



ESPA  
— AT THE —  
EUROPE

TREATMENTS





WELCOME TO

## ESPA at The Europe - an exclusive ESPA spa

Originating in leading luxury spas and guided by a holistic philosophy, renowned spa and skincare brand ESPA has spent over 20 years caring for your whole wellbeing. Their naturally advanced range of nourishing, restorative products and treatments unite plant extracts, marine actives and essential oils with the expert hands of highly trained therapists to deliver instantly visible and long term results for beautifully healthy skin and spirit.

There couldn't be a more perfect environment to experience ESPA than here at The Europe Hotel & Resort. As the stunning surroundings of our unique spa combine with Lough Léin's beauty and serenity to capture your heart and mind, let these outstanding spa treatments and products transport you to a place of enlightenment, peace and rejuvenation.

Wishing you a wonderful experience with us.

# FULL DAY SPA RITUALS

The Full Day Spa Rituals begin with use of the Spa and Active Level Facilities. You are encouraged to arrive 60 minutes prior to your treatment time to enjoy our facilities which include Thermal Suites, Indoor Swimming Pool, Indoor & Outdoor Vitality Pools, Salt Water Pool, Lifestyle Showers, Ice Fountain and many Relaxation Areas. To complete your full day ritual, a healthy lunch will be served in Riva, our Mediterranean restaurant located on The Active Level.

Each treatment experience will commence with a personalised consultation with your ESPA therapist including a cleansing foot ritual.

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## TOTAL BALANCE 2 Hours 45 Minutes

A calming, soothing journey designed specifically to achieve ultimate relaxation and tranquillity.

- Salt & Oil Reviver
- Inner Calm Massage
- Inner Beauty Facial

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## BODY DETOX 3 Hours 15 Minutes

A luxurious experience created to cleanse, purify and detoxify mind and body.

- Detoxifier Ultimate Body Envelopment
- Inner Calm Massage
- Inner Beauty Facial including Eye Massage

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## PURELY HOLISITC 3 Hours 30 Minutes

Achieve ultimate tranquillity and a deep sense of relaxation with this powerful combination of advanced treatments.

- Harmonising Ayurvedic Ritual
- Inner Beauty Facial

# HALF DAY SPA RITUALS

The Half Day Spa Rituals begin with use of the Spa & Active Level Facilities. You are encouraged to arrive 60 minutes prior to your treatment time to enjoy our facilities which include Thermal Suites, Indoor Swimming Pool, Indoor & Outdoor Vitality Pools, Salt Water Pool, Ice Fountain, Lifestyle Showers and many Relaxation Areas. To complete your half day ritual, a healthy lunch will be served in Riva, our Mediterranean restaurant located on The Active Level.

Each treatment experience will commence with a personalised consultation with your ESPA therapist including a cleansing foot ritual.

Select from one of the following rituals:

## **2 Hours 15 Minutes**

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### THE ESPA MUSCLE RELAXER

- Deep Muscle Massage
- Inner Beauty Facial

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### THE ESPA BODY TONER

- Body Toner Envelopment
- Inner Calm Massage

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### THE ESPA ENERGY BOOSTER

- Salt & Oil Reviver Full Body
- Inner Calm Massage (80 minute massage)

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### THE ESPA DETOXIFIER

- Inner Calm Massage
- Detoxifying Body Envelopment

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### THE ESPA STRESS RELIEVER

- Inner Calm Massage
- Inner Beauty Facial

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### MANKIND

- Deep Cleansing Facial, Shoulder & Scalp Massage
  - Deep Muscle Massage
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All massages are for the duration of 50 minutes except for the Energy Booster Ritual.



# THE TREATMENTS



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# Holistic Energiser with Hot Stones

2 Hours

Melt away tension as you bring body and mind back into harmonious balance with this indulgent holistic ritual.

Body brushing and exfoliation first unveil fresh, smooth skin. An indulgent and highly tailored massage follows using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles before a comforting scalp massage and gentle stretching allows you to relax and unwind.

- Includes:
- Personal Consultation
  - Full Body Salt & Oil Exfoliation
  - Full Body Massage with Hot Stones
  - Scalp Massage

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# Reviving Back, Face & Scalp Treatment with Hot Stones

Hero Treatment - 2 Hours

Unravel tension, instantly boost your complexion and relax your body and mind with our most renowned treatment.

Massage targets key areas of stress and tension before a revolutionary, results-focused facial is tailored to your skin's unique needs. To finish, a skilled, stress-reducing scalp massage revives and recharges – you'll emerge restored, de-stressed and radiant.

- Includes:
- Foot Ritual
  - Back Exfoliation
  - Back Massage with Hot Stones
  - Inner Calm Facial
  - Scalp Massage

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# ESPA Ayurvedic Inspired Rituals

## HARMONISING AYURVEDIC RITUAL

2 Hours 15 Minutes

Rediscover your innate ability to unwind, as the ancient holistic wisdom of Ayurveda restores your mind and body back to balance.

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PITTA PACIFIER  
Cooling, calming and soothing

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KAPHA STIMULATOR  
Energising, balancing and purifying

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VATA COMFORTER  
Nourishing, hydrating and replenishing

- Includes:
- Foot Ritual
  - Full Body Brush & Exfoliation
  - Wrap using Detoxifying Algae or Restorative Marine Mud
  - Dosa Specific Massage with Ayurvedic Oils & Hot Stones
  - Scalp Massage



# Private Spa Suite

Price per couple - 2 hours minimum

Designed with total privacy and luxury, the Private Spa Suite offers a truly unique experience, with spectacular views of Lough Léin and the MacGillycuddy's Reeks mountain range. The suite has been exquisitely designed to include a double bath, steam shower, sauna, private changing room, relaxation area and a generous changing room.

These opulent facilities offer shared escapism for two and incorporate an hour of relaxation time to enjoy the surroundings prior to your treatments commencing.

You can enhance your spa experience by increasing your treatment time, allowing us to tailor your experience to your needs. Any combination of treatment experiences can be enjoyed in the Private Spa Suite with a minimum treatment time of one hour per person. Please contact our ESPA Reception Team for guidance and assistance in creating your ideal Private Spa Suite experience.









# ESPA FACIALS



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**INNER BEAUTY FACIAL**  
**60 minutes**

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful and inner calm is blissfully restored.

- Includes:
- Triple Cleanse with Exfoliation
  - Skin Analysis with Skin Vision™ Lamp
  - Facial Massage
  - Personalised Mask
  - Scalp Massage

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**ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL**  
**60 Minutes**

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steam, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

- Includes:
- Skin Analysis with Skin Vision™ Lamp
  - Cleanse & Exfoliation (including Foreo) Steam
  - Gua Sha Facial Massage
  - Double Mask
  - Hand & Arm Gua Sha Massage

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**ESPA NATURAL FACE LIFT**  
**90 Minutes**

Reveal visibly resilient, healthy-looking, youthful skin.

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

- Includes:
- Double Cleanse including Exfoliation
  - Skin Analysis with Skin Vision™ Lamp
  - Japanese Kobido Inspired Facial Massage
  - Stimulating Jade Rollers
  - Sculpting & Lifting Massage Techniques
  - Lifting & Smoothing Mask
  - Scalp Massage



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**LED + NANO-DERMABRASION ACTIVE NUTRIENTS FACIAL**  
**60 Minutes**

Restore radiance, refreshing your skin and mind to glow with vitality.

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, nourishing your skin and your mind to glow with vitality.

Dull, lethargic complexions are brightened and refreshed with the advanced Nano-Dermabrasion and LED which smooth the skin's surface and renew it from a cellular level. Concentrating on your face, neck, décolleté and scalp to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

- Includes:
- Cleanse & Exfoliation with Nano Dermabrasion
  - Skin Analysis with Skin Vision™ Lamp
  - Light Salon Enzymatic Mask with Scalp Massage
  - Light Salon LED Light Treatment with Hand & Arm Massage
  - Facial Massage
  - Active Nutrients Finishing Products

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**ESPA EYE LIFT**  
**15 Minutes**

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

- Includes:
- Skin Analysis with Skin Vision™ Lamp
  - Cleanse
  - Exfoliation to Face & Eye Contour
  - Eye Contour Massage
  - Firming Eye Mask

**Only available as an add-on, cannot be booked as an independent treatment.**

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**LED LIGHT TREATMENT**  
**15 Minutes**

Designed to enhance your skin's own natural rejuvenation process and complement ESPA's naturally powerful formulations, the LED Light Treatment produces clinically proven results for a profound improvement in the skin's appearance, texture and tone.

**Only available as an add-on, cannot be booked as an independent treatment.**

# BODY TREATMENTS





# ESPA Ultimate Body Envelopment

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Entirely tailored to your needs, this luxurious and deeply effective total body ritual combines body exfoliation with a results-focused wrap and reviving scalp massage to nourish the skin and indulge you from head to toe.

Choose from the options on the subsequent page:  
**1 Hour 15 Minutes**



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## DETOXIFIER

Using Detoxifying Body Oil blended with warmed Marine Algae to help improve circulation and speed up the elimination of toxins.

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## BODY TONER

A luxury way to help restore skin tonicity, ideal after weight loss or pregnancy; deeply nurturing and moisturising.

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## SKIN HYDRATOR

Using Restorative Body Oil and Marine Mud, this deeply nourishing wrap brings true re-hydration to dry skin.

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## MUSCLE RELAXER

Using Fitness Body Oil and Marine Mud, this warming wrap helps to soothe tired muscles and alleviate tension.

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## IMMUNE BOOSTER

From a blend of three types of Eucalyptus Oil comes Resistance Body Oil combined with Marine Algae in this stimulating wrap which is ideal when resistance is low.

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## STRESS RELIEVER

Stress comes in many forms but this comforting, warming, tension relieving wrap will restore balance and bring deep relaxation to body, mind and spirit.

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## ENERGY BOOSTER

Marine Algae combines perfectly with a refreshing uplifting blend of essential oils to re-establish a sense of well-being and inspired energy.

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## THE JET LAG ELIMINATOR

Travelling through time zones can disturb your body's natural rhythm. This wrap uses powerful aromatherapy oils to help reset your body clock; soothing and relaxing to induce sleep or revitalising and energising to leave you feeling fresh and alert.

# ESPA Essential Body Massage

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## ESPA INNER CALM MASSAGE 50/80 Minutes

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes:

- Breathwork
- Full Body Aromatherapy Massage
- Scalp Massage with Rose Quartz Crystals

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## ESPA DEEP MUSCLE MASSAGE 50/80 Minutes

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. This massage leaves you feeling stronger and more energised.

Includes:

- Targeted Massage with or without Hot Stones focusing on areas of concern
- Scalp Massage

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## ESPA MINDFUL MASSAGE 80 Minutes

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes:

- Breathwork & Visualisation
- Massage to Metamorphic Zones of the Feet
- Full Body Massage
- Scalp Massage with Warm Rose Quartz Crystals

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## ESPA SLEEP RITUAL 80 Minutes

The definitive answer to a truly blissful night's sleep. Quieten your mind and release physical tension and emotional anxieties with this tailor-made experience. Returning mind and body to a perfect balance, guided breathing and visualisation combine with deeply therapeutic massage to help clear the mind and enable you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

Includes:

- Breathing & Visualisation Techniques
- Full Body Massage with Hot Stones
- Therapeutic Scalp Massage

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## ESPA SALT & OIL SCRUB 25 Minutes

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes:

- Skin Brush
- Salt & Oil Full Body Exfoliation

Only available as an add-on, cannot be booked as an independent treatment.



# ESPA Body Experiences

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## RELAX & REFLECT 90 Minutes

Escape stress and strain with this targeted restorative treatment.

Focusing on tight or tired areas across the back, neck, legs and feet, a hot stone massage first warms muscles and releases tension, before fatigued legs and feet are enveloped in wax to restore energy. A deeply relaxing scalp massage completes this soothing treatment.

- Includes:
- Foot Soak
  - Back Massage with Hot Stones
  - Lower Leg & Foot Paraffin Wax Treatment & Massage
  - Scalp Massage
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## ACTIVE ABDOMINAL DETOX 60 Minutes

A highly effective stomach treatment ideal for those with stomach bloating, who feel sluggish, tired or just want to enhance their stomach tone. Specialised massage techniques combined with detoxifying products to help cleanse and purify the colon.

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## DEEP CLEANSING BACK TREATMENT 60 Minutes

Refresh and renew body and mind with this stress-relieving back treatment.

Deep cleansing and exfoliation across the back combine with an aromatherapy and warming marine mud mask to purify and refine skin. While the back mask takes effect, tension or fatigue in the back of the legs is released with targeted massage.

- Includes:
- Back Exfoliation
  - Back Massage & Mask
  - Leg Massage



# ESPA TREATMENTS FOR MEN

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## REVIVING FACIAL

**90 Minutes**

Purify, smooth and energise skin with this invigorating facial treatment. Ideal 'the morning after the night before', it deeply cleanses and stimulates the complexion by removing dull, dead cells and boosting cell regeneration, while personalised massage with cool Rose Quartz Crystals leaves skin toned and supple.

Includes:

- Brush Cleanse using Foreo
  - Facial Cleanse
  - Age-Defying Rose Quartz Crystal Massage
  - Professional Lifting & Smoothing Mask
  - Intensive Facial Serum
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## MEN'S DEEP CLEANSING FACIAL

**60 Minutes**

Clear, cool and balance the complexion with this refining facial. Whatever your skincare needs, naturally advanced products and a tailored facial massage are selected to hydrate, calm or reawaken skin. A clarifying scrub clears congested pores before a specialised mask draws out impurities, leaving you looking and feeling ready for anything.

Includes:

- Double Cleanse
  - Exfoliation
  - Facial Massage
  - Mask
  - Scalp Massage
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## GENTLEMAN'S TONIC

**80 Minutes**

Re-energise tired, aching backs, feet and legs after a hard day. Feet are first treated to a soothing soak and scrub before the legs and feet are massaged with a pure essential oil blend and enveloped in warm wax. A deeply restorative massage with hot stones next eases tension across the back before an oriental-inspired head massage completes this relaxing treatment.

Includes:

- Foot Soak
- Hot Stone Back Massage
- Leg & Foot Massage
- Paraffin Envelopment
- Scalp Massage



# ESPA MATERNITY

Your ESPA therapist will decide which treatments are safe for you throughout your pregnancy, however as a general rule ESPA maternity massage and ESPA pre-natal treatments can be enjoyed throughout your pregnancy after the first trimester.

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## ESPA PRE AND POST NATAL RESTORE

**80 Minutes**

Support your body at this precious time with a soothing yet highly effective treatment that delivers total relaxation and maximum results. Nourishing formulas combine with expert massage techniques, helping to smooth and even skin tone while melting away tension. Suitable from the second pregnancy trimester and after birth or surgery.

Includes:

- Back Exfoliation (optional)
  - Focused Body Massage
  - Scalp Massage
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## MATERNITY MASSAGE

**50 Minutes**

A relaxing full body massage to help improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy. This massage is ideal to relax and relieve tension when shifts in posture cause muscles to tighten and feel uncomfortable.

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## LIGHTER LEGS

**50 Minutes**

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalizing treatment. A relaxing foot ritual cleanses and smooths the feet and lower legs before they are treated to a rejuvenating massage with pure jojoba and sweet almond oils and enveloped in a cooling yet deeply nourishing moisturiser.

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## NEW BEGINNINGS

**3 Hours 30 Minutes**

Relax and enjoy a totally caring Full Day Spa Ritual. This nourishing collection of treatments leaves your skin soft and hydrated. Your ritual will commence with a full consultation with your specialised therapist who will respond to the needs of your body. This ritual includes a delicious two course lunch in our Mediterranean restaurant, Riva at The Europe which is located on The Active Level.

Includes:

- Pre & Post Natal Treatment
- Inner Beauty Facial
- Essential Pedicure

# ESPA FINISHING TOUCHES

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## ULTIMATE HOT STONE PEDICURE

**60 Minutes**

This deeply nourishing treatment restores softness, beauty and energy to overworked feet.

A soothing soak first prepares and smooths legs and feet. Detailed cuticle work along with nail shaping and a foot scrub before they are massaged with an aromatherapy oil blend. You have a choice of a deeply nourishing warm paraffin wax treatment to ease areas of tension or a nail polish of your choice.

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## ULTIMATE HOT STONE MANICURE

**60 Minutes**

A relaxing arm, hand and nail treatment including a gentle skin polish, cuticle work and a therapeutic massage using aromatherapy oils and hot stones.

Hands and nails are then treated to a warm envelopment of paraffin wax to intensively nourish or if preferred nails are painted to achieve that polished finish.



ESPA at The Europe



# FITNESS

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## FITNESS ASSESSMENT

### 60 Minutes

Let our qualified Fitness Instructors assess your current physical wellbeing. They will measure your blood pressure, heart rate, lung capacity and conduct a complete analysis of all aspects of your wellbeing.

Receive advice on areas to address and guidance on sensible corrective steps to improve your level of fitness. This will include a tailored programme of exercise personalised for you and your lifestyle. After one session, you can expect to be comfortable training within the gym environment within safe boundaries. For further progression, Personal Training will be recommended.

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## PERSONAL TRAINING

### 60 Minutes

Need a little more from your workout? Let our Instructors review your routine and help you achieve new goals. Whether you exercise regularly or require a helping hand to lead you back into the gym, our team will ensure that you are exercising safely and with a purpose.

If you are looking for specific improvements or as part of a weight management programme there is no more effective way to improve your level of fitness. Working on your core stability, flexibility and using the latest techniques and elements, you will see and feel the difference. Nutritional and home lifestyle advice can form part of a course of Personal Training, where longer term stability of body and mind can be worked upon.

# THE SPA

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## SPA ARRIVAL

You are encouraged to arrive 60 minutes prior to your treatment reservation to enable you to enjoy the full use of the exclusive facilities on the Spa Level. Please be aware that late arrivals will not receive an extension to their treatment.

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## SPA FACILITIES

The Spa Level Facilities include; separate Male and Female Areas with an Outdoor Vitality Pool, Thermal Suite with Steam Room, Sauna, Ice Fountain, Lifestyle Showers, Heated Loungers, Relaxation Rooms and the beautifully designed Private Spa Suite.

The Private Spa Suite can be reserved to enhance your spa experience, subject to availability.

The Active Level Facilities are complimentary to hotel residents. Spa guests on Full and Half Day Rituals have access to The Active Level Facilities during their visit.

The Active Level Facilities include Male & Female Changing Areas, Indoor Pool with Infinity Edge, Indoor & Outdoor Vitality Pool, Unisex Thermal Suite with Steam Room, Sauna, Saltwater Pool, Ice Fountain & Lifestyle Showers and a Mediterranean restaurant, Riva at The Europe.

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## SPA TREATMENTS

Spa Treatments, Full & Half Day Spa Rituals are available for all guests, subject to availability.

To ensure your preferred time and treatments are available we recommend advanced booking.



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## SPA GIFT VOUCHERS

ESPA at The Europe Gift Vouchers are beautifully presented and are perfect for any occasion.

Gift Vouchers are available to purchase for any Spa Treatment, Full or Half Day Rituals and Retail Products. If you prefer the recipient to select a treatment of their choice, a monetary value gift voucher can also be purchased.

Gift Vouchers can be purchased online at [theeurope.com](http://theeurope.com) or with our ESPA Reception Team on +353 (0)64 66 71333 who will be delighted to assist.

Our Gift Vouchers are non-refundable and must be presented at the time of use.

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## SPA ETIQUETTE

- Our spa environment is one of tranquillity and relaxation. Please respect all spa guests right to privacy and serenity and do not use mobile phones or electronic devices within the spa.
  - Smoking and vaping is prohibited throughout the spa.
  - For your comfort we will provide you with a luxurious robe, towels and all amenities required for use during your visit.
  - A bathing suit is required if you wish to use our Spa & Active Level Facilities.
  - Hotel guests may wish to arrive for their treatment in their bedroom robe to help with their continued relaxation.
  - The minimum age requirement for access into the spa and to experience treatments is 16 years.
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## HEALTH CONDITION

Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your spa reservation.

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## PREGNANCY

We have specially designed treatments for expectant and nursing mothers. Please allow our ESPA Team to guide you in selecting which treatments are most suitable for you during this special time.

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## HOMECARE

To continue your spa regime and experience at home, the ESPA Products used during treatments are available to purchase at our Spa Reception. Our ESPA Team will advise on the most suitable products for your needs.

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## CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment, ritual or programme not cancelled at least 24 hours prior to the appointment time. Cancellations within 24 hours will incur a 100% charge.

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## SPA SCHEDULING

To schedule an appointment for the perfect treatment journey, please contact our ESPA Reception Team who will be delighted to assist with reserving the right choice for you. To ensure your preferred time & treatment, please book in advance to avoid disappointment. Hotel residents can dial 0 on their in-room telephone.

Tel: +353 (0)64 66 71333  
Email: [espa@theeurope.com](mailto:espa@theeurope.com)  
Web: [www.theeurope.com](http://www.theeurope.com)  
Address: Fossa, Killarney, Co. Kerry, V93 KHN6

**Please note treatment reservations cannot be confirmed without a credit card.**





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