



## spirit one spa gift cards

Extend your spa experience with one of our luxurious range of products, available in our reception area. Our experienced therapists will happily advise you on the best possible products for your skin.

You can also treat a friend or loved one to their own bespoke package, giving them a tailored experience they will never forget.

Gift vouchers are available in a variety of monetary values and for any treatment or package, these can be purchased from reception or online at [spiritonespa.com](http://spiritonespa.com), valid for one year from the date of purchase.





## Indulge in the ultimate escape at spirit one spa

Indulge in the ultimate relaxation experience at spirit one spa, a haven of peace and tranquillity where the pressures of everyday life are left at the door. The perfect urban retreat, we offer an exclusive selection of spa therapies and beauty treatments to suit all your needs, from relaxation to rejuvenation and indulgence. The stunning Thermal Suite with its unique collection of cooling and warming thermal experiences is a wonderful addition to any spirit one spa treatment leaving you feeling truly pampered.

Discover the restorative benefits of spirit one spa's collection of treatments including the exclusive Elemis Biotec Facials and the Lava Shell Relax Massage.

Further information on our treatment range and therapies  
can be found online at [spiritonespa.com](http://spiritonespa.com).

Tóg am saor ó do sceideal gnóthach agus lig do scíth inár dtearmann uirbeach.



## Treatments at spirit one spa

### Elemis Spa-Therapies

Elemis Spa-Therapies work in natural synergy with the skin, body and mind. They offer a blend of exotic cultures, colours and fragrances from around the world to offer incredible results. Dynamic ingredients, medical grade formulae and dedicated research are all combined within Elemis products to provide a range of spa therapies which offer scientific solutions for every skin, body or lifestyle concern.

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### Lava Shells®

Lava Shells® from Shared Beauty Secrets are the world's first self-heating massage tool. A patented, biodegradable heat technology is incorporated into the Lava Shell which then emits heat for over an hour. Marine polished sea shells or handcrafted porcelain shells glide smoothly over the body providing a seamless massage of heat and touch delivering the ultimate relaxation experience. In addition glacial shells offer an ice treatment to complement Lava Shells® and are used together to deliver rescue and detox treatments.

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### Fuschia Make-Up

Fuschia is a multi-award winning Irish make-up brand. It contains pure minerals, which give exceptional coverage with a lightweight feel which leaves your skin effortlessly flawless.

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### Lindi Skin Range

A thoughtful and innovative series of nurturing products and treatments for cancer patients. Please ask reception for more details.



# Thermal Suite

## Heated Relaxation Loungers

Heated to a comfortable 36°C and designed in an 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 enhanced mood lighting.

## The Aroma Grotto

A moisturising steam cabin which is ideal for conditioning your 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 warm tropical sand.

## The Hammam

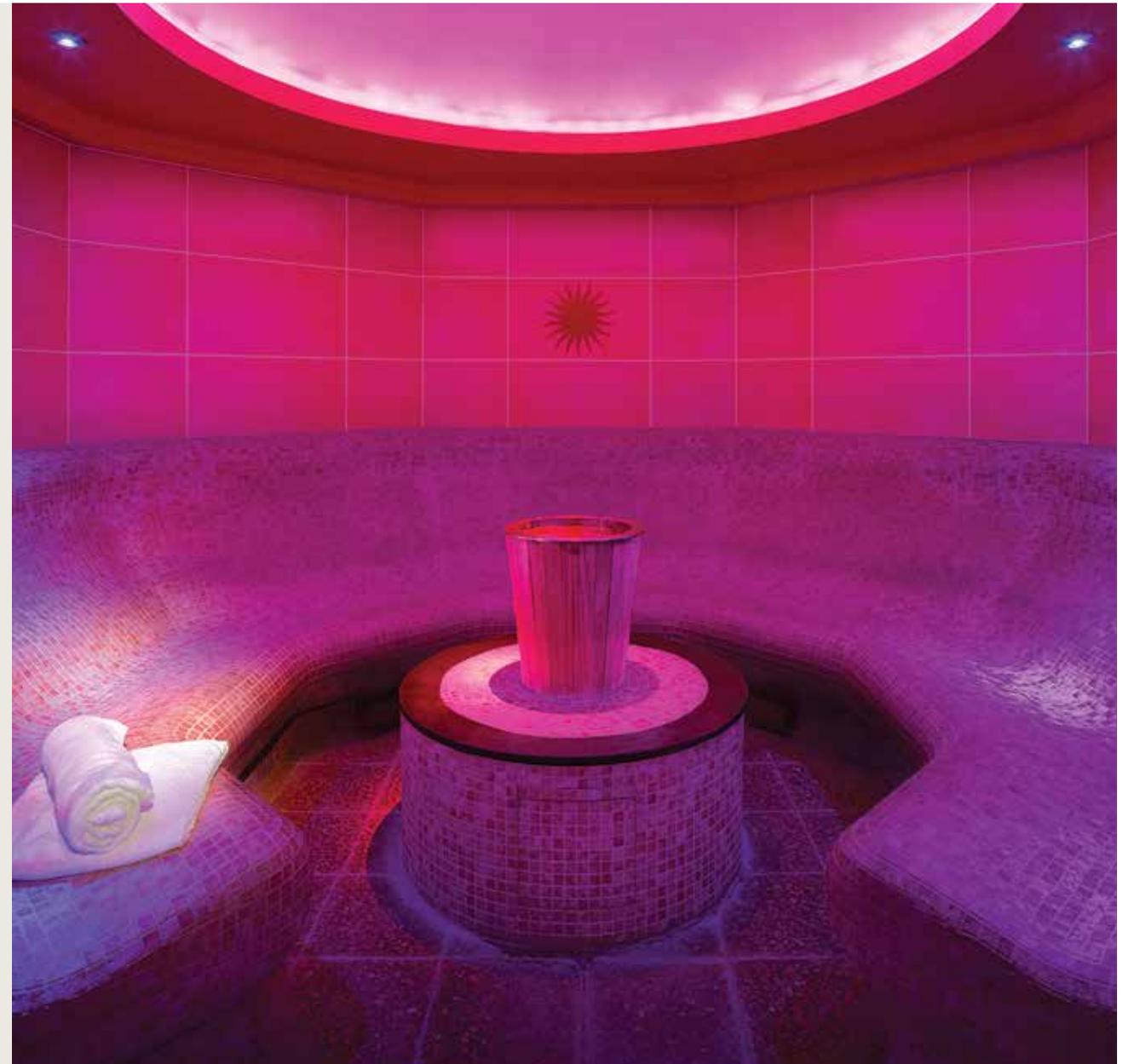
Based on the traditional Turkish steam bath our hammam offers an intense steam heat experience with light and essential oil therapy.

1 Hour Thermal Suite €25.00

Half Day Thermal Suite €35.00

Group bookings available on request, terms and conditions apply.

Swimwear is essential for all guests using the thermal suite.



## spirit one part day spa

All packages include access to our 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.

### Ultimate Experience

Your experience includes the following two treatments:

- spirit one spa signature facial | 55 minutes
- Elemis back, neck & shoulder massage | 25 minutes

€125.00 per person

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### Stress Buster

Take some well-deserved time to recharge your batteries.

Your experience includes the following two treatments:

- Elemis hot stone massage or lava shell relax massage | 1 hour 20 minutes
- Cleopatra milk bath | 25 minutes

€120.00 per person

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### Make Some Time for Me

A choice of any two treatments:

- Elemis back, neck & shoulder massage | 25 minutes
- Elemis lower leg & foot massage | 25 minutes
- Elemis taster facial | 25 minutes
- Bathing ceremony of your choice | 25 minutes

€85.00 per person

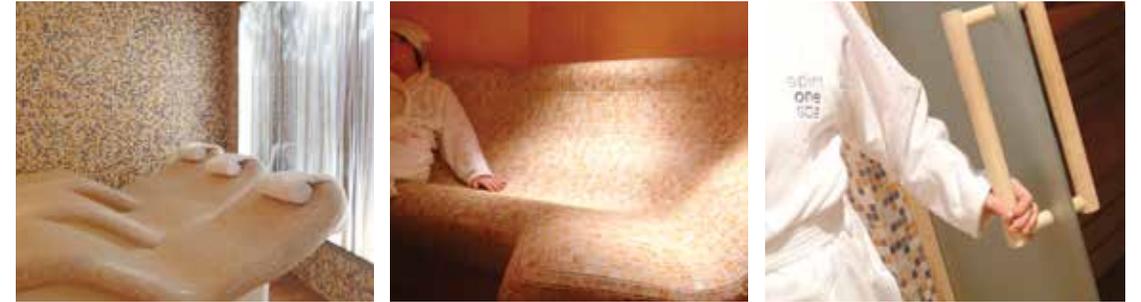
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### Mother To Be

Your experience includes the following two treatments:

- Elemis mother to be back massage | 25 minutes
- Elemis taster facial | 25 minutes

€95.00 per person



### Girls Just Want to Have Fun

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

A choice of one treatment:

- Elemis back, neck & shoulder massage | 25 minutes
- Elemis taster facial | 25 minutes
- Cleopatra milk bath | 25 minutes

Finish with a house cocktail of the week in Coopers Bar & Lounge

€65.00 per person

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### Time Out Spa

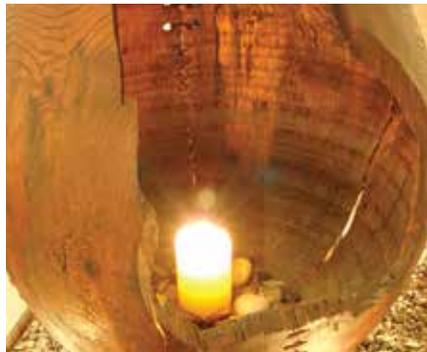
This package is designed to fit into your busy schedule.

A choice of one treatment:

- Elemis back, neck & shoulder massage | 25 minutes
- Elemis taster facial | 25 minutes

€60.00 per person

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



## spirit one full day spa

All packages include access to our 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

€195.00

A head to toe relaxation experience.

- Elemis pro-collagen age defy | 1 hour 10 minutes
- Lava shell relax full body massage | 1 hour 20 minutes
- Cleopatra milk bath | 25 minutes

2 course lunch in Coopers Bar & Lounge

### Purity

€245.00

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

- Elemis full body hot stone massage | 1 hour 20 minutes
- Elemis pro-collagen age defy | 1 hour 10 minutes
- Elemis exotic lime & ginger salt glow | 40 minutes

2 course lunch in Coopers Bar & Lounge

### Ultimate Indulgence

€160.00

Leave your worries and stresses at the door.

- Elemis full body hot stone massage | 1 hour 20 minutes
- spirit one spa signature facial | 55 minutes

2 course lunch in Coopers Bar & Lounge

### Detox Away

€130.00

- Detox ocean bath | 25 minutes
- Elemis targeted toning tightener | 1 hour 10 minutes
- Lower leg & foot massage | 25 minutes

## spirit one spa face

ELEMIS Pro-Collagen Age Defy | 1 hour 10 minutes €90.00

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

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ELEMIS Dynamic Resurfacing Precision Peel | 1 hour 10 minutes €90.00

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

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ELEMIS Pro-Definition Lift and Contour | 1 hour 10 minutes €90.00

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

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ELEMIS Superfood Pro-Radiance | 1 hour 10 minutes €90.00

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

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ELEMIS White Brightening Pigment Perfector | 1 hour 10 minutes €90.00

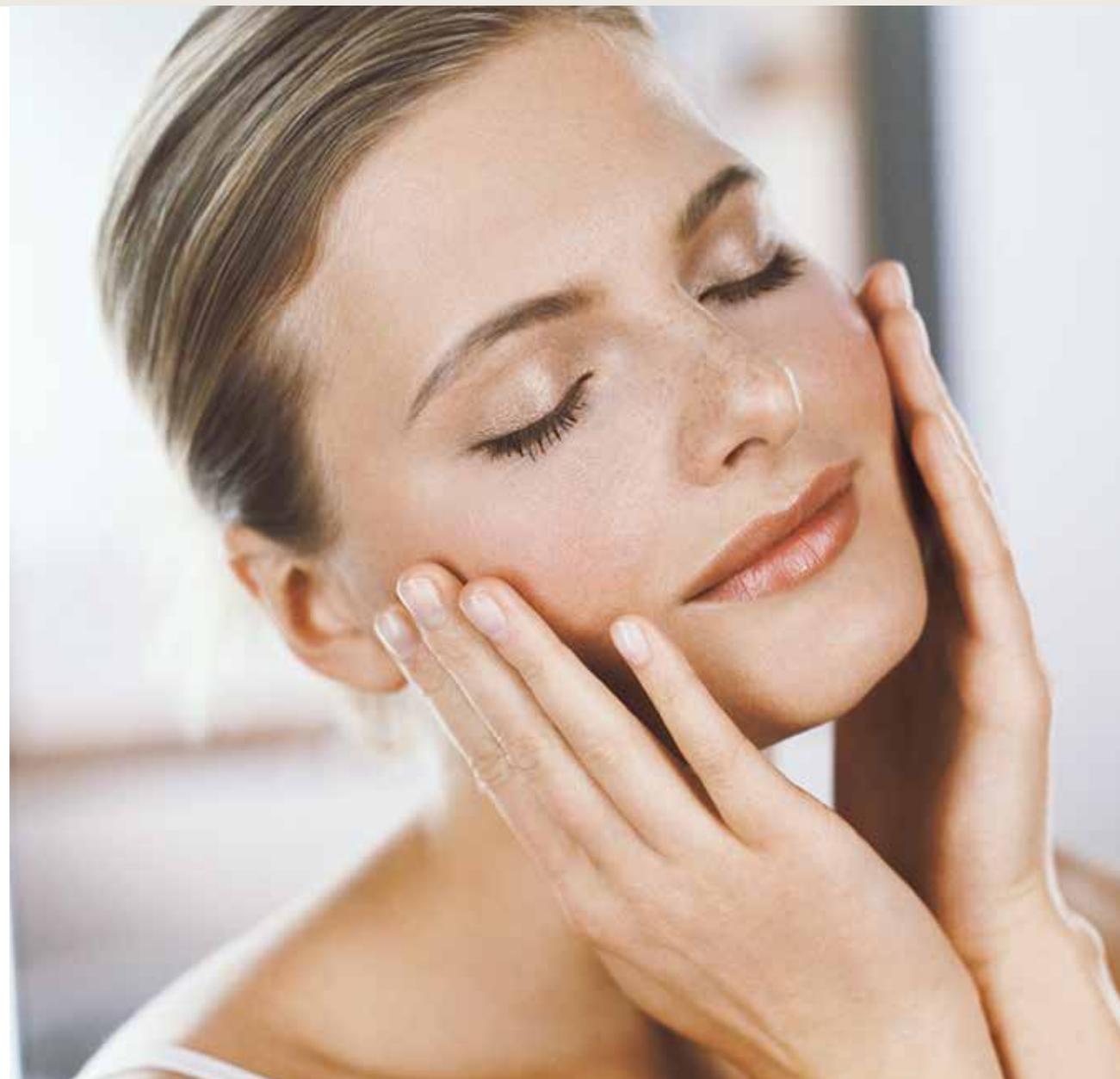
Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

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spirit one spa Signature Facial | 55 minutes €80.00

For all skin types. Re-balance stressed skin and restore a healthy glow. This facial will be tailored to your skin type and whatever skin concerns you may have.

\*Independent clinical trials.





**Wrinkles**  
**100%**  
 of women felt there was a visible & dramatic reduction in lines & wrinkles

**Fine Lines**  
**100%**  
 reduction in the depth of fine lines & wrinkles after just one treatment

**Firmness**  
**95%**  
 increase of skin firmness and elasticity after just one treatment

**Hydrated**  
**92%**  
 said their skin was more hydrated and moisturised

## Elemis Biotec

Delivering visible, longer-lasting results, Elemis Biotec bridges the gap between a hands-on facial and cosmetic, non-invasive procedures.

Biotec Line Eraser | 1 hour 5 minutes €95.00

Target wrinkles and stimulate the skin towards optimum performance with this powerfully rejuvenating facial.

Biotec Firm-A-Lift | 1 hour 5 minutes €95.00

A blend of massage and sculpting technology for a visibly contoured complexion.

Biotec Anti-Pigment Brightener | 1 hour 5 minutes €95.00

A targeted skin-brightening treatment that reduces pigmentation and dullness for refined and translucent skin.

Biotec Skin Resurfacer | 1 hour 5 minutes €95.00

Address uneven skin tone with this ultrasonic peel for softer and smoother skin.

Biotec Blemish Control | 1 hour 5 minutes € €95.00

A potent anti-oxidant and anti-bacterial treatment to balance and soothe blemishes.

Biotec Sensitive Skin Soother | 1 hour 5 minutes € €95.00

An oxygen-infused treatment for skin that encourages cell strength and natural balance.

Biotec Radiance Renew | 1 hour 5 minutes € € €95.00

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions for radiant and visibly brighter skin.

Course of five Elemis Biotec Facials €425.00

Enjoy a course of five facials, with one recommended every four to six weeks.



## spirit one massage

Elemis Deep Tissue Full Body Massage | 55 minutes €80.00  
 Excellent for those requiring a whole body work over to specifically target deep levels of tension.

Hot Towel Back Treatment | 40 minutes €60.00  
 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.

Elemis Deep Tissue Back, Neck & Shoulder Massage | 25 minutes €50.00  
 Focusing on these specific areas to release muscle tension at a deep level.

Relaxing Scalp Massage | 25 minutes €45.00  
 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 legs and heaviness.

## spirit one massage with heat

Hot Stone Full Body Massage | 1 hour 20 minutes €95.00  
 Heated basalt stones combined with spicy, sensual oils are used on key energy points on your body, creating a sensation of deep relaxation and warmth.

Hot Stone Back, Neck & Shoulder Massage | 25 minutes €55.00  
 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 | 1 hour 20 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.

Lava Shell Relax Full Body Massage | 1 hour 20 minutes €95.00  
 A revolutionary massage treatment using hot shells to target specific areas for the ultimate calming massage. As the marine polished sea shells are glided smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm.

Lava Shell Rescue Full Body Massage | 1 hour 20 minutes €95.00  
 The latest heat and ice therapy. A revolutionary massage treatment using hot and cold shells to target specific areas of muscular stress and tension. The glacial shells have an invigorating and anti-inflammatory effect. Meanwhile, the lava shells penetrate deeply into muscles to ease aches and pains. The application of heat and cold assists the healing process caused by tension, stress and overuse injury.

## 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.

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.

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

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

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Hot Stone Back, Neck & Shoulder Massage | 25 minutes €55.00

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

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Hot Towel Back Treatment | 40 minutes €60.00

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.

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Elemis Biotec Super-Charger | 1 hour 5 minutes €95.00

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic currents deliver a deep clean for a multi-tasking, time efficient solution.

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Lava Shells Rescue | 1 hour 20 minutes €95.00

Designed specifically for men, the recovery massage targets the full body combining deep tissue massage with warm lava shells to relax muscles and the addition of cool glacial shells to reduce inflammation and improve circulation. Tense muscles, knots and stress points are released with trigger point massage techniques to provide immediate relief from referred pain. This is the perfect choice for treating all fitness related aches and pains. A powerful treatment that is relaxing, energising and will leave you feeling supple and recharged.





## spirit one float & bath rituals

Our dry float is the perfect way to drift away while receiving a spirit one spa treatment. The dry flotation 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.

Cellutox Aroma Spa Ocean Float | 1 hour 10 minutes €85.00

Let your thoughts drift away, whilst being cocooned in a comforting unique dry float while you are 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. Add a detoxifying Ocean Bath to this package for a total of €100.00.

Elemis Body Nectar Nourishing Frangipani Float | 1 hour 10 minutes €85.00

A lusciously fragrant body wrap that quenches thirsty skin for velvety soft, super-hydrated results. Enjoy a deeply relaxing head massage whilst cocooned in the warmth and deep comfort of your float. Add a Cleopatra Milk Bath to this package for a total of €100.00.

## 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.

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 queen.

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.

spirit one spa Signature Bath | 25 minutes €35.00

Ask our team about the bath of the month.

## 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 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.

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The Fourth Month | 1 hour 10 minutes €90.00

A time to feel refreshed and begin spoiling yourself a little. Enjoy any of the Elemis facials to enhance your natural glow and moisturise the skin.

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The Fifth Month | 25 minutes €55.00

### Elemis Back Massage for Mother-To-Be

Enjoy this Elemis back massage that has been specially designed to relieve tension in the back during pregnancy, a must for any mother to be.

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The Sixth to Eighth Month | 1 hour 20 minutes €95.00

Enjoy the Elemis peaceful pregnancy massage. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

### The Ninth Month

Elemis relaxing scalp massage | 25 minutes €45.00

Soothing lower leg & foot massage | 25 minutes €50.00

Manicure | 55 minutes €40.00

Pedicure | 55 minutes €50.00

**Please Note:** 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 advisable not 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 targeted treatments

Six Inches Slimmer | 1 hour 45 minutes €95.00

The Universal Contour Wrap 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. 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!  
Course of three treatments €240.00

Elemis Targeted Toning Tightener | 1 hour 15 minutes €90.00

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment. \*Independent clinical trials.

Intensely Cleansing Salt Scrub - Frangipani | 40 minutes €60.00

The fragranced salt will gently buff away dead skin cells encouraging cell regeneration for the softest, smoothest and most nourished skin.

Green Tea Detox Wrap | 1 hour 10 minutes €90.00

This toxin-targeting treatment will leave your skin feeling refreshed, cleansed and with a rejuvenating glow. Your experienced therapist will begin the treatment by massaging omega-rich green tea seed oil into your skin to stimulate the toxin elimination process.

A thousand flower super nutritious earth wrap follows - packed to the brim with nourishing vitamins, the wrap works to encourage the body to surrender toxins, resulting in detoxification and super healthy skin. The final touch is the application of a nourishing green tea balm, which is rich in essential skin superfoods, the perfect skin-soother for boosting all systems.

Waxing  
Full leg and bikini €55.00  
Full leg €40.00  
Half leg €20.00  
Bikini line €25.00  
Brazilian €45.00  
Underarm €13.00  
Eyebrow €12.00  
Upper lip and chin €12.00  
Men's waxing available on request.

Hands & Feet for Men and Women  
Reflexology | 55 minutes €80.00  
Manicure | 55 minutes €40.00  
Pedicure | 55 minutes €50.00  
Shellac hands or feet, includes free removal | 55 minutes €40.00

Lashes & Brows  
Eye lash tint | 15 minutes €13.00  
Eyebrow tint | 15 minutes €10.00  
Eyebrow shape | 15 minutes €12.00  
Eyebrow threading | 15 minutes €14.00  
Eye Trio | 25 minutes €30.00

24 hour patch test is required prior to tinting and waxing.

Spray Tan - Full Body €35.00

Fuschia Mineral Make-Up €35.00  
Containing pure minerals for exceptional coverage with that lightweight feel. Our expert therapists will complement your skin type using the latest trends in colour cosmetics and fashions.



## about touch therapy

Touch Therapy is a thoughtful and innovative series of nurturing spa treatments for anyone who has undergone or is undergoing cancer treatment using effective products from the Lindi Skin line. These specialised skincare products have been designed to soothe and benefit skin compromised by chemotherapy and radiation. Our range of therapies at spirit one spa are suitable for men and women in active treatment for any type of cancer, or at any stage of treatment.

Touch Therapy treatments can help with:

- Dry & itchy skin
- Hand-foot syndrome
- Anxiety & depression
- Fatigue & stress
- Radiation rash & burn symptoms

### Touch Therapy Treatments

A consultation with your therapist will mean we can offer a treatment unique to you.

1 hour 10 minutes | €80.00

Call us on 091 538423 or Email [spiritone.galway@thegalmont.com](mailto:spiritone.galway@thegalmont.com)

## Terms and conditions

**Making a booking:** To avoid disappointment, we recommend you book at least 3 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 24 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?** spirit one spa is only available to persons over the age of 18.

## Location – how to find us

**By car:** spirit one spa is part of The Galmont Hotel & Spa, situated in Galway, 2 hours from Dublin, 90 minutes from Shannon International Airport and Ireland West Airport Knock.

**By train:** The train station is located 300 metres from the hotel. Local trains run from Dublin and Limerick daily.

**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

**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.

**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.

**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.

**Personal belongings:** Please note that 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.

**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.

**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.

spirit one spa: Edition 3 2018

