

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
<p>The Harmony Ritual</p> <p>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.</p>	90 mins	€155
<p>Rest & Restore</p> <p>Includes a personalised warm oil back, neck and shoulder massage followed by a deeply relaxing scalp Massage and soothing lower leg and foot massage.</p>	50 mins	€80
<p>Spa Salveo Signature Massage</p> <p>This therapeutic massage is personalised to your needs on the day and includes a combination of massage techniques including Swedish, Hawaiian Lomi Lomi and Chinese Tui Na to calm, soothe, energise and detoxify.</p>	55 mins	€95
<p>Warm Bamboo Massage</p> <p>Using smooth heated bamboo sticks and specialised massage techniques this full body deep muscle massage will comfortably ease and stretch tight muscles, stimulate blood circulation and boost your energy. Healing hands and warm ginger oil soothe and hydrate the skin leaving you feeling blissfully relaxed and energised.</p>	55 mins	€105
<p>Spa Salveo Taster</p> <p>This relaxing treatment combines a customised warm oil back, neck and shoulder massage along with a Kerstin Florian Refresher facial targeting your main concerns. Includes a hydrating hand and arm massage or relaxing scalp massage.</p>	55 mins	€95
<p>Couples Treatment</p> <p>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) Please advise if you are pregnant as alternative treatments available.</p>	120 mins	€240 for two

KERSTIN FLORIAN FACIALS

DURATION

PRICE

Advanced Repair Facial

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.

60 mins

€100

Brightening Facial

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.

60 mins

€100

BerryPlus Anti Oxidant Infusion Facial

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.

60 mins

€95

Kirsten Florian Gentleman's Facial

A customised, therapeutic facial designed for men's specific skin care needs.

60 mins

€95

Gua Sha Facial Experience

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.

60 mins

€95

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.

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> <p style="text-align: center;">BOOK A COURSE OF 6 FOR €595</p>	60 mins	€105
<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> <p style="text-align: center;">BOOK A COURSE OF 6 FOR €855</p>	90 mins	€150
AVAILABLE AS AN ADD ON TO ANY KERSTIN FLORIAN FACIALS		
<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

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><i>Please note Shellac/Gel polish cannot be removed in Spa Salveo</i></p>	115 mins	€150
<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
PRENATAL TREATMENTS	DURATION	PRICE
<p>Basq in The Moment Pregnancy Massage</p> <p>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.</p>	60 mins	€105
<p>Basque Skin Boosting Body Exfoliation</p> <p>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.</p>	60 mins	€85
<p>Spa Salveo Mum to Be</p> <p>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.</p>	90 mins	€120
<p>Spa Salveo Pedicure</p> <p>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.</p>	60 mins	€60

BODY TREATMENTS	DURATION	PRICE
<p>Hydrating Wrap</p> <p>A luxurious application of aromatherapy oils mixed with Kerstin Florian Thermal mineral cream to relieve muscle tension, promote detoxification and hydration. Your oil is chosen specifically for your needs and blended with the Crème. Your Body is first exfoliated after which you are lulled into unconsciousness as your oils are applied. While your oils penetrate deeply the face is gently massaged. Your skin is left superbly hydrated and nourished.</p>	60 mins	€95
<p>Spirulina Wrap</p> <p>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.</p>	60 mins	€95
<p>Turkish Body Scrub</p> <p>A stimulating, invigorating salt scrub rich in minerals and aromatherapy oils to cleanse, uplift and refresh the senses.</p>	50 mins	€80
<p>Moor Mud Back Cleansing Ritual</p> <p>Begin with a relaxing mineral infused hydrotherapy bath, followed by a Kerstin Florian clarifying moor mud mask on the back. Whilst this thermal lake mud cleanses, refines and detoxifies the skin, your therapist will stretch out tight ham strings and achy calf muscles leaving legs feeling lighter. This ritual is completed with a back, neck and shoulder massage.</p>	80 mins	€135
<p>Neroli Warming Touch</p> <p>Melt away tension, tiredness and heaviness in the lower legs and feet with this relaxing treatment. This treatment begins with a foot soak and invigorating foot scrub. While a foot mask softens the feet relax with a neck, shoulder and head massage. Your treatment is completed with a cooling lower leg and foot massage.</p>	50 mins	€80
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

SPA DAYS ALL INCLUDE AFTERNOON TEA