




GREAT SOUTHERN  
KILLARNEY

HEALTH CLUB  
&  
*Beauty Rooms*




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

YON  
KA<sup>®</sup>  
PARIS

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

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.*



# Packages

## Afternoon Indulgence

- Any 25 minute beauty treatment with Afternoon Tea - €70.00
- Any 50 minute beauty treatment with Afternoon Tea - €100.00

Afternoon Tea is served from 1pm - 3pm daily and can be enjoyed before or after your treatment. *(Please note, Afternoon Tea times may vary seasonally, please speak to our team before booking for more information).*

## Signature Package

APPROXIMATELY 4 HOURS - €270.00

- Hot Stone Massage
- Hydralessence Visage Facial with Scalp Massage
- Manicure with File & Polish
- Foot Ritual with File & Polish

## Mens Discovery

APPROXIMATELY 1.5 HOURS - €120.00

- Back Exfoliation with Clay Mask
- Aroma Lux Back Massage
- Express Facial

## Beauty Break

APPROXIMATELY 1.5 HOURS - €100.00

- Escale Beauty Facial
- Eyelash Tint
- Eyebrow Shape & Tint
- File & Polish on Fingers

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

## Mum to Be Package

APPROXIMATELY 2 HOURS AND 15 MINUTES  
- €185.00

- Pregnancy Massage
- Great Southern Signature Facial
- Hand & Foot Exfoliation and Massage

# Wellness Escape

60 MIN - €95.00 / 90 MIN - €130.00

CHOOSE FROM 4 SENSORY BODY TREATMENTS WHERE YOU WILL BE TRANSPORTED TO ONE OF FRANCE'S ICONIC REGIONS FOR WELLNESS:

## Gateway to Provence

The re-balancing and calming effect of the renowned essential oils of Provence; Everlasting and Lavender. A gentle scrub, combined with a manual relaxing and detoxifying massage using exclusive Yon-Ka techniques, for a harmonizing journey.

## Walk in the Forest

A re-energizing breath of fresh air with essential oils of Cedar and Cypress inspired by French forests.

This invigorating experience includes an intense salt scrub, followed by a sculpting bamboo-based leg massage for a renewed feeling of lightness and well-being.

## Journey to Polynesia

Transport to a heavenly place with the warm and floral notes of Tiaré flowers and Jasmine. A decadent 2-sugar scrub combined with an indulgent massage where warm volcanic stones are applied to the back; relaxing your body and mind for intense relaxation and well-being.

## Corsican Delight

Featuring Corsica's fruity fragrances of revitalising Mandarin and Sweet Orange; a gourmet scrub, combined with a re-balancing massage and hand and foot acupressure, awakening your senses & freeing you from stress, allowing you to resume daily tasks with energy and positivity.



# Ladies Facials

## *Intermezzo*

EXPRESS BOTANICAL BEAUTY

ENCOUNTER | 25 MIN - €45.00

If your “Me time” is limited, opt for a short beauty treatment to discover the benefits of Yon-Ka with this mini facial.

## *Escale Beauté*

THE BEAUTY BREAK | 35 MIN - €55.00

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

## *Great Southern Signature Facial*

50 MIN - €80.00

A unique treatment exclusive to the Great Southern 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.

## *Plaisir d'Arômes / Vital Defense*

AROMATIC RELAXING AND

WELL-BEING FACIALS | 50 MIN - €80.00

These cocooning treatments unite all the beneficial elements of Yon-Ka skin care, 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 - €90.00

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



## *Hydralescence Visage*

LONG-LASTING, DEEPLY HYDRATING  
FACIAL | 70 MIN - €90.00

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

## *Optimizer / Time Resist*

LIFT EFFECT FACIAL /  
ANTI-WRINKLE FACIAL | 70 MIN - €95.00

Every part of these miracle treatments is designed to firm the facial contours, smooth wrinkles and encourage a younger looking, flawless complexion.

## *Éclat Contour*

EYE TREATMENT | 40 MIN - €60.00

Anti-wrinkle, anti-puffiness and anti-dark circles. This eye treatment provides you with the ultimate tool to preserve the fragile beauty of your eyes.





# Body Treatments

## *Back Tension Relief Wrap*

50 MIN - €80.00

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

## *Hydralessence Body Wrap*

60 MIN - €90.00

A rejuvenating moisturising treatment for the body using Yon-Ka fusion full body exfoliation with Hydralessence mask.

## *Gommage*

25 MIN - €45.00 / 50 MIN - €80.00

Perfect for exfoliating, smoothing the skin and stimulating circulation, leaving the skin cleansed, polished and refreshed.

CHOOSE BETWEEN:

- Gommage Doux (Gentle)  
Hydrating Scrub with Bamboo Powder and Apricot Kernels
- Gommage Sucre (Medium)  
Nourishing Sugar Scrub
- Gommage Sel (Intense)  
Remineralizing Sea Salt Scrub





# Massage

## *Swedish Massage*

25 MIN - €45.00 / 50 MIN - €80.00

80 MIN - €120.00

This treatment is designed to improve circulation, relax the muscles and achieve an overall sense of well-being. It involves soft, long kneading strokes, followed by light rhythmic strokes on the top layer of muscle. This massage can be both relaxing and energising.

## *Indian Head Massage*

25 MIN - €45.00 / 50 MIN - €80.00

Incorporating the back, neck, shoulders, head and scalp this is a holistic massage treatment that works to relieve muscle tension, stimulate the scalp, reduce headaches and improve physical well-being. It also improves mental and emotional wellness. This is the ideal treatment for anyone who carries stress & tension in upper body.

## *Pregnancy Massage*

25 MIN - €45.00 / 50 MIN - €80.00

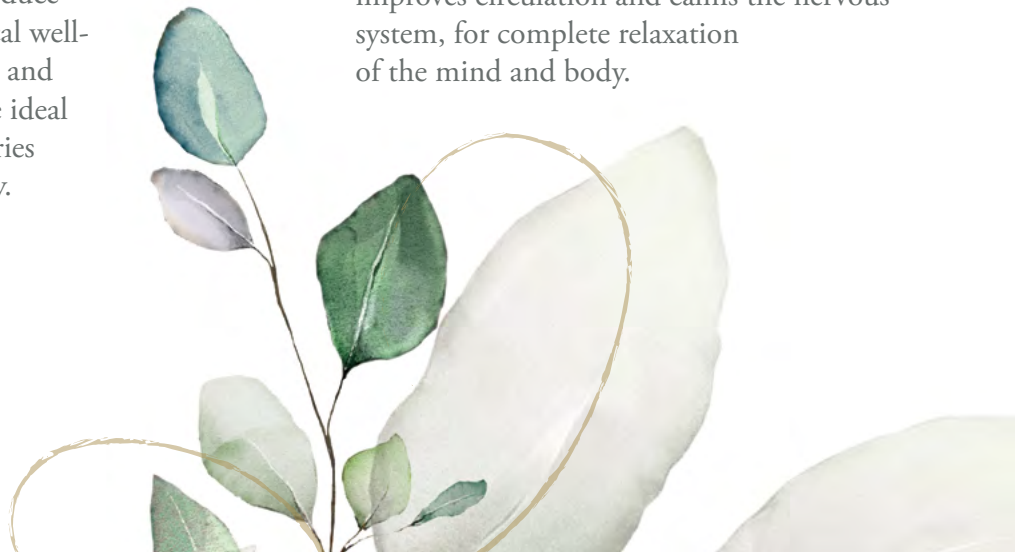
A gentle massage designed specifically for pregnancy. This treatment creates a blissful combination of relaxation and stimulation. It eases away aches and pains by focusing on your back, hips and legs.

This treatment also aims to improve your energy levels, assist circulation and alleviate fluid build-up particularly in the legs and ankles.

## *Hot Stone Massage*

30 MIN - €55.00 / 60 MIN - €100.00

Manual massage using heated volcanic stones which ease tension and relax the muscles. It improves circulation and calms the nervous system, for complete relaxation of the mind and body.



## *Aroma Fusion*

35 MIN - €60.00 / 65 MIN - €110.00

A UNIQUE “A LA CARTE” EXPERIENCE.  
YOU CAN CHOOSE YOUR EXPERIENCE  
ACCORDING TO YOUR NEEDS AND  
DESIRES USING ONE OF THE 4 AROMATIC  
CONCENTRATES:

- **Detox** – Everlasting & Lavender
- **Silhouette** – Cedar & Cypress
- **Relax** – Tiaré flower & Jasmine
- **Vitality** – Mandarin & Sweet Orange

## *Aroma-Luxe*

Manual relaxing and detoxifying massage using exclusive Yon-Ka techniques, for a harmonizing journey.

## *Aroma-Sculptant*

Sculpting bamboo-based tonifying leg massage for a renewed feeling of lightness and well-being.

## *Aroma-Relax*

Indulgent massage where warm volcanic stones are applied to the back; calming your body and mind for intense relaxation and well-being.

## *Aroma-Energy*

Re-balancing massage with hand and foot acupressure, awakening your senses and freeing you from stress, allowing you to resume daily tasks with energy and positivity.



# Hands & Feet

## *File & Polish*

25 MIN - €25.00

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## *French Polish*

40 MIN - €30.00

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## *Manicure*

50 MIN - €50.00

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

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## *Pedicure*

60 MIN - €60.00

Deeply 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.

## Waxing

- Half Leg Wax - €25.00
- Full Leg Wax - €40.00
- Bikini Wax - €18.00
- Half Leg & Bikini Wax - €38.00
- Lip Wax - €8.00
- Lip, Chin & Eyebrow Wax - €25.00
- Chin Wax - €10.00
- Under Arm Wax - €20.00
- Arm Wax - €35.00
- Half Arm Wax - €25.00

## Tinting

- Eyelash Tint - €15.00
- Eyebrow Tint - €10.00
- Eyebrow Shape - €10.00
- Brow/Lash Tint & Shape - €30.00

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

## Make-up

APPROXIMATELY 50 MIN

- Make Up - €40.00
- Make Up with Eyelashes - €50.00

# Men's Facials

## *Express Facial*

25 MIN - €45.00

This express facial is ideal for those on the go. Your skin is cleansed, lightly exfoliated and gently massaged followed by a veil of light moisturiser.

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## *Skin Fitness*

50 MIN - €80.00

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

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## *Power Moist*

50 MIN - €80.00

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

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## *Age-Defense*

50 MIN - €80.00

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

# Men's Waxing

We cater for a number of Men's Waxing options at the Beauty Rooms. Please ask our team for more information on the services we provide.

- Half Leg Wax - €30.00
- Full Leg Wax - €45.00
- Half Arm Wax - €25.00
- Full Arm Wax - €40.00
- Chest Wax - €35.00
- Back Wax - €45.00
- Chest & Back Wax - €70.00
- Half Back Wax - €30.00
- Under Arm Wax - €20.00
- Eyebrow Wax & Shape - €10.00

# HEALTH CLUB

## *Beauty Rooms*

### Operating Hours

Monday – Sunday 8.00am – 8.00pm

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

### To Book

☎ 064 663 6949 or Ext: 660

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

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

### Facilities

- 15 metre heated Swimming Pool
- Gymnasium
- Sauna
- Steam Room
- Jacuzzi
- Monsoon Shower

### Arrival Times

You are advised to arrive at least 15 minutes prior to your appointment time. Late arrival could result in a reduced treatment time, as treatments will end at the scheduled time in order to facilitate all our guests.

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

### Health Conditions

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

### Cancellations

To reschedule or cancel a package, 24 hours notice 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.







GREAT SOUTHERN  
KILLARNEY

## HEALTH CLUB *Beauty Rooms*

### To Book

- ☎ 064 663 6949 or HOTEL EXT 660
- ✉ [health@greatsouthernkillarney.com](mailto:health@greatsouthernkillarney.com)
- 🖱 [greatsouthernkillarney.com](http://greatsouthernkillarney.com)

### Treatment Hours

Monday – Sunday 8.00am – 8.00pm

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

## Packages

### Afternoon Indulgence

Any 25 / 50 minute beauty treatment with Afternoon Tea	25 MIN	€70.00
	50 MIN	€100.00

### Signature Package 4 HOURS €270.00

Hot Stone Massage, Hydralessence Visage Facial with Scalp Massage, Manicure with File & Polish, Foot Ritual with File & Polish

### Mens Discovery 1.5 HOURS €120.00

Back Exfoliation with Clay Mask, Aroma Lux Back Massage & Express Facial

### Beauty Break 1.5 HOURS €100.00

Escal Beauty Facial, Eyelash Tint, Eyebrow Shape & Tint, File & Polish on Fingers

### Mum to Be Package 2 HRS. AND 15 MINS. €185.00

Pregnancy Massage, Great Southern Signature Facial, Hand & Foot Exfoliation and Massage

### Wellness Escape

Choose one: Gateway to Provence,	60 MIN	€95.00
Walk in the Forest, Journey to Polynesia or Corsican Delight	90 MIN	€130.00

## Body Treatments

Gommage	25 MIN	€45.00
	50 MIN	€80.00
Back Tension Relief Wrap	50 MIN	€80.00
Hydralessence Body Wrap	60 MIN	€90.00

## Ladies Facial

Intermezzo, Express botanical	25 min	€45.00
Escale Beauté, The beauty break	35 min	€55.00
Great Southern Signature Facial	50 min	€80.00
Plaisir d'Arômes/ Vital Defense	50 min	€80.00
Le Grande Classique	70 min	€90.00
Hydralessence Visage	70 min	€90.00
Optimiser/ Time Resist	70 min	€95.00
Éclat Contour, Eye Treatment	40 min	€60.00

## Mens Facial

Express Facial	25 min	€45.00
Skin Fitness	50 min	€80.00
Power Moist	50 min	€80.00
Age-Defense	50 min	€80.00

## Massage

Swedish Massage	25 MIN	€45.00
	50 MIN	€80.00
	80 MIN	€120.00
Hot Stone Massage	30 MIN	€55.00
	60 MIN	€100.00
Aroma Fusion Massage	35 MIN	€60.00
	Choose one: Detox, Silhouette, Relax or Vitality	65 MIN
Indian Head Massage	25 min	€45.00
	50 Min	€80.00
Pregnancy Massage	25 Min	€45.00
	50 Min	€80.00

## Make-up

Make Up Application	50 MIN	€40.00
with Eyelashes	50 MIN	€50.00

## Hands & Feet

Manicure	50 MIN	€50.00
Pedicure	60 MIN	€60.00
File & Polish	25 MIN	€25.00
French Polish	40 MIN	€30.00
Manicure with French Polish	60 MIN	€55.00
Mini Manicure	25 Min	€30.00
Mini Pedicure	25 Min	€35.00

## Waxing & Tinting

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Underarm Wax	€20.00
Eyebrow Wax & Shape	€10.00

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



## GREAT SOUTHERN KILLARNEY

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- health@greatsouthernkillarney.com
- greatsouthernkillarney.com
- East Avenue Road, Killarney,  
Co. Kerry, V93 R866, Ireland.

L.V.X.<sup>SM</sup>

*Preferred*

HOTELS & RESORTS

HAYFIELD  
FAMILY  
COLLECTION

