

## THERMAL SUITE EXPERIENCE

This sanctuary is designed for guests to relax and luxuriate in. We recommend you arrive one hour prior to your treatment to enjoy this experience.

Thermal Suite Experience Excluding Rasul	€20.00
Thermal Suite Experience Including Rasul	€45.00

## AROMATHERAPY SAUNA ROOM

The Finnish wood-line sauna is warm and dry with a temperature between 80-100°C. It cleanses the body of impurities and is thought to enhance the body's immune defences as well as relieving stress.

## CHROMOTHERAPY STEAM ROOM

This steam room is very attractive due to the mild - humid temperature of about 43-46°C.

## TROPICAL EXPERIENCE SHOWER

Immerse yourself in the ultimate combination of jets and mist nozzles with integrated color changing lights

## ICE FOUNTAIN

For cooling and refreshing between heat treatments.

## SOOTHING FOOT SPAS

Ease tired and aching feet. Combining warm water and relaxing sea salts your feet will be soothed in comfort. Relax and enjoy.

## JACUZZI

Experience our exhilarating heated jacuzzi with massage jets in our tranquil thermal suite area.

## SANARIUM

A temperature of around 60°C and controlled humidity of not more than 55% create particularly gentle and temperate climate in which to relax and feel good. Relaxing in the Sanarium is the ideal way to recharge your batteries.

## LIGHT AND DARK RELAXATION ROOMS

Our Relaxation Areas consist of Light and Dark Relaxation Rooms. These rooms can only be described as havens of tranquillity and peacefulness with relaxation beds and warm comfy blankets where you can retreat after your treatment.

## RASUL MUD CHAMBER

A detoxifying mud is applied to exfoliate and nourish the skin, followed by a period in the chamber to allow the mud to work its wonders, before a herbal steam and tropical rain shower to cleanse and induce pure relaxation.

# SHORE ISLAND SPA GIFT VOUCHERS

are available to purchase at any time

### SPA PACKAGES

Relax	1/2day	€110.00
Revive	1/2day	€99.00
Rejuvenate	1/2day	€135.00
Time Out	1/2day	€120.00
Get Pampered!	full day	€220.00
Tranquility	full day	€235.00

### MONTHLY OFFERS

Each month we will be running fantastic offers, please ask at reception for more details or log onto [www.loughreahotelandspa.com](http://www.loughreahotelandspa.com)

### CANCELLATION POLICY

We require at least 24 hours notice prior to appointment. Bookings require a credit card to secure your appointment. A 100% charge will be incurred for treatments cancelled on the day of treatment. A 50% charge will be incurred for treatments not cancelled at least 48 hours prior to treatments.

### LATE ARRIVALS

We will always, where possible, proceed to do your treatment. It largely depends on how late you arrive, and availability. We may cut time off your requested treatment but this will not affect the price of the treatment.

### OPENING HOURS

Open 7 days a week

### CONTACT US AT

# LOUGHREA HOTEL & SPA

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# SHORE ISLAND SPA



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