

ESPA

AT THE G HOTEL



# Welcome to your stress-free sanctuary.

**Life is intense, right? Stress haunts us. Work stalks us. Someone always needs something. But not here. This is Galway's only five star spa, and we take switching off very seriously.**

Spread over two secluded, sumptuously designed floors, this is another world, devoted to quiet, calm and outrageous pampering. Dedicated, highly trained ESPA therapists glide between twelve gorgeous rooms, dispensing well-being in the form of massages, facials, body wraps and other leading treatments.

After you've been nurtured within an inch of your life, you can spend a dreamy hour drifting around the Thermal Suite with a vitality hydro pool, soothing crystal steam room, lifestyle rain showers, a rock sauna, a cooling ice fountain, a number of tepidarium heated loungers, and a fully-equipped fitness studio. Finally, hide yourself away for a moment of reflection (and perhaps a glass of champagne?) in our naturally lit glass pavilion, overlooking the lovely rooftop Zen bamboo terrace.

If you're hovering a few inches off the ground as you leave, don't be alarmed. That happens.

**Open 8am – 8pm by appointment only.**



# facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalized, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting. Skin looks clear, radiant and inner calm is blissfully restored.



## add-on

Complement your facial with these add on treatments only

These treatments are available only as an add on.

### Eye Lift Treatment

Smooth, firm & hydrate with this revitalising treatment. Tri-Active™ formulas and targeted massage combine to quench delicate skin and diminish puffiness and dark shadows.

**€45 15 mins**

### Back Massage

Aromatherapy oil blended back, neck and shoulder massage will help to release tension from your tired and aching muscles for that all over feel good factor.

**€65 25 mins**

### Hot Stone Back Massage

Relax at the deepest level with a healing hot stone massage, heaven for tired aching muscles.

**€65 25 mins**

## Bespoke Facial

Deeply cleanse, hydrate and renew with this instant result facial. Personalised to your skin's precise needs, natural ingredients work immediately to transform your complexion while aromatherapeutic oils calm your mind.

**60 mins €125**

## Natural Face Lift

Reveal visibly resilient, healthy-looking, youthful skin. This instant result facial uses cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax, leaving the skin firm, lifted and beautifully radiant.

**80 mins €175**

## Active Enzyme Facial

Refine, hydrate and firm. Natural fruit acids and pumpkin enzymes work alongside our signature Tri-Active™ blends, to boost cell renewal, even skin tone & complexion.

**60 mins €145**

## Optimal Skin Health Facial

Visibly revive skin's natural beauty, balance and health, this specialised facial uses nature's most potent actives alongside high performance massage to achieve instant results with long-lasting benefits.

**60 mins €130**

## Instant Radiance Facial

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges and your natural glow is restored.

**80 mins €165**

## Refining Enzyme Facial

Profoundly refine, hydrate and firm with this high performance facial. Infused with nature's most effective extracts, a stimulating Pumpkin Enzyme peel works alongside signature Tri-Active™ blends to boost cell renewal while intensely smoothing and lifting your complexion, instantly reviving skin's beauty.

**80 mins €175**



# body

Expect instant, long-lasting results from these profoundly renewing and personalised rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques. Your body feels rebalanced and natural beauty is restored.

## Iconic Back Face & Scalp

Body relaxed, mind calmed, complexion transformed. This is the ultimate face & back experience, uniting targeted massage techniques with the purest aromatherapy oils and a highly personalised results-focused facial.

110 mins **€220**

## Hip & Thigh Toner

Transform the appearance of your hips, thighs & legs with this results-focused treatment. Powerfully detoxifying actives combine with targeted massage to help diminish cellulite and boost circulation, leaving skin smooth, supple and beautifully toned.

60 mins **€130**

## Body Wrap

Purify or replenish with this personalised body wrap. Reveal instant results with naturally detoxifying algae or nourishing marine mud. Skin looks refined, toned and radiant, while a soothing scalp massage restores inner calm.

60 mins **€130**

## Sea Salt Smoother

Exfoliate and infuse the body with rich nourishment. A natural blend of sea salts and the purist oils revives skin's natural softness and glow with this intensely smoothing exfoliating treatment.

25 mins **€85**

## Deep Cleansing Back Treatment

Relax and revive body and mind with this targeted powerful yet soothing treatment that includes a back cleanse & exfoliation, a personalised back massage, marine mud mask and lower leg massage.

55 mins **€130**

# massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.



## Swedish

Revive your body and enliven your spirit with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation and alleviates tight, aching muscles.

55/80 mins **€125/€165**

## Inner Calm

Quieten your mind, release tension and nourish your skin with this holistic experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates tension and a sense of inner calm is restored.

55/80 mins **€125/€165**

## Deep Muscle

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage using expertly blended aromatherapy oils alleviate deep-seated tension. Emerge strong and energised.

55/80 mins **€150/€185**

## Hot Stone

Discover lasting relaxation for mind and body. Tailored massage with hot stones unravels persistent muscular tightness, while pure, aromatic essential oils encompass the mind to relieve stress and leave you feeling rejuvenated.

55/80 mins **€150/€185**

### Complement your massage with our Mini Facial

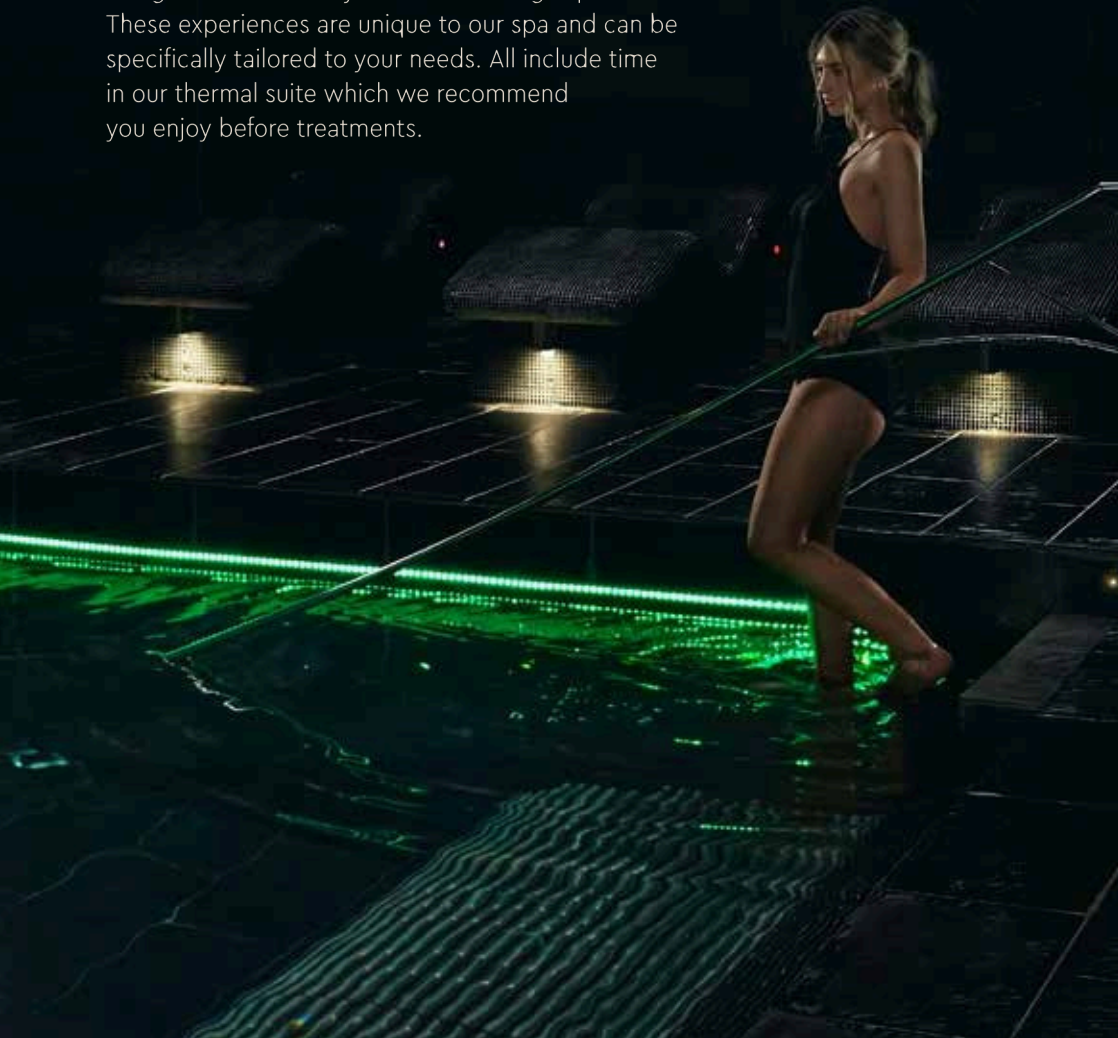
Maximum results in minimum time. Espa Express Facial includes cleansing, exfoliation, masque and customised creams. This facial is tailored and personalised to suit your needs.

add-on

**€65** 25 mins

# signature treatments

The following signature treatments are especially designed to enhance your ESPA at the g experience. These experiences are unique to our spa and can be specifically tailored to your needs. All include time in our thermal suite which we recommend you enjoy before treatments.



## Ayurvedic Ritual

Restore body and mind back to balance as you find sanctuary for your senses. Applying knowledge from ancient holistic rituals, first skin is refined before a full body wrap and massage with warm aromatic oils combine to invoke relaxation.

**110 mins €220**

## Energy Enhancing

Restore your energy as you find sanctuary with this holistic body treatment. A totally personalised immersive experience inspired by the music and vibrancy of Galway, alongside ancient wisdom. Feel tension unravel and deeply nourish your skin as you succumb to the wonder of crystal singing bowls. Emerge with a sense of health and balance.

**110 mins €220**

## Chakra Balancing

Rejuvenate your spirits and awaken natural radiance. Naturally exfoliating formulas smooth away dull, dry skin before hot stone massage alleviates tense muscles. The body feels satin-smooth and glows with natural health, while your soul feels revived.

**110 mins €230**

## add-on

You can complement your Espa experience with our Shirodhara Treatment

Complement your treatment with this traditional Ayurvedic practice of pouring warm oil onto the forehead and through the scalp to help ease the stress of the body and calm the emotions of the mind. This treatment is available only as an add on.

**15 mins €45**



# wellness

Rediscover resilience, vitality and physical wellbeing from these powerful and effective treatments. Our wellness treatments address issues and offer solutions to help achieve inner calm, restful sleep, a reinforced immune system and ultimate balance to support us along the path to wellbeing.

## Mindful Massage

Soothe stress and blissfully return body and mind to the present moment. Gentle guided breathing and visualisation combine with a deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

**80 mins €190**

## Mindful Facial

Soothe, nurture and revitalise skin and mind with this holistic personalised facial. Warmed herbal poultices unite with therapeutic hands to rejuvenate skin and calm a busy mind. Emerge feeling relaxed and nurtured, with beautifully smooth, radiant skin.

**80 mins €190**

## Strength & Resilience Massage

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost energy levels and support the immune system. Emerge stronger and more resilient, ready to face life's journey.

**80 mins €190**









# maternity

Specifically designed to relax the mind and restore the body during this precious time. Allow our expert therapists to bring comfort and calm, help to reduce fluid retention and release muscular tension to enhance your natural glow.

## Yummy Mummy

Relax and restore body and mind. A nourishing full body massage and express facial leaves you feeling totally nurtured, while skin is left beautifully nourished.

80 mins **€180**

## Lighter Legs

Revitalise and revive tired, aching feet & legs. Soothe swollen ankles and transform and energise heavy legs with this luxurious treatment.

55 mins **€140**

## Pre-Natal Relax & Restore

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, soothing massage techniques help to ease tired muscles, hydrate the skin and evoke a state of blissful relaxation.

55 mins/80 mins **€140/€180**



# packages

Plan your time with us around our selection of bespoke spa packages, especially designed to offer a holistic experience. All our ESPA at the g packages include one hour in our thermal suite and relaxation lounge as well as a g style treat in one of our stunning signature lounges to complement your experience. Choose the one that suits you and call us today to book and remember you can extend your five star experience and ask about our overnight bed and breakfast rates... or book a table with us for dinner.

## Moment of Calm

Blissfully return body and mind to the present moment with this balancing experience that includes...

- *Thermal suite heat experience*
- *Mindful Massage*
- *Mindful Facial*
- *Use of the glass pavilion relaxation room*
- *A two course healthy lunch served in our Signature Lounges*

**135 mins €330**

## Energise & Refocus

Revive your body and enliven your spirit with this invigorating ritual.

- *Thermal suite heat experience*
- *Full Body Exfoliation*
- *Algae Wrap*
- *Energising Aromatherapy Massage*
- *Use of the glass pavilion relaxation room*
- *A two course healthy lunch served in our Signature Lounges*

**110 mins €310**





# thermal suite

Our thermal and hydro experiences provide a selection of 'hands-off' therapies to relax and rejuvenate the body and mind. To maximise your treatment experience we recommend you enjoy our thermal suite before treatments. Alternatively it can be enjoyed as a stand alone experience. Pre-booking essential

## Vitality Pool

Relax in our luxurious hydro-pool designed to revitalise and equipped with water jet features to massage shoulders and hips as well as a seated area with air jets to gently massage the entire body. Not suitable for swimming.

## Crystal Steam Room

A high humidity environment combined with aromatic essential oils which help to keep your skin supple and hydrated. Steam also has positive effects on respiratory system. The average temperature in our crystal steam room is 45°C – 50°C.

## Ice Fountain

Use the crushed ice to counteract the warming effects of the thermal experiences.

## Lifestyle Showers

Choose from warm tropical rain, an invigorating arctic mist option in one shower or select the rainfall cascade shower to enliven your senses.

## Rock Sauna

A traditional wood lined sauna using dry heat generating sweltering temperatures of 80°C -100°C. High temperatures are said to stimulate blood circulation and boost the immune system. Recommend no more than 15 minutes.

## Tepidarium Heated Loungers

Following the water and sauna experiences, enjoy the heated mosaic stone loungers with radiant heat to harmonize the body. Please ensure you use a towel to protect sensitive skin as temperature can rise to 40°C.

**Non-residents** €39 per hour per person

**g Hotel residents** €19 per hour per person

**Non-residents and g Hotel residents with a treatment have complimentary access for 1 hour per person**



# gift of g

Looking for the perfect gift? ESPA at the g has a range of luxurious spa treatments & products that will delight your loved ones, from 'Gifts for Her' to 'Gifts for Him' or monetary vouchers. Give the gift of wellbeing and time at ESPA at the g, a haven of rest and relaxation, with an atmosphere of sheer serenity and peace. Vouchers can be purchased on our website or at the reception desk at ESPA at the g

## lifestyle membership

Be good to yourself. Take time out from the hustle & bustle of everyday life. Create time for you. Allow our thermal therapy and fitness suite to be part of your wellbeing. You choose how long you join for. We are here when you need us. Membership includes

- 10% off treatments, Monday to Thursday excluding bank holidays
- 20% off ESPA retail
- 10% off all food & beverage at the g Hotel
- Unlimited use of the gym
- Unlimited use of the Thermal Suite & Relaxation Area, Monday to Thursday excluding bank holidays. Must be pre-booked

# when in rome

Please review our spa etiquette and terms & conditions before booking your time with us

**Scheduling an Appointment:** To schedule an appointment at ESPA at the g Hotel, please speak with a member of our spa reception team. Call 091 778 460 or email [espa@theghotel.ie](mailto:espa@theghotel.ie). We recommend booking in advance to ensure your preferred treatment time is available

**Arrival time:** You are advised to arrive 15 minutes prior to your ESPA booking for check in process. Please be advised that late arrival will result in a reduction of your treatment time.

**Booking & cancellation policy:** Please be advised that credit card details or gift certificates must be provided to secure any ESPA booking. All ESPA bookings are pre-charged in full, 48 hours prior to arrival using the card or gift voucher provided at the time of booking. Please note that failure to process credit card details or gift certificate details that were given at time of booking will result in the booking being cancelled and appointment time released. We have a 48-hour cancellation policy in place. All bookings cancelled within the 48-hour cancellation period will be charged in full. Should you need to cancel your booking, please note that cancellation notice is required in writing to [espa@theghotel.ie](mailto:espa@theghotel.ie). ESPA at the g Hotel unfortunately cannot accept verbal cancellations via telephone. Please note, any booking made inside of the cancellation timeframe are still subject to the same 48 hour cancellation policy.

**Etiquette:** The spa is an environment of peace and tranquillity. We kindly ask you to turn off your mobile phone, as they are not permitted whilst in the spa. Our relaxation room is a quiet zone and we ask that you respect others relaxation time

**Health Conditions:** We ask you to advise us of any health conditions, allergies or injuries which could effect your treatment at the reservation stage of booking.

**Pregnancy:** We have a range of special treatments for expectant and nursing mothers. Please be advised that the thermal suite is not suitable for expectant mothers.

**Swimwear:** Swimwear is required in the thermal suite.

**Thermal Suite:** Thermal Suite access must be booked in advance.

- Non-residents €30 per hour per person
- g Hotel residents €15 per hour per person
- Non-residents and g Hotel residents with a treatment €10 per hour per person

**Age limit:** All guests visiting the spa must be aged 16 or over.



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