



Easy Health

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Ever fancied making your own beauty potions? As well as the hottest products on shelf, our beauty tips on page 44 features some pampering ideas you can make yourself at home. A member of the eh&l team gets pampered in [Knockranny](#) House Hotel, while we put exfoliators to the test.

easyhealth & living
Beauty

eh&l team try out

A western getaway

Aoife Cunningham heads over to the **Knockranny House Hotel** for a weekend of pampering and foodie delights



THE LOCATION: The friendly smile of the receptionist and the large, crackling log fire in the foyer of the hotel instantly made me feel at ease after the long drive from Dublin. The **Knockranny House Hotel & Spa** was awarded 'Best Four Star Hotel in Ireland' at the Hotel & Catering Review Gold Medal Awards in 2010. It is just a few minutes walk from the town centre of Westport, Co. Mayo, and is situated on top of a hill overlooking the beautiful shores of Clew Bay and the impressive Croagh Patrick Mountain. The bedrooms, like the hotel itself, are large and luxurious... Perfect for the 24 hour room service!

Knockranny is home to **La Fougère**, an award winning fine dining restaurant. It is from the windows of **La Fougère** that one can appreciate the fantastic views over the surrounding countryside. The talented chefs here use fresh, local produce in a delicious selection of dishes. The salmon and chicken are smoked in-house and a variety of breads are baked daily. I had the scallops to start, which were packed full of flavour, followed by a steak that I could have cut with a butter knife.

THE SPA: **Spa Salveo** is a spacious health spa with a wonderfully calm atmosphere. It has a peaceful vitality pool, thermal spa suite, twelve treatment rooms, a gym and plenty of room to relax. Each guest receives a thick towel and robe to change into on arrival and is given the chance to settle in a relaxation room before the treatment starts. **Spa Salveo** uses products by Kerstin Florian, and this range is available to purchase at reception.

THE TREATMENT: My treatment was the luxurious 'Girly Escape Pamper Package', which included a back of body massage, Rejuvenating Ageless Facial, a pressure point Scalp Massage, Aromatherapy Body Wrap, Hand & Arm Massage, which

included a nail treatment, followed by a complimentary hot chocolate and homemade cookie. My therapist started off by asking me a couple of questions about my skin type and giving me a few tips about the type of products I should be using based on this assessment. We then went into the treatment room, lit up by candlelight and filled with calming aromatic scents. My massage was wonderfully relaxing and my therapist used soothing oils suited to dry skin before wrapping my entire body in hot towels. The rejuvenating facial and scalp massage were my favourite part of the package. I was lulled into unconsciousness while beautiful smelling oils and creams were massaged into my skin, and then I was left to relax – or sleep for awhile. I awoke when the therapist entered the room and was taken to the relaxation room where a steaming mug of hot chocolate and home baked chocolate chip cookie awaited my arrival. I felt refreshed and happy, and my skin felt gorgeous.

THE VERDICT: I thoroughly enjoyed my stay at the **Knockranny House Hotel & Spa**. The staff were friendly and helpful, and the 'Girly Escape Package' is fantastic value for the two hours of treatments. My skin was still velvety soft and hydrated two weeks later. I would definitely recommend this hotel and spa to anyone looking for an escape destination, whether on a romantic trip for two or a girly getaway weekend!

MORE INFO

Knockranny House Hotel
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TRIATHLON TRAINING WEEKEND:

If you're looking for more of a fitness filled weekend, it's definitely worth your while booking the triathlon training weekend at **Knockranny**. Taking place during one weekend of every month, this 'gentle introduction to the world of the triathlete' is run by Adam Kelly, a qualified triathlon coach from Zest fitness studio. Saturday morning started off bright and early with swim techniques in the vitality pool. I found this session to be very helpful and an invigorating start to the day.

It was a beautiful day - cold and sunny - and I was looking forward to the 20km cycle through the town and out to Bertra Beach. I found this part to be tough, as I don't cycle that much. I was really happy to discover that I could do it without too much drama!

On the way back, after a gentle jog on the beach, we stopped off at The Shebeen pub for a cup of tea and a biscuit before heading back for some tummy warming soup and sandwiches back at the hotel. The weekend also included a lovely dinner at La Fougère, a talk with Adam about nutrition and some gentle exercises and stretches back at the gym in the hotel. On the Sunday morning, we started the day off with another swim followed by breakfast and another cycle.

All in all it was a great weekend. I felt really motivated after all the fresh air and exercise! For more information, you can contact Knockranny. Otherwise, get in touch with Adam from Zest at:
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