ESPA
at the g
LUXURY SPA

ESPA
at the g

Welcome to ESPA at the g

The g Hotel, designed by renowned milliner, Philip Treacy, combines comfort and luxury in a totally original fashion to offer a magnificent five star escape.

Located on the upper two floors and proudly created by ESPA, one of the world's leading luxury spa and skincare brands, we present ESPA at the g – undoubtedly one of Ireland's leading urban spas.

Our bespoke menu of ESPA signature rituals and treatments will nurture and restore skin, body and mind, while our spa facilities offer an experience like no other. Hide away in the thermal suite, complete with vitality hydro pool, crystal steam room, rock sauna, lifestyle showers and heated loungers, relax in our glass pavilion overlooking the Zen garden, or sweat it out in the fully equipped fitness studio.

All bookings are subject to availability and we recommend guests book in advance to ensure availability of your preferred date and time.

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ESPA Thermal Experience

1 hour Price: €30.00 *Midweek Special*: 1 hour for 2 guests Price: €40 (Tues – Thurs)

Our ESPA thermal and hydro experiences provide a selection of 'hands-off' therapies to relax and rejuvenate the body and mind.

Vitality Pool
Relax in our luxurious hydro-pool designed to revitalise the body. It is 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. The Vitality pool operates at a temperature of 36°C. Not suitable for swimming.

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 steam room is 45°C - 50°C.

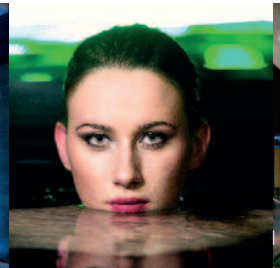
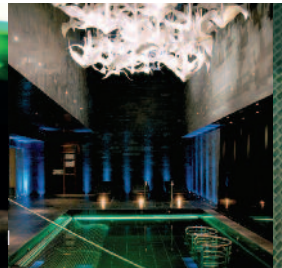
Ice Fountain
Use the crushed ice to counteract the warming effects of the thermal experiences.

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.

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.

Our Thermal Suite & Treatments must be booked in advance to ensure availability.

g Signature Treatments

ESPA has created a collection of signature treatments for ESPA at the g. The specially selected treatments combine traditional European and Eastern Philosophies, releasing tensions and restoring a sense of absolute wellbeing. The expertise of our professional spa therapists combined with ESPA products - known for quality, purity and integrity of the natural ingredients - result in a truly personal and luxurious experience.

ESPA Reviving Back, Face & Scalp

1hr 50mins with Hot Stones Price: €195

Unravel tension, instantly boost your complexion and unwind your mind with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial - you'll emerge restored, de-stressed and radiant.

Includes: *Welcome foot ritual, Back exfoliation, Back massage with hot stones, Personalised facial, Scalp massage.*

Chakra Balancing Massage

1hr 50mins Price: €195

Melt away tension and bring body and mind back into harmonious balance. Combining refining body brushing and exfoliation, an indulgent hot stone massage and a blissful scalp massage, you'll discover smooth, richly nourished skin while gentle stretching alleviates tired, aching muscles.

Includes: *Welcome foot ritual, Body exfoliation, Massage with hot stones, Scalp massage, Opening & closing of chakras to release negative energy*

Total Body Bliss

1hr 50mins Price: €195

Fully indulge in our most luxurious body-mind ritual. Body exfoliation combines with a results-focused wrap, soothing aromatherapy massage and reviving scalp massage – unravelling tension, nourishing skin and relaxing you from head to toe.

Includes: *Body exfoliation, Detoxifying Algae or Nourishing Marine Mud wrap, Aromatherapy massage, Scalp massage*

ESPA Detox

Feelings of sluggishness and weariness can signal the need for a body detox. ESPA's detox massage treatments use body wraps and advanced massage techniques to tone and firm skin, stimulate circulation, target areas prone to cellulite and drain the lymphatic system to help eliminate toxins from the body. These stimulating treatments clear and revitalise the mind while improving the appearance of the skin.

Contour & Firm Body Treatment

1hr 50mins Price: €195

Instantly tone and firm. This specialized body treatment features a results-driven sequence of deeply stimulating and lymphatic drainage massage techniques. Toxins are eliminated, a sluggish system is boosted and your body is left divinely smooth and contoured.

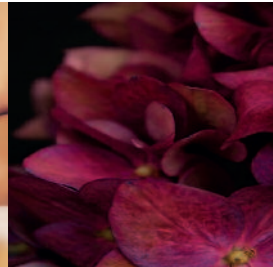
Includes: *Exfoliation with Detoxifying Salt & Oil scrub, iced and warm mitts, Algae wrap, Lymphatic drainage and deep stimulating massage, Specialised colonic massage techniques, Scalp massage*

ESPA Ocean & Earth Body Wrap

55 Minutes Price: €95

This body treatment offers a true skin pampering experience. Skin brushing and exfoliation will speed up circulation and remove dead skin cells to allow the ESPA products to perform. Choose from marine algae rich in hydrating and detoxifying ingredients to eliminate toxins OR a marine mud known for its skin conditioning properties, ideal for dehydrated skin that requires nourishment.

Includes: *Skin brushing, body exfoliation, full body application of aromatherapy oils and specific mud or clay wraps, foil blanket, scalp massage*



ESPA Facials

Uniquely tailored to you, every ESPA facial begins with in-depth skin analysis using SkinVisionTM technology to identify skin conditions not visible to the naked eye, before every aspect of the experience is customised to ensure only the best results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month

Intensive & Age-Defying Facials

Advanced Rejuvenation

1hr 20mins Price: €140

Infuse mature skin with new youthful vitality as you visibly target each sign of ageing with this regenerating treatment. Results-driven, this instantly effective facial smooths fine lines and wrinkles, restores elasticity and diminishes the appearance of age-related pigmentation, redness and large pores.

Includes: *Deep brush cleanse, Skin analysis with SkinVision™ lamp, Steam & extraction if required, Skin Radiance Mask, Specialised age defying, contouring & lifting facial massage techniques including crushed ice, Professional Lifting & Smoothing Mask and LifeStage intensive serums and moisturisers, Tinted moisturiser finish*

Ultimate Skin Radiance Facial

1hr 20mins €140

Instantly brighten and revitalise skin with this supercharged facial. Fresh, glowing, luminous results make this highly-targeted treatment ideal for fatigued or lacklustre complexions, delivering the ultimate skin-boost for every skin type and age.

Includes: *Deep brush cleanse, Skin analysis with SkinVision™ lamp, Steam & extraction if required, Skin Radiance Mask, Age defying rose quartz crystal massage, Professional Lifting & Smoothing Mask Intensive facial serum and moisturiser*

Treatment Enhancement

Lift & Firm Eye Treatment

25 Minutes Price: €55

Lift, brighten, smooth and tone – fine lines are diminished and youthfully revived eyes are just minutes away. From advanced massage techniques to marine-potent formulas, meet your ultimate hydrating treatment to target dark shadows, puffiness and signs of ageing.

Includes: *Cleanse, Exfoliation, Massage, Firming eye mask and Application of Lift & Firm Intensive Eye Serum*

Please note that is not a standalone treatment and must be booked in conjunction with a facial.

ESPA Facials

ESPA skin solutions facials are suitable for all skin types. Following your initial consultation at the start of your treatment, your therapist will recommend the most suitable facial for your skin type.

Skin Solution Facials

'For You' Facial

55 Minutes €95

Discover the deeply cleansing, skin-boosting powers of this results-focused facial. Tailored exactly to your unique needs, this highly-personalised treatment harnesses SkinVision™ technology for advanced skin assessment, identifying and correcting any concerns - with beautiful and instantly visible results for all skin types.

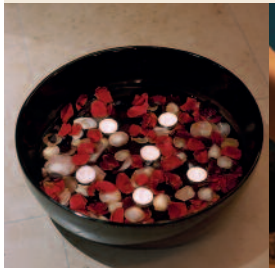
Includes: *Triple cleanse, Skin analysis with SkinVision™ lamp, Steam and extraction if required, Facial massage, Personalised mask and scalp massage*

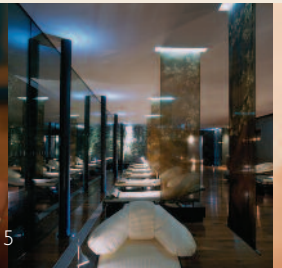
Optimal Skin ProFacial

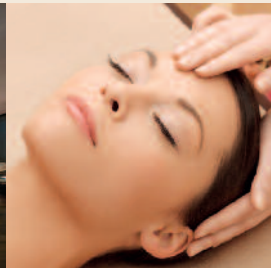
55 Minutes €95

Treat your skin to a luxurious health-fix. Quenched in hydration, nourished with nutrient-packed formulas and revived with high-performance massage, your complexion will be refined, rebalanced, smoothed and protected with guaranteed radiant results.

Includes: *Deep brush cleanse, Skin analysis with SkinVision™ lamp, Steam and extraction if required, Facial treatment mask, Facial and eye area massage, Hand & arm exfoliation and treatment.*







ESPA Body Massages

ESPA at the g offers a range of massages using a powerful blend of essential oils and specific techniques to soften your skin, restore equilibrium and bring deep relaxation to your body, mind and spirit.

'For You' Massage

55 Minutes Price: €110 1hr 20min Price: €150

Treat your body to a new and totally bespoke approach to massage, when you indulge in this fully tailored treatment. Whether your tense muscles need easing, your mood needs boosting or your mind needs calming – this unique experience delivers exactly what your body and spirit require.

On the Day of your Massage

Step 1: Choose your preferred massage
Step 2: Choose your pressure: gentle, medium or firm

Aromatherapy: quieten your mind, nourish your skin and release tension. A blend of individually chosen oils will be selected by your therapist from: Detoxifier, De-stresser, Muscle Relaxer, Jet Lag Eliminator, Immune Booster, Energiser

Classic: firm and fast paced, using traditional Swedish movements to release muscular strain and stress

Balinese: supremely gentle, relaxing and comforting massage with long sweeping movements to ease and warm your entire body. *Available for 1hr 20min duration only due to the nature of treatment*

Deep Muscle: a powerful hot stone massage designed to alleviate deep-seated tension and muscular stress

Hot Stones: The ultimate massage booster - warm volcanic stones target tight, tender and aching muscles

Treatment Enhancement

Salt & Oil Reviver

25 Minutes Price: €55

Soft, glowing, nourished skin – with this instantly effective blend of sea salt and nurturing oils, skin-dulling cells are polished away and skin is intensively smoothed and deeply hydrated.

Includes: *Full body Salt & Oil Scrub*

ESPA Men

Tailored specifically to men's skin type and always customized to your personal needs, we present an edited collection of fast-acting and hard-working face and body treatments.

Deep Muscle Massage

55 Minutes Price: €110

1hr 20mins Price: €150

Let go of deep tension as hot stones ease sore muscles and restore body and mind. Powerful, specialised massage techniques target areas most in need of attention – relaxing and releasing a stiff neck, aching lower back or tight shoulders. You emerge supple and re-energised.

Includes: *Specialized targeted massage to specific areas of concern*

Hot Stone Massage

55 Minutes Price: €110

1hr 20mins Price: €150

Tight muscles unravel, a busy mind unwinds, warmth comforts. Succumb to the deeply relaxing powers of hot stone massage as expert techniques meet personalised aromatherapy oils. Tension is relieved and muscles are soothed, you emerge revived and restored.

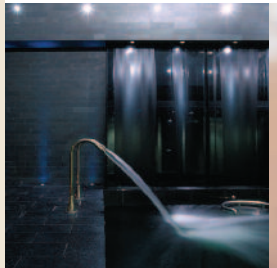
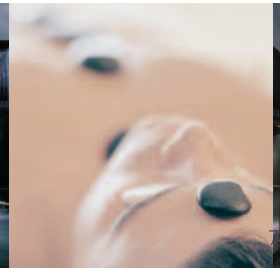
Includes: *Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage*

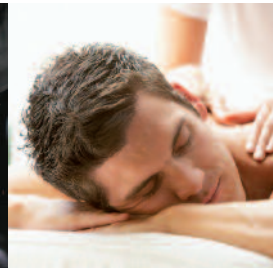
Men's Skin Refining Facial

55 Minutes Price: €95

Clear, cool and ready for anything. Naturally advanced products and tailored facial massage combine to meet your personal needs – hydrating, calming or reawakening skin. Pores are refined, impurities cleared and skin left looking smooth and energised.

Includes: *Double cleanse, exfoliation, Steam and extraction if required, face massage, Personalised mask, scalp massage*



ESPA Maternity

These selected treatments have been carefully designed for those who are expecting or have just had a baby to nourish the skin and relax the mind.

Pre & Post Natal Treatment

55 Minutes Price: €110
1hr 20mins Price: €150

Support your body at this precious time with a soothing yet highly efficacious treatment that delivers total relaxation and maximum results. Nourishing formulas combine with expert massage techniques, helping to smooth and even skin tone while melting away tension.

Includes: *Back exfoliation (if required), Personalised body massage, Scalp massage*

Yummy Mummy

1hr 20mins Price: €125

Carefully designed for those who are expecting or have just had a baby to nourish the skin and relax the mind. A holistic maternity experience that combines a nourishing massage with a boutique facial.

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

Lighter Legs

40 Minutes Price: €70

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. A relaxing foot ritual cleanses and smooths the feet and lower legs before they are treated to a rejuvenating massage with pure Jojoba and Sweet Almond Oils and enveloped in a cooling yet deeply nourishing moisturizer.

Includes: *Foot Ritual, Lower leg and foot exfoliation and massage*

ESPA Holistic Hand & Foot Treatments

ESPA Nourishing Hand & Arm Treatment

55mins Price: €70

This therapeutic hand and arm treatment incorporates hot stones with nourishing aromatherapy oils. To conclude your experience, hands and nails are dipped in warm paraffin wax to soften and condition the skin.

ESPA Nourishing Foot & Leg Treatment

1hr 10mins Price: €85

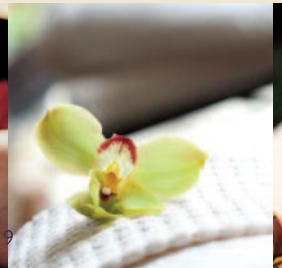
This soothing treatment consists of a gentle exfoliation and a relaxing acupressure point massage with aromatherapy massage oils and hot stones. To conclude your experience, your feet are wrapped in warm paraffin wax to soften the skin.

Alternatively nails may be painted to achieve a polished finish.

Nails

- Manicure €40
- Pedicure €40
- File and Polish €25
- Opi Gel Polish Manicure €45
- Opi Gel Polish Pedicure €45
- Opi Gel Polish 2 week polish €30

Please be advised that the Thermal Suite is not included in Finishing Touches treatments



Spa Packages

ESPA at the g is the ultimate comfort zone created to cocoon you from the outside world. Experience rituals that will take your mind to a calmer place and enjoy treatments to nurture your body.

New You	2 hours
Mon -Thurs	€195
Fri - Sun	€215

- Experience ESPA at the g's thermal suite facilities including a vitality pool, steam room, sauna and heated loungers
- Lifestyle consultation
- Welcome foot ritual
- Choice of two of the following treatments: ESPA Intensive Facial, Full Body Massage or Body Wrap
- ESPA chocolate and refreshing juice
- 2-course light and healthy lunch

Experience ESPA at the g	1 hour 20mins
Mon - Fri	€125
Sat & Sun	€145

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

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

Twice as Nice	50mins
Mon - Fri	€175 for 2 guests
Sat & Sun	€190 for 2 guests

Inspired by the g's vivacious spirit and vibrant colours, this experience will leave you feeling uplifted and ready to walk the pink carpet.

- Thermal suite heat experience
- Salt and oil body scrub or a boutique facial
- ESPA Back, Neck & Shoulder Massage
- Use of the glass pavilion relaxation room
- A cocktail of your choice in the Signature Lounges

Glimmer & Glow	1 hour 10mins
Mon - Fri	€99
Sat & Sun	€110

For beautifully glowing skin, allow your ESPA therapist to select a facial to suit your individual needs.

- Use of the thermal suite facilities
- Expert in-depth skin analysis
- Skin renewing ESPA Intensive Facial
- ESPA Firming Eye Treatment
- ESPA chocolate and fresh juice
- Experience of the relaxation lounge

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.

Choose from:

1 month €70 | 3 month €180 | 6 month €330

No joining fee - No 12 month contract.

All Members Receive:

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

JOIN FOR LONGER & RECEIVE MORE

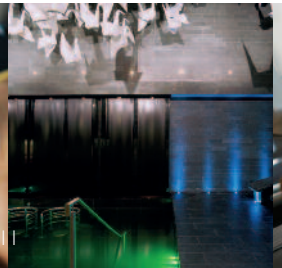
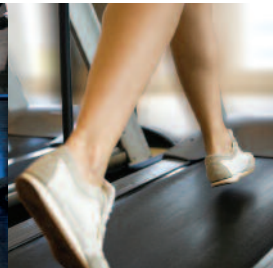
Guests who commit to a minimum of 3 or 6 months Wellness Membership on joining will receive the following additional benefits with our compliments:

3 Months Membership

- Two complimentary guest passes per year to the fitness studio and thermal suite in addition to the above benefits

6 Months Membership

- A complimentary ESPA Product worth €48 in addition to all of the above benefits

How to Spa

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

Arrival time: You are encouraged to arrive at least 1hr prior to your appointment to enjoy our facilities. Please advise that late arrivals will result in a reduction of treatment time.

Booking & cancellation policy: Please advise of any cancellations no later than 24hrs prior to your appointment. 50% cancellation charge will apply for any treatments cancelled within 24hrs. 100% charge will incur if your cancellation is within 12hrs. Non-resident bookings can be secured with a credit card.

Etiquette: The spa is an environment of tranquillity. We ask you to turn off your mobile phone whilst in the spa.

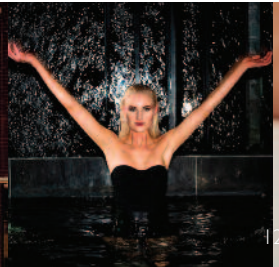
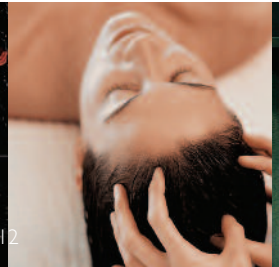
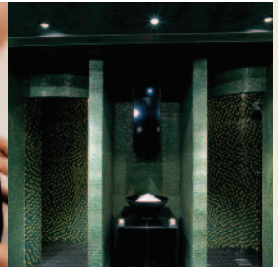
Gift certificates: Gift certificates are non-refundable and must be presented at time of treatment or purchase.

Health conditions: We ask you to advise us of any health conditions, allergies or injuries which could effect your treatment when arranging your reservation.

Pregnancy: We have 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: Our ESPA thermal and hydro experiences provide a selection of 'hands-off' therapies to relax and rejuvenate the body and mind. As part of your Spa Journey with ESPA, this experience is included when you reserve a treatment of 55 minutes or more. To avail of the Thermal Experience without a treatment is €30.00. Advance booking is required.

Home care

To continue your Spa regime and experience at home, all ESPA products used within your treatments are available at Spa Reception where one of our team would be delighted to advise you on the most suitable products for your needs.

These natural products consist of deeply relaxing and de-stressing oils, revitalising seaweeds and nourishing creams to help achieve outstanding results on your face, body and mind.

Spa Gift Vouchers

Gift vouchers are available for Spa Treatments , Full and Half Day Spa programmes and ESPA products. ESPA at the g vouchers and gift sets are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

ESPA
at the g

Award Winning Galway Spa

GOLD AWARD - "HOTEL SPA OF THE YEAR"
Irish Tatler Spa Awards

"BEST HOTEL DESIGN FOR SPA, HEALTH & LEISURE INTERIORS"
European Hotel Design Awards

"TOP HOTEL IN IRELAND"
Travel + Leisure Magazine

"BEST BODY TREATMENT FOR ESPA CHAKRA BALANCING TREATMENT WITH HOT STONES"
Irish Tatler Spa Awards

OPENING TIMES
Monday - Sunday: 8am - 8pm

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