



The
Peninsula Spa
at the
Dingle Skellig Hotel



WELCOME

Welcome to The Peninsula Spa at the Dingle Skellig Hotel. We offer you, our guests a holistic, restful and relaxing experience surrounded by the healing properties of the sea.

Guests can enjoy our facilities including Relaxation Suite, Finnish Sauna, Essence Steam Room and Outdoor Hot Tub before or after treatments, and we recommend that you arrive at least 60 minutes prior to your treatment time to enjoy the full benefit of our facilities.

Our extensive list of treatments on offer include a variety of Face, Body, Maternity and Signature Treatments as well as Hot Stone Therapy, Holistic and Massage Treatments, Tanning and Beauty.

Here at The Peninsula Spa we are pleased to offer treatments from both VOYA and Yon-Ka.

VOYA is the world's very first certified organic seaweed skincare brand and was created in Strandhill, Co. Sligo. The VOYA range uses the highest quality botanical ingredients and aromatherapy oils, combined with certified Irish organic seaweed which is carefully harvested by hand.

Yon-Ka products contain the highest quality ingredients with 'Quintessence' at the core. This is a signature blend of results driven essential oils which allows us to provide an aromatic experience while creating measurable changes within the skin.

To ensure the maximum benefit from a visit to The Peninsula Spa, consult with any of our experienced therapists beforehand to discuss preferences and any queries you may have. This will ensure that your treatment will not be just a wonderful and therapeutic experience, but tailored to your needs.

Many of our treatments can also be enjoyed during Pregnancy and are also suitable for gents. If you are in your first trimester please contact us in advance for suitability.



*Unisex
Treatments*



*Suitable
During
Pregnancy*



*Hotel
In room
Treatment*

FULL & HALF DAY SPA RITUALS



Sea and Senses Ritual *(2 hours 25 mins)*

This full day package is the ultimate treat to recharge and rejuvenate. This package includes:

- A VOYA Organic Leaf Wrap
- Skin Specific Organic Facial
- Enjoy use of our thermal suite and outdoor Hot Tub in advance of your treatments
- Finish with a 2 course lunch in The Blaskets Bar



Waves of Wellbeing Ritual *(2 hours 30 mins)*

Our most popular package is the ideal Spa introduction or special occasion treat. You will enjoy:

- Aroma Stone Massage
- Deep Hydrating Facial
- Enjoy use of the thermal suite and outdoor Hot Tub in advance of your treatments
- Finish with a 2 course lunch in The Blaskets Bar



Escape to the Sea Ritual *(2 hours 45 mins)*

The perfect gift to spoil that someone special or to treat yourself, highlights of this package include:

- A Full Body Massage
- Yon-Ka Facial
- 2 Week Manicure
- Enjoy use of our thermal suite and outdoor Hot Tub in advance of your treatments
- Finish with a 2 course lunch in The Blaskets Bar



Ocean Restore Ritual *(2 hours)*

Book your visit for a full day of pampering.

You will enjoy:

- Deep Tissue Massage
- Deep Hydrating Facial
- Enjoy use of our thermal suite and outdoor Hot Tub in advance of your treatments
- Finish with a 2 course lunch in The Blaskets Bar

FULL & HALF DAY SPA RITUALS

Great Expectations Ritual (1 hours 45 mins)

Enjoy a special spoiling in advance of your new arrival with a selection of treatments including:

- Mums-to-be Signature Ritual
- Spa Pedicure
- Finish with a 2 course lunch in The Blaskets Bar
- Enjoy full use of our Leisure Club facilities including 17m pool

Midweek Saver * **Spa Experience Ritual****

This mini experience package is the perfect mid-week pick me up.

- 30 minute Back, Neck and Shoulder Massage
- 30 minute Yon-Ka Revival Facial
- Enjoy use of the thermal suite and outdoor Hot Tub in advance of your treatments
- Finish with a 2 course lunch in The Blaskets Bar

*Available Monday – Friday only. Excludes bank holidays.

**Available Saturday - Sunday and Bank Holidays

Coastal Calm Ritual (2 hours 30 mins)

Unwind in our serene relaxation area between these comprehensive treatments, addressing both physical and mental well-being to leave you feeling refreshed, rejuvenated, and pampered.

- Hydrotherapy Bath
- Full Body Massage
- YonKa Essential Facial
- Enjoy use of our thermal suite and outdoor Hot Tub in advance of your treatments
- Finish with a 2 course lunch in The Blaskets Bar

Sparty Group Special

The perfect setting to celebrate any occasion, this special package is available to groups of 4 or more and includes:

- A choice of a 30 minute back massage or facial
- Enjoy use of our thermal suite and outdoor Hot Tub in advance of your treatment
- Each guest will also enjoy a glass of bubbly

WELLNESS RITUALS

Sáimhe – Seaweed Jelly Twist *(1 hour 30 mins)*

This all over body ritual offers a most memorable treatment. You will first enjoy a foot ritual followed by a full body natural cane sugar scrub. This scrub which is rich in vitamins, prepares your skin to soak up the fertile minerals presented to you in our body wrap of freshly harvested active seaweed jelly from the shores of the Kerry coastline. Relax as your therapist uses specific pressure points in a facial massage, complemented by a heated protein hair mask. This ritual is finished with an oil application, leaving your body and spirit illuminated.

Suimhneas – Basalty Bliss *(45 minutes)*

This diverse treatment will introduce you to a new level of bliss. A heightened energy and warmth is created with placement stones to the body. Warm oils are then gently massaged to the arms, face, and feet with heated Basalt Stones. This is the ultimate mini hot stone treatment!

Mums-To-Be *(45 minutes)*

Designed to comfort and soothe expectant mothers, this nurturing ritual begins with a relaxing foot soak while a soothing neck, shoulder, and scalp massage helps release tension. Gentle body brushing follows to stimulate circulation in your legs, which are then wrapped in cooling compresses to reduce heaviness and swelling. The treatment concludes with a calming arm, hand, and décolleté massage, leaving you feeling light, refreshed, and radiant.

VOYA Hot Stone Back Ritual *(1 hour)*

Rest, repair and rejuvenate with our custom designed back treatment. Firstly you will enjoy a back exfoliation followed then by the application of VOYA's warm spiced mud. While relaxing, the backs of your legs will be massaged with Hot Stones and your treatment will finish with a Hot Stone back massage.



YON-KA FACIAL TREATMENTS



The Exceptional Facial (1 hour 15 mins) *Excellence Code*

Exceptional global anti-ageing treatment with energy points and premium bio cellulose mask that tones skin, fills in wrinkles, evens out and enhances the complexion while rebalancing the body and mind.



The Medi – Facial Treatments (1 hour)

Choose from one of these resurfacing and renewing facial treatments that offer 3 grades of professional strength peels with a high concentration of AHA/BHA's and glycolic acids for optimum results. *(Active ingredients should not be used 4 days before your treatment).*

- **Purity 20** – A cleansing facial for skin imperfections using 20% AHA/BHA fruit acids to purify the skin.
- **Peeling 20** – Suitable for dull, oily, post acne or sun damaged skin using a double exfoliation with 30% AHA/BHA's from natural fruits for a renewed skin texture. Perfect for that special occasion.
- **Vitamin C25** – A combination of peeling with 30% glycolic acid and 25% vitamin C is anti-ageing, unifying and brightening treatment for sublime skin health. Suitable for all skin types.



Fundamental Facials (1 hour) *Youth Enhancement*

Offers you a choice of 3 personalised treatments to treat the signs of aging.

- **Elastine** – Phyto-aromatic smoothing treatment for superficial wrinkles.
- **Time Resist** – Phyto-aromatic anti-ageing treatment for deep wrinkles.
- **Optimizer** – Phyto-aromatic anti-ageing treatment to firm facial contours.



Iconic Facial (1 hour 15 mins) *Le Grand Classique*

Personalised aromatic detoxifying and revitalising treatment, based on an exclusive 5 phase cleansing method. It will balance and demineralise the skin while focusing on deep pore cleansing.



Express Beauty Break Facial (45 minutes)

Take some time out and treat yourself to a beauty break facial. Our therapists will assist you choose from Hydra or detox – both aromatic discovery treatments to assist with a hydrating or detoxing effect.



Essential Facials (1 hour)

This selection of facials offer you three personalised treatments according to your skin's needs.

- **Hydralessence** – *An intensely hydrating thirst quenching phyto-aromatic treatment that helps restore the skin's natural barrier function and soothes dry, dehydrated skin.*
- **Nutriessence** – *Comforting and nourishing phyto-aromatic treatment that will intensely nourish the skin, soothing any feelings of tightness and irritation.*
- **Calmessence** – *Calming and soothing phyto-aromatic treatment that soothes and comforts the skin thanks to pre- and probiotics while reducing irritation and redness.*

Additional Upgrade

With each of our facials you can choose to upgrade your personalised facial with a Vitamin C25 massage. This high potent ampoule offers an anti-ageing action, a touch of radiance, a more even complexion and is applied during facial massage.



VOYA FACIAL TREATMENTS

Deluxe Facial Experience (1 hour 30 mins)

The ultimate VOYA facial experience, this treatment allows you to experience the best of both worlds.

The treatment starts with a relaxing back massage to induce relaxation and gently melt away muscular pain. The facial contains 20 minute massage to deeply hydrate the skin followed by a dual action facial mask utilizing the exclusive remineralizing Mermaid's Purse facemask and laminaria leaves. This facial leaves the skin rejuvenated and hydrated, the appearance of deep set wrinkles is reduced and the skin's texture is left hydrated and plumped. This is the crème de la crème of all facial experiences.

Self-Discovery Facial (55 minutes)

This incredible skin specific organic facial is deeply detoxifying, thoroughly revitalizing and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins to improve radiance and restore a glowing complexion.

Voya Taster Facial (45 minutes)

The perfect introduction to the VOYA range, this facial will leave your skin cleansed and nourished.

Upgrade any facial with a VOYA Seaweed Marine Eye treatment







VOYA BODY TREATMENTS



Organic Seaweed Leaf Wrap *(1 hour 30 mins)*

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a bladderwrack body buff, this treatment detoxifies, firms and softens the skin and is excellent in conjunction with its weight loss programme. The whole body is then covered in laminaria seaweed leaves for instant results. Completed with an application massage of Softly Does It, to nourish and soften.



Organic Revitalising Body Wrap *(1 hour)*

This beautiful wrap treatment combines hand harvested seaweed with rice and Alpine botanicals to create a silky textured body mask to indulge the body and mind. Combining the best of the land and sea, it leaves skin toned, hydrated and noticeably brighter. A refreshing and uplifting scent of peppermint, lime and eucalyptus energises mind and body. Suitable for brightening and smoothing dull skin, improving skin texture and reducing visible signs of ageing.



Organic Warm Spiced Mud Wrap *(1 hour)*

The seaweed is taken fresh from the ocean and its

purifying elements are released from this rich Warm Spiced Mud Wrap. The extract is rich in potent anti-oxidants and minerals. This wrap offers immediate and noticeable effects to the skin, including firming and toning the body. This is a powerful detoxifier, metabolism stimulator and a natural anti-ageing boost. Infused with aromatic spices of ginger and orange which also relieves the senses.



Organic Stimulating Seaweed Body Buff *(50 mins)*

Let us scrub your body head to toe with certified organic bladderwrack body buff (*fucus vesiculosus*) it is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral rich bladderwrack seaweed combines with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.



Effervescence Nourishing Sugar Glow *(50 mins)*

Luxuriously exfoliate and hydrate your skin with VOYA's Effervescence. A natural sugar base gently polishes while soothing lavender and uplifting orange leave your skin soft, smooth, and glowing. Perfect for a relaxing, results-driven spa experience.

MASSAGE & HOLISTIC TREATMENTS



Aroma Stone Massage *(1 hour 30 mins)*

Relax while smooth basalt stones caress and massage your whole body with gentle pressure and rhythm. Heated or cooled, the stones used as a massage tool helps to induce a deep state of relaxation through their conductivity, shape and weight. As these smooth lava rocks pass slowly over the skin, the heat penetrates deep into the muscles with intensity to alleviate minor aches and pains. A blissful head to toe spa treatment.



VOYAgE Massage Journey *(1 hour 30 mins)*

A complete top to toe relaxation journey incorporating scalp massage, facial massage, stretches and body massage that replicates the movement of the sea. This luxury treatment relieves aches and pains and is tailored to individual needs.



Maternity Massage *(1 hour 15 mins)*

A gentle full body massage designed specifically for pregnancy. Using targeted oils for prevention of stretch marks and gives optimum skin elasticity. Available in the 2nd and 3rd trimester.



Deep Tissue Massage *(1 hour)*

This massage is a powerful treatment that focuses on the deeper layers of muscle and connective tissue. Using slow, firm pressure and specialized techniques, our therapists target stubborn knots and chronic muscle tension. This massage is ideal for those suffering from intense muscle pain, recovering from an injury, or experiencing stress-related tension. Deep Tissue Massage not only alleviates discomfort but also promotes improved posture, greater flexibility, and long-lasting relief. Perfect for those who prefer a more intense, therapeutic experience.



Full Body Massage *(1 hour)*

This massage is the perfect choice for relaxation and stress relief. This classic massage technique uses long, flowing strokes, kneading, and gentle stretching to promote overall relaxation, improve circulation, and ease muscle tension. Ideal for those looking to unwind and rejuvenate, Swedish massage offers a soothing experience that leaves you feeling refreshed and revitalized. It's the ultimate indulgence for your body and mind.

🧑‍🦱 Back, Neck & Shoulder Massage *(30 minutes)*

A therapeutic based back, neck and shoulders massage, concentrating on lengthening the muscle fibres while eliminating muscular tension.

🧑‍🦱 Hopi Ear Candling with Face & Scalp Massage *(1 hour)*

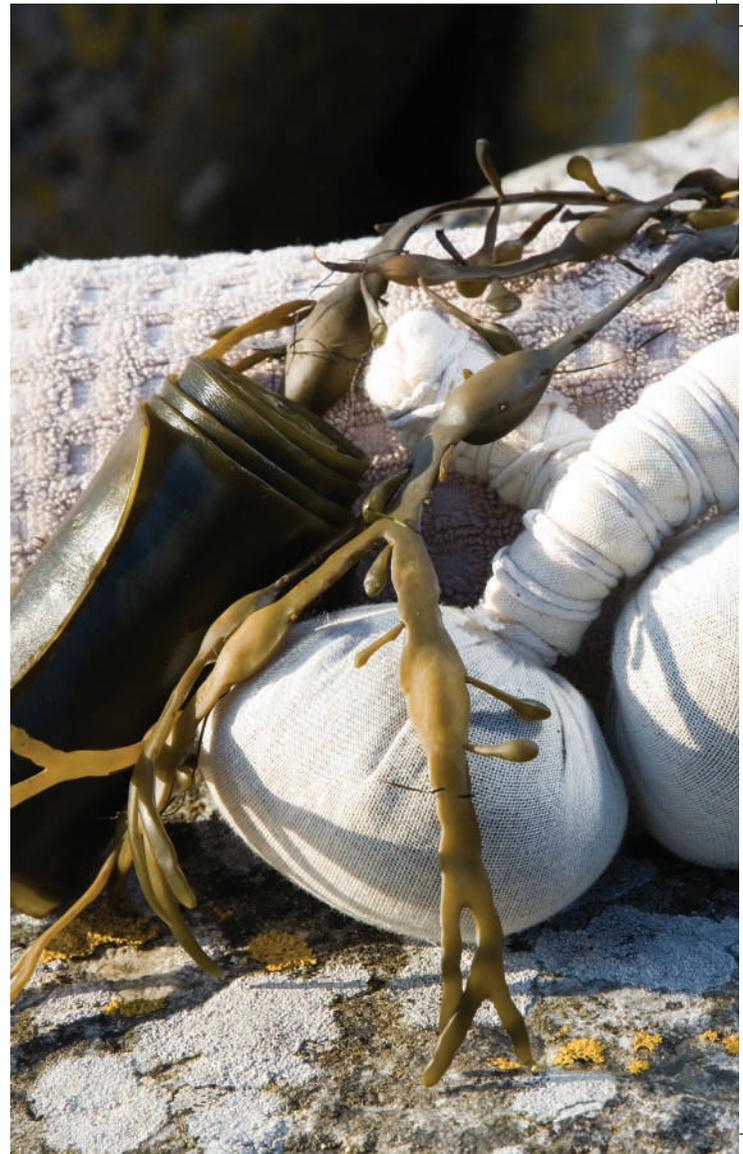
A face and scalp massage complemented with Hopi ear candles to stimulate and improve lymphatic drainage, thus helping to eliminate waste material from the body. This also helps to relieve sinus congestion, snoring, allergy symptoms and pain or pressure from flying.

🧑‍🦱 Indian Head Massage *(45 minutes)*

A wonderfully relaxing therapy that involves massage of the soft tissues in the upper back, shoulders, arms, neck, scalp & face. Your therapist will use a range of different massages pressures and rhythms to stimulate these areas and help balance natural energies and clear any localised areas of negativity. Extremely beneficial to relieve tension headaches and eyestrain and also promotes relaxation to relieve stress.

🧑‍🦱 Weary Walkers Wonder *(30 minutes)*

A revitalising and hydrating leg and foot massage, alleviating fluid retention, aches and pains. Also excellent for improving circulation.



ENHANCEMENTS & BATHING RITUALS

*Select one of our treatment enhancements to boost your relaxation experience.
These treatments are available when booking one of our Spa treatments.*



VOYA Marine Eye Treatment (30 mins)

This unique treatment is designed for refreshing and rejuvenating tired eyes. Using specific products rich in seaweed extract, green tea and vitamin C, the treatment will help reduce the appearance of fine lines and decongest the eye area.



Hopi Ear Candling (30 mins)

The Hopi Native American Indians have been using ear candles as an effective natural therapy since ancient times. This unique experience has a calming effect, promotes secretion in the sinuses, calms the mind and will help clear the head and ears.



Hydrotherapy Bath (30 mins)

Immerse yourself in a multitude of air and water whirls, breathing in the delightful fragrances of YonKa's pre-mixed aromatherapy oils for a beautifully scented and calming bath experience. Alternatively, opt for VOYA salts to achieve a detoxifying effect. This soak promises to be one of your most unforgettable moments, especially perfect prior to any massage or body treatment.



Protein Hair Mask & Scalp Massage (15 mins)

This nourishing mask with scalp massage is the perfect add-on to finish your spa experience.



Organic Himalayan Salt Bath

A relaxing bath soak with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, and mandarin combined with bath salts.



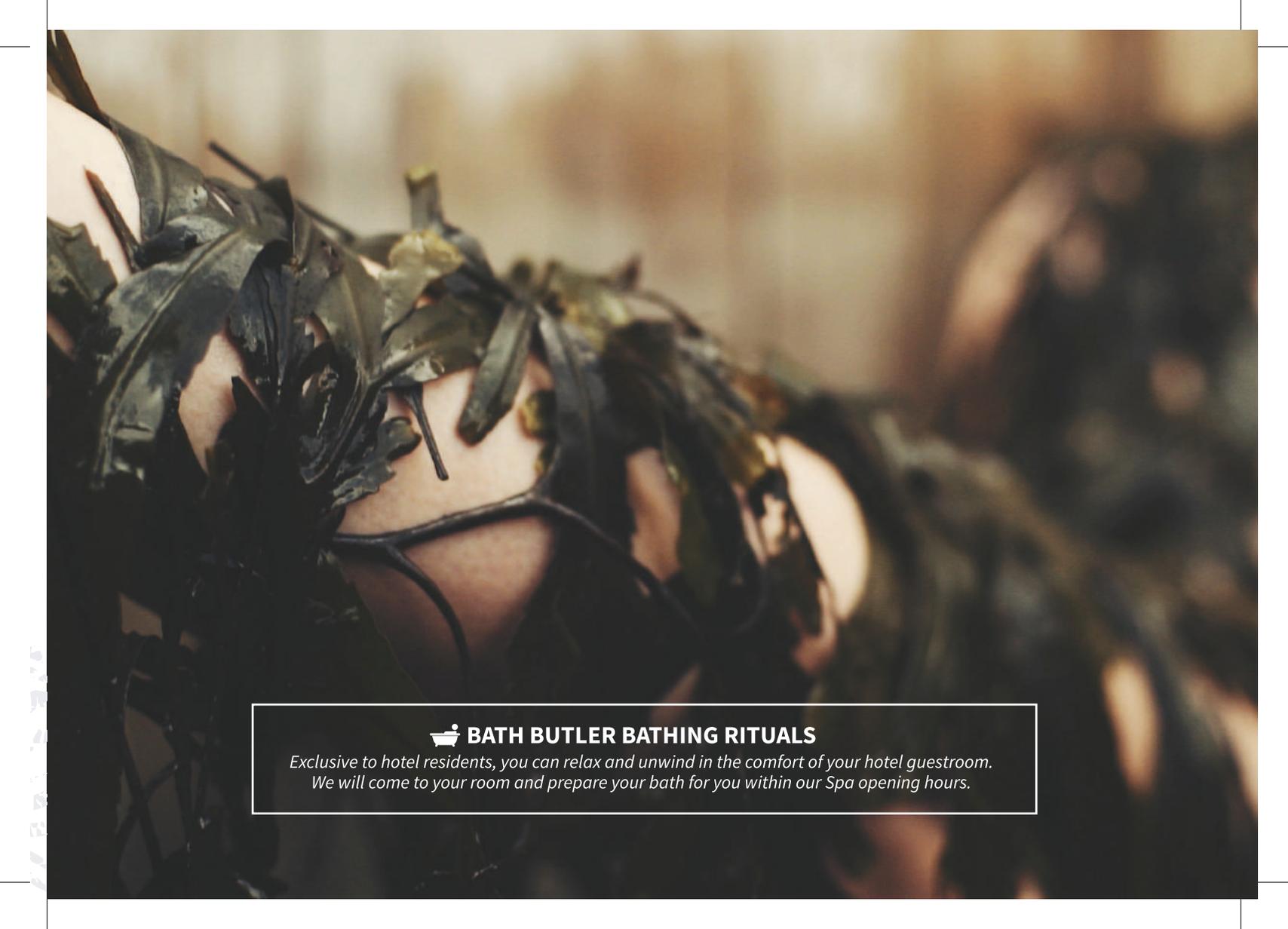
Detox Seaweed Bath

Submerge your body into a bath of organic, hand harvested Atlantic seaweed (*fucus serratus*) to remove unwanted toxins and alleviate aches and pains. Will deeply moisturise the skin, increase circulation and promote healing.



Organic Warmed Peat Mud Bath

Peat Baths offer a potent detoxification due to the trace elements, vitamins, lipids, polyphenols and humic acids from Irish Peat. This bath will soothe muscular aches and pains, relieve stress and fatigue and energise mind and soul.



 **BATH BUTLER BATHING RITUALS**

*Exclusive to hotel residents, you can relax and unwind in the comfort of your hotel guestroom.
We will come to your room and prepare your bath for you within our Spa opening hours.*

BODY SPECIFIC TREATMENTS



Sports Therapy (1 hour)

Sports Massage is specifically designed for athletes and those with an active lifestyle. This treatment focuses on preventing injuries, enhancing athletic performance, and aiding in recovery. By using techniques such as deep tissue work, lymphatic drainage, stretching, trigger point therapy, our therapists help relieve muscle soreness, improve flexibility, and speed up recovery time. Whether you're preparing for an event or recovering from one, Sports Massage is essential for maintaining peak physical condition.



Reflexology (45 minutes)

Reflexology is a deeply relaxing treatment that targets pressure points in the feet, stimulating natural healing throughout the body. By applying gentle pressure to specific areas, this therapy helps reduce stress, improve circulation, and restore balance to your body's systems. Experience a profound sense of relaxation and overall well-being, leaving you feeling revitalized and grounded.



Remedial Massage (30 minutes)

Remedial Massage is a specialized treatment designed to address specific muscle issues, chronic pain, and injuries. Our skilled therapists use techniques such as deep tissue manipulation, trigger point therapy, and myofascial release to target the root cause of discomfort. Whether you're dealing with postural problems, sports injuries, or muscle tension, this massage helps alleviate pain, promote healing, and restore balance to your body. Perfect for those seeking a therapeutic approach to physical well-being.



NAILS & MAKE-UP



Spa Pedicure (1 hour)

Enjoy a warm footbath, sit back and relax with a custom blended Jessica pedicure, dry skin removal, cuticle repair, a lavish foot massage and finish with a nail shape and paint.



Spa Manicure (1 hour)

A custom blended Jessica manicure to revitalise dry and problem cuticles and to promote stronger and healthy nails. A hand massage to restore moisture to the hands before finishing with a nail shape and paint.



Finger Tipsey OR Toe Tipsey (30 minutes)

Mini maintenance solution. Nourish those cuticles with a nail shape and paint, create an instant pick me up!



2 Week Gel Polish (45 minutes)

The two week manicure using soak off gel polish. Discover a world of everlasting colour with a long lasting high gloss finish, instant drying time and a guarantee of no chips or smudges.



Bridal Mii Make-Up (2 x 1 hour treatments)

Our professional team of make-up artists are available to help you create your ideal look for your special day. Relax and indulge in our spa surroundings with our professional and personal service. We will book your trial and then your make-up on the day of your wedding.



Special Occasion Mii Make-Up with strip lashes (1 hour)



Special Occasion Mii Make-Up (45 minutes)

FINISHING TOUCHES



St. Tropez Spray Tan

This bronzing mist treatment results in a spectacular natural looking tan. A perfect even colour that deepens over 8 hours and works with your natural skin tone. Choose from a full or half body spray tan. Express Tanning is also available which develops over 4 hours. Patch test required.



Waxing

We provide an extensive list of waxing including: Extended bikini, full leg, half leg, underarm and facial waxing. Patch test required.



Tinting & Eye Care

Choose from a selection of tinting and eye brow shaping treatments. Patch test required.

We kindly wish to inform you that access to our spa facilities (including the sauna, steam room, and outdoor hot tub), is not included with 'Finishing Touches' treatments.



THE IDEAL GIFT

Treat a friend or loved one by giving them an experience to be treasured.

Gift Cards are available to purchase for any treatment at The Peninsula Spa and also can be redeemed against any of the extensive product range.



CONTINUE YOUR EXPERIENCE AT HOME

As part of the total experience, The Peninsula Spa's trained therapists will recommend a skincare or beauty routine to enable guests to continue the benefits at home. All the products used during treatments are available for purchase at the Peninsula Spa Reception or can be purchased over the phone for postal delivery.

QUESTIONS & ETIQUETTE

Spa Opening Hours

10am – 6.30pm Saturday - Wednesday
10am – 8pm Thursday and Friday
Subject to seasonal change

Consultations

It is important that you inform your therapist if you have any allergies or specific medical conditions before your treatment. Prior to your treatment you will be asked to complete a detailed consultation upon which your therapist may recommend an alternative treatment based on the information provided.

Arrival Times

You are advised to arrive at least 30 minutes or ideally at least an hour prior to your treatment time to allow you to fully enjoy our facilities as well as completing our consultation. This is to avoid your treatment time being amended for late arrivals.

What will I wear?

When having a treatment with us, we will provide you with robes, complimentary flipflops (to take home) and towels on arrival. You can also purchase our Spa flipflops if not having a treatment. Disposable underwear will be provided for treatments when it is required. During treatments the therapist will drape clients appropriately and respect privacy. Whilst using the wet spa area swimming shorts/trunks or costumes should be worn. Should you forget your swimwear, a selection is available to purchase from the Dingle Skellig Leisure Centre. If you are a guest in the hotel please call reception to arrange a robe for your guest room. Hotel guests are encouraged to arrive for their treatment in their bedroom robe to help with their continued relaxation.

Accessibility

We warmly welcome guests with accessibility needs at our spa and are committed to providing a comfortable, inclusive experience for everyone. A detailed accessibility guide is available on our website to help you plan your visit. We offer one treatment room with a level-access, chair-friendly shower. In addition, our treatment beds feature adjustable heights to ensure ease of access and maximum comfort. Full details of the accessibility of the relaxation suite and facilities is available on our hotel website.

This brochure is made from recycled paper which ensures we support our goal of leading with sustainable practices.

Mums to Be

We are pleased to offer an extensive list of suitable mother to be treatments. Please inform us on booking if you are an expectant or nursing mother. These treatments are suitable for the 2nd and 3rd trimesters.

Etiquette

The Peninsula Spa environment is one of relaxation and tranquillity and we ask all our clients to respect the privacy and serenity of others within the spa. We therefore request that mobile phones and electronic devices be placed in a locker on arrival and remind clients that smoking is not permitted on the premises. The Peninsula Spa is strictly an over 18 facility only.

Reservations and Cancellations

Please book all Spa treatments in advance. Please let us know on booking of any special requirements. Also note that all treatments are subject to availability if you book on the date of arrival. When making a booking we may request a credit card to confirm your booking. Cancellations need to be made by telephone directly to the Spa a minimum of 24 hours prior to the scheduled appointments. Cancellations made within this 24 hour time period will incur 50% cost of the treatment booked. Failure to arrive will result in a 100% charge of the entire treatment or package.

Valuables

Please note, for safety reasons, it is advisable that all valuables be secured in the lockers provided in the changing rooms or if resident, left in the safety deposit box at the Hotel reception. The Hotel does not accept any responsibility for loss or damage of property. Please ensure all jewellery is removed prior to using the Outdoor Hot Tub.

Loyalty Scheme

To reward all our wonderful clients for your continued custom we would like to offer you the opportunity to avail of some complementary treatments. Each time you visit you will earn loyalty points and these can be redeemed for treatments. An account of your points balance can be attained from the Spa Receptionist at any time.





The
Peninsula Spa
at the
Dingle Skellig Hotel

Dingle, Co. Kerry
Tel: +353 (0)66 915 0230
E: peninsulaspa@dingleskellig.com

www.dingleskellig.com