

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.

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.

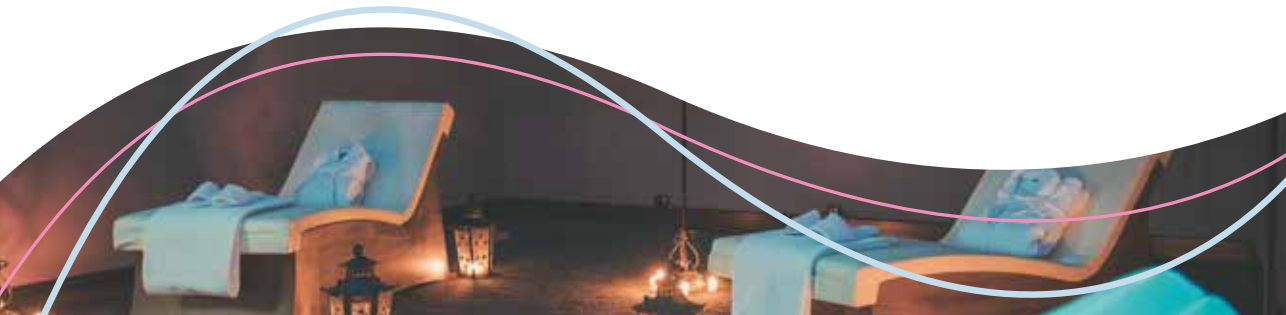
Muscle Relaxation: Heat therapies can help soothe and relax muscles, reducing stiffness and alleviating pain, which is particularly beneficial for people with arthritis or muscle injuries.

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.

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.

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.

Pricing

Non-Residents €25 | Residents €20

Indulge Yourself: Add Thermal Suite to your pre-booked treatment €10

Add Afternoon Tea with Prosecco €35

Facials

Define Facial *75mins | €135*

Energise, Rejuvenate & Sculpt. This cutting-edge facial harnesses the power of clinically proven, intelligent skincare to deliver transformative results, leaving your skin looking energised, rejuvenated and sculpted.

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.

Excellence Code *50mins | €110*

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.

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.

Plaisir D'Aromes *50mins | €90*

A brightening facial treatment that calls upon essential oils to energise, oxygenate and rebalance skin. Your complexion is left radiant, while the invigorating aroma of the Yon-Ka synergies of essential oils promotes lasting well-being throughout.

Shore Island Spa Signature Facial *25mins | €50*

A brightening facial treatment that calls upon essential oils to energise, oxygenate and rebalance skin. Your complexion is left radiant, while the invigorating aroma of the Yon-Ka synergies of essential oils promotes lasting well-being throughout.



Massages & Body Treatments

Hot Stone Massage

25mins €65 / 50mins €105

This profoundly transformative treatment uses heated stones to encourage muscle relaxation. It soothes a tired mind and relieves aching muscles, providing deep relaxation and relief.

Deep Tissue Back Massage

25mins | €65

Ideal for those with a busy lifestyle, this back 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.

Swedish Full Body Massage

55mins | €95

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

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.

Swedish Back, Neck, Shoulder 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.

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.

Full Body & Scalp Massage

75mins | €120

Drift into deep relaxation with this soothing massage, easing muscle tension from head to toe. Finished with a calming scalp massage for total rejuvenation.

Phyto Marine Mud Wrap

75mins | €115

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

Soin Velours 55mins | €85

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

Gommage Marine 25mins | €50

Energising Full Body Scrub – leaving the skin soft and satin smooth. Invigoration exfoliation with marine salts and essential oils.

Scalp Massage 25mins | €50

Designed to relieve tension, improve circulation, and promote a sense of calm and well-being. Perfect for unwinding and de-stressing.

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.

Pregnancy Treatments

Peaceful Pregnancy Retreat *55mins | €105*

Experience relief with a full body 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.

Lighten Up Package *30mins | €60*

A relaxing back, neck & shoulder massage specifically designed to release tension and muscle fatigue.





Shore Island Spa Packages

Girls Get Away *25mins | €95*

Gather your girls and enjoy the perfect blend of pampering, laughter, and luxury!

Choose one 25 minute treatment:

- Back, Neck & Shoulder Massage
- Shore Island Spa Facial
- Mini Pedicure
- Full Body Scrub

Followed by 60 minutes in the Thermal Suite. Complete with Afternoon Tea with Prosecco.

Secret De Beaute *110mins | €165*

Reawaken your body and mind with this ultimate rejuvenating treatment. Enjoy a full-body exfoliation to refresh your skin, followed by a tension-relieving back, neck & shoulder massage to melt away stress. Complete your experience with a hydrating facial and a pampering foot treatment for total relaxation from head to toe.

Treatment Highlights

- Full Body Scrub
- Back, Neck & Shoulder Massage
- Hydrating Facial
- Feet Massage
- Thermal Suite Experience

Enchanted Escape for Two *110mins | €220 for Two*

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

Treatment Highlights

- Hot Stone Back, Neck & Shoulder Massage
- Shore Island Signature Facial
- Thermal Suite Experience

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

Men's Pampering Package *50mins | €110*

Treat yourself to the ultimate escape. Recharge with a back, neck and shoulder massage, rejuvenate your skin with a hydrating facial, and experience muscle tension relief with a foot massage.

Treatment Highlights

- Back, Neck & Shoulder Massage
- Hydrating Facial
- Foot Massage
- Foot Massage
- Thermal Suite Experience





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
- **Regular Bikini Line** 30mins | €25
- **Full Leg** 45mins, €35
- **Underarm** 15mins | €15
- **Lip** 20mins | €10
- **Lip and chin** 25mins | €19
- **Full leg + bikini line** 55mins | €58
- **Half leg + bikini line** 45mins | €45

Eye Care

- **LASHES**
 - **Tint** 25 mins | €15
 - **Lift** 50 mins | €50
- **BROWS**
 - **Tint** 15 mins | €12
 - **Wax** 20 mins | €15
 - **Threading** 20 mins | €12
 - **Lamination** 50 mins | €50
- **COMBOS**
 - **Brow Wax & Tint** 25 mins | €20
 - **Trio** (Brow Wax & Tint & Lash Tint) 30 mins | €29
 - **Brow Lamination & Lash Lift** 90 mins | €95

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.

Mobile Phones - Please respect all spa guests' right to privacy and serenity. We ask you to turn off your mobile phone whilst in the spa.

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
for up to date opening hours.

SHORE ISLAND SPA

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LOUGH REA
HOTEL & SPA
★★★★