

THE GLOSS

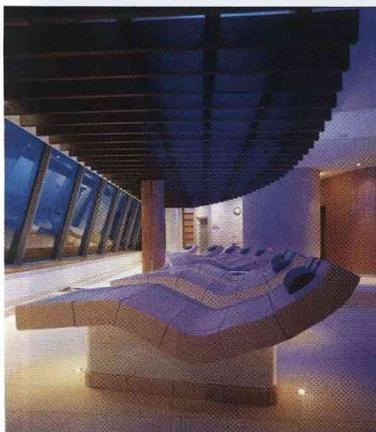
MAGAZINE

BEAT A RETREAT

Hotel spas offer the perfect combination: B&B plus R&R. Here's where to head for the best new treatments in glamorous surroundings ...

FOR STATE OF THE ART GLAMOUR

From the moment you arrive at THE EUROPE HOTEL you feel a million miles away from the daily slog. This five-star hotel is beautifully located, overlooking the lakes of Killarney, breathtaking views visible from every part of the hotel including the balconies of the large luxurious rooms. ESPA at The Europe is a glamorous spa overlooking the shores of Lough Lein, with 16 treatment rooms, outdoor and indoor pools, saunas, Jacuzzis, salt pool, a gym, tennis courts and its own restaurant (one of the hotels three restaurants). I enjoyed an intense massage with ESPA oils (50 mins, €115) that left me feeling invigorated and refreshed, thanks to the amazing therapist. The ESPA Ultimate Life Stage Facial (90 mins, €160) minimises wrinkles and raises hydration levels while lifting and firming and the products continue to work for a whopping eight hours. It's easy to see why the spa has won Hotel Spa of the Year 2014. The Europe also won awards for Best Resort Hotel, Best Overall Hotel and Best Brasserie and Bistro. *The Europe Hotel, Fossa, Killarney, Co Kerry; www.theeurope.com.*



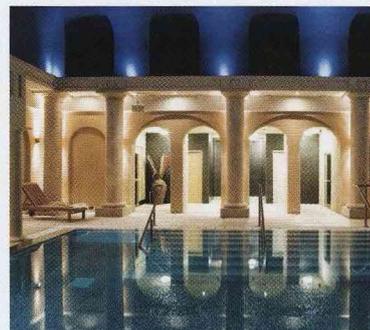
FOR RESTING MIND & BODY

AGHADOE HEIGHTS may tick all the boxes of a luxury resort hotel, but it's the warmth of the staff that makes it extra-special. And any spa treatment is only as good as your therapist, no matter how swanky the space. The spa is impressively kitted out, with hammam, tropical showers galore and a properly relaxing area where you can zone out with headphones, blankets and a smoothie. The Yew Time Ritual (120 mins, €195) is the last word in indulgence; if you can, book with Rita, an exceptional therapist whose many awards line the walls. This is a therapeutic treatment that features an invigorating full-body exfoliation, deep-tissue massage and a hydrating layer of local peat and seaweed that feels healing as

well as hydrating; skin feels smoother and bouncier for days after. The Penthouse, the most modern part of the hotel, comes complete with its own bar and terrace hot tub and has hosted stars galore. Hats off to the group of local ladies who booked it for the day to watch Kate Middleton's wedding in style. *The Spa at Aghadoe Heights, Killarney, Co Kerry; www.aghadoeheights.com.*

FOR NATURAL SELECTION

At **Knockranny** House Hotel in Co Mayo expect an old-world feel, spacious rooms with antique furniture, and a very warm welcome. The hotel also has views of Croagh Patrick and Clew Bay and The Greenway, the superb cycle and walkway which traverses the picturesque coast between Westport and Achill Island, is literally on your doorstep. Spa Salveo has captured some of the wild outdoors by exclusively featuring the Doterra range of natural, therapeutic-grade essential oil products. The one-hour full body Deep Blue Athlete's massage (60 mins, €95) is designed to target and comfort tired and sore joints and muscles - perfect after a coastal walk. The effects of the aromatic



THE GLOSS

MAGAZINE

oils when combined in a wonderfully intense massage (by therapist Breda), last for hours and are further sustained in the warmth of the thermal spa suite afterwards. You will float down to the award-winning La Fougère restaurant that evening for some culinary indulgence. **Knockranny House Hotel**, Castlebar Road, Westport, Co Mayo; www.knockrannyhousehotel.com.



ESPA at The Europe, Kilarney.