

# LANDSCAPE

*Our Spa*

*“The face in the stone is a mirror  
looking into you.”*

FROM THE POEM  
THE FACE IN THE STONE  
BY DAVID WHYTE

LANDSCAPE



## THE STORY OF LANDSCAPE, OUR SPA

OUR SPA is built on a simple belief: that how we relate to this land, its beauty, to ourselves and to one another is what determines how well we live. Not how hard we strive, but how willing we are to surrender, to release.

The landscape of Kenmare is beautiful. In its roaring silence, it sings history. It murmurs old stories, breathes with imagination. It could almost conjure magic. It is alive.

This is the land of lyricists, artists and poets, who wrote of land and water and weather not as scenery, but as something closer to companionship. We are inspired in part by John O'Donohue, the Irish poet who spent a lifetime exploring beauty and its depth. To O'Donohue, the landscape was the very core of being, and of feeling alive.

And so we built our spa for it. Here, the landscape is not the view from the window. It is the treatment itself. The water that holds you, the heat and cold that move through you, the stone beneath your feet, the oak and the open sky beyond it.

Most spas ask you to switch off, to clear your mind, to disappear somehow into stillness. Landscape asks for something more generous - to allow yourself to be exactly where you are, open to whatever stirs the heart.

This is what we mean when the outer landscape begins to move through the inner one. Let it in.

## OUR BATHS

AT THE HEART of Landscape is our mineral communal bath, the Stone Bath, 38°C/100.4°F, open to the elements all year round. It is built on the ancient knowledge that water restores and connects us. The Kerry hills rise beyond it, framed by an original stone window looking out over Kenmare Bay. At its centre is a single great stone from the Dromgarraiff rainforest, native to this land.

The Ceramic Baths sit beside, fit for one, if you'd prefer a moment of solitude, or two, if you'd like a moment of connection. From there, step into the detoxification of the sauna or the steam room, thick with warmth, before braving the cold plunge - or the exhilaration of a bucket of Irish water poured over you.

Our Spa includes a Technogym fitness room, a yoga and pilates studio with both Reformer and Cadillac, as well as a 25m lap pool.

Landscape also offers comprehensive tech-delivered optimisation experiences and programmes including LED masks, lymphatic suits, light panels, and IHHT.

Landscape is open to hotel guests and day visitors alike.

A full programme of wellness retreats, workshops and classes guided by wellbeing experts are available throughout the year to promote vitality and integrative health.

Landscape has five treatment rooms, each one quiet and low-lit, where our therapists work with face and body brands, Susanne Kaufmann and Seabody - full body and facial treatments are designed to release, and restore.

Beyond the baths, treatments and movement experiences, you'll find quiet corners for reading or doing nothing at all, open spaces where conversation finds its way easily and Landscape becomes something shared.

## LANDSCAPE



FIG 1 *The Caba Mountains, on the way to Dromgarriff Rainforest through the Caba Pass*

## OUR TREATMENTS

### SUSANNE KAUFMANN

LANDSCAPE offers a signature collection of face and body treatments by globally renowned spa and skincare brand, Susanne Kaufmann. We've chosen Susanne Kaufmann because of our deeply shared belief that the beauty of nature that surrounds us, is the most vital part of our wellness. Susanne is celebrated for pairing wild-harvested mountain botanicals with advanced biotechnology to deliver powerful treatments.

#### THE SUSANNE KAUFMANN FACIAL

*90 mins / 195 euro*

This personalised facial begins with a detailed reading of your skin – its history and what it needs most today. Then a treatment is built entirely around what is needed: antioxidant-rich serums, sculpting massages, Susanne Kaufmann formulations are chosen specifically for you. The results are clear, healthier more resilient skin, and gentle luminosity.

#### THE BARRIER REPAIR FACIAL

*60 mins / 155 euro*

For skin that is asking for quiet. This treatment works gently and deliberately – calming sensitivity, rebuilding what daily life has worn away, giving the skin back its steadiness and quiet. Sometimes the skin doesn't need transformation. It just needs to feel strong again.

#### THE GLOW FACIAL

*60 mins / 155 euro*

There is a quality of light, a glow in skin that is well-rested, well-nourished, at ease with itself – a warmth, almost a luminosity. This treatment is for when that light, that fresh dewiness has dimmed a little. Advanced mask therapy works beneath the surface of the skin to gently draw that glow back to the skin.

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### THE SUSANNE KAUFMANN BODY MASSAGE

*60 mins / 170 euro*

A full-body massage that works through you – not over the surface, but into it. Warm botanical oils, firm and considered pressure, hands that know where tension lives and remain there until it releases. This complete massage moves through the body the way the tide moves through the bay – methodical, thorough, leaving all the tension behind.

### THE FULL-BODY RENEWAL RITUAL

*90 mins / 255 euro*

A slow, warming exfoliation starts this ritual treatment – taking time to gently smooth, relax and brighten the skin until it feels like new. Then the massage, working into everything that the exfoliation has awakened – long, deliberate strokes that find the places you didn't even know tension is held in the body. You surface feeling smooth, warm and deeply rested.

### THE LANDSCAPE VITALITY RITUAL

*90 mins / 255 euro*

Mountain pine. Spruce needle. The scent of the wild, carried into the treatment room in botanical oils drawn from the land. A dynamic full-body massage that wakes the body from the outside in, followed by a facial that does the same for the face. You leave feeling the way Kerry air feels on your face, alive – refreshed and awakened.

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## SEABODY

SEABODY treatments are born directly from our Irish Atlantic coastline. The use of seaweed has been used for thousands of years in Ireland, in wellness treatments and bathing rituals. Seabody proprietary biotech unlocks the most potent actives to deliver the transformative power of marine biotech. Treatments use marine bioactive ingredients enhancing skin health, fostering inner health and overall vitality.

### CELLULAR REJUVENATION FACIAL *60 mins / 140 euro*

Marine bio actives drawn from the Irish coastline work directly on the skin. A deep, focused facial that floods the skin with hydration, rebuilds the barrier from within, and brings visible brightness to the surface. Deeply replenishing.

### ELEVATE – FACE & BODY RITUAL *60 mins / 160 euro*

Breathwork to lift the chest, open the shoulders, and remind the body it always has more to feel. From there, face and body therapy together – scent and touch and warmth layered together throughout the treatment, each one amplifying the other. This treatment will leave you feeling lighter, refreshed and peaceful.

### LANDSCAPE SIGNATURE BODY MASSAGE *60 mins / 170 euro* *90 mins / 255 euro*

Our Irish signature body massage is simply 60 minutes of bliss designed for what is needed. Working with your therapist you choose a massage and one of Seabody's oil blends, Movement, Sleep or perhaps Wave. This is a bespoke treatment. A full, comprehensive massage using Seabody's bioactive natural ingredients. This restorative ritual reconnects body and mind, leaving you feeling grounded, renewed and deeply relaxed. All seaweed ingredients are harvested in Ireland.

### PRE & POST MATERNITY WELLNESS *60 mins / 170 euro*

The body does extraordinary things through pregnancy and into motherhood. This treatment is a chance for it to simply be – warm, bioactive-led therapies that ease, nourish, hold and replenish you, giving back to a body that has been quietly giving so much for so long.

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## WELLNESS & RECOVERY TECHNOLOGY

AFTER YOUR JOURNEY here, or perhaps a day on the road exploring Kerry, or time spent hiking, golfing or cycling, your body is ready for some restoration and recovery. What follows uses the very latest in recovery and wellness technology – to ease tired muscles, relieve pain, lift energy levels, and support how well you feel, inside and out.

### CELLUMA® LIGHT THERAPY (LED)

*30 mins / 65 euro*

*15 mins / 40 euro added to treatment*

This red, blue and near-infrared light works directly on the skin – it can be used on the face or on any other targeted areas. This therapy is warm and comforting and reduces inflammation, improves circulation, can help relieve pain in targeted areas and addresses fine lines and acne through non-invasive light therapy.

### CELL PRO®: HYPOXIA-HYPEROXIA TRAINING (IHHT)

*60 mins / 155 euro*

Interval Hypoxia-Hyperoxia Training works by simulating the effects of a high-altitude environment, alternating oxygen levels to stimulate the body's cells and improve cellular energy, endurance and recovery from within. A relaxed, seated experience that works best alongside regular movement and exercise rather than instead of them.

### FLOWPRESSO® – LYMPHATIC DRAINAGE

*30 mins / 155 euro*

This treatment begins with a light opening of the lymph nodes to prepare the body for a full-body compression suit that works with the body's own lymphatic system. It delivers deep pressure, warmth and compression in sequence, to support vital natural drainage and recovery. FDA Class II approved. Eye masks and headphones are provided for deep relaxation.

### MITO LIGHT® MASTER 5.0

*30 mins / 60 euro*

This treatment is perfect post any movement or exercise. Full-body red and near-infrared light therapy works at a cellular level to boost energy production, support circulation, improve sleep and aid recovery. A powerful recovery booster. Recommended treatment time is 30 minutes for both the front and back of the body.

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### I-TECH MEDICAL PMF MAT PRO

*30 mins / 45 euro*

Infrared heat and pulsed electromagnetic field therapy often described as an “energy –charger”, promoting deep relaxation, reducing pain, improving circulation and supporting better sleep.



FIG 2 *The Dromgariff Waterfall, a short walk along a path near the shoreline at Dromgariff*

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### THE FACE IN THE STONE

The face in the stone is a mirror looking into you.  
You have gazed into the moving waters,  
you have seen the slow light, in the sky  
above Lough Inagh, beneath you, streams have flowed,  
and rivers of earth have moved beneath your feet,  
but you have never looked into the immovability  
of stone like this, the way it holds you, gives you  
not a way forward but a doorway in, staunches  
your need to leave, becomes faithful by going nowhere,  
something that wants you to stay here and look back,  
be weathered by what comes to you, like the way you too  
have travelled from so far away to be here, once reluctant  
and now as solid and as here and as willing  
to be touched as everything you have found.

BY DAVID WHYTE

## WELLNESS NOTES

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## SPA REMINDERS & GENERAL INFORMATION

OUR SPA is a shared space - social where the moment invites it, quiet when that's what's needed. Robes, towels and slippers are provided, with lockers and changing rooms - though you're just as welcome to arrive in your own.

Swimwear is required throughout our Baths, the steam room, sauna and cold plunge. We'd kindly ask that you always shower before using our Baths as well as after using the sauna and the steam. Rinsing the skin after these treatments removes even more toxins from the body. We recommend removing any jewellery when using our Spa.

We'd suggest arriving at least 45 - 60 minutes ahead of your treatment - time enough to settle into our Baths first, so you get the very most out of your treatment time. Disposable underwear is provided for all Spa treatments if preferred.

Landscape is open to hotel guests and day visitors alike. Guests under 16 are not allowed in the Baths, but are very welcome to enjoy our lap pool. Please ask reception for our children-friendly swimming times.

Landscape is a phone-free space - we'd ask that you leave yours in your locker, or your room.

If you need anything at all, our team is always close by.

## OPENING TIMES

WE'RE HERE every day. Come when you're ready. Day visitors are very welcome, by appointment. Memberships are also available. Classes, workshops and retreats are open for bookings.

OUR SPA & LAP POOL

*Open from 7.30am to 7.30pm*

TREATMENTS

*Available from 10am to 6pm*

THE GYM

*Open 7.30am to 8pm*

*(Please visit the hotel reception for access out of hours.)*

*Please ask at reception, or visit [www.parkkenmare.com](http://www.parkkenmare.com)  
for yearly classes, workshops and retreats.*

LANDSCAPE

TO BOOK OR FIND OUT MORE:

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*Outside Ireland:* +353 64 664 1200

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