

ALTERNATIVE THERAPIES

KERSTIN FLORIAN CORRECTIVE FACIAL

Who says taking care of yourself has to be all pain and no pleasure? In this weekly feature, we trial the very best therapies that promise to deliver sterling results without the hint of a needle or a knife...

Correctional facility for your face? This retreat will give you a clean slate

by Linda
Maher

AVISIT to a spa is always a luxury, but sometimes that coveted indulgence extends to little more than a couple of treatment rooms and a handful of aromatherapy candles. And

yet all too often the price does not reflect the standard.

This is definitely not the case at the gorgeous Knockranny House Hotel's Spa Salveo.

While the spa is a haven, the location adds to the experience. From the winding road in to the hotel, to the manicured gardens and stunning views over West-

port, Croagh Patrick and beyond, I defy anyone to come away feeling anything less than completely refreshed.

Add into this mix an award-winning restaurant and it pretty much ticks all the boxes. Our afternoon started with a cocktail in the hotel's Brehon Bar.

And when we then retired to our room to get ready for the evening, I discovered one of the biggest bath-



rooms I have ever seen — it has its own Jacuzzi.

I was really looking forward to the meal in the hotel's La Fougere restaurant.

Chef Seamus Commons — who spent three years as head chef alongside Derry Clarke in Dublin's L'Ecrivain — has won a number of awards in recent years, including Best Chef in Connaught. We weren't disappointed.

From delicious liver and kidney, and chicken terrine starters, to main courses of steak and duck, it was divine. If you can find room — and I strongly suggest you do — try the Opera Chocolate dessert. Chocolate served in eight different

ways, need I say more? The next morning it was off to the spa for some proper pampering. Spa Salveo's thermal suite is the perfect way to start off any treatment. Moving between the Jacuzzi, pool and sauna and steam rooms will get the skin well primed.

Then it was off into one of the treatment rooms for their new Kerstin Florian Corrective Facial.

Based around salicylic and phytic acid products, it's much gentler than it sounds.

It promises to 'correct and improve uneven colouring, fine lines, hyperpigmentation, dull or dry patches, clogged or enlarged pores and loss of elasticity'. A lot to live up to.

A short foot rub helped the relaxation begin in earnest, then my therapist, Valerie, set to work on my face. The acid treatment — a glycolic and enzyme peel — was applied

with a warning that it might sting a little, which it did, but not in any way to the point of discomfort.

After the peel was removed, my face was massaged, rubbed and scrubbed to

perfection. A face mask was then applied, while I was treated to a head massage that led me to the very brink of sleep.

After the mask was removed, a serum was applied which left my face feeling incredibly smooth. Valerie showed me the remnants of the mask, pointing out some of my problem areas and advising me on how to avoid it in the future.

As we were travelling home that afternoon on the train, I was worried that the acid treatment would have left some redness behind, but I needn't have, as my fellow passengers saw nothing but a glowing face.

In the weeks since the treatment, I am still feeling the effects. My skin is still bright and luminous, and still feels really supple. Spa Salveo is a lovely retreat and benefits enormously from its surroundings. If it's total indulgence you're after, Knockranny is hard to beat.

THE COST: The Kerstin Florian Corrective Facial costs €75 for 60 minutes.

THE LOCATION: Knockranny House Hotel, Westport, Co. Mayo, khh.ie or 098 28600

■ *Spa Salveo recently won the Readers' Choice Award at the Irish Tattler Spa Awards and to celebrate the hotel is offering dinner, bed and breakfast, and 2.5 hours of spa treatments for €193 per person sharing*

Skin deep

Over half a million
people undergo
chemical peels
each year



