



ANGSANA
Spa

The Brehon · Killarney



ESSENCE OF ANGSANA

Calm your mind and draw the serenity of your surroundings.

Allow our therapists to offer you a soothing foot wipe, herbal drink and a few minutes to leave the world behind.

Enjoy the difference.

BLISS (180-minute Session)

€230

The Great Escape

• 30-minute body polish • 60-minute body massage • 60-minute facial • 10-minute bath

Spa Tip: Be pampered by a series of Angsana Spa Treats.

PEACE (150-minute Session)

€170

Worry Free

• 60-minute body massage • 60-minute skin enhancer

Spa Tip: Drift away on a cloud of contentment as the therapist works wonders.

SERENITY (150-minute Session)

€170

One Step Closer To Tranquillity

• 90-minute Angsana massage • 30-minute milk & rice pouch treatment

Spa Tip: Experience our signature Angsana massage which culminates with a milk & rice pouch to nourish the skin and relieves aching muscles.

AYURVEDIC RAPTURE (120-minute Session)

€160

Touch of Tradition

• 60-minute Ayurvedic massage • 30-minute Shirodhara

Spa Tip: Experience the holistic system of healing which originated from India.

GLOW (120-minute Session)

Wear Radiance Like A Second Skin

• 30-minute body polish • 60-minute body massage

Spa Tip: This treatment's intensity varies to your preference.

€150

BACK BEAUTY (90-minute Session)

Untie The Knots

• 30-minute back massage • 30-minute back paraffin treatment

Spa Tip: Back tension reliever and warm paraffin to reduce muscular aches.

€110



RAINSHOWER SPECIALS

Calm your mind and draw the serenity of your surroundings.

Allow our therapists to offer you a soothing foot wipe, herbal drink and a few minutes to leave the world behind.

Enjoy the difference.

RAINSHOWER CLASSIC (90-minute Session)

Spritz Treat

• 15-minute face cleanse • 30-minute body polish • 15-minute rainshower

Spa Tip: An invigorating Rainshower combined with top to toe pampering treats to awaken your senses.

€80

RAINSHOWER GLOW (150-minute Session)

Pitter Patter Trickle

• 15-minute face cleanse • 30-minute body polish • 15-minute rainshower • 60-minute body massage

Spa Tip: Experience the wonders of warm water tickling all your senses at intervals, and a series of revitalising spa treats to accompany it.

€165

AYURVEDIC RAINSHOWER (180-minute Session)

Holistic Beauty Ritual

• 15-minute face cleanse • 30-minute body polish • 15-minute rainshower

• 60-minute Ayurvedic massage • 30-minute Shirodhara

Spa Tip: Benefit from a series of holistic Ayurveda treatments to regain inner calm before savouring a cascading Rainshower experience.

€225



RASUL SPECIALS

Calm your mind and draw the serenity of your surroundings. Allow our therapists to offer you a soothing foot wipe, herbal drink and a few minutes to leave the world behind. Enjoy the difference.

The Rasul is a traditional Arabic ritual cleansing treatment that takes place in an exotically tiled steam chamber.

With a different-coloured therapeutic mud applied to specific parts of the body, you will soon begin to feel the benefits in your respiratory system and your skin as the ritual is completed with a gentle warm rain shower falling from the ceiling, washing away the mud and leaving you cleansed and regenerated.

CLASSIC RASUL (90-minute Session)

Rejuvenating Bath Ritual

• 45-minute rasul • 15-minute foot soak

Spa Tip: Be pampered like royalty with the calming Rasul experience.

€80

RASUL TONE (150-minute Session)

Trim And Fit

• 60-minute trim & tone massage • 45-minute rasul • 15-minute foot soak

Spa Tip: The trim & Tone massage combined with a detoxifying Rasul session and relaxing foot soak for a slimmer you.

€115

RASUL DELIGHT (90-minute Session)

€140

Tub Of Glee

• 60-minute facial • 45-minute rasul • 15-minute foot soak

Spa Tip: Complete top-to toe conditioning for an all over pampering session to delight your body.



BODY MESSAGES

Calm your mind and draw the serenity of your surroundings.

Allow our therapists to offer you a soothing foot wipe, herbal drink and a few minutes to leave the world behind.

Enjoy the difference.

SIGNATURE ANGSANA (120-minute Session)

€120

Our Gift To You

Spa Tip: A signature massage created exclusively for Angsana Spa, to work on your body's key pressure points to strengthen inner "qi" or energy.

FUSION (90-minute session / 120-minute session)

€90/€120

Cuisine For The Soul

Spa Tip: A blend of Thai and Swedish massage techniques to sooth all aches, unblocks stiffness and enhances flexibility.

BAMBOO (90-minute session / 120-minute session)

€90/€120

Natural Touch

Spa Tip: Let the soothing touch of warm bamboo and therapeutic long, firm massage strokes ease stiff muscles and stimulate blood circulation, to promote a sense of deep relaxation.



CLASSIC AROMA THAI (90-minute session / 120-minute session) €90/€120

Thai Fusion

Spa Tip: Adapted from the traditional Thai massage, oil is used for this massage which improves blood circulation and mobility as well as relieves tension.

AYURVEDIC (90-minute session) €90

The Healing Touch

Spa Tip: Ease aches and tension while promoting blood circulation through the smooth and relaxing movements of this treatment. Palm strokes are used with Sesame oil.

AYURVEDIC HOT STONE (120-minute session) €155

Tension Melts

Spa Tip: Ease tension and aches from your body as this Ayurvedic palm based massage seamlessly blended with the use of basalt stones.

JAVA (90-minute session / 120-minute session) €90/€120

Take A Nap

Spa Tip: Adapted from ancient Balinese techniques, this deep tissue massage relieves body tension and promotes better sleep patterns.

SIAM (120-minute session) €120

Classic Flavour

Spa Tip: Relieve tension and unwind to a delicate stretching of your body to improve mobility and flexibility, followed by Thai massage techniques of palming and thumbing, without the use of oil, on your meridian lines.

WAVES (90-minute session / 120-minute session) €90/€120

Smooth As A Hula Dance

Spa Tip: This strong massage is inspired by traditional Hawaiian techniques. The therapist delivers long flowing strokes to restore balance and harmony.

TRIM & TONE (90-minute session) €90

Perfect Figure

Spa Tip: Achieving the perfect figure you are dreaming of with this massage that aids in trimming and toning your body.

SOOTHING DREAMS (90-minute session / 120-minute session) €90/€120

Perfect For Jet Lag

Spa Tip: created especially for tired and worn-out bodies, this calming massage soothes tensed muscles using warm sesame oil.

RHYTHMIC (90-minute session) €90

Spa Tip: For mothers-to-be to those who prefer to lie on their side, this nurturing massage is a good choice. Our therapist will use gentle strokes and a rice flour pouch dipped in warm clarity oil.

ON THE SPOT PRESS RUN (90-minute session) €90

Leg soother

Spa Tip: A combination of hand and heel strokes form the perfect remedy for tired legs and feet.

BACK ENERGY (60-minute session) €60

Iron Out Tense Muscles

Spa Tip: Iron out aches and tensions in the back with this medium-to strong-pressure massage.

INDIAN HEAD MASSAGE (60-minute session) €60

Clear Headed

Spa Tip: After a hard day's work, clear your mind with the massage to relax and remove fatigue caused by mental stress.



FACIAL

*Calm your mind and draw the serenity of your surroundings.
Allow our therapists to offer you a soothing foot wipe, herbal drink and a few minutes to leave the world behind.
Enjoy the difference.*

ANGSANA FACIAL (90-minute Session) €75

For all skin types - Authentic Angsana

Spa Tip: A signature facial which comprises of soya, oatmeal and almond mask and other natural fresh ingredients to cleanse, refresh and moisture and skin, leaving it soft and dewy.

EURO STAR (90-minute Session) €85

For normal / combination skin - Beaming Star

Spa Tip: Packed with brightening and deep-cleansing properties, the therapist uses European massage techniques to optimise absorption, bringing life of exceptional radiance.

INSTANT LIFT (90-minute Session) €85

For mature skin - Blemish Free

Spa tip: Say goodbye to wrinkles with this facial that has anti-ageing and brightening effects.

PURE RADIANCE (90-minute Session) €85

For Oily Skin- A Matte-Nificent Treat!

Spa Tip: For pristine fresh-looking skin, opt for this purifying treatment. Clay mask contains kaolin and marine extracts to draw out impurities while regulating sebum production.

PROTEIN PERKS (90-minute Session) €85

For All Skin Types - Perk Me Up

Spa Tip: Put life back into your skin as you enjoy the revitalising benefits of trace elements, vitamins and proteins.

SWEET SOOTHER (90-minute Session) €85

For Dry / sensitive skin - Take That "Fragile sticker" off my face, please?

Spa Tip: A gentle facial that protects fragile tissues from irritation devised for sensitive and reactive skin caused by free radicals and environmental pollutants.





ESSENTIAL PAMPERING

DELICATE HANDS (90-minute Session) €65
Pearly sheen
 Spa Tip: Give your hands a decadent treat with nail cleansing, trimming and shaping, followed by an oatmeal and olive oil conditioning mask and a massage. Your hands will feel smooth and polished.

TENDER FEET (90-minute Session) €65
Stepping Out In Style
 Spa Tip: Your nails are cleansed, trimmed and shaped to prepare your feet for an exfoliation, followed by an effective conditioning mask to soften those neglected soles. A foot massage completes this relaxing treat, leaving your feet looking and feeling delicately beautiful.

HAND PARIFFIN (90-minute Session) €80
Hand Essence
 Spa Tip: All the essence of a paraffin dip complete with beautifully painted Nails.

FOOT PARIFFIN (90-minute Session) €80
Glamorous Feet
 Spa Tip: Step out in style with paraffin dip to soften feet and finish off with beautifully painted or buffed nails.



BODY POLISHES

ALMOND MILK (60-minute Session) €65
For All Skin Types - Breakfast Treat
 Spa Tip: A natural skin brightener, fine lines fade off and the skin is left lighten and more refined.

HONEY SESAME (60-minute Session) €65
For Dry / normal Skin - As Sweet As Honey
 Spa Tip: Smell as sweet as honey after this treatment and skin emerges smoother after the gentle exfoliation.

JASMIN FRANGIPANI (60-minute Session) €65
For Oily Skin - Flowery Scent
 Spa Tip: Smell your best and show off sparkling skin after the treatment.

LEMON CUCUMBER (60-minute Session) €65
For normal skin - Soothing Zest
 Spa Tip: A refreshing scrub combo of lemon peel and cucumber, the gentle fruit acids from the lemon act as a gentle cleanser while cooling cucumber soothes the skin.

PURE GOLF SCRUB (60-minute Session) €65
For all skin types - All That Glitters
 Spa Tip: Emerge with a glow as this scrub works to stimulate blood circulation and reveal radiant skin.

THAI HERBAL GLOWER (60-minute Session) €65
For normal to oily skin - Blemish Free
 Spa Tip: A mixture of yoghurt blended with Thai herbs is all you need for soft, glowing skin. This herbal scrub also helps to lighten blemishes.



BODY CONDITIONERS

AVOCADO SMOOTHIE (90-minute Session)

€90

For dry skin - Vita-Rich

Spa Tip: Oozing with vitamins, minerals and natural oils, indulge in this creamy mask which replenishes essential moisture and nutrients in the skin, leaving it plump and soft.

CUCUMBER SOFTENER (90-minute Session)

€90

For all skin types - Cool Beauty

Spa Tip: Golden honey is massaged all over your body as a prelude to the gentle stroke of linen pouch filled with blended cucumber, almost soothing and conditioning your skin immediately.

LATTE BARLEY (90-minute Session)

€90

For all skin types - Java Infused

Spa Tip: A perk-me-up for the body as barley nourishes and softens the skin while the aromatic coffee cleanses and lightens blemishes.

PAPRIKA HERBAL WRAP (90-minute Session)

€90

For normal to oily skin - Nature at the Best

Spa Tip: A rejuvenating herbal wrap of paprika, yoghurt and honey is blended with oatmeal to detoxify and cleanse the skin while unveiling a soft rosy and radiant tinge on the body.

WILD PLUM (90-minute Session)

€90

For all skin types - Berry Nice

Spa Tip: A fruity combo of plum, strawberry, orange juice and honey, high in vitamin C, to indulge the senses while hydrating the skin.





FUSION BATHS

(Part of Bliss Package)

Choose your favourite fusion bath as part of the Bliss package. All fusion baths are not available individually.

JASMIN & FRANGIPANI BATH

Stepping out in Style

Spa Tip: Feel suitably refreshed with this fragrant bath to end off your wellness treat.

LEMON & ROSE BATH

Bed Of Roses

Spa Tip: Awaken your senses with the stimulating combination of lemon and rose as you luxuriate in a warm bath that leaves you feeling refreshed.



FOOT SOAK

(Available only as part of Rasul treatments)

Choose your favourite Foot Soak to complete your pampering spa packages. All foot soaks are not available individually.

JASMIN & FRANGIPANI SOAK

Walking On Air

Spa Tip: Plunge your feet into this pleasurable soak filled with the delicate fragrance of jasmine and frangipani. The mineral spa salt will slough off dead skin cells and invigorate weary feet.

MILK & HONEY SOAK

Soothing Feet

Spa Tip: Pamper your feet with this heavenly blend of fresh milk, a natural exfoliant that gently softens your skin that is combined with honey to leave your skin smooth and supple.





SPA GLOSSARY

Please take a moment to read this.

Etiquette

The spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed in the spa unless they are having a treatment accompanied by an adult. We ask that you respect other guests' privacy by speaking softly. Please note that children under the age of 18 are not allowed in the Vitality Suite. Cellular phones and electronic devices are discouraged.

Attire

Please arrive at the spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available on request.

Reservations

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of the booking for a confirmed appointment.

Check In

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment times. A late arrival will result in shortened treatment to accommodate other guests fairly. Please arrive 60 minutes prior to your appointment for the use of the Vitality Suite.

Spa Treatment Times

*The spa is open from 8am – 7pm daily. Last treatment finishes at 7pm
Opening times are subject to change without prior notice.*

Special Consideration

If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massage stimulating treatments are not recommended during the first three months of pregnancy.

If you have high blood pressure, heart conditions, allergies or other medical complications, we advise that you consult your doctor before signing up for any spa services. Please inform your therapist of any medical conditions.

Smoking and Alcohol

Smoking and the consumption of alcohol within the spa is prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any spa treatment.

Cancellation policy

A 24-hour cancellation policy notice is required to help us re-schedule your appointment, subject to space and availability. Any cancellation with less than 24 hours' notice will incur 100% cancellation fee. A full fee will be imposed for a "no-show"

Valuables

We recommend that no jewellery be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought onto the spa premises.

Gift Certificates

Treat a friend or loved one by giving them an experience they will never forget. Gift certificates are available for use against any spa treatment, package or retail products. Gift certificates are non-refundable and must be presented at the time of treatment. Please contact our receptionist for more details.

Refund Policy

Treatment packages are non-refundable. Unused portion of the package are non-transferable or non-exchangeable for another time

Payment

We accept cash and all major credit cards. All prices are, quoted in Euro and are subject to change without prior notice.

Disclaimer

The spa treatments, services and/or facilities received or utilised at Angsana Spa The Brehon are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Guests will fully indemnify and hold harmless Angsana Spa The Brehon. Its handling company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis) arising out of or in connection with the spa treatment, services and/or facilities.



For reservations and enquiries, please contact:



THE BREHON
KILLARNEY

ANGSANA SPA THE BREHON, KILLARNEY

TEL: +353 64 6623917

FAX: +353 64 6630701

EMAIL: ANGSANASPA@THEBREHON.COM

WWW.THEBREHON.COM