

The River Spa



At the Luxurious Four Star
Knightsbrook Hotel, Spa and Golf Resort

[comfort zone]

We consider skin as the mirror of our mental wellbeing, physical state and the daily choices we make. Our mission is to promote a holistic, soulful, healthy and sustainable lifestyle, with advanced science-based conscious solutions to visibly improve skin, body and mind.

An award winning Italian skin care brand. [Comfort zone] is a sublime experience for senses that incorporates a great passion for beauty. You will have immediate, measurable results with treatments and the luxurious range of homecare products.

natural Spa factory®

— EST. BATH ENGLAND —

We have partnered with Natural Spa Factory to deliver a collection of natural & botanical treatments. Using only gorgeous ingredients, Natural Spa Factory was founded in Bath, Somerset and part of their ethos is to never use chemicals in any of their products – free from MI, MCI, SLS, Parabens, Microbeads and cruelty free. Incredible ingredients to make you feel good from the inside.

[comfort zone] FACIALS

SOOTHING REMEDY

25 minutes €52
55 minutes €75

TREATMENT PURPOSE

Renewing, strengthening and soothing treatment, fragrance-free, recommended for skins which are sensitive, fragile and prone to redness. Smooths and restores the protective skin barrier through a delicate dermal-affinity action.

RECOMMENDED

For skins which are sensitive, fragile, sensitized and prone to redness, and Level 1 Rosacea can also be effectively treated.

BENEFITS

Renews and smooths the skin, soothes redness and irritations, nourishes and fortifies the skin barrier.

HYDRAMEMORY

25 minutes €52
55 minutes €75

TREATMENT PURPOSE

A deep hydrating, antioxidant treatment for face, neck and décolleté. Leaves the skin hydrated and silky. Restores compactness, nourishment and luminosity. Contrasts dehydration and premature aging. Offers a unique and very pleasurable experience thanks to the specific application of the mask with the brushes and the exclusive Comfort Touch Face Massage.

RECOMMENDED

For exceptionally dehydrated skin, all year round and especially in hot climates or in preparation for sun exposure. Ideal for young skins or for those showing the first signs of aging.

BENEFITS

Profound skin hydration, elasticity and luminosity, effective antioxidant action. Contrasts premature aging.

ACTIVE PURENESS

25 minutes €52
55 minutes €75

TREATMENT PURPOSE

A deep cleansing treatment that gives an immediate luminous, smooth and even appearance. Characterised by an innovative mattifying peel-off spirulina algae mask. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned.

RECOMMENDED

For all skin conditions, including skins that are sensitive, dehydrated and mature. Particularly effective on pure, oily, scarred and acne-prone skins.

BENEFITS

Smooths and improves the skin texture, purifies, regenerates and mattifies - Rebalances sebaceous alterations.

SUBLIME SKIN ACTIVE LIFT

55 minutes €75

TREATMENT PURPOSE

An anti-aging redensifying and lifting treatment for the face and neck. Combined with the specific [comfort zone] ACTIVE LIFT MASSAGE, restores fullness to the skin and redefines the volume of the face. Its specific action and efficacy is obtained thanks in particular to the innovative replumping biphasic peel-off mask.

RECOMMENDED

For all skin conditions with wrinkles and visible loss of tone and volume.

BENEFITS

Stimulates a triple action of immediate lifting, redensifying the face's oval, nourishes, illuminates and tones. Deep wrinkles as well as fine lines appear softer and attenuated.

SUBLIME SKIN DOUBLE PEEL

45 minutes €65

TREATMENT PURPOSE

A treatment which resurfaces, stimulates cellular renewal and illuminates the face, neck and décolleté. The efficacy and specific actions obtained are thanks to the double peeling combined with Vitamin C.

RECOMMENDED

Particularly recommended for skins which are mature, thickened, have an uneven skin tone (dyschromia) and also indicated for those with a tendency to oiliness. The choice of the peelings according to intensity (delicate and intensive) ensures this is a treatment ideal for sensitive skins as well as those which are more resistant.

Indicated during the change of seasons to bring youth to the skin. Be careful during periods of high sun exposure, remembering to always apply sun protection.

The intense and effective action of the delicate version of the peel is suited to the most sensitive skin and as a start-up to a cycle of treatments.

BENEFITS

Resurfaces and renews the skin - Stimulates the renewal of the epidermal cells.

Visibly reduces the first signs of wrinkles and contrasts small wrinkles - Bestows luminosity and tone.

PRECAUTIONS

Avoid during pregnancy and breast feeding. Allow 3/4 months to pass after having esthetic procedures such as laser microdermabrasion.

SKIN REGIMEN LONGEVITY FACIAL EXPERIENCE

25 minutes €52

TREATMENT PURPOSE

This facial rejuvenates and redensifies the tissues thanks to a double corrective and protective action against the major causes and signs of aging. The efficacy of the exclusive longevity complex and of the high-tech ingredients is maximized by deep yet comforting massage movements that leave the skin vibrant, energized and lifted.

RECOMMENDED

Ideal for all ages, all skin types and all climates throughout the year.

BENEFITS

Immediate replumping and more compact skin. Lifting and softening of expression lines and deeper wrinkles. Fresh, vibrant and dewy appearance to the skin and nutritional replenishment for depleted skins.

[comfort zone] RITUALS

The River Spa TRANQUILLITY PRO-SLEEP MASSAGE

55 minutes €85

TREATMENT PURPOSE

An innovative experience acting on three different sensorial pathways for profound relaxation, favouring sleep and helping to recover jetlag side-effects. The synergy of a unique blend of essential oils, the bespoke Tranquillity™ Sound, Ayurvedic and Indonesian Sea Malay manualities combined with the use of soft brushes, gently guide the way to achieving a quiet and peaceful mind and body state.

Avoid during pregnancy and breastfeeding due to the use of essential oils.

TRANQUILLITY FACE & BODY RITUAL

75 minutes €95

TREATMENT PURPOSE

A unique aromatherapy massage experience for the body, and profound relaxing techniques for the face, decontracting tense muscles and relieving tensions for a pleasant experience of wellbeing.

Avoid during pregnancy and breastfeeding due to the use of essential oils.

AROMASOUL ELEMENTS MASSAGE

55 minutes €85

TREATMENT PURPOSE

A unique massage ritual that takes you on a journey through four distinct worlds: the exotic orient, the warmth of the Mediterranean, the vibrant world of India, and the ancient cultures of desert tribes, for a complete sensorial experience. Each journey begins with your choice of essential oil blends:

ORIENTAL:	soothing, calming and anti-stress.
MEDITERRANEAN:	draining, toning and energizing.
INDIAN:	soothes and relieves muscle aches and pains, stimulates circulation.
ARABIAN:	restoring and strengthening.

Avoid during pregnancy and breast feeding due to the use of essential oils.

AROMASOUL SCRUB RITUAL

55 minutes €75

TREATMENT PURPOSE

A unique renewing body ritual, which reflect the ancient traditions of the Oriental, Mediterranean, Indian and Arabian Cultures. Bestows nourishment, youth and splendour to all skin types. Profoundly renewed, nourished, smooth and luminous skin.

Avoid during pregnancy and breast feeding due to the use of essential oils.

TRANQUILITY HOT STONE MASSAGE

55 minutes €85

TREATMENT PURPOSE

A deeply soothing and sensorial treatment that achieves an important detoxifying, relaxing and draining effect with the use of heated basalt stones and therapeutic essential oils. It relieves muscle pain, increases the body's metabolism and relaxes the tissues.

Avoid during pregnancy and breast feeding due to the use of essential oils.

TRANQUILITY BACK, NECK AND SHOULDER MASSAGE

25 minutes €52

TREATMENT PURPOSE

This massage is tailored to address any areas of concern you may have. Focusing on the key areas where tension becomes stored and providing a much needed dose of restoration.

ENHANCEMENTS

FOOT SPECIALIST PEELING

25 minutes €30

A quick and extremely effective treatment to renew and smooth the hard, calloused skin of the feet, leaving feet refreshed, soft and nourished.

HAND SPECIALIST RITUAL

15 minutes €20

A renewing, revitalizing ritual for the hands. The ideal add-on enhancement to any face and body treatment.

FOOT SPECIALIST RITUAL

15 minutes €20

A renewing, revitalizing ritual for the feet. The ideal add-on enhancement to any face and body treatment.

EYE ENHANCEMENT

15 minutes €30

A multi-active eye zone treatment to rejuvenate the eye area, draining puffiness and improving the appearance of dark circles and fine lines.

[comfort zone] BODY CARE

Choose one of the Body Strategist treatments below depending on your concerns,

CELLULITE Aromatherapy wrap.

An intensive treatment based on essential oils to fight cellulite imperfections caused by weakening of the microcirculation and a stagnation of the liquids.

55 minutes €75

CELLULITE Bagni Di Pisa thermal mud.

Detoxifying and anti-cellulite treatment with thermal water from Bagni Di Pisa and Fucus and Laminaria Algae promote lipolytic action. Ideal for all types of cellulite.

55 minutes €75

CELLULITE Thermogenic attack.

Thermogenic action for profound and resistant cellulite imperfection. Helps reduce the typical signs of cellulite and promotes remodelling of the body.

55 minutes €75

CELLULITE Algae peel-off.

Marine treatment based on alginates and Laminaria algae. Remineralizes and moisturizes the tissues, recommended for all types of cellulite.

55 minutes €75

All CELLULITE treatments are not suitable during pregnancy, in the case of thyroid disorders, fragile capillaries or circulation problems.

TONE Firming mask.

A replenishing treatment bestowing perfect tone and elasticity. A sensorial cocooning experience, ideal for dry and depleted skin or as a post-sun treatment.

55 minutes €75

TONE Grotta Giusti Spa Mud.

A muscle warming and deeply purifying body wrap. The therapeutic aspects of the thermal waters also help to relieve aches and pains associated with joint problems as well as muscular tension.

55 minutes €75

MUM TO BE BODY CARE EXPERIENCE

The ideal treatment during pregnancy as well as post-delivery thanks to its elasticizing, nourishing and toning action. It improves circulation, reduces swelling, and inhibits stretchmarks.

85 minutes €95

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Caffeine Kick

Revitalising and stimulating, the perfect antidote for tired, lethargic muscles. An infusion of spiced coffee scrub to buff and excite circulation, followed by energising and toning sweet orange, cocoa bean and ginger wrap. Finishing with a generous slug of warming oil to leave you feeling re-energized!

75 minutes €85

Tea-Tox

Intensely calming, cleansing and detoxing treatment. A full body polish with purifying Matcha green tea and coconut sugar scrub is followed by a detoxing wrap in green tea, white tea, red tea and mint. White Tea is the tea of beauty! The treatment is finished with the green tea and jojoba oil body moisturiser to replenish and hydrate.

75 minutes €85

Brightening Vanilla Cream Wrap

After a welcoming coconut and lychee foot ritual, we swaddle you in an intensely nourishing and illuminating vanilla cream body mask, skilfully infused with a collection of Swiss wild alpine herbs and flowers. Sink into deep relaxation with a coconut scalp and face massage. Finish by submerging into a raw coconut cocoon to feel nourished and serenely hydrated.

55 minutes €75

Lime scrub

Zesty Salt Scrub Infused with Lime and Lemongrass for a deeply exfoliating treatment to lift the senses leaving the body silky smooth.

30 minutes €52

Avoid above treatments during pregnancy and breastfeeding.

Manicures & Pedicures

Express Manicure 25 minutes €25
Express Pedicure 25 minutes €25

Quick Fix solution for Fingers or Toes, File Buff & Polish.
Choice of Colour or French paint.

Luxury Spa Manicure 45 minutes €50
Luxury Spa Pedicure 55 minutes €60

With this fabulous Spa Manicure or Pedicure you will be polished and buffed to perfection. This treatment includes exfoliation, cuticle work, a nourishing mask followed by a massage and to finish an application of polish of your choice.

Luxury Paraffin Spa Manicure 70 minutes €65
Luxury Paraffin Spa Pedicure 70 minutes €75

All the benefits of our Spa Manicure or Pedicure with the addition of a Paraffin Wax treatment which helps to relax muscles and moisturise the skin as heat naturally relaxes muscles. Open pores can more easily absorb moisturising creams. Paraffin waxes can also decrease arthritic pain and increase range of motion.

Artistic Two Week Polish 45 minutes €35
Artistic Nail polish comes in over twenty colours and cured under LED light. It is applied like a polish with the strength of gel and is chip free, scratch free, smudge free and lasts up to two weeks.

Waxing

Prices Start From

(Patch test required 48 hours before first visit)

Eyebrows/Lip/Chin €15
Underarm €20
Half Leg €25
Full Leg €35
Full Leg and Bikini €40
Bikini Line basic €20
Full Leg and Extended Bikini €45
Back Wax €35
Chest Wax €30

Spray Tan €30

For the Eyes and Make Up

Eye Lash Tint €15
Eye Brow Tint €15
Eye Combination €25
Full Make Up €35
Full Make Up with lashes €40
Make Up Lesson €65

Bridal Beauty Count Down

“Every Bride wants to look their best on their big day and The River Spa is here to help along the way”.

3 MONTHS TO GO - Buff the body top to toe and start bringing out that beautiful glow
▪ Skin brightening facial ▪ Lime body scrub ▪ Express manicure and pedicure

2 MONTHS TO GO - The body is glowing now, its time to brighten up the skin
▪ Skin brightening facial ▪ Luxury manicure ▪ Make up trial

4 WEEKS TO GO - Illuminate and Polish
▪ Express manicure ▪ 45 Minute brightening facial

1 WEEKS TO GO - Remove and Revitalise
▪ Lime and lemongrass full body scrub

4 DAYS TO GO - Time to make the body silky smooth
▪ Californian bikini wax ▪ Full leg wax ▪ Brow shape, brow tint and lash tint

2 DAYS TO GO - Time to Beautify
▪ Artistic manicure ▪ Full body custom blended spray tan

ON THE DAY... Here comes the Bride Allow one of our highly trained make up artists to complete your bridal look - sit back and enjoy the day

Package €499

**full payment is due on first visit*

Afternoon Tea Package **1hr 15 minutes €95pp**

Choose from one of the following: Skin Specific Facial or Full Body Massage with Thermal Spa and Afternoon Tea.

Mum to be Package **Sun-Thurs €179pp**
Suitable after 12 weeks **Fri/Sat €199pp**

This amazing package includes Back, Neck and Shoulder Massage, Mum to be Mini Facial, Luxury Manicure & Pedicure with pool access and finally enjoy some quiet time in our relaxation room.

Couples Retreat **2hr Sun-Thur €199**
Fri/Sat €209

Mud Rasul with Thermal suite and pool followed by a Full Body Massage in couples suite and Afternoon tea for two.

Ladies Escape Package **2hr 30 minutes**
Sun-Thur €169pp
Fri/Sat €179pp

Spend some quality time with your closest friends with our specially designed ladies day which starts with a relaxing Thermal Spa journey followed by a Skin Specific Facial and our Exclusive Knightsbrook Gold Experience including Full Body Massage. Afterwards, relax in our Relaxation room and end the day with lunch in our elegant Terrace Lounge.

Thermal Spa **60 minutes €15pp**

Our Unique collection of cool and hot speciality cabins are designed to offer you intense relaxation while gently restoring vitality and balance to your mind and body. Includes Laconium, Salt Grotto, Herbal Sauna, Steam room and Experience Showers.

Mud Rasul **One person €35**
Two people €60

Our rasul chamber offers the ultimate cleansing ritual to refresh, invigorate and revitalize the skin. Our mud mask deeply cleanses with the aid of aroma infused steam helping to relax muscles and improve circulation and condition of the skin.

Mens Treatments

Luxury Foot Treatment **55 minutes €50**

Includes Cleanse, exfoliation, nail grooming and Hot Stone foot massage.

Hand and Nail Grooming **25 minutes €25**

File, buff and cuticle work for hard working hands.

Exclusive River Spa Treatments

Knightsbrook Hot Stone Foot & Calf Massage

A wonderfully relaxing massage incorporating warm basalt stones and essential oils to gently but firmly relieve pressure from the soles and arch of feet and calf muscles. This treatment is deeply relaxing and relieving to tired and aching feet.

Knightsbrook Gold Experience

This treatment starts with a Gold Body Scrub followed by a tantalising gold shimmering honey massage. Rich in caviar extract, this honey body massage releases it's numerous benefits and leaves the skin silky soft. A truly exclusive treatment.

Avoid during pregnancy

Mum to be Massage

A gentle massage to release tension, soothe tired muscles and nourish the skin using a relaxing Jojoba Oil. Recommended after the first trimester only.

Prices Start From

25 minutes €47

45 minutes €68
1hr 15 minutes €99

55 minutes €85

How to Spa...

Bookings

We recommend you book an appointment for treatments in advance giving as much notice as possible to avoid disappointment. Spa bookings can only be accepted on receipt of valid credit, debit or gift card details.

Your Appointment

To maximise your experience, we ask you to arrive 15 minutes prior to your appointment time. This will be used for your personal consultation and for you to relax into our surroundings.

Age Requirements

The Spa is designed for clients over 16 years of age. Please refrain from bringing in anyone below this age.

Cancellations/Late Arrivals

As a courtesy to all Spa guests, please be aware that your late arrival will result in a reduction of your treatment time. A credit card is required to secure all treatments. Guests who wish to cancel their treatments are required to provide a minimum 24 hours notice or the full treatment cost will be charged. No show appointments will be charged in full.

All Spa Treatments are subject to terms and conditions

What to wear

Towels and robes are provided for treatments. Please bring swimwear and flip flops for use of the Thermal Spa. Disposable briefs will be provided if required.

Spa Etiquette

The Spa is designed to be calm, quiet and relaxing and for this reason, the use of mobile phones is prohibited. We also ask that you respect other Spa users by speaking quietly whilst in our relaxation area. Any loud behaviour in any area of the Spa may result in you being asked to vacate the premises.

* Please advise us of any pre existing medical conditions at the time of booking.

We aim to offer our clients a true Ayurvedic Journey' leading to total wellbeing.





The River Spa



OPENING HOURS

Monday & Tuesday 10am-6pm

Wednesday-Friday 10am-8pm

Saturday & Sunday 10am-7pm

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