



THE HERITAGE  
KILLENARD



DAY SPA PACKAGES





### The Heritage Spa Experience 3-5 hrs

€30

Available all week

€50 *(includes lunch)*

The Heritage Spa Experience is based on the ancient ritual of bathing where the body is heated and then cooled by a series of heat and cooling experiences. The extensive 7,000 sq. ft. area guides your body through a sensory journey with the ultimate aim of inducing deep relaxation.

Begin your journey enjoying our Thermal Spa followed by a light lunch in our Spa Lounge, then laze the afternoon away in our deep relaxation room.

<b>ESPA Time</b>	<b>2 hrs treatment time</b>	<b>€190</b>
Available all week	<b>full day package</b>	<b>€40 (Saturday Supp)</b>

Enjoy the ultimate in luxury with our uniquely personalised Day Spa Package.

Every ESPA treatment commences with a detailed consultation. This allows the therapist to discuss your needs and find the perfect solution for your concerns. A sensory test is incorporated to establish which products are best suited to you, allowing the therapist to totally personalise the treatment to achieve the optimum results:

- Reserve two hours of ESPA time with one of our expert Therapist to allow us to personalise a treatment schedule for your specific concerns.
- Begin your journey enjoying unrestricted access our Thermal Spa
- Followed by your bespoke treatment.
- A light lunch in our Spa Lounge is also included.
- Unlimited use of our Deep Relaxation Room

<b>Midweek Retreat</b>	<b>30 mins treatment time</b>	<b>€80</b>
Monday-Friday	<b>half day package</b>	

Escape into an oasis of calm for some midweek relaxation. Begin your journey enjoying our Thermal Spa. Followed by one of the following treatments:

- Personalised Express Facial
- Muscle melting Back, Neck & Shoulder Massage
- Salt & Oil Body Scrub
- Lift and Firm Eye Treatment
- Shoulder, Neck & Scalp massage with conditioning hair treatment
- A light lunch in our Spa Lounge is also included.

**Midweek Escape** 2 hrs treatment time €140

Monday-Friday **half day package** €160 *(includes lunch)*

The ultimate midweek luxury escape.

Begin your journey relaxing in our Thermal Spa and enjoy the following treatments:

- Salt & Oil Body Scrub
- Tension Relieving Back Massage
- ESPA Personalised Facial

**Urban Escape** 1 hr 20 mins treatment time €120

Monday-Friday **half day package** €140 *(includes lunch)*

Escape the pressures of a hectic lifestyle and enjoy a morning or afternoon indulging in some quality “me” time. Begin your journey enjoying our Thermal Spa. And enjoy the following luxury treatments:

- 40 min Target Massage
- 40min Bespoke Facial

**Sunday Splendour** 1 hr treatment time €90

Sunday only **half day package** €110 *(includes lunch)*

Bookable between 11am-2pm What Sunday's were made for! Ease yourself into a new week with a leisurely afternoon at The Heritage Spa. Begin your journey through our Thermal Spa and choose one of the following treatments:

- Skin Radiance Facial
- Full Body Swedish Massage
- ESPA Body Wrap



**Sprightly Spa**

**1 hr treatment time**

**€85**

Available all week

**half day package**

**€105 (includes lunch)**

Blow off the cobwebs with our rejuvenating active day spa. Begin the day with a refreshing 5km walk through the Laois countryside on our ground lit Walking Track. Unwind afterwards in our Thermal Spa and once you are relaxed enjoy the following treatments:

- Leg and Foot Massage
- Muscle Melting Back, Neck & Shoulder Massage
- Conditioning Hair Treatment



## what to bring

For all treatments we will provide you with a luxury bathrobe, towel and slippers. Swimwear is obligatory in **The Heritage Spa Experience** area at all times.

## the Spa opening times

Spa Treatments:  
10am-8.30pm Mon-Fri, 10am-6.30pm Sat & Sun

The Heritage Spa Experience:  
10am-6.30pm Mon-Sun

## note

We reserve the right to alter prices and modify or discontinue treatments without prior notice to ensure that maximum standards of service and quality are met. All appointment times are subject to change. And all bookings are subject to The Heritage Killenard terms and conditions, which are available on request.

