



YOUR OWN KIND OF PERFECT

THE HERITAGE SPA

Adopt the pace of nature. Her secret is patience.

– Ralph Waldo Emerson



YOUR OWN KIND OF PERFECT



In every walk with nature one receives far more than he seeks.

– John Muir

At one with nature...

There's something magical about those few simple words.

The Heritage Spa Experience promises perfect
tranquility in a quiet, countryside setting.

No interruptions, just pure relaxation.

Our Spa Experience has been created to take you on a
journey through the elements of nature. Discover the power
of pure natural ingredients with our holistic treatments.
Immerse yourself in the ancient ritual of hot and cold
bathing. Each step will draw you further into deep
relaxation, where nothing matters but you.

6

Celebrate the harmony of nature and its gentle healing properties. Extensive relaxation spaces have been carefully designed so that you can experience pure luxury in a wonderfully peaceful rural setting.

The Heritage Spa Experience nourishes both body and soul.

Your journey begins with the ancient ritual of bathing, where the body is heated then cooled through a series of different bathing areas. These spaces have a natural flow, bringing you to a state of deep relaxation. The journey ends in our resting zone where you can drift away to the soothing sounds of nature.



HEAT EXPERIENCE

This ritual dates back thousands of years, with its roots in ancient Roman and Turkish bathing traditions. Each Experience has its own unique cleansing and beautifying properties.

Sanarium

This Luxurious timber chamber combines the traditional pleasures of the Scandinavian Sauna with the added benefit of steam infusion, mood lighting and gentle background music. The 'softer climate' allows you to linger longer, allowing the heat to deeply penetrate the body and soothe joints and muscles.

Tepidarium

The Roman Tepidarium was a lukewarm lounging area, usually located in the opulent hall of the spa. Bathers could relax and unwind here, watching the world go by. The radiant heat of our Tepidarium helps to soothe the body, mind and soul, creating a sense of calm and well-being.

Caldarium

A 2000 year old Roman Tradition. The floor benches and walls are heated, offering a dry, warm environment for deep-cleansing the pores.

Steam Bath

A humid heating sensation also known as a Turkish or Roman Steam Bath. Particularly beneficial for the respiratory system. The heat combines with pure essential oils, helping to induce a state of deep relaxation.

Rustic Sauna Cabin

A Finnish tradition offering intense dry heat. An authentic copper kettle disperses aromatic water over hot coals, creating a warm and gently fragrant environment. Perfect for unwinding, de-stressing and resting tired, aching muscles.

Open Hydro-pool

With water fountains for shoulder and neck massage, air loungers for full body massage plus individual jetpacks tailored to specific hydrotherapeutic needs.

COOLING EXPERIENCE

Like yin and yang, cooling down is a key part of our spa experience.

Cooling the soft tissues not only moderates your core temperature.

It invigorates your body and stimulates the nerve endings, leaving your feeling refreshed and energised.

Elemental Showers

These showers imitate natural rainfall, offering a multi-sensory experience to help cool the body, from soft tropical rain to invigorating ice rain.

Hydro Boost

This immersive hydro experience, incorporating a waterfall shower, bucket douche, body shower and Kneipp hose, has wonderful rejuvenating properties. It helps to stimulate circulation and metabolism, firm the skin and, of course, invigorates the body and soul!

Foot Baths

Foot-baths have been used for millennia, to cleanse the body and the soul. This divine foot therapy literally melts away the stresses of life. Warm water and gorgeously aromatic salts gently soothe and massage the feet, providing deep therapeutic effects.

Resting Zone

Now it's time to commune with nature. Our resting zone is tucked away in a quiet, tranquil area. Lie back, relax, gaze out at the beautiful Laois countryside and let the gentle sounds of nature envelop you.



Our philosophy is firmly rooted in the healing properties of nature. That's why we've chosen to partner with ESPA, the leading brand in natural, organic and holistic products. Our treatments are a true expression of nature's gentle healing powers. Each one has been created using a careful balance of products that work in perfect harmony with your skin type.

We believe that to get the right results, it's important that we take the time to listen and get to know your own individual needs. Every one of our ESPA treatments starts with a detailed personal consultation. Your therapist will discuss your needs to find the perfect treatment for you.

We carry out a sensory test to find out which products are best suited to your skin type. Our therapist then creates a personalised treatment that is perfectly in sync with you. That way, you'll benefit from the best results possible. We're here to make your spa journey truly special. If you need anything, just ask.



Normality is a paved road; it's comfortable to walk, but no flowers grow.

– Vincent van Gogh

HOLISTIC THERAPIES

These alternative therapy techniques are based on ancient traditions. They are centred around healing and rejuvenation of the mind, body and spirit.

Reflexology

60 mins

This ancient technique stimulates pressure points on the feet to rebalance your body's energy systems.

Indian Head Massage

50 mins

Designed to alleviate stress, this massage concentrates on the scalp with a focus on soft tissues in the shoulders and neck.



WRAPS, SCRUBS AND RITUALS

ESPA Detox Wrap

60 mins

An indulgent body wrap designed to comfortably raise your body's temperature and induce cleansing. Release toxins and improve circulation. Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment finishes with a mind calming scalp massage for ultimate relaxation.

Includes:

Skin brush, body exfoliation, detox algae wrap, scalp massage.

ESPA Body Wrap

60 mins

A tailored experience designed to comfortably raise your body's temperature, nourish your skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied, specifically tailored to your needs. Your skin will feel nourished and hydrated. A soothing scalp massage leaves your mind totally relaxed.

Choose from the following:

De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Skin Conditions or Body Toner.

Includes:

Skin brush, body exfoliation, wrap and scalp massage.

Salt and Oil Scrub

30 mins

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA massage. We offer a lighter application with exfoliating body polish instead of Salt and Oil Scrub if preferred.

Hamam

45 mins

Influenced by the bathing ritual of the Ottoman nations, relax on a warm plinth in absolute humidity whilst being treated by your therapist. Exfoliating massage performed on a warm massage plinth.



ESPA FACIALS

Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Skincare products are chosen for your individual needs to achieve the best possible results. We recommend treating yourself to a facial once a month to maintain the ultimate in healthy, radiant skin.

Please note:

Your lifestyle consultation and skin analysis is part of your treatment and treatment time. We recommend that you book a 1 hour "Spa Intensive Facial" and your therapist will recommend one of the below facials which will best meet the needs of your skin type on arrival.

ESPA Personalized Facial

60 mins

Naturally advanced spa skincare products rich in plant and marine extracts are selected according to your individual needs and used alongside tailored massage to deeply cleanse, exfoliate, purify and boost your complexion. This customized treatment is then completed with a divinely relaxing scalp massage.

The Express Optimal Pro Facial

30 mins

Designed to reveal your skin's true potential, ESPA's iconic Optimal Skin ProFacial has been tailored to suit those with a fast-paced lifestyle and little time to relax. This luxurious, powerful 30-minute experience leaves the skin with instantly visible results, appearing healthier, brighter and fresher.

Intensive and Age Defyer Facial

60 mins

A luxurious and regenerating facial for maturing skin that minimises lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age defying massage techniques and a selection of age defying products to replenish and revitalise the skin. Your complexion will be toned, radiant and rejuvenated.

Men's Personalised Facial

60 mins

A personalised facial is the perfect answer whether your skin needs a deep cleansing, soothing or hydrating. Your therapist will tailor your treatment to suit the specific needs of your skin. This bespoke facial includes a Triple Cleanse, Exfoliation, Facial Massage and Mask.

Everything has beauty, but not everyone sees it.

– Confucius

ESPA MASSAGE

ESPA Aromatherapy Massage

60 mins or 75 mins

With a blend of individually chosen essential oils, ESPA Aromatherapy Massage is professional and bespoke. A personal consultation with one of our expert therapists will ensure that you receive a unique treatment tailored to your specific needs.

Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

Includes:

Aromatherapy massage to back, legs, arms, abdomen, neck and shoulder massage.

ESPA Swedish Massage

60 mins

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. The ESPA Swedish Massage is an ideal introduction to massage; stimulating movements help soothe tired aching muscles, leaving you relaxed and revived.

Includes:

Swedish massage to back, legs, arms, abdomen, neck and shoulder massage.

ESPA Hot Stone Massage

60 mins

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones slips into your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated

Includes:

Hot stone aromatherapy massage to back, legs, arms, abdomen, neck and shoulder.



MATERNITY MASSAGE

ESPA Maternity Pre and Post Natal Treatment

30 mins 60 mins

A deeply nourishing body massage to care for areas prone to stress and tension during or after pregnancy. Gentle back exfoliation is followed by a soothing body massage specifically tailored to your needs. Our expert therapist will focus on alleviating muscular aches, whilst helping to relax, restore and revitalise. We recommend a course of 6 treatments following the first trimester of pregnancy. This bespoke treatment includes back exfoliation (if desired), body and scalp massage.



NAIL CARE

Luxury Manicure

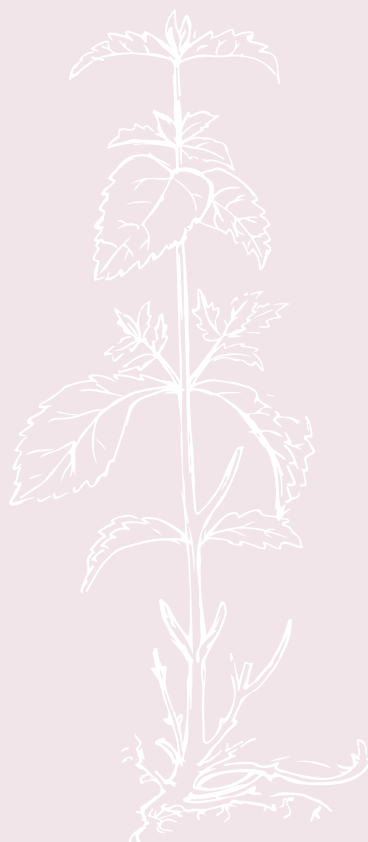
60 mins

Luxury Pedicure

60 mins

OPI Gel Polish

45 mins



SPA PACKAGES

Relax, renew, rejuvenate... even if it's just for the day. Our Full and Half Day packages will allow you to indulge in a truly world-class spa experience. Enjoy full access to The Heritage Spa Experience followed by a treatment that's perfectly tailored to you.

The Heritage Spa Experience

60 mins

Your journey begins with the ancient ritual of bathing, where the body is heated then cooled through a series of different bathing areas. These spaces have a natural flow, bringing you to a state of deep relaxation. The journey ends in our resting zone where you can drift away to the soothing sounds of nature.

Afternoon Delight for Two

? mins

- One-hour access to The Heritage Spa Experience
- Afternoon Tea served in the Galleria restaurant

(Available Monday – Friday)

The Heritage Deluxe Retreat

150 mins

- 20-minute full body salt and oil scrub
 - 30-minute tension relieving back neck and shoulder massage
 - 30-minute soothing ESPA facial
 - One-hour access to the Heritage Spa Experience
 - A healthy light lunch
- (Available Monday – Friday)

Afternoon Retreat

60 mins

Enjoy The Heritage Spa Experience followed by a bespoke mini facial and muscle melting back massage. Complete your afternoon of relaxation with The Heritage Signature Afternoon Tea.

The Heritage Signature Face & Body Sensation

160 mins

Experience the ultimate duo, a sensational Hot Stone Massage combined with a prescribed Optimal Pro Facial. Designed as an all-over body experience, the 30-minute back of the body Hot Stone Massage treatment, leading seamlessly into a 50min facial treatment with a Hot Stone soothing back, neck & shoulder massage finishing with a relaxing scalp massage.

Treatment includes:

- Back of body massage with hot stones
- Personalised Facial
- Scalp massage

THE HERITAGE SPA GUIDE

Arrival Time

Arriving 1 hour before your treatment commences will give you plenty of time to relax and enjoy the surroundings. If you're late for your appointment, the time will be deducted from the length of your scheduled treatment. If your package includes The Heritage Spa Experience, we recommend you allow a minimum of 1 hour before or following a treatment to fully utilise the area.

Booking Information

We recommend you book treatments and packages in advance as demand for the Spa is high. All bookings are subject to The Heritage terms and conditions, which are available on request.

To book please call +353 (0)57 869 5050 or email spa@theheritage.com

Health

The first priority of our team is your health, safety and wellbeing. If you have any concerns regarding your medical history we recommend consulting your GP prior to your visit. A medical note may be needed in order for us to perform some treatments. If you've undergone surgery within 6 months prior to the date of appointment, this may affect your choice of treatments available. Please ask our Spa Reception Team for advice on booking, they will be happy to help.

Pre and Post Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please contact our spa reception and a member of our Spa Reception Team will be happy to provide more information. If you have undergone a C-section in the previous 6 months, unfortunately it will not be possible to have any massage or body treatments.

Children

Due to the active nature of the products, Spa users must be a minimum age of 18 years.

Gifts and Vouchers

Gift vouchers and Spa gifts can be purchased directly from The Heritage or online at www.theheritage.com

Etiquette

As a courtesy to other clients and to preserve the ambiance of the Spa, we ask that clients switch off their mobile phones and leave them in the locker area. Smoking is not permitted in the Spa. We thank you in advance for your understanding.

What to Bring

We will provide you with a luxury bathrobe and towel. Swimwear is obligatory in The Heritage Spa area at all times. We ask that you wear flip flops when using the Spa Experience. You can bring your own or you can purchase a pair at our Spa reception for €3.

Personal Belongings

Lockers are available to ensure the safety of your personal belongings. Please remove all jewellery before entering the Spa.

Cancellation Policy

Cancellation Policy As a courtesy to other guests and our therapists, please give us at least 48 hours' notice if you need to cancel or change your appointment. Please note that cancellations less than 48 hours prior to the booking are subject to a 50% cancellation fee. If you don't attend your appointment on the day, you will be subject to a cancellation fee of 100% of the treatment price.

For group cancellation policy, please refer to your group confirmation contract. We reserve the right to alter prices and modify or discontinue treatments without prior notice to ensure that we maintain maximum standards of service and quality.

Opening Times

Spa Treatments:

Mon - Sun 10am - 6.00pm

The Heritage Spa Experience:

Mon - Fri 10am - 8.30pm

Sat - Sun 10am - 6.30pm

Bank Holidays 10am - 6.30pm

The Health Club

Located beside the Spa, the Health Club is equipped with Technogym exercise equipment, fitness studio, leisure pool, Jacuzzi. Ladies and gents locker rooms are equipped with a separate sauna and steam room in each.



YOUR OWN KIND OF PERFECT



The Heritage Spa
+353 (0)57 869 5050
spa@theheritage.com

The Heritage
+353 (0)57 864 5500
info@theheritage.com

The Heritage
Killenard, Co. Laois
theheritage.com

FBD HOTELS & RESORTS