

SCAN THE QR CODE TO
VIEW THE FULL RANGE
OF TREATMENTS
AND PACKAGES AT
SPIRIT ONE SPA

Further information on our treatment range
and products can be found online at

[THEGALMONT.COM](https://thegalmont.com)

Use the camera on your smart phone
to scan the QR code below.



spirit
one
spa

SPIRIT ONE SPA

The Galmont Hotel & Spa, Lough Atalia Road, Galway City.
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INDULGE IN THE ULTIMATE ESCAPE

Connecting you to the full range of treatments
and packages at spirit one spa

[THEGALMONT.COM](https://thegalmont.com)

DISCOVER YOUR SPA EXPERIENCE

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 spas collection of treatments including the exclusive Elemis Biotec Facials and Lava Shell Relax Massage.

TREATMENTS AT SPIRIT ONE SPA

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.

Further information on our treatment range and therapies can be found online at thegalmont.com or scan the QR code.

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.



SPIRIT ONE SPA GIFT CARDS

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, valid for 5 years from the date of purchase.

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.

THEGALMONT.COM