

SHORE ISLAND SPA



AT THE LUXURIOUS FOUR STAR LOUGH REA HOTEL



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)

- 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

€70pp

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

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

€95pp

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

Girls Getaway Package

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

€75pp

Girls Escape (3hr 20 mins in total)

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

€130pp

The Ultimate Package (3hr 25 mins in total)

- 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

€235pp

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

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

€75pp





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 Bright 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 Bright Course €215

(1 x 55mins and 3 x 30mins Facials)

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.

Hydralescence 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.



Products

Created in 1954, Yon-Ka is a 100% Professional Skin-Care Brand, which combines the power of Essential Oils and Plant Extracts with Hyaluronic Acid, Vitamin C, Polyphenols, Peptides and AHAs.

Yon-Ka offers Skin-Care Rituals and a selection of Hydrating creams, Anti-Ageing Programs and Body care suited to all skin types and any age.

Every Professional treatment will be customized according with the skin type or the beauty issue. Once relaxed and refreshed by the Aromatic essence of Yon-Ka, why not continue this at home with your personalized skin-care program.

Our Most popular products to take home:

- Lait Nettoyant cleansing milk
- Yonka Lotion spray
- Gommage exfoliator
- Hydra No.1 Crème
- Hydra No.1 Masque
- Phyto Contour eye cream
- Hydra + booster
- Huile Detox dry body oil
- Relax Gommage Sucre body scrub

Yon-Ka Products do not contain any parabens and they are not tested on animals.



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.

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.

Oncology Massage 60 mins €90

Oncology massage is aimed at easing the pain and fatigue during or after any cancer treatment. It uses expert techniques and works therapeutically to give a renewed sense of deep relaxation. Our massages are carried out by a fully certified therapist. **Benefits:** Improves sleep, eases pain & fatigue, reduces anxiety, deep relaxation

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.

Hydralescence 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 25mins **€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.



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

Half Leg	€20
Full Leg	€35
Bikini Line	€20
Under Arm	€12
Lip	€10
Lip & Chin	€17
Lip, Chin & Brow	€25
Full Leg & Bikini Line	€40

Eye Lash Tint	€12
Eye Brow Tint	€10
Eye Brow Shape\Wax	€12

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

Finishing Touches

Make-Up Application	€35
Make-Up Application with Strip Lashes	€40
Bridal Trial Make-Up Application	€55
Full Body Tan	€25
Half Body Tan	€20

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.



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 someone 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. Thermal Suite included with any treatment over 55 minutes.



OPENING HOURS

Monday	10.00 - 18.30
Tuesday	10.00 - 18.30
Wednesday	10.00 - 18.30
Thursday	10.00 - 20.00
Friday	10.00 - 19.00
Saturday	10.00 - 18.00
Sunday	11.00 - 15.00
Bank Holidays	11.00 - 15.00

*Thermal Suite closes 30 minutes prior to the above times.
Please book in advance to avoid disappointment*


SHORE ISLAND SPA

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