

SUGGESTIONS FOR MEN

Gentleman's Facial (55mins)	€75
Therapeutic Body Massage (55mins)	€70
Relaxing Back Massage (30mins)	€40
Gentleman's Escape (55mins) <i>(1/2 massage - 1/2 facial)</i>	€70

BEAUTY TREATMENTS

MAKE-UP

Make-up Application	€30
Bridal Make-up	€35

SPECIALISED TREATMENTS

Full Body Spray Tan	€35
HD Brows	€35
Threading	from €10
Specialised Waxing	from €40
Shellac Nails	€30

PROFESSIONAL NAIL CARE TREATMENTS

Regenerating Spa Manicure (55mins)	€60
Rejuvenating Spa Pedicure (55mins)	€60
Bare Essentials: File & Polish Fingers and Toes (30mins)	€30
Callus Peel Pedicure (55 mins)	€50
Maintenance Manicure	€30
Maintenance Pedicure	€35
File and Polish Fingers or Toes	€20

TINTING

Eye Lash Tint <i>(Requires a patch test 24hrs prior)</i>	€15
Eyebrow Tint	€9
Eye Lash Tint, Eyebrow Tint, Eyebrow Wax	€30

FINISHING TOUCHES

Full Leg Wax	€35
Half Leg Wax	€17
Half Leg & Bikini Wax	€25
Bikini Line Wax	€12
Underarm Wax	€12
Lip Wax	€9
Brow Wax	€9
Full Leg, Bikini, Underarm, Lip, Brow Wax	€60

Early and late appointments are available upon request.

Please be advised a cancellation fee of 100% will be included where a guest does not show for treatments or does not cancel at least 12 hours in advance.

Zen day spa



Randles Hotel
KILLARNEY

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COMPLIMENTARY PARKING



Randles Hotel
KILLARNEY

Zen day spa



AT ZEN DAY SPA WE STRIVE TO HELP OUR GUESTS ACHIEVE A BALANCE OF HEALTH AND WELLBEING THROUGH THE ELIMINATION OF STRESS AND TENSION.

OUR PROFESSIONAL SPA TREATMENTS UTILISE THE PUREST CERTIFIED PRODUCTS WHICH ARE SOURCED LOCALLY. ALL OUR SKINCARE RANGES ARE ENRICHED WITH THERAPEUTIC PLANT OILS AND NATURAL INGREDIENTS. OUR TREATMENTS ARE PRESCRIPTIVE AND ARE DESIGNED TO MAKE YOU LOOK AND FEEL BETTER.



Begin your spa experience with time in the Sauna, Steam or Heated Pool followed by your selected Zen Signature Spa, Face or Body Treatment. Allow us to take care of your needs with our personalised expertise and quality treatments for a truly relaxing and therapeutic experience. Our face and body treatments are designed for both ladies and gentlemen.

ZEN SIGNATURE SPA TREATMENTS

AROMATHERAPY RITUAL FOR LADIES €160

This unique ritual begins with an invigoration body exfoliation which leaves the skin radiant and glowing followed by a soothing aromatherapy massage with aromatic essential oils and a head massage to complete the treatment (2 hours)

GENTLEMENS' TIME OUT €160

An invigorating body exfoliation, followed by a deeply relaxing therapeutic massage and finally a head massage to complete the treatment (2 hours)

All premier packages include 15 minutes relaxation and use of Spa robes and slippers

FACE TREATMENTS

ANTI AGEING FACIAL €110

Rejuvenating for maturing skin (90mins)

HYDRATING FACIAL €75

Nourishing for normal/dry/sensitive skin (55mins)

BALANCE FACIAL €75

Deep cleansing and rebalancing for oily/combo skin (55mins)

REFRESHER FACIAL €45

A mini-facial specifically for your skin type (30mins)

Combine any Facial with a Relaxing Back Massage Add €20

BODY TREATMENTS

SWEDISH BODY MASSAGE €70

Therapeutic traditional European style massage, focusing on specific areas of concern (55mins)

HOT STONE RITUAL €110/€70

A full or half body massage ritual utilising deeply warming and therapeutic basalt stones (80/40mins)

LOMI LOMI MASSAGE €70

Hawaiian massage with flowing soothing rhythmic movements (55mins)

HOLISTIC MASSAGE €70

Full body massage for deep relaxation and stress relief (55mins)

AROMATHERAPY MASSAGE €75

Gentle and soothing with the therapeutic benefits of pure essential oils (55mins)

DEEP TISSUE MASSAGE €80

Targets deep seated tension with firm pressure and specific muscle releasing techniques (50mins)

BACK NECK AND SHOULDER MASSAGE

Relaxing Back Massage (30mins) €40
With Hot Stone (30mins) €50
Deep Tissue Back Massage (30mins) €50

BODY EXFOLIATION €35

Energising lemongrass and apricot kernel body polish leave your skin feeling soft and radiant (25mins)

SHEER BLISS €80

An invigorating back exfoliation followed by a relaxing back, neck, face, head & shoulder massage, finishing with a hot stone foot massage (55mins)

HYDRATING COCOON €95

A moisture replenishing body wrap (55mins)

DETOX REJUVENATOR €95

Detoxifying body envelopment (55mins)

FOOT REFLEXOLOGY €60

A detoxifying and relaxing treatment which stimulates the whole system through massage of specific points on the feet (45mins)

REIKI €60

An energy healing treatment working on the body's own energy field to relax, cleanse and re-balance the body and mind (45mins)

HOPi EAR CANDLING €55

A natural gently cleansing treatment for the ear canal (30mins)

INDIAN HEAD MASSAGE €45

A head massage to focus on balancing the body's energy, eliminating tiredness, alleviate headaches, eye strain, stress and muscle tension (45mins)

PREGNANCY TREATMENTS

RITUAL FOR MOTHER-TO-BE €100

Lighten-up foot and hand treatment followed by Cleanse Your Mind, face neck & shoulder massage (80mins)

PREGNANCY MASSAGE €70

A complete soothing and calming body massage for mums to be (55mins)

BACK, NECK & SHOULDERS €60

A deeply relaxing massage focusing on the areas of most tension (45mins)

CLEANSE YOUR MIND €35

A hypnotic face, neck and shoulder massage to relax and unwind (30mins)

LIGHTEN UP FOOT & HAND TREATMENT €35

Relaxing foot soak with a gentle hand, foot and lower leg massage (25mins)

