well-being, and that's why Skin & Beauty provides a tranquil sanctuary where guests can pause, rejuvenate, and focus on nurturing themselves. Here, the worries of the outside world fade away as our dedicated team of professionals tend to your every need, allowing you to rediscover your inner balance and beauty.





Mini Escapes

Whether you seek a revitalizing facial, a soothing massage, or a complete beauty transformation, Skin & Beauty at Gleneagle is here to fulfil your desires. Join us in this exquisite retreat, where every treatment is an invitation to indulge in the luxury of self-love and self-discovery. We invite you to step into a world of timeless elegance and profound serenity, where beauty is not just skin deep, but a radiant reflection of your inner self.



Rejuvenate & Escape 90 minutes - €125

Indulge in a revitalizing experience that will elevate your well-being and reveal your inner glow with our exquisite head-to-toe ritual. Immerse yourself in a blissful 60-minute full-body Swedish massage, expertly crafted to melt away tension and leave you feeling deeply relaxed.

Complementing this sensory journey, our Express Refresh facial will rejuvenate your skin, awakening its natural radiance. The skilled touch of our therapists will revitalize your complexion, leaving you with a refreshed, youthful glow.

Unwind & Escape 90 minutes - €145

Begin your journey to relaxation with a de-stress back massage, targeting those specific areas where tension tends to accumulate. Feel the weight of the world lift off your shoulders as our skilled therapists knead away the tightness, leaving you feeling utterly renewed.

Next, indulge in our soothing Indian Head massage, a deeply calming experience that transports you to a state of tranquillity. Let tension and worries melt away as expert hands work their magic, releasing the knots and stresses of the day.

To complete this rejuvenating trifecta, surrender to our Express Refresh facial, a pampering session designed to revive your skin's natural radiance. Experience the revitalizing touch of our beauticians as they nourish and refresh your complexion, leaving you with a vibrant and youthful glow.

Pamper & Polish 105 minutes - €85

This complete indulgence for your hands and feet is the perfect way to take a break from your busy life and focus on self-care. Treat yourself to this pampering session and emerge with hands and feet that not only look stunning but feel utterly refreshed. This treatment includes a scrub, mask, cuticle work and shaping and painting the nails with normal polish on the fingers as well as a soak, scrub, mask, hard skin removal, cuticle work and shaping and painting the nails with normal polish on the toes.

A woman with long blonde hair, wearing a dark blue short-sleeved shirt, is performing a massage on a client. The client, a woman with short reddish hair, is lying face down on a massage table, covered with a grey towel. The therapist's hands are positioned on the client's upper back. The room is dimly lit, with a warm, glowing light source visible in the background, possibly a lamp or a decorative element. The overall atmosphere is relaxing and professional.

Body Treatments

Each of our massage treatments is tailored to your needs to ensure the ultimate body and mind restoration. Using the luxurious range of DeDANÚ pure essential oils and balms, you will be treated to an experience of pure relaxation and rejuvenation.

Full Body Swedish Massage

60 minutes - €85 / 80 minutes - €100

Surrender to the serenity of our customizable traditional Swedish massage, where expertly blended techniques are tailored to your preferences. Select from light, medium, or deep pressure as skilled hands work their magic, releasing tension and allowing you to bask in pure bliss. This revitalizing experience harmonizes body and mind, reawakening your inner balance and leaving you ready to conquer life's challenges with renewed vitality.

Tension Release Massage

60 minutes - €95 / 80 minutes - €110

Relieve deep-seated tension and muscle knots with our Tension Release Massage. Our skilled therapists use firm, focused pressure to address problem areas, ease muscle tightness, and promote lasting relaxation. Perfect for anyone seeking effective relief from built-up stress and tension.

Back Reviver Massage

30 minutes - €55

This specialized treatment is thoughtfully designed to melt away tension and ease aching muscles, providing a sense of profound relief and tranquility. Our signature Back, Neck, and Shoulder Massage is enhanced with the soothing touch of the DeDANÚ CBD Relief Salve and as expert hands work their magic, the therapeutic properties of CBD infuse each stroke, promoting an even deeper sense of relaxation and revitalization.

Indian Head Massage 30 minutes - €55

Experience the ultimate relaxation with our Indian Head Massage, a treatment that targets the upper back, shoulders, neck, head, and face. This soothing therapy clears your mind of stress and tension, leaving you feeling refreshed and revitalized.

Foot & Leg Reviver 30 minutes - €55

A rejuvenating oasis for tired and achy legs and feet. This revitalizing treatment, enriched with DeDANÚ CBD Relief Salve incorporates gentle lymphatic drainage as well as Swedish massage techniques to alleviate fatigue and discomfort, leaving you feeling lighter on your feet. The soothing combination of CBD and lymphatic drainage promotes improved circulation, reduces swelling, and enhances overall relaxation

Back in Balance 60 minutes - €85

Embark on a journey of serenity and renewal with our Back in Balance treatment. This indulgent journey begins with a refreshing back scrub, improving circulation and rejuvenating your skin. Next, the soothing Dead Sea Mud Mask, combined with a comforting heat wrap, detoxifies and relaxes, while the Back Reviver Massage targets tension in the back, neck and shoulders. This is the ultimate treatment for melting away any aches and pains to restore balance and allow you to emerge with a profound sense of well-being.







Facials

Our facials are a complete package of pampering and rejuvenation. Each facial includes a thorough deep cleanse, exfoliation, a mask, and the application of finishing products, all tailored to your skin's needs. But that's not all – our expert therapists also provide deeply relaxing massage for your face, neck, shoulders, and scalp. Whether you're seeking skin improvement or simply a tranquil escape, our facials strike the perfect balance. Trust our skilled therapists to help you unwind and rejuvenate, leaving you feeling refreshed and radiantly beautiful.

Platinum Facial 60 minutes - €85

A relaxing age-defying facial with our platinum infused Age Defying Platinum Mask that visibly lifts, rejuvenates and firms the skin for a more youthful appearance.

Deep Hydration Facial 60 minutes - €85

A complete nourishing and comforting facial to restore skin vitality to dull, flaky and compromised skin. Gentle exfoliation allows the long lasting, replenishing Medik8 formulations to deliver deep hydration to the complexion.

Clarity Facial 60 minutes - €85

Deep cleansing actives are used to target oily, problematic, and blemished skin. Re-balancing products are used throughout this facial to soothe, calm and generate a clearer complexion.

Calming Facial 60 minutes - €85

A gentle soothing treatment to instantly calm inflamed, hot, flushed, red, sensitive and highly sensitised skin using intelligent formulations to aid skin recovery.

Express Refresh Facial 30 minutes - €45

An introduction to Medik8 skincare that rejuvenates, exfoliates, and enhances the complexion. Our Express Refresh Facial is a brief yet exceptionally effective treatment suitable for all skin types.

Peels

Unveil a luminous complexion with our rejuvenating peel treatments. Crafted to revitalize your skin, these transformative treatments offer a fresh start for your face. Our skilled therapists utilize a diverse range of peels tailored to your skin's unique needs, whether you seek gentle exfoliation, improved texture, or reduced imperfections. Bid farewell to dullness and hello to a radiant, youthful glow.



A patch test is required at least 24-48 hours prior to treatment.

Clarity Peel 50 minutes - €95

Clarity is one of Medik8's most effective and concentrated peel formulations. It has been specifically formulated to successfully target blemish-prone, problematic and congested skin with a combination of alpha and beta hydroxy acids.

Even Peel 50 minutes - €95

Even Peel is specifically designed to target hyperpigmented skin types. It is an effective combination of alpha hydroxy acids to reduce pigmentation, age spots, post-inflammatory discolouration and marking. It leaves the skin with improved clarity, an even tone and a natural glow.

Rewind Peel 50 minutes - €95

Rewind is one of Medik8's most powerful peel formulations, specifically targeted for premature ageing. A powerful combination of alpha hydroxy acids helps to reduce the appearance of fine lines and wrinkles, fading away imperfections to leave the skin smooth and renewed. A controlled peel liberating clients from the choice between results and experience.

Sensitive Peel 50 minutes - €95

Designed for sensitive redness-prone skin types, Medik8 have incorporated gentle and hydrating gluconolactone into the Sensitive PHA peel. This peel formulation helps to trigger a healthier skin tissue regeneration, resulting in luminous, retexturized and smooth skin.

Universal Peel 50 minutes - €95

Universal AHA is a light peel which gently resurfaces the skin to enhance smoothness and clarity. It is suitable for everyone, particularly for clients who are newer to peeling treatments. It is also perfect to use as a maintenance peel for clients who have generated sufficient skin health results already with Medik8 Signature Peels.

Hand & Feet Treatments

Indulge your hands and feet in a rejuvenating ritual that pampers, nourishes, and leaves them exquisitely polished. Our hand and foot treatments, whether opting for gel polish or regular polish, feature luxurious products and soothing massages that enhance both the experience and the final results. Experience the ultimate in care and relaxation as we lavish your hands and feet with meticulous attention.

Gel Polish

Manicure - 60 minutes - €45

Pedicure - 60 minutes - €60

Regular Polish

Manicure - 45 minutes - €35

Pedicure - 60 minutes - €50

Mini Manicure or Pedicure* - 30 minutes - €25

* With regular polish only.









Make Up

Our makeup artists are here to enhance your natural beauty and express your unique style. Tailored to your desires, our makeup services can create the perfect look for any occasion, be it a special event or a night out on the town. From subtle, natural looks to bold and glamorous transformations, we bring your vision to life with skill and precision.

Occasion Makeup - €40

False eyelash application - €5

Light Touch of Makeup - €25

Spray Tan

Indulge in a year-round sun-kissed radiance with our spray tanning services. Utilizing Three Warriors Tan, an organic and natural sunless tanning brand, our treatments not only enhance your glow but also nourish your skin with healing benefits. Whether you're preparing for a special occasion or simply seeking a healthy glow, our services will leave you feeling confident and luminous.

Full Body Spray Tan - €40

½ Body Spray Tan - €30

Brow & Lash Treatments

Accentuate the beauty of your eyes with our professional lash and brow services. These treatments help define your eye area, creating a captivating and stunning look that draws attention to your natural features. Whether you desire darker, more prominent lashes or perfectly shaped brows, our tinting treatments are designed to bring out the best in your eyes.

Eyebrow Tint - €15

Eyebrow Shape/Wax - €12

Eyebrow Shape/Wax & Tint - €25

Eyelash Tint - €18

Eyelash & Eyebrow Tint - €25

Eye trio - €30

(Eyelash tint & Eyebrow shape and tint)









Hair Removal Treatments

We exclusively use Lycon, a renowned leader in the waxing industry, to guarantee the utmost effectiveness and comfort for all your waxing needs.

Half Leg Wax - €22

Full Leg Wax - €30

Full Leg & Bikini Line Wax - €40

Bikini Wax - €15

Extended Bikini Wax - €20

Brazilian/Hollywood Wax - €55

Underarm Wax - €15

Lip/Chin Wax - €15

Abdomen Wax - €40

Back & Chest Wax - €55

Salon Etiquette

At Skin & Beauty, we are committed to providing you with the ultimate relaxation and rejuvenation experience. To make your visit as enjoyable as possible, we kindly ask that you observe our spa etiquette guidelines.

Booking

To guarantee your preferred date and time, we recommend booking your appointment in advance. To book your treatment or if you have any queries, you can call us at 0646671598 or email us at skinbeauty@gleneaglegroup.ie. For the most convenient booking experience you can book online at www.gleneaglekillarney.ie

Arrival

Please arrive on time or 5 minutes prior to your scheduled appointment to allow time to fill out a consultation form if you have not filled one out already. Arriving late may limit the duration of your treatment. For certain treatments, arriving more than 15 minutes late will mean

we will not be able to perform the treatment and that will be treated as a late cancellation, incurring a full payment.

Health Conditions

Your well-being is of utmost importance to us. Please inform our staff of any medical conditions, allergies, or special requests during the booking process or prior to your treatment. This information helps us tailor our services to your needs.

Pregnancy

While we do not offer specific pregnancy massage treatments, we are more than happy to provide guidance on which treatments are safe and suitable for expecting mothers. Please feel free to inquire about this when making your reservation to ensure that we can cater to your unique needs.

Age Requirements

We welcome guests of all ages, but some treatments may have age restrictions. Guests under the age of 16 must be accompanied by an adult, and

certain treatments may require a minimum age for participation. Please inquire when booking.

Facilities

Please note that we do not offer amenities such as saunas, steam rooms, or jacuzzis, so bringing a swimsuit is not necessary. However, we do provide a private treatment room for your convenience, allowing you to change and unwind before your treatment. Following your treatment, we invite you to enjoy our cozy relaxation room, where you can savour a light refreshment in a tranquil setting.

Cancellation Policy

We understand that plans may change. To avoid any inconvenience, please notify us at least 24 hours in advance if you need to reschedule or cancel your appointment. Late cancellations and no-shows will be subject to a 100% charge.



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