

SHORE ISLAND SPA

AT LOUGH REA HOTEL & SPA

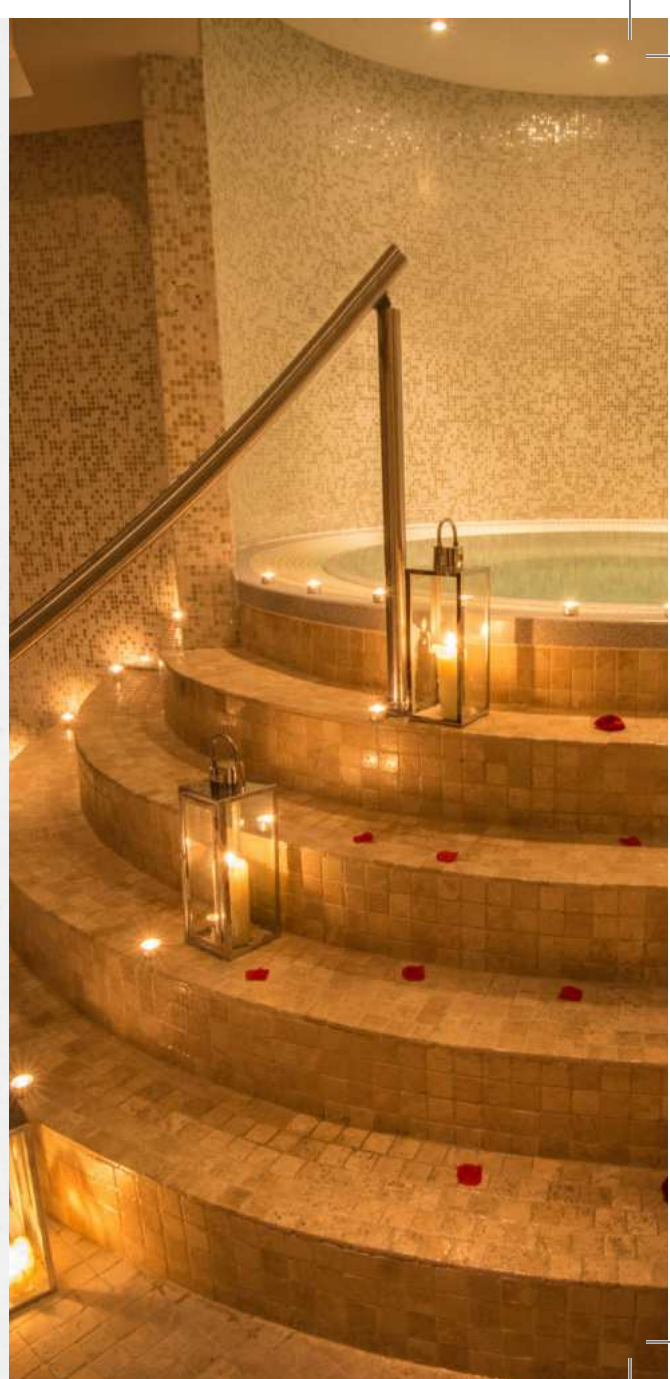
DISCOVER SERENITY AT SHORE ISLAND SPA

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.

Immerse yourself in the rejuvenating spirit of Galway and let Shore Island Spa be your sanctuary for wellbeing and self-care.

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 80–100degree 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 warmth and invigorating hydrotherapy, ensuring you leave feeling refreshed and revitalised.

PRICING

Non-Residents €25 | Residents €20

Add Afternoon Tea with Prosecco €39

Please bring swimwear and flip flops or crocs for use of Thermal Suite facilities. At Shore Island Spa, we are committed to reducing our environmental impact. We appreciate your understanding and support as we work together to make our planet more sustainable.

FACIALS

ELEMIS RENEWAL FACIAL

55mins | €120

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.

ELEMIS NOURISH FACIAL

50mins | €120

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidants rich oils leaving your skin feeling nourished, rebalanced and revived.

ELEMIS DEFINE FACIAL

75mins | €150

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.

YONKA HYDRALESSENCE VISAGE

50mins | €100

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.

YONKA PLAISIR D'AROMES

50mins | €100

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 | €70

This instant radiance facial combines cleansing, exfoliation and hydration to refresh the skin using Elemis products.

MASSAGES & BODY TREATMENTS

HOT STONE MASSAGE

25mins | €75 / 55mins | €120

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.

FULL BODY MASSAGE

55mins | €110

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 | €120

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.

BACK, NECK & SHOULDER MASSAGE

25mins | €70

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 & FOOT MASSAGE

25mins | €70

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.

SCALP MASSAGE

25mins | €70

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

FULL BODY & SCALP MASSAGE

75mins | €140

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

FULL BODY EXFOLIATION

50mins | €95

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



RASUL MUD CHAMBER

60mins | €30 per person (min. 2 people, max. 4 people)

Add on Thermal Suite experience €25 per person

The Rasul is a traditional Arabian cleansing ritual designed to leave you feeling pure, calm and beautifully refreshed, with skin that is gently exfoliated and radiant.

In the privacy of a warm steam chamber, you apply detoxifying mineral mud to the body before relaxing as the heat and moisture activate its healing properties. After 10 to 20 minutes, a luxurious rain shower provides an immersive rainfall effect, rinsing away the mud and leaving the skin smooth, revitalised and rejuvenated.

Thoughtfully designed for comfort and tranquillity, the Rasul offers a deeply soothing and restorative spa experience.





Rasul Mud Chamber

PREGNANCY TREATMENTS

PEACEFUL PREGNANCY RETREAT

55mins | €120

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.

FULL BODY PREGNANCY MASSAGE & FACIAL

90mins | €190

A restorative full body pregnancy massage followed by a Shore Island Spa Facial, tailored to nourish and hydrate the skin while providing complete relaxation and wellbeing for both mother and baby.

FULL BODY & SCALP PREGNANCY MASSAGE

75mins | €140

A deeply nurturing treatment designed to ease muscular tension, reduce fatigue and promote relaxation during pregnancy. Includes a soothing scalp massage to calm the mind and relieve stress.



SHORE ISLAND SPA PACKAGES

GIRLS GET AWAY

25mins | €110

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
- Foot and Leg Massage
- Full Body Scrub

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

SECRET DE BEAUTE

75mins | €180

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 scalp treatment for total relaxation.

Treatment Highlights

- Full Body Scrub
- Back, Neck & Shoulder Massage
- Hydrating Facial
- Scalp Massage
- Thermal Suite (60 minute access)

ENCHANTED ESCAPE FOR TWO

50mins | €240 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 (60 minute access)

Add on the Rasul Mud Chamber for just €30pp extra.

MEN'S PAMPERING PACKAGE

50mins | €120

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 or scalp massage.

Treatment Highlights

- Back, Neck & Shoulder Massage
- Foot or Scalp Massage
- Hydrating Facial
- Thermal Suite (60 minute access)



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 55 mins | €60

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.

OPI Luxury Pedicure 55 mins | €70

OPI Hand or Feet File & Polish 25mins | €25

Gel Polish Hands or Toes Application 35mins | €35





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

BROWS

Tint 15 mins | €15

Wax 20 mins | €15

COMBOS

Brow Wax & Tint 25 mins | €25

Trio (Brow Wax & Tint & Lash Tint) 30 mins | €35



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.

YONKA 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.



ELEMIS



YONKA
PARIS

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 and towel upon arrival. ***Please bring swimwear and flip flops or crocs for use of Thermal Suite facilities.*** At Shore Island Spa, we are committed to reducing our environmental impact. We appreciate your understanding and support as we work together to make our planet more sustainable.

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.

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.

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.

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 T&C's please visit our website.

HELPFUL TIPS

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

Shore Island Spa at Lough Rea Hotel, Loughrea, Co. Galway

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w: www.loughreahotelandspa.com



LOUGH REA
HOTEL & SPA
★★★★