



THE SPA
at LYRATH ESTATE



WELCOME

A mere five-minute drive from Kilkenny city, the multi-award-winning Spa at Lyrath Estate offers the perfect opportunity to relax, rejuvenate, refresh, and take some time out just for you.

The Spa at Lyrath Estate offers the ultimate experience in luxury, elegance and style, where our highly-trained therapists will immerse you in pure indulgence.

A sanctuary of tranquillity and well-being in a stunning, secluded part of Ireland, here you will experience more than just relaxation – you will reap the benefits of stepping back and relishing some quiet ‘me time’, miles away from the stresses of everyday life.

Our treatment list is filled with carefully selected therapies from Kerstin Florian, Elemis, and Medik8, chosen to give you a five-star treatment to remember. We have ten treatment rooms, a private mud chamber and a hydrotherapy suite.

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SPA ETIQUETTE

We advise that you book The Spa in advance.

Please note The Spa has a 48-hour cancellation policy.

Late arrival to The Spa will still incur the full cost of the treatment.

We provide robes and towels.

Must be 18 or over for all treatments. Must be over 16 for Thermal Suite.

Rubber-soled slippers are required in The Spa. You may bring your own or they may be purchased in The Spa.

THERMAL SUITE

Use of the thermal suite is complimentary with a spa treatment. To use without a treatment is €25.

The thermal suite consists of a hydrotherapy pool, sauna and steam room, tropical showers and a relaxation room.

A thermal suite session consists of time spent in the wet areas and in the relaxation room afterwards – two hours in total.

Children under 16 years of age are not permitted.

The thermal suite is not suitable for use during pregnancy. Other contraindications include diabetes, high blood pressure, and other illnesses not advised in wet, heated conditions. Please ask a member of the team in The Spa if you have any concerns.

Mobile phones are not permitted in The Spa.

Towels and robes are provided and rubber-soled slippers are required.

RASUL 50 MINS

(max two people, includes one hour thermal suite)

This is an ancient Arabian-inspired treatment that combines mineral-infused mud and hot steam to detoxify and smooth the skin, leaving it glowing.



SPA SIGNATURE TREATMENTS

ILLUMINATING FACIAL 85 MINS

This results-driven Kerstin Florian treatment is designed to illuminate your skin, delivering a fresher, brighter, more hydrated appearance.

Beginning with an exfoliating enzyme peel, this evens out texture and tone 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 improve the skin's tone and elasticity.

Finally, a unique cooling masque with luminous rice is applied to infuse the skin with vitamins and nutrients.

WARMING GINGER RENEWAL TREATMENT 85MINS

This head to toe treatment begins with an invigorating full body exfoliation, combining earth minerals with the warm healing properties of ginger.

Then a pampering back, neck and shoulder massage using ginger oil and heated stones begins the relaxation process. Relax completely in a warm cocoon wrap while your therapist performs a luxurious foot and pressure point massage to conclude this warming and nourishing treatment.

LAVENDER DREAMS 85 MINS

Breathe deeply, inhaling the calming and balancing benefits of the aroma of wild lavender in this completely uplifting and balancing spa experience. With a two-step, invigorating full body scrub, this treatment also includes a warm lavender wrap and full body massage.

NORDIC ZEN 85 MINS

A deeply relaxing experience inspired by ancient traditions and healing practices, this is a treatment using heat, stones, repetitive movements, and active plant extracts. The combination of touch, aromatic scents and warmth invites you to a place of total soothing and healing relaxation, allowing the body and mind to fully calm and unwind.



MATERNITY TREATMENTS

MATERNITY MASSAGE TREATMENT 75 MINS

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

MATERNITY SKIN BOOSTING BODY EXFOLIATION 75MINS

Relax and breathe deeply, inhaling 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 repairing and smoothing, this is an instant fix for dry, itchy and stretched skin. Exfoliation is the best way to fuel skin renewal as, when your skin is polished, that thirsty skin then pulls in nutrients. Following this is a pampering application of BASQ mega moisture butter to nourish the skin with powerful omega oils, enhancing that beautiful pregnancy glow.

MATERNITY TOP TO TOE PACKAGE TREATMENT 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 some of the heaviness and swelling that can be associated with pregnancy. To complete the treatment, a soothing scalp massage is performed while your feet are wrapped up and relaxing.

KERSTIN FLORIAN SENSITIVE SKIN FACIAL 55 MINS

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

ULTIMATE PREGNANCY INDULGENCE 120 MINS

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

** Please note all maternity treatments can only be performed after the 14th week of pregnancy.*



MASSAGE

SWEDISH FULL BODY MASSAGE 55 MINS

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

MAGNESIUM BACK & SCALP MASSAGE 55 MINS

Restore your inner peace and re-balance your body and mind with our soothing back of body and luxury scalp massage. Magnesium is involved in promoting healthy energy levels, sleep, muscle function and overall well-being. Your therapist will use a mineral wellness blend to deliver the power of magnesium to your body.

CANCER CARE MASSAGE 55 MINS

Oncology massage uses light touch and slow, steady movements, working with the central nervous system to help the body relax.

ELEMIS DEEPER THAN DEEP HOT STONE FULL BODY MASSAGE 75 MINS

Warm Balinese stones are worked deep into the muscles, while richly-scented frangipani oil is used to hydrate the skin, and leave the body relaxed and free from tension.

INDIAN HEAD MASSAGE 55 MINS

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

REFLEXOLOGY* 55 MINS

This Chinese pressure point technique focuses on the feet and stimulates the body to reenergise and rebalance.

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



MEDIK8 FACIALS

Medik8 seeks to create simple routines that result in healthy, beautiful skin for life. Offering progressive strengths within the core ingredient areas of Vitamins C and A means you can keep building on your results over time, for a lifetime.

PLATINUM FACIAL

55 MINS

A relaxing age-defying facial with our platinum-infused age-defying platinum mask that visibly lifts, rejuvenates, and firms the skin for a more youthful appearance.

HYDRATION FACIAL

55 MINS

A complete nourishing and comforting facial to restore skin vitality for dull, flaky, and compromised skin. Gentle exfoliation allows the long-lasting replenishing Medik8 hero formulation to deliver deep hydration.

CALMING FACIAL

55 MINS

A gentle soothing treatment to instantly calm inflamed, hot, flushed, red, sensitive, and highly sensitised skin, using intelligent formulations to aid skin recovery.

KERSTIN FLORIAN FACIALS

Inspired by a holistic regard for the body, spirit and earth, Kerstin Florian products combine natural ingredients in advanced formulations that provide real results.

BIOMINERAL FACIAL

55 MINS

Powerful prebiotic and probiotics, skin-clearing massage, nourishing masque, and refining serum infusion return the skin's microbiome to its ideal state.

BRIGHTENING FACIAL

55 MINS

Advanced formulas and luminising rice peel-off masque target hyperpigmentation of face, neck and décolleté for immediate improvement in tone, texture and luminosity.

ADVANCED REPAIR

55 MIN

Results-oriented treatment individually customised to address any skin type and concern, including sensitivity, fine lines, congestion and premature ageing.



ELEMIS FACIALS

Revitalise and rejuvenate your complexion with advanced facials from Elemis. Enjoy a combination of cutting-edge technology and ancient and modern massage techniques. Elemis has a facial to suit all skin types.

PRO-GLOW RENEWAL FACIAL BRILLIANCE 50 MINS

What is a pro-glow renewal facial? An unsurpassed, age-defying facial resulting in a more lifted, radiant, youthful appearance after just one treatment. Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion.

PRO-COLLAGEN FACIAL 55 MINS

This anti-ageing facial combines the benefits of exotic ingredients from the Elemis Pro-Collagen line to plump out fine lines and reduce skin fatigue. This facial helps relax wrinkles, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity.

ELEMIS LIFT & FIRM FACIAL TREATMENT 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.

BIOTEC FACIAL 60 MINS

An Elemis BIOTEC facial is a specific cocktail of concentrated serums plus a 5-in-1 facial machine that offers a combination of ultrasonic, micro-current, galvanic, oxygen infusion and light therapy to lift, smooth, brighten or purify your skin, depending on your skin's needs. A course of 4 or 6 facials is recommended.



TIME OUT FOR MEN

BAMBOO MASSAGE 50 MINS

An ancient form of massage thought to have been developed by Buddhist monks in Thailand 2,500 years ago, it uses passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension, and balance the body's energy systems.

ELEMIS TOTAL TIME OUT 120 MINS

Enjoy the best of both worlds — a deep tissue massage to ease overworked muscles, followed by a rehydrating and reenergising facial.

COUPLES EXPERIENCE 150 MINS

Some treatments are better together.

Begin with one hour in the thermal suite and hydrotherapy pool, and then indulge in a private mud chamber. The Rasul experience is a cleansing ritual, where you scrub your skin to remove dry skin, shower, and then apply hydrating or detoxifying mineral muds to remineralise the skin.

To finish, you will both be brought through to our Couples Suite for a massage together, choosing from:

Back, neck and shoulder massage 150 MINS

Full body massage 180 MINS



SPA PACKAGES

ALL INCLUDE ONE HOUR IN THE THERMAL SUITE BEFORE THE TREATMENT

FACE AND BODY SENSATION 55MINS

Enjoy two treatments that will work in harmony with each other. To begin, a relaxing back, neck and shoulder massage, followed by an anti-ageing booster facial.

Choose from one of the boosters:

Pro-glow smooth facial | Pro-glow resurface facial | Pro-glow brilliance facial

EXOTIC ESCAPE 100 MINS

Begin with a luxurious full body exfoliation with an Elemis exotic frangipani salt glow, followed by a muscle-melting massage of the back, shoulders and along the backs of the legs. Then enjoy an Elemis vitamin boosting facial, full of antioxidants, rich minerals and vitamins. This de-stressing and purifying treatment helps remove toxins, and regenerate skin cells, leaving skin visibly renewed.

TOTAL TRANQUILLITY 100 MINS

Choose from one of the 4 combinations:

- Kerstin Florian Lavender Dreams + Mini Facial
 - Maternity Massage + Maternity Facial
 - Full body massage + Kerstin Florian Vit C Facial
 - Elemis Pro Glow Brilliance Facial + Indian head massage
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SIGNATURE SPA DAY 100 MINS

Time to relax, with the Kerstin Florian Ginger renewal. This will include an invigorating full body exfoliation, followed by a hot stone back massage, and a Kerstin Florian prescriptive facial.

PEDICURE

DELUXE SPA PEDICURE 60 MINS

Upgrade any pedicure to include a Shellac polish for an additional €15.

DANNÉ MONTAGUE-KING
MEDI PEDI 70 MINS

Your toes are in for a treat!

Medi Pedi leaves the roughest, most cracked and calloused feet feeling smooth and soft without the use of any blades or rasps. Medi Pedi gently, 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 €12.

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



SCAN HERE TO BOOK
YOUR TREATMENT





T (056) 770 5841 | E thespa@lyrath.com | www.lyrath.com

Opening Times 9am – 6pm