

What We Have To offer

At Renew, each treatment with us is a Ritual using our Killarney Organic skincare. Feed your complexion with our Award winning, handcrafted, plant powered brand, made in-house. Our organic facials are a ritual of restoration, bringing healing and nature's ultimate glow.

Whether you are seeking Stress Relief, Restoration or a Relaxing Treatment, make your appointment with Renew skincare and massage therapy, based in the heart of Killarney.

Contact us

Email

renewwithrosemary@gmail.com

Contact

087 217 2175

Website

www.renewskincareandmassagetherapy.com

**Website
Qr Code**



Don't have time for a treatment, you may like to treat yourself to some of our plant powered organic skincare. **Killarney Skincare Organic Scan code.**



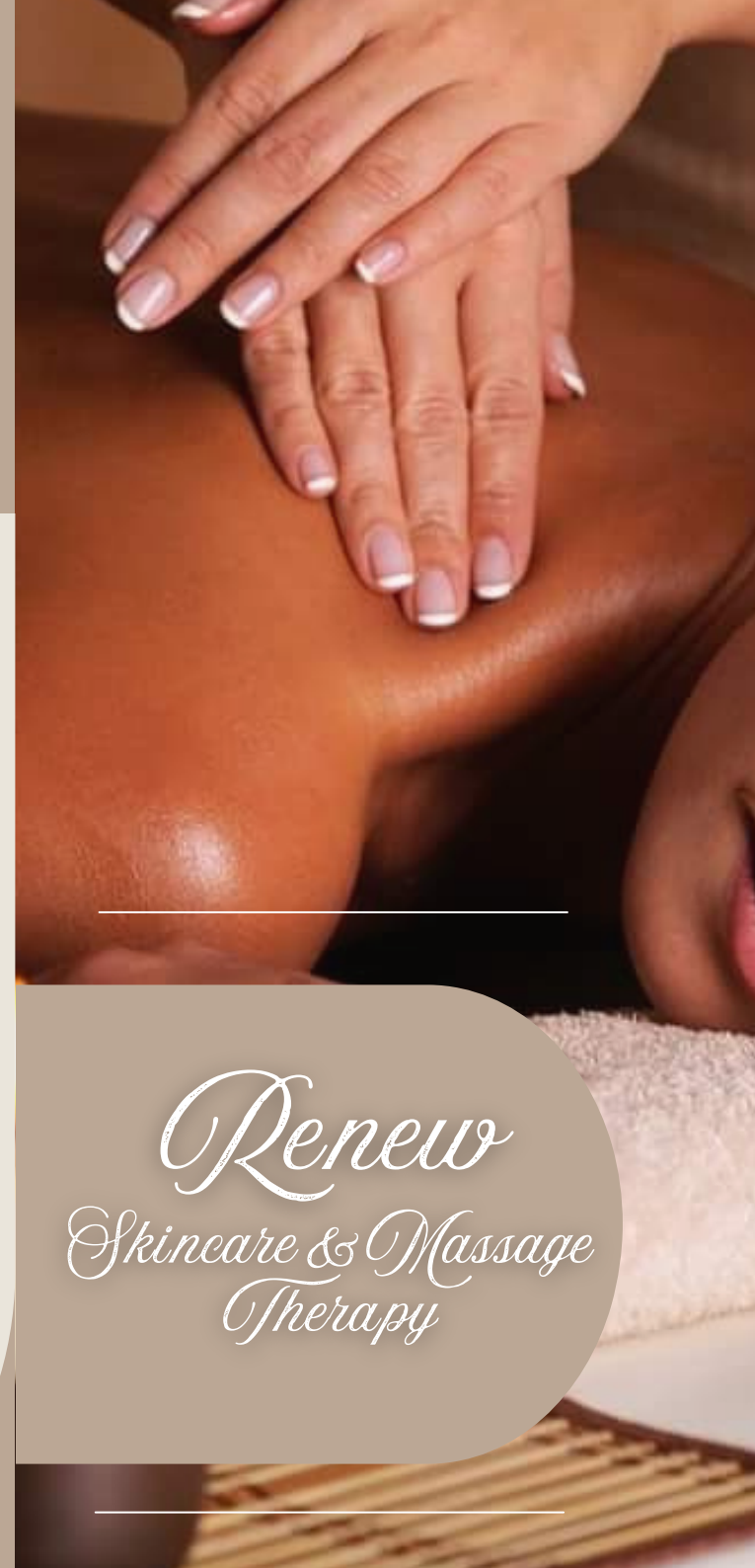
Scan me!

Terms And Conditions

Any cancellation within 48 hours will incur a 50% cancellation fee. Clients cancelling an appointment within 12 hours of the original time will incur the full cost of the treatment. All bookings will require credit card details, in order to confirm appointments.

Please arrive 10 minutes before your appointment, to fill in your consultation form which will be waiting outside your treatment room. Arriving late may interfere with your treatment as all appointments will end at their scheduled times, so the next guest will not be delayed.

Please ensure to disclose all relevant information at the time of booking, so that we can suggest an alternative treatment where necessary to avoid disappointment on arrival.



Renew Skincare & Massage Therapy

Facials

FACIALS TREATMENTS

(30mins €55) - (55min €85)
Lift And Glow Anti-Age Facial

The Holistic Lift & Glow Facial is a natural, refreshing treatment using Killarney Organic skincare to help your skin look younger and brighter. We start by applying organic products that deeply hydrate your skin and smooth out fine lines. We use Cryotherapy Spoons, massaged over your face to quickly reduce puffiness, shrink pores, and tighten the skin. It's like a "workout" for your face that leaves you looking lifted, refreshed, and glowing.

ROSE-HYDRO RECOVERY & GLOW FACIAL

Revive thirsty skin with this ultra-plumping treatment featuring Killarney Organic Rose botanicals and high-performance Hyaluronic Acid. This "moisture-bomb" facial locks in hydration, to smooth fine lines and restore your skin's natural bounce.

PURIFY, CALM & RESTORE, BALANCING FACIAL

Designed for skin prone to breakouts, congestion, or sensitivity, this balancing treatment uses Killarney Organic anti-inflammatory botanicals, to restore harmony to your complexion. We use healing plant extracts to help clear impurities without stripping your skin's natural oils.

MEN'S SPORTS FACIAL

Targets the toll of the Irish elements. Deeply hydrating, aiming to repair wind chaffed skin. This high-performance treatment calms inflammation and restores essential moisture, leaving skin relaxed and repaired.

COMBO SPECIAL

(55min €90)

Tailored Facial and Swedish Back massage.

MASSAGE TREATMENTS

Swedish Massage

(30 mins €55) Back massage (55mins €85) Full Body
Swedish massage relaxes the body and mind using massage techniques to work knots and physical stress. Swedish massage eases muscle tension and boosts energy levels! It is particularly effective in treating back pain, neck pain and general muscle tension.

DEEP TISSUE MASSAGE

(30 mins €55) Back massage
(55mins €85) Full Body

Similar techniques to Swedish massage but the deeper pressure is applied beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue.

INDIAN HEAD MASSAGE

(30min €55)

Indian head massage comes from the Ayurvedic system of healing, the therapist releases pressure by using a range of different massage techniques. This treatment can provide relief from tension and stress by working on the face, Scalp, neck and shoulders. Eye strain, Sinus and tension headaches can be alleviated, bring a sense of calm.

HOT STONE MASSAGE

(30 mins €55) Back, Neck & Shoulder, (55mins €90) full body

The deep penetrating heat of smooth, volcanic basalt stones melts away chronic muscle tension. Warming the muscle fibers, it allows for a deeper release of stubborn knots while grounding the nervous system for a profound sense of calm.

HOT BAMBOO THERAPEUTIC MASSAGE

(30 mins €60) Back, Neck & Shoulder
(55mins €95) full body

A full body Therapeutic deep massage, using heated bamboo sticks. The smooth bamboo allows the therapist to apply deeper more pressure than hands alone gliding through tight muscle to release knots, improve circulation and leave the body feeling lengthened and lighter.

RELAXING MOMENTS RITUAL

(55min €90)

Unwind with a treatment designed to ground, relax and calm the mind. The treatment begins with a reviving leg and foot massage, followed by a hot stone back massage where deep heat melts away stubborn muscle tension. The ritual concludes with a tranquil Indian head massage, releasing stress from the scalp and neck.

REFLEXOLOGY

(30mins €55) - (55min €85)

Reflexology is a therapeutic practice, rooted in the principle that specific points on feet, known as reflex zones, act as a physical mirror to the body's internal systems. By applying targeted pressure to these points, practitioners aim to stimulate the nervous system and clear energy blockages, retuning the body to a state of balance.

EAR CANDLES

(30mins €55)

The process involves placing a specially designed hollow candle just inside the ear canal. The candle is then lit and the heat from the candle causes a vacuum effect, which helps to draw out any unwanted build up.

THE ROSE QUARTZ RADIANCE RITUAL

(90min €149)

Rose Quartz Healing Ritual, a head-to-toe journey designed to harmonize your heart and body. Your experience begins with soothing hot towels infused with organic rose oil applied to the soles of your feet. As you drift into a state of deep relaxation, we perform a rhythmic full-body massage, placing luminous rose quartz crystals along your spine to align your chakras. The flow continues upward to the crown, transitioning into a rejuvenating facial that leaves your skin glowing. We treat your feet to a botanical rose scrub, ensuring every inch of your being feels polished, pampered, and profoundly at peace.

