

A photograph of a spa interior. The room features curved walls and columns covered in mosaic tiles. In the center, a large, glowing, conical stone sits on a circular mosaic table. The floor is tiled, and several lanterns with lit candles are placed around the room. A staircase is visible in the background. The overall atmosphere is warm and luxurious.

# SHORE ISLAND SPA

AT THE LUXURIOUS FOUR STAR  
LOUGH REA HOTEL

YON  
KA  
PARIS

Welcome to Shore Island Spa at the Lough Rea Hotel, Galway. Set in an oasis of calm, our exquisite Spa promises an experience of complete relaxation and indulgence. Lie back and let our professional therapists pamper you in a haven of tranquility. Stimulate your senses through sensual aromas, gentle music and wonderful treatments. Your mind floats, your body lets go and harmony reigns, leaving you with a deep sense of contentment.

## PACKAGES:

### **Mini Retreat (1hr 55 mins in total)**

**€65pp**

- Thermal Suite Experience for up to 90 minutes
- Scalp Massage or Hot Stone Back, Neck and Shoulder Massage or Shore Island Signature Facial.
- Light lunch

### **Couple's Relaxation (2hr 20 mins in total)**

**€95pp**

- Thermal Suite Experience for up to 90 minutes
- Hot Stone Back, Neck and Shoulder Massage
- Shore Island Signature Facial

*Add on the Rasul Mud Chamber for just €25pp extra.*

### **Girls Getaway Package**

**€70pp**

Choose one 25mins treatment:

- Back, Neck & Shoulder Massage
- Shore Island Signature Facial
- Mini Pedicure
- Full Body Scrub
- Afternoon Tea with a glass of Prosecco
- Thermal Suite Experience for up to 90 minutes

### **Girls Escape (3hr 20 mins in total)**

**€130pp**

- Thermal Suite Experience for up to 90 minutes
- OPI Luxury Pedicure or OPI Luxury Manicure
- Hydralessence Visage Facial or Hot Stone Full Body Massage

### **The Ultimate Package (3hr 25 mins in total)**

**€230pp**

- Thermal Suite Experience for up to 90 minutes
- Hot Stone Back, Neck & Shoulder Massage
- Shore Island Signature Facial
- OPI Mini Manicure or OPI Mini Pedicure
- Gommage Marine
- Rasul Mud Chamber
- Light lunch

### **Mens's Rejuvenation (2hr 25 mins in total)**

**€75pp**

- Thermal Suite Experience for up to 90 minutes
- Yon-Ka Men's Facial
- Back, Neck and Shoulder Massage



## FACIALS

### **Excellence Code** **55mins** **€100**

More than just a global anti-ageing facial. It is above all an exceptional Yon-Ka treatment. Anti-ageing expertise, massages, relaxation, wellbeing and powerful Quintessence scents combine, succeed and complete each other, resulting in a unique experience.

### **Time Resist** **55mins** **€80**

A new anti-ageing routine that combines Time Resist formulas with youth activating agents - a highly concentrated peel to boost cell renewal and sensory mask with an immediate and long-lasting firming effect, perfect for women aged 45 -55 years old.

### **Essential White** **55mins** **€85**

This intensive treatment will fast track your brightening results, which has specific and highly effective techniques to brighten and unify complexion and control dark spots.

### **Essential White Course** (1 x 55mins and 3 x 30mins Facials) **€215**

A one month renewable custom expert program featuring a 55 minute treatment and three 30 minute treatments, which features the new Peeling Lumière, enriched with Glycolic Acid and the skin balancing properties of Yon-Ka Quintessence.

### **Escale Beaute** **35 mins** **€50**

Beauty break mini facial - scents of citrus fruits and essential oils re-energises and stimulates the complexion.

### **Hydralessence Visage** **55 mins** **€75**

A long lasting and deep hydrating facial. This high performance hydrating facial will revive the most dehydrated complexions. Smooths and softens the skin, with a double hydrating mask containing an exclusive professional formula.

### **Plaisir D'Aromes** **55 mins** **€90**

An aromatic, relaxing and well-being facial. This treatment will awaken your senses with all of the beneficial elements of Yon-Ka skincare including the warm aromatic mask and the enveloping relaxing massage. The scents of rosemary and grapefruit will leave you energised with a glowing complexion.

### **Le Grande Classique** **1hr 10 mins** **€95**

A truly personalised beauty treatment. A deep pore cleansing and relaxing facial. This is one of the most complete facial care treatments available in a spa; 5 steps of progressive cleansing and all without irritation thanks to an exclusive Yon-Ka process, with a relaxing massage and invigorating balancing aromas, your skin is left clean and your complexion radiant.

### **Soin Purete** **55 mins** **€70**

An Acne Solution Treatment - it helps correct and heal the skin. Deals with outbreaks and problem skin.







## MASSAGES

### **Back, Neck & Shoulder Massage** 25 mins €40

A therapeutic back neck and shoulder massage - eliminates muscle tension - this treatment can be tailored to your needs.

### **Full Body Massage** 55 mins €75

Full body massage. This massage is intended to unwind and settle any anxieties and promotes a deep state of relaxation.

### **Full Body & Scalp Massage** 75 mins €110

Full body massage. This massage is intended to unwind and settle any anxieties and promotes a deep state of relaxation.

### **Aroma Luxe Massage** 55 mins €90

Aromatic full body massage, energising or relaxing - the choice is yours. Aromatic essences of lavender, marjoram, basil, verbena and more under the action of relaxing comforting techniques with precious oils. The body gives in to a feeling of lightness, renewal and utter plenitude.

### **Leg & Foot Massage** 25 mins €40

Relaxing and tension-relieving massage, ideal to help

## HOT STONE

### **Hot Stone Back, Neck & Shoulder Massage** 25 mins €50

Back neck and shoulder massage incorporating hot stones. You will have no choice but to relax.

### **Hot Stone Full Body Massage** 55 mins €95

A full body massage with hot stones which helps to induce a deep state of relaxation through the weight of the stones. You will have no choice but to relax!



## BODY TREATMENTS

### **Gommage Marine** 25 mins €50

Energising Full Body Scrub - leaving the skin soft and satin smooth. Invigoration exfoliation with Marine Salts and Essential Oils.

### **Soin Velours** 55 mins €70

Moisturising body polish treatment. Full Body exfoliation followed by a nourishing massage for satin soft skin.

### **Hydralessence Corps** 1 hr 25 mins €105

Long lasting hydrating and comforting treatment. Full body exfoliation, then Marine Mud mask, followed by 20 mins of massage.

### **Phyto Marine Mud Wrap** 1 hr 25 mins €115

Detoxifying and contouring body treatment. The marine mud has essential oils, such as eucalyptus and lemon.

### **Secret De Beaute** 1hr 55 mins €155

Head to toe reviver. Full body exfoliation followed by tension relieving back, neck and shoulder massage. Hydrating facial incorporating feet treatment.

## SPECIALISED TREATMENTS

### **Full Body Deep Tissue Massage** 55 mins €85

Rigorous full body massage - releases muscle tension and improves circulation.

### **Back, Neck & Shoulder Deep Tissue Massage** 25 mins €50

For deep muscle tension relief

### **Indian Head Massage** 55 mins €75

An ancient Indian technique - relieves stress and tension. It's ideal for those who are prone to stress, headaches and sinus problems.

### **Reflexology** 55 mins €75

A holistic treatment that works on the theory that there is a reflex on the foot that is relative to every organ and gland in the body. This gentle therapy encourages the body to work naturally to resolve its own balance.

### **Reiki** 55 mins €75

Hands on therapy where the practitioner uses life and universal energy to promote the natural healing process of the body.

## NON THERAPIST TREATMENTS

### **Rasul Mud Chamber** 50 mins

A detoxifying mud to exfoliate and nourish the skin. Herbal Steam and Rain Shower ensures thorough cleansing and pure relaxation. **One person €55 Two people €80**

## PREGNANCY

### **Lighten Up** 30 mins €50

A relaxing back neck and shoulder massage specifically designed to release tension and muscle fatigue for Mums-To-Be!

### **Jambes Toniques** 35 mins €50

The perfect treatment for heavy tired legs! Jambes tonique is the ultimate remedy for excess fluid or tired legs.

### **Pregnancy Pampering Treatment** 55 mins €100

A pampering duo of treatments to help prevent stretch marks and revive tired spirits. Gentle exfoliation followed by hydrating nourishing massage.

## THE THERMAL SUITE EXPERIENCE

### **Non Resident** €25

### **Resident** €20

This gives you access for up to 90 minutes. You can add on the Thermal Suite Experience with a massage or facial treatment at a discounted price.

The thermal suite experience is a sanctuary designed for guests to relax and luxuriate in. This wonderful area includes an aromatherapy sauna, a steam room, a tropical experience shower, ice fountain, soothing foot spas, a jacuzzi, a sanarium and light and dark relaxation rooms.

This area is only suitable for people over 18 and must be booked in advance. Please be advised that the Thermal Suite Experience closes 30 minutes prior to closing times.



# O·P·I NAIL TREATMENTS

**OPI Luxury Manicure**                      **50 mins**      **€50**

Luxury Manicure with OPI Products – includes soak, exfoliation, mask, hand massage, nail shape and polish.

**OPI Mini Manicure**                      **25 mins**      **€40**

Mini Manicure, including soak, exfoliation, nail shape and polish.

**OPI Luxury Pedicure**                      **55 mins**      **€60**

Luxury Pedicure - using OPI Products – includes soak, exfoliation, hard skin removal, mask, foot massage, nail shape and polish - while your back is massaged by our specialised pedicure chairs.

**OPI Mini Pedicure**                      **25 mins**      **€45**

Mini Pedicure, including soak, exfoliation, nail shape & polish.

**OPI Hand File & Polish**                      **€17**

**OPI Toe File & Polish**                      **€17**

**OPI Hand File & French Polish**                      **€20**

**OPI Toe File & French Polish**                      **€20**

**OPI All Nail File & French Polish**                      **€35**

**OPI All Nail File & Polish**                      **€28**

**Cancellation Policy**

*Group bookings of 5 or more will require a 7 day cancellation time frame or a 100% cancellation fee may be applied.*





## WAXING & BEAUTY TREATMENTS

<b>Half Leg</b>	<b>€20</b>
<b>Full Leg</b>	<b>€35</b>
<b>Bikini Line</b>	<b>€20</b>
<b>Under Arm</b>	<b>€12</b>
<b>Lip</b>	<b>€10</b>
<b>Lip &amp; Chin</b>	<b>€17</b>
<b>Lip, Chin &amp; Brow</b>	<b>€25</b>
<b>Full Leg &amp; Bikini Line</b>	<b>€40</b>

<b>Eye Lash Tint</b>	<b>€12</b>
<b>Eye Brow Tint</b>	<b>€10</b>
<b>Eye Brow Shape\Wax</b>	<b>€12</b>

Choose any two of the above for €20 or all three for €27

## FINISHING TOUCHES

<b>Make-Up Application</b>	<b>€35</b>
<b>Make-Up Application with Strip Lashes</b>	<b>€40</b>
<b>Bridal Trial Make-Up Application, 55 mins</b>	<b>€55</b>
<b>Full Body Tan</b>	<b>€25</b>
<b>Half Body Tan</b>	<b>€20</b>

## THE HAIR SALON

We all know that how you look on the outside plays a big part in how you feel on the inside. That's why we work with you to create a look that's right for you, reflects who you really are and makes you feel fantastic. Just like a great cut reflects your finest features, perfect colour enhances that. Let us create a look that works for you and is easily manageable long after you walk out of the salon.



## **ETIQUETTE**

Shore Island Spa is a retreat for your body, mind and spirit. For the consideration of other clients, we request that noise is kept to a minimum. We ask that you respect other client's privacy by speaking softly. Mobile phones and electronic equipment should be placed on silent mode during your treatment.

## **SPECIAL CONSIDERATIONS**

Massage or stimulating treatments are not recommended during the first 3 months of pregnancy. If you suffer from any medical conditions, we advise that you consult your doctor before booking any treatments. You will be asked to complete a confidential questionnaire before your treatment commences. If you have any concerns whatsoever, please let us know.

## **PUNCTUALITY**

To make sure all appointments run smoothly and to reap the benefit of your experience, we ask you to please arrive 15 minutes prior to your scheduled treatment. A late arrival will result in a shortened treatment time but this will not affect the treatment cost.

## **PERSONAL PROPERTY**

We recommend that no jewellery be worn when attending for treatments. The management and staff accept no responsibility for the loss of money or valuables of any kind.

## **PAYMENT**

We accept cash and all major credit cards. If you are a hotel resident, it may be possible to charge your treatments to your room bill.

## **CANCELLATION POLICY**

We require a minimum of 48 hours notice for all cancellations. Failure to cancel within the required time frame will result in a 100% cancellation fee.

## **GIFT CARDS**

Our gift cards are a perfect choice to treat that special some-one and can be purchased at the spa or on our website.

## **HELPFUL TIPS**

### **Make Up Application:**

Please cleanse and moisturise your skin in advance. Wear old clothing as make up may transfer from the skin onto your garments during application.

### **Tinting and Waxing:**

If you have not had tint/waxing treatments in the last 6 months, you must book a patch test at least 48 hours in advance.

### **Tanning:**

We recommend that clients exfoliate well before the application of tan. Don't apply moisturiser or deodorant beforehand. Please bring loose dark clothing and flip flops to wear afterwards.

### **Thermal Suite Experience:**

As the thermal suite experience includes wet areas such as steam room, jacuzzi, and experience showers, clients should bring their own swimwear.









### OPENING HOURS

<b>Monday</b>	<b>10.00 - 20.30</b>	<b>Tuesday</b>	<b>10.00 - 20.30</b>	<b>Wednesday</b>	<b>10.00 - 20.30</b>
<b>Thursday</b>	<b>10.00 - 20.30</b>	<b>Friday</b>	<b>10.00 - 19.00</b>	<b>Saturday</b>	<b>10.00-18.00</b>
<b>Sunday</b>	<b>11.00 - 15.00</b>	<b>Bank Holidays</b>	<b>11.00 - 15.00</b>		

Please book in advance to avoid disappointment



## SHORE ISLAND SPA

Shore Island Spa at Lough Rea Hotel, Loughrea, Co. Galway

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W: [www.shoreislandspa.com](http://www.shoreislandspa.com)  [ShoreIslandSpa](https://www.facebook.com/ShoreIslandSpa)