

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 station, various pre and post treatment relaxation areas, a fitness suite and spacious treatment rooms, including a serail mud chamber.

SIGNATURE MASSAGE

DURATION

PRICE

The Harmony Ritual

Starting with an essential oil ritual to suit your needs, 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.

90 mins

€155



Nordic Zen

In this Nordic Zen treatment, we have been 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. With a unique treatment to nurture the sacred connection between body and soul you will experience the deep feeling of peace and harmony.

90 mins

€165



Warm Bamboo Massage

This therapeutic enhancement will add to the holistic experience of massage & body treatments alike. The use of bamboo ensures healthy circulation, relief of muscle tension, deep relaxation and aids in detoxification. Bamboo is known to symbolize strength, fertility, youth prosperity and peace. Healing hands and warm ginger oil soothe and hydrate the skin leaving you feeling blissfully relaxed and energised.

80mins

€155



A Taste of Spa Salveo

This relaxing treatment combines a warm oil neck, head and shoulder massage along with a Kerstin Florian Refresher facial targeting your main concerns. Includes a hydrating hand and arm massage.

55 mins

€95



Couples Treatment

Relax together with a Spa Salveo serail mud chamber for two. Followed by individual treatments for each of you. For the girls: a back, neck & shoulder massage (30 mins) with a Kerstin Florian refresher facial (30 mins), For the boys: a back, neck & shoulder massage (30 mins) and a gentleman's facial (30 mins)

120 mins for two €250



Please advise if you are pregnant as alternative treatments available.

Key Treatment
Benefit



PAIN RELIEF



DETOX • SLIMMING



URISH • HYDRATION



SLEEP • RELAX

SIGNATURE MASSAGE

DURATION

PRICE

Lavender Dreams Experience

Relax and Breathe deep; inhale the calming and balancing benefits of wild lavender in this completely balancing and rejuvenating spa experience. To begin, earthly minerals are combined with lavender's healing properties in an invigorating full body exfoliation, followed by a pampering back, neck and shoulder massage with Organic Lavender Bath & Body Oil with warm healing stones. Nourish and relax inside a warm cocoon while a luxurious foot and pressure point scalp massage completes this head-to-toe service.

90 mins

€165



Neroli Blossom Sensory Experience

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 to clear the mind, a lymphatic dry brush technique followed by a Neroli Blossom therapeutic meditative massage.

90 mins

€165



Ginger Renewal

Let Ginger's healing and warming properties invigorate and nourish in this renewing head-to-toe treatment. Earthly minerals are combined with Gingers healing properties in 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.

90 mins

€165



Magnesium Wellness Massage

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. 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, the body is immersed in a mineral-infused soak to relax and replenish. A soothing massage follows with Mineral Wellness lotion to nourish the skin as muscles relax and tension dissipates.

60 mins

€110



Inspired by nature, its energy and its intrinsic connection to wellness, for over 40 years Kerstin Florian has brought the principles Scandinavian spa and wellness practices as a way of life, to luxury spa resorts and homes around the world.

To support a wellness-based lifestyle and to achieve healthy-looking skin, we encourage four core practices you can incorporate into your daily life: Proper Nutrition, Regular Exercise, Peace of Mind and Care of the Face & Body.

Our products are inspired by outer beauty as a reflection of inner health, Kerstin Florian products & treatments blend spa wellness therapies & nature's health-giving resources into a holistic approach to well-being.

Key Treatment
Benefit



PAIN RELIEF















DETOX • SLIMMING



URISH • HYDRA



SLEEP • RELAX

| BODY WRAPS AND SCRUBS | DURATION | PRICE |
|--|--|-------|
| <p>Spirulina Wrap</p> <p>Using an all-natural, live Spirulina Algae, this seaweed treatment imparts essential vitamins, minerals, and protein to nourish and revitalize the body. The body is wrapped to soak up essential elements from the Spirulina Masque. The application of Remineralizing Body Crème mixed with Lavender Bath & Body Oil finishes this purifying and remineralizing treatment. Very effective when used as part of a slimming or nourishing program</p> | 60 mins   | €105 |
| <p>Aroma Oil Wrap</p> <p>A luxurious application of intuitively selected aromatherapy oils mixed with a remineralizing 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.</p> | 60 mins     | €105 |
| <p>Moor Mud Wrap</p> <p>A revitalizing European therapy using authentic thermal Moor Mud to heal, soothe and rejuvenate tired muscles and dull skin. It takes over one thousand years for natural processes to create three meters of this black organic mud, rich in thermal water-derived minerals and trace elements (35%). Moor Mud is harvested near one of only two spa lakes in the world (fed by a geothermal hot water spring and a cool water stream). This treatment remineralizes, softens and purifies the face and body.</p> | 60 mins    | €105 |
| <p>Botanical Crush Body Scrub</p> <p>Mineral-rich salts combine with an intuitive selection of organic aromatherapy oils to create a customized, revitalizing 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.</p> | 60 mins    | €90 |

| HYDROTHERAPY | DURATION | PRICE |
|--|----------|-------|
| <p>Mineral Wellness Bath with Eucalyptus</p> <p>Experience transformative wellness in this purifying, remineralising, muscle-relieving bath combined with the immune boosting power of Eucalyptus, Containing 60 essential minerals and trace elements to promote overall health benefits, Eucalyptus helps top heal the respiratory system, especially supportive during cold and flu season, leaving the mind clear and the body feeling cleansed, balanced and strengthened.</p> | 30 mins | €30 |
| <p>Mineral Wellness Bath</p> <p>Experience transformative wellness in this purifying, remineralizing, muscle-relieveing bath. Containing 60 essential minerals and trace elements to promote overall health benefits, helping to relax muscles and joints and re-establish the essential mineral balance of the body. Leaves the mind clear and the body feeling cleansed and balanced.</p> | 30 mins | €30 |
| <p>Hydration service for Mineral Wellness Bath</p> <p>Enjoy a relaxing post bath hydration with a mix of rich chamomile body lotion and choice of body oil to suit your needs. Completed with a foot massage</p> | 30 mins | €50 |

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, improve muscle tones, 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.

| K-LIFT FACIALS | DURATION | PRICE |
|--|----------|-------|
| <p>Youth Accelerator</p> <p>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 MicroCurrent 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.</p> | 60 mins | €135 |
| BOOK A COURSE OF 6 FOR €595 | | |
| <p>Advanced Lifting Facial</p> <p>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 MicroCurrent 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.</p> | 90 mins | €165 |
| BOOK A COURSE OF 6 FOR €855 | | |

AVAILABLE AS AN ADD ON TO ANY KERSTIN FLORIAN FACIAL

| | | |
|--|---------|-----|
| <p>Express Lift Treatment</p> <p>A preventative treatment designed for those to maintain energy in the cells, strengthen muscle tone and delay the aging process</p> | 20mins | €35 |
| <p>Express Eyes Treatment</p> <p>Designed to help strengthen the muscles, brighten the eye area and assist in increased circulation. Ideal for targeting the signs of aging around the eye area</p> | 20 mins | €35 |
| <p>Express Lips Treatment</p> <p>Lip lines, lower cheeks and jaw are lifted, toned and smoothed with this treatment specifically designed for the lip area and lower portion of the face. Fine feathery lines around the lips are smoothed and jaw muscles are lifted to help achieve a more youthful looking appearance.</p> | 20 mins | €35 |
| <p>Express Congestion</p> <p>This treatment has been designed to help draw out excess sebum from an oily skin and increase lymphatic drainage and enhance circulation, aiding in a reduction of puffiness and activating stagnant areas</p> | 20mins | €35 |

| KERSTIN FLORIAN FACIALS | DURATION | PRICE |
|--|----------|-------|
| <p>Customised Deep Cleansing Facial</p> <p>A deep cleansing, purifying treatment customised based on skin type. Includes an exfoliating peel to renew the skin, a stimulating massage to promote circulation and a personally selected masque to balance and nourish the skin. A hand and nail treatment completes the experience.</p> | 55 mins | €95 |
| <p>Advanced Repair Facial</p> <p>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.</p> | 60 mins | €120 |
| <p>Brightening Facial</p> <p>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 skin texture and tone. Using a powerful blend of skin illuminating botanicals and Acti-5 Brightening complex, along with a multi-acid peel, and a unique cooling masque with luminous rice, skin appears lighter, brighter and more refined.</p> | 60 mins | €120 |
| <p>BerryPlus Anti Oxidant Infusion Facial</p> <p>This ultra-oxygenating, anti-aging treatment is based on vitamin-rich super berries and plant cell cultures which fortify, rejuvenate and renew the skin. Concentrated nourishing oils, serums and plant essences are used with exclusive acupressure and muscle-easing face and neck massage techniques. A nourishing algae-rich masque increases cell renewal and healthy radiance while a pressure point scalp massage completes the experience.</p> | 60 mins | €120 |
| <p>Kirsten Florian Gentleman's Facial</p> <p>A deep-cleansing, therapeutic facial designed for a man's specific skin care needs. Relaxes the skin as it refines pores. Includes a muscle-easing massage and purifying masque. tomised, Specifically addresses sensitivity and razor burn.</p> | 60 mins | €95 |
| <p>Gua Sha Facial Experience</p> <p>This fully customised facial combines a holistic approach with results driven ingredients to address all skin concerns and rejuvenate the skin. Expert massage techniques with specialized Jade tools stimulate lymphatic drainage, improve circulation and enhance natural hydration while botanical essences nourish, replenish and fortify the skin. Tension is released, puffiness reduced and clarity enhanced, leaving the face, neck and décolleté visibly smoother, tighter and more radiant.</p> | 60 mins | €100 |

| KERSTIN FLORIAN FACIALS | DURATION | PRICE |
|--|----------|----------|
| <p>Organic Aromatherapy</p> <p>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. This deeply nourishing and hydrating facial with a specially designed facial and scalp massage will impart a feeling of healthy restoration - the way nature intended.</p> | 90 mins | €140 |
| <p>Bio Mineral Facial</p> <p>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.</p> | 60 mins | €100 |
| <p>Optimal - Calming Detox Facial</p> <p>A deep-cleansing skin refining facial specially designed for congested, oily and problematic skin. This targeted treatment focuses on these skin conditions to provide immediate and lasting results. Includes an exclusive Multi Acid Complex peel followed with a purifying masque. A thorough skin analysis and extractions as well as customised home care regime promote healthy looking clear skin.</p> | 60 mins | €100 |
| TREATMENT ENHANCEMENTS | DURATION | PRICE |
| <p>Kerstin Florian Refresher Facial</p> <p>Deep cleansing introductory facial based on Hungarian moor mud which refines and remineralises dull lifeless skin includes a pressure point scalp massage</p> | 30 mins | €60 |
| <p>Back neck and shoulder Massage</p> <p>A relaxing medium pressure warm oil back, neck and shoulder massage</p> | 25 mins | €65 |
| <p>Scalp neck and shoulder Massage</p> <p>Add extra relaxation to any treatment with this warm oil neck and shoulder massage that continues up over the scalp.</p> | 25 mins | €60 |
| <p>Relaxing lower leg and foot massage</p> <p>A sensory experience for the feet, your feet will feel like they are walking on air with his foot and ankle massage using cooling Kerstin Florian Fus Balm</p> | 25 mins | €60 |
| <p>Serail Mud Chamber</p> <p>This traditional Arabic cleansing ritual is the ideal treatment to share with your partner or friend. The skin is prepared by dry brushing, which is the first step to detoxifying the system. The self application of therapeutic muds follows, where upon you enter a double herbal steam room that activates the properties in the mud. Enjoy an invigorating shower before an application of cream leaving your skin like velvet. The therapeutic muds have outstanding healing properties excellent for aching joints, muscles, rheumatism and skin disorders</p> | 50 mins | €50pp |
| <p>Glass of Prosecco</p> | | €8.90pp |
| <p>Afternoon Tea (Spa Guests Price)</p> | | €23.00pp |

| SPA EXPERIENCES | DURATION | PRICE |
|---|----------|-------|
| <p>Me - Time Ritual</p> <p>This treatment begins with our Kerstin Florian turkish full body scrub followed by a relaxing a warm oil back, neck and shoulder massage combined with a customised 60 minute Kerstin Florian facial.</p> | 135 mins | €210 |
| <p>Top to Toe Package</p> <p>A complete top to toe package starting with a deluxe pedicure while a foot mask softens your feet. You will say goodbye to those achy muscles during a warm oil back massage. Following your massage your pedicure will be completed with an OPI colour polish. Relax while your toes dry during a customised 30 minute facial.</p> <p>Please note Shellac/Gel polish cannot be removed in Spa Salveo</p> | 115 mins | €160 |
| <p>Escape Package</p> <p>A back of the body massage stretches out and relaxes tired muscles followed by a hydrating aromatherapy cocoon and a rejuvenating facial.</p> | 115 mins | €180 |
| <p>The Luxury Retreat</p> <p>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.</p> | 115 mins | €180 |

| SPA DAYS | DURATION | PRICE |
|--|----------|-------|
| <p>Mindful Moments</p> <p>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.</p> <p>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.</p> | 110 mins | €165 |
| <p>Total Wellness</p> <p>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.</p> | 60 mins | €119 |

OUR SPA DAYS INCLUDE AFTERNOON TEA

SPA PREGNANCY EXPERIENCES

DURATION

PRICE

Basq in The Moment Pregnancy Massage

60 mins

€110

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.

Basque Skin Boosting Body Exfoliation

60 mins

€95

Relax and breathe deep; inhale the calming benefits of lavender in this completely balancing and rejuvenating spa experience. Using our Basq perfecting lavender sugar scrub to smooth, repair and soothe the skin, a pampering application of Basq mega moisture butter follows to nourish and hydrate with powerful omega oils.

Basq remedy for tired legs

30 mins

€65

An exfoliation and lower leg and foot massage to improve circulation and improve any swelling and heaviness in the legs associated with pregnancy. Whilst the legs are wrapped you are treated to a relaxing scalp massage. A wonderful treatment for giving your mind and body a rest

Spa Salveo Mum to Be

90 mins

€125

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 a mini spa facial and relaxing Indian head massage.

Kerstin Florian Prenatal Facial

60 mins

€105

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 basq NYC pregnancy oils and cream to the bum to help support elasticity of your skin and a lower leg massage completes the experience

Spa Salveo Pedicure

60 mins

€60

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 assist circulation and reduce water retention. Your pedicure can be completed with or without a colour polish of your choice.