

spirit  
**one**  
spa

spirit one spa | Radisson SAS Hotel | Lough Atalia Road | Galway | Ireland  
T | +353 91 538462 Fax | +353 91 538531 Email | [spiritone.galway@radissonsas.com](mailto:spiritone.galway@radissonsas.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 provides a haven of peace and tranquillity – the perfect spa destination with décor, aromas and ambience that promise to transport both your mind and body to the most dreamy of far away places. Discover an exotic blend of therapies for men and women from around the globe, with Ole Henriksen, Ytsara and Elemis spa treatments.



### Ole Henriksen Spa Treatments

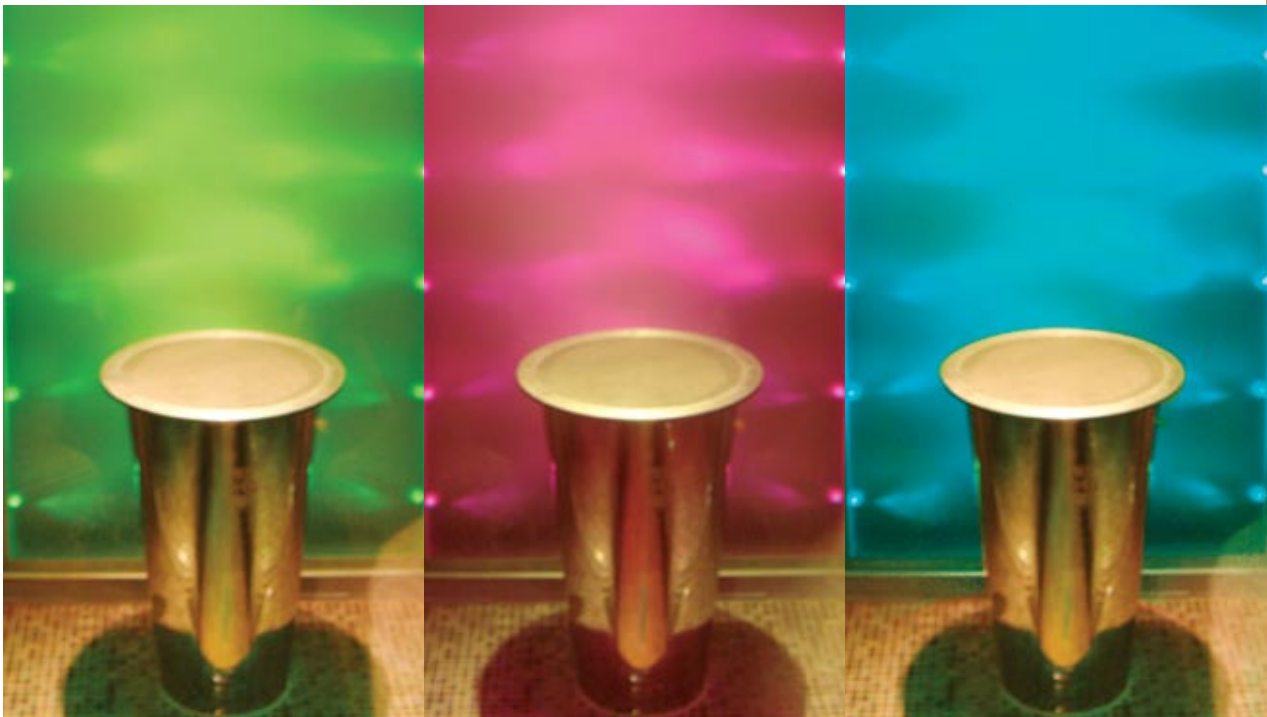
Discover your perfect skin care routine and experience the Los Angeles skin care secret with Ole Henriksen, skin guru to the stars. Referred to as the new generation of super treatments, the Ole Henriksen line includes ingredients that are aromatic, sensual, versatile and most importantly highly effective.

### Ytsara Spa Treatments and Rituals

Drawing on centuries of Asian wisdom from our forefathers, Ytsara (meaning “freedom” in Thai) is an invitation to look at life afresh. Ytsara is inspired and based on an Asian blend of healing and therapeutic remedies. Our spa rituals and programmes offer you an original and global approach to age-old methods and native holistic healing practices. Using pure and organic ingredients such as white orchid, bamboo shoot and ginger, Ytsara takes you on a journey of complete and total self-discovery.

### 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 offer all the indulgence associated with aromatherapy.



## thermal suite

A unique collection of cold, cool, warm and hot thermal experiences to detoxify, relax, enhance, slim, moisturise and invigorate your entire well-being, 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 steam, moisturising 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.  
Swimwear is essential for all guests using the thermal suite.

# spirit one part day spa

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

## Drift Away | 4 hours

Ytsara Rasayana: soothe your body in a bathing ceremony then drift through to our floating ritual suite where a silky fusion of green tea is massaged into your body. Cocoon in the warmth of the float while enjoying a soothing head massage, which guarantees to bring you your very own slice of heaven. Afterwards retire to our thermal suite and finally indulge with afternoon tea.

**1pm - 6pm Monday to Sunday** €200.00

## Ultimate Experience | 3 hours

The perfect spa experience.

A choice between:

- Ytsara nuat nammam full body massage
- Elemis advanced performance facial

**Monday to Thursday** €130.00  
**Friday to Sunday** €140.00

## Sunday Indulgence | 5 hours

The perfect Sunday treat!

- Ytsara samunprai hot poultice massage
- Choose between afternoon tea or à la carte dinner

**1pm – 5pm with afternoon tea** €160.00  
**4pm – 8pm with à la carte dinner at Restaurant Marinas** €179.00

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

## Corporate Stress Reviver | 3 hours

Release every ounce of stress with one of these specifically designed treatments.

A choice between:

- Ytsara samunprai hot poultice massage
- Ytsara yothai facial

**Monday to Thursday** €140.00  
**Friday to Sunday** €145.00

## Afternoon Bliss | 4 hours

You deserve a treat – the perfect afternoon getaway.

- Cleopatra milk bath
- Elemis deep tissue back, neck and shoulder massage or taster facial
- Afternoon tea

**Monday to Thursday** €115.00  
**Friday to Sunday** €130.00

## Weekday Morning Relaxation | 9am – 1pm

The ideal midweek morning escape.

- Back, neck and shoulder massage & taster facial

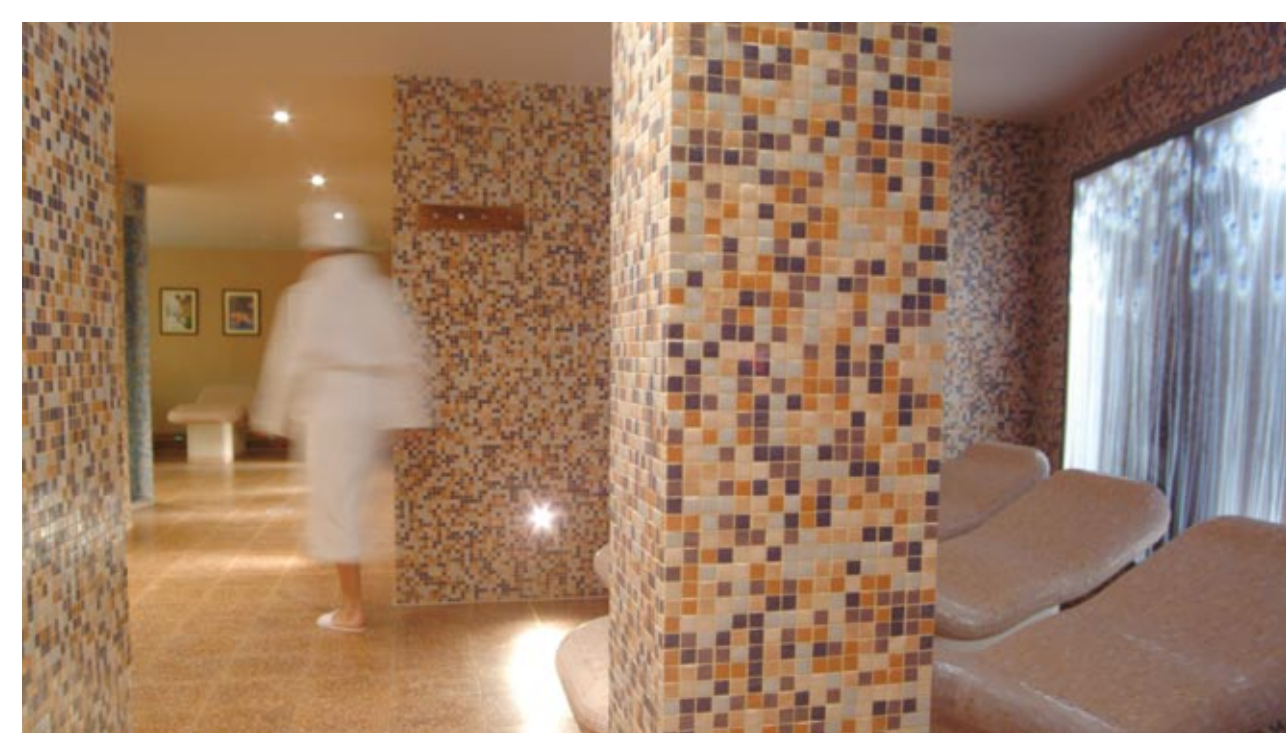
**Monday to Thursday** €99.00

## Spa Intro | Up to 4 hours

The perfect introduction for your first spa experience.

- Thermal suite
- Access to the east wing relaxation area
- Unique bathing ceremony of your choice
- Lunch in the Atrium bar & lounge

**Monday to Friday** €80.00  
**9am – 2pm**



## spirit one full day spa

### Relaxation

Enjoy treatments to perfectly relax both body and mind.  
Use of the unique thermal suite and east wing relaxation area.

- Ytsara nuat nammam full body massage
- Ytsara siam sa facial
- Lunch in the Atrium bar & lounge

**Monday to Thursday**

**€230.00**

**Friday to Sunday**

**€245.00**

### Purity

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

- Use of the unique thermal suite and east wing relaxation area
- Elemis exotic lime and ginger salt glow
- Ytsara purifying nuat nammam full body massage
- Elemis advanced performance facial
- Lunch in the Atrium bar & lounge

**Monday to Thursday**

**€295.00**

**Friday to Sunday**

**€315.00**

### 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 Thursday**

**€190.00**

**Friday to Sunday**

**€210.00**

### Silhouette

Ultimate relaxation while slimming – what could be better?

- Use of the unique thermal suite and east wing relaxation area
- Ytsara krachap wrap
- Lunch in the Atrium bar & lounge

**Monday to Thursday**

**€219.00**

**Friday to Sunday**

**€230.00**

All full day spa packages include access to spirit one spa leisure facilities and are subject to availability. All packages are priced per person per package unless otherwise specified. All guests enjoy complimentary beverages and use of spa robes, towels and slippers.

## spirit one rituals

### For Her

**Ytsara Spa Relaxation | 2 hours 45 minutes** €225.00

Ytsara kamatan hot poultice full body massage combined with an Ytsara siam sa facial for dehydrated and combination skin with use of our unique thermal suite.

**Elemis Spa Relaxation | 2 hours 35 minutes** €235.00

Hot stone full body massage and pro collagen quartz lift facial specifically targeted to re-moisturise the skin and reduce the appearance of fine lines. This ritual also includes access to our unique thermal suite.

### For Him

**Men's Pick Me Up | 1 hour 35 minutes** €150.00

Ytsara manao heated head and facial treatment using hot, steamed, herb filled muslin poultices for extra warmth to the skin and muscles followed by a hot towel back treatment.

**Just for him | 1 hour 20 minutes** €120.00

Elemis deep tissue full body massage followed by a mini taster facial.

### Perfect for Two

**Relax with Mud | 2 hours 15 minutes | per person** €255.00

Spirit one mud mask and serail followed by the heavenly Ytsara nuat nammam full body massage with oils to suit your choice. Access to our unique thermal suite and afternoon tea.

**Hot Spa Massage | 1 hour 45 minutes | per person** €145.00

Delight in this treatment together, commencing with 10 minutes in your own private steam room and finishing with the highly recognised Ytsara samunprai hot poultice massage using steamed, hot lavender filled poultices for a deeply penetrating and relaxing massage.

All rituals are subject to availability and are priced per person per package.

## spirit one face

### Results Driven Facials

**Elemis Pro-Collagen Quartz Lift Facial | 1 hour 10 minutes** €105.00

**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** €100.00

**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** €120.00

**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 neutralize and calm  
other benefits include moisturizing & 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** €105.00

**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** €105.00

**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 hr 10 minutes** €105.00

**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.**

An introductory facial guaranteed to give you a quick and instant pick me up.



# spirit one face

**Ytsara Facial | 1 hour 20 minutes**

**The perfect organic facial for your skin.**

A choice between:

- Ytsara yothai for ageing skin €110.00
- Ytsara siam sa for dehydrated and combination skin €95.00
- Ytsara sombun for normal to oily skin €95.00

**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, fluid retention etc. 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

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

€80.00

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

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

€50.00

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

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.

€120.00

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

### Ytsara Nuat Nammam | 1 hour 25 minutes

€110.00

#### Relaxing:

Orange and lemon grass essential oils allowing you to embark on a journey of total relaxation.

#### Energising:

Mandarin and peppermint essential oils ease away tension and aching muscles and bring a renewed sense of vitality.

### 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

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.

€125.00

### Hot Stone Back, Neck and Shoulder Massage | 25 minutes

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

€60.00

### Ytsara Samunprai | 1 hour 25 minutes

Release every ounce of tension and re-energise your mind. A steamed herbal poultice, soaked with essential oils of mandarin and peppermint delivers a deep medicinal heat to every muscle.

€125.00

### Ytsara Kamatan | 1 hour 25 minutes

Calm your senses with a massage using a hot herbal poultice of lavender and mandarin over your entire body.

€125.00

### Ytsara Mohom | 1 hour 25 minutes

A steamed herbal poultice will stimulate your blood circulation, while your muscles surrender under this deep tissue massage using palms, thumbs and elbows.

€125.00

### spirit one treatment enhancements

Hot Stone Foot Massage | 15 minutes

€20.00

Hot Stone Hand Massage | 15 minutes

€20.00

These two treatment enhancements can only be booked as add-ons to existing treatments.

## spirit one detox

### Elemis Body Sculpting Cellulite Therapy | 55 minutes

€99.00

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.

### Ytsara Saat Wrap | 2 hours 20 minutes

€190.00

A complete detox ritual removing impurities and dead skin cells to prepare your skin for a body wrap containing 100% natural papaya and aloe vera extracts. Finish with a purifying aromatherapy massage.

### Ytsara Krachap Wrap | 2 hours 20 minutes

€190.00

Slimming while relaxing has to be the best way to do it! A gentle body scrub prepares the skin for your slimming wrap of 100% natural ginger extract, improving blood circulation and assisting in eliminating unwanted toxins. Finish the slimming process with a deep tissue aromatherapy massage.

### Elemis Exotic Lime and Ginger Salt Glow | 40 minutes

€70.00

An exotic exfoliation ritual to invigorate and revitalise the body

### Ytsara Tanaka | 55 minutes

€90.00

Tanaka tree powder for the ultimate body exfoliation followed by a moisturising application of Thai aromatherapy blends.

## 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.



### Ytsara Bodhia | 1 hour 10 minutes

€120.00 for one

### Thai Clay Shaping Body Mask

€199.00 for two

Ideal for firming and reshaping your body. Relax while cocooned in a deep cleansing Thai white clay mask and stimulating shaping oil. Enter your private steam room and enjoy the benefits of the aromatic steam and humidity as it opens the pores of the skin while detoxifying and purifying. Refresh with a cool shower before coming back to your therapist for an application of a refreshing mint body gel to tighten the pores and enhance the skins appearance.

### Mud and Steam Serail | 50 minutes

€100.00 for one

Detoxify your skin beginning with a lymphatic, stimulating body brushing allowing for increased absorption of the skin-specific healing and detoxifying mud. To complete your treatment, the mud is gently washed away together with every last drop of tension and an application of a warmed moisturising oil, leaving you feeling clean, energised and glowing.

€190.00 for two

## 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.

### Elemis Aroma Spa Ocean Experience | 1 hour 10 minutes €95.00

A dry float wrap with a seaweed body mask and aromatherapy oils. Enjoy deep comfort, choosing between musclease ocean float for tired aching muscles or cellulox ocean float to detoxify cleanse, and firm the skin.

### Ytsara Rasayana | 1 hour 50 minutes €165.00

Relax in a bathing ceremony of aromatic oils and warm bubbling waters to soothe your entire being. Then through to the floating ritual suite where a warm, silky fusion of green tea is massaged into your body before being cocooned in the warmth of the float. While you enjoy a deep relaxation and floating sensation, a soothing head massage guarantees to bring you your very own slice of heaven.

### Elemis Exotic Coconut Rub and Milk Ritual | 1 hour 20 minutes €120.00

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.

### Ytsara Tamrap Luang | 55 minutes €99.00

While you drift away in the warm cocoon of the dry float, experience the wonders of sacred flower oils known for their healing properties, gently massaged into your skin together with a relaxing scalp massage.



# 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 oxygen skin calm 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

€120.00

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

€45.00

Soothing Lower Leg and Foot Massage | 25 minutes

€50.00

Deluxe Manicure | 55 minutes

€40.00

Deluxe 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

€105.00

Your skin is going through lots of hormonal changes and can take on a completely new phase. 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

€125.00

Enjoy an Ytsara mohom body massage using a hot indigo compress and organic essential oils to give you a deep massage with remedial effects. Improves muscular tone, drains away any toxins and dissolves every ounce of physical and mental tiredness.

### The Sixth Month Post Birth | 2 hours 20 minutes

€190.00

Your body has recovered from natural strains of birth and can now enjoy and benefit fully from the Ytsara krachap wrap, a slimming body ritual with a deep tissue aromatherapy massage.

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 one treatment.

## spirit one 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 and spa are situated in Galway, 218km from Dublin and 90km from Shannon International Airport and Ireland West Airport Knock. From Dublin follow the N4 and N6 to Galway; from the French roundabout take Lough Atalia Road. When you see the Radisson SAS Hotel & Spa on your right, turn right just at its corner and then first right again into the hotel complex.

**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 phones:** As a courtesy to you and all our guests, we ask that your mobile phones are switched off prior to entering the spa and are kept off for the duration of your stay with us.

**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 experience and request that you arrive 15 minutes prior to your treatment appointment time in order for us to record your current needs and requirements, offer you a refreshment and the opportunity to relax before going through for your treatment. 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.

## 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 by way 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.

### **Ytsara Manao | 55 minutes** €80.00

Heated head and facial treatment - enjoy a deep facial skin exfoliation to help lift any ingrown hairs and remove any impurities from the surface of the skin.

### **Ytsara Mohom | 1 hour 25 minutes** €125.00

A steamed herbal poultice will stimulate your blood circulation, while your muscles surrender under this deep tissue massage using palms, thumbs and elbows.

### **Men's Hand & Nail Grooming | 25 minutes** €30.00

Men's waxing available on request.

## spirit one bathing ceremonies

Bathing ceremonies deliver the perfect way to unwind while you relax, cleanse, detoxify, 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** €40.00

Soak in the age-old tradition of the Elemis cleopatra milk and emerge drenched in moisture, scented like a dream.

### **Detoxifying Ocean Bath | 25 minutes** €40.00

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** €40.00

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

## spirit one tanning

### **Self Tan | 55 minutes** €70.00

A luxury face and body polish and application of moisture rich, natural looking tan. Please note with our self tan there is a free 24-hour top up recommended for those requiring a darker tan. Please book at time of initial booking if required.

### **Tanning Cubicle** per session €10.00

Available in spirit one fitness and leisure.

# spirit one finishing touches

## Waxing

Full leg and bikini	€60.00
Full leg	€45.00
Half leg	€35.00
Bikini line	€30.00
Brazilian	€45.00
Underarm	€20.00
Eyebrow	€20.00
Upper lip and chin	€25.00

---

## Hands & Feet

Reflexology   55 minutes	€80.00
Deluxe manicure   55 minutes	€40.00
Deluxe medicure   55 minutes	€50.00
Men's hand & nail grooming   25 minutes	€30.00

---

## Lashes & Brows

Eye lash tint   15 minutes	€20.00
Eyebrow tint   15 minutes	€20.00
Eyebrow shape   15 minutes	€20.00

24-hour patch test is required prior to tinting.

---

## Gift Cards

Presented in a designed wallet, gift cards can be redeemed against individual Spa Treatments, Spa Packages, Rituals, Overnight Spa Breaks and Elemis, Ole Henriksen and Ytsara products. The ideal gift for every occasion. Valid for one year from the date of purchase.

---

## spirit one spa online retail store

Please visit [www.spiritonespa.com](http://www.spiritonespa.com) to browse through our selection of retail products and purchase your favourite items from the comfort of your own home.

spirit  
**one**  
spa

[www.spiritonespa.com](http://www.spiritonespa.com)