



ANGSANA

Spa

The Brehon • Killarney

*From time to time the self needs
solitude, space & peace to re-charge & revitalise...*



If going to a spa for the first time makes you nervous, you're not alone. Many people have their first spa experience when they get a gift certificate to a day Spa. Some people don't even use the gift certificates because they're anxious about what will happen and the finer points of spa etiquette. Spa Treatments are designed with male and female in mind.

THE ANGSANA SPA AT THE BREHON

Original, Unique and Unparalleled when it comes to the Spa Experience.



SIGNATURE OF ANGSANA

*Calm your mind and draw on the serenity of your surroundings.
Allow our therapists to offer you a soothing foot wipe, herbal drink and within a few minutes
you are ready to escape the world.*

ENERGISE (90 minute Treatment)

€160

A combination of pressure point and stretching Thai Massage techniques to help promote flexibility and boost blood circulation. Followed by a foot massage to loosen tired feet.

• 60 minute Fusion Massage • 30 minute Foot Massage

DESTRESS (90 minute Treatment)

€160

Ideal to destress and muscle release, start with a Javanese massage, deep tissue massage techniques to help soften tense muscles and stimulate blood flow.

• 60 minute Javanese Massage • 30 minute Scalp Massage

INVIGORATE (90 minute Treatment)

€170

Give your body a well-deserved tune up with this treat that combines Angsana Spa's classic mini therapies. You will be ready to face the world after this delightful experience.

• 30 minute Back Energy Massage • 30 minute Mini Facial • 30 minute Body Scrub

ROMANCE (120 minute Treatment)

€210

Those looking to unveil their inner glow. The Honey Sesame scrub is known for vanishing dead skin cells and leaving your skin soft and glowing. Followed by an invigorating full body massage to release stress and tension. Finish with a Mini Facial which works effectively to soften and moisture your skin.

• 60 minute Massage • 30 minute Mini Facial • 30 minute Honey Sesame Scrub



ESSENCE OF ANGSANA

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Enjoy the difference.*

GLow (90 minute Treatment)

€160

Surrender yourself to a pampering body massage after a cleansing body polish. The scrub helps to remove dead skin cells, allowing you to reap the full benefits of the aromatic oil massage that follows. You'll feel lighter and fresher than ever, and it will show on your glowing skin.

• 60 minute Full Body Massage • 30 minute Body Polish Beauty

BEAUTY (120 minute Treatment)

€200

Those looking to pamper from top to toe. Personalize your own medley of beautifying treatments, leaving you rejuvenated with an all-round radiance.

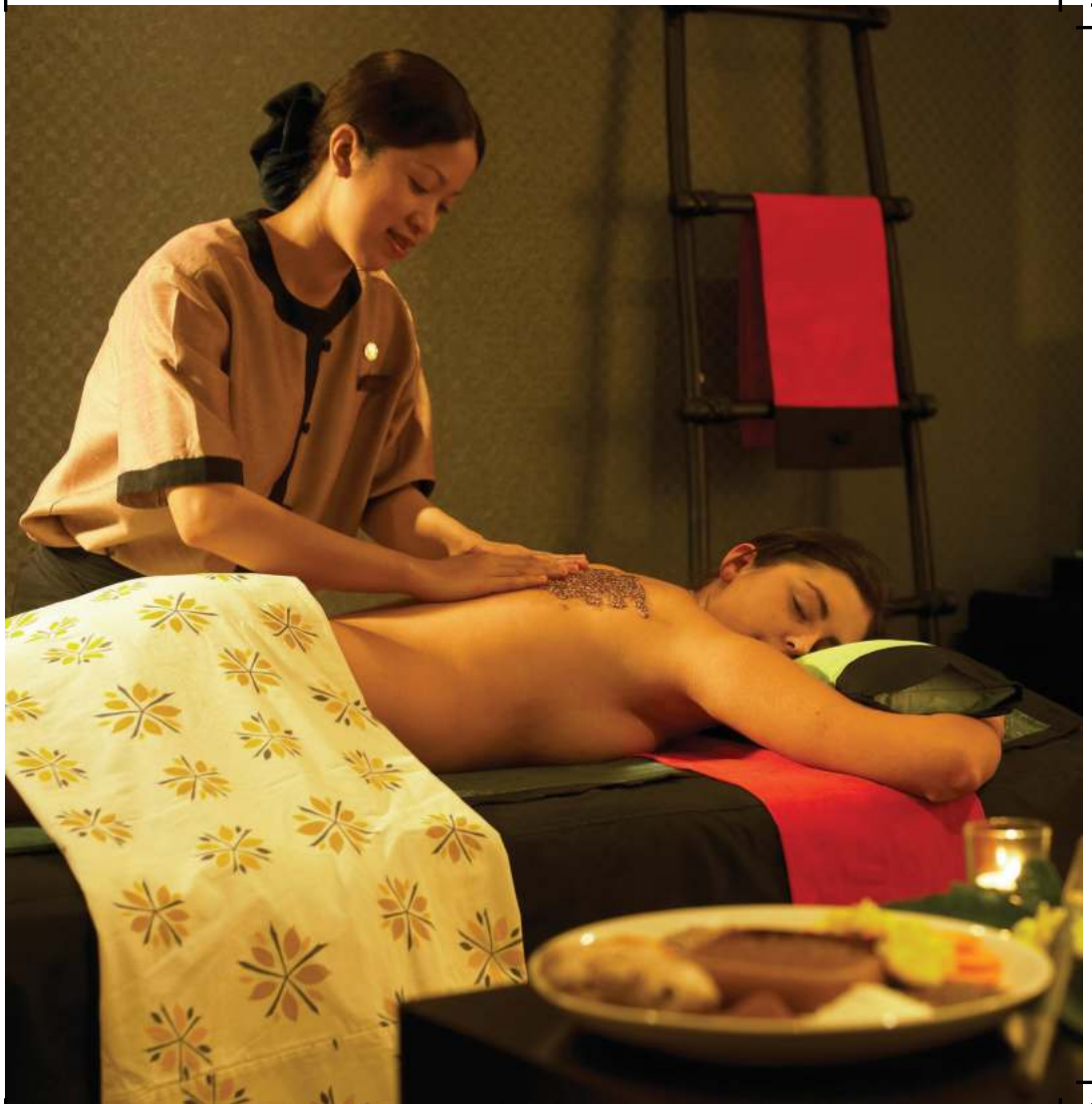
• 60 minute Body Massage • 60 minute Facial

DETOX (120 minute Treatment)

€210

Those looking to detox. The scrub deeply cleanses while warm ginger enhances blood circulation. The mud mask removes impurities, leaving you with refreshed skin. Not suitable for highly sensitive skin.

• 30 minute Ginger Warming Scrub • 30 minute Detox Mud Mask • 60 minute Body Massage





LA SULTANE DE SABA TREATMENT

23 CARAT GOLD ANTI-AGING FACIAL (60 minute Treatment)

€115

For centuries women have cherished the virtues of gold as a true beauty treasure. Combining the rejuvenating virtues of 23c gold minerals along with caviar and mother of pearl, for a powerful anti-aging and nourishing treatment rich in vitamins, essential amino-acids and trace elements. This 8-step facial is ideal for lifting, smoothing wrinkles, restoring firmness and bringing immediate luminosity.



La Sultane de Saba
PARIS





BODY MESSAGES

Calm your mind and draw on the serenity of your surroundings.

*Allow our therapists to offer you a soothing foot wipe, herbal drink and a few minutes to leave the world behind.
Enjoy the difference.*

SIGNATURE ANGSAÑA (60 / 90 minute Treatment)

€110 / €135

You won't find it anywhere but here! Using palm strokes and thumb pressure, our skilled therapist works on your body's key pressure points to free you from stress and strengthen your inner Qi. This 90 minute signature massage was created exclusively for the Angsana Spa and uses the specially formulated Euphoria Oil to further enhance the experience.

FUSION (60 / 90 minute Treatment)

€110 / €135

A Blend of Thai and Swedish Techniques to soothe all aches, unblock stiffness and enhance flexibility.

DREAMS (60 / 90 minute Treatment)

€110 / €135

Created specially for your tired body! This warm oil massage uses long and firm palm strokes with Sesame Oil to soothe tense muscles, and helps to induce the body, mind and soul to a state of complete relaxation.

JAVANESE (60 / 90 minute Treatment)

€110 / €135

Adapted from traditional Balinese techniques, this deep tissue massage uses thumb and palm pressure to soothe aching muscles and relieves tension. Melody Oil with its warming benefits is used to further enhance this invigorating experience.



BODY MESSAGES

Calm your mind and draw on the serenity of your surroundings.

Allow our therapists to offer you a soothing foot wipe, herbal drink and a few minutes to leave the world behind.

Enjoy the difference.

THAI (60 / 90 minute Treatment)

€110 / €135

Unwind to a delicate stretching of your body to improve flexibility, followed by Thai massage techniques of palming and thumbing, without the use of oil, on your meridian lines. Dry Massage.

INDIAN HEAD MASSAGE (30 minute Treatment)

€70

Focusing on the key pressure points on your head, this massage is designed to clear your mind of all stress and tension. It feels so good that you can even enjoy it sitting down.

BACK ENERGY MASSAGE (30 minute Treatment)

€70

Enjoy renewed energy after this tension relief massage done on your back. The therapist employs medium to strong pressure, using deep strokes to iron out tensed muscles for a stronger healthier back.

FOOT LOOSE MASSAGE (30 minute Treatment)

€70

Step out with happier feet after an energizing foot massage. This massage focuses on the feet to relieve tired soles, balance the energy flow and improve circulation.





ANNE SEMONIN
PARIS

The Angsana Spa is proud to be the home of beauty brand, Anne Semonin. Offering the concept of 'made to measure' beauty, specialising in customised skincare.



FACIAL

Calm your mind and draw on the serenity of your surroundings. Allow our therapists to offer you a soothing foot wipe, herbal drink and a few minutes to leave the world behind. Enjoy the difference.

SOOTHING REMEDY FACIAL (60 minute Treatment)

Calm and soothing facial, reduces blotchy high colour and heat, hydrates, vasoconstrictive and relieves irritation. Re-establishes and fortifies the skin defense.

€110

HYDRA EXPRESS FACIAL (60 minute Treatment)

Express hydrating cleanse. Suitable for all skin types and conditions reinforce the skins PH balance. Softens and hydrates and gives instant radiance.

€110

AGE DEFYING FACIAL (60 minute Treatment)

Lifting and firming. Helps the exchange of cellular nutrients and slows down accelerated aging. A skin brightening booster facial for special occasions or as part of an anti-aging programme, the ultimate anti-aging facial treatment, plumps up wrinkles from the inside and relaxes facial tension.

€110

ULTIMATE SKIN RENEW FACIAL (60 minute Treatment)

Medically inspired therapy brings together the gentle peeling action of micronized peeling powder with a deeper exfoliation from the magic resurfacing complex. Together the non-irritant formula softens visible imperfections on the skins surface, such as pigmentation and spots and diminishes wrinkles. Luxurious yet powerful, when used regularly, this treatment truly is the ultimate transformation for visibly younger and more radiant skin.

€120

DEEP MARINE PURIFYING FACIAL (60 minute Treatment)

Deep cleanses, purifies, rebalances, soothes and tightens the pores. A gentle but powerful, complete cleansing treatment using a peel off detoxifying seaweed mask and steam,

€110

MIRACLES EYE (30 minute Treatment)

Moisturising, hydrating, plumping up of fine lines and wrinkles, soothes, refresh and relaxes skin tissue and muscular fatigue around the eye contour.

€70

PRECIOUS PEARL ULTRA LIFE FACIAL (90 minute Treatment)

The ultimate wrinkle fighting spa facial. It will restore the skins lack of firmness whilst toning. Leaves the skin and face contours in excellent condition. The luxury facial includes a series of comprehensive lifting and draining massage techniques. A perfect remedy for mature/lackluster skin.

€145



PREGNANCY TREATMENTS

Yummy Mummy – Spa Recommendations

Being pregnant doesn't mean that you have to give up all spa treatments. Far from it in fact – now is as good a time as any to treat yourself to some luxurious pampering

MOTHER TO BE MASSAGE (60 minute Treatment)

€110

For mothers to be, this nurturing Massage is a good choice. Our experienced therapists will use gentle strokes with the warm clarity oil.

INDIAN HEAD MASSAGE (30 minute Treatment)

€70

DE-STRESS

Focusing on the key pressure points on your head, this massage is designed to clear your mind of all stress and tension. It feels so good that you can even enjoy it sitting down.

FOOT LOOSE (30 minute Treatment)

€70

Step out with happier feet after an energizing foot massage. This massage focuses on feet to relieve tired soles, balance the energy flow and improve circulation.

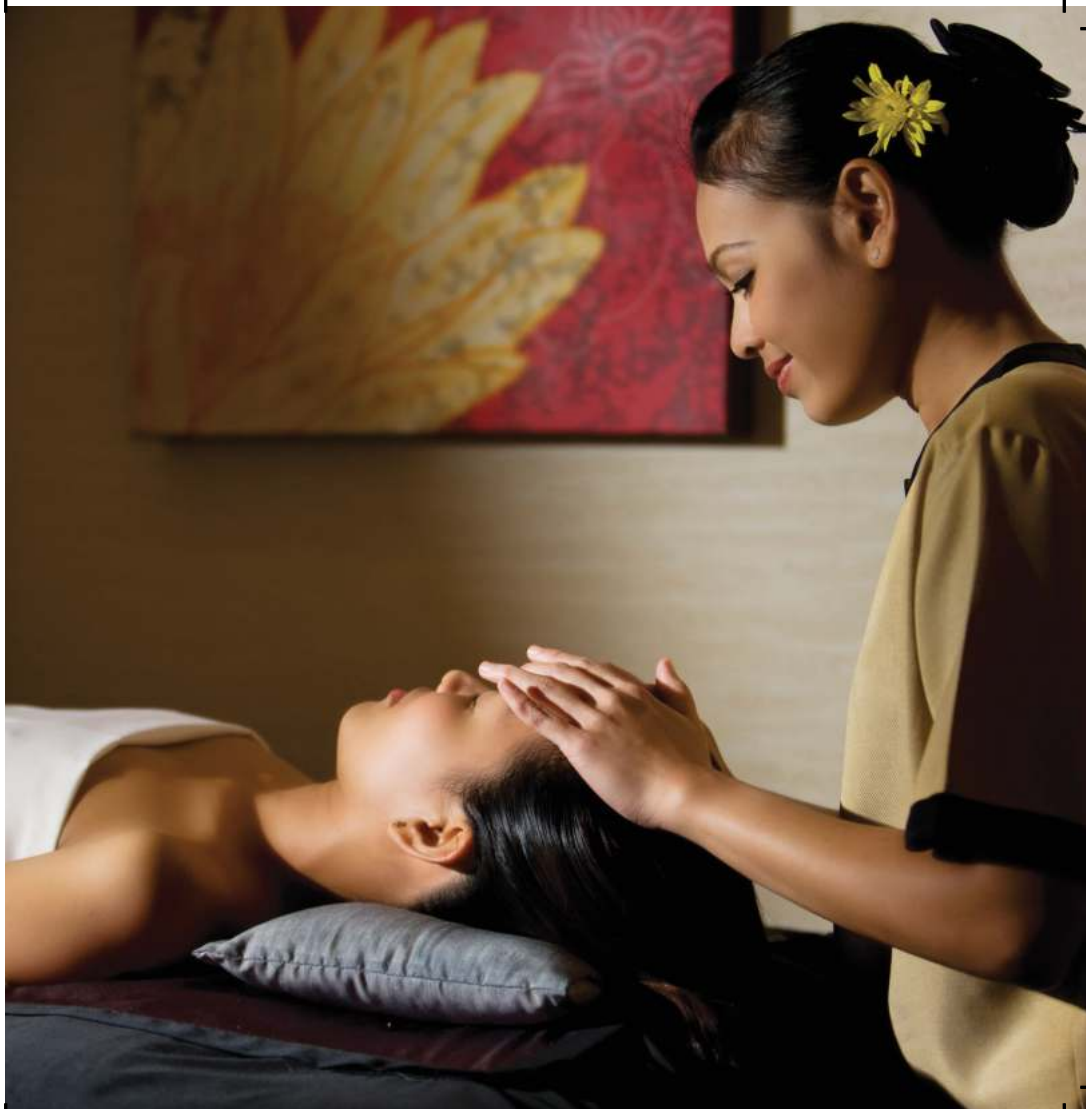
MINI FACIAL (30 minute Treatment)

€70

A taster facial with the Anne Semonin range which leaves the skin refreshed and renewed.

Massage stimulating treatments are not recommended prior to 16 weeks of pregnancy.

It is recommended that a maximum of 60 minutes treatments be booked in order to allow for your comfort levels.





ANGSANA SPA FOR GENTLEMEN

Spa Recommendations

JAVANESE MASSAGE (60 / 90 minute Massage)

€110 / €135

Adapted from ancient Balinese techniques, this deep tissue massage relieves body tension and promotes better sleep patterns.

FUSION (60 / 90 minute Treatment)

€110 / €135

A Blend of Thai and Swedish Techniques to soothe all aches, unblock stiffness and enhance flexibility.

BACK ENERGY MASSAGE (30 minute Massage)

€70

Iron out aches & tension in the back with this medium to strong Pressure Massage.

HYDRA EXPRESS FACIAL (60 minute Treatment)

€110

NORMAL TO COMBINATION

Express hydrating cleanse. Suitable for all skin types and conditions reinforce the skins PH balance. Softens and hydrates and gives instant radiance.

DEEP MARINE PURIFYING FACIAL (60 minute Treatment)

€110

OILY SKIN

Deep cleanse, purifies, rebalances, soothes and tightens the pores. A gentle but powerful, complete cleansing treatment using peel off detoxifying seaweed mask and steam.

MINI FACIAL (30 minute Treatment)

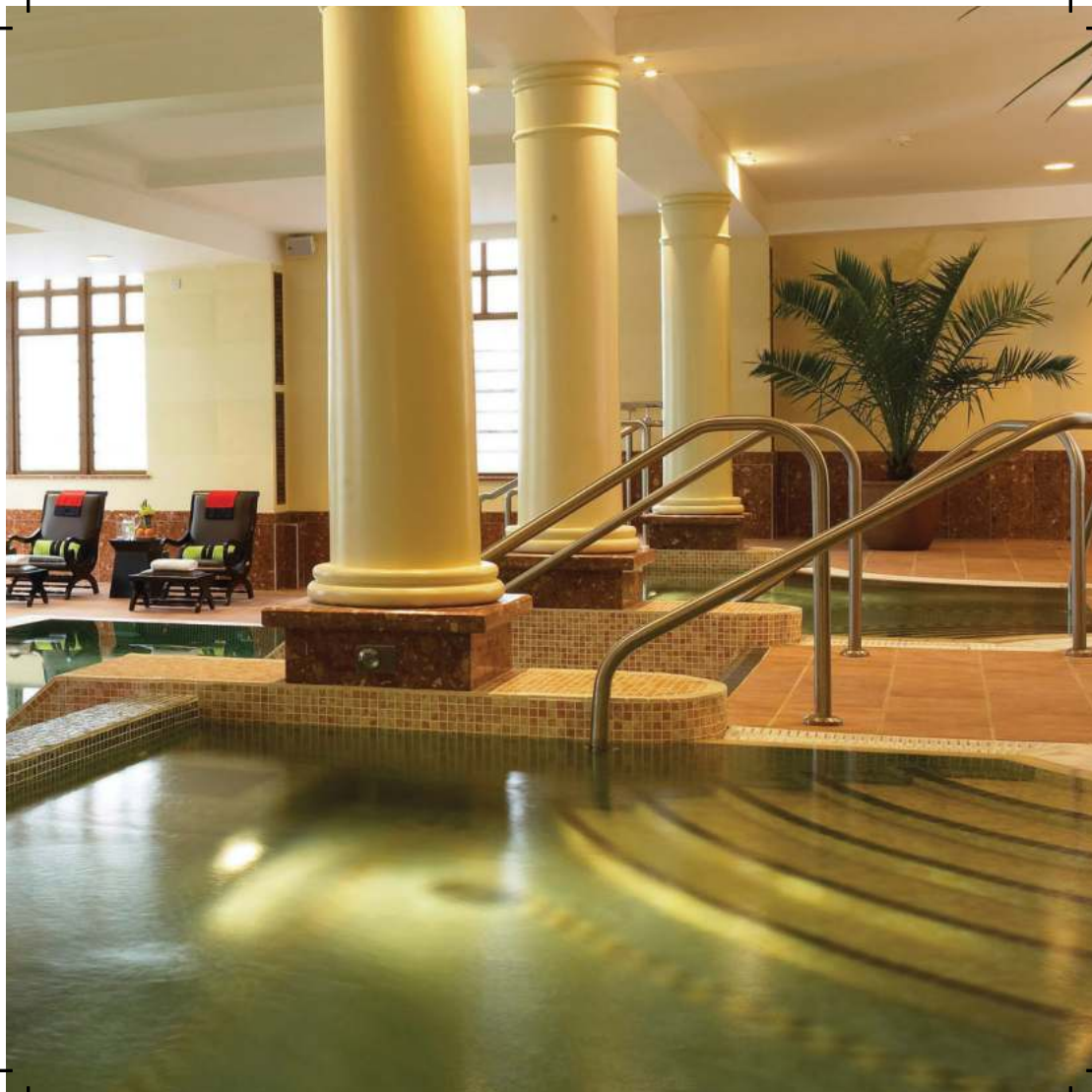
€70

ALL SKIN TYPES

Cleanse, scrub and moisturise. A reviving and toning facial therapy for men.









BODY SCRUBS

ALMOND MILK (30 minute Treatment) For all skin types

€70

This polish is a natural skin brightener & anti-aging. Watch those fine lines fade, your skin is left feeling smoother and more refined.

HONEY SESAME SCRUB (30 minute Treatment) For dry/normal skin

€70

A sweet, gooey scrub made from golden honey and sesame seeds that is ideal for dry to normal skin. The sesame seeds gently exfoliate your skin, while honey, a natural remedy, aids in healing of wounds and promotes new cell growth.

STIMULATING COFFEE & VANILLA POLISH (30 minute Treatment) For all skin types

€70

Get set to glow with this invigorating coffee and sweet vanilla essence scrub. This has an uplifting and firming benefit, stimulating stubborn areas where cellulite may form. Instant glow and shine.

FRUIT DELIGHT (30 minute Treatment) For all skin types

€70

Cleanse and brighten your skin with this anti-oxidant body conditioner consisting of orange, carrot, apple and lime juice.

PURE GOLD (30 minute Treatment) For all skin types

€70

Add some sparkle to your skin with this prized favourite. This luxurious body polish blends honey, olive oil, fresh milk and almonds together with shimmering gold foil to wash away dry, tired skin cells thereby, smoothing and leaving your skin glowing – head turning drama epitomised.



BODY WRAPS

AVOCADO SMOOTHIE (30 minute Treatment)

€70

Nourishing for all skin types Rich in vitamins, minerals and natural oils, avocado blended with milk and honey results in a creamy mask, which nourishes your skin and replenishes essential moisture and nutrients, leaving it plump and soft. Great for dry skin!

DETOX MUD MASK (30 minute Treatment)

€70

Detoxifying for oily skin. A deep cleansing treatment using rich mud to detoxify and nourish the skin.

OLIVE SOOTHER (30 minute Treatment) For all skin types

€70

This delectable conditioner blends olive oil and oatmeal to add a lovely sheen to your skin.

HONEY MILK (30 minute Treatment)

€70

A fusion of cumin seed & sesame honey to soften and brighten the skin.

ENJOY A BODY SCRUB & BODY WRAP

€110



VITALITY SUITE

The Vitality Suite combines a series of rooms, designed to take your body on a wet and dry, warm and cold temperature journey. Consisting of a Herb Sauna, Crystal Steam Room, Ice Fountain, Tropical Shower and a 12 Metre Vitality Pool. The idea is that you use the several heat experiences to soothe, relax and detoxify your body in advance of any spa treatments you have booked, sometimes just as a restorative therapy on its own to chill you (literally) out or re-energise you over a couple of hours. There is no precise Journey in the Vitality Suite. What they all do is aim to relax and detoxify you - as you warm up, your pores open, you sweat, and this increased sweating is believed to be good for accelerating the elimination of toxins from your body.

Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

We endeavour to follow the guidelines provided to us from H.S.E & W.H.O at all times. To protect the safety of our guests and staff, we have introduced new policies. We recommend that you take the time to read these new policies prior to visiting the Angsana Spa.

- If you wish to use the Vitality Suite prior to your treatment, this must be booked in advance.
- Treatment guests are more than welcome to bring their own shampoo/conditioner, however, The Angsana Spa will also provide shampoo/conditioner in the shower area.
- Our therapists will wear a mask during your treatment.
- We will ask that you complete an online Consultation Form 2 days prior to your treatment.
- Our hygiene protocols have always been the highest of standards and we have introduced additional sanitising procedures throughout the Spa.

We are committed to provide our guests with the highest standards of service at Angsana Spa and as such we cannot guarantee at this time that all of the facilities listed will be available during your visit. We endeavour to follow the guidelines provided to us from H.S.E & W.H.O at all times.



ETIQUETTE

The spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. Children under the age of 18 are not allowed in the spa or the Vitality Suite. We ask that you respect other guests' privacy by speaking softly. Cellular phones and electronic devices are discouraged.

ATTIRE

Please arrive at the spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available on request. Reservations Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of the booking for a confirmed appointment.

CHECK IN

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment times. A late arrival will result in shortened treatment to accommodate other guests fairly. Please arrive 60 minutes prior to your appointment for the use of the Vitality Suite.

SPA TREATMENT TIMES

Spa opening hours are Monday to Friday 8am - 8pm, Saturday & Sunday 8am - 8pm. Opening times are subject to change without prior notice. Please note a minimum of 60mins treatment is required to book on the weekends and bank holidays. Special Consideration If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massage stimulating treatments are not recommended during the first three months of pregnancy. If you have high blood pressure, heart conditions, allergies or other medical complications, we advise that you consult your doctor before signing up for any spa services. Please inform your therapist of any medical conditions.

SMOKING AND ALCOHOL

Smoking and the consumption of alcohol within the spa is prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any spa treatment.

CANCELLATION POLICY

A 48-hour cancellation policy notice is required to help us re-schedule your appointment, subject to space and availability. Any cancellation with less than 48 hours notice will incur 100% cancellation fee. A full fee will be imposed for a "no-show."

VALUABLES

We recommend that no jewellery be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought onto the spa premises.

GIFT CERTIFICATES

Treat a friend or loved one by giving them an experience they will never forget. Gift certificates are available for use against any spa treatment, package or retail products. Gift certificates are non-refundable and must be presented at the time of treatment. Please contact our receptionist for more details.

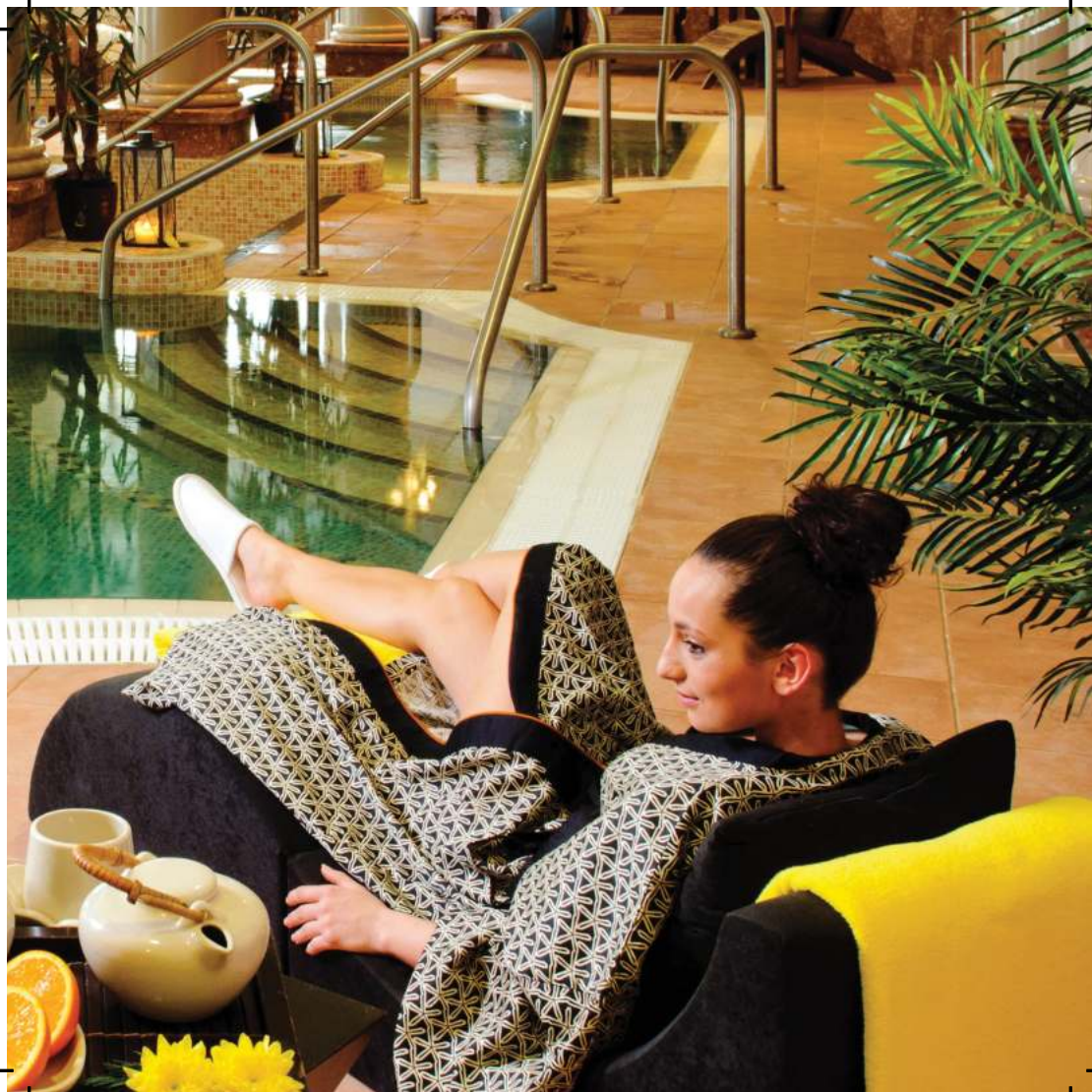
REFUND POLICY

Treatment packages are non-refundable. Unused portion of the package are non-transferable or non-exchangeable for another time. Payment We accept cash and all major credit cards. All prices are, quoted in Euro and are subject to change without prior notice.

DISCLAIMER

The spa treatments, services and/or facilities received or utilised at Angsana Spa The Brehon are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Guests will fully indemnify and hold harmless Angsana Spa The Brehon. Its handling company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis) arising out of or in connection with the spa treatment, services and/or facilities.







THE BREHON
KILLARNEY

Gift Card

A Gift For all Occassions

Call the spa for the best offers on your gift card



THE BREHON
KILLARNEY

ANGSANA SPA AT THE BREHON, KILLARNEY

TEL: +353 (0)64 6623980

FAX: +353 (0)64 6630701

EMAIL: ANGSANASPA@THEBREHON.COM

WWW.THEBREHON.COM

