

spirit
one
spa

www.spiritonespa.com

welcome to spirit one spa



Enter a world of complete relaxation, where time is left at the door and you begin a new journey far away from the pressures and pace of everyday life. spirit one spa is the perfect urban retreat, a quiet sanctuary and peaceful haven in which to indulge in an exclusive selection of spa therapies and beauty treatments. Prepare for your treatment in the stunning Thermal Suite, a wonderful addition to any spirit one spa experience. Discover an exotic blend of therapies for men and women from around the globe, with spa treatments from Ole Henriksen and Elemis, and other exclusive product ranges and all are available to purchase online www.spiritonespa.com



Elemis Spa Treatments

Using aromatherapy essential oils and marine extracts to offer natural treatments to cater for your overall well-being. Elemis treatments and products are born from the research of highly renowned herbalists and aromatherapists to provide a therapeutic offering. Helps to treat skin as well as providing all the sensory indulgence associated with aromatherapy.

Ole Henriksen Spa Treatments

Discover your perfect skin care routine and experience the Los Angeles skin care secret with Ole Henriksen, skin guru to the stars. Referred to as the new generation of super treatments, the Ole Henriksen line includes ingredients that are aromatic, sensual, versatile and most importantly highly effective, achieving maximum results for your skin.

spirit one spa Signature Treatments

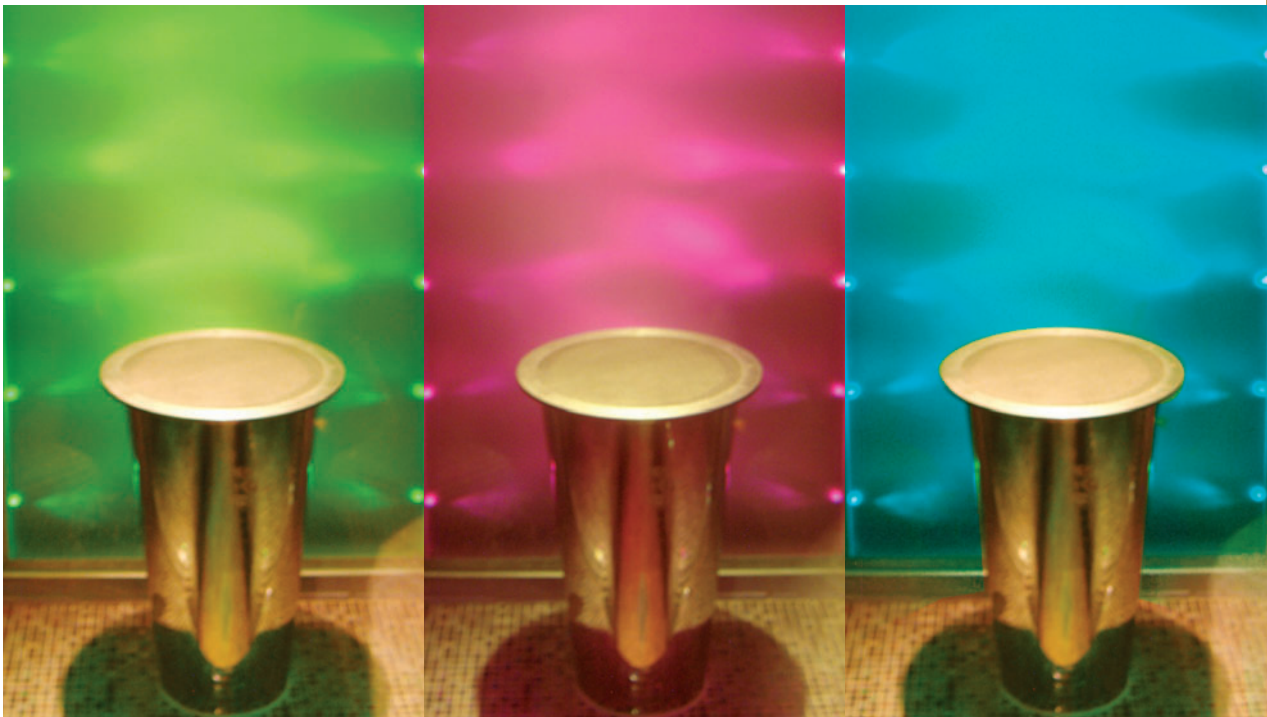
Our very own signature treatments were designed by the spirit one spa team.

Bliss

Bliss has ignited a modern spa revolution. It's extensive range of products are now available.

MOHH Hair Couture

Renowned for it's outstanding creative ability, it creates a unique personal hairdressing service with an extraordinary wealth of experience.



thermal suite

A unique collection of cold, cool, warm and hot thermal experiences to detoxify, relax, enhance, slim, moisturise and invigorate your entire body, offering you the very essence of the true spa.

Heated Relaxation Loungers

Heated to a comfortable 36°C and designed in the ergonomic shape known to offer your body the most relaxed position it can take.

The Laconium

Offers a dry, gentle heat in a more relaxed environment with scented citrus oils and gentle light therapy.

The Aroma Grotto

A moisturising steam cabin which is ideal for conditioning the hair and skin, enhancing and promoting true relaxation using light, heat, colour and essential oil therapy.

Experience Showers

Three showers, offering between them essential oils and water in the form of invigorating tropical rain and a light cool mist to refresh your mind and body between cabins.

The Rock Sauna

This is the hottest and driest of our thermal experiences at 85°C to 90°C, ideal for swift detoxification and invigoration.

Sabia Med

Explore the wonders of the sabia med or beach as it is better known to our guests, taking you through a meditative dawn to dusk light cycle whilst lying on a warm tropical beach.

The Hammam

Based on the traditional Turkish steam bath our hammam offers an intense steam heat experience with light and essential oil therapy.

1 Hour Thermal Suite

€25.00

Half Day Thermal Suite

€35.00

Group bookings available on request, terms and conditions apply.
Swim wear is essential for all guests using the thermal suite.

spirit one part day spa

All packages include access to our exclusive thermal suite, east wing relaxation area, indoor swimming pool and outdoor hot tub. All guests enjoy complimentary beverages and use of spa robes, towels and slippers.

Unwind with spirit one spa

A choice of any two:

- Elemis full body massage or Elemis pick me up facial
- 2 course lunch in restaurant Marinas

Monday to Sunday

€99.00 per person

Ultimate Experience

Your experience includes:

- Elemis pick me up facial
- Elemis back neck & shoulder massage

Monday to Sunday

€125.00 per person

spirit one spa Special

A choice of any two:

- Elemis back neck & shoulder massage
- Elemis lower leg & foot massage
- Elemis taster facial
- Bathing ceremony of your choice
- 2 course lunch in restaurant Marinas

Monday to Sunday

€99.00 per person

All part day spa packages are subject to availability and are priced per person per package unless otherwise specified.

Girls Just Want to Have Fun

So we've come up with the perfect girly package for you and your friends.

A choice of one:

- Back neck shoulder massage | 25 mins
- Elemis taster facial | 25 mins
- Cleopatra milk bath | 25 mins

Finish with a Cosmopolitan or Mojito in the Atrium Bar & Lounge.

Monday to Sunday

€65.00 per person

spirit one spa Coffee Morning

This package is designed to fit into your busy schedule (allow 1 hour min and 4 hour max).

A choice of one:

- Back neck shoulder massage | 25 mins
- Elemis taster facial | 25 mins

Enjoy a Cappuccino or a Latte in Atrium Bar & Lounge.

Monday to Sunday

€60.00 per person

Get Ready To Party!

Save time and effort and let spirit one spa do all the hard work, to help you look your best.

Your experience includes:

- Full body spray tan
- Eyelash extensions
- Foot file & polish

Monday to Sunday

€60.00 per person

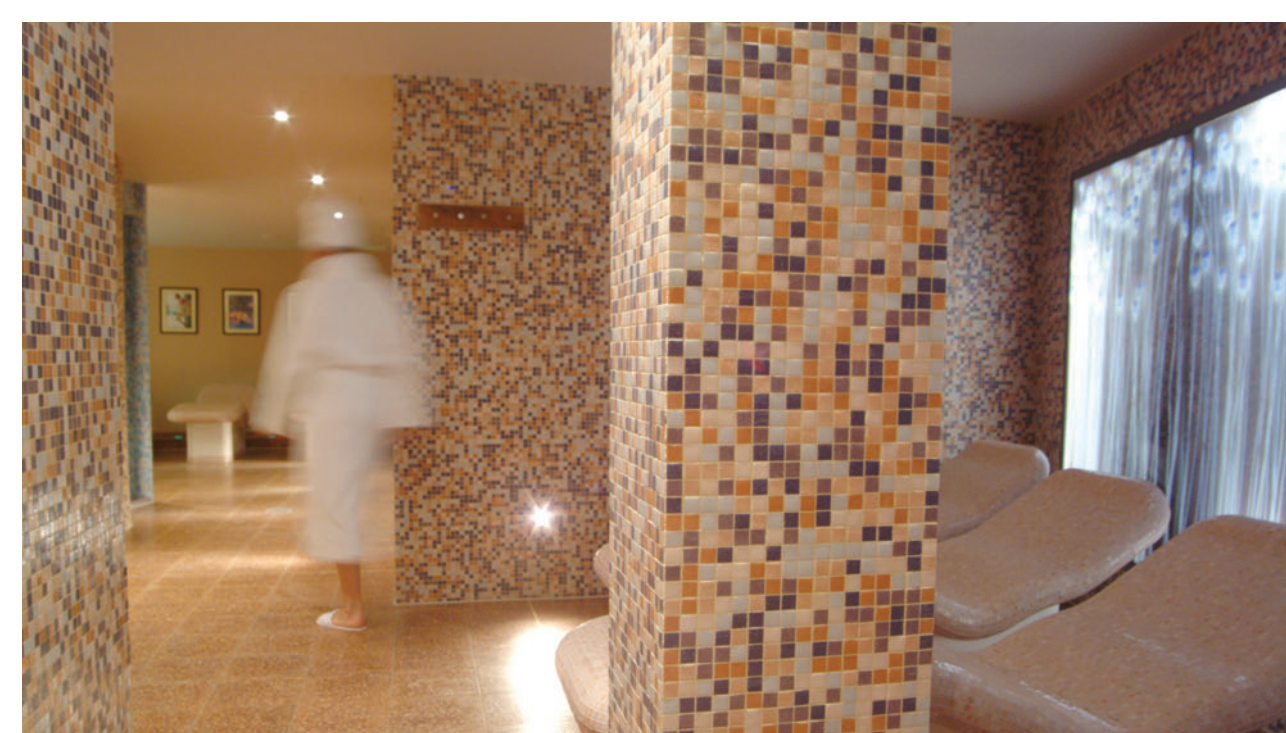
spirit one Mother To Be

Your experience includes:

- Mother to be back massage | 25 mins
- Elemis taster facial | 25 mins
- 2 course lunch in Restaurant Marinas

Monday to Sunday

€115.00 per person



spirit one full day spa

All packages include access to our exclusive thermal suite, east wing relaxation area, indoor swimming pool and outdoor hot tub. All guests enjoy complimentary beverages and use of spa robes, towels and slippers.

Relaxation

- spirit one spa signature hot poultice massage
- Ole Henriksen calmative or purifying facial
- 2 course lunch in Restaurant Marinas

Monday to Sunday

€205.00

Purity

A beautiful collection of pure spa treatments for total well-being.

- Full body hot stone massage
- Elemis quartz lift facial
- Exotic lime ginger salt glow
- 2 course lunch in Restaurant Marinas

Monday to Sunday

€285.00

Rejuvenation

Take some well-deserved time to recharge your batteries.

- Use of the unique thermal suite and east wing relaxation area
- Elemis hot stone massage
- Cleopatra milk bath
- Lunch in the Atrium Bar & Lounge

Monday to Sunday

€160.00

Detox Away

The perfect something special...

- Detox ocean bath
- Elemis aroma spa ocean experience
- 2 course lunch in Restaurant Marinas

Monday to Sunday

€145.00

spirit one face

Results Driven Facials

Elemis Pro-Collagen Quartz Lift Facial | 1 hour 10 minutes €95.00

Anti-wrinkle facial with proven results.

This exceptional anti-wrinkle facial has been independently tested with phenomenal results. Clinically proven, after just 1 treatment this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment results, leaving a firmer, uplifted, more youthful appearance.

Elemis Tri-Enzyme Resurfacing Facial | 1 hour €95.00

Peel away the years for smoother, more radiant skin.

This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32%, after just one treatment this unique facial targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin.

Recommended:

Patch test up to 12 hours prior to treatment. One treatment every three weeks and an investment in the home care maintenance products for maximum results.

Ole Henriksen Micro Mini Peeling Treatment | 1 hour 15 minutes €100.00

For a more youthful complexion.

Step one: Almond polish to abrade and refine
other benefits include deep cleansing and oxygenation.

Step two: Lemon strip to peel and renew
other benefits include pore refinement and firming.

Step three: Chamomile comfort to neutralise and calm
other benefits include moisturising & nourishing.
Using state of the art technology for maximum results.

spirit one face

High Performance Facials

Ole Henriksen 8 Step Purifying Complexion Treatment | 1 hour 10 minutes €90.00

Created for skin in need of a blemish free complexion.

Recommended for skin that is prone to eruptions, acne, enlarged and clogged pores.

Key benefits: Deep cleansing, pore tightening, balancing, calming and repairing.

Treatment steps: Essential oil facial compress, natural brush exfoliation, lemon strip organic peel, extraction, custom blended mask, aromatic face, neck, chest & shoulder massage. Use of state of the art technology for maximum skin care results.

Ole Henriksen 8 Step Calmative Complexion Treatment | 1 hour 10 minutes €90.00

Created for skin in need of calming and soothing.

Recommended for skin that is prone to sensitivity, rosacea, allergic reactions, and /or broken capillaries.

Treatment steps: Organic African red tea facial compress, black currant face wrap, cucumber eye compress, custom blended mask, aromatic face, neck, chest & shoulder massage. Use of state of the art technology for maximum skin care results.

Elemis Visible Brilliance Facial | 1 hour 10 minutes €95.00

Targeting ageing, stressed and slackened skin.

A face and eye treatment that visibly firms, rejuvenates and plumps up your skin whilst also reducing dark circles.

Pick Me Up Facial | 55 minutes €80.00

For all skin types.

When time is of the essence, this pick me up facial treatment will revitalise your skin's radiance, leaving it healthy, cleansed and toned. Includes cleanse, tone, exfoliation, mask, massage and moisturise.



spirit one face

Elemis Taster Facial | 25 minutes

€50.00

All skin types.

This introductory facial will give a quick and instant pick me up for dull, lifeless skin.

Skincare Consultation

€20.00

A 15 minute personalised, one to one skincare consultation offering detailed analysis of the needs of your face and body e.g. facial T zone differences, dry and dehydrated areas, lines and wrinkles, pigmentation, excess sebum, as well as requirements for the body e.g. cellulite, dryness, moisture levels and fluid retention, followed by recommendations for the ideal home care and treatment courses.

The cost is redeemable against any two products purchased at the time of your consultation or any booking of recommended treatments.

spirit one massage

Elemis Deep Tissue Massage | 55 minutes

€80.00

Excellent for those requiring a whole body work over to specifically target deep levels of tension.

Elemis Deep Tissue Back, Neck and Shoulder Massage | 25 minutes

€50.00

Focusing on these specific areas to release muscle tension at a deep level.

Elemis Nurturing Mother-To-Be Massage | 1 hour 25 minutes

€105.00

This massage combines tried and tested, safe pregnancy massage techniques adapted to each stage of your pregnancy. Helps to relieve tension in your lower and upper back and alleviate any swelling in your hands and feet.

For a full list of our recommended treatments, please see spirit one mother-to-be and new mother section.

Elemis Nurturing Back Massage for Mother-to-be | 25 minutes

€60.00

This unique back massage has been specially designed to relieve tension in the back during pregnancy, a must for any mother-to-be.

Relaxing Scalp Massage | 25 minutes

€50.00

Using key pressure points, this tension relieving scalp massage is ideal for promoting relaxation.

Soothing Lower Leg & Foot Massage | 25 minutes

€50.00

The perfect treatment to aid relaxation for everyone, particularly those suffering from tired, aching and heaviness in the feet and lower legs.



spirit one massage with heat

Hot Stone Full Body Massage | 1 hour 25 minutes

€105.00

Heated basalt stones combined with spicy, sensual oils are used on key energy points on your body, evoking an aura of deep relaxation and warmth.

Hot Stone Back, Neck and Shoulder Massage | 25 minutes

€60.00

All the wonders of the hot basalt stone massage but concentrating on the stressed area of the back, neck and shoulders.

spirit one spa Signature Hot Poultice Massage | 65 minutes

€95.00

The balancing poultice opens your pores and brings a deep medicinal heat to your muscles, to release tensions and revitalise your mind. This is followed by an invigorating full body massage which will take you on a journey of total renewal. Combined with the organic herbs the heat is absorbed by your body & helps reduce aches & pains, stimulate circulation, increase lymphatic drainage, detoxify & condition your skin. We can apply your preferred massage pressure.

spirit one detox

Six Inches Slimmer! | 1 hour 45 minutes

A Universal Contour Wrap Classic, which uses a unique blend of mineral rich clay and specialist body wrapping techniques to guarantee 6" of instant inch loss!

Cleansing and detoxifying, warm, clay-soaked bandages are applied to your body, then you lie back, relax for an hour and let them work their magic, while indulging in the extra treat of a mini-facial and scalp massage – slimming has never been so enjoyable! When the wrap is removed your therapist will amaze you with your before & after measurements.

Single treatment

€95.00

Course of three treatments

€240.00

Elemis Body Sculpting Cellulite Therapy | 55 minutes

€90.00

Using the new clinically proven Elemis body sculpting system to redefine your silhouette. The body sculpting lipo-refining serum and body sculpting firming cream target stubborn cellulite and sagging skin for visible, rapid results. A detoxifying fennel and birch peel-off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body.

Recommended:

Two treatments per week for four weeks and an investment in the recommended home care maintenance products.

Elemis Exotic Lime and Ginger Salt Glow | 40 minutes

€70.00

A body exfoliation ritual to invigorate and revitalise your body. After light body brushing, oil is dripped luxuriously over your body, before the sublime Elemis exotic lime and ginger salt glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

spirit one float & bath rituals

Our dry float is the perfect way to drift away while receiving a spirit one treatment. The dry floatation bed provides a wonderful feeling of weightlessness and is used in conjunction with many of our body wraps to provide you with a unique experience. The dry float allows you to be suspended and cocooned resulting in a floating sensation. A must for everyone.

Cellutox Aroma Spa Ocean Float | 1 hour 10 minutes

€89.00

A detoxifying blend to decongest and stimulate the system.

Let thoughts drift away, whilst being cocooned in a comforting unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

Elemis Exotic Coconut Rub and Milk Ritual | 1 hour 20 minutes

€110.00

A true 'Cleopatra' experience commencing in the warm waters of the slipper bath soaking in exotic Elemis milk. Follow this with a ceremony of pure sensuality and delight with a nourishing milk and coconut wrap and enjoy a deeply relaxing head massage whilst cocooned in the warmth and deep comfort of your float.

spirit one mud

Enjoy our single or double private treatment suite with your own private Arabian steam room and mud serail and experience the cleansing and relaxing properties of specialised mud or clay rituals. Perfect for private time to yourself or to share with a partner or friend.



A Treat for Two | 60 minutes

This wonderfully relaxing ritual is the perfect treatment for couples to share together. Firstly your skin will be prepared with body brushing, followed by an application of warm therapeutic mud all over your body. Drift away and allow the mud to soften your skin and then relax together in your very own steam room which will smooth the skin and detoxify your bodies.

As the mud is washed away you will feel completely nourished and as you leave the misty serail your journey will be completed with a warm oil moisturising application. Continue your couples' experience in our unique thermal suite, a collection of cool and warm thermal experiences which will invigorate your entire body, offering you the very essence of the true spa experience.

€89.00 for one | €178.00 for two

spirit one mother-to-be

Looking after yourself and your baby at this very special time is key to your total well-being, enjoyment and relaxation. We have carefully selected a range of treatments for you to enjoy during each stage of your pregnancy.

First Three Months

This is a crucial time in your pregnancy when you should relax and give yourself time to nurture the new baby that grows inside. We do not recommend any treatments during this delicate period.

The Fourth Month | 1 hour 10 minutes

€95.00

A time to feel refreshed and begin spoiling yourself a little. Enjoy a soothing Elemis Visible Brilliance facial to enhance your natural glow and moisturise the skin.

The Fifth Month | 25 minutes

€50.00

Soothe your tired legs and eliminate any developed puffiness and swelling with the ultimately relaxing soothing lower leg and foot massage.

The Sixth to Eighth Month | 1 hour 25 minutes

€105.00

Enjoy the Elemis nurturing mother-to-be massage specifically designed for your needs during this special time.

The Ninth Month

Elemis Relaxing Scalp Massage | 25 minutes

€50.00

Soothing Lower Leg and Foot Massage | 25 minutes

€50.00

Manicure | 55 minutes

€40.00

Pedicure | 55 minutes

€50.00

Please note that these treatments are purely recommendations. If in any doubt as to whether your personal situation will allow for these choices of treatments, please ensure you check with your own GP prior to making your reservation. It is not advisable to use any heated treatments during the duration of your pregnancy. When booking any of these specifically recommended treatments, please inform us you are pregnant and mention the mother-to-be section.

spirit one new mother

Ensure a little time is dedicated purely to yourself – for recovery, for relaxation and for your all round well-being. For the eight weeks following the birth of your baby, we recommend you consult your GP prior to taking any spa treatments.



The Third Month Post Birth | 1 hour 20 minutes €95.00

Your skin is going through lots of hormonal changes and can take on a completely new aspect. Be it oily or dry, dehydrated or sensitive, enjoy a soothing Elemis Visible Brilliance facial to reduce dryness and improve elasticity and circulation leaving you with a glowing and refreshed complexion.

The Fourth and Fifth Month Post Birth | 1 hour 25 minutes €105.00

Enjoy a Hot Stone Full Body Massage using heated basalt stones combined with spicy, sensual oils on key energy points on your body, evoking an aura of deep relaxation and warmth.

The Sixth Month Post Birth | 2 hours 20 minutes €95.00

Your body has recovered from the natural strains of birth and you can now enjoy and benefit fully from the Universal Contour Wrap, a slimming body ritual to help you lose 6 inches.

Please note that these treatments are purely recommendations. If in any doubt as to whether your personal situation will allow for these choices of treatments, please ensure you check with your own GP prior to making your reservation. When making your booking please mention the new-mother section as well as informing us if you are breast feeding in order that we can best advise you as to the suitability of any individual treatment.

spirit one man

The majority of the treatments in our menu are suitable for men but here are just a few that we have specifically designed for you in terms of product, massage movements, depth of treatment and suitability to the needs of your skin.

Elemis Deep Tissue Full Body Massage | 55 minutes €80.00

Focusing on relieving specific stress and muscle tension from the whole body with deep, rhythmic massage techniques.

Elemis Deep Tissue Back, Neck and Shoulder Massage | 25 minutes €50.00

Focusing on these specific areas to release muscle tension at a deep level.

Hot Stone Back, Neck and Shoulder Massage | 25 minutes €60.00

All the wonders of a hot basalt stone massage concentrating on the stressed area of the back, neck and shoulders – heavenly.

Hot Stone Lower Leg and Foot Massage | 25 minutes €60.00

The perfect antidote to any hectic and tiring day, after a long journey, a day at the races, the golf course or a corporate seminar.

Hot Towel Back Treatment | 40 minutes €70.00

Enjoy an invigorating exfoliation of the upper and lower back, followed by the application of hot towels and a deeply relaxing back, neck and shoulder massage.

Ole Henriksen Purifying Facial | 1 hour 10 minutes €90.00

Ole Henriksen 8 Step Purifying Complexion Treatment Created for skin in need of a blemish free complexion. Recommended for skin that is prone to eruptions, acne, enlarged and clogged pores. Key benefits: Deep cleansing, pore tightening, balancing, calming and repairing.

spirit one bathing ceremonies

spirit one bathing ceremonies deliver the perfect way to unwind while you relax, cleanse, detoxify and de-stress in the slipper bath of your choice. Let all your worries drift away into the warm soothing water. Choose the perfect one for you!

Cleopatra Milk Bath | 25 minutes €35.00

Soak in the age-old tradition of the Elemis Cleopatra milk bath and emerge luxuriously moisturised and scented like a dream.

Detoxifying Ocean Bath | 25 minutes €35.00

Sea water, extract of juniper, lemon, and sea fennel work in synergy to detoxify and renew your sense of wellness and vitality.

Warming Ocean Bath | 25 minutes €35.00

The energising effects of sea water and powerful muscle warming essential oils relax the muscles and renew your senses.

spirit one tanning

Full Body Spray Tan €35.00

With the use of a natural organic based formula that provides a deep exotic looking bronzed glow. It contains no alcohol, artificial fragrances, preservatives or other harsh chemicals which can irritate the skin.

This is an oil based product that is ideal for sensitive skin and expectant mothers.

Tanning Cubicle per session €10.00

Available in spirit one fitness and leisure.

spirit one finishing touches

spirit one Waxing

Full leg and bikini	€60.00
Full leg	€45.00
Half leg	€25.00
Bikini line	€30.00
Brazilian	€45.00
Underarm	€20.00
Eyebrow	€15.00
Upper lip and chin	€15.00

spirit one Hands & Feet for Men and Women

Reflexology 55 minutes	€80.00
Manicure 55 minutes	€40.00
Pedicure 55 minutes	€50.00
Men's hand & nail grooming 25 minutes	€30.00

spirit one Lashes & Brows

Eye lash tint 15 minutes	€15.00
Eyebrow tint 15 minutes	€12.00
Eyebrow shape 15 minutes	€15.00

24 hour patch test is required prior to tinting.

MOHH Hair Couture

Award winning hair salon. A full range of services and prices are available at the salon.

MOHH

Shopping at spirit one spa

At spirit one spa, you will find an extensive range of exclusive beauty, spa and detox products from some of the world's leading names in spa therapies. The excellent brands we stock and use have been carefully chosen to ensure our clients enjoy the best treatments and products. Each brand we use has a carefully balanced relationship between natural ingredients and scientific advances, which allows them to create multi-active formulations to ensure maximum therapeutic activity.



Our online store, www.spiritonespa.com, is another fantastic resource, showcasing our luxurious range of products from Elemis, Ole Henriksen, Bliss and Organic Tanning, giving our clients the convenience of shopping for these effective products from home. Equally, one of our experienced therapists will happily advise you on the best possible products for your skin from our wide range.

Gift Cards

spirit one spa offers luxury products, gift sets, vouchers and gift cards, ideal as presents for friends or family, or as a well-deserved treat for yourself! Visit the online shop to have your purchases delivered to your door or call in to view our full range of products. Our gift cards are valid for one year from the date of purchase.

Terms and conditions

Making a booking: To avoid disappointment, we recommend you book at least 2 – 4 weeks in advance of your preferred date and choice of treatment time.

Guarantee: A credit card number is required at time of booking to secure your reservation.

Cancellation: A minimum of 48 hours notice is required to cancel any booked appointment. Cancellations inside this period will incur the full cost of the original booking.

Who can use the spa? Please note that spirit one spa is only available to persons over the age of 18.

Location – How to find us

By car: The hotel is situated in Galway 2 hours from Dublin, 90 mins from Shannon International and Ireland West Airport Knock. From Dublin, follow the signs for the West N4, join the M6 motorway to Galway. Follow signs for Galway City East & Docks. Continue on that route until you reach the Huntsman Inn Junction. Turn left and travel straight ahead. Keep left at the fork in the road that has 2 sets of traffic lights. The hotel is on your right.

By train: The train station is located 300 metres from the hotel. Local trains run from Dublin daily (the journey takes 2 hours and 45 minutes).

By air: Flights from Dublin, Waterford, Cork & Belfast.

Please note: Treatment details and prices are correct at time of going to print. The management reserve the right to alter or amend any of the details of this brochure at any time without prior notice. While every effort is made at all times to ensure the correct functioning and service of all our equipment and facilities, management reserve the right to close down any area of the spa or its facilities at any time for essential maintenance work.

How to journey through spirit one spa

Children: The spa is at lower ground level and is an adult over 18 environment. Please note that children are unable to enter this level at any time.

Comfort: For your comfort and convenience, robes, towels, slippers and lockers are provided for your complimentary use and enjoyment during your stay with us. As swimwear is required in our thermal suite please ensure you bring this with you.

Personal belongings: Please note that the owners and management take no responsibility for your personal valuables chosen to be left in any area of the spa at any time, even when in a secure locker.

General: Please take responsibility for your health and safety while using the facilities of the spa at all times. If you have any ongoing medical condition or are pregnant, we recommend you to seek advice from your GP prior to using the facilities of the spa as well as making a staff member aware of your condition. If you feel faint, dizzy or unwell at any time whilst in the spa or during treatments, please stop immediately and seek assistance.

Mobile telephone: As a courtesy to you and all our guests, we ask that your mobile telephone is switched off prior to entering the spa.

Noise: The spa is designed as an escape for pure relaxation and rejuvenation. In order to achieve a peaceful haven and environment for all our guests, we kindly ask you to keep noise to a minimum at all times.

Treatments: We ask that you always allow enough time for your treatment and request that you arrive 15 minutes prior to your appointment time in order for us to record your current needs and requirements. Please note that as a courtesy to all our clients a prompt appointment schedule is adhered to and hence as a matter of course we are unable to honour late arrivals for their whole duration.

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