

THE
SPA
AT GALGORDI



Experience...

REDISCOVER YOURSELF



WELCOME TO THE SPA AT GALGORM...

Our idyllic woodland location along the River Maine inspired us to create a space where indoors meets outdoors. Local stone, natural wood and a palette of colours inspired by woodland flowers, trees and grasses dominate our internal space. In The Spa at Galgorm you will find a true sanctuary of luxury, warmth and vitality.

*Discover Galgorm Resort and Spa...
...Re-discover yourself.*





AROMATHERAPY ASSOCIATES

Aromatherapy Associates has been sharing the therapeutic benefits of essential oils for over 30 years. Since the beginning, they have brought their knowledge and skills to the world's finest hotel and destination spas with aromatherapy treatments and products to restore health and vitality. To this day, they continue to develop skin, bath and body care that transforms a daily routine into something luxurious and deeply beneficial.

EVE LOM

Eve Lom's philosophy is based on the fact that every living organism pulsates with energy, sending out information about the physical, biological and emotional state of the body. Through regular cleansing, decongestion and exfoliation this energy can be regulated to help maintain healthy skin.

"Probably the best cleanser in the world" as voted by Vogue Magazine.

VOYA

Voya is a family owned, Irish business which produces the world's first range of certified organic seaweed products. Every Voya product contains extracts from organic wild seaweed, which has been sustainably hand-harvested. Voya products combine the therapeutic properties of seaweed with the excellence of the best cosmetic scientists, biologists and dermatologists. Voya products contain a minimum of 70% organic ingredients, specially chosen to complement the natural properties of the seaweed. This environmentally friendly range is designed to bring you the power and pureness of nature to soothe and moisturise the skin, improve its tone and elasticity and minimise signs of ageing.

JESSANA NAIL CARE

Jessana's breakthrough formulations work with nature to enable nails to withstand breaking, chipping and peeling. The key is a unique flexiseal™ formulation that makes nails hard and strong on the outside, yet still flexible and resilient on the inside, just like nature intended them to be.



THE THERMAL SPA EXPERIENCE

Indulge in the ancient ritual of bathing as you take a trip through our cold, cool, warm and hot experiences to relax, purify, rejuvenate and reawaken your body and soul.



INFINITY HYDROTHERAPY POOL:

Our infinity hydrotherapy pool is exclusive to The Spa at Galgorm and incorporates a variety of therapeutic massage jets to ease tired, aching muscles. Feel the warmth of the water as you relax on the aqua bed, allow stress to ebb away under one of our neck and back massage cannons or stimulate your foot reflexes by standing on a volcano air pad.

OUTDOOR HOT TUB:

Submerge yourself in the tranquility of nature in our outdoor hot tub overlooking the River Maine and Galgorm Wood. Contoured seating and varying height massage jets offer you maximum comfort and ultimate relaxation.

LACONIUM:

A roman sweat purification bath with a constant temperature of 50 degrees Celsius offers an ideal introduction to the thermal spa. The heated walls and seats gently warm your body in a comforting manner encouraging perspiration and body purification.

HERB CALDARIUM:

On entering the herb caldarium your senses will awaken with aromatic essence. A temperature of 42-45 degrees Celsius and approximately 100% humidity will help rid your body of toxins and improve circulation.

AROMA GROTTTO:

Enjoy gentle steam infused with the fresh aroma of essential oils to promote a deep sense of calm and well-being whilst conditioning and cleansing your skin, hair, and respiratory system.

ICE FOUNTAIN:

An invigorating rub with ice crystals awakens your senses and firms your skin.

SAUNA:

Our rustic wood sauna offers dry heat and temperatures ranging from 80-100 degrees Celsius. Pure bliss!

EXPERIENCE SHOWERS:

Imagine a gentle mist or rainforest downpour together with invigoratingly fresh aromas to cool and prepare your skin for further heat treatments.

HEATED RELAXATION LOUNGERS:

Heated to a comfortable 36 degrees Celsius and ergonomically designed to offer your body the most relaxed position it can be.

THERMAL SPA EXPERIENCE

£30

Relax, rejuvenate, detoxify and purify in the thermal facilities for one hour. Enjoy this wonderful experience by itself or as the perfect addition to any treatment.

The Thermal Spa Experience is £15 when booked together with a treatment of 55 minutes or longer

THERMAL SPA EXPERIENCE AND LUNCH OR AFTERNOON TEA

£60

Enjoy 2 hours in the thermal spa with the addition of a delicious 2 course spa lunch served in Gillies Bar and Grill or sumptuous afternoon tea served in The River Room Lobby.

(Subject to availability)



DAY & PART DAY SPA PACKAGES



TURKISH DELIGHT £135 (FRI-SUN) £120 (MON-THUR)

Sample some Eastern delight and transport yourself to a faraway place. Includes:

- 2 hour Thermal Spa Experience
- Turkish Soap Massage
- Eve Lom Radiance Facial

AROMATHERAPY BLISS £200 (FRI-SUN) £170 (MON-THUR)

Experience the ultimate in aromatherapy heaven. Includes:

- 2 hour Thermal Spa Experience
- Aromatherapy Cleopatra Bath
- The Real Aromatherapy Experience (55min)
- Aromatherapy Associates Facial
- 2 course Spa Lunch

ORGANIC GLOW £220 (FRI-SUN) £200 (MON-THUR)

Allow the extracts of organic seaweed to penetrate your skin, leaving you silky smooth from head to toe! Includes:

- 2 hour Thermal Spa Experience
- Liquid Seaweed Cleopatra Bath
- Bladderwrack Body Buff
- Voya Deluxe Facial
- 2 course Spa Lunch

ALL WRAPPED UP! £170 (FRI-SUN) £155 (MON-THUR)

Nestle in a cocoon of pure luxury and bliss for total well being. Includes:

- 2 hour Thermal Spa Experience
- Hydrating Body Cocoon or Tangle Me Up Body Wrap
- Maine Massage
- 2 Course Spa Lunch

YUMMY MUMMY TO BE £120 (FRI-SUN) £110 (MON-THUR)

Indulge in some relaxation and 'you-time' before your little bundle arrives. Includes:

- Baby Nurturing Massage or Mother-to-be Radiance Facial
- Leg and Foot Revitaliser with Hot Stones

Please note this package does not include use of the Thermal Spa and we do not recommend any treatments during the first trimester (first three months) of pregnancy. If you are in any doubt about having a treatment during pregnancy, please ensure that you check with your GP prior to making your reservation.

NATURAL TREASURE £100 (FRI-SUN) £90 (MON-THUR)

Escape the stresses and strains of everyday life, kick back and relax. Includes:

- 2 hour Thermal Spa Experience
- Hot Lava Shell Back Massage or an Eve Lom Radiance Facial
- 2 Course Spa Lunch

FACE FACTS £155 (FRI-SUN) £145 (MON-THUR)

Experience a luxurious treat and emerge a radiant new you! Includes:

- 2 hour Thermal Spa Experience
- Goat's Milk Cleopatra Bath
- Choose from an Age Repair, an Eve Lom Signature or a Voya Deluxe Facial

PARADISE LOST £180 (FRI-SUN) £165 (MON-THUR)

Lose yourself during this wonderful journey of pampering and emerge relaxed and revived. Includes:

- 2 hour Thermal Spa Experience
- Aromatherapy Cleopatra Bath
- Organic Lavender and Seaweed Sugar Glow
- Hot Lava Shell Full Body Massage
- 2 Course Spa Lunch

STRESS BUSTER £200 (FRI-SUN) £170 (MON-THUR)

Beat stress with this indulgent selection of treatments. Includes:

- 2 hour Thermal Spa Experience
- Seaweed and Peat Cleopatra Bath
- Intensive Muscle Release Massage
- Voya Facial
- 2 Course Spa Lunch

'ME-TIME' ESCAPE £130 (FRI-SUN) £115 (MON-THUR)

Escape the outside world for a while. Includes:

- 2 hour Thermal Spa Experience
- Mineral Mud Serail or Aromatherapy Cleopatra Bath
- Maine Massage or Aromatherapy Associates Facial
- 2 course Spa Lunch

All prices are per person per package.

(Please note Friday-Sunday prices apply on Bank Holidays)

2 Course Spa Lunch can be added to any package or treatment for £15 per person (served 12pm-4pm)

THE PARIS SUITE

Side by side freestanding Parisian baths nestle beneath the soft light and tranquility of our tropical aquarium. Enjoy simultaneous treatments and personal relaxation time all in your own private spa suite.



JUST THE TWO OF US

£320* SEAWEED DUO BATHING RITUAL (35MINS) £80*

A wonderfully romantic and indulgent treat for two! Includes:

- 2 hour Thermal Spa Experience
- Mud Seral For Two
- Side By Side Relaxing Herbal Soak
- Strawberries and Champagne
- Maine Massage each
- Dinner in Gillies Bar and Grill

Immerse yourselves in side by side baths of organic seaweed, hand-harvested from the unspoilt Atlantic coast of Ireland. This treatment will relax the muscles, plump up and add definition to skin and support skin regeneration and renewal while combating the effects of ageing.

PARIS SUITE UPGRADE

£60**

CHILLED OUT DUO

£330*

The ultimate in pampering for two - enjoy some time chilling out with a friend and experience the legendary Eve Lom skincare experience. Includes:

- 2 hour Thermal Spa Experience
- Side By Side Relaxing Herbal Soak
- Strawberries and Champagne
- Eve Lom Signature Facial each
- 2 course Spa Lunch

Enjoy the facilities and decadence of the Paris Suite and upgrade any 55min or longer treatments for supreme dual relaxation. Includes:

- Side By Side Relaxing Herbal Soak
- Strawberries and Champagne

***Priced per couple, subject to availability, does not include use of the Thermal Spa.*

Champagne can be substituted with a non-alcoholic drink if required

TWILIGHT DELIGHT

£320*

Relax together at the end of a hard day with a tension relieving hot stone massage. Includes:

- 2 hour Thermal Spa Experience
- Side By Side Relaxing Herbal Soak
- Strawberries and Champagne
- Hot Stone Full Body Massage
- Dinner in Gillies Bar and Grill

**All Paris Suite packages are priced per couple and are subject to availability.*

LAZY DAYS

£280*

Give yourselves time to drift away and dream whilst benefiting from exceptional marine elements. Includes:

- 2 hour Thermal Spa Experience
- Side By Side Liquid Seaweed Bath
- Strawberries and Champagne
- Organic Muslin Bag Massage each



OVERNIGHT PACKAGES

With just the right balance between contemporary décor, traditional style, luxurious finishes and unrivalled spa facilities and treatments, your relaxation starts as soon as you walk through our door.

Includes: accommodation in a superior room, Aromatherapy Associates in-room amenities, a country or river view, full Irish breakfast and a sumptuous dinner in Gillies Bar and Grill.

OVERNIGHT SPA RETREAT £200PP

Valid all week and includes unlimited use of the Thermal Spa and an 85min treatment of your choice. *There is a supplement of £20 payable for the Eve Lom Signature Facial.*

MID-WEEK SPA ESCAPE £135PP

(Available Monday-Thursday)
Enjoy either an Eve Lom Radiance Facial or a Voya Back Massage each, together with unlimited use of the Thermal Spa.

SUNDAY NIGHT SPA ESCAPE £165PP

What better way to extend your weekend than with a luxurious spa retreat; includes unlimited use of the Thermal Spa and either a 55min Maine Massage, Aromatherapy Associates Facial, Hydrating Body Cocoon or a Deluxe Manicure

Rates are per person per night based on two sharing and are subject to availability. Room upgrades may be available, please ask for details at time of booking.

Further treatments may be added and are charged as per the treatment brochure.

2 NIGHT DELIGHT £250PP (If your stay includes a Saturday night) £265PP

Enjoy 2 blissful nights relaxing and pampering with us. Includes:

- 2 nights in a superior room
- 2 full Irish breakfasts and 2 three course dinners (One in the 2 AA Rosette River Room Restaurant* and one in Gillies Grill)
- Full use of the Thermal Spa
- A Mud Serail for 2 and either a 55min Maine Massage, Aromatherapy Associates Facial, Hydrating Body Cocoon or a Deluxe Manicure each.

**Subject to availability
Rates are per person per 2 night stay*





CLEANSING TREATMENTS

Perfect to enjoy as a standalone treatment or for best results and maximum relaxation, add one of our cleansing rituals before or after your chosen treatments.

CLEOPATRA BATH

25MIN
£30

Transport yourself to an entirely new place of total peace and tranquility in the warmth of our bubbling, candle-lit bath. Tailor the bath to your individual needs by including one of the following specialised ingredients:

LIQUID SEAWEED - Soak in pure seaweed infused water to stimulate circulation and restore vitality. Excellent for detoxifying and assisting healing of problematic skin types e.g. psoriasis, eczema and very dry skin

SEAWEED AND PEAT - This bath offers potent detoxification, reduces the appearance of cellulite and combats the signs of ageing. Peat was traditionally used for a variety of skin and rheumatic conditions.

AROMATHERAPY SALTS - An aromatic bath infused with seaweed, mandarin, lemon, lime, patchouli, clove and basil to uplift the mind and body. This organic blend is great to precede a facial or massage treatment.

GOAT'S MILK - Easily absorbed by the skin, the milk brings with it moisture, restorative proteins, vitamins and minerals that help keep your skin soft, supple and healthy the way nature intended.

SERAIL

40MIN
£35 FOR ONE PERSON
£60 FOR TWO PEOPLE

This is an ancient Arabic cleansing chamber ritual that uses self applied mineral-rich ingredients. Within the cabin, heat and steam are radiated to help the potent organic products infuse into your skin leaving your body relaxed and your skin glowing. A stimulating rain shower invigorates your senses and an application of hydrating oil completes your experience. Choose from one of the following ingredients:

MINERAL MUD - Ideal to cleanse and rejuvenate your skin.

PEAT - Offers potent detoxification, reduces the appearance of cellulite and combats the signs of ageing.

CORAL - Increases skin's tone and lustre, contains vitamins and minerals to leave your skin velvety soft.





HAMMAM TREATMENTS

The heated plinth in our Hammam is the perfect spot to lose yourself and enjoy an exfoliating scrub, a specialist wrap or traditional massage.

TANGLE ME UP BODY WRAP 55MIN
£70

This all-over body treatment revitalises skin condition, relaxes tired muscles and relieves stress and fatigue. Antioxidant compounds fight cellulite and the signs of ageing, improving the suppleness and elasticity of your skin. This will leave you untangled and tingling!

MERMAID'S PURSE BODY WRAP 55MIN
£70

This deeply hydrating and detoxifying treatment is perfect for tired, dry and dull skin. Through stimulation of blood flow and manipulation of surface tissue, the body is encouraged to renew its own cells. This produces long term results as skin condition is improved and a fresh new complexion emerges.

BLADDERWRACK BODY BUFF 55MIN
£60

This certified organic body buff is the ultimate treat for tired and dull skin. The antioxidants of the mineral rich Bladderwrack seaweed combines with massage oils to offer a powerful organic way to better skin. The all over body scrub is immediately followed by a light cleansing shower and a short relaxing massage.

ORGANIC LAVENDER & SEAWEED SUGAR GLOW 40MIN
£50

This treatment uses a medley of ingredients including organic seaweed, organic lavender buds and organic sugar to invigorate, exfoliate and nourish the skin.

TURKISH SOAP MASSAGE 55MIN
£60

Covered by delightfully soft, soapy foam, the skin enjoys a gentle, pleasant massage on the heated Hammam wet table. As the body is cleansed, the blood flow is stimulated and the skin glows with a new brilliance.

TOTAL AROMATHERAPY INDULGENCE 85MIN
£105

Relax on our heated plinth in the Hammam and enjoy a full body scrub to improve circulation and expel toxins. Retire to a sumptuous treatment room and drift away with a full body aromatherapy massage tailored to your individual requirements, designed to ease away stresses and strains.





MASSAGE

THE REAL AROMATHERAPY EXPERIENCE 85MIN
£105

Carefully applied spinal pressure plus Swedish and neuromuscular massage eases away the day's stresses bringing your body and mind back into balance. Tailoring specially blended oils to your individual requirements captures the true essence of aromatherapy.

MAINE MASSAGE 55MIN
£70

A delightful top to toe massage designed to ease away tension. Allow the heat from a wheat pillow to soothe the upper back and then relax while the body is massaged with specially blended aromatherapy oils for ultimate body bliss!

INTENSIVE MUSCLE RELEASE MASSAGE 55MIN
£80

A therapeutic and intense massage targeting the areas of your body where you hold muscle tension caused by stress, working at the pc and exercising. Uses a blended oil of lavender, rosemary, ginger and black pepper to restore body and mind.

HOT STONE FULL BODY MASSAGE 85MIN
£105

Hot and cold basalt stones help to release muscular tension and offer a much deeper effect than a conventional massage. It has been said that one stroke of the stone is equivalent to ten of the hand.

HOT LAVA SHELL FULL BODY MASSAGE 55MIN
£75

Enjoy an intense comforting full body massage with hot lava shells. The sustained heat allows deep muscle work, releases tension and leaves you feeling stress free.

HOT LAVA SHELL BACK MASSAGE 40MIN
£55

A delightful treatment using hot lava shells to ease tension specifically in the back and shoulders.

SEAWEED OIL MASSAGE 55MIN
£70

An invigorating massage, the skin is energised by deeply infusing it with the world's only organic seaweed oil. The seaweed extracts in this oil can renew damaged skin cells, add tone and elasticity and combat cellulite and signs of ageing.

ORGANIC MUSLIN BAG MASSAGE 85MIN
£110

A soaked warm muslin bag containing a combination of the finest herbs and seaweed is gently massaged into the body. This process reconditions and rejuvenates your skin by gently exfoliating the outer layers, and nourishing deep within.

VOYA BACK MASSAGE 40MIN
£55

Starts with an invigorating dry skin brush of the back which helps warm the muscles, improve the absorption of oil and encourage cell rejuvenation. Organic seaweed oil and pressure tailored to your requirements then aids relaxation and allows tension to be released.

FACE

All our facials are tailored to your skin type after a consultation with your therapist.

EVE LOM ULTIMATE CLEANSE 55 MIN
£85

When time is a factor this is the perfect facial for you. A deep cleansing treatment including Eve Lom's famous layered paraffin wax mask and extraction but leaves out the extended lymphatic drainage of the Signature Facial. Leaves your skin looking and feeling utterly clean, decongested and radiant.

EVE LOM SIGNATURE FACIAL 85MIN
£115

The most supreme of all facials. Combines the Ultimate Cleanse Facial with enhanced lymphatic drainage and massage on the neck, décolleté and back to achieve greater detoxification and relaxation.

AROMATHERAPY ASSOCIATES FACIAL 55MIN
£70

Restore and revitalise with a facial tailor-made for your skin, treating your individual skincare needs to leave your complexion smooth and luminous.

VOYA FACIAL 55MIN
£70

In this truly organic facial finely ground wet organic seaweed is used to gently exfoliate your face then a mask is combined with a light head massage. Containing active antioxidants the seaweed hydrates and plumps tired skin and produces immediate results.

VOYA DELUXE FACIAL 85MIN
£105

This indulging seaweed facial begins with back body brushing which is followed by a relaxing back and shoulder massage. For the organic facial, finely ground wet organic seaweed is used to gently exfoliate and then freshly harvested organic seaweed leaves are placed on your face. This facial will deeply renew, revive and soften dry and dehydrated skin, alleviating fine lines and wrinkles.

EVE LOM RADIANCE FACIAL 40MIN
£60

The Radiance Facial is the perfect introduction to Eve Lom's simple, beautiful and effective skincare range. Products specially tailored to your requirements are used in this treatment to leave your skin clean, glowing and hydrated.

AGE REPAIR FACIAL 85MIN
£105

This repairing and anti-ageing facial works with natural oils which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of the oils work on slowing down the appearance of ageing skin.



BODY TREATMENTS

HYDRATING BODY COCOON 55MIN
£70

Indulge in this nourishing and thoroughly moisturising treatment. Rich oils and creams of damask rose are layered into freshly exfoliated skin leaving it glowing, silky and revitalised. Enjoy a relaxing scalp massage while cocooned in bliss!

ENRICH BODY TREATMENT 85MIN
£110

This transforming experience begins with an intense body exfoliation to stimulate and revive dull looking skin. Neglected hands and feet are tended to, with special attention paid to dry skin and cuticles. Thirsty skin is replenished with exotically fragranced serum, nourishing skin oil and luxurious body butter, while a relaxing scalp massage completes this intensive treatment. The result is the long lasting effect of irresistibly smooth skin!

OCEAN ESSENCE WRAP 55MIN
£70

This is an organic wrap treatment that stimulates the blood and lymph flow. This detoxifies the skin and stimulates the renewal of damaged cells while defining tone and lustre. It is an excellent skin rejuvenator, combating cellulite and muscle fatigue and producing a smoothing and moisturising effect, combining two powerful seaweeds.



ORGANIC SEAWEED LEAF WRAP 85MIN
£115

This is the crème de la crème of body wraps, using fresh leaves of Atlantic seaweed to cocoon the body to deeply detoxify, moisturise, soften and revive. The treatment begins with finely ground seaweed to exfoliate, continues with the application of the fresh seaweed bandage, then enjoy a relaxing scalp massage while the leaves work their magic!

REFLEXOLOGY 55min
£70

Massaging reflex areas on the feet relieves stress, balances your energy channels and boosts your body's natural ability to heal itself. A wonderfully calming and relaxing treatment, giving benefit to your entire body.





HANDS AND FEET

HAND TREATMENT WITH HOT STONES

40MIN
£50

This luxurious treatment includes an exfoliation and the application of hydrating cream, gel and oil to soften and nourish the skin. This is followed by a soothing massage with hot stones to the hands and arms for ultimate relaxation!

LEG AND FOOT REVITALISER WITH HOT STONES

40MIN
£50

This luxurious treatment includes an exfoliation and the application of hydrating cream, gel and oil to soften and nourish the skin. This is followed by a soothing massage with hot stones to the lower legs and feet for ultimate relaxation!

DELUXE MANICURE

55MIN
£55

Using the revolutionary Jessana nail care range this luxurious treatment protects the nails whilst improving their strength and flexibility and also includes an exfoliation and massage of the hand and arm. After treating the nails to their individual requirements, they are finished with a polish which is yours to take home.

DELUXE PEDICURE

55MIN
£55

A luxurious pedicure using Jessana foot products includes exfoliation, a foot massage and a cooling mask to ensure feet are left revitalised, soft and truly pampered. Your nails will be treated according to individual requirements and finished with a polish which is yours to take home.

SHAPE AND POLISH (HANDS)

25MIN
£30

Give your hands the perfect finishing touch. After applying Jessana hydrating serum and cream our file and polish tidies up your nails with a painted varnish in a colour of your choice.

SHAPE AND POLISH (FEET)

25MIN
£30

Soothing foot lotion is applied to the feet, nails are shaped and filed followed by an application of polish in a colour of your choice.





MOTHER-TO-BE TREATMENTS

Many of our treatments are suitable during pregnancy*, however, we have selected a few of our most popular and beneficial treatments below:

BABY NURTURING MASSAGE 55MIN
£70

Rest as your body is soothed and your skin pampered with the nourishing properties of rose oil. Tailored to your most comfortable position, your full body massage eases tension while a complete scalp, face and lower leg massage is designed to relieve any feeling of heaviness.

BEAUTIFUL BUMP BODY COCOON 55MIN
£70

A full body exfoliation is followed by the application of especially chosen nurturing essential oil, gel and cream to restore your skins condition and refine stretch marks. Enjoy a relaxing scalp massage while cocooned in bliss!

VOYA DELUXE FACIAL 85MIN
£105

This indulging seaweed facial begins with back body brushing which is followed by a relaxing back and shoulder massage. For the organic facial, finely ground wet organic seaweed is used to gently exfoliate and then freshly harvested organic seaweed leaves are placed on your face. This facial will deeply renew, revive and soften dry and dehydrated skin, alleviating fine lines and wrinkles.

MOTHER-TO-BE RADIANCE FACIAL 55MIN
£70

Specially designed for mothers-to-be, our beautifying and luxurious facial softens, moisturises and nourishes using natural rose water to support circulation and purify your skin.

LEG AND FOOT REVITALISER WITH HOT STONES 40MIN
£50

Ease away the strain of baby weight on your legs and feet. This luxurious treatment includes an exfoliation and the application of hydrating cream, gel and oil to soften and nourish the skin. This is followed by a soothing massage with hot stones to lower legs, ankles and feet for ultimate relaxation!

**We do not recommend any treatments during the first trimester (first three months) of pregnancy. If you are in any doubt about having a treatment during pregnancy, please ensure that you check with your GP prior to making your reservation.*





MEN

Almost all of our treatments are suitable for men. However, below is a selection of our most popular male treatments.

INTENSIVE MUSCLE RELEASE MASSAGE	55MIN £80	VOYA BACK MASSAGE	40MIN £55
A therapeutic and intense massage targeting the areas of your body where you hold muscle tension caused by stress, working at the pc and exercising. Uses a blended oil of lavender, rosemary, ginger and black pepper to restore body and mind.		Starts with an invigorating dry skin brush of the back which helps warm the muscles, improve the absorption of oil and encourage cell rejuvenation. Organic seaweed oil and pressure tailored to your requirements then aids relaxation and allows tension to be released.	
HOT STONE FULL BODY MASSAGE	85MIN £105	TANGLE ME UP BODY WRAP	55MIN £70
Hot and cold basalt stones help to release muscular tension and offer a much deeper effect than a conventional massage. One stroke of the stone is said to be equivalent to ten of the hand.		This all-over body treatment revitalises skin condition, relaxes tired muscles and relieves stress and fatigue. Antioxidant compounds fight cellulite and the signs of ageing, improving the suppleness and elasticity of your skin. This will leave you untangled and tingling!	
TURKISH SOAP MASSAGE	55MIN £60	BLADDERWRACK BODY BUFF	55MIN £60
Covered by soft, soapy foam, the skin enjoys a pleasant massage on the heated Hammam wet table. As the body is cleansed the blood circulates faster and the skin glows with a new brilliance.		This certified organic body buff is the ultimate treat for tired and dull skin. The antioxidants of the mineral rich Bladderwrack seaweed combines with massage oils to offer a powerful organic way to better skin. The all over body scrub is immediately followed by a light cleansing shower and a short relaxing massage.	
ORGANIC MUSLIN BAG MASSAGE	85MIN £110	VOYA FACIAL	55MIN £70
A soaked warm muslin bag containing a combination of the finest herbs and seaweed is gently massaged into the body. This process reconditions and rejuvenates your skin by gently exfoliating the outer layers, and nourishing deep within.		In this truly organic facial finely ground wet organic seaweed is used to gently exfoliate your face then a mask is combined with a light head massage. Containing active antioxidants the seaweed hydrates and plumps tired skin and produces immediate results.	

WAXING

Full leg	£40
Half Leg	£25
Bikini or underarm	£15
High Bikini Line	£25
Lip or chin	£15
Eyebrow Shape	£15
Back Wax	£25
Chest Wax	£25

TINTING

Eyesh	£20
Eyebrow	£20
Eyebrow shape and tint	£20
<i>(Patch test required 24 hours prior to treatment)</i>	

GALGORM GIFTS

We have a beautiful selection of products from each of our ranges available to purchase in The Spa.

GIFT VOUCHERS

The Spa at Galgorm gift vouchers offer the perfect gift solution, whatever the occasion. Vouchers may be redeemed against individual spa treatments, day spa packages, overnight spa packages or homecare products. To order your vouchers, book online at www.galgorm.com or call our spa reception team.

SPECIAL OCCASIONS

There are times in your life when you may be called upon to organise a very special event, be it bridesmaid duty, a reunion of good friends or simply a birthday celebration. We offer many packages for all occasions and would be delighted to work with you to create your own bespoke event. Please contact our spa reception for further information.

WEDDINGS

The Spa at Galgorm offers a full pre-nuptial pampering service to ensure you look radiant for your special day. Our wedding packages are created individually and tailored to your requirements, please contact us for more information.

CONFERENCES

The Spa at Galgorm offers a lifestyle philosophy designed to meet the needs of modern day living. Your priority as conference organiser is to ensure your conference runs smoothly, your delegates are comfortable, relaxed and in the perfect state-of-mind to absorb the core messages from your conference. We can offer you a bespoke spa package to suit your itinerary, delegates and budget. Call us for further details.

HOMECARE

For best results post treatment, treat yourself to the homecare products as prescribed by your therapist.

To make a booking or for more information contact us on: +44 (0)28 2588 2500



HOW TO SPA...

OPENING HOURS

Thermal - Monday-Friday 7am-10pm Saturday and Sunday 8am-9pm
Treatments - Monday-Friday 9.30am-8.30pm Saturday and Sunday 9.30am-6.30pm

BOOKING

We recommend you book an appointment for treatments in advance giving as much notice as possible to avoid disappointment. Availability can be limited especially at weekends. For an appointment call: +44 (0)28 2588 2500

ARRIVAL

We would ask that you arrive 30mins prior to your scheduled start time. This is to enable you to complete a pre-treatment medical questionnaire, change, relax, unwind and familiarise yourself with the surroundings so the treatment can commence at the allotted time. Please note that late arrival will result in the treatment time being reduced.

TREATMENT TIME

Please note that the allotted treatment time includes time for consultation and aftercare advice.

MEDICAL QUESTIONS

It is important that you advise us in advance of any health conditions, allergies or injuries which could affect your treatment when making your reservation. Upon arrival at The Spa you will be asked to complete a pre-treatment medical questionnaire.

WHAT TO WEAR

Towels and robes are provided for use during your visit. Slippers are given as a complimentary gift for your use and to take home. Please bring your swimwear for use in the thermal spa and mud serail. Disposable briefs and boxer shorts will be provided for all wet and/or body treatments if required.

SERVICE CHARGE/GRATUITIES

We do not add any service charge to our treatment prices. Any gratuity you might

like to leave for your therapist is entirely at your discretion.

PAYMENT

Credit/Debit card details will be required to confirm all bookings including those to be paid by gift voucher.

Specific package or treatment vouchers are non transferable to another package or treatment, no change will be given from gift vouchers. If you are paying by gift voucher please remember to bring it with you on the day and present it on arrival.

Packages and group bookings must be pre-paid and are non-refundable but may be transferable to another date if adequate notice is given (at least 5 days).

CANCELLATION POLICY

24 hours notice is required for non package bookings otherwise a 100% cancellation fee will be charged. 100% fee also applies if you do not attend a booking.

VALUABLES

Lockers are provided for your individual use, however, we recommend that you do not bring valuables into The Spa. Galgorm Resort & Spa do not accept any responsibility for loss or damage of personal items.

SPA ETIQUETTE

The Spa is designed to be calm, quiet and relaxing and for this reason the use of mobile phones is prohibited. We also ask that you respect other spa users by speaking quietly whilst in our relaxation areas. Any rowdy or loud behaviour in any area of The Spa may result in you being asked to vacate the premises. The Spa at Galgorm is an adult only environment and open only to persons aged 16 and over. Under no circumstances are The Spa guests permitted to bring alcohol into the spa.

The management reserves the right to close any area of The Spa without prior notice for essential maintenance.

All brochure content is correct at time of going to print. The management reserves the right to alter or amend any aspect of content at any time without prior notice.



