



Park Hotel Kenmare



SÁMAS

AWAKEN THE SENSES



WELCOME TO SÁMAS.

SÁMAS is devoted to nurturing the mind, body and soul. From its conception it was conceived to open a heartfelt connection with the wonders of nature that surround us.

SÁMAS is pleased to introduce Bamford products to Ireland. Created by Carole Bamford, individually created treatments use specially formulated products from the Bamford Body and Skin care ranges made from natural ingredients organically certified to the highest standard. At SÁMAS we believe that taking time to relax, think, unwind and be cared for is not a luxury, it is a necessity in today's frenzied world to look after yourself.

Our Treatments are designed with both genders in mind to revive body, mind and soul. Unlike other spas you do not need to reserve what actual treatment you want until you are with us. This unique approach to your experience is totally designed to ensure you gain the most from your visit to SÁMAS.

At SÁMAS it is not all about your treatment but a much more fulfilling “me-time”. We highly recommend you allow at least 3 hours for your visit to fully benefit from the journey. With separate Male and Female Thermal areas you can totally surrender to the environment. The first hour of your SÁMAS Experience is dedicated to Thermal. This encapsulates Rock Sauna (Male) Laconicum (Female) Crystal Steam, Ice Fountain, Tropical Shower and our outdoor Infinity Pool. Your therapist will lead you downstairs for your treatment of choice which is followed by a recommended hour in our separate Relaxation Rooms overlooking the woods and Kenmare Bay. A visit to SÁMAS is a total surrender to oneself.

We hope you enjoy.





BODY MASSAGES

1 HOUR HOTEL RESIDENT €145.00

DAY SPA €175.00

Customised Full Body Massage

A personalised full body massage incorporating your favourite **Bamford** Oil. Your massage therapist will tailor your treatment with a variety of massage techniques to suit your individual needs.

You can Further Personalise your massage by choosing one of the following benefits:

UPLIFTING MASSAGE

To: Boost the circulation & energise the body

DEFINITIVE BACK NECK & SCALP

For: Upper Body tension reduction

NURTURING MASSAGE

For: True Relaxation



BODY POLISHES

1 HOUR HOTEL RESIDENT €145.00

DAY SPA €175.00

Bamford uses a blend of pure sea salt and brown sugar suspended in oils and body butters to stimulate and revitalise skin. This Treatment is completed with Bamford's Rich Body creams leaving skin soft, smooth & hydrated.

LADIES SILKENING

BODY POLISH

Leaves Skin: Hydrated, Radiant and silky-smooth

GENTS BUFFING

BODY POLISH

Leaves Skin: Invigorated, buffed and intensely nourished.

BAMFORD ORGANIC FACIALS

ALL 1 HOUR HOTEL RESIDENT €145

DAY SPA €175.00

Bamford skincare has active properties that work alongside their carefully designed facials to achieve targeted visible results.

With three different styles of facial according to the result you wish to focus on Bamford is results based.

Each Facial has a Skin Analysis, Facial Reflexology and Facial Massage using hot and cold jade stone. These highly beneficial Facial Treatments are designed with both genders in Mind.

CHOOSE TO: **AWAKEN**
The Organic Awaken
Resurfacing

A radiance boost designed to leave skin smoother, refined and glowing. Particularly recommended for sun damage, uneven texture or between seasons.

CHOOSE TO: **REJUVENATE**
The Organic Restore &
Rejuvenating Facial

A Deeply hydrating treatment designed to lift and plump the skin and reduce the appearance of fine lines and wrinkles. Particularly recommended for dry or mature skin.

CHOOSE TO: **PURIFY**
The Organic Purity
Detoxifying Facial

A purifying treatment to brighten and clear the skin, target blemished and pigmentation. Recommended for oily, blemished or menopausal skin or anyone affected by city pollution.





BAMFORD SPECIALITY

Bamford is devoted to nurturing the mind, body and spirit.

This holistic approach is based around a heartfelt connection to nature. Individually crafted Treatments use specially formulated products from the Bamford Body & Skincare collections. These are all made from Natural & Organic ingredients certified by the highest standard of Organic certification, The Soil Association.

THE BAMFORD ORGANIC SPECIALITY FACIAL 90 MINUTES HOTEL RESIDENT €195 DAY SPA €225.00

This Facial Treatment begins with a skin analysis to customise to your skins own needs. The Facial will be personalised to specific Masks, Exfoliates & Elixirs so your skin is left Awakened, Rejuvenated & Purified.

An indulgent Facial that incorporates
Steaming, Cleansing, Exfoliation, Facial Massage with Hot & Cold Jade Stones, Skin Balancing Tonics, Nourishing Moisture Creams, Serum & Elixirs

Leaves both Ladies & Gentlemens skin radiant, glowing, firmer & more youthful looking.





THE BAMFORD FULL BODY SIGNATURE TREATMENT 90 MINUTES €195 DAY SPA €225.00

Bamford's Signature Treatment combines carefully targeted ancient healing techniques, offering you an immersive Body experience. A foot bath with Epsom Salts begins the cleansing and relaxation process, drawing toxins from the body and allowing it to absorb Magnesium to reduce inflammation and aid sleep.

Japanese Shiatsu Massage is used to open the body's meridians, penetrate the muscles and start to unblock the energy channels. Swedish Massage on the Back & Legs targets areas of concern and reduces specific points of tension.

Finally you will be given an Indian Head Massage. As well as relieving headache pain and calming the mind. This technique has been shown to increase circulation to the brain as well as improve the scalp and hair condition.

The Treatment concludes with assisted Yogic Breathing to refresh lungs and oxygenate and invigorate the Body



SÁMAS MOTHER TO BE COLLECTION

These Treatments were designed for Pregnant and Nursing Mothers.

Facial only in the First Trimester.

The Body Treatments: Be Cradled Massage & Be Nourished Body Polish are safe in the 2nd and 3rd.

Create your own Ritual by combining suitable Treatments together.

BAMFORD ORGANIC FACIAL

1 HOUR HOTEL RESIDENT €145.00

DAY SPA €175.00

There are three different styles of facial according to the result you wish to focus on.

Each Facial has a Skin Analysis, Facial Reflexology and Facial Massage using hot and cold jade stone.

Choose to Awaken

Choose to Rejuvenate

Choose to Purify

BE CRADLED MASSAGE

1 HOUR HOTEL RESIDENT €145

DAY SPA €175.00

The Nurturing hands of your therapist treats you to a soothing body massage.

Sink into complete relaxation with a blissful Head Massage to complete this Treatment that lulls you and your baby into a quiet space between waking & sleeping.

BE NOURISHED

1 HOUR HOTEL RESIDENT €145

DAY SPA €175.00

During Pregnancy skin has a tendency to become dehydrated as the body changes.

This relaxing skin Treatment is designed to replenish moisture & prevent stretch marks.

Gentle Exfoliation & a lavish drizzling of hydrating oils silken, smooth & nourish parched skin.



SÁMAS SILENT & BESPOKE RITUALS

90 MINUTES HOTEL RESIDENT €195 DAY SPA €225.00

Silent Ritual :Drift away having bespoke full body and scalp massage with Bamford Signature Silent Organic Oil

Bespoke Ritual: Relaxing Back, Neck, Shoulder and Scalp Massage tailored to rejuvenate your tired back followed by Organic Bamford Facial or Invigorating Full Body Sea Salt Exfoliation

COMPLIMENTARY LIFESTYLE PROGRAMME

YOGA

Yoga classes with flowing and steady postures to awaken the body and remove deep tensions while building strength, flexibility and focus.



GARDEN WALKS

Learn about the unique plants and nature that surrounds the hotel both in our gardens and in Reenagross National Park, which adjoins the hotel.



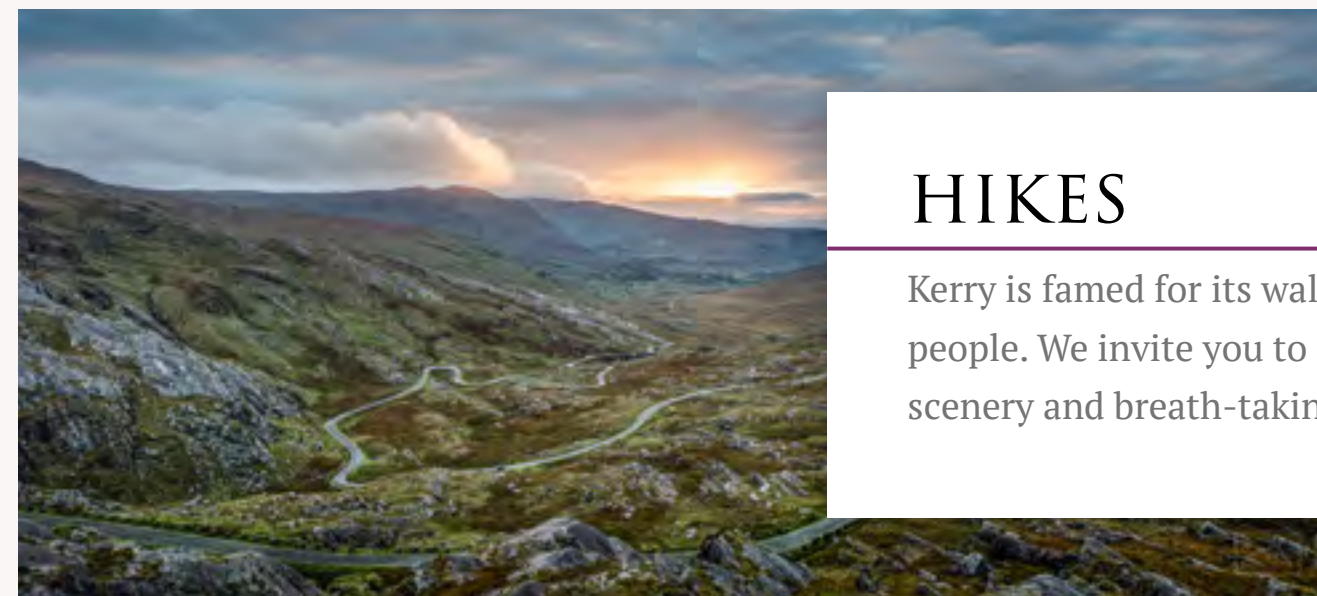
GUIDED RELAXATION

Sleep inducing sounds and gentle prompting lead to a deeply restful state of relaxed alertness.



HIKES

Kerry is famed for its walks nearly as much as it is for its warm people. We invite you to join a hike and experience stunning scenery and breath-taking beauty only a few ever get to see.





Park Hotel Kenmare

SÁMAS

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VIRTUOSO.