

SHORE  
ISLAND  
SPA



# Discover Tranquility at Shore Island Spa

Welcome to Shore Island Spa at the Lough Rea Hotel & Spa, Galway. Step into our world, where the stresses of daily life fade away, and the focus shifts to your well-being. Our expert therapists, committed to excellence and trained in the art of relaxation, are here to guide you on your journey to renewal.

Whether you seek respite from the hustle and bustle or a dedicated commitment to a healthier lifestyle, Shore Island Spa invites you to indulge, unwind, and revitalize. Imbibe in the rejuvenating spirit of Galway and let Shore Island Spa be your sanctuary for self-care and well-being.

Begin your odyssey to wellness with Shore Island Spa at Lough Rea Hotel & Spa where relaxation meets rejuvenation, and a healthier, more vibrant you awaits.

# Our Exclusive Partnerships

At Shore Island Spa, we believe in offering our clients the very best in skincare, that's why we proudly partner with two esteemed brands: **Elemis** and **Yon-ka**.

These renowned names in the beauty industry bring a touch of excellence to our spa, ensuring that every treatment is a celebration of your unique beauty.

Enhance your spa experience by taking a piece of our sanctuary home with you. All of our exclusive products are available for purchase at our spa reception.

## ELEMIS

Experience the epitome of premium skincare with Elemis. Immerse yourself in cutting-edge formulations that combine luxury and science for radiant, revitalised skin.



Elevate your senses with Yon-ka, the French skincare sensation. Let the power of botanicals and essential oils transport you to a world of relaxation, where every treatment is a journey of self-discovery.



# Thermal Suite Experience

The thermal suite offers a “hands-off” wellness experience to help unwind and revitalise both the body and the mind. For the best possible experience, we recommended the use of thermal suite before your treatments. However, it can also be enjoyed as a stand-alone experience. Please consult the terms and conditions, this area must be booked in advance.

Using a thermal suite can provide numerous health and wellness benefits, making it a popular feature in spas and wellness centers. Benefits Include:

**Improved Circulation:** Thermal suites often feature various heat-based treatments like saunas and steam rooms, which can help improve blood circulation by causing blood vessels to expand and contract.

**Muscle Relaxation:** Heat therapies can help soothe and relax muscles, reducing stiffness and alleviating pain, which is particularly beneficial for people with arthritis or muscle injuries.

**Skin Health:** The heat and steam open up pores, aiding in the removal of impurities and dead skin cells, which can lead to clearer, more radiant skin.

**Respiratory Benefits:** Inhalation of steam can help clear nasal passages, relieve congestion, and improve respiratory function, beneficial for those with asthma or allergies.

**Stress Reduction:** The warm and soothing environment of a thermal suite can help reduce stress levels and promote relaxation, providing a mental break from the stresses of daily life.

**Overall Wellness:** Combining various treatments within a thermal suite, such as hot and cold therapies, can promote holistic wellness, addressing both physical and mental health.



## Relaxation Rooms

Get into a calm frame of mind before a treatment in our dark relaxation room or enjoy the soporific effects of a wonderful treatment in the light relaxation room.

## Experience Shower

Immerse yourself in a multisensory journey with our Experience Shower. Transition to the tropical shower for a refreshing burst of invigoration.

## Ice Grotto

Use the crushed ice to provide a brisk and revitalizing cooldown.

## Steam Room

High humidity levels and fragrant essential oils work together to keep your skin hydrated and smooth. The benefits of steam extend to respiratory systems also.

## Jacuzzi

A bubbling oasis helps relax muscles and soothe aches. Designed to provide a serene and rejuvenating escape, our Jacuzzi offers the perfect blend of soothing warmth and invigorating hydrotherapy, ensuring you leave feeling refreshed and revitalised.

## Sauna

A classic sauna with wood walls and dry heat that reaches scorching 80–100 degree temperatures. Elevated body temperature is believed to enhance immunological function and blood circulation.

## Footbath

Foot Baths give you a chance to rest and recover one of the most used parts of the body. Soaking in the warm waters can soothe muscles, relieve aches and hydrate the skin.

## Pricing

Non-Residents €25 | Residents €20

Indulge Yourself: Add Thermal Suite to your pre-booked treatment €10 | Add Afternoon Tea with Prosecco €35

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# Rasul Mud Chamber

The Rasul Mud chamber is designed for non-therapist treatment, where the room is equipped with an herbal steam room and adjustable seating for guests. A rain shower complements the treatment, offering an immersive rainfall experience, rinsing off the mud and leaving the skin rejuvenated. The room design prioritises comfort and privacy, allowing individuals to indulge in the detoxifying benefits of mud therapy in a tranquil setting.

# Elemis Facials & Treatments

## ELEMIS EXPERT™ TOUCH

### Reveal Facial *55mins | €110*

Resurface, Smooth & Glow. Utilising our exclusive Tri-Enzyme technology, this facial treatment works to minimise the appearance of pores and uneven skin texture, unveiling skin that looks visibly resurfaced, smoother, and more radiant.

### Renewal Facial *55mins | €110*

Hydrate, Lift & Firm. Enhance skin firmness and diminish the appearance of fine lines and wrinkles with our clinically validated formulas and skin-lifting massage techniques. After just one session, your complexion will appear deeply hydrated, lifted, and firmer.

### Define Facial *75mins | €135*

Energise, Rejuvenate & Sculpt. For the ultimate facial experience, we recommend opting for our 75-minute session. This cutting-edge facial harnesses the power of clinically proven, intelligent skincare to deliver transformative results, leaving your skin looking energised, rejuvenated, and sculpted.

## Add Ons

### Collagen Eye Boost *15mins | €25*

Brighten, Hydrate & Revitalise. Enhance your facial treatment with our targeted eye add-on, specifically formulated to brighten, hydrate, and revitalise the delicate eye area.

## ELEMIS EXPERT™

### Deep Tissue Tension-Ease Massage *25/55mins | €65/€105*

Renewed, Focused & Grounded. Ideal for those with a busy lifestyle, this full-body massage goes beyond mere muscle relaxation. It is specifically designed to relieve tension and address deep-seated muscle knots, leaving you feeling renewed, grounded, and focused.

### Transformative Hot Stone Massage *25/55mins | €65/€105*

Soothe, Relax & Relieve. This profoundly transformative treatment uses heated volcanic stones, combined with warm Frangipani Monoi Body Oil, to encourage muscle relaxation. It soothes a tired mind and relieves aching muscles, providing deep relaxation and relief.

### Targeted Tightening Body Treatment *45/75mins | €70/€115*

Tighten, Tone & Smooth. A potent blend of minerals and seaweeds targets cellulite and promotes a smoother silhouette with our specialised sculpting massage. Your skin will feel intensely tightened, toned, and smoothed.

### Restorative head Massage *15mins | €10*

Complement your primary treatment with our restorative head massage, performed without oil, designed to ease tension in the neck and scalp, leaving you feeling thoroughly rebalanced and restored.

# Yon-Ka Facials & Treatments

## Hydralessence Visage *50mins | €90*

A deep hydrating and rejuvenating facial tailored to your skin's needs whether it's dehydrated, dry, very dry, or sensitive. Revive your skin with a double hydrating mask featuring an exclusive professional formula.

## Excellence Code *50mins | €110*

More than just an anti-aging facial, Excellence Code is an exceptional Yon-Ka treatment. Experience anti-aging expertise, relaxing massages, and the soothing scents of Quintessence, all combining for a unique and rejuvenating experience.

## Time Resist *50mins | €90*

An innovative anti-aging routine that blends Time Resist formulas with youth-activating agents. This treatment includes a highly concentrated peel to boost cell renewal and a sensory mask.

## Le Grande Classique *60mins | €95*

A truly personalised treatment featuring a deep pore cleanse with extractions, leaving your skin clean and your complexion radiant.

## Shore Island Signature Facial

*25mins | €50*

A taster facial containing all the essential elements to leave your skin vibrant and refreshed.

## Aroma Luxe Massage *55mins | €95*

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.

## Gommage Marine *25mins | €50*

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

## Soin Velours *55mins | €85*

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

## Phyto Marine Mud Wrap

*75mins | €115*

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





# Massage & Specialised Treatments

## Swedish Full Body Massage

*25/55mins | €55/€95*

Experience the rejuvenating benefits of our Swedish back or Full Body Massage. This relaxing treatment uses flowing techniques to relieve muscle tension and enhance circulation, leaving you feeling refreshed and restored.

## Indian Head Massage *55mins | €90*

Revitalize your senses with the ancient technique of our Indian Head Massage, which includes a soothing massage of the upper back. Perfect for relieving stress, headaches, and sinus problems, this treatment offers a holistic approach to relaxation.

## Reflexology *55mins | €95*

Unlock your body's natural balance with Reflexology. This holistic treatment focuses on reflex points on the feet, corresponding to various organs and glands, encouraging your body to restore its equilibrium naturally.

## Oncology Massage *55mins | €95*

Our Oncology Massage is a therapeutic experience designed to ease pain and fatigue during or after cancer treatment. Administered by a fully certified therapist, this massage provides deep relaxation and renewal.

## Back, Neck & Shoulder Deep Tissue Massage *25mins | €65*

Designed to target the core areas where stress and tension often accumulate, this specialised massage technique focuses on the deeper layers of muscle tissue. Expect a session that not only soothes your body but also restores your sense of balance and calm.

## Leg and Foot Massage *25mins | €65*

Whether you're on your feet all day or simply seeking relief from daily stress, this massage offers a perfect blend of relaxation and therapeutic benefits.

# Pregnancy Treatments

## Baby Bump Bliss Massage *75mins | €125*

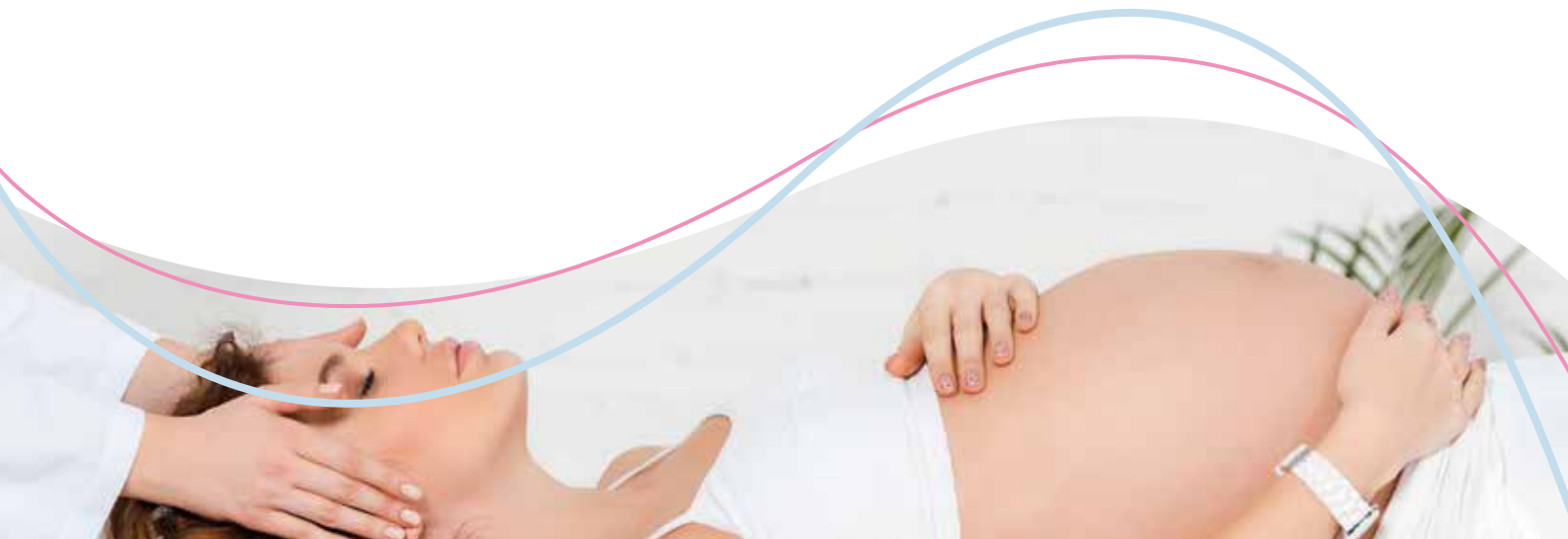
Enjoy the tranquility of our Baby Bump Bliss Massage, a restorative full-body massage and scalp massage using ethically sourced Japanese Camellia oil. Valued for its exceptional beauty properties, especially for hair and skin, Camellia oil is rich in oleic acid, a fatty acid compatible with our skin that nourishes and hydrates. This invigorating and stress-reducing experience boosts hydration, encourages elastin retention for plumper, firmer skin, and enhances skin elasticity, making it an ideal treatment for expecting mothers.

## Peaceful Pregnancy Retreat *55mins | €105*

Experience relief with Peaceful Pregnancy Retreat, a targeted massage designed to steal away discomfort and promote relaxation for moms-to-be. Tailored to provide the ultimate relief for excess fluid and fatigue, this treatment ensures a revitalizing experience for pregnant individuals. Let our skilled therapists ease away aches and pains, leaving you refreshed and rejuvenated. It's the perfect pause button for your busy journey into motherhood.

## Hello Sunshine Glow Treatment *75mins | €145*

Embrace radiance with our Hello Sunshine Glow facial, a pampering trio curated to prevent stretch marks and uplift your spirits during pregnancy. Begin with a gentle exfoliation in your bump, followed by a hydrating, nourishing facial that will leave your skin glowing and your energy renewed, culminating in cooling leg and foot massage. Welcome sunshine!







# Shore Island Spa Packages

## Golden Glow Rejuvenation *95mins | €150*

Immerse yourself in the Golden Exfoliation & Wrap treatment that begins with a deep exfoliation using a blend of salt and algae, leaving your skin smooth and illuminated. The majestic “golden algae” wrap follows, rejuvenating your skin and imparting beautiful, energizing reflections. While wrapped, enjoy a soothing scalp massage. The treatment concludes with the application of our Gold body lotion, leaving your skin velvety soft with a subtle golden shimmer, and a finishing with our signature facial.

### ***Treatment Highlights***

- Full body Scrub
- Signature facial
- Golden algae Body Wrap
- Thermal suite experience
- Gold body lotion Application

## Detox Radiance Revival *85mins | €105*

This 90–minutes experience features a detoxifying body massage and a drainage facial infused with green and white tea oil. The journey concludes with a luxurious hair oil treatment and scalp massage, leaving you refreshed and rejuvenated.

### ***Treatment Highlights***

- Full body massage
- Hair oil treatment and scalp massage
- Drainage facial massage
- Thermal suite experience

## Blissful Retreat *55mins | €95*

Embark on our Blissful Retreat Package, where a transcendent journey awaits your skin. Introduce yourself in a new dimension of hydration, as exclusive ingredient formulations work in harmony to plump and add volume, delivering a surge of revitalisation. This spa favourite combines natural exfoliants with nourishing oils to remove dead skin cells, promote circulation, and leave your skin feeling silky smooth and refreshed.

Choose from a hydrating facial or full body scrub, perfect for all skin types, especially dry and dehydrated skin. These treatments provide deep hydration, leaving your complexion soft, supple, and radiant.

Conclude your experience with Afternoon Tea with Prosecco.

### ***Treatment Highlights***

- Hydrating Facial or Full Body Scrub
- Afternoon Tea with Prosecco
- Thermal Suite Experience





## Heavenly Hideaway *95mins | €135*

Escape with our Wonderful Heavenly Hideaway package, where the transformative power of Exotic Frangipani awaits to elevate your radiance. This enchanting experience begins with a refreshing enzyme exfoliation, heightened by the rejuvenating essence of Frangipani, monoi body cream, and glow salt & scrub. Feel yourself enveloped in an oasis of renewal as a collagen-boosting, vitamin-infused body wrap works its magic with the thousand flowers body mask. Simultaneously, your face is treated to a luminous Vit C facial, ensuring a radiant glow that mirrors the care bestowed upon your entire being. You will emerge with renewed vitality and a luminous radiance from head to toe. Your package concludes with a lovely light lunch in our Lir Brasserie.

### **Treatment Highlights**

- Full body exfoliation with Frangipani glow salt & scrub
- Full body wrap with thousand flowers body mask
- Vitamin C Facial
- Thermal suite experience
- Dining credit redeemable in Lir Brasserie

## Enchanted Escape for Two

*110mins | €220*

Reconnect and unwind together. Designed for couples this luxurious spa experience offers a perfect blend of relaxation and romance.

### **Package Includes**

- Thermal Suite Experience for up to 60 mins
- Hot Stone Back, Neck & Shoulder Massage
- Shore Island Signature Facial

## Men's Pampering Package *55mins | €110*

Treat yourself to the ultimate escape with our Men's Rejuvenation Package. Recharge with a Deep Tissue back, neck and shoulder massage, rejuvenate your skin with a Men's Revitalising Facial, and experience muscle tension relief with a foot massage. This package is crafted for the modern man seeking relaxation and revitalisation.

### **Treatment Highlights**

- Deep Tissue Back, Neck & Shoulder Massage
- Men's Revitalising Facial
- Muscle Relief Foot Massage
- Thermal Suite Experience





# Beauty Packages

## Pamper Me Pretty *195 Minutes | €190*

Indulge in the ultimate beauty experience with our Pamper Me Pretty package, combining the best elements from our most popular treatments. Rejuvenate your skin with a Signature Facial, enjoy a meticulous Manicure and Pedicure, shape and tint your eyebrows for a polished look, and experience the smoothness of Full Body scrub. This package is designed to enhance your natural beauty from every angle, ensuring you look and feel your absolute best.

### **Treatment Highlights**

- Signature Facial
- Luxury Manicure and Pedicure
- Eyebrow Shaping and Tinting
- Full body scrub

# Hands & Feet

## Manicure

Indulge in our opulent manicure featuring OPI products. These lavish treatment includes a relaxing soak, gentle exfoliation, hydrating mask, soothing hand massage, precise nail shaping, and a flawless polish finish.

- **OPI Luxury Manicure** 25/55 mins | €35/€50

## Pedicure

Immerse yourself in luxury with our OPI Luxury Pedicure, utilizing premium OPI products. This comprehensive treatment involves a soothing soak, invigorating exfoliation, effective hard skin removal, a rejuvenating mask, a relaxing foot massage, precise nail shaping, and a flawless polish application. Meanwhile, our specialized pedicure chairs pamper you with a soothing back massage.

- **OPI Luxury Pedicure** 25/55 mins | €40/€60

Luxury Manicure or Pedicure with Gel Polish application will be automatically added €10 extra fee.

Choose between an expert file and polish for either your hands or feet, adding a burst of colour to your nails or a French polish.

- **OPI Hand or Feet File & Polish (Colour)** 25mins | €17 (French €20)
- **OPI All Nail File & Polish (Colour)** 55mins | €28 (French €35)
- **Gel Polish Hands or Toes Application** 35mins | €32
- **Gel Polish Removal and Reapplication** 55mins | €40
- **Gel Polish French Hands or Toes** 45mins | €37
- **Removal** 25mins | €10



# The Beauty Room

## Waxing

- **Half Leg** 30mins | €22
- **Bikini Line** 30mins | €25
- **Full Leg** 45mins, €35
- **Underarm** 15mins | €15
- **Lip** 45mins | €10
- **Lip and chin** 45mins | €19
- **Full leg + bikini line** 55mins | €58
- **Half leg + bikini line** 45mins | €45

## Eye Care

- **Eye Lash Tint** 25mins | €15
- **Eyebrow Shape/tint** 25mins | €18
- **Eyebrow Tint** 15mins | €10
- **Eye Trio (brow shape/tint and lash tint)**  
30mins | €29
  
- **Brow Lamination** 50mins | €60  
Brow lamination gives you naturally fuller-looking brows after just one treatment.
  
- **Lash Lift** 50mins | €62
  
- **Brow Lamination & Lash Lift Combo** 90mins | €120  
The lash lift is an all-natural, semi-permanent procedure that gives you the appearance of thicker, fuller eyelashes without any extension.

*\*Patch Test required for waxing, tinting, brow lamination & lash lift.*

## Finishing Touches

- **Make-Up Application** 55mins | €55  
Enhance your natural beauty with our expertly applied makeup.
  
- **Make-Up Application with Strip Lashes** 55mins | €65  
Elevate your look with our makeup application, complete with striking strip lashes.
  
- **Bridal Trial Make-Up Application** 55mins | €60  
Ensure perfection on your special day with a trial makeup application for brides.

## Spray Tan

- **Full Body Tan** 45mins | €40  
Achieve a sun-kissed glow with a full-body tan.
  
- **Half Body Tan** 30mins | €25  
Opt for a radiant tan with our half-body tanning option.

*\*Cancellation Policy for group bookings of 5 or more, kindly provide a minimum of 7 days' notice for cancellations. Failure to do so may result in a 100% cancellation fee.*



SHORE ISLAND SPA

GIFT VOUCHER

# Spa Gifts & At Home Products

## Gift Vouchers

Looking for the perfect gift idea? Shore Island Spa offers an array of luxurious spa treatments and products that are sure to please those you love. At Shore Island Spa, a sanctuary of rest and relaxation with an air of pure tranquillity, give the gift of wellness and time. Vouchers can be purchased on our website or at Spa reception.

## ELEMIS

Experience the epitome of premium skincare with Elemis. Immerse yourself in cutting-edge formulations that combine luxury and science for radiant, revitalised skin.



## YON KA PARIS

Elevate your senses with Yon-Ka, the French skincare sensation. Let the power of botanicals and essential oils transport you to a world of relaxation, where every treatment is a journey of self-discovery.



# Spa Etiquette

**Spa Attire** - For hotel residents, we ask that you arrive wearing the robe and slippers provided in your guest room. Non-residents will be provided with a robe, slippers and towel upon arrival. Please bring swimwear for use of Thermal Suite facilities.

**Reservations** - Advanced booking is strongly advised as we do not wish to disappoint. A credit card number will be required at the time of booking to confirm your appointment. Please arrive 15 minutes prior to your scheduled treatment time. Late arrival may result in your treatment time being cut short or cancelled to accommodate our other clients, but full charge may be applied.

**Payment** - We accept cash and all credit cards, debit cards, and hotel gift cards. If you are a hotel resident, it may be possible to charge your treatments to your room.

**Cancellation** - Spa treatments can be amended or cancelled at no extra charge up to 72 hours before your scheduled treatment. For big groups (more than 7) cancellation has to be done 7 days prior to treatment date. Group bookings will incur 50% booking value cancellation fee if cancelled within 72 hours. No shows will incur a fee of 100% charge of the booking value. Individual and couples' bookings cancelled within 48 hours will incur a fee of 50% charge of their booking value. Treatments can be changes up to 72 hours prior to arrival, we cannot guarantee changes made after that.

**Age Restriction** - Guests must be over 18 years to use Spa or Thermal Suite facilities, and ID may be requested.

**Valuables** - For your safety, we suggest refraining from wearing jewellery during treatments. The management and staff cannot be held responsible for the loss of money or valuables.

**Pregnancy** - In the interest of safety, please inform us if you are pregnant. It is advised that pregnant women do not avail of heat or hydro-therapies. For the wellbeing of our guests, we advise against massage or simulating treatments during the first trimester.

**Special Considerations** - If you have any medical conditions, we recommend consulting your doctor before booking any treatments. Prior to your session, a confidential questionnaire will be provided.

**Terms & Conditions** - For a full list of our up-to-date terms and conditions, please visit our website.

## Helpful Tips

**Make-up Application** - Prepare your skin by cleansing and moisturising beforehand. Wear old clothing as makeup may transfer during application.

**Tinting & Waxing** - If you haven't had tint/waxing treatments in the last 6 months, a patch test is required at least 48 hours in advance.

**Tanning** - Exfoliate before the tan application, avoid moisturiser or deodorant, and bring loose, dark clothing and flip flops for after.

**Thermal Suite Experience** - The thermal suite, including wet areas like the steam room and jacuzzi, requires swimwear. It's complimentary with treatments over 50 minutes; charges apply for treatments under 50 minutes.

**Homecare** - To continue your spa regime post-treatment, all products used within your treatments are available for use at home. Your therapist can advise you on the most suitable products for your needs.





## Opening Hours

Please visit our website [www.loughreahotelandspa.com](http://www.loughreahotelandspa.com)  
for up to date opening hours.

## SHORE ISLAND SPA

Shore Island Spa at Lough Rea Hotel, Loughrea, Co. Galway  
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LOUGH REA  
HOTEL & SPA  
★★★★