

the
River Spa



KNIGHTSBROOK HOTEL
SPA & GOLF RESORT





the *River Spa*

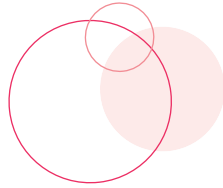
The River spa is a holistic cultural spa that is created from rituals and culture that is strongly created by our exclusive 100% organic Thai product and our ethnic Indian based facial line.

Spa etiquette

The River Spa Team want to ensure that you can relax in the spa to the maximum, to ensure this please keep noise levels to a minimum and mobile phones should be switched off at all times. The Spa provides guests with robes and slippers for your comfort. We ask all guests to arrive 15 minutes prior to your appointment time so you are ready for your treatment. We ask all our guests to please bring a swimsuit if you wish to use our Thermal Spa, for all our treatments please wear underwear.

Medical conditions

Please inform a member of The River Spa of any medical condition prior to your arrival.



Body treatments

Knightsbrook mud mask

with a private Mud Rusal (2 people at one time only)

Saat wrap

Complete detox ritual 2 hours and 20 mins €190

Krachap wrap

Slimming body ritual 2 hours and 20 mins €190

Tanaka-Golden Tanaka

Exfoliation and massage 1 hour €90

Samsara Sea Salt Scrub

Body exfoliation 45 mins €65

Oil Massage

Ytsara Nuat Namman massages

Slimming, purifying, relaxing,
& energising 1 hour and 20 mins €95

Deep tissue massage 55 mins €100

Full body massage 55 mins €80

Back ,Neck and shoulder massage 25mins €50

Head, Neck and shoulder massage 25mins €50

Hot stone foot and calf massage 25mins €50

Indian head massage 45 mins €65

Thai specialist hot poultice massages

Samunprai

Thai herbal heat energiser 1 hour and 30 mins €125

Kamatan

Thai herbal heat calmer 1 hour and 25 mins €125

Anamai

Body reviver with the use of heated cushions
1 hour and 25 mins €125

Mohom

Thai herbal healing deep tissues massage
€125

Signature treatment

Deep tissue back massage with the use of heated cushions
to relax the muscles 45 mins €75

QI Treatment

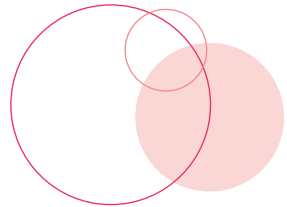
Stress reliever with the use of Thai stretches and reflex points
1 hour €80

Enhancements

Relaxing head massage 15 min €20

Hot stone foot massage 15min €20

Hand massages 15min €20



Essentials

| | |
|----------------------|-----|
| Eyebrow shape | €15 |
| Eyebrow tint | €15 |
| Eye lash tint | €15 |
| Full eye combination | €33 |

Waxing

| | |
|------------------------------|-----|
| Full leg and bikini line wax | €40 |
| Full leg | €35 |
| Half leg | €25 |
| Bikini line | €20 |
| Under arm | €20 |
| Lip wax | €15 |
| Chin wax | €15 |

Tanning

| | |
|---------------------|-----|
| St Tropez spray tan | €50 |
| Full body | €50 |
| Half body | €35 |

* Please bring open toe shoes for pedicures.

Hands and feet

| | | |
|--|------------------|-----|
| Wai hand ritual | 45 mins | €55 |
| Sukapao foot ritual | 45 mins | €55 |
| Reflexology | 55 mins | €65 |
| Leighton Denny Manicure | 55 mins | €45 |
| Leighton Denny Pedicure | 55 mins | €55 |
| Ultimate Luxury Manicure using paraffin wax | one hour 15 mins | €55 |
| Ultimate Luxury Pedicure using paraffin wax | one hour 15 mins | €65 |
| Express manicure | | €25 |
| Express pedicure | | €25 |

Men's hand and nail grooming 25 mins € 30



Spa Packages

Ultimate Day Spa Treatment

duration – 4 hours and 45 minutes

- Kamatan full body Poultrice massage
- Specialist Ytsara facial
- Luxury Manicure
- Luxury Pedicure
- Thermal spa and relaxation
- Spa lunch

Sunday-Thursday €315

Friday and Saturday €345

Purify Package Treatment

duration 2 hours and 25 minutes

- Specialist Ytsara facial
- Samsara sea salt body exfoliation
- Back, neck and shoulder massage
- Thermal spa and relaxation
- Spa Lunch

Sunday to Thursday €222

Friday and Saturday €246

Relax Package Treatment

duration 1 hour and 50 minutes

- Full body massage
- Lawan Facial
- Thermal spa and relaxation
- Spa lunch

Sunday to Thursday €175

Friday and Saturday €185

Rejuvenate Package Treatment

duration 1 hour and 45 minutes

- Full body specialised Thai massage
- Hot stone foot and calf massage
- Thermal spa and relaxation
- Spa lunch

Sunday to Thursday €165

Friday and Saturday €189

Men's Stress Reliever Treatment

duration 1 hour and 20 minutes

- Deep tissue full body massage
- Hot stone foot and calf massage

Sunday to Thursday €150

Friday and Saturday €160

A R A



Afternoon Tea Package Treatment

duration 55 minutes

A choice of a Full body massage or Lawan Facial
Thermal spa
Afternoon Tea lunch
Every day of the week

€95

Detox Package Treatment

duration approx 1 hour

Mud Rusal
Thermal spa
Every day of the week per person

€50

Man Made Package Treatment

duration 1 hour and 20 minutes

- Manao Mans Facial
- Back, Neck and Shoulder massage
- Thermal spa

Every day of the week

€130

Mum to be Package Treatment

duration 2 hours 50 minutes

* ONLY AFTER 3 MONTHS

Head, Neck and Shoulder massage
Hot stone foot and calf massage
Luxury Manicure
Luxury Pedicure
Pool area

Sunday to Thursday

€170

Friday and Saturdays

€200

Sundari Aurveydic Facial Line

duration 55 minutes

Sundari is an Indian based Facial product that is specialised in anti aging properties throughout the line and the facials are specialised to your skin type.

Omega 3 facial – For dehydrated and dry skin types

Gota Kola Facial – For aged skin, lines and wrinkles

Neem Facial – For sensitive skin

Aroma Facial – To hydrate the skin

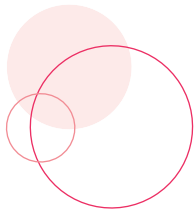
Purifying Facial – To purify and balance the skin

Akarshan Mans Facial

Cost

€110

PLEASE ASK STAFF FOR SPECIAL BRIDE AND GROOM PACKAGES



Ytsara specialist facials

All one hour and 20 mins

| | |
|--------------------------------------|------|
| Yothai for ageing skin* | €95 |
| Sombum for normal to oily* | €95 |
| Siam Sa for combination/ dehydrated* | €110 |
| Chum Chou for dry skin* | €110 |

Other Facial treatments

| | | |
|---|---------|-----|
| Lawan Facial all skin types* | 55 mins | €80 |
| Ta Souay eye awakening treatment | | |
| For dark circles and dehydrated lines and wrinkles | 1 hour | €90 |
| Na Plai recovery head and face treatment | | |
| For tired and stressed minds, great for headaches sufferers | 45mins | €80 |

Please let one of the River spa team member's aware if you are pregnant when making your booking.

* = all treatment suitable during pregnancy

We do not recommend any treatment in the first 3 months of pregnancy apart from manicures and pedicures.



the
River Spa

Opening Hours

Mon – Sat, 10am – 8pm

Sun, 10am – 7pm

Knightsbrook Hotel

Spa & Golf Resort

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