



ANGSANA
Spa

The Brehon · Killarney





ESSENCE OF ANGSANA

Please arrive 60 minutes ahead of the spa session to enjoy our Vitality Suite facilities

BLISS (180-minute Session)

This ultimate body pampering session combines your choice of a body polish, massage, facial and fragrant bath. A complete head-to-toe treat that will soothe your senses, smooth your skin and send you into bliss!

30-minute body polish • 60-minute massage • 60-minute facial • choice of bath

PEACE (150-minute Session)

Imagine floating on a cloud while your therapist works to calm your inner being and release your body of toxins. Enjoy the journey to peace whilst cocooned in a nourishing skin enhancer with the best ingredients that Mother Nature has to offer.

60-minute massage • 60-minute skin enhancer

SERENITY (150-minute Session)

This session begins with our signature Angsana Massage using East-meets-West techniques to rev up your circulation. A Milk & Rice Pouch Treatment, in which a warm pouch of steamed rice and warm milk is stroked over your body, nourishes the skin and relieves every aching muscle.

90-minute Angsana Massage • 30-minute Milk and Rice Pouch Treatment

AYURVEDIC RAPTURE (120-minute Session)

Spoil yourself with a 60-minute soothing traditional Indian massage. Smooth and relaxing movements using mostly palm strokes ease aches and tensions while promoting blood circulation. Sesame Oil is used for its warming and purifying properties. Then lighten up, as the gentle rhythmic trickle of warm oil on your forehead calms your inner self and induces a deep sense of relaxation. This soothing session helps to sharpen our senses and promotes clear thinking.

60-minute Ayurvedic Massage • 30-minute Shirodhara

GLOW (120-minute Session)

Surrender yourself to a pampering body massage after a cleansing body polish. This scrub helps to remove dead cells, allowing you to reap the full benefits of the aromatic oil massage that follows. You'll feel lighter and fresher than ever, and it will show on your glowing skin.

30-minute body polish • 60-minute massage

BACK BEAUTY (90-minute Session)

This purifying and invigorating session will ease the stresses caused by a busy, globe-trotting lifestyle. It begins with a deep cleansing and exfoliation of the back, which helps dead cells leaving your skin smooth and glowing, followed by a deep massage to work out those knots, stimulate blood circulation and loosen tight and sore back and shoulder muscles.

30-minute back cleanser • 30-minute back massage

As part of each spa session, 30 minutes are set aside for you to unwind over a foot wipe, a soothing herbal drink and relaxation.



RAINSHOWER SPECIALS

Imagine a tropical rain shower drizzling down on your body, stimulating the pressure points of your body and rousing your senses, while preparing you for the relaxing treats that follow. Come away from each Rainshower session, which includes the Jasmine Frangipani Sparkle body polish, feeling refreshed and re-energised.

RAINSHOWER CLASSIC (90-minute Session)

Begin your session with a face cleansing and pressure point massage to awaken your senses. A polish for the body follows which is washed away by an invigorating Rainshower.

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

RAINSHOWER SUPREME (150-minute Session)

A face cleansing and pressure point massage is your prelude to this reviving experience that includes a body polish, which is washed away by an invigorating Rainshower.

Rounding off the session is a massage of your choice

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

AYURVEDIC RAINSHOWER (180-minute Session)

Begin your session with a face cleansing and pressure point massage to awaken your senses. A polish for the body follows, which is washed away by an invigorating Rainshower. Next, spoil yourself with a 60-minute soothing traditional Indian massage. Smooth and relaxing movements using mostly palm strokes ease aches and tensions while promoting blood circulation. Sesame Oil is used for its warming and purifying properties. Then lighten up, as the gentle rhythmic trickle of warm oil on your forehead calms your inner self and induces a deep sense of relaxation.

*15-minute face cleansing • 30-minute body polish • 15-minute rainshower
60-minute Ayurvedic massage • 30 minute Shirodhara*

*As part of each spa session, 30 minutes are set aside for you to unwind over a foot wipe,
a soothing herbal drink and relaxation.*



RASUL SPECIALS

The Rasul is a traditional Arabic ritual cleansing treatment that takes place in an exotically tiled steam chamber. Relaxing beneath a canopy of a thousand starlights, with different-coloured therapeutic muds applied to specific parts of your body, you will soon begin to feel the benefits in your respiratory system and your skin as the steam infused with pure herbs detoxifies your body. 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)

Enjoy the sensual ceremony of a rasul, and relive the ancient bathing treatments of royalty with this regenerating ritual. Conclude your session with your choice of a soothing foot soak.

45-minute Rasul • 15-minute foot soak

RASUL TONE (150-minute Session)

Watch your body mould into shape with regular sessions of this massage. The techniques work in harmony with a trim-and-tone oil to break up fatty tissue and eliminate toxins. Then enjoy the sensual ceremony of a rasul, and relive the ancient bathing treatments of royalty with this regenerating ritual. Conclude your session with your choice of a soothing foot soak.

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

RASUL DELIGHT (150-minute Session)

This complete top-to-toe conditioning for an all-over pampering commences with your choice of a facial. Then enjoy the sensual ceremony of a rasul, and relive the ancient bathing treatments of royalty with this regenerating ritual. Conclude your session with your choice of a soothing foot soak.

o 60-minute facial • 45-minute Rasul • 15-minute foot soak

*As part of each spa session, 30 minutes are set aside for you to unwind over a foot wipe,
a soothing herbal drink and relaxation.*



BODY POLISH

BALI SPICE BUFF (60-minute Session)

Get that warm, glowing feeling with this traditional Balinese remedy. Hand-crushed spices stimulate body warmth, making this treatment especially popular during the cold and rainy seasons. Suitable for oily skin, this warming and moisturising scrub also relieves aching muscles and joints.

HONEY SESAME SCRUB (60-minute Session)

A sweet, gooey scrub made from golden honey and sesame seeds that is ideal for dry to normal skin. The sesame seeds gently exfoliate your skin, while honey, a natural remedy, aids in the healing of wounds and promotes new cell growth.

JASMINE FRANGIPANI SPARKLE (60-minute Session)

Jasmine and frangipani, two of the most fragrant flowers, blend with mineral spa salt to give your skin a treat that's well and truly deserved. Your skin will almost sparkle as the scented salt rubs off dead skin cells. Moisturising and anti-bacterial, this body polish is especially suited for oily skin.

LEMON CUCUMBER POLISH (60-minute Session)

Get ready to glow with this refreshing scrub made specially with lemon, apple, cucumber and tomato extracts. The gentle fruit acids dissolve dead cells and penetrates into the deeper layers of the skin for increased rejuvenation. Your skin will retain its youth and vitality, and take on a healthy polished radiance. Suitable for normal skin.

THAI HERBAL GLOWER (60-minute Session)

A rub-a-dub of mixed Thai herbs followed by a yoghurt wash is all you need to make your skin as soft and smooth as a newborn babe's. Ideal for normal to oily skins, this scrub also helps to lighten blemishes.



BODY WRAP

AVOCADO SMOOTHIE (90-minute Session)

Rich in vitamins, minerals and natural oils, avocado blended with milk and honey results in a creamy mask, which nourishes your skin and replenishes essential moisture and nutrients, leaving it plump and soft. Great for dry skin!

HONEY CUCUMBER SOFTENER (90-minute Session)

Surrender your senses as golden, molten honey is massaged all over your body as a prelude to gentle stroking with a linen pouch filled with blended cucumber. The juice of the cucumber is readily absorbed into the honey-coated skin, resulting in soft, supple and conditioned skin.

GINSENG BODY CONDITIONER (90-minute Session)

The Chinese were on to a good thing when they discovered the merits of this therapeutic root. Famed for its nourishing qualities, ginseng is food for all skins, especially those tending towards dryness. A blend of Chinese herbs enhances this mix meant purely for body conditioning.

POTATO PURIFIER (90-minute Session)

Knowing that potato is a great purifier, we've created a special blend out of this humble tuber to deep-cleanse your skin and lighten all blemishes. Ideal for dry to normal skin, this purifying mask helps even out skin tone.



MASSAGE

ANGSANA (120-minute Session)

You won't find it anywhere but here! Using palm strokes and thumb pressure, our skilled therapist works on your body's key pressure points to free you from stress and strengthen your inner qi. This 90-minute signature massage was created exclusively for the Angsana Spa and uses the specially formulated Euphoria Oil to further enhance the experience.

AYUTHAYA HOT STONE (120-minute Session)

Angsana Spa has specially distilled the essence of relaxation from two ancient therapies. Feel the warmth of Ayurvedic palm-based massage seamlessly blended with the use of heated river stones for an intense spiritual and physical lift. Tension and aches melt away from your body under the consistent and flowing strokes of the therapist, as she switches from palm to stone.



AYUTHAYA (120-minute Session)

Adapted from traditional Thai methods, this 90 minute dry massage (no oil is used) works on the body's meridian lines to stretch every limb and ease aching muscles. It improves blood circulation and mobility as well as relieve tension, leaving you limber and supple.

DREAMS (90-minute or 120-minute Session)

Created specially for your tired body! This warm oil massage uses long and firm palm strokes with Sesame Oil to soothe tense muscles, and helps to induce the body, mind and soul to a state of complete relaxation. A calming experience that's a perfect remedy for jet lag.

IBU'S SECRET (90-minute or 120-minute Session)

Adapted from traditional Balinese techniques, this deep tissue massage uses thumb and palm pressure to soothe aching muscles and relieve tension. Melody Oil with its warming benefits is used to further enhance this invigorating experience.

WAVES (90-minute or 120-minute Session)

Like the caress of waves, this massage is given in a fluid, rhythmic motion that works with the body's natural rhythm and flow to release stress and tension, thus restoring balance and harmony to the body, mind and spirit. Concentrating on the back, long, continuous, rhythmic strokes that flow seamlessly from one area to another work gently yet deeply to free energy flow, while elbow pressure on acupoints relief tension. Balancing Oil is used for its soothing properties.

AYURVEDIC (90-minute Session)

Spoil yourself with this 60-minute soothing traditional Indian massage. Smooth and relaxing movements using mostly palm strokes ease aches and tensions while promoting blood circulation. Sesame Oil is used for its warming and purifying properties.

TRIM & TONE MASSAGE (90-minute Session)

Watch your body mould into shape with regular sessions of this massage. The techniques work in harmony with a trim-and-tone oil to break up fatty tissue and eliminate toxins. The therapist applies medium to deep pressure and concentrates on the problem areas of the body which include hips, legs & stomach.

RHYTHMIC (90-minute Session)

Ease muscle tension with a combination of strokes and light percussion - with a linen pouch filled with rice flour and dipped in warm Vitamin E-enriched oil - applied to each part of the body consecutively. This light and soothing massage brings relief to tensed muscles, and is suitable if you prefer to lie on your sides, instead of your stomach or back, during the massage. This is a favourite among mature guests and ladies who are pregnant.

BACK ENERGY (60-minute Session)

Enjoy renewed energy after this tension relief massage done on your back. The therapist employs medium to strong pressure, using deep strokes to iron out tensed muscles for a stronger healthier back.

INDIAN HEAD MASSAGE (60-minute Session)

Focusing on the key pressure points on your head, this massage is designed to clear your mind of all stress and tension. It feels so good that you can even enjoy it sitting down.



FACIAL

ANGSANA (90-minute Session)

for all skin types

Wake up those sleepy cells beneath the epidermis with our special blend of invigorating natural ingredients. This treat which contains a therapeutic mix of yoghurt, honey, almond, soya beans and milk cleanses, moisturises and refreshes your skin, yielding results that are truly amazing.

EURO STAR (90-minute Session)

for normal and combination skin

All the best of European spa ingredients go into this simple but effective facial treatment that removes every trace of impurity. Complemented with European massage techniques, this revitaliser relaxes facial muscles and makes dull skin come to life again.

PURE RADIANCE (90-minute Session)

for oily skin

Cucumber, with its cooling and toning properties, is used in this facial to remove oil from your T-zone. Our therapist then applies a mask, which helps to restore your skin's natural balance. This uplifting facial leaves you looking fresh and dewy.

INSTANT LIFT (90-minute Session)

for mature skin

Make time stand still with this luxurious anti-ageing treatment that remineralises and moisturises the skin. The special restructuring mask contains Vitamins A, E and F to combat free radicals and offer maximum protection for a revitalising effect. Suitable for all skin types, this exquisite treatment gives your face an instant lift and restore firmness, leaving your skin feeling supple and glowing with refreshed vitality.

PROTEIN PERKS (90-minute Session)

for all skin types

A renewing facial with the revitalising benefits of trace elements, vitamins and proteins, this facial will put life back into your skin. Suitable for dull & tired skin that requires balancing and toning.



FINER TOUCHES

DELICATE HANDS (90-minute Session)

Leave your manicure set at home, and allow us to care for your basics. The treat starts with nail cleansing, trimming and shaping, followed by an oatmeal and olive oil conditioning mask. A relaxing hand massage followed by nail paint wraps up the session.

TENDER FEET (90-minute Session)

Give your feet the much-needed attention with this treatment. Our therapist will first clean, trim and shape your nails to prepare your feet for exfoliation. Pineapple, a natural exfoliant, is mixed with soya beans for an effective conditioning mask to soften those neglected soles. A foot massage and nail paint completes this relaxing treat, leaving your feet looking and feeling good.



BATHING RITUAL

JASMINE FRANGIPANI DIP

Feel yourself transported to Asia as you fill your senses with the delicate fragrance of jasmine and frangipani. Moisturising and anti-bacterial, this is especially suited for oily skin.

LEMON & ROSE BATH

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

JASMINE FRANGIPANI SOAK

Kick off your shoes and plunge your feet into this pleasurable soak filled with the delicate fragrance of jasmine and frangipani. The mineral spa salt will dead skin cells and invigorate weary feet.

MILK & HONEY SOAK

Pamper your feet with this heavenly blend that will refresh tired feet and put a spring back into your step. Fresh milk, a natural exfoliant that gently softens your skin is combined with moisturising honey to leave your skin smooth and supple.



CANCELLATION POLICY

A 24 hour cancellation policy is required to help us reschedule your appointment. Any cancellation with less than 24 hour' notice will incur a 50% cancellation fee. Any cancellation with less than 8 hours notice will incur 100% cancellation fee. A no-show will incur 100%. As part of your spa journey please set aside 60 minutes for complimentary use of our vitality suite. Please also be aware that 30 minutes have been allocated to each spa session as relaxation time.



VITALITY SUITE

60-minute session • 120-minute session

Enjoy the use of our vitality suite area on its own or as a prelude to your treatments.

The Vitality Suite area encompasses the Vitality Pool, Hot Spa, Cold Spa, Crystal Steam Room, Herb Sauna, Caldarium, Tropical Showers, Ice Fountain and the Kubeldusche. You could take a leisurely dip in the Vitality Pool, refresh and clear your mind with the aroma infused Herb Sauna or Crystal Steam Room, or with the Tropical Showers experience. Alternatively, pop into the Caldarium and let the interplay of heat and moisture stimulate your body's circulation and thoroughly but gently cleanse the skin and respiratory tract. The Ice Feature and the Kubeldusche are fitting, and invigorating, finales to any heat treatment.



SPA GLOSSARY

HERB SAUNA

A sauna with lavender scent

CRYSTAL STEAM ROOM

A steam treatment room infused with oriental fragrances

CALDARIUM

The interplay of heat and moisture stimulates the circulation and thoroughly and gently cleanse the skin and respiratory tract. Muscular tension relaxes, stress is reduced, limbs and joint pains are eased. The Caldarium is a mild, but effective means of relieving stress and helping regeneration.

FOOT SPA

Warm seats with foot bath; to be used in conjunction with the Rasul

TROPICAL SHOWERS

A shower programmed to flow gently, then building up to a deluge before gradually reducing to a fine drizzle, mimicking a tropical rain shower

ICE FOUNTAIN

Crushed ice is used to rub and cool the body after heat treatment

KUBELDUSCHE

A thick rope is attached to the side of a 29-litre overhead bucket for the tilting and drenching of cold water after a heat treatment

For reservations and enquiries, please contact:



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