Spa Salveo

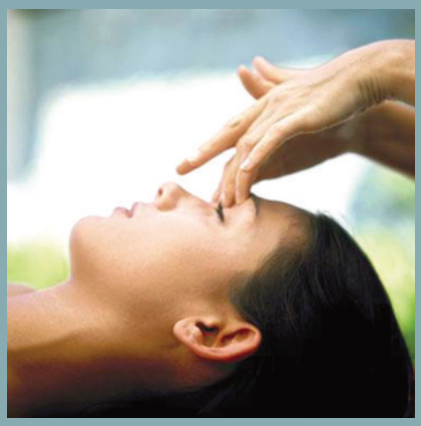
KNOCKRANNY HOUSE HOTEL



Spa Salveo

KNOCKRANNY HOUSE HOTEL

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.



SPA ETIQUETTE

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 Holidyas

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 payment method.

Cancellation

- Cancellations must be made a minimum of 48 hours prior to treatment in order to reschedule your treatments booked. Faillure to cancel treatments will result in the treatment being charged in full to your credit card.
- Treatment details and prices are correct (at 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 to 12.00noon 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.

SaltBrine Inhalation Room

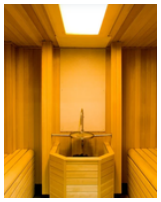


This steam room infuses a line solution into the air, providing an environment that is excellent for anyone with sinus concerns.

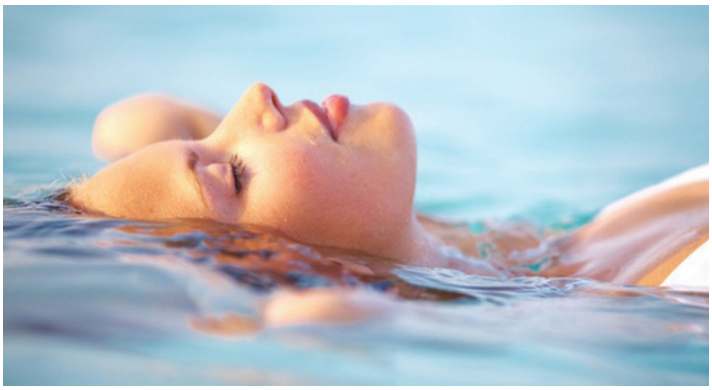
Scented Steam Room

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

€155.00 80mins

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



The Harmony Ritual - Light to Medium Pressure

€155.00 80mins

This treatment is designed to ground the senses and uses unique massage techniques such as the Lomi Lomi Hawaiian wave and 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.



Cupping Massage - Firm to Medium Pressure

€110.00 60mins

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.



Hot Stone Massage - Firm to Medium Pressure

€110.00 60mins

Indulge in ultimate relaxation with our Hot Stone Massage, a luxurious 60-minute treatment that combines the healing power of heated stones with the soothing touch of massage therapy. As the warm stones are placed strategically on your body, they melt away tension and promote deep relaxation. Our skilled therapists will use a variety of techniques to massage the stones into your muscles, releasing built-up stress and promoting circulation. Escape from the everyday and experience the rejuvenating benefits of our Hot Stone Massage.



SPA EXPERIENCES

Lavender Luxe Ritual - Light to Medium Pressure

€165 .00 90 mins



This luxurious treatment begins with a full body scrub to remove dead skin cells and reveal a radiant glow. Next, relax as you are enveloped in a rich blend of body cream and lavender oil, leaving your skin feeling hydrated and nourished. To top it off, enjoy a soothing scalp massage and a rejuvenating lower leg and foot 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 ladies: a back, neck and shoulder massage (30 mins) with a taster facial (30 mins)
For the gentlemen: a back, neck and shoulder massage (30 mins) and a gentleman's taster facial (30 mins)

The Luxury Retreat - Medium to Deep Pressure

€180.00 115 mins



Indulge in the ultimate relaxation experience with our Luxury Retreat package. Begin with a soothing Hydrotherapy Bath, followed by a rejuvenating Back of the Body Bamboo Massage and a revitalizing Gua Sha Facial. Let our skilled therapists pamper you with the finest techniques and luxurious products, leaving you feeling refreshed and renewed.



FACIALS

The Glow C+

€130.00 60mins

A glow-restoring treatment designed to revive dull skin and instantly enhance luminosity. Rich in antioxidant Vitamin C+, this energising facial helps to brighten uneven tone, refresh tired features, and reveal a smoother, more radiant complexion. The treatment begins with a refreshing cleanse and gentle exfoliation to awaken the skin. A potent illuminating concentrate is then applied using a specialised massage tool, expertly rolled across the face to stimulate microcirculation, release tension, and boost natural radiance. A nourishing radiance-boosting mask completes the ritual, leaving the skin luminous, revitalised, and beautifully glowing.



The Intense Hydration Facial

€90.00 60mins

A comforting hydration ritual designed to quench thirsty skin, restore softness, and revive a dull, dehydrated complexion. This indulgent treatment gently cleanses, exfoliates, and infuses the skin with nourishing, moisturise-rich formulas to replenish hydration and enhance radiance. A soothing facial massage helps relax features, boost circulation, and promote a healthy glow. Rich hydrating masks and active ingredients restore comfort and suppleness, leaving the skin soft, plumped, and beautiffuly refreshed with a dewy finish.

The Hyaluronic Ice Facial

€110.00 60mins

A high-performance hydration treatment designed to deeply replenish moisture, smooth dehydration lines, and restore lasting comfort to the skin. Powered by advanced multi-weight hyaluronic acid and HLG nanopolymer technology, this intensive facial delivers deep hydration while helping the skin retain moisture at every level. The ritual begins with a gentle cleanse and exfoliation to prepare the skin for optimal absorption, followed by a concentrated hyaluronic infusion massaged in with a cooling ice massager to calm, de-puff, and refresh the complexion.A nourishing hydrating veil completes the treatment, leaving the skin plumped, dewy, and visibly smoother with a fresh, healthy glow



SKINRESET NAD + Facial

€130.00 60mins

Designed to restore skin affected by modern-day stress, fatigue, travel, and urban living.This advanced facial works at a cellular level to rebalance the skin's natural energy, helping to strengthen its resilience while visibly improving tone, vitality, and overall radiance. Powered by the exclusive MITOCORE NAD+ 4D Technology, a synergistic blend of bioenergetic cofactors, it targets signs of fatigue and functional ageing—leaving the skin feeling recharged, refreshed, and renewed. Expect a deep skin reset with results you can both see and feel.





WRAPS AND SCRUBS

Aromatherapy Oil Wrap

€95.00 60mins

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.



Deluxe Body Polish

€90.00 60mins

Indulge in the ultimate pampering experience with our Deluxe Body Polish. This luxurious 60-minute treatment features a Germaine de Capuccini body scrub, enriched with pumice for natural exfoliation. Relax and unwind on our comfortable bed as our skilled therapists remove the scrub with warm, soothing towels, leaving your skin silky smooth. To complete the experience, we will hydrate your body with a warm application of our nourishing Germaine de Capuccini body butter.

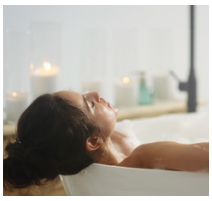


SALVEO BATHING CEREMONY

HYDROTHERAPY BATH

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.

This truly calming experience helps to gently soothe the nervous system. The bath is designed to promote relaxation, ease tension, and encourage a peaceful state of mind, making it the perfect way to unwind and prepare for a restful night's sleep.



€30.00 €30mins

RELAX IN LESS THAN 60MINS

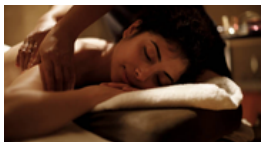
Taste of Spa Salveo

€95.00 55 mins

Relax and unwind as you receive a soothing warm oil massage for your neck, shoulders, and scalp, followed by a refreshing taster facial. Let our skilled therapists pamper you and leave you feeling renewed and refreshed.

Rest and Restore

€95.00 50 mins



This luxurious treatment includes a soothing back, neck, and shoulder massage to release tension, followed by a calming scalp massage to ease your mind. Complete your experience with a revitalizing lower leg and foot massage, leaving you feeling refreshed and restored.

Sole Revival

€80.00 50 mins



Indulge in a rejuvenating experience for your tired and overworked feet with our Sole Revival treatment. This 50-minute session includes a luxurious foot soak, followed by an invigorating exfoliation to remove dead skin and reveal soft, smooth feet. A nourishing foot mask will then be applied to deeply hydrate and revitalize your skin. As you relax and unwind, enjoy a soothing neck, shoulder, and scalp massage to release tension and promote overall relaxation.

Serail Mud Chamber

€50.00 50 mins



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 and therapeutic muds that have outstanding healing properties excellent for aching joints, muscles, skin disorders and rheumatism.

Spa Salveo Pedicure

€60.00 55 mins

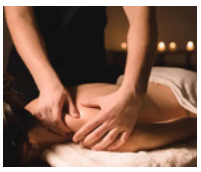
Treat your feet with our 55 minute pedicure. Your therapist will start with a calming chamomile foot soak followed by a relaxing lavender sugar scrub on the feet and lower legs. Then, lay back and snooze while your cuticles and nails are tidied before a lower leg and foot massage to assist circulation and reduce water retention. Your pedicure can be completed with or without a colour polish of your choice.

SPA ESCAPE- 25MINUTES

Soothing massages designed to ease tension, promote relaxation, and restore balance. Perfect for those short on time but in need of a moment of wellbeing.

Back, Neck & Shoulder Massage

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



€65.00 25 mins

Relaxing Scalp Massage

Indulge in a blissful experience of relaxation with our luxurious scalp massage. Our skilled therapist will use warm oils to gently knead away tension starting from your neck and shoulders, all the way up to your scalp. This rejuvenating treatment is the perfect addition to any spa service, leaving you feeling refreshed and pampered.



€60.00 25 mins

Lower Leg & Foot Treatment

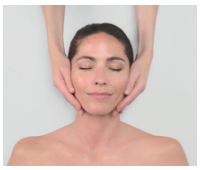
Indulge in the ultimate pampering for your lower legs and feet with this luxurious treatment. Our skilled therapists will massage and rejuvenate your tired and achy feet, leaving them feeling like they're walking on air. This sensory experience will not only soothe and relax your feet, but also improve circulation and promote overall wellness. Treat yourself to the ultimate lower leg and foot treatment and step into a world of pure bliss.



€60.00 25 mins

Taster Facial

Indulge in a rejuvenating experience with our Taster Facial. This introductory mini facial is the perfect way to give your skin a quick pick-me-up or enhancement to any of our body treatments. Our professional aesthetician will leave your skin feeling refreshed, glowing, and ready to conquer the day. Book now to discover the amazing benefits of a professional facial and enhance any other treatment. Treat yourself to the ultimate relaxation for your skin and leave feeling revitalized.



€65.00 25 mins

MICRO CURRENT LIFTING FACIALS

We are proud to offer the unique micro current liting facial 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, repairs & increases penetration, leaving your skin younger looking in just one treatment.



Recommended for clients up to the age 40

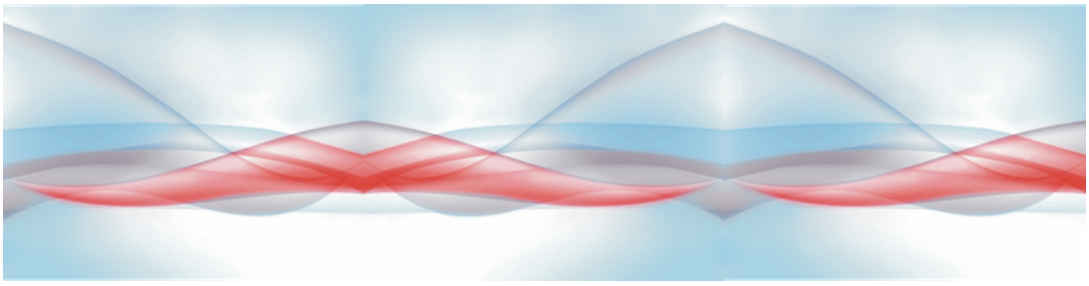
€135.00 60mins

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 younger skin.

Recommended for clients age 40+

€165.00 90mins

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.



SPA SALVEO PACKAGES

Mindful Moments

Including Lunch	€165.00	110mins
Including AfternoonTea	€175.00	110mins

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.



Total Wellness

Including Lunch	€120.00	60mins
Including AfternoonTea	€130.00	60mins

The Total Wellness package combines 3 distinct elements:
-A deluxe hudrating hand and arm massage
-An aromatherapy back massage
-A 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.



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 Mid week 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.

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

€125.00 90mins

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.



Spa Salveo Pedicure

€ 60.00 55mins

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.

Full Body Prenatal Massage

€110.00 60mins

Using safe and effective prenatal 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.



CANCER CARE TREATMENTS



€110.00 60mins

€155.00 90mins

Spa Salveo Cancer Care treatments offers 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 well-being in a a safe, nurturing environment.

The treatments can be taken during or after medical treatment. Clients may avail of spa cancer 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.

Ireland ONCOLOGY Training International®

BEAUTY TREATMENTS

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

NAILS



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

We provide regular polish only, we do notremove gel / shellac.

TINTING



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

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	€12.00
Lip and Chin	€20.00
Eyebrows	€15.00

STUDIO 94 HAIR SALON

To make a hair appointment call Daisy 083 1583504 or dial extension 815 from your room.
To view price list, please scan QR code below.

STUDIO 94 HAIRDRESSING

KNOCKRANNY HOUSE HOTEL









SpaSalveo

KNOCKRANNY HOUSE HOTEL

To book your treatment please scan QR code above



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