

SALVEO REVIVER PACKAGE

Inclusions:

- **Two nights Bed & Breakfast**
- **Full Table D’Hote Dinner in La Fougère Restaurant on One Evening**
- **Two and half hours of specific reviving treatments in Spa Salveo:**
 - Invigorating Pressure Point Scalp & Neck Massage (30 minutes)
 - or - Back, Neck & Shoulder Massage (30 minutes)

 - Detox Lymph Drainage Massage (60 minutes)
 - or - Dead Sea Mud Wrap (60 minutes)

 - Therapeutic Infrared Massage (Full Body) (60 minutes)
- **Complimentary Use of Spa Salveos Vitality Pool, Thermal Suites and Fitness Suite**
- **Access to our In House trainer**
- **Access to our Meditation Room**
- **In room Spa Kit**

Suggested Programme for the Salveo Reviver Package

Day 1

Arrive at Knockranny House Hotel & Spa at your leisure: Check in is from 2pm today.

Relax and unwind after your journey by enjoying one 30 minute spa treatment in Spa Salveo. Choose between the following two treatment options:

- Invigorating Pressure Point Scalp & Neck Massage

Tension can be held in the muscles across the scalp and neck leading to headaches, migraines and aching neck and shoulders. Melt away all your worries and free the mind with a pressure point massage that helps to ease away all the tensions of life.

Or

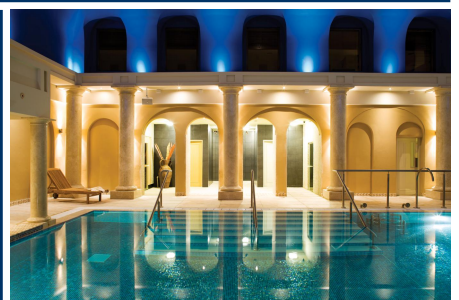
- Back, Neck & Shoulder Massage

A soothing back neck and shoulder massage to gently relieve tension and promote inner peace.

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Join us again at Spa Salveo between 4pm and 7pm to avail of our candlelit Vitality Pool and Thermal Suites.

Spa Salveos Thermal Suite includes:

- Salt Brine Inhalation Room

This steam room infuses saline solution into the air, providing an environment that is excellent for anyone with sinus concerns.

- Scented Steam Room

Let the gentle warmth of steam infused with natural essences completely relax the mind and body whilst listening to the sounds of birdsong a gentle flowing stream or waves lapping on a tropical shore. Relaxing fibre optic lighting fills the ceiling with an array of constantly changing colour.

- Herbal Sauna

Allow yourself to be immersed in the comfort and warmth of the herbal sauna. The unique lighting system provides colour therapy that soothes the mind and soul.

In your room you will find a Spa Kit for use throughout your stay. We suggest that you take a Detoxing Mineral Bath each evening and drink at least one cup of the provided specialised tea.

Mineral Detox Bath

While staying at Knockranny, in the comfort of your own room, enjoy a thermal mineral bath soak. This therapeutic, concentrated mineral bath duplicates the positive health benefits obtained from bathing in mineral-rich thermal waters. We suggest that you avail of this on your first evening to kick start the programme.

Day Two

Take an early morning swim at Spa Salveo, be sure to include an invigorating Monsoon Shower in your programme.

- Monsoon Shower

Imagine the exhilaration that showering with over fifty litres of water a minute can provide, with either thermostatically controlled hot or invigoratingly cold water. Add the subtle mood enhancing red or blue lights and "the monsoon" is the ultimate shower experience.

Enjoy a light breakfast at La Fougère

Our in house Trainer will be available at:

- 10:00am, 11:00am, 12:00pm & 1:00pm

Depending on weather conditions your trainer will take through a 30 minute routine to complement your treatments. We do recommend that you avail of this routine before having either your massage or Wrap. Only gentle exercise and stretches are recommended as part of this programme.

Chose one of the following 60 minute treatments today:

- Detox Lymph Drainage Massage (Full Body)

(60 minutes)

Our unique detox massage can be of great support to any cleansing program you are in. The lymphatic system is one of the main elimination systems of the body that is integral in the detoxification process. A detox massage can also enhance your immune system, strengthen the muscles and toughen your connective tissue.

Or

- Dead Sea mud Wrap

(60 minutes)

Dead Sea mud is legendary for its powerful healing & detoxing properties. Dead sea mud stimulates blood circulation eliminating toxins from the body.

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Join us in our Meditation room for peace and relaxation.

Optional Extra:

Why not try a **Dry Flotation** or a **Serail Mud Chamber** this evening:

- Dry Flotation

(60 minutes)

Floating is a wonderful way of attaining deep relaxation - it has been said that just one hour of floating can have the effect of four hours of deep sleep. The dry float is a flexible membrane of heated water. Experience the benefits of virtual weightlessness in the warmth and comfort on a float.

Choose one of the following wraps for your dry flotation:

- Edelweiss Citrus Wrap

Uplifting antioxidant nourishing wrap, refreshes the mind and stimulates the senses.

- Moor Mud Wrap

Moor Mud is legendary for its powerful therapeutic properties. Several thousand-year-old moor mud demineralises, soothes and rejuvenates tired muscles and dull skin.

- Organic Essential Oil Wrap

*A luxurious application of **Organic** aromatherapy oils mixed with Thermal Mineral Crème to relieve muscle tension, promote detoxification and hydration. Your skin is left superbly hydrated and nourished..*

- Serail Mud Chamber

(50 minutes)

This traditional Arabic cleansing ritual is the ideal treatment to share with your partner or friend. The skin is prepared by body brushing, which is the first step to detoxifying the system. The self application of therapeutic muds follows, where upon you enter a double treatment room. Herbal steam is released, while the muds work to detoxify and soften the skin. Enjoy and invigorating shower before an application of hydrating oil, leaving you skin like velvet. The therapeutic mud has outstanding healing properties, excellent for aching joints and muscles, rheumatism and skin disorders.

Dinner served from 7.30pm in La Fougère Restaurant (*pre booking required*)

We will be more than happy to create a lighter version of any dish on our Table D'hôte menu. For example, our Wild Irish Venison has a very low fat content and would complement your revival programme.

Retire for the evening- make use of your in-room spa kit to complement today's treatments.

Day Three

Following your early morning session in our Vitality Pool and breakfast join us at Spa Salveo for your treatment:

- Therapeutic Infrared Massage (Full Body)

(60 minutes)

Experience the healing effects of this alternative massage, combining conventional therapeutic massage with Infrared therapy relieves stress, muscle spasms, aching joints, muscle pain and arthritis associated pain.

Optional Extra:

Before check out why not treat yourself to a 30 minute Refresher Facial or any of our beauty essentials for just €25.00

**Depart Knockranny feeling revived and renewed.
We look forward to welcoming you back next time.**