



DISCOVER YOUR SPA EXPERIENCE

[THEGALMONT.COM](http://THEGALMONT.COM)

## SPIRIT ONE SPA, A PLACE TO RELAX, RESTORE AND RENEW

An exquisite urban sanctuary, our spa presents an exclusive collection of expertly curated therapies and beauty rituals, designed to restore balance, awaken the senses, and inspire deep relaxation.

Indulge in the serenity of our stunning Thermal Suite, where a distinctive sequence of warming and cooling experiences envelope you in pure tranquillity and leave you exquisitely pampered.

Discover the transformative benefits of Spirit One Spa's signature treatments, including Elemis BIOTEC Facials and the luxurious Lava Shell Relax Massage, created to rejuvenate both body and mind.

## DISCOVER THERMAL WELLNESS

Indulge in our luxurious Thermal Suite designed to leave you feeling renewed, refreshed and revitalised.

Journey through a sequence of hot, warm, cool, and cold experiences that gently detoxify, deeply relax, hydrate and invigorate. Unwind on heated relaxation loungers, enjoy the gentle dry heat of the Laconium with soft light therapy. Awaken the senses and cleanse in the intensely detoxifying Rock Sauna.

Complete your experience on the tranquil Sabia Med Beach, with its meditative dawn-to-dusk light cycle, before indulging in the skin-nourishing Aroma Grotto steam for profound relaxation and restoration.





## SIGNATURE SPA PACKAGES

Our most popular spa experiences are thoughtfully designed to combine relaxation and indulgence.

Enjoy full access to the thermal suite, relaxation area, indoor swimming pool and outdoor hot tub. Throughout your spa experience enjoy complimentary beverages, plush robes, towels and slippers.

From a midweek escape to a nurturing Mother-to-Be treatment or the ultimate indulgence day, each experience is designed to unwind your body and mind.

## SPIRIT ONE SPA GIFT EXPERIENCES

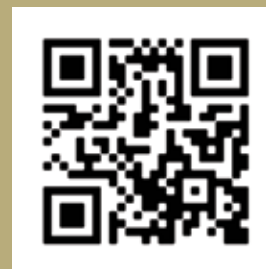
You can also treat a friend or loved one to their own bespoke package, giving them a tailored experience they will never forget.

Gift vouchers are available in a range of monetary values and for any treatment or package, these can be purchased from reception or online at [thegalmont.com](http://thegalmont.com), valid for 5 years from the date of purchase.

Our experienced therapists will happily advise you on the most suitable products from our luxury collection to complement your skin.

[THEGALMONT.COM](http://THEGALMONT.COM)

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**





## **SPIRIT ONE SPA**

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