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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 one hour complimentary access to our Thermal Suite included with spa treatments. These facilities consist of our hydrotherapy pool, saunas, steam rooms, tropical showers, relaxation suites and refreshment area. We advise you to arrive one hour prior to your treatment start time to avail of this. If you are having a beauty treatment which does not include access to our Thermal Suite an additional 25 euro is required to use the Thermal Suite facilities. 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.

Hotel Residence who wish to use the Thermal suite area without spa treatments can do so for 25 Euro for two hours access & this must be booked in advance to keep the relaxing nature of the spa & for this reason access is subject to availability & cannot always be guaranteed

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.



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.

NEROLI BLOSSOM RITUAL WINNER OF TATLER AWARDS BEST BODY TREATMENT 2018

Treatment Duration: 80 mins

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 back massage with body application and finished with a nourishing facial massage.

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.

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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.

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves

away dead skin cells to reveal healthy and clearer looking skin.

A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

PRO-GLOW BRILLIANCE FACIAL

Treatment Duration: 25 mins / 50 mins

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

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 PRO-GLOW **RESURFACE FACIAL** Treatment Duration: 50 mins

KERSTIN FLORIAN ANTIOXIDANT VITAMIN C FACIAL Treatment Duration: 70 mins

ELEMIS PRO - GLOW SMOOTH FACIAL

Treatment Duration: 50 mins

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

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.

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

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.

PRO-GLOW RENEWAL FACIAL+ Treatment Duration: 50 mins

Ireatment Duration: 50 mins

PRO-GLOW SMOOTH+

Treatment Duration: 50 mins

PRO-GLOW RESURFACE+

Treatment Duration: 50 mins

PRO-GLOW BRILLIANCE+

Treatment Duration: 50 mins

FOR A HEALTHY, GORGEOUS GLOW

Elemis' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-fromwithin glow. After just one treatment, skin looks visibly refreshed and rebalanced. Supercharged with ELEMIS' BIOTEC 1.0: Ultrasonic Resurfacing

THE ULTIMATE HIIT WORKOUT FOR YOUR SKIN

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

Supercharged with ELEMIS' BIOTEC 1.0: Ultrasonic, Microcurrent & O2 Infusion

REVEAL STUNNINGLY SMOOTH SKIN

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines.

Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear. Supercharged with ELEMIS BIOTEC 1.0: Ultrasonic, LED Light Therapy & Galvanic

YOUR RECIPE FOR RADIANCE

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidantrich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing. Supercharged with ELEMIS BIOTEC 1.0: Ultrasonic, O2 Infusion & Galvanic

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

NEROLI BLOSSOM RITUAL WINNER OF TATLER AWARDS BEST BODY TREATMENT 2018

Treatment Duration: 80 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.

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 back massage with body application and finished with a nourishing facial massage.



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 Glow Smooth Facial
- » Pro Glow Resurface Facial
- » Pro Glow Brillance Facial

ELEMIS ABSOLUTE SPA RITUAL Treatment Duration: 120 mins

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

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.

MASSAGE TREATMENTS

BACK, NECK AND Shoulder Massage

Treatment Duration: 25 mins

SWEDISH FULL BODY Massage

Treatment Duration: 55 mins

BACK OF THE BODY Massage

Treatment Duration: 40 mins

and circulatory system and create a sense of well being. Levels of pressure are customised to your individual needs.

A full body massage designed to ease tension, stimulate the lymphatic

A concentrated massage of the back, neck and shoulders. Strength

and pressure is customised to your individual needs.

A concentrated tailored massage that focuses on the back of the body, includes back, neck, shoulders & backs of the legs, levels of pressure is 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 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

REFLEXOLOGY*

Treatment Duration: 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.

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

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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.

MATERNITY HEAD, NECK & Shoulder Massage*

Treatment Duration: 50 mins

A customised massage using safe pre-natal techniques to help relax, reduce fatigue, release tension, aches & pains all associated with pregnancy

BASQ MATERNITY LEG Treatment

Treatment Duration: 30 mins

MATERNITY TOP TO TOE PACKAGE

Treatment Duration: 85 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.

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.

* Please note all maternity treatments can only be performed after the 14th week of pregnancy, if you are between 6- 14 weeks pregnant a mini facial or file & polish on the hands is all that can be performed & no treatments recommended under 6 weeks pregnant. Our thermal suite area is not suitable for expectant mothers.

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 French File & Polish - 30 minutes French Shellac - 60 minutes

Please note french add on to any manicure, pedicure or shellac will have an additional charge & time so please make us aware at time of booking if you wish to recieve this.

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

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

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

* Please note that a patch test is required 48 hours prior to waxing or tinting if it is your first time having these treatments with us.

OASIS SPA DAY PACKAGES

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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 one hour 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

OASIS SIGNATURE SPA Day with lunch

Treatment Duration: 100 mins

Enjoy one hour 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

- » Maternity Massage and Maternity Facial
- » Swedish Full Body Massage and Kerstin Florian Customized Facial
- » Elemis Pro Glow Brilliance Facial & Indian Head Massage

Enjoy one hour of 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 one hour 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 one hour 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.

THERMAL SUITE

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THERMAL SUITE Experience

Treatment Duration: 2 hrs

€25

Our Thermal Suite Experience begins in the Hydrotherapy Pool. Savour the scenery of the spectacular parkland Estate as you instantly unwind and relax. Follow on a step further to the sauna and steam area where you will feel the stress of everyday life evaporate before you.

Awaken your senses with a tropical rain shower and complete your journey with some chill out time in one of two relaxation suites.

*Please note there is an entrance charge of 25 euro per person to use the Thermal Suite for two hours. Last entry to avail of the full time is 4.30pm

** Please note that guests at Oasis Spa have one hour complimentary access to our Thermal Suite with spa treatments.

*** Please note the Hydrotherapy Pool, Saunas, & Steam rooms are not suitable for expectant mothers.

**** Please note Thermal suite closes 30 minutes prior to Spa closing time.

***** Please note. As we endeavor to keep the Oasis Spa a Tranquil environment Thermal Suite access without spa treatments must be booked in advanced & access cannot always be guaranteed at your desired time.

SPA ETIQUETTE

- » Gift vouchers are available for all treatments and products. They are valid for 5 years from the date of issue. They cannot be exchanged for money and refunds are not available.
- » Please note that guests at Oasis Spa have one hour 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 are having a beauty treatment which does not include access to our Thermal Suite an additional 25 euro is required to use the Thermal Suite facilities. 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.
- » As we endeavor to keep the Oasis Spa a Tranquil environment Thermal Suite access without spa treatments must be booked in advanced & access cannot always be guaranteed at your desired time



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