

TREATMENT MENU

KINTALA



RESORT & SPA



Find us | 446 Drumrane Road,
Dungiven, BT47 4PH
Call us | 028 7721 7104

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Facebook | facebook.com/kintalaresort
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WWW.KINTALARESORTANDSPA.COM

WELCOME

to

KINTALA RESORT AND SPA



Situated on the outskirts of Dungiven, in a tranquil woodland site where the Roe and Owenbeg rivers meet. Sit back and unwind whilst taking in the beautiful natural surroundings. Kintala Spa has a couple's suite to accommodate couples and groups, as well as an outdoor relaxation area which includes a sauna and hot tub. Our team of experienced therapists will ensure you receive an excellent standard of treatment and leave feeling relaxed, refreshed, and rejuvenated. Your treatment will be followed by a mindful moment in our relaxation room, where you can enjoy a selection of herbal teas and refreshments.

Our Spa is a hidden haven that promotes self-care and wellbeing, escape and unwind during your time with us. Explore our extensive menu of treatments and packages and treat yourself. We look forward to welcoming you to our little piece of heaven.



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KINTALA MESSAGES

RELAXING BACK, NECK & SHOULDER MASSAGE

This massage uses hot oil to relieve tension and stress in the back, shoulders and neck. Our professional therapists use their knowledge and experience to target individual needs.

30 minutes | £40

FULL BODY MASSAGE

Our therapist will use a variety of massage techniques and tailor pressure to suit your individual needs as well as alleviating muscle soreness and stimulating circulation to promote an overall feeling of wellbeing.

60 minutes | £65

90 minutes | £85

FOOT & LEG MASSAGE

A relaxing massage that revives and restores tired legs and feet whilst improving circulation and reducing fluid retention.

30 minutes | £40

HOT STONE BACK MASSAGE

Bathed in intensely moisturising oil, a curated range of Basalt stones are worked over the back, deep into the muscles, to gently release tension, soothe aching muscles, eliminate toxins, and calm the mind and body.

30 minutes | £45

HOT STONE FULL BODY MASSAGE

Relieve deep muscle tension with this therapeutic full body massage which uses warm oils and heated basalt stones. The warmth of the stones penetrates your muscles to soothe aches and pains. This hot stone massage focuses on your back, legs, arms, neck and shoulders.

60 minutes | £70

90 minutes | £90

TRANQUILLITY™ PRO-SLEEP MASSAGE

Inspired by the Indonesian Sea Malay Massage, this exceptional ritual acts to effectively induce a state of deep rest. This treatment includes the use of soft brushes, to gently guide the way to achieve a quiet and peaceful mind and body state. Suitable for those who prefer light pressure.

60 minutes | £70

INDIAN HEAD MASSAGE

An ancient therapeutic massage technique which focuses on the head, scalp, neck, and shoulders to relieve stress and tension as well as creating a sense of balance for the mind & body.

30 minutes | £40



FACIAL TREATMENTS



ACTIVE PURENESS

A deep cleansing, rebalancing treatment ideal for those with oily, scarred or acne-prone skin. A treatment for deep cleansing that gives the skin a luminous, smooth uniform appearance. It rebalances and normalises the skin, leaving it fresh and firm.

30 minutes | £45

60 minutes | £65



REMEDY

Remedy is a treatment which decongests, rebalances and protects reactive skin that is subject to redness, couperose & fragile capillaries. It gives nourishment and barrier protection. Suitable for delicate and sensitive skins, leaving redness visibly reduced, with a more resilient barrier to prevent further irritation and reactivity.

60 minutes | £65

HYDRAMEMORY

Hydramemory is a deep hydrating treatment for the face, neck and décolleté that results in the renewed moisture and silkiness of skin. Restores compactness, tone and luminosity. Suitable for dry, dehydrated and depleted skins in need of moisture and a fresh, plump appearance.

30 minutes | £45

60 minutes | £65

BRIGHT EYES

Smooth and hydrate with this instantly revitalising facial including eye treatment. A targeted eye massage using Hydramemory eye serum, relaxes the mind while smoothing lines, quenching delicate skin and diminishing dark shadows.

45 minutes | £55

MUMS TO BE

PREGNANCY MASSAGE

BACK, NECK, SHOULDERS MASSAGE

Specifically created to pamper and relax an expectant mum, whilst targeting areas prone to stress and tension during pregnancy.

30 minutes | £40

FULL BODY MASSAGE

Enjoy some me time with this therapeutic massage helping to relieve mental and physical fatigue as the body goes through the dramatic changes of pregnancy. Beneficial for both mother and baby.

60 minutes | £65

MUMS THE WORD

A specialised massage providing the ultimate in comfort and relaxation, designed to relieve tension and alleviate swelling followed by a taster facial tailored to your skin needs and finishing with a scalp massage.

90 minutes | £85





BODY TREATMENTS

ULTIMATE EXFOLIATION

This all over body exfoliation treatment uses lemon grass and lychee scrub to gently remove dead skin cells and encourages the regeneration of new cells, stimulating circulation and leaves skin smooth and soft. Your skin is deeply cleansed and softened to leave it feeling nourished.

60 minutes | £65

[COMFORT ZONE] HIMALAYAN SALT RITUAL

An extraordinary ancient ritual for the body which begins with a body massage using warm Himalayan salt stones, which immediately bring about a sense of relaxation, alleviating tension, stress and anxiety. The treatment then proceeds with an exhilarating salt rub and wrap using a combination of precious pink Himalayan salt with a nourishing oil to completely detoxify the body, easing aches and pains while stimulating the metabolism and restoring vitality and balance.

70 minutes | £80



ALL WRAPPED UP

This treatment begins with a full body exfoliation using a dry body brush, which also helps increase blood circulation and promotes lymph drainage. This is then followed by a full body wrap, you will be wrapped up and cocooned in our luxurious soft blankets and treated to an Indian Head Massage using warm oil. After this you will be shown to the shower and a moisturiser will be applied to help nourish your skin.

70 minutes | £80

THE ALL OVER GLOW

This treatment package includes a full body scrub, followed by a facial specific to your personal skin needs. Finishing with a relaxing foot massage to give you a head to toe glow.

90 minutes | £85

COUPLES RETREAT

KINTALA COUPLES MASSAGE

Back, neck & shoulder massage	30 minutes £80
Indian head massage	30 minutes £80
Full body massage	60 minutes £130

ULTIMATE DUO

This couples treatment combines our two most popular treatments, a back, neck and shoulder massage followed by an express facial. Finish your experience by taking time together to enjoy our relaxation area, which includes a hot tub and sauna, with a glass of complementary champagne and sorbet.

60 minutes | £140



TWO TO TANGO

The ultimate couples treatment to promote wellness and relaxation. Starting with a full body massage followed by a facial tailored to meet your skins needs. Finish your treatment by chilling together in our relaxation area, which includes a hot tub and sauna, with a glass of complementary champagne and sorbet.

90 minutes | £180

SPA EXPERIENCES



REVIVE AND REBALANCE

Clear your mind and switch off with this treatment which starts with a 30 minute back, neck and shoulder massage, focusing on pressure points to reduce stress and tension. Followed by a 30 minute foot and leg massage to leave you feeling renewed, revived, and restored.

60 minutes | £60pp

MINDFUL MOMENTS

This treatment begins with a 30 minute facial tailored to address your concerns and meet your skin needs. This is followed by a 30 minute Indian head massage which focuses on pressure points to reduce stress and promote a sense of tranquillity and relaxation.

60 minutes | £65pp

WOODLAND SERENITY

Release muscular tension and rediscover a sense of wellbeing with this treatment. Beginning with a hot stone back massage, followed by an express facial and finishing with a scalp massage. This treatment will help melt away stress and inspire relaxation.

70 minutes | £70pp

ROE RENEWAL

This 90 minute treatment is a well-deserved treat for those wanting to relax and recharge. It starts with a neck, back and shoulder massage followed by a leg and foot massage and finishes with an Indian head massage to relieve tension, improve circulation and leave you feeling revitalised from head to toe.

90 minutes | £85pp

ULTIMATE ZEN

Sooth and revive your mind and body with this luxury 90 minute treatment which includes a full body massage, a facial to promote healthy and glowing skin and an Indian Head massage to improve your overall sense of wellbeing.

90 minutes | £90pp

Add a 60 Minute Hot Tub Experience for £10pp, which includes use of robes and slippers
(Subject to availability)



TAKE TIME OUT TO
ENJOY SOME SELF-CARE
IN THE TRANQUILLITY
OF KINTALA.

GROUP SPA PACKAGES



Kintala Spa welcomes group bookings and can cater for your hen party, baby showers, staff party, birthday parties etc

BLISSFUL BUBBLES

Enjoy 90 minutes use of the hot tub and sauna area as a group with complementary bubbly and use of robes, slippers and towels.

Group Size: 8 maximum

Per Person | £25

WELLNESS ESCAPE

Take some needed time out with your friends and family to relax in the tranquil setting of Kintala.

- 🌸 Choose one of the following 30 minutes spa treatment; Indian head massage, taster facial, back neck and shoulder massage or a foot and leg massage
- 🌸 Complementary glass of bubbly & sorbet
- 🌸 Use of robes and slippers
- 🌸 60 minutes use of facilities including the hot tub and relaxation area

Group Size: 12 maximum

Per Person | £55

ULTIMATE RETREAT

Gather all the lovely people in your life for some well deserved me time.

This package includes:

- 🌸 50 minutes treatment per person, choose two of the following 25 minutes treatments; Back, neck and shoulder massage, Indian head massage, taster facial, foot and leg massage.
- 🌸 Use of robes and slippers
- 🌸 60 minutes use of the facilities including the hot tub and relaxation area
- 🌸 Complimentary glass of bubbly
- 🌸 Tea and scones

Group Size: 8 maximum

Per Person | £90



SPA INFORMATION

Appointments and Reservations: We recommend that you contact us prior to arrival to schedule your spa treatment. Reservations are subject to availability and must be secured with a 50% deposit.

Spa Arrival: We ask that you arrive 15 minutes prior to your treatment, to allow time to get changed, fill out your consultation form & unwind before your treatment. The spa will provide any amenities required for use during your spa visit.

Group Booking: We ask that groups arrive 20 minutes prior to treatment to allow adequate time to complete consultation forms, make payment, get changed and for staff to show the group around the facilities.

Late Arrival: Please be advised that if you arrive late, the time of your treatment will be shortened in consideration of the next guest and you will be charged at the full treatment price.

Cancellations: We understand that sometimes you may need to cancel, out of courtesy to our team please provide us with 48 hours notice if you are unable to make your appointment and we will be happy to re-schedule or refund your deposit. Cancellations with less than 48 hours' notice or no shows will be charged at the full treatment price.

Payment: Guests can pay by credit/debit card and cash. Gift vouchers can also be used to book a treatment or against products.

Gift Vouchers: Please contact the reception team for details or purchase online on our website. Vouchers being used for payment must be presented on the day. Our vouchers do not have an expiry date.

Refund Policy: Treatment packages are non-refundable and non-transferable.

Prices & Treatments: Prices and details of treatments are correct at the time of going to print.

Treatment Adjustments: We want to ensure you fully enjoy your treatment. If you would like the room temperature adjusted, the volume of music changed or a change in the amount of pressure during your massage, please advise your therapist.

Therapist Requested: If you request a particular therapist we endeavour to deliver but this is not always possible.

Health Conditions: Some medical conditions may restrict the treatment you can avail of. Please notify us of any medical, health conditions or recent

surgery when you book. If you have had surgery less than 3 months from your treatment under general anaesthetic we cannot carry out any treatment. Please consult with your GP prior to booking in regards to medical conditions. If you have a medical condition and would like to know what treatments you can avail of, please ask our spa therapists who will be happy to assist you. If any treatment is found to be unsuitable, a qualified therapist will recommend, where possible, an alternative treatment, subject to availability. We reserve the right to alter or refuse treatments if we deem it unsafe to carry out a chosen treatment for any reason.

Pregnancy: Please advise us if you are pregnant or nursing as some treatments are not recommended during pregnancy. We have specifically designed treatments for expectant mothers. Please note use of the sauna and all other heat therapies are not suitable during pregnancy.

Age Requirement: The minimum age requirement for access to the Spa is 16, under 18's must be accompanied by an adult. You must be 18 or over to book a spa treatment.

Spa Attire: Guests whose treatment includes access to the hot tub and sauna will be provided with complimentary use of robes and slippers on arrival. Please ensure that swimwear is worn at all times if using the thermal facilities as part of your spa experience. Disposable underwear is also provided for your comfort and must be worn during your spa treatment.

Valuables: We kindly ask that you refrain from bringing valuables to the Spa. Although we provide secure lockers within the changing areas, we cannot take responsibility for loss, theft or damage of personal items.

Spa Etiquette: The spa is a relaxing environment, out of consideration for others, we request that visitors keep noise to a minimum. Please ensure that mobile phones and electronic devices are switched off whilst you are in the spa to ensure that it remains calm and tranquil. Smoking/Vaping is strictly prohibited and alcohol cannot be brought on to the premises. Management reserves the right to ask clients to leave with full payment if their behaviour is deemed unsuitable in any way towards therapists or other guests.

Aftercare: To get the most from your spa experience and to continue homecare, most of our products used are available to purchase at our Spa reception on your departure.

VISIT THE SPA AT KINTALA

To schedule an appointment for your perfect treatment, please contact our Spa reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend booking in advance.

Vouchers are available, treat someone special to a spa treatment, package or product. Please contact Reception or purchase online.

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Web: www.kintalaresortandspa.com

Opening Hours
Monday - Wednesday: 10am - 5pm
Thursday: 10am - 8pm
Friday - Sunday: 10am - 5pm