



## The ultimate indulgence

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Having long heard tales of the magical ESPA at the **Hotel**, I often planned to take a trip over and treat myself. However, with work and busy social life, I never managed to get around to it.

So last month when I heard that therapist Irene Kenning had won 'Spa Therapist of the Year' at the Irish Beauty Professional Association awards, I decided it was high time I made that appointment and check it out for myself.

On arriving at the ESPA, I was given a specially designed pair of slippers and a comfy robe and taken to the thermal suite. Encompassing a sauna, steam room, tropical showers and a fabulous vitality pool, I easily passed an hour relaxing in the luxurious setting of the thermal suite and felt great when I headed upstairs for my treatment.

My therapist Irene brought me to a treatment room before asking me to sit down for a foot ritual, which included a washing and moisturising of the feet. I had never experienced something like this before and have to say that I thoroughly enjoyed it.

While this was going on, Irene asked me a number of questions about my lifestyle and mood, so she could tailor my treat-

ment for full benefit. Attention to detail is very evident at the ESPA, with a choice of lighting and a sensory test to choose which oils to use.

For the main event, I enjoyed a holistic back, face and scalp massage with hot stones, which I have to say was nothing short of amazing. This sophisticated holistic therapy includes a stimulating and deep cleansing back exfoliation, followed by a back massage using hot stones with aromatic oils. A personalised intensive ESPA facial follows, which concludes with a tension relieving oriental scalp massage.

The one hour 50 minute treatment finished with a trip to the relaxation room, which is a 'secret' bamboo garden on the roof. The relaxation room features a number of loungers, where I relaxed with a magazine and a smoothie before returning to the real world, completely relaxed and at ease.

Overall, this was a completely indulgent experience that left me feeling a million dollars and one I wouldn't hesitate in recommending. From start to finish, the service was five-star and it is easy to see why Irene was awarded such a prestigious prize.

To try it for yourself, log on to [www.thehotel.ie/eSpa](http://www.thehotel.ie/eSpa).

