

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*

CBD INFUSED FOOT TREATMENT

The ultimate pampering for those tired feet! Includes an exfoliation, mud mask and application of cream. All products are infused with full spectrum hemp CBD in a luxurious blend of botanicals. *Add-on to any 80 or 100 minute service \$40*

AROMATHERAPY MASSAGE OIL

- ◆ **Mindful Dreams:** Evening primrose and argan oils combined with the antioxidant qualities of himanthalia elongata. Lavender essential oil de-stresses the mind, while rosemary oil uplifts the spirits. *\$15*
- ◆ **Angelicus Serratus:** Hydrating body oil featuring the scents of citrus and the sea. Enhanced with antioxidant rosehip, which slows the signs of aging, helps improve cell structure and skin elasticity. *\$15*
- ◆ **Serenergise:** A muscle healing and fatigue busting body oil. Blended with evening primrose and rosehips oils for their powerful antioxidant qualities, and bergamot, ginger and may chang to relax the muscles. *\$15*

FEEL THE HEAT MASSAGE CREAM

A muscle warming gel to sooth muscle tension, aches and pains. Our expert blend is enhanced with arnica and comfrey to instantly relax muscles. *\$20*

CBD INFUSED MASSAGE CREAM

An infusion of 300mg full spectrum hemp CBD in a luxurious body cream full of moisturizing oils such as shea, avocado, and aloe. Great for pain relief and neuropathy. *\$30*

** Services and prices are subject to change. Prices listed do not include tax or gratuity.*

** We kindly request at least 24 hours notice for cancellations to avoid being charged.*

** Discounts are available for parties of 6 or more.*

HOURS OF OPERATION

Monday—Saturday	9:00am - 7:00pm
Sunday	9:00am - 5:00pm

Extended hours available by request



THE KENTUCKY CASTLE
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— THE —
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SPA & WELLNESS MENU OF SERVICES



859-256-0322

www.thekentuckycastle.com/spa

Skincare

SELF DISCOVERY RADIANCE FACIAL

This 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*

ANTI-AGEING RESTORATIVE FACIAL

This restorative facial combines antioxidant algae complexes and a blend of botanicals to help stimulate collagen production and reduce the appearance of fine lines and wrinkles. Resulting in instantly firmed and tightened skin with a natural and more radiant glow. *80 minutes \$175*

CHAMPAGNE FACIAL

Designed to revive tired and congested skin. This results driven facial features a powerful foaming enzyme masque system, papaya and pineapple enzymes and a potent clinical level grade of glycolic acid. This is combined with a dermaplane treatment for maximum results and better product absorption. *50 minutes \$175*

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*

MICRODERMABRASION

This non-invasive mechanical exfoliation uses tiny crystals to remove the superficial layer of dead skin cells and improve the skin's elasticity. Perfect for 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*

Massage

THERAPEUTIC MASSAGE

Whether your goal is to let your stress and worries melt away, or you seek relief for overexerted muscles, we've got you covered. Your massage therapist 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 | 100 minutes \$190

Couples *50 minutes \$180 | 80 minutes \$260 | 100 minutes \$360*

Prenatal *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 to promote relaxation, gently exfoliate and nourish the skin. *80 minutes \$175*

STONE MASSAGE

Let the heat of these smooth round stones penetrate your muscle tissue and induce a deep relaxation. Your massage therapist uses the stones as an extension of their hands during this pampering full body massage. *80 minutes \$150*

Body Treatments

SEASONAL BODY SCRUB

An aromatic experience that will leave your skin feeling silky smooth. Fine cane sugar crystals buff away dry, dull skin, while unrefined shea butter hydrates and protects. *50 minutes \$125*

LUSCIOUS SALT GLOW

Dead Sea salts and organic seaweed oil combine to hydrate the skin, stimulate blood and lymph flow, remove dull skin and refine skin texture. *50 minutes \$125*

WARM SPICED MUD WRAP

Featuring seaweed infused with aromatic spices of ginger and orange to revive the senses, this wrap is firming, toning, detoxifying and a natural anti-aging boost. *80 minutes \$175*

PRECIOUS MOMENTS TREATMENT

Prenatal treatment in which the belly is enveloped in a specialized mask to prevent stretch marks and feet are wrapped in seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. *50 minutes \$145*

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 and inflammation. *single session \$55 | package of 5 sessions \$200*

INFRARED SAUNA

Sauna bathing is associated with a reduced risk of several health problems such as cardiovascular disease, high blood pressure and pneumonia. Its can also reduce inflammation and temporarily relieve symptoms of the common cold. **1-2 ppl 30-min session \$30 | 45-min session \$40 | 60-min session \$50*

MODERN CUPPING TREATMENT

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. *50 minutes \$115 | 80 minutes \$155*

REIKI

A Japanese technique for stress reduction and relaxation that also promotes healing. During this service your massage therapist will gently lay their hands on your head, chest, abdomen and back to help increase energy flow. *50 minutes \$95*

RELAXING FOOT SOAK

Envelope your feet in hot water infused with a blend of Dead Sea salt, organic herbs and flowers. Relax, sooth your muscles and hydrate your skin before your spa services! *25 minutes \$20*

CBD INFUSED FOOT SOAK

Envelope your feet in hot water infused with a blend of French Gray sea salt, Pink Himalayan sea salt, full-spectrum hemp CBD and lavender essential oil. Relax, sooth your muscles and hydrate your skin before your spa services! *25 minutes \$20*

