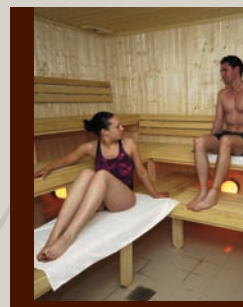
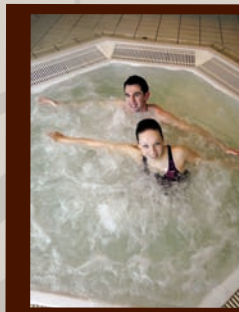


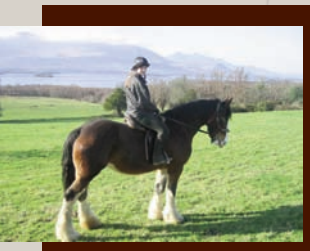
The Health and Leisure Club is effectively managed by trained and friendly staff, and is free to all hotel and self-catering guests. The Club features a 20 metre pool, gymnasium, tennis court, spa jacuzzi, steamroom, sauna and treatment rooms. A supervised fitness programme is provided free of charge. Activity programme includes swimming lessons, aqua aerobics, nature walks and golf competitions. New this year are kids play area, basketball and football courts.



Castle Rangers Kiddies Club

A fun camp for children of 5 years and upwards is provided free of charge to hotel and self catering guests during school holidays and breaks. It includes Pool Games, Swimming Lessons, Tennis, Football, Treasure Hunts, Quiz Time, Videos and Talent Shows.

NEW this year is the Teen Club (12 years & upwards) and includes golf, basketball, tennis, football and discos.



Be Active

Enjoy walking, cycling or horse riding through the adjoining National Park.

MEMBERSHIP RATES 2009

Daily Rates

Child (6–12 years)	€ 7.00		
Child (12–16 years)/Student	€ 8.00		
Adult (swim or gym)	€ 10.00		
Day Visit	Adult €13.00		
Executive Card (10 visits)	Adult €80.00	Child €45.00	
Full Membership			
Swim AM 1 month	Adult €45	Student €40	
1 Month	Adult €85	Couple €130	Family €145
3 Months	Adult €150	Couple €235	Family €320
6 Months	Adult €230	Couple €370	Family €460
12 Months	Adult €365	Couple €650	Family €750

Towel Rental €1

Family: 2 Adults and 2 children

Opening Times

8.00am – 9.30pm Monday – Friday

8.00am – 9.00pm Saturday & Sunday

Tel.: 064-6631290 • E-mail: leisurecentre@castlerosse.ie

- The Health & Leisure Club is free to hotel and self catering guests •
Castlerosse Hotel & Golf Resort

Lakes of Killarney • Co. Kerry

Tel: +353 (0)64 6631144 • Fax: +353 (0)64 6631031

In Ireland Callsave 1850 77 00 00

Email: leisurecentre@castlerosse.ie • Web Site: www.castlerosse.com



Health & Leisure Club & Spa Treatment Rooms

*Treat yourself to a
Rejuvenating Facial,
Beauty Treatment
or Soothing Massage*

Castlerosse
HOTEL & GOLF RESORT

Renew Beauty Rejuvenation Treatments



Facials

THE NON SURGICAL FACE LIFT

1 hour €90

Gives dramatic results in an instant, it lifts, tones and firms the skin, leaving the complexion refined and radiant giving you a younger fresher look. Home kits available, exclusive to the Castlerosse.

OPUS BELLE FACIAL

1 hour €100

A luxurious facial specifically designed for the mature skin. Contains Isoflavonoids which replaces Oestrogen in your Body.

HYDRO LIPID

30 mins €45

1 hour €70

A luxurious facial specifically designed for the mature skin. Contains Isoflavonoids which replaces Oestrogen in your Body.

DR GRANALE A.C.E

1 hour €70

A Vitamin booster containing vitamin C that develops a warming effect.

EYE LIFT REJUVENATION TREATMENT

30 mins €40

Pay extra attention to your eyes with the eye lift products, which help to reduce fine lines & wrinkles.

Clinical Facials

THE CLINIC

30 mins €50

1 hour €80

Prepared for treating oily, acne prone skin (Telangiectasia & Rosacea facial available on request)

Mens JPR Facials

MENS EXECUTIVE FACIALS

1 Hour €70

MENS SPORTS FACIAL

30 mins €45

An active restoring & rejuvenating treatment for skin affected by daily stresses in life and exposure to extreme weather conditions on the golf course.

Body Treatments

1 Hour & 30 mins €130 each

Relaxing Chocolate Herbal Body Wrap
Anti-Age Green Tea Body Wrap
Slimming Self Heated Algae Body Wrap
Modelling Anti-Age Treatment
Modelling Slimming Body Wrap
Exotic Body Scrub

1 Hour €80



Holistic Treatments

Hot Stone Massage

30 mins €50

75 mins €90

Swedish Massage

30 mins €50

1 hour €80

Indian Head Massage

45 mins €55

Reflexology

30 mins €45

1 hour €70

Ear Candling

30 mins €40

Beauty Treatments

WAXING TREATMENTS

(patch test is required)

Lip, Eye, Brow, Chin €10 each

Half Leg, Chest €25 each

Bikini, Underarm €18 each

Full leg, Back €40 each

EYE GROOMING

Eye Brow Plucking €12 each

Eye Brow Tinting €10 each

Eye Lash Tinting €15 each

(patch test required)

False Eyelashes €30 each

MAKE UP

Occasion Make Up €35

Bridal Make Up €50

Make Up Lesson €70

Trained by Top International Make Up Artist for Lancome

FAKE TAN

Half Body €30

Full Body €55

Full Body Scrub (1 hr) €80

MANICURE

Mini Manicure €25

Spa Manicure €45

Luxury Manicure €55

File & Paint €15

French Polish €5 extra

*Luxury Manicure or Pedicure includes paraffin wax of hands or feet during treatment.

PEDICURE

Mini Pedicure €30

Spa Pedicure €50

Luxury Pedicure €65

File & Paint €15

French Polish €5 extra

Bridal & group packages available, tailored to your needs.

To make a booking contact the Castlerosse Leisure Club or Salon directly on 087 2172175.

Conditions

Bookings & Appointments

Treatments must be booked at least one day in advance. Please arrive 15 mins before your appointment.

Cancellation Policy

Cancellations within 24 hours will incur a 50% cancellation fee. Clients cancelling an appointment within 12 hours will incur the full cost of the treatment. All bookings will require credit card or laser card details in order to confirm appointments.

Health and Safety

Children are not permitted in or near the treatment rooms. If you have high blood pressure, heart condition, pregnant or any medical complications we advise you consult your doctor prior to your visit.

