

— THE — KENTUCKY



SPA & WELLNESS MENU OF SERVICES



859-256-0322

MASSAGE

Therapeutic Massage

Whether it is your goal to let your stress and worries melt away, or you seek relief for overexerted muscles, we’ve got you covered. Our talented massage therapists will customize your session using a variety of techniques designed to relax and rejuvenate your body, mind and soul.

50 minutes \$95 | 80 minutes \$135
Couples Massage 50 minutes \$180 | 80 minutes \$260
Prenatal Massage 50 minutes \$95 | 80 minutes \$135

Muslin Bag Massage

A real sensory treat, warm steamed bags of orange, clove, ginger and Fucus Serratus seaweed are gently massaged into the body releasing precious seaweed oils. Your therapist will use a combination of the finest organic ingredients and seaweed to massage your body, gently exfoliating and nourishing your skin. 80 minutes \$175

Precious Moments Treatment

This VOYA treatment is tailored specially to Mum and her growing bump. The growing bump is enveloped in a specialized mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in laminaria digitata seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating organic masks work their magic while Mum enjoys a relaxing face, hand and arm massage. 50 minutes \$145

BODY TREATMENTS

Lavender & Seaweed Sugar Glow

This VOYA treatment combines a wonderful fragrant mix of lavender oil, seaweed and sugar. This has a double action of gently removing dead skin cells with sugar and healing with the seaweed extracts and lavender essential oil. 50 minutes \$125

Hydrating Body Scrub

VOYA's dual-action lathering body buff exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts. Our gentle yet effective formula removes rough and lifeless looking skin cells, to reveal more refined softer and silky smooth skin. 50 minutes \$125

Warm Spiced Mud Wrap

Seaweed is taken fresh from the ocean and its purifying elements, including potent antioxidants and minerals, are encapsulated in this VOYA treatment. Infused with aromatic spices of ginger and orange to revive the senses, this wrap is firming and toning, it is also a serious detoxifier, metabolism stimulator and a natural anti-aging boost. 80 minutes \$175

SKINCARE

Self Discovery Radiance Facial available December 1st

This ocean-inspired organic facial is detoxifying, revitalizing and helps to smooth skin tone and increase clarity. It incorporates a range of seaweed products to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure. You will be left with a revived glowing complexion that is both enriched and strengthened. 50 minutes \$125

Choose from:
Purifying Facial (oily / combination skin)
Ultra-Calming Facial (sensitive skin)
Intensive Hydra Veil Facial (dry skin)

Fire and Ice Treatment

A clinically active treatment system designed to rapidly and safely resurface the skin, reducing fine lines and wrinkles, smoothing, softening and encouraging cellular renewal. 30 minutes \$100

Back Treatment

This treatment focuses on an often overlooked area and helps purify, soothe and balance the look of oily and problematic skin. A deep cleansing and exfoliation prevents and eliminates blackheads, whiteheads, breakouts and congestion – reducing the look of inflammation and irritation and leaving the skin clean and refreshed. 50 minutes \$115

OPTIONAL ENHANCEMENTS

Marine Eye Treatment

Using organic Laminaria Digitata seaweed eye compresses, which are hand-harvested from the wild Atlantic Ocean, this is a unique treatment for refreshing and rejuvenating tired eyes. Add-on to any service \$50

Microdermabrasion

This non-invasive mechanical exfoliation uses tiny crystals to remove the superficial layer of dead skin cells and improve the skin’s elasticity. It can improve the appearance of sun damage, fine lines and wrinkles, light scarring and discoloration. 45 minutes \$140 |add-on to facial \$95

Dermaplaning

This simple and safe procedure, often done during a facial, will leave your skin smoother and brighter. Dermaplaning exfoliates the skin and gets rid of the fine vellus hair commonly known as peach fuzz. 30 minutes \$120 | add-on to facial \$75

Waxing

Gentle facial and body hair removal. Durations and prices vary.

WELLNESS

Cryotherapy

Our whole-body cryotherapy chamber stimulates cold shock, which starts the body’s self-repair process. Cryotherapy has been known to help the immune system, increase metabolic rate and reduce chronic pain. Athletes love it because it can increase energy and decrease muscle soreness and joint inflammation. single session \$55 | package of 5 sessions \$200

Infrared Sauna

The benefits of sauna have been embraced in some areas of the world for hundreds of years. Increased frequency of sauna bathing is associated with a reduced risk of several health problems such as cardiovascular disease, high blood pressure, dementia and pneumonia. Its usage is also associated with lower markers of inflammation and may temporarily relieve symptoms of the common cold. *1-2 people 30-min session \$30 | 45-min session \$40 | 60-min session \$50

Sensory Deprivation Pod

A sensory deprivation pod (also known as an isolation or float tank) is a lightless, soundproof tank filled with mineral-rich saltwater that allows you to float effortlessly. With touch, sound, and light removed, you can free your mind of external stimuli and achieve a deep state of relaxation and rejuvenation. 60-min session \$60 | 90-min session \$90

Modern Cupping Treatment

Cupping therapy is an ancient technique of placing cups on the body to create suction which allows the body to release stagnant toxins. In this treatment, we combine modern cupping with therapeutic massage to ease pain, relieve muscle tension and reduce inflammation. If you love deep tissue work, this is the service for you! 50 minutes \$115 | 80 minutes \$155



NEW! MEDICAL AESTHETICS AT TKC SPA

Microneedling

Experience this breakthrough in skin resurfacing that stimulates the skin’s own healing process by using fine needles to create hundreds of tiny, invisible channels in the top layer of the skin. Microneedling increases the production of collagen and elastin so your skin feels smooth and toned. It can minimize the appearance of scars, acne, sun damage, fine lines and wrinkles with minimal downtime.

Microneedling with PRP

Take your microneedling treatment to the next level with Platelet-rich therapy (PRP) also known as the Vampire Facial. PRP utilizes the client’s own blood to produce a concentrated plasma which contains growth factors that aid in healing.

Botox / Dysport

These injectables reduce the appearance of fine lines and wrinkles. Whether it's frown lines, crow's feet, forehead lines, lip flip or banding in the neck area, we've got you covered.

Fillers

These injectables counteract volume loss in lips, cheeks, overall face and temples to give you a more refreshed look.

BBL

This procedure uses cutting edge technology to restore your skin’s natural beauty, making it smoother, brighter and clearer. Broadband light (BBL) reduces reds and browns in aging or irritated skin and reduces pore size. Other procedures available include hair removal and blue light therapy to treat acne.

Laser

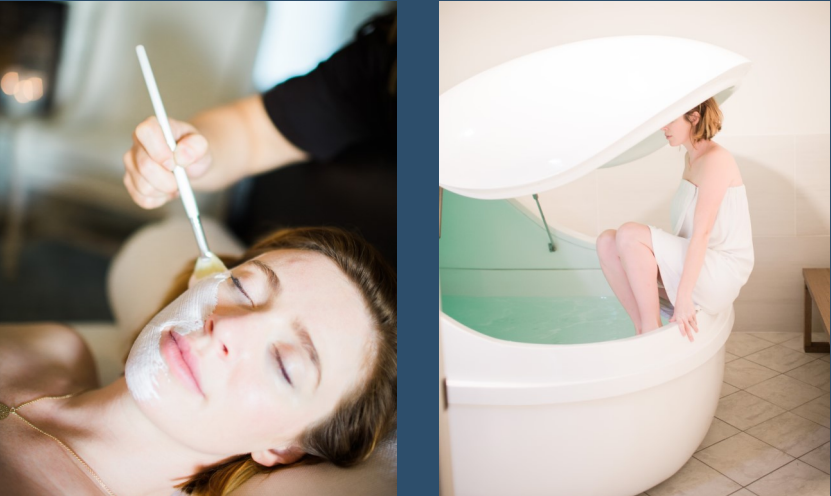
This procedure will increase collagen and give your skin a healthier, more vibrant look along with reducing fine lines and wrinkles.

*Durations and pricing varies by individual.
Please call to schedule an initial consultation.*

HOURS OF OPERATION

Day	Hours
Monday	9:00am - 5:00pm
Tuesday	9:00am - 5:00pm
Wednesday	9:00am - 5:00pm
Thursday	9:00am - 5:00pm
Friday	9:00am - 5:00pm
Saturday	9:00am - 2:00pm
Sunday	9:00am - 2:00pm

Extended hours available by request



THE KENTUCKY CASTLE

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