# BALLYKISTEEN BEAUTY & TREATMENT ROOMS

Restoration, Rooted in the Golden Vale.

# WELCOME

## Grounded in the Soil. Washed in the Stream.

Step into a sanctuary where the outside world softens. Inspired by the mist-shrouded peaks of the Galtee Mountains and the rich, fertile lowlands of the Golden Vale, Ballykisteen Beauty & Treatment Rooms offer a tribute to the healing power of the Tipperary countryside.

We combine modern skincare expertise with the calming, timeless rhythm of our local landscape. Here, every treatment is an invitation to slow down, breathe deeply, and reconnect.

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# SPA ETIQUETTE

**Please arrive 10 minutes before your appointment.**

Our spa is a peaceful retreat designed for total relaxation and an escape from the outside world. To help maintain this calm atmosphere, we kindly ask guests to keep noise to a minimum, ensure mobile phones are kept on silent and stored in your bag. Spa guests can also enjoy access to the pool, steam room, and sauna. Our Spa is open to hotel guests and non-guests alike, Everyone over 16yrs are welcome in the spa.

## Booking & Cancellation

Advance booking is recommended, and a 20% deposit is required at the time of booking.

If you arrive late for your appointment, we will make every effort to provide your full treatment time. However, to avoid delays for other guests, treatment times may need to be adjusted where necessary. We kindly ask for at least 24 hours notice for cancellations, or 48 hours notice for groups of four or more. Unfortunately, cancellations made outside of these notice periods will incur the full treatment charge.

# FLOATATION THERAPY

## Healing in Water.

Water has always been central to Irish healing traditions. We are incredibly proud to be the only Hotel Spa in Ireland offering Floatation Therapy.

Stepping into our state-of-the-art floatation tank is the closest you can get to being enveloped by natures stillness. By being suspended weightlessly in our highly concentrated, mineral-rich Epsom salt water, you instantly trigger:

**Deep Mental Stillness:** Shuts off external sensory overload for true meditative peace.

**Physical Relief:** Reduce pressure on your spine, joints, and muscles.

**Cellular Recovery:** Accelerates healing from injuries and everyday physical activity.

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| Thirty Minute Float Session | 30 min<br>€40 |
| One Hour Float Session | 1 hour<br>€55 |
| One Hour Float Session x3 | 1 hour<br>€150 |

### Saoirse Package

1 hour 30 min

60 minute Floatation followed by either a 30 minute Back Massage OR 30 minute Facial.

€95

### Sláinte Package

2 hours

60 minute Floatation followed by 60 minute Swedish Massage .

€110

### Abhainn Package

2 hours

60 minute Floatation followed by a 30 minute Back Massage and 30 Mini Taster Facial.

€125

# BLUMÁIN

## Blumáin embodies the wild, clean energy of the Irish countryside.

Every bottle of Blumáin (named after the Irish word for "bloom") is a concentrated blend of nature's finest, Cork-based luxury.

Certified by the Irish Organic Association, Blumáin products feature a rich foundation of organic vegetable oils, floral waters, and botanical extracts seamlessly fused with powerful active ingredients like Hyaluronic Acid and skin-loving vitamins to mirror the resilience of our native landscape. Committed to pure, clean skincare, Blumáin's formulations contain no artificial colours, no synthetic fragrances, no GMOs, parabens, or sulphates

Their dedication to ethical beauty has earned them numerous accolades over the last few years, including recognition from The Global Green Beauty Awards and RSVP Magazine. Every formulation is proudly cruelty-free and vegan, excluding only their lip balm and hand cream which utilize sustainably sourced beeswax and honey. When you experience a Blumáin treatment at Ballykisteen Hotel, you are immersing yourself in award-winning, homegrown, natural luxury that restores your glow from the outside in.



### Express Botanical Facial
30 mins
€50
For refreshment, hydration, and Skin brightening.

### Bláthanna Essential Facial
45 mins
€60
A personalised botanical facial for your skins needs. *Signature*

### Bláth Oráiste Facial
60 mins
€95
For skin brightening & radiance *Signature*

### Róis Facial
60 mins
€95
For skin hydration & nourishment. *Signature*

### Túis Facial
60 mins
€95
For skin firming and rejuvenation. *Signature*

### Labhander Facial
60 mins
€95
For skin purification and clearing. *Signature*

Our signature facials are thoughtfully customised to meet each client's unique skin needs

# HOLISTIC TREATMENTS

In the demands of everyday life, it's easy to lose sight of the balance your body and mind need to thrive. Taking time to pause, recharge, and care for yourself is a valuable investment in your wellbeing. Our wellness and holistic treatments support the connection between physical, mental, and emotional health. They help ease tension, reduce stress, and restore calm, giving you space to step away, rebalance, and leave feeling refreshed and renewed.

## HOLISTIC TREATMENTS

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| **Indian Head Massage**<br>An Ayurvedic treatment focusing on the scalp, neck and shoulders to help release tension, reduce stress and promote relaxation. Perfect when you need a quick reset. | 30 min<br>€50 |
| **Indian Head Massage**<br>A deeply relaxing Ayurvedic treatment for the scalp, neck, shoulders and upper back. Designed to ease tension, restore balance and leave you feeling calm and refreshed. | 60 min<br>€80 |
| **Hopi Ear Candling**<br>A gentle, non-invasive thermal auricular treatment that may help ease sinus pressure, support ear wax build-up relief and promote deep relaxation. | 30 min<br>€50 |
| **Reflexology**<br>A restorative holistic treatment that uses pressure points on the feet to ease tension, improve circulation and bring the body back into balance. | 40 min<br>€65 |
| **Oncology Reflexology**<br>Oncology reflexology is a gentle treatment designed to support you during and after cancer care. With light, mindful touch on the feet, it offers a safe space to relax, rest, and feel supported. | 40 min<br>€60 |

# MASSAGE TREATMENTS

## Grounding Tranquility.

Every massage and specialised touch therapy we offer is designed to help the body release tension and return to a more natural state of balance. Using steady, skilled techniques, we work to ease tight muscles, settle the nervous system and leave you feeling more relaxed.



### Full Body Hot Stone Massage *Signature*

Using hot basalt stones to warm the muscles during massage for a feeling of relaxation and wellbeing.

60 min €95

### Hot Stone Back Massage

Using thermal therapy through heated stones to melt away tension, ease muscular pain, and encourage deep relaxation across the back, shoulders, and neck.

30 min €60

### Deep Tissue Full Body Massage

Specifically designed to relieve chronic muscle tension, break up scar tissue, and ease severe knots.

60 min €95

### Full Body Massage

Helps to increase the flow of oxygen-rich blood to affected areas, which can reduce inflammation and promote healing.

60 min €85

### Scalp Massage

A gentle massage of the scalp designed to relax the head, ease tension, and create a sense of calm and lightness.

30 min €45

### Foot and Leg Massage

A relaxing massage using medium pressure to help ease fatigued muscles.

30 min €55

### Back Massage

Working on the muscle tissues of the back, shoulders, and neck to ease tension, release tightness, and bring a sense of ease.

30 min €55

### Tension Back Massage

This deep tissue massage is the perfect way to ease nodules and muscle ache.

30 min €60

### Cupping

An ancient therapeutic technique that uses vacuum cups to lift skin and muscle, boosting blood flow, releasing tension, and working deeper than a traditional massage.

60 min €70

# RELAXATION PACKAGES

Explore our range of spa packages, each designed to help you slow down, reconnect, and restore balance. Blending grounding treatments and soothing rituals, they offer the perfect escape from everyday stress. Take time for yourself, unwind fully, and enjoy a deeper sense of calm and renewal.

## Ultimate Indulgence

Signature

Experience pure relaxation with a full body scrub, full body massage, and a 60-minute signature facial. The perfect treatment to leave you refreshed, rejuvenated, and glowing.

150 mins

€175

## Back Bliss & Beyond

Signature

Melt away tension with this indulgent back-focused treatment. Featuring a back scrub, nourishing back mask, relaxing back and back-of-leg massage, and a soothing scalp massage.

60 mins

€120

## Radiance Package

Refresh and renew with a full body scrub and relaxing full body massage, leaving your skin glowing and your body revitalised.

90 mins

€115



## Indian Head Massage & Reflexology

Experience the perfect fusion of two ancient Eastern therapies. Combining Indian Head Massage with Reflexology, this deeply relaxing treatment helps restore balance, ease tension, and promote a sense of wellbeing from head to toe.

90 mins

€95

## Back Massage & Scalp Massage

Unwind with the perfect balance of relaxation, combining a deeply soothing back massage with a calming scalp massage

45 mins

€60

## Couples & Friends Retreat

Relax together with a 1-hour float and 30-minute hot stone massage for deep calm and total relaxation.

90 mins

€115

## Day Spa Lunch Package

Enjoy a relaxing escape with your choice of a 30-minute treatment; back massage, foot & leg massage, tension-relief back massage, hot stone back massage, or a botanical facial—followed by a delicious lunch, all for €65 per person.

30 mins

€65

# MUMS TO BE

Relax, restore, and enjoy some well-deserved self-care with our Mum-to-Be Spa Packages. Specially designed for expectant mothers, these soothing treatments ease tension, encourage relaxation, and support your wellbeing throughout pregnancy, creating a peaceful moment just for you.

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| **Pregnancy Massage**<br>A gentle, grounding massage for mums-to-be, designed to ease tension, support comfort, and bring deep relaxation. | 60 min<br>€95 |
| **Pregnancy Massage & Signature Facial**<br>A nurturing treatment for mums-to-be, combining a gentle pregnancy massage with a soothing signature facial to ease tension, restore balance, and leave you feeling deeply cared for. | 2 hours<br>€150 |
| **Scalp Massage & Reflexology** *Signature*<br>A relaxing treatment for mums-to-be, combining soothing scalp massage with reflexology to ease tension, support pregnancy wellbeing. | 1 hour 30 min<br>€85 |
| **Foot & Leg Revival**<br>A soothing treatment for mums-to-be with a foot scrub and relaxing leg and foot massage to ease heaviness and restore comfort. | 30 min<br>€55 |



# WELLNESS FOR HIM

Straightforward, effective treatments designed for men, focusing on grooming, muscle tension, and overall wellbeing.

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| **Back Wax**<br>A professional treatment for men that removes unwanted back hair, leaving the skin smooth, clean, and well-groomed. Ideal for long-lasting results and a tidy finish. | €35 |
| **Hand Maintenance**<br>A practical grooming treatment for men, focusing on nail care and cuticle work to keep hands clean, neat, and well maintained. | 45 min<br>€45 |
| **Foot Maintenance**<br>A professional foot care treatment designed to keep feet heallthy comfortable and well groomed. Includes nail-trimming, cuticle maintenance, hard-skin removal & moisturising for healthy looking feet. | 45 min<br>€55 |
| **The Essential Self-Care** *Signature*<br>A no-fuss grooming package for men, combining eyebrow trimming, hand care, and foot care. Designed to keep you looking sharp, feeling fresh, and well maintained from head to toe. | 90 min<br>€90 |
| **Refresher Facial**<br>A quick, revitalising facial for men that cleanses, exfoliates, and hydrates the skin, leaving you feeling recharged. | 30 min<br>€50 |
| **Deep Tissue Body Massage**<br>A firm, targeted massage designed to work deep into muscle tension, ease tightness, and release built-up stress, leaving you feeling looser, restored, and more mobile. | 60 min<br>€95 |

# BEAUTY TREATMENTS

## Feel Your Best.

At Ballykisteen Beauty Treatments, we focus on delivering real results through expert, professional care. Our beauty menu is designed to enhance your natural features and leave you feeling completely polished and confident. Every treatment is delivered by experienced therapists who handle the details with absolute precision. Whether you are maintaining your regular routine or preparing for a milestone event, you can trust our team to provide a premium, dependable service.



### Hand & Foot Care

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| File & Polish | €20 |
| Signature Manicure (Shellac +€5) | €45 |
| Signature Pedicure (Shellac +€5) | €60 |
| Shellac Nails | €30 |
| Shellac Removal (external application) | €15 |

### Spray Tan

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| Full Body Spray Tan | €30 |
| Half Body Spray Tan | €20 |

### Waxing

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| Lip Wax | €12 |
| Chin Wax | €12 |
| Lip & Chin | €18 |
| Standard Bikini | €20 |
| Brazilian Bikini | €35 |
| Hollywood Bikini | €45 |
| Half Leg Wax | From €20 |
| Half Leg & Bikini Wax | From €32 |
| Full Leg Wax | From €35 |
| Underarm Wax | €15 |

### Eyes

| | |
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| Eye Brow Shape | €10 |
| Eye Brow Tint | €12 |
| Eye Brow Shape & Tint | €22 |
| Eyelash Tint | €22 |
| Eye Trio (Eye Brow Shape, Tint & Lash Tint) | €30 |
| Eye lash Lift | €60 |
| Laminated Brows | €45 |

### Body Scrub

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|---|---|
| Body Scrub | €55 |

# TALAMH

## Grounding & Renewal.

The deep roots of the Galtee Mountains and the rich, mineral-laden soil of the Tipperary plains form our foundation. Earth treatments are designed to draw out impurities, re-mineralise the skin, and settle an overstimulated nervous system.

# UISCE

## Fluidity & Healing.

From the winding rivers of Tipperary to the soothing, mist-covered lakes, water is Ireland's ultimate source of purity and rebirth. Water represents the washing away of worries and a return to natural flow

# TINE

## Warmth, Energy & Vitality

Fire evokes the cosy comfort of a roaring turf hearth on a misty Irish afternoon. It represents transformation, metabolic energy, and the melting away of deep-seated physical pain

# GAOTH

## Breath & Release.

The pure, clean air of the Golden Vale fills the lungs and brings absolute clarity to the mind. Air represents life force, fresh beginnings, and the oxygenation that revives tired skin at a cellular level.

# Opening Hours

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|---|---|
| Monday | Closed |
| Tuesday | 10:00am - 6:00pm |
| Wednesday | 10:00am - 6:00pm |
| Thursday | 10:00am - 6:00pm |
| Friday | 10:00am - Till Late |
| Saturday | 10:00am - 6:00pm |
| Sunday | 10:00am - 4:00pm |

# Gift Cards

## Give the Gift of Relaxation.

Treat your loved ones to a moment of pampering and wellness with our spa gift cards, perfect for any occasion.

BALLYKISTEEN BEAUTY
& TREATMENT ROOMS

## Scan Here to Book Today

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BALLYKISTEENHOTEL.COM