

Cead Mile Failte

Welcome to our spa, where our luxurious treatment selection combines elements from the land, water and nature to heal, cleanse and refresh with an amazing selection of beauty and holistic treatments to suit both male and female clients. Enter a world of health, harmony, luxury and wellbeing.

We invite you to experience the true meaning of a spa where, in addition to our amazing selection of signature treatments, you may also choose from our Elemis Spa Therapies. Our menu has been carefully developed by a specialised team, with extensive clinical and scientific studies. Elemis Professional Spa Therapies are world renowned for their powerful massage sequences combined with the most dynamic actives available in the world today.

Visit our truly amazing location where the hotel grounds sweep down to the sea to Oysterhaven Bay a sea-inlet on the coast of County Cork, immediately to the East of Kinsale – the start of the Wild Atlantic Way which leads along the Irish West Coast. Our team of professional spa therapists await your visit.

Anna O'Leary



Expert Face & Body Rituals

ELEMIS EXPERT TOUCH NOURISH FACIAL

Enjoy the unforgettable experience of this age defying facial, resulting in a more lifted, radiant youthful appearance after just one treatment. Super-charged, deep cleansing and powerful ultrasonic peel technology eliminates visible pollutants and impurities for an immediately cleaner, brighter complexion.

Treatment time: 40 min
€89

Treatment time: 60 min
€120

ELEMIS EXPERT TOUCH RENEW FACIAL

Hydrate, Lift and Firm.
Improve skin firmness, while reducing the look of lines and wrinkles with our clinically proven formulas and skin – lifting massage techniques. After just one treatment complexion looks supremely hydrated, lifted and firm. The combination of 7 in 1 Light Energy Face Mask will boost skin cell activity making your skin refreshed, revitalized and rejuvenated.

Treatment time: 75min
€145

ELEMIS EXPERT DEEP TISSUE TENSION EASE MASSAGE

Renewed, grounded & focused
Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation, it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

Treatment time 60min
€130

ELEMIS EXPERT TRANSFORMATIVE HOT STONE MASSAGE

Join us on a sensory journey for a complete holistic approach to relaxation. During this unique massage your therapist will utilise soothing oils and warm basalt stones to relax your muscles, mind and soul.

Our experienced therapists will tailor each massage to their guests individual needs: guests experiencing aches and sore muscles will enjoy a hot / cold massage technique – which is proven to soothe aches and pains. It brings refreshing coolness to encourage the body to detox and heal, while also increasing lymph flow and helping to flush out waste.

Treatment time: 60 min €130

Expert Face & Body Rituals

ELEMIS HOT MINERAL BODY BOOST

This powerful massage treatment stimulates every cell in the body, helping to alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness. A soothing, full body massage followed with silky Amber Body Balm.

This balm is especially formulated to promote optimum skin health and is enriched with succinic acid to boost skin function for a renewed and revitalised body.

Treatment time: 60 min
€180

ELEMIS EXPERT PEACEFUL PREGNANCY MASSAGE

Nurture, restore & calm

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics which are safely formulated to be used during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

Treatment time: 60min
€140

ELEMIS 7-IN-1 LIGHT ENERGY FACE MASK

The ELEMIS 7-in-1 Light Energy Face Mask is a non-invasive light therapy used known to boost skin cell activity. 7 Light therapies intensified by infra-red offer a new customised solution for a range of skincare needs. LED technology works by sending energy-producing light into the deepest layers of the skin and is known to boost cellular activity.

25min | Add to your facial €25 | On its own €35



Kinsale Body & Soul Therapies

BACK, NECK & SHOULDER MASSAGE

Our experienced therapists use technical pressure to decrease tissue adhesion. The calming effects that follow a massage due to increased serotonin and dopamine levels also encourage a more peaceful and restful sleep. Whether its pain, stress or anxiety that keep you up at night, a massage can alleviate a number of conditions that could be keeping you from having a good night's sleep.

Total treatment time: 40 min
€79pp

HEAD DESTRESS MASSAGE

Take a deep breath and indulge in a blissful moment with this beautiful head massage. This relaxing 25 min treatment uses a range of massage techniques to destress and promote a sense of wellbeing.

Your therapist will use Elemis signature Frangipani Monoi oil to massage your shoulders, neck and décolleté. Elemis Frangipani Monoi oil is then applied from scalp to roots followed by a tension-draining massage.

This decadent skin and hair oil is used traditionally by Polynesians as a ritual before celebrations. This truly exotic oil is rapidly absorbed providing superior moisturisation while the divine aromatic coconut, frangipani and white flowers scent your skin.

Treatment time: 40 min
€89

FULL BODY MASSAGE

A full-body massage: soft music, low lighting, a feeling of tranquillity—it's bliss.

But what most people don't know is that while you might be in a state of total relaxation your body is going into full activation. A massage stimulates your nervous system; wakes up your muscles, organs, and glands; moves blood and lymph fluid, and gets multitudes of cells to produce and release chemicals and hormones. Your body needs a massage to renew itself and reverse the effects of stress.

Treatment time: 60min
€130

Treatment time: 80min
€149





Mother To Be Packages

MUM TO BE BACK, NECK & SHOULDER MASSAGE

This massage provides the best benefits to women who experience pregnancy related stresses such as back aches, headaches and mental stress. This massage effectively promotes increased circulation and overall relaxation during pregnancy. Your body is continuously adjusting during pregnancy and sometimes needs a little help to nourish and protect the skin during this special time.

Treatment time: 30 min
€79

MUM-TO-BE PREGNANCY PACKAGE

A special combination of 30 min Back, Neck and Shoulder Massage, followed by 30 min Vegan Superfood Nourishing Facial. This facial is designed to adjust the hormonally driven changes of the skin that may occur during pregnancy. Elemis products help the skin to recover from dryness and signs of stress during this special time. Massage is one of the most ancient methods of healing. Hands on manual technique can manipulate blood flow, detoxify acid waste in the tissue and muscles, relax the nerves and assist oxygenating the skin.

Treatment time: 60 min
€140

Spa Packages

SLEEP TIGHT PACKAGE

Treat yourself to the beautiful combination of our Back, Neck & Shoulder Massage followed by Indian Head treatment. This unique combination of both treatments helps you to switch off and put your mind at rest.

Treatment time: 40 min
€79

COUTURE TOUCH PACKAGE

Enjoy the combination of our popular Elemis Expert Touch Nourish Facial and personalised Back, Neck & Shoulder Massage. This is the perfect combination to release tension and restore body, mind and soul.

Treatment time: 60 min
€120

REJUVENATION PACKAGE

Rejuvenate and condition your skin, body and mind with the all-embracing experience of our Hot Oil Back, Neck & Shoulder Massage, followed by your personalised Elemis Expert Touch Nourish Facial, finished off with a relaxing Destress Head Massage.

Treatment time: 70 min
€140

BODY & SOUL SPA PACKAGE

The Elemis Expert Touch Nourish Facial is the ultimate in anti-aging. This lavish experience is a must for a dehydrated, dull or devitalized skin, leaving your skin looking radiant and fresh. We combine powerful ingredients and techniques to help fight the ageing process and loss of elasticity in the skin. This divine facial includes a signature face and décolleté massage including a specialized eye massage to stimulate circulation and muscle tone. Skin is then exfoliated and treated to an application of award-winning Elemis products. The results are outstanding; skin looks plumper, firmer, hydrated, visibly smoother and wonderfully soft. You could call it a facial iron.

This amazing treatment is followed by a Hot Stone Back, Neck & Shoulder Massage. Best described as a thermodynamic treatment. This style of massage combines the use of the heated black basalt stones together with massage, to literally melt away tension. Up to six times deeper than traditional massage. This is the ultimate treatment for those seeking an intensive massage. One of the most relaxing massages, highly recommended cure to insomnia and stress.

Total treatment time 75mins (50min Elemis Expert Touch Nourish Facial & 25min Hot Stone Back, Neck & Shoulder Massage)
€140

Spa Packages

GIRLY AFTERNOON PACKAGE

Discover our customised 30min Back, Neck & Shoulder Massage of your choice* followed by our 30min Elemis Expert Touch Nourish Facial.

*Choose from the following Back, Neck & Shoulder treatments:

30min Hot Stone Massage

or

30min Candle Massage

You will also enjoy our delicious Traditional Afternoon Tea served in our Rockpool Bar & Restaurant

Treatment time: 60 min

€150

ULTIMATE WELLNESS PACKAGE

Discover our Ultimate Wellness tranquil spa retreat tucked away in the heart of Kinsale. This offer includes:

FOR HER:

Full Body Massage 50 min

Elemis Expert Touch Nourish Facial 50 min

€189

FOR HIM:

Full Body Massage 50 min

Elemis Expert Touch Nourish Facial 50 min

€189

ROMANTIC ESCAPE FOR TWO

Escape the stresses of modern life with the one you love at the romantic Kinsale Hotel & Spa. This package includes Back, Neck & Shoulder Candle Massage, followed by our popular Destress Head Massage and Elemis Expert Touch Nourish Facial. To finish off this perfect couple's retreat enjoy your delicious Traditional Afternoon Tea served in our Rockpool Bar & Restaurant.

Treatment time: 70 min

€330 for two guests



Designed by Anna

FIRE AND ICE THERAPEUTIC MASSAGE

The hot stones help warm up muscles which reduces aches, use of the cold stones helps injury recovery, aiding reduction in inflammation, pain and swelling. Use of the stones helps to get deeper into the muscles where needed. One obvious benefit of cooling your body using cold stones is alleviating discomfort associated with high body temperatures and hot flashes. Beyond that, there are therapeutic benefits for a variety of other conditions.

Treatment time: 40min €79
Treatment time: 60min €130

BODY NECTAR WRAP

The velvety texture of the Monoi Oil offers super hydration, quenching a thirsty skin. Aromatic oil is applied using sweeping strokes with attention paid to any particularly parched areas. Your body is kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. This unforgettable treatment will be finished off with a Full Body Massage to relax, hydrate and detox the body.

Treatment time 60min
€99

CANDLE MASSAGE

The heat exuded from the candle wax, followed by gentle movements by our therapist aims to immediately unwind the body and soul, helps to promote blood and lymphatic circulation which relaxes the muscles.

Treatment time: 60 min
€130

CLEANSING SALT SCRUB

This body polishing treatment commences with dry body brushing to help stimulate blood circulation and aid exfoliation, followed by vigorous application of lime & ginger infused salt scrub. Mineral-rich sea salt and lime peel cleanse and exfoliate, whilst an infusion of bergamot, coconut and sweet almond oils seal in moisture, leaving you with velvety soft invigorated skin. This beautiful treatment is followed with our Detox Body Massage - a form of deep tissue massage therapy that focuses on the body's muscle tissue, lymphatic system, and mental situation.

Treatment time 60min
€99

BLISSFUL ESCAPE

Mineral-rich salts and hibiscus cleanse and exfoliate, whilst an infusion of exotic Tahitian Minoi oil and Frangipani flowers seal in moisture. The indulgent formula melts on contact and leaves skin beautifully smooth, soft and supple. Your skin is ready to rejuvenate and is ready for intensely moisturising body wrap. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. Your body is kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. Finish off with a relaxing massage that will blow away all your senses.

Treatment Time: 90min
€160

Spa Wellness Membership

We have created a wellness membership to allow you to escape, relax and rejuvenate.

In one month, you can book your four appointments, with treatments enjoyed Monday to Thursday, giving you the opportunity to discover the ultimate haven of tranquillity. This membership is designed for our regular customers to be able to look after their skin, guide their skin care routine, also helping to motivate them into keeping fit.

Don't hesitate, start your beauty regime today!

Wellness Membership (Mon – Thurs)

- 1 Month €90
- 2 Months €150
- 3 Months €250

This membership includes 4 appointments per month:

1. Elemis Expert Touch Nourish Facial (25min)
2. Eye Combo (eyelash, eyebrow tint and shape)
3. 1 Pass Fitness Class
4. Elemis Expert Tech LED Mask Light Treatment (25min)

Spa Wellness Day

Our Wellness Day has been created to give you the opportunity to focus on self-care and wellness in tranquil surroundings. Our experienced team will ensure you leave feeling refreshed, revitalized and full of energy, motivated for a new week.

Engage and activate your muscles by starting off your day with fitness classes such as tabata, abs workout and aqua aerobics, allow your troubles to melt away with meditative yoga or pilates*. Enjoy delicious healthy lunch served in our Rockpool Restaurant, lovingly prepared by our culinary team. Finish off your day by indulging in our pampering Sleep Tight spa package including a beautiful combination of our Back, Neck & Shoulder Massage, followed by Destress Head Massage, this unique package will help you switch off and put your mind at rest after an action-packed day.

*Activities vary by date

To enquire about our next Wellness Day contact our Spa

Spa Etiquette

Arriving

Spa treatments must be booked and confirmed with the spa prior to arrival by the guest.

We advise you to arrive at least 15 minutes prior to your treatment time; you will need to complete a consultation form, change your clothing (into our robe & slippers) in our Spa changing room and unwind for a few minutes in our Relaxation Suite before starting your unforgettable journey in our Spa.

Being Late

Please be aware that late arrivals will not receive an extension to their treatment but full charge will be incurred.

Cancellation Policy

To secure your booking please call our Spa in the suitable time to provide credit/debit card details.

Spa treatments can be amended or cancelled at no extra charge up to 48 hours before your scheduled treatment. For groups bookings can be cancelled up to 72 hours in advance of your treatment without cancellation fee. For big groups (more than 7) cancellation has to be done 7 days prior booking. No show will incur a fee of 100% charge of the booking value. Individual and couples' bookings cancelled within 48 hours will incur a fee of 50% charge of their booking value. Group bookings will incur 50% booking value cancellation fee if cancelled within 72 hours.

Payment

We accept cash and all credit cards, debit cards, vouchers. If you are a hotel resident, it may be possible to charge your treatments to your room.

Age Restriction

Guests must be over 18 years old for facial treatments and over the age 18 years old for massage and body treatments.

Dressing Code

In our changing room you will find our Spa robes and slippers to help you feel comfortable whilst moving throughout the Spa and Leisure Club facilities during your time with us. Our Spa team provide disposable underwear for your convenience; however, you are also welcome to wear your personal underwear whilst with us. If you intend on using our swimming facilities during your visit, please remember to bring your own bathing suit and swim suit as these will not be provided. We can encourage you to bring your own dressing gown if you feel more comfortable.

Special Conditions

If you suffer from any medical conditions, we advise that you consult your doctor before booking any treatments. You will be asked to complete a confidential questionnaire before your treatment commences. If you have any concerns, please let us know.