

ESPA at the g

ESPA at the g is located in the five star g Hotel, designed by renowned milliner, Philip Treacy and combining comfort and luxury in a totally original fashion, to offer a magnificent Galway escape.

Located on the upper two floors and proudly created by ESPA, our multi award-winning spa has everything you need to restore body, mind and spirit. Indulge in every sense with our world class spa experience, with 12 beautiful treatment rooms, a thermal suite complete with vitality hydro pool, crystal steam room, rock sauna, lifestyle showers and heated loungers. Relax and unwind in our glass pavilion overlooking the Zen garden, or work out in the fully equipped fitness studio. Restore and nourish in a complete sense with this inspired collection of personalised treatments. Results-focussed facials, high performance body treatments and immersive massages await, to nurture your body, calm your mind and leave skin looking radiantly and naturally beautiful

Open daily 8am-8pm by appointment only



ESPA at the g

signature treatments

The following signature treatments are especially designed to enhance your ESPA at the g experience. These experiences are unique to our spa and can be specifically tailored to your needs. All include time in our thermal suite which we recommend you enjoy before treatment.

Ayurvedic Ritual

110 mins

€195

Restore body and mind back to balance as you find sanctuary for your senses. Applying knowledge from ancient holistic rituals, first skin is refined before a full body wrap and massage with warm aromatic oils combine to invoke relaxation.

Includes: Foot ritual, body exfoliation, wrap using detoxifying algae or restorative marine mud, dosha-specific massage with ayurvedic oils and hot stones, scalp massage

Energy Enhancing

110 mins

€195

Restore your energy as you find sanctuary with this holistic body treatment. A totally personalised immersive experience inspired by the music and vibrancy of Galway, alongside ancient wisdom. Feel tension unravel and deeply nourish your skin as you succumb to the wonder of crystal singing bowls. Emerge with a sense of health and balance.

Includes: Body brush, nourishing body wrap, singing bowls, scalp massage, full body massage with hot stones, facial massage

Chakra Balancing

110 mins

€195

Rejuvenate your spirits and awaken natural radiance. Naturally exfoliating formulas smooth away dull, dry skin before hot stone massage alleviates tense muscles. The body feels satin-smooth and glows with natural health, while your soul feels revived.

Includes: Full body exfoliation, full body aromatherapy massage with hot stones, scalp massage

Shirodhara

15 mins

€25

Complement your treatment with this traditional Ayurvedic practice of pouring warm oil onto the forehead and through the scalp to help ease the stress of the body and calm the emotions of the mind.



facials

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalized, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting. Skin looks clear, radiant and inner calm is blissfully restored.

Bespoke Facial 60 mins €100

Deeply cleanse, hydrate and renew with this instant result facial. Personalised to your skin's precise needs, natural ingredients work immediately to transform your complexion while aromatherapeutic oils calm your mind.

Includes: Skin analysis with Skin Vision™ lamp, triple cleanse, exfoliation, facial massage, personalised mask, scalp massage

Natural Face Lift 80 mins €150

Reveal visibly resilient, healthy-looking, youthful skin. This instant result facial uses cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax, leaving the skin firm, lifted and beautifully radiant.

Includes: Skin analysis with SkinVision™ lamp, double cleanse, steam, Japanese Kobido inspired facial massage, stimulating Jade rollers, sculpting & lifting massage techniques, Lifting & Smoothing Mask, scalp massage

Optimal Skin Health Facial 60 mins €105

Visibly revive skin's natural beauty, balance and health, this specialised facial uses nature's most potent actives alongside high performance massage to achieve instant results with long-lasting benefits.

Includes: Skin analysis with Skin Vision™ lamp, triple cleanse (with brush cleanse), exfoliation, facial massage, mask, hand & arm exfoliation & massage

Instant Radiance Facial 80 mins €140

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

Includes: Skin analysis with SkinVision™ lamp, triple cleanse (including deep brush cleanse), exfoliation, Skin Radiance Mask, age-defying Rose Quartz Crystal massage, professional Lifting & Smoothing Mask, scalp massage

Refining Enzyme Facial 80 mins €150

Profoundly refine, hydrate and firm with this high performance facial. Infused with nature's most effective extracts, a stimulating Pumpkin Enzyme peel works alongside signature Tri-Active™ blends to boost cell renewal while intensely smoothing and lifting your complexion and instantly reviving skin's beauty.

Includes: Skin analysis with SkinVision™ lamp, deep brush cleanse, Pumpkin Enzyme Peel, age-defying Rose Quartz Crystal massage, Lifting & Smoothing Mask, scalp massage

Active Enzyme Facial 80 mins €150

Refine, hydrate and firm Natural fruit acids and pumpkin enzymes work alongside our signature Tri-Active™ blends, to boost cell renewal, even skin tone & complexion.

Includes: Skin analysis with Skin Vision™ lamp, deep brush cleanse, Pumpkin Enzyme Peel, age-defying Rose Quartz crystal

Eye Lift 25 mins €55

Smooth, firm and hydrate with this revitalising treatment. Targeted massage and Tri-Active™ formulas combine to quench the delicate skin and diminish puffiness and dark shadows.

Includes: Skin analysis with SkinVision™ lamp, cleanse, exfoliation to face and eye contour, eye contour massage, firming eye mask

aftercare

ask your therapist to recommend specialist ESPA products and a tailor made self care plan to continue your skin care at home



massage

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

Aromatherapy 55/80 mins €110/€150

Quieten your mind, release tension and nourish your skin with this holistic experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates tension and a sense of inner calm is restored.

Includes: *Breath work, warming eye & neck pillows, full body aromatherapy massage, scalp massage with Rose Quartz Crystals*

Swedish 55/80 mins €110/€150

Revive your body and enliven your spirit with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation and alleviates tight, aching muscles.

Includes: *Full body Swedish massage, scalp massage*

Hot Stone 60/80 mins €130/€170

Discover lasting relaxation for mind and body. Tailored massage with hot stones unravels persistent muscular tightness, while pure, aromatic essential oils encompass the mind to relieve stress and leave you feeling rejuvenated.

Includes: *Full body aromatherapy massage with hot stones, scalp massage*

Deep Muscle 60/80 mins €130/€165

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage using expertly blended aromatherapy oils alleviate deep-seated tension. You emerge strong and energised.

Includes: *Full body massage, focussing on areas of concern*

g top tip make sure to enjoy time in our thermal suite before your massage treatment to maximise effects and relaxation



body

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

Iconic Back Face & Scalp 110 mins €195

Body relaxed, mind calmed, complexion transformed. This is our most renowned treatment – the ultimate face and back experience, uniting targeted massage techniques with the purest aromatherapy oils and a highly-personalised results-focused facial.

Includes: Back exfoliation, back massage with hot stones, personalised facial, scalp massage

Hip & Thigh Toner 60 mins €110

Transform the appearance of your hips, thighs and legs with this results-focused treatment. Powerfully detoxifying actives combine with targeted massage to help diminish cellulite and boost circulation, leaving skin smooth, supple and beautifully toned.

Includes: Skin brushing, salt & oil scrub with iced mitt removal, detoxifying and lymphatic drainage massage techniques, deep cleansing abdomen massage, body moisturiser application

Body Wrap 60 mins €100

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush, body exfoliation, algae or mud wrap, scalp massage

Sea Salt Smoother 25 mins €60

Exfoliate and infuse the body with rich nourishment. A natural blend of sea salts and the purist oils revives skin's natural softness and glow with this intensely smoothing exfoliating treatment.

Includes: Salt & oil full body exfoliation

aftercare

ask your therapist to recommend specialist ESPA products and a tailor made self care plan to continue your skin care at home

wellness

Rediscover resilience, vitality and physical wellbeing from these powerful and effective treatments. Our wellness treatments address issues and offering solutions to help achieve inner calm, restful sleep, a reinforced immune system and ultimate balance to support us along the path to wellbeing.

Mindful Massage 80 mins €155

Soothe stress and blissfully return body and mind to the present moment. Gentle guided breathing and visualisation combine with a deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes: Breath work and visualisation, massage to metamorphic zones of the feet, full body massage, scalp massage with warm rose quartz crystals

Mindful Facial 80 mins €145

Soothe, nurture and revitalise skin and mind with this holistic personalised facial. Warmed herbal poultices unite with therapeutic hands to rejuvenate skin and calm a busy mind. Emerge feeling relaxed and nurtured, with beautifully smooth, radiant skin.

Includes: Breathing and visualisation techniques, triple cleanse, personal skinvision™ analysis, facial massage with herbal poultice and rose quartz crystals, overnight hydration therapy, scalp or hand and arm massage

Strength & Resilience Massage 80 mins €150

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost energy levels and support the immune system. Emerge stronger and more resilient, ready to face life's journey.

Includes: Yogic stretching, reflex zone foot massage, back massage, sinus release, scalp massage



Deep Cleansing Facial

60 mins

€100.00

Cleanse, hydrate and renew with instant results facial. Personalised to your skins exact needs, Tri-Active™ formulas work to purify and reawaken your skin while aromatherapeutic oils calm your mind.

Includes: *Skin analysis with skinvision™ lamp, triple cleanse, exfoliation, facial massage, personalised mask, scalp massage*

Hot Stone Massage

60 mins/ 80 mins

€130 / €170

Discover lasting relaxation for mind and body. Tailored massage with hot stones unravels persistent muscular tightness, while aromatic essential oils encompass the mind to relieve stress and leave you feeling rejuvenated.

Includes: *Full body aromatherapy massage with hot stones, scalp massage*

Deep Muscle Massage

60 mins/ 80 mins

€130 / €165

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching & specialised massage using expertly blended aromatherapy oils alleviate deep-seated tension. Emerge strong and energised.

Includes: *Full body massage, focussing on areas of concern*

Deep Cleansing Back Treatment

60 mins

€100.00

Relax and revive body and mind with this targeted powerful yet soothing treatment. Using selected essential oils, persistent tension in the back is eased, skin looks re-energised and a positive mindset is restored.

Includes: *Back cleanse & exfoliation, back massage, marine mud mask, lower leg massage*



for the boys

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

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Pre-Natal Relax & Restore

55 mins / 80 mins

€120 / €160

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, soothing massage techniques help to ease tired muscles, hydrate the skin and evoke a state of blissful relaxation.

Includes: *Back exfoliation (if required), focussed body massage, scalp massage*

Yummy Mummy

80 mins

€145

Relax and restore body and mind. A nourishing full body massage and express facial leaves you feeling totally nurtured, while skin is left beautifully nourished.

Includes: *Full body massage, facial, scalp massage*

Lighter Legs

40 mins

€80

Revitalise and revive tired, aching feet and legs. Soothe swollen ankles and help transform and energise heavy legs with this luxurious treatment.

Includes: *Foot Ritual, lower leg and foot exfoliation, uplifting massage*



maternity

Specifically designed to relax the mind and restore the body during this precious time. Allow our expert therapists to bring comfort and calm, help to reduce fluid retention and release muscular tension to enhance your natural glow.

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ESPA at the g spa packages

Plan your time with us around our selection of bespoke spa packages, especially designed to offer a holistic experience. All our ESPA at the g packages include one hour in our thermal suite and relaxation lounge as well as a g style treat in one of our stunning signature lounges to complement your experience. Choose the one that suits you and call us today to book.

Relax & Renew for Two	Moment of Calm	Energise & Refocus
50 mins €230 for 2 guests	135 mins €245 per person	110 mins €225 per person
<p>Inspired by the g's vivacious spirit and vibrant colours, this experience will leave you feeling uplifted and ready to walk the pink carpet.</p> <ul style="list-style-type: none"> • Thermal suite heat experience • Salt & Oil Body Scrub or an Express Facial • Back, Neck & Shoulder Massage • Use of the glass pavilion relaxation room • A cocktail of your choice in the Signature Lounges 	<p>Blissfully return body and mind to the present moment with this balancing experience.</p> <ul style="list-style-type: none"> • Thermal suite heat experience • Mindful Massage • Mindful Facial • Use of the glass pavilion relaxation room • A two course healthy lunch served in the Signature Lounges 	<p>Revive your body and enliven your spirit with this invigorating ritual.</p> <ul style="list-style-type: none"> • Thermal suite heat experience • Full Body Exfoliation • Algae Wrap • Energising Aromatherapy Massage • Use of the glass pavilion relaxation room • A two course healthy lunch served in the Signature Lounges

stay over extend your five star experience and ask about our overnight bed and breakfast rates... or book a table with us for dinner

All spa packages available Monday to Sunday. Advance booking is essential.

hand and foot

Luxury Manicure 70 mins €85

An indulgent manicure provides long lasting results with gentle, meticulous cuticle work and deeply nourishing products to repair, replenish and condition your nails.

Includes: Soak, cut and file, exfoliate, cuticle work, hot stone massage, paraffin wax mask, polish or buff

Essential Manicure 40 mins €50

Maintain amazing results and keep nails in good condition with this essential treatment.

Includes: Soak, cut and file, cuticle work, application of hand cream, polish or buff

File & Polish for Hand or Feet 25 mins €35

Essential maintenance for hands or feet

Includes: Nail file and shape, moisturiser, polish or buff

Luxury Pedicure 70 mins €85

An intensive treatment to gently remove hard skin and deeply nourish feet, repairing and replenishing the condition of skin and nails.

Includes: Soak, cut and file, exfoliate, cuticle work, hot stone massage, paraffin wax mask, polish or buff

Essential Pedicure 50 mins €50

Maintain amazing results and keep nails in good condition with this nourishing treatment.

Includes: Soak, cut and file, cuticle work, application of foot cream, polish or buff

OPI Gel Manicure or Pedicure 45 mins €50
Gel Removal €15

gift vouchers

Looking for the perfect gift? ESPA at the g has a range of luxurious spa treatments & products that will delight your loved ones, from 'Gifts for Her' to 'Gifts for Him' or monetary vouchers. Give the gift of wellbeing and time at ESPA at the g, a haven of rest and relaxation, with an atmosphere of sheer serenity and peace. Shop online at www.theghotel.ie/spa

lifestyle membership

Be good to yourself. Take time out from the hustle & bustle of everyday life. Create time for you. Allow our thermal therapy and fitness suite to be part of your wellbeing. You choose how long you join for. We are here when you need us. Membership includes

- Unlimited access to the Thermal Suite
- 10 % savings on food & beverage charges
- 20% savings on selected treatments
- Complimentary car parking
- Unlimited access to the fitness studio

JOIN FOR LONGER & RECEIVE MORE

Guests who commit to a minimum of 3 or 6 months on joining will receive the following additional benefits

3 MONTHS MEMBERSHIP

- 2 guest passes per year to the fitness studio & thermal suite

6 MONTHS MEMBERSHIP

- 2 guest passes per year to the fitness studio & thermal suite
- A complimentary ESPA Product worth €48

MEMBERSHIP RATES

1 month €80 • 3 month €200 • 6 month €350 • 1 year €650



thermal experience

60 mins / €30

Our ESPA thermal and hydro experiences provide a selection of 'hands-off' therapies to relax and rejuvenate the body and mind. To maximise your treatment experience we recommend you enjoy our thermal experience before treatments. Alternatively it can be enjoyed as a stand alone experience. Pre booking is essential.

Vitality Pool

Relax in our luxurious hydro-pool designed to revitalise and equipped with water jet features to massage shoulders and hips as well as a seated area with air jets to gently massage the entire body. Not suitable for swimming.

Lifestyle Showers

Choose from warm tropical rain, an invigorating arctic mist option in one shower or select the rainfall cascade shower to enliven your senses.

Ice Fountain

Use the crushed ice to counteract the warming effects of the thermal experiences.

Crystal Steam Room

A high humidity environment combined with aromatic essential oils which help to keep your skin supple and hydrated. Steam also has positive effects on respiratory system. The average temperature in our crystal steam room is 45°C - 50°C.

Rock Sauna

A traditional wood lined sauna using dry heat generating sweltering temperatures of 80°C -100°C. High temperatures are said to stimulate blood circulation and boost the immune system. Recommend no more than 15 minutes.

Tepidarium Heated Loungers

Following the water and sauna experiences, enjoy the heated mosaic stone loungers with radiant heat to harmonize the body. Please ensure you use a towel to protect sensitive skin as temperature can rise to 40°C.



spa terms and conditions

Scheduling an Appointment: To schedule an appointment for the perfect ESPA experience, please speak with our Spa reception team who will advise you on the right treatment choice for you. Call 091 778 460 or email espa@theg.ie. We recommend booking in advance to ensure your preferred treatment time is available.

Arrival time: You are advised to arrive no later than 1hr prior to your appointment to enjoy our facilities. Please be advised that late arrivals will result in a reduction of your treatment time.

Booking & cancellation policy: Please be advised that any cancellations no later than 48hrs prior to your appointment. 50% cancellation charge will apply for any treatments cancelled within 48hrs. 100% charge will incur if your cancellation is within 24hrs. Please note, booking made inside of the cancellation time frame which have been confirmed are subject to the cancellation policy. In the event of 'failure to turn up' the full amount will be charged to the credit card or Gift Certificate provided during the booking process. All bookings must be secured with a credit card.

Etiquette: The spa is an environment of peace and tranquillity. We kindly ask you to turn off your mobile phone, as they are not permitted whilst in the spa. Our relaxation room is a quiet zone and we ask that you respect others relaxation time

Health Conditions: We ask you to advise us of any health conditions, allergies or injuries which could effect your treatment at the reservation stage of booking.

Pregnancy: We have a range of special treatments for expectant and nursing mothers. Please be advised that the thermal suite is not suitable for expectant mothers.

Swimwear: Swimwear is required in the thermal suite.

Thermal Suite: As part of your Spa Journey with ESPA, this complimentary experience is included 1hr prior to your treatment when you reserve a treatment of 55 minutes or more.

Age limit: All guests visiting the spa must be aged 16 or over.

