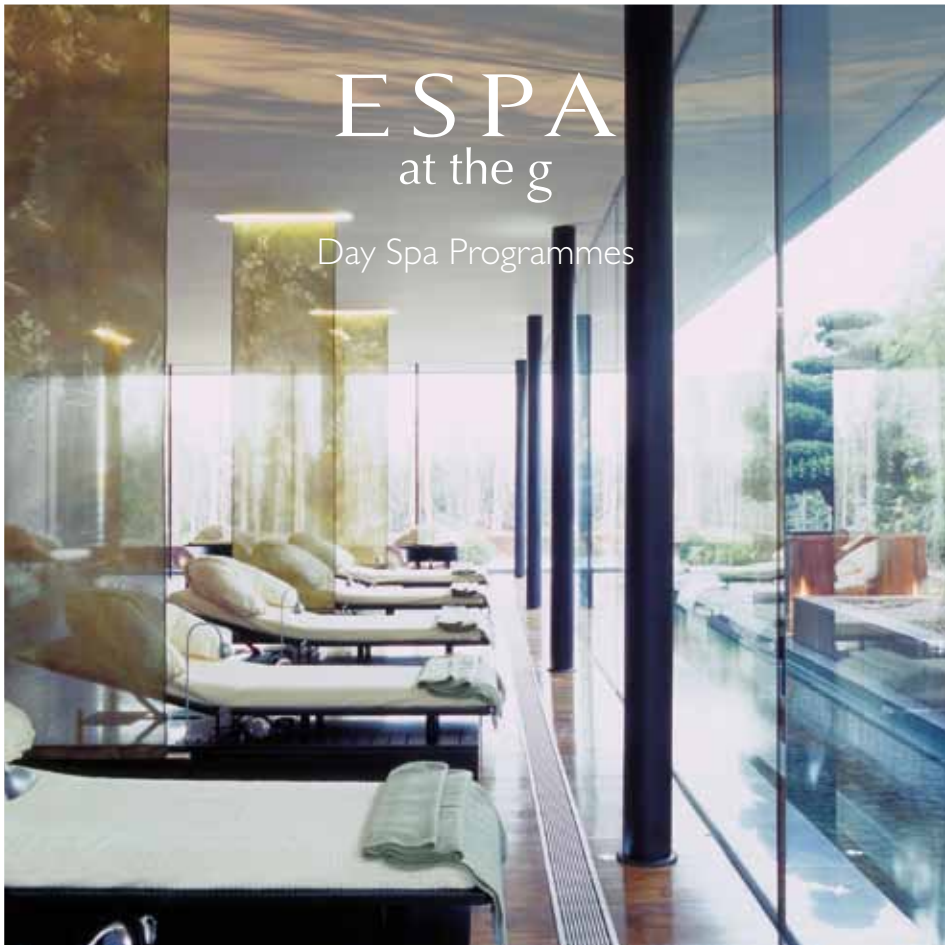


ESPA

at the g

Day Spa Programmes





Stolen Moments

We all deserve to have a few moments alone so why not steal some time for yourself in ESPA at the g?

Duration: 25mins

Price: €70

Bookable: Mon – Fri / 10am – 1pm (on selected dates)

- ✿ Relax and unwind in the thermal suite
- ✿ Choice of one treatment: ESPA Back, Neck & Shoulder Massage or mini ESPA Facial or Oriental Scalp Massage
- ✿ Use of the glass pavilion relaxation room enjoying the soothing view of the rooftop Zen garden

Glimmer & Glow

Renew your skin with the help of our highly trained ESPA professionals!

Duration: 1hr 20mins

Price: €110

Bookable: Sunday – Thursday

- ✿ Revitalise your body in the thermal suite
- ✿ Professional in-depth skin analysis
- ✿ Skin renewing ESPA Intensive Facial
- ✿ ESPA Firming Eye Treatment
- ✿ Chocolate & smoothie in the relaxation area

Pea in the Pod

This total body experience has been carefully designed for pregnant and nursing mothers to aid relaxation during this very special time.

Duration: 1hr 20mins

Price: €130

Bookable: Sunday – Thursday

- ✿ Calming back cleanse and exfoliation
- ✿ Back massage using nourishing treatment oil
- ✿ Gently warmed body mask
- ✿ Therapeutic scalp massage
- ✿ Chocolate & smoothie in the relaxation area

Confessions of a SPAholic

A tranquil day spa experience that will leave you feeling uplifted and revived...

Duration: 1hr 20mins

Price: €150

Bookable: Sunday – Thursday

- ✿ Unwind in the thermal suite
- ✿ Rejuvenating full body salt & oil scrub
- ✿ Soothing ESPA Intensive Facial
- ✿ Calming oriental head massage
- ✿ 2-course healthy spa cuisine lunch

Spa, Dinner & a Movie

Begin your evening at ESPA at the g for pure movie star escapism!

Duration: 55mins

Price: €120

Bookable: Sunday – Thursday

- ✿ Use of the thermal suite facilities providing a luxurious range of heat and cooling experiences
- ✿ ESPA Full Body Massage or ESPA Intensive Facial
- ✿ 2-course dinner in the signature lounges
- ✿ Movie ticket of your choice to the EYE Cinema

A Little Bit of Heaven

Moments of peace in a hectic life are heaven...What better way to spend them than sharing with a friend while experiencing an ESPA Chakra Balancing journey designed to improve your wellbeing.

Duration: 1 hr 50mins

Price: €310 for 2 people

Bookable: Sunday – Thursday

- ✿ Use of the thermal suite facilities
- ✿ Full body skin brushing and exfoliation
- ✿ Gentle facial cleanse
- ✿ ESPA Full Body Massage with hot stones
- ✿ Acupressure head massage
- ✿ Handmade chocolate & smoothie

Experience ESPA at the g

Experience rituals that will take your mind to a calmer place and enjoy treatments to nurture your body.

Duration: 1 hr 20mins

Price: €145

Bookable: Sunday – Thursday

- ✿ Use of the thermal suite facilities
- ✿ Stress relieving ESPA Back, Neck & Shoulder Massage
- ✿ Skin renewing boutique facial
- ✿ Therapeutic scalp massage
- ✿ 2-course healthy spa cuisine lunch

Twice as Nice

An exceptional skin softening body exfoliation, followed by a relaxing back treatment and a signature g cocktail.

Duration: 50mins

Price: €190 for 2 people

Bookable: Sunday – Thursday

- ✿ Thermal suite heat experience
- ✿ ESPA Full Body Salt & Oil Scrub
- ✿ ESPA Back, Neck & Shoulder Massage
- ✿ Use of the glass pavilion relaxation room
- ✿ Signature g cocktail in one of the lounges

Luxury Lifestyle Membership

1 Year Membership

ESPA at the g's luxury lifestyle membership offers superior wellness benefits to aid consistent and exceptional care of your body and spirit, along with exclusive services and VIP privileges throughout the five star g Hotel.

- Unlimited access to the thermal suite
- Unlimited access to the fitness studio
- Preferred treatment rates
- One-to-one lifestyle consultation on joining
- Members only promotions and special offers
- A complimentary 55 mins treatment per year
- Two complimentary guest passes per year to the fitness studio and thermal suite
- Seasonal skin care analysis
- Healthy spa cuisine menu choices
- Wellness workshops
- ESPA at the g bathrobe and slippers
- 10 % discount on food & beverage charges
- 10 % discount on hotel accommodation
- Complimentary car parking

If you would like to secure your membership now, our spa team would be delighted to hear from you and discuss rates and payment options.

Terms & conditions apply.

3 Months Membership

- Unlimited access to the thermal suite
- Unlimited access to the fitness studio
- 20% discount on treatment rate (Bookable from Sunday to Thursday.)
- Complimentary skin analysis and a boutique facial treatment on joining
- Two complimentary guest passes per year to the fitness studio and thermal suite
- Complimentary car parking
- Members only promotions and special offers
- Healthy spa cuisine menu choices

€250 per person

Terms & conditions apply.

1 Month Membership

- Unlimited access to the thermal suite
- Unlimited access to the fitness studio
- 20% discount on treatment rate (Bookable from Sunday to Thursday.)
- Complimentary skin analysis and a boutique facial treatment on joining
- Complimentary car parking
- Members only promotions and special offers
- Healthy spa cuisine menu choices

€95 per person

Only one introductory membership can be purchased per person. Introductory fee may be applied towards full membership should you decide to purchase full one year membership.

ESPA at the g

ESPA at the g is situated on the upper two floors of the five-star g Hotel in Galway City designed by renowned milliner, Phillip Treacy. World leaders in spa design and product, ESPA has developed the total concept and design for ESPA at the g. It is the ultimate comfort zone created to cocoon you from the outside world and matched by an extensive menu of ESPA treatments.

Day Spa Programmes

An extensive list of day spa programmes is available from Sunday to Thursday for both hotel residents and day visitors using luxurious ESPA products. Offers are subject to availability and can not be used in conjunction with any other offers or specials of ESPA at the g.

Opening Hours

Sunday – Thursday: 10am – 7pm

Friday & Saturday: 10am – 8pm

Contact

ESPA at the g, Wellpark, Galway City, Ireland

T: +353 (0) 91 778460

E: espa@theg.ie

W: www.theghotel.ie