

Wellness

THE TREATMENT ROOM AT THE LAKE HOTEL PROVIDES YET ANOTHER OPPORTUNITY TO RELAX AND UNWIND WHILST STAYING WITH US.



RELAX IN THE TREATMENT ROOM

LAKE HOTEL FITNESS CENTRE

At The Lake Hotel, despite having unparalleled jogging and exercise space just beyond our doors and the 25,000 National Park adjacent to our property, we offer a fully equipped fitness centre and gym. Located on the ground floor and looking out across the lawn, past the hot tub to the lakes and mountains, we hope this view will take your mind off the exercises ahead.



This room is located beside the Lake Hotel Fitness Centre on the ground floor of the hotel and therefore enjoys the peace and tranquillity of being on the lake shore. A range of relaxing, revitalising and therapeutic face and body treatments are available from our experienced and friendly therapists.

A full list of all treatments is available in our Wellness Centre Brochure. We recommend booking treatments as far in advance as possible.

To check availability for a treatment please contact us by email or phone and we will be happy to help you. Reservations are subject to availability.

CONTACT
RECEPTION
DIAL 0

FACIAL TREATMENTS

SUBLIME ACTIVE LIFT FACIAL

(80 minutes) €95

This luxurious facial is designed for aged/prematurely ageing skin. All products are specifically designed to penetrate deep into the skin restoring collagen levels and leaving the skin replenished with nutrients. It also helps with rebalancing and tightening of the skin leaving your skin feeling rejuvenated and radiant.

SIGNATURE FACIAL

(60 minutes) €80

This tailor made facial is designed to suit all skin types and is tailored to suit each individual. After a thorough consultation, your therapist will choose suitable products to suit your skins specific needs. This will leave the skin smooth and rejuvenated.

HYDRAMEMORY FACIAL

(60 minutes) €80

A deeply hydrating anti-oxidant treatment. It leaves the skin hydrated and silky, restoring the skins compactness, nourishment and luminosity. Contrasts dehydration and premature ageing. It offers a unique and very pleasurable experience, thanks to the specific application of the mask alongside comfort touch face massage.

SKIN REGIME

(60 minutes) €80

An urban every day treatment that gives an immediate and even appearance. It purifies and balances the skin leaving it fresh and toned. Designed for oily/combination skin with signs of ageing.

SACRED NATURE

(60 minutes) €80

Fragile skin needs special attention. This relaxing facial of pure bliss is designed for tired/stressed and sensitive skins. Thanks to biocertified Ecocert™ formulas, rich of Buriti Oil and Butterfly Bush Extract the skin is left feeling nourished and hydrated while the mind is left clear and relaxed.

REFRESHER FACIAL

(30 minutes) €45

If your skin is in need of maintenance or an instant pick me up, this is ideal for you. Tailored to adapt to each individual skin type, this treatment will leave you feeling fresh and revived.

(All facials are tailored for females and males. All facials are suitable for pregnancy from 14 weeks)

BODY TREATMENTS

SEA BUCKTHORN PEELING

Back Scrub (30 minutes) €40 | Full Body (60 minutes) €70

This body peeling treatment cleanses the skin, removing dull skin cells and refines the skins texture, helping the skin to maintain optimum hydration. Formulated using sea buckthorn oil, a source rich in Vitamins, this oil helps in the prevention of premature aging and will leave the skin feeling revitalised and smooth.

COCONUT AND LIME SCRUB

Back scrub (30 minutes) €40 | Full Body (60 minutes) €70

This is designed to smooth the skin and relax the mind. An invigorating body scrub for those difficult to reach areas. Suitable for all skin types and acne prone skin. A revitalising exfoliating scrub following by soothing moisturiser.

SEA BUCKTHORN HAND AND FEET SPA

(60 minutes) €70

The power of massage therapy combined with the vitamin and omega rich sea buckthorn oil will help nourish and hydrate the skin, resulting in the skin feeling rejuvenated and smoother. The hand & feet spa treatment improves circulation, relieves stress and fatigue. This treatment also includes a shea butter mask for healthier, younger looking skin.

MASSAGE

FULL BODY SWEDISH MASSAGE

(60 minutes) €85

This massage involves techniques which are used to relax the entire body. It also enhances circulation by using firm yet gentle strokes along with some kneading to specific muscle groups. It has great health benefits beyond the day of your treatment helping to alleviate muscular pain and helping to remove toxins.

DRIFT AND MELT AWAY FULL BODY MASSAGE

(60 minutes) €85

This deeply relaxing full body massage uses the power of essential oils to clear the mind and relax the muscles. It involves long palm strokes and blended massage techniques. This treatment is ideal for anyone who has difficulty sleeping and can help in the recovery of jetlag.

HOT STONE MASSAGE

(60 minutes) €95

This deeply relaxing massage is a real treat for anyone seeking to unwind and de-stress. Hot smooth stones are used all over the body which aids flow of energy and relaxes the muscles.

Not suitable for anyone with high blood pressure, pregnancy, diabetes, heart conditions or on blood thinning medication.

WARM BAMBOO MASSAGE

(60 minutes) €85

Using heated bamboo to roll and knead the tissue, this innovative treatment creates an extreme sensation of relaxation and well-being. The use of bamboo allows for a firmer massage, releasing tension in larger muscles. This treatment reduces neck/back pain and stiffness and increases flexibility.

BACK, NECK AND SHOULDER MASSAGE

(30 minutes) €50

Whether you are looking for tension relief or simple relaxation, this treatment will leave you feeling revitalised and rejuvenated. A mixture of palming and thumbing techniques with blended massage will help you relax and revive tense, tired muscles.

WALKERS MASSAGE

(30 minutes) €45 (foot and lower leg)

If you have been enjoying the many wonderful sights and attractions Killarney has to offer, this has no doubt taken its toll on your tired legs and feet. Relax and refuel with this luxurious foot and lower OR full leg massage.

INDIAN HEAD MASSAGE

(45 minutes) €65

Incorporates neck and shoulders. This relaxing treatment focuses solely on releasing tension and stress while also working on key pressure points. It is ideal for anyone experiencing headaches, tension, sinus or simply a need to unwind. This treatment is suitable for pregnancy from 14 weeks.

EYEBROW TINT (15 minutes) €10

EYELASH TINT (15 minutes) €10

EYEBROW SHAPE (15/20 minutes) €10 Tweezing only

EYEBROW COMBO (30 minutes) €25

NOURISHING HAIR TREATMENT

(45 minutes) €55

Designed to help those with dry, damaged or coloured hair. Using Fito Spa's Luxury Beauty Oil enriched with sea buckthorn oil and Vitamin E, this treatment nourishes and regenerates damaged scalps while stimulating hair growth and repair.

- Reservations are subject to availability.
- Please be considerate to other treatment room users, take this time to switch off. Please do not bring your mobile phone into the treatment room.
- Gift vouchers are available for any treatment or product, they are non-transferable and non-refundable.
- If you have any health conditions, you are obliged to make your therapist aware of this before treatments.
- We recommend no valuables be brought to the treatment room, management accepts no responsibility for the loss of any money or valuables brought to treatments.
- We accept payment in cash, major credit cards & room charges.
- At least 24 hours' notice must be given to cancel a treatment. Otherwise, the following cancellation fees are applicable; a 50% cancellation fee will apply to cancellations made within 24 hours and clients cancelling within 12 hours of their treatments will be charged in full for their treatments.
- A credit or debit card is required to secure treatment bookings.
- Please make your way to the wellness centre 10 minutes prior to your treatment to ensure your treatment begins on time. Due to high demand, treatments will be shortened in the case of late arrival.

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Open your curtains to this...

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Bedrooms at THE LAKE

WOODLAND ROOM

The Woodland Rooms are quiet, comfortable rooms located in the original building of the hotel and thus have retained the hotels old world charm and appeal. The standard rooms overlook the front and entrance of the hotel where the wild deer can be seen roaming frequently, particularly in the early morning or evening time. The Woodland Rooms offer a double or twin bed configuration.

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LAKE VIEW ROOM

Many of the Lake View rooms are located in the original hotel building which was built in 1820 and therefore delightful period features such as high ceilings and balconies add to our guests' enjoyment of the space. These rooms also ensure that relaxation is paramount during a stay at The Lake Hotel. All Lake view rooms overlook the stunning vista of Killarney's Lower Lake and National Park, a truly breathtaking sight to greet you each morning and evening.

As the hotel has had several extensions added over the decades, the rooms within this category type can vary in size, layout and bed configuration. A selection of the Lake View rooms have twin beds, double beds or four poster beds and others have a balcony thus offering the opportunity to absorb the tranquility of this unique setting. If you wish to request a room with any particular features or layout, please mention this when making your reservation.

DELUXE LAKE VIEW ROOMS

Deluxe rooms look out onto the hotel lawn, the ruins of the 12th century McCarthy Mor Castle, which is floodlit at night, and of course the Lakes of Killarney. An additional seating area in each room as well as a balcony * with outdoor seating allows for ample space to lounge and relax whilst also enjoying the famous views no matter what the weather.

*The majority of deluxe rooms have balconies but not all. Please let us know if you would rather a balcony and we will note this on your reservation details.



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REST, SLEEP, DREAM...
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