



SPA SALVEO

KNOCKRANNY HOUSE HOTEL

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In Latin, Salveo means to Heal.

Spa Salveo at Knockranny House Hotel provides the perfect setting for this process to begin.

Embodying the complete destination spa experience, Spa Salveo encompasses a therapeutic vitality pool with hydrotherapy massage stations, an expansive thermal suite, various pre and post treatment relaxation areas, a fitness suite and twelve spacious treatment rooms, including a serail mud chamber and hydrotherapy bath.

Spa Salveo is a true oasis of calm, where time is left at the door and a new journey begins.



KERSTIN
FLORIAN



KERSTIN
FLORIAN

Special Considerations

For us to guarantee the health and safety of our customers, please inform your therapist at time of booking of all medical conditions or recent medical procedures. Some conditions include: high blood pressure, hernia, osteoporosis, varicose veins, cancer, skin conditions, diabetes, heart conditions, c-section, allergies and pregnancy.

Opening Hours

- Spa Salveo is open daily, seven days per week.
- 7.30am-7.30pm Midweek
- 8.00am-7.30pm Weekends & Bank Holidays

Gift Vouchers

- The ideal gift for any special occasion, Spa Salveo gift vouchers are available for any treatment, product or package.
- Gift vouchers are non-refundable and must be presented at the time of treatment or purchase.
- Vouchers cannot be redeemed for cash
- Vouchers issued in the Spa can be used throughout the hotel as a payment method.

Cancellation

- Cancellations must be made a minimum of 48 hours prior to treatment, in order to reschedule your treatments booked. Failure to cancel treatments will result in the treatment being charged in full to your credit card.
- Treatment details and prices are correct (at the time of going to print), management reserve the right to alter them at any time.

To Ensure the perfect experience...

- Please note that Spa Salveo's facilities are available to persons over eighteen years of age.
- We recommend that you book in advance, or, if you are planning a trip to stay in the hotel, at the time of reservation.
- All bookings must be confirmed with a credit card
- Please arrive 30 minutes prior to your treatment booking time or earlier, if you wish to avail of any Spa facilities.
- Arriving late may interfere with your treatment and in some cases we may shorten your treatment length. All appointments will end at their scheduled time so that the next guest will not be delayed.
- Please keep noise to a minimum. Please turn off mobile phones and laptops.
- Swim wear and caps are mandatory in the pool and thermal suites.
- Under wear is mandatory during spa treatments.
- Please give the therapist feedback.
- Gratuities are not included in the treatment price.
- Your therapist will advise on a home care package after your treatments. Your home care recommendation will be tailored to concentrate on your areas of concern.
- Our pool is open to children on weekends from 9.00am - 12.00 noon and during Republic of Ireland school holidays.

While visiting Spa Salveo you can enjoy complimentary access to the Vitality Pool & Thermal Suites which include our monsoon shower, salt brine inhalation room, scented steam room, herbal sauna. Please note our vitality pool is set at 28 degrees.

Spa Salveo Thermal Suites

Monsoon Shower

Imagine the exhilaration that showering with over fifty litres of water a minute can provide, with either thermostatically controlled, hot or invigoratingly cold water. Add the subtle mood enhancing red or blue lights and “the monsoon” is the ultimate shower experience.



Salt Brine Inhalation Room

This steam room infuses saline solution into the air, providing an environment that is excellent for anyone with sinus concerns.

Scented Steam Room

Let the gentle warmth of steam infused with natural essences completely relax the mind and body whilst listening to the sounds of birdsong, a gentle flowing stream, or waves lapping on a tropical shore. .

Herbal Sauna

Allow yourself to be immersed in the comfort and warmth of the herbal sauna.



Massage Therapy

Warm Bamboo Massage - Firm to Medium Pressure

The use of bamboo ensures healthy circulation, relief of muscle tension, deep relaxation and aids in detoxification. Bamboo is known to symbolise strength, fertility, youth, prosperity and peace. Healing hands and warm ginger oil soothe and hydrate the skin, leaving you feel blissfully relaxed and energised.

€155.00 80 mins



The Harmony Ritual - Light to Medium Pressure

This treatment is designed to ground the senses and uses unique massage techniques such as the Lomi Lomi Hawaiian wave and a Chinese Tui Na. Following the full body treatment, your therapist will finish with a pressure point face and scalp massage. To complete the journey, take some time to relax with a herbal tea to complement your chosen oils. Massage, individually tailored to your needs using a blend of aromatherapy oils.

€155.00 90mins

Magnesium Wellness Massage - Light to Medium Pressure

This ultimate wellness treatment combines the benefits of dry brushing to promote lymphatic drainage, therapeutic massage and the power of magnesium to promote detoxification and replenish commonly deficient levels. After an exfoliating and stimulating dry brush, a soothing massage follows with Mineral Wellness lotion to nourish the skin as muscles relax and tension dissipates.

€110.00 60 mins



Recovery Massage - Medium Pressure

This medium pressure massage aids in rehabilitation by specifically targeting muscles, especially after exercise or during stressful periods of time. Harnessing the powerful properties of magnesium to support the body's detoxification process. Cooling menthol will be used on the lower body to promote drainage and circulation. The recovery massage focuses on the individuals needs and overall physical condition.

€110.00 60 mins

Cupping Massage - Firm to Medium Pressure

Cupping is an alternative medical method where vacuum is used to increase circulation in the skin and connective tissue. Cupping massage is three times more effective than regular massage. It promotes healthy circulation and softens connective tissue and muscles, which provides pain relief and improves mobility in muscles and joints. It also has a detoxifying effect by removing waste products and excess fluids, as well as reducing cellulite and speeds up recovery after physical exercise.

€110.00 60 mins



Facials

Spa Salveo has chosen to work with Kerstin Florian to provide our customers with the best possible skin and body care. Kerstin Florian develops and manufactures a progressive range of facial, body, bath products and treatments for the spa industry based on natural resources.

Kerstin Florian's powerful facial therapies are designed to make a distinctive difference in your skin's well-being and appearance. After one treatment skin looks firmer, smoother and hydrated, skin texture is improved, sensitivity and high colour are calmed, signs of aging are softened and skin glows.

Advanced Repair Facial

€120.00 60 mins

This customised results orientated treatment targets specific skin conditions including: hyperpigmentation, sensitivity, oily skin, fine lines and premature aging. An exfoliating multi-acid or enzyme peel renews the skin while an acu-lift massage and advanced professional masque boosts collagen, plumps and firms. A customised intensive treatment ampoule and hand and arm treatment complete the experience.



Brightening Facial

€120.00 60 mins

This specific treatment delivers brightening and clarity for immediate luminosity. With this results orientated facial, the hands face, neck and décolleté are treated to effective formulas that even out the skin texture and tone. Using a powerful blend of skin illuminating botanicals, along with a multi-acid peel, skin appears lighter, brighter and more refined.

BerryPlus Anti Oxidant Infusion Facial

€120.00 60 mins

This ultra-oxygenating, anti-aging treatment is based on vitamin-rich super berries and plant cell cultures which fortify, rejuvenate and renew the skin. A nourishing algae-rich masque increases cell renewal and healthy radiance while a pressure point scalp massage completes the experience.



Aromatherapy Facial

€140.00 90 mins

Reconnect with nature and self with this luxurious facial that combines modern skincare with the ancient art of aromatherapy. Immerse your senses in the aromatic scents of nature for complete relaxation and renewal.

Gua Sha Facial Experience

€100.00 60 mins

Uncover the natural beauty of your skin with this intensive treatment. This orientated corrective facial treatment utilises both traditional and advanced protocols to deliver immediate results to combat signs of ageing, dull, stressed and damaged skin.



Facials

Bio Mineral Facial

€100.00 60 mins

Reset your complexion with this all natural facial designed to return the skin's microbiome to its ideal, most functional state. Balancing pre and probiotics, cell renewing fruit enzymes and skin-replenishing minerals combined with a clearing massage using Jade tools to stimulate lymphatic drainage, release toxins and improve circulation. A nourishing masque and customised serum blend are infused into the skin leaving it refreshed, renewed and restored.

Lift & Firm Facial

€140.00 90 mins

This facial treatment includes the neck & décolleté and uses techniques & ingredients known for delivering a visibly lifting effect. An exfoliating multi acid peel is applied to renew the skin, followed by an Acu-lift & Gua Sha massage to shape the skin, targeting the aging process. A specific sheet mask is used to balance & nourish the skin. The treatment concludes with a specially formulated lift & firm crème applied to the face, neck & décolleté.

Nordic Zen Facial

€140.00 90 mins

A natural treatment that instantly provides you with healthy, firm, glowing skin. The Nordic Zen Facial uses a massage technique specially designed for your facial muscles and connective tissues. This technique is combined with acupressure and reflexology stimulation that, in turn, benefits the whole body. Hot stones, also known as "healing stones" are used on the body to help reduce stress, while invigorating nutrients from plants help to provide you with smooth, supple luminous skin.



Lavender Dreams - Light to Medium Pressure

€165.00 90 mins

Relax. Dreams of Lavender fields kissed by the French sun envelope your senses as you drift on waves of blue. Breathe deep. Inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating spa experience which includes a two step invigorating full body scrub and a back & scalp massage.

Ginger Renewal - Light to Medium Pressure

€165.00 90 mins

Let Ginger's healing and warming properties invigorate and nourish in this renewing head-to-toe treatment. An invigorating full body exfoliation, followed by a pampering back, neck and shoulder massage with Ginger Oil and warm healing stones. Nourish and relax inside a warm cocoon while a forehead, ear, and pressure point scalp massage complete this vitalising experience.



Neroli Blossom Sensory Experience - Light to Medium Pressure

€165.00 90 mins

Awaken the senses with the signature aroma of Neroli in this deeply relaxing yet uplifting experience featuring energy balancing, Eucalyptus infused foot cleansing ritual with reflexology movements to clear the mind, a lymphatic dry brush technique followed by a Neroli Blossom therapeutic meditative massage.

Couples Treatment

€250.00 120 mins

Relax together with a Spa Salveo serail mud chamber for two. Followed by individual treatments for each of you. Please advise if you are pregnant as alternative treatments are available:

For the girls: a back, neck and shoulder massage (30 mins) with a Kerstin Florian refresher facial (30 mins)

For the boys: a back, neck and shoulder massage (30 mins) and a gentleman's facial (30 mins)

The Luxury Retreat - Medium to Deep Pressure

€180.00 115 mins

This Ritual begins with a salt infused hydrotherapy bath. Your therapist will then specially select warm aromatherapy oils and use smooth heated bamboo sticks to stretch out and relax tired, aching muscles on the back of the body. A customised Kerstin Florian Gua Sha Facial follows using Jade tools and results driven ingredients to stimulate circulation, improve lymphatic drainage and enhance natural hydration. While the mask is on enjoy a Lomi Lomi style warm oil massage to the front of the body as you drift away in pure serenity

Nordic Zen - Light to Medium Pressure

€165.00 90 mins

Inspired by ancient traditions and the very core of their healing practices. We provide an inner experience filled with energy and deep relaxation. It begins with a mineral rich salt scrub, that allows the body to heal itself through heat, stones, repetitive movements, and active plants until you reach a stage of total relaxation. A unique treatment to nurture the sacred connection between body and soul you will experience the deep feeling of peace and harmony.



Wraps and Scrubs

Aromatherapy Oil Wrap

A luxurious application of intuitively selected aromatherapy oils mixed with a remineralising body crème helps relieve muscle tension, promote detoxification and hydration. A deep hydration crème, made with mineral rich waters, helps to hydrate, and nourish the skin. Blended with essential oils specifically chosen according to skin type and mood. The body is then wrapped while a 16pt. acupressure is performed on the face releasing tension and leaving the skin looking vibrant.

€95.00 60 mins



Spirulina Wrap

Using an all-natural, live Spirulina Algae harvested from pure salt lakes in Southern California, this algae treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body. Very effective when used as part of a slimming or nourishing program.

€95.00 60 mins

Botanical Body Scrub

Mineral-rich salts combine with an intuitive selection of organic aromatherapy oils to create a customised, revitalising full-body renewal. Intuitively select from Lavender, Ginger, Neroli or Grapefruit Black Pepper body oils - the blend chosen will reflect what the body and mind need. Remain comfortable, warm and relaxed never leaving the table with our signature-rinse technique. Complete with a full-body luxurious application of your intuitive blend of oils that calm the mind and deeply hydrate the body. Emerge renewed and replenished.

€90.00 60 mins



Salveo Bathing Ceremonies

Escape with a luxurious aromatic hydrotherapy bath. The hydro massage jets allow the water to gently knead your body to stimulate blood circulation, easing aching tight muscles which releases toxins, relaxing the body and clearing the mind. Choose from any of the following baths.

Mineral Muscle Ease

€30.00 30 mins

Ideal for those that have muscular aches and pains, perfect for anyone sporty. This treatment is also excellent for anyone with rheumatism, arthritis, joint and muscle inflammation.



Hydrating Bath

€30.00 30 mins

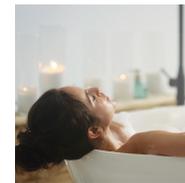
Skin softening organic oils are the basis of this luxurious and indulgent bath soak. Perfect for hydrating and softening the skin, this soak will leave your skin silky soft and smelling beautiful.



Drift Off

€30.00 30 mins

A truly calming experience helps to relax the body and mind, gently soothes the nervous system. This bath is very beneficial for relieving high blood pressure and excellent in combating insomnia and anxiety.



Serail Mud Chamber

This traditional Arabic cleansing ritual is the ideal treatment to share with your partner or friend. This self applied treatment uses a combination of a double steam room & therapeutic muds that have outstanding healing properties excellent for aching joints, muscles, skin disorders and rheumatism.

€50.00pp 50 mins



Relaxing Scalp Massage

Add extra relaxation to any treatment with this warm oil neck and shoulder massage that continues up over the scalp.

€60.00 25 mins

Lower Leg & Foot Treatment

A sensory experience for the feet, your feet will feel like they are walking on air, with this foot and ankle massage using cooling FuB balm.

€60.00 25 mins

Back, Neck & Shoulder Massage

A relaxing medium pressure warm oil back, neck and shoulder massage

€65.00 25 mins

Kerstin Florian Refresher Facial

Deep cleansing introductory facial based on Hungarian moor mud which refines and re-mineralises dull lifeless skin. Includes a pressure point scalp massage

€60.00 25 mins



A VAST RANGE OF KERSTIN FLORIAN PRODUCTS



The K Lift Experience

We are proud to offer the unique K-Lift treatment, which ensures quick, visible results.

The treatment is an advanced system for efficient facials. This non-invasive technology renews cell function, improves muscle tone, stimulates DNA repair & increases penetration of powerful skincare actives.
Leaving your skin younger looking in just one treatment

Available as a single treatment, as a series or as an upgrade to any Facials.

The K-Lift treatment has been developed by our close collaboration partner, Kerstin Florian, acknowledged world-wide for their exclusive, trend-setting beauty products

Youth Accelerator Facial

€135.00 60 mins

Recommended for clients up to the age of 40
or to maintain results following your course of advanced
lifting facials

BOOK A COURSE OF
6 FOR €689

Working in harmony with the body's energy this non-invasive, relaxing facial treatment uses three high performance energy technologies to lift, firm and tone the skin. A deep cleansing multi acid peel is followed by 40 minutes of LED Red Light and Impulse Micro-current to renew cell function and muscle tone, trigger DNA regeneration and repair and deliver actives via Infusion Technology. The result is younger, healthier looking skin. Recommended for a younger skin.



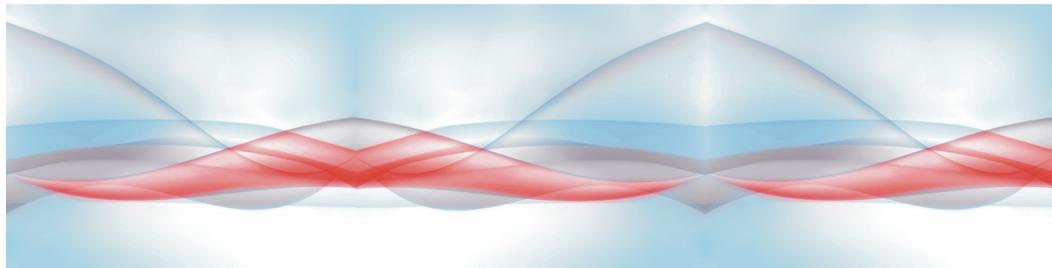
Advanced Lifting Facial

€165.00 90 mins

Recommended for clients age 40+
or to kick start your facial routine

BOOK A COURSE OF
6 FOR €855

Working in harmony with the body's energy this non-invasive, relaxing facial treatment uses three high performance energy technologies to lift, firm and tone the skin. A deep cleansing multi acid peel is followed by 60 minutes of LED Red Light and Impulse Micro-current to renew cell function and muscle tone, trigger DNA regeneration and repair and deliver actives via Infusion Technology. The result is younger, healthier looking skin. Recommended for a mature skin.



Cancer Care Treatments



Spa Salveo Cancer Care treatments offer therapeutic and holistic approaches tailored to alleviate symptoms, reduce stress, and improve the overall well-being of individuals undergoing cancer treatment or those living with cancer. We aim to support physical and emotional wellbeing in a safe, nurturing environment.

The treatments can be taken during or after medical treatment. Clients may avail of spa cancer care treatment between chemotherapy and radiation sessions (within certain time restrictions) helping ease the side-effects of their traditional treatment. We do not have a separate list of oncology specific treatments we tailor your treatment to safely suit your needs on the day.

In Spa Salveo we understand how important it is to feel safe, supported, and nurtured during and after cancer treatment.

We are proud to say all our therapists are trained by [Oncology Training International](#).



Spa Pregnancy Experiences

Spa Salveo Prenatal treatments are all individually created to alleviate the main issues of discomfort in pregnancy – increasing skin elasticity, nourishing parched skin, relieving itchy bellies, rejuvenating heavy legs, easing tired muscles and tension assisting circulation and reducing water retention.

Spa Salveo Mum to Be

Take some time out to enjoy this nurturing treatment designed for Mum's to be. Enjoy a refreshing and energising lower leg and foot treatment to improve circulation, soothe dry skin and relieve pressure in the feet followed by a mini spa facial and relaxing Indian head massage.

€125.00 90 mins



Spa Salveo Pedicure

Treat your feet with our 60 minute pedicure. Your therapist will start with a calming chamomile foot soak followed by a relaxing lavender sugar scrub on the feet and lower legs. Then, lay back and snooze while your cuticles and nails are tidied before a lower leg and foot massage to assist circulation and reduce water retention. Your pedicure can be completed with or without a colour polish of your choice.

€60.00 55 mins

Kerstin Florian Prenatal Facial

A deep cleansing and purifying treatment based on your skin type. Includes an exfoliating peel to renew the skin, a stimulating facial massage using Gua Sha techniques to promote circulation and personally selected masque to balance and nourish the skin. While the mask is on you are treated to an application of pregnancy oils and cream to the bump to help support elasticity of your skin and a lower leg massage completes the experience.

€105.00 60 mins

Basq in The Moment Pregnancy Massage

Using safe and effective pre natal massage techniques this customised treatment begins with a full body skin brush to improve circulation and reduce water retention. This is followed by a full body warm oil massage designed with your comfort in mind, relieving muscle tension, soothing aches and pains and reducing fatigue

€110.00 60 mins



Beauty Treatments

At Spa Salveo we also provide a full range of beauty treatments.

NAILS

File and Paint	€25.00	20 mins
File and French paint	€30.00	30 mins
Pedicure	€60.00	60 mins

We provide regular polish only, we do not remove gel / shellac.

TINTING

Eyebrow tinting	€15.00	15 mins
Eyelash tinting	€20.00	30 mins
Eyebrow shaping	€10.00	15 mins

Book all three tinting treatments for €35.00

WAXING

Full leg	€35.00
Full leg and bikini	€45.00
Half leg	€22.00
Half leg and bikini	€35.00
Bikini wax	€20.00
Under Arm	€15.00
Upper lip wax	€12.00
Lip and Chin wax	€20.00
Eye brow wax	€15.00



Studio 94 Hair Salon

For a full price list or to make a hair appointment call Spa Salveo 098 55155 or dial extension 815 from your room.



Spa Salveo Packages

Mindful Moments

Beginning with the deluxe foot treatment melt away tension, tiredness and heaviness in the lower legs and feet with this relaxing treatment. Followed by an Indian head massage based on the ancient Ayurvedic system of healing this nurturing, calming experience is a real treat for body, mind and spirit. Focusing on the head, neck and shoulders this relaxing treatment also includes a warm oil massage to the arms and hands as well as a unique pressure point massage to the face relieving eye strain, tension headache and stress. Finally, enjoy a fully customised facial using results driven ingredients to address all skin concerns and rejuvenate the skin, improve circulation and enhance natural hydration while botanical essences nourish, replenish and fortify the skin.

Including Lunch €165.00 110 mins
Including Afternoon Tea €175.00 110 mins



Total Wellness

The Total Wellness package combines 3 distinct elements – a deluxe hydrating hand and arm massage, an aromatherapy back massage and finally a Kerstin Florian Refresher Facial – all using wonderfully scented products that smell divine and have undeniable results, full of soothing botanicals, herbal extracts, essential oils and thermal mineral water.

Including Lunch €120.00 60 mins
Including Afternoon Tea €130.00 60 mins



All half day & full day packages include lunch or afternoon tea in the Brehon Bar plus complimentary access to the Vitality Pool, Thermal & Fitness Suites.

Terms & Conditions for all Packages

- Enjoy complimentary access to Spa Salveo's Vitality Pool & Thermal Suites with any treatment booked.
- Offers are valid Midweek and Weekends—Subject to availability.
- Treatments must be booked in advance.
- Special Offers are not valid in conjunction with any other discounts or promotional offers.
- These offers may differ slightly at different times of the year.
- Please contact Spa Salveo for up to date offers, prices and extras included in special offers.
- For group enquiries please contact Spa Salveo for special offers available.
- Spa Salveo is an over eighteens facility.



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SPA SALVEO



To request a treatment
please scan me



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