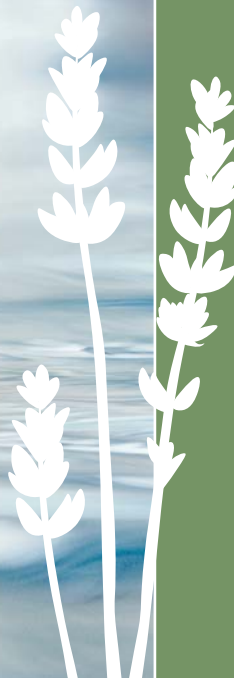




GREAT SOUTHERN  
KILLARNEY

Innisfallen  
HEALTH & BEAUTY ROOMS



The Innisfallen Health and Beauty Rooms provide facial and body skincare treatments, all designed to awaken your natural beauty.

WE USE YON-KA SKINCARE PRODUCTS TO PROVIDE A CHOICE OF HIGHLY PERSONALISED NATURAL TREATMENTS TO ENHANCE ALL SKIN TYPES.

Yon-Ka symbolises “Constant Regeneration”, which perfectly describes the deep-down repair and nourishment of these treatments for face and body.



*Yon-Ka products are  
all natural and alcohol  
free, promoting relaxation,  
wellbeing and total  
rejuvenation for mind,  
body and spirit.*



## Spa Packages

### Afternoon Indulgence

Any 25 minute beauty treatment  
with Afternoon Tea €50

Any 50 minute beauty treatment  
with Afternoon Tea €80

Afternoon Tea is served from 12.30pm until  
5pm daily and can be enjoyed before or after  
your treatment.

### Signature Package

4 HOURS | €220

Hot Stone Massage

Hydraessence Visage Facial with Scalp Massage

Manicure with File & Polish

Pedicure with File & Polish

## Beauty Package

3.5 HOURS | €120

Brow/Lash Tint & Wax

File & Polish on Fingers and Toes

Yon-Ka Full Body Tan

“Make Up Forever” Application

Please note if this is your first time using our waxing  
& tinting services, a patch test is required 24 hours  
prior to your treatment. The make up application  
can only take place 12 hours or more after the tan  
application or waxing.

## Mum to Be Package

2.5 HOURS | €115

Great Southern Signature Facial  
with Neck and Shoulders Massage

Hand & Foot Exfoliation and Massage

File & Polish on Fingers and Toes

## Ladies Facials

### Great Southern Signature Facial

50 MIN | €65

Innisfallen Glow is a unique treatment exclusive to the Great Southern Killarney using award winning Yon-Ka Products. Ideal for any skin type showing signs of ageing and dullness, this is a must have to rejuvenate tired skin. A triple exfoliation followed by an oxygenating skin mask is the Yon-Ka way to flawless skin.

### Escale Beauté

THE BEAUTY BREAK | 35 MIN | €45

A 35 minute renewal treatment to brighten, hydrate and exfoliate ageing skins.



## Intermezzo

EXPRESS BOTANICAL BEAUTY  
ENCOUNTER | 25 MIN | €35

If your “You” time is limited, maybe you prefer shorter beauty treatments or perhaps you would like to discover Yon-Ka, take time out and treat yourself to a mini facial.

## Hydralessence Visage

LONG-LASTING, DEEP HYDRATING  
FACIAL | 70 MIN | €75

This high performance, deep hydrating facial will revive even the most dehydrated complexions. Luxuriate in the warmth of healing hands while your skin is bathed in a moisture surge of oils, cream and elixirs, prescribed just for your skin type - sheer bliss.

## Éclat Contour

EYE TREATMENT | 40 MIN | €45

Anti-wrinkle, anti-puffiness and anti-dark circles. These eye treatments provide you with the ultimate tool to preserve the fragile beauty of your eyes.

## Optimiser

LIFT EFFECT FACIAL | 70 MIN | €80

Every part of this miracle treatment encourages flawless skin and perfect tone. Your face is lifted with a redefined contour.



## Plaisir d'Arômes

AROMATIC RELAXING AND  
WELLBEING FACIAL | 50 MIN | €60

This cocooning treatment unites all the beneficial elements of Yon-Ka skincare, including a warm aromatic compress and an enveloping, relaxing massage - calming the mind and leaving you with a glowing complexion.

## Le Grande Classique

DEEP PORE CLEANSING, RESTORING  
AND RELAXING FACIAL | 70 MIN | €75

A truly personalised and complete skincare treatment. Progressive, successive cleansing, followed by a relaxing massage with invigorating, balancing, natural aromas which leave the skin deeply cleansed and the complexion radiant.

## *Men's Facials*

### Skin Fitness

50 MIN | €60

Deep pore cleansing, restoring, relaxing and replenishing facial treatments.

### Power Moist

50 MIN | €60

Long lasting, deeply hydrating and replenishing treatment for dry skin types.

### Age-Defense

50 MIN | €60

Time defying anti-wrinkle treatment which firms and energises tired skin.

## Body Treatments

### Yon-Ka Deep Back Cleanse

INCLUDING AROMATHERAPY  
BACK MASSAGE | 50 MIN | €65

Detoxify and rejuvenate your back with essential vitamins and nutrients.

### Soin Velours

50 MIN | €65

This is an invigorating, moisturising body polish treatment using marine salt scrubs which have energising properties. This treatment concludes with a gentle massage.

### Gommage Végétal

50 MIN | €65

Exceptionally gentle exfoliation for smooth, silky, perfectly hydrated skin. Performed exclusively by Yon-Ka professionals, this botanical exfoliation is free of abrasive particles and uses carob and citrus extracts to eliminate dead skin cells and rough patches, hydrate and tone the epidermis with the stimulating effect of a loofah saturated with the 5 essential oils of Yon-Ka Quintessence.

### Back Tension Relief Wrap

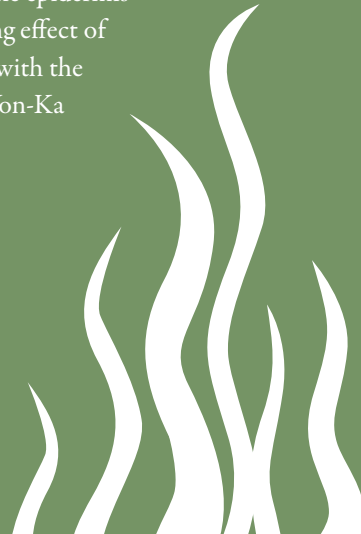
50 MIN | €70

Ease back tension with relaxing back exfoliation and hot towel wrap with seaweed mask followed by a back, neck and shoulders massage. Conclude your relaxation with a relaxing scalp massage.

### Hydrotherapy Bath

20 MIN | €20

A practice dating back to ancient Greece; warm water envelops your body to sooth aches and promote better blood circulation. A blend of plant extracts, essential oils and aromas leave you with a unique sense of energy and wellbeing.





## Gommage Marin

25 MIN | €35

Energizing scrub with Guérande salts and essential oils. Toning, aromatic and personalized. Advised as a preparatory treatment to other treatments.

This treatment is also recommended to optimise the condition of the skin prior to embarking on holiday.

## Flash Soleil

70 MIN | €70

This is an exfoliating treatment that removes dead cells and rough spots. Afterwards the application of the self tanning lotion provides your skin with a natural, even, harmonious tan in just a few hours.

# Massage

## Swedish Massage

25 MIN | €35    50 MIN | €65

This treatment helps to relax the muscles, remove tension and achieve an overall sense of wellbeing.

## Warm Oil Massage Candle

25 MIN | €40    50 MIN | €75

An aromatherapy massage candle blended with specially selected essential oils.

CHOOSE BETWEEN:

Uplifting Massage

Aches & Pain Massage

Relaxation & Stress Massage

## Aroma Luxe Massage

25 MIN | €40    50 MIN | €70

Yon-Ka Personalised Aromatic Massage

CHOOSE BETWEEN:

Relaxing Oil

Detoxifying Oil

Energising Oil

## Hot Stone Massage

25 MIN | €40    50 MIN | €70

This is where heated rocks are used to warm and relax the muscles. It improves circulation and calms the nervous system.





## Hands & Feet

### Manicure

50 MIN | €40

A personalised regime for softer, silky-smooth hands and beautiful healthy nails.

### Pedicure

60 MIN | €50

Deep clean and rejuvenate your feet to an enviously soft condition. Exfoliates dry, dull skin cells, leaving your feet sandal-ready and beautiful.

*Note: please wear open toe footwear to allow the polish to dry properly.*

FILE & POLISH 25 MIN | €20

FRENCH POLISH 40 MIN | €25

## Waxing

½ LEG WAX €20

FULL LEG WAX €30

BIKINI WAX €13

½ LEG & BIKINI €30

LIP WAX €5

LIP, CHIN & EYEBROW €17

CHIN WAX €8

UNDER ARMS €13

## Make up

50 MIN | €40

“Make Up Forever”  
Application

## Tinting

EYELASH TINT €12

EYEBROW TINT €10

EYEBROW WAX €10

BROW/LASH TINT & WAX €25

Please note if this is your first time using our waxing & tinting services, a patch test is required 24 hours prior to your treatment.

## Tan

YON-KA UPPER BODY TAN €20

YON-KA FULL BODY TAN €30

# Innisfallen

HEALTH & BEAUTY ROOMS

## *Operating Hours*

Monday – Sunday 9.00am – 8.00pm

Appointments are flexible, including early and late evenings, subject to availability.

## *To Book*

☎ 064 663 6949 or Ext: 660

✉ [innisfallen@greatsouthernkillarney.com](mailto:innisfallen@greatsouthernkillarney.com)

🖱 [greatsouthernkillarney.com](http://greatsouthernkillarney.com)

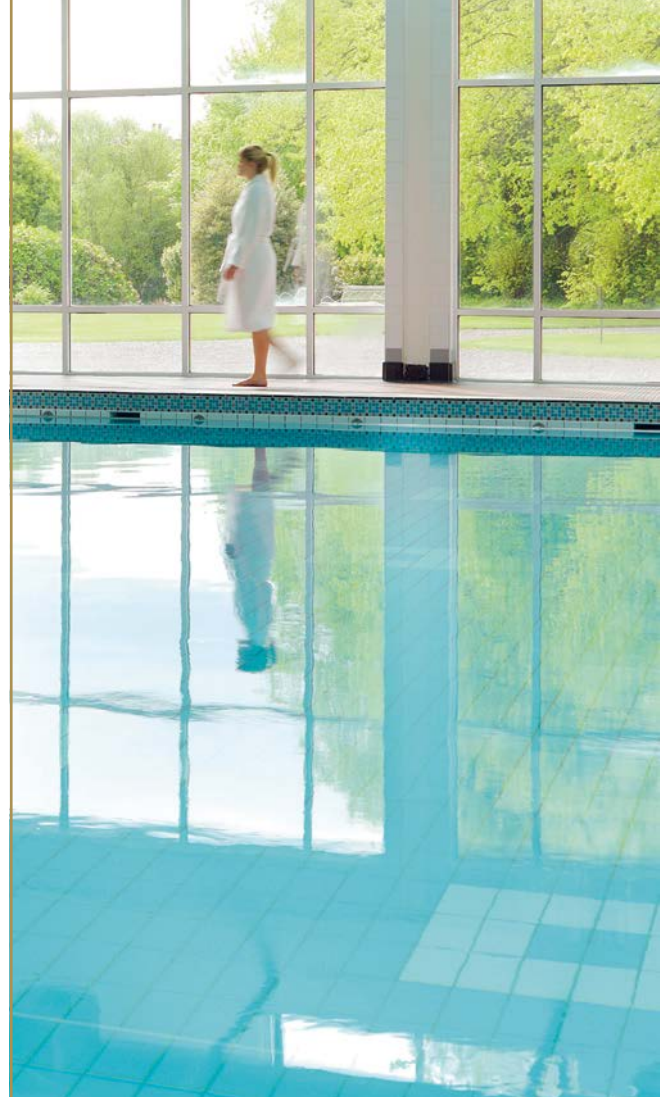
## *Arrival Times*

You are advised to arrive at least 15 minutes prior to your appointment time.

Late arrival could result in your treatment time being shortened as treatments will end at the scheduled time in order to facilitate all our guests.

## *Health Conditions*

Please inform us at the time of booking if you are an expectant or nursing mother or of any health conditions, allergies or injuries that may effect your treatment.





## *Cancellations*

To reschedule or cancel a package, 24 hours is required.

Cancellations made within this 24 hour time period will incur the full cost of treatments booked. Failure to attend an appointment will result in 100% charge for reserved services.

## *Facilities*

15 metre heated Swimming Pool

Gymnasium

Sauna

Steam Room

Jacuzzi

Monsoon Shower

Outdoor Tennis Courts

Children's Outdoor Playground

GUESTS ARE RECOMMENDED TO AVAIL OF THE FACILITIES PRIOR TO HAVING TREATMENTS IN ORDER TO GAIN THE MOST FROM YOUR THERAPY EXPERIENCE.



The  
**Gift** of  
*Delightful*  
Memories



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