OASIS
SPA

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WELCOME

A mere five minutes from Kilkenny city, Lyrath Estate and Oasis Spa is nestled amongst 170 acres of mature parkland. Visiting the award winning Oasis Spa affords you the opportunity to unwind, relax, rejuvenate, refresh and take some time out just for you. Oasis Spa offers the ultimate in luxury, elegance and style and our highly trained therapists will immerse your mind body and soul in pure indulgence.

The treatment list is filled with carefully selected therapies from Elemis and Kerstin Florian which are based on natural resources that work in synergy with the mind and body. Our Hydrotherapy Pool is the highlight of our Thermal Suite; here you can lie on a heated massage bed surrounded by bubbling water and admire the breeze through the flowering cherry trees outside on a sunny summer's afternoon, or even the gently falling snow on those same trees on a freezing winter's day through the steam rising from the water!

YOUR OASIS SPA EXPERIENCE

We advise you to make spa appointments in advance to avoid disappointment; we will always do our best to accommodate you however we cannot always guarantee appointments for your specific time and date.

Please note that guests at Oasis Spa have 30 minutes complimentary access to our Thermal Suite included with spa treatments. We advise you to arrive one hour prior to your treatment start time to avail of this. If you do not want to avail of the Thermal Suite we advise you to arrive 15 minutes prior to your treatment start time for check in and registration.

Late arrivals may result in a reduction of your treatment time.

For your comfort we provide robes, towels & slippers. Swimwear is required for the Hydrotherapy Pool.

OASIS SPA

SIGNATURE TREATMENTS EXCLUSIVE TO THE OASIS SPA

ILLUMINATING FACIAL

Treatment Duration: 85 mins

This results driven Kerstin Florian treatment is designed to illuminate your skin to deliver a fresher, brighter, more hydrated appearance. Begin with an exfoliating enzyme peel to even out texture and tone and to brighten the skin.

A deep cleansing massage promotes circulation and a concentrated serum C + infusion delivers a powerful boost of pure Vitamin C to protect from free radicals and to improve the skin's tone and elasticity. A unique cooling masque with luminous rice is used to penetrate vitamins and nutrients deep into the skin, leaving your complexion radiant and rejuvenated. Enjoy a luxurious foot and pressure point scalp massage while your masque is at work. This treatment also includes an eye massage with "Rose Porfyr Stones" – pink crystals known for their healing properties. Skin appears lighter, brighter and more refined. A heated hand treatment completes the experience.

THE WARMING GINGER RENEWAL

Treatment Duration: 85 mins

To begin this 85 minute treatment, earthy minerals are combined with ginger's healing properties in an invigorating full body exfoliation.

Followed by a pampering back, neck and shoulder massage using ginger oils and warm healing stones. Nourish and relax inside a warm cocoon wrap , while a luxurious foot and pressure point massage are performed to complete this head to toe service.

ELEMIS EXOTIC ESCAPE

WINNER OF RSVP BEST ELEMIS TREATMENT

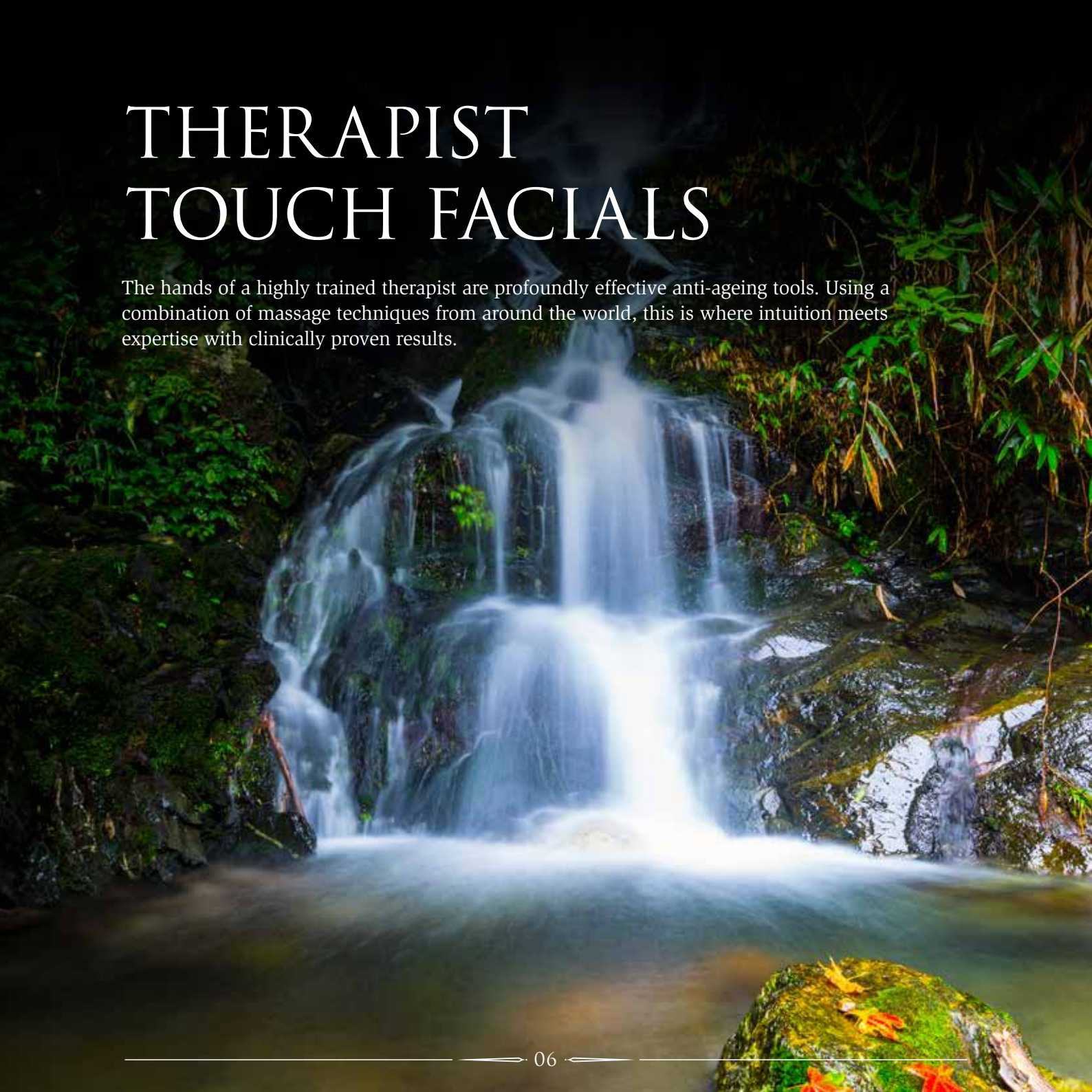
Treatment Duration: 100 mins

Escape to Oasis Spa with this indulgent ritual, designed by Elemis. Begin with a luxurious full body exfoliation with an Elemis Exotic Frangipani Salt Glow, followed by a muscle melting massage of the back, neck, shoulders and along the back of the legs.

To complete your experience enjoy an Elemis vitamin boosting facial bursting with antioxidant, rich minerals and vitamins. This de-stressing and purifying treatment helps remove damaging toxins, regenerates skin cells and balance sebum. The exceptional results are remineralised, rebalanced and renewed skin.

THERAPIST TOUCH FACIALS

The hands of a highly trained therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.



KERSTIN FLORIAN MINI FACIAL

Treatment Duration: 25 mins

A refresher facial customised for all skin types, includes a gentle exfoliation, rejuvenating mask and scalp massage.

ELEMIS SUPER FOOD PRO-RADIANCE

Treatment Duration: 25 mins / 55 mins

A nutritional boost rich in super foods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

KERSTIN FLORIAN CUSTOMISED FACIAL

Treatment Duration: 55 mins

A deep cleansing, purifying treatment customised for all skin types. Includes gentle exfoliation, a luxurious massage and mask to rejuvenate and nourish the skin.

KERSTIN FLORIAN SENSITIVE SKIN FACIAL

Treatment Duration: 55 mins

This ultimate sensitive skin facial protects, corrects and rebuilds skin affected by environmental elements and rosacea. Includes a unique alginate peel off masque to calm inflammation, heal and nourish sensitive skin.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL

Treatment Duration: 55 mins

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS PRO-DEFINITION LIFT AND CONTOUR

Treatment Duration: 55 mins

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

KERSTIN FLORIAN ANTIOXIDANT VITAMIN C FACIAL

Treatment Duration: 70 mins

This oxygenating anti-ageing facial utilises antioxidants to combat premature ageing and provide skin with a healthy glow. Includes a luxurious massage as well as a hydrating hand treatment. A powerful Vitamin C serum is used to help boost collagen and enhance the skin's structural support.

ELEMIS PRO – COLLAGEN AGE DEFY

Treatment Duration: 75 mins

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine-charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ADVANCED TECHNOLOGY FACIALS

The pioneering BIOTEC machine works to switch your skin back on. The clinically proven results are visibly healthy, nourished and energized skin, there are 7 different advanced technology facials to choose from to accommodate all skin concerns; a course of BIOTEC facials will re - educate your skin to give long lasting results as opposed to quick fixes with temporary results.

BIOTEC LINE ERASER
Treatment Duration: 60 mins

Targets fine lines and wrinkles to energize and firm the skin.

BIOTEC FIRM-A- LIFT
Treatment Duration: 60 mins

Targets sagging skin to strengthen and sculpt the skin for a contoured complexion that is remarkably lifted.

BIOTEC ANTI PIGMENT BRIGHTENER
Treatment Duration: 60 mins

Targets age spots and pigmentation to brighten the complexion.

BIOTEC SKIN RESURFACER
Treatment Duration: 60 mins

Targets uneven texture and blemished skin to smooth the complexion.

BIOTEC RADIANCE RENEW
Treatment Duration: 60 mins

Targets, tired, dull and sluggish skin to rejuvenate the skin.

BIOTEC BLEMISH CONTROL
Treatment Duration: 60 mins

Targets oily congested blemished skin to clear the complexion.

BIOTEC SENSITIVE SKIN SOOTHER
Treatment Duration: 60 mins

Targets sensitive skin prone to redness in need of calming and skin repair.

BIOTEC EYE OR NECK TREATMENT
Treatment Duration: 30 mins

Concentrate on those sensitive areas that show first signs of ageing. Can have as a stand alone treatment or add on to your Biotec Facial.

OASIS SPA BODY TREATMENTS

KERSTIN FLORIAN ALPINE FOOT TREATMENT

Treatment Duration: 40 mins

A caring foot therapy for excessively dry, rough and cracked skin. It begins with a foot soak in mineral salts and eucalyptus oil. Rough skin is exfoliated, then soothed in a massage using a natural foot balm containing menthol, eucalyptus and lavender.

ELEMIS FRANGIPANI INTENSELY CLEANSING SALT SCRUB

Treatment Duration: 30 mins

Frangipani salt will gently slough away dead skin to encourage the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

MUSCLEEASE AROMA SPA OCEAN WRAP

Treatment Duration: 75 mins

This aromatic heated seaweed body mask containing muscle warming blends of pine and rosemary essential oils, help to ease the pain of arthritis, fatigue and aching muscles.

CELLUTOX AROMA SPA OCEAN WRAP

Treatment Duration: 75 mins

Let your thoughts drift away whilst cocooned in a comforting wrap of rich marine algae and detoxifying juniper and lemon. Enjoy a facial massage and de-stressing scalp treatment or soothing foot massage. Helps to refine the appearance of cellulite and relieve the discomfort of fluid retention.

KERSTIN FLORIAN REJUVENATING SPIRULINA BATH

Treatment Duration: 85 mins

Indulge in the rejuvenating effects of the sea. Beginning with a natural spirulina body wrap, rich in antioxidants and other beneficial nutrients; the body is immersed in a stimulating seaweed bath with eucalyptus bath oil*. A luxurious massage with a concentrated marine firming body crème, rich in contouring elements completes this treatment.

**This treatment can also be performed without the bath*

KERSTIN FLORIAN DETOX AND SLIMMING WRAP

Treatment Duration: 90 mins

Refines and firms body contours and promotes detoxification. An exclusive dry brush technique helps to exfoliate the skin. A unique slimming massage and serum stimulates slimming results helping you look and feel fabulous.

KERSTIN FLORIAN LAVENDER DREAMS

Treatment Duration: 85 mins

Breathe deeply. 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, a warm lavender wrap and a full body massage.

OASIS SPA SIGNATURE BODY TREATMENT

THE WARMING GINGER RENEWAL

Treatment Duration: 85 mins

To begin this 85 minute treatment, earthy minerals are combined with ginger's healing properties in an invigorating full body exfoliation. Followed by a pampering back, neck and shoulder massage using ginger oils and warm healing stones. Nourish and relax inside a warm cocoon wrap, while a luxurious foot and pressure point massage are performed to complete this head to toe service.

FACE AND BODY COMBINATIONS

ELEMIS FACE AND BODY SENSATION

Treatment Duration: 55 mins

Experience the perfect treatment duo; a sensational massage combined with a prescribed anti-ageing booster facial. Choose from the" Re-Energizer" an ice cool thermal muscle massage that combines warm oils with the properties of the instant refreshing gel and the deep pressures of hot stone to relieve stress and ease aching muscles. Or "Tranquility" a deep muscle massage combined with warm oils and hot stones to ease away daily stresses and calm your mind. An intensive booster anti-ageing facial completes your journey.

Choose from the following booster facials:

» Pro –Collagen Age Defy

» Pro- Definition Lift and Contour

» Super Food Pro Radiance

» High Performance Skin Energizer for Men

ELEMIS ABSOLUTE SPA RITUAL

Treatment Duration: 120 mins

Choose from one of the unique Elemis anti-ageing facials and combine it with the powerful effects of a deep tissue massage. Two hours of complete relaxation with dramatic results.

MASSAGE TREATMENTS

BACK, NECK AND SHOULDER MASSAGE

Treatment Duration: 25 mins

A concentrated massage of the back, neck and shoulders. Strength and pressure is customised to your individual needs.

SWEDISH FULL BODY MASSAGE

Treatment Duration: 55 mins

A full body massage designed to ease tension, stimulate the lymphatic and circulatory system and create a sense of well being. Levels of pressure are customised to your individual needs.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

Treatment Duration:
Back, Neck and Shoulder – 25 mins
Full Body Massage – 55 mins

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Helps to relax, recharge and re-energise, whilst tension melts away.

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

Treatment Duration:
Back, Neck and Shoulder – 40 mins
Full Body Massage – 75 mins

Balinese stones bathed in the frangipani monoi body oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

INDIAN HEAD MASSAGE

Treatment Duration: 25 mins / 55 mins

This ancient healing head massage is designed to relieve tension and revitalize with powerful effects. The ideal treatment for those prone to headaches and sinus problems.

REFLEXOLOGY*

Treatment Duration: 55 mins

This Chinese pressure point technique focuses on the feet and stimulates the body to re-energize and rebalance.

**Reflexology is a specialised treatment that requires a specialised trained therapist. Please enquire in advance that this treatment is available to avoid disappointment as spaces are limited.*

MATERNITY TREATMENTS

BASQ MATERNITY MASSAGE

Treatment Duration: 75 mins

A customised full body massage using safe pre-natal techniques, to help relax, reduce fatigue, release tension, aches, pains and swelling; all associated with pregnancy. This massage will help increase circulation and benefit mum to be.

BASQ MATERNITY SKIN BOOSTING BODY EXFOLIATION

Treatment Duration: 75 mins

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 as our secret weapon for damage repair and smooth youthful skin. An instant fix for dry, itchy and stretched skin. Exfoliation is the absolute best way to fuel skin renewal and push damage up and out; as your skin is polished, thirsty skin pulls in nutrients. Following this is a pampering application of BASQ mega moisture butter to nourish the skin with the powerful omega oils leaving you with that beautiful pregnancy glow.

BASQ MATERNITY LEG TREATMENT

Treatment Duration: 30 mins

The perfect remedy for tired legs; an exfoliation and lower leg and foot massage to improve any swelling and heaviness in the legs associated with pregnancy. Whilst the legs are wrapped up you are treated to a relaxing scalp massage.

MATERNITY TOP TO TOE PACKAGE

Treatment Duration: 85 mins

Enjoy a complete top to toe maternity spa experience with a combination of a soothing maternity back massage to ease aching muscles, a balancing facial to leave your skin glowing, followed by a maternity foot treatment to relieve heaviness and swelling associated with pregnancy. To top it off a relaxing scalp massage is performed whilst your feet are wrapped up.

"BASQ" IN THE MOMENT - OUR ULTIMATE MATERNITY INDULGENCE

Treatment Duration: 120 mins

A complete head to toe spa experience for that special Mother to Be. To begin this experience a full body exfoliation using a specialized scrub from our BASQ maternity range buffs away dead, dull, skin cells to improve the tone and texture of your skin leaving you with a beautiful pregnancy glow, followed by a full body maternity massage to melt the stress and tension away, finishing with a luxury foot treatment to reduce swelling and stimulate circulation. To make the most of the nourishment from the specialized cream, a scalp massage is performed while your feet are wrapped up, to finish this spa experience.

TIME FOR MEN

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

Treatment Duration:
Back, Neck and Shoulder – 25 mins
Full Body Massage – 55 mins

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Helps to relax, recharge and re-energise, whilst tension melts away.

ELEMIS HIGH PERFORMANCE SKIN ENERGISER FACIAL

Treatment Duration: 75 mins

An anti- ageing booster for tired, stressed and dehydrated skin, this treatment is tailored to help combat the effects of a hectic lifestyle and environmental stressors.

ELEMIS TOTAL TIME OUT

Treatment Duration: 120 mins

Enjoy the best of both worlds by combining the Elemis high performance skin energiser facial with a deep tissue massage to rehydrate and re-energize the complexion and recharge the body.

TIME FOR MEN SPA DAY PACKAGE

Treatment Duration: 110 mins

Enjoy one hour of relaxation in our Thermal Suite and Hydrotherapy Pool. Begin your treatments with the Kerstin Florian alpine foot treatment. A mineral rich foot soak, exfoliation and massage to soften rough skin and relieve tired legs, to follow, a deep tissue full body massage to help relax tired muscles and alleviate tension. A soothing Indian head massage completes your top to toe experience.

BEAUTY AT OASIS SPA

HANDS & FEET

Pedicure
Treatment Duration: 50 mins

Manicure
Treatment Duration: 50 mins

Deluxe Spa Pedicure
Treatment Duration: 60 mins

Deluxe Manicure
Treatment Duration: 60 mins

Nail Shape & Polish
Treatment Duration: 15 mins

Shellac Hands or Feet
Treatment Duration: 45 mins

Shellac Hands & Feet
Treatment Duration: 75 mins

Danne Montague King – Medi Pedi
Treatment Duration: 70 mins

Your toes are in for a treat!

Medi Pedi leaves the roughest, cracked and calloused feet feeling smooth and soft without the use of any blades or rasps. Medi Pedi; gentle, yet very effectively dissolves away dry hardened skin build up on the feet with our unique alkaline solution. Includes nail file and polish.

Upgrade any full manicure or pedicure to include a Shellac Polish for an additional €5.

Please note we do not remove gel or acrylic nails. Please make us aware at time of booking if you have shellac on your nails as this would require additional removal time.

LASHES & BROWS

Eye Lash Tint
Eyebrow Tint
Eyebrow Shape / Wax
Eyebrow Shape & Tint
Eyelash & Brow Tint & Shape

WAXING - WAXPERTS

Half Leg
Full Leg
Full Leg & Bikini Line
Full Leg & Brazilian/Hollywood
Lip or Chin
Lip & Chin
Eyebrows
Underarm
Bikini Line
Californian
Brazilian
Hollywood

THREADING

Eyebrows
Lip & Chin

TANNING – VITA LIBERTA

Full Body
Half Body

MAKE UP – FUSCHIA

Make up Application
Make up application to include lashes
Bridal Make up
Bridesmaids Make up

OASIS SPA DAY PACKAGES

COUPLES EXPERIENCE

Treatment Duration:
Back, Neck and Shoulder Option: 150 mins
Full Body Massage Option: 180 mins

Some things are better enjoyed together
Begin with 30 minutes in our Thermal Suite and Hydrotherapy Pool
Next, indulge in the "Oasis Rasul Mud Treatment " a cleansing ritual taking place in your own private mosaic tiled steam chamber, where you apply mineral muds to detox the body and nourish the skin.

To finish enjoy a massage in our couple's suite.
Choose From:
A Back, Neck and Shoulder Massage or a Full Body Massage.

TOTAL TRANQUILLITY

Treatment Duration: 100 mins

Enjoy 30 minutes of relaxation in our Thermal Suite and Hydrotherapy Pool, and then choose from any of the following spa combinations:

» Kerstin Florian Lavender Dreams and Mini Facial

» Elemis Musclease Ocean Wrap and Elemis Mini Facial

» Maternity Massage and Maternity Facial

» Swedish Full Body Massage and Kerstin Florian Customized Facial

» Elemis Superfood Pro Radiance Facial & Indian Head Massge

OASIS SIGNATURE SPA DAY WITH LUNCH

Treatment Duration: 100 mins

Enjoy 30 minutes relaxation in our Thermal Suite and Hydrotherapy Pool. Then indulge with our Kerstin Florian signature treatment the Warming Ginger Renewal! A Kerstin Florian Refresher Facial completes your treatment and a light and healthy spa lunch awaits in Tupper's Bar.

OASIS SERENITY SPA DAY WITH LUNCH

Treatment Duration: 110 mins

The Perfect Combination… Enjoy 30 minutes of relaxation in our Thermal Suite and Hydrotherapy Pool, followed by a de-stressing back, neck and shoulder massage and the exclusive Kerstin Florian Signature Illuminating Facial. To finish, enjoy a light and healthy spa lunch in Tupper's Bar.

THE ULTIMATE INDULGENCE

Treatment Duration: 210 mins
***Please allow 4.5 hours to complete this journey**

Enjoy 30 minutes of relaxation in our Thermal Suite and Hydrotherapy Pool, followed by the luxurious Lavender Dreams; a full body exfoliation using Turkish salts and lavender oils, with a full body massage and warming lavender wrap.

The award winning Kerstin Florian Antioxidant Vitamin C Facial along with a choice of a Deluxe Manicure or Deluxe Pedicure completes your spa experience.

SPA ETIQUETTE

» Gift vouchers are available for all treatments and products. They are valid for 12 months from the date of issue. They cannot be exchanged for money and refunds are not available.

» Please note that guests at Oasis Spa have 30 minutes complimentary access to our Thermal Suite included with spa treatments. We advise you to arrive 30 minutes to your treatment start time to avail of this. If you do not want to avail of the Thermal Suite we advise you to arrive 15 minutes prior to your treatment start time for check in and registration.

» For your comfort and convenience towels, slippers and bathrobes are provided for you upon arrival. Swimwear must be worn in our Hydrotherapy Pool.

» We advise no jewellery be worn in Oasis Spa.

» Oasis Spa management and staff cannot accept responsibility for loss of any belongings or valuables brought to or left at the spa premises.

» Please be advised for safety reasons, children under 16 years old are not permitted to use the spa.

» If you have a condition that you feel may prohibit you from using our spa facilities or from having certain treatments, please consult with your doctor prior to your visit, alternatively please ask spa reception for advice.

» We would ask that clients who may be pregnant, suffer from high/low blood pressure, allergies, heart conditions or diabetes would inform the spa at the time of booking.

» Credit card details are required to secure bookings, we do not charge to this card.

» 48 hours notice is required to cancel or reschedule appointments.

» A 50% charge will apply if you cancel within 48 hours and 100% charge will apply for cancellations within 24 hours.

» We have specially designed treatments for expectant & nursing mothers; please contact our spa reception for more information. Unfortunately our Thermal Suite and Hydrotherapy Pool are not suitable for expectant mothers.

» All treatments and spa package prices are subject to change.

LYRATH ESTATE

Lyrath Estate,
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