



SPA
the

at Courtyard by Marriott Galway

welcome

Welcome to the Spa at the Courtyard by Marriott, Galway where we invite you to experience the true meaning of spa. The word spa originates from the Latin 'Salus Per Aqua' meaning health through water. The need to cleanse the body and beautify is however the timeless message of a spa, with relaxation and well-being the primary focus. Let us take you on a true spa experience combining the wonders of both Western & Asian spa treatments and therapies.

Two different philosophies . . . one healing objective.

Ytsara

Inspired by an Asian blend of healing and therapeutic remedies, Ytsara aims to achieve radiant skin, healthy bodies and total well-being for those who want to maintain purity, nurture their skin and rejuvenate their souls. Their herbs, roots flowers & fruits are cultivated on their organic farm in Thailand or picked by hand in the forest, taking care to preserve the environment. Ytsara invites you to take a fresh look at life using traditional, natural beauty secrets. All Ytsara treatments include a welcome foot cleanse and Ytsara tea ritual.

Dermalogica

Bringing the power of the worlds latest research and most innovative formulas to you, Dermalogica face and thermal body therapies are results driven to address specific conditions of your skin. Providing the positive benefits of touch and heat, every Dermalogica treatment is customised especially for you. Dermalogica retail products allow you to continue a home regime that will prolong and heighten the results of your treatment. All Dermalogica treatments include their unique face or body mapping analysis.

the perfect gift

Give the perfect gift for every occasion. Available from reception, gift vouchers for the Spa can be redeemed against treatments, packages and retail products at both the Spa at Courtyard by Marriott Hotel, Galway and at the Spa at Marriott Johnstown House Hotel & Spa, Co. Meath.

Or why not continue your spa experience at home. All Ytsara & Dermalogica products used in our treatments can be purchased at reception. Our therapists will be delighted to advise and help you to select the perfect product to maximise your treatment effects.

Treatments marked with **P** are suitable for pregnant mothers



thermal suite

Offering an oasis of calm and tranquility, each of our thermal rooms vary in degrees of hot and cold, providing a unique thermal spa experience.

Finnish Sauna

Traditional sauna with dry heat up to 95°C, natural light and dark wood finish.

Aroma Steam room

Promotes health in body and mind. High humidity and mild radiant heat are features of this steam bath where temperatures vary from 42-45°C. Aromas and herbal essences further enhance your wellness.

Aroma Cabin

Enjoy a slow and gentle warming of the body that increases the intensity of bodily purification and detoxification. The heat is extremely mild, reaching approximately 35°C.

Ice Cave

For an extraordinary cold water treatment, enter the suite's ice cave. Inside you will find fresh crushed ice, great for regulating the soft tissue of the body. A welcome contrast to the heat experience.

Experience Showers

Simulating the following rejuvenating water therapies: warm tropical rain, water massage for entire body, torrent shower, cold spray mist and rain dance.

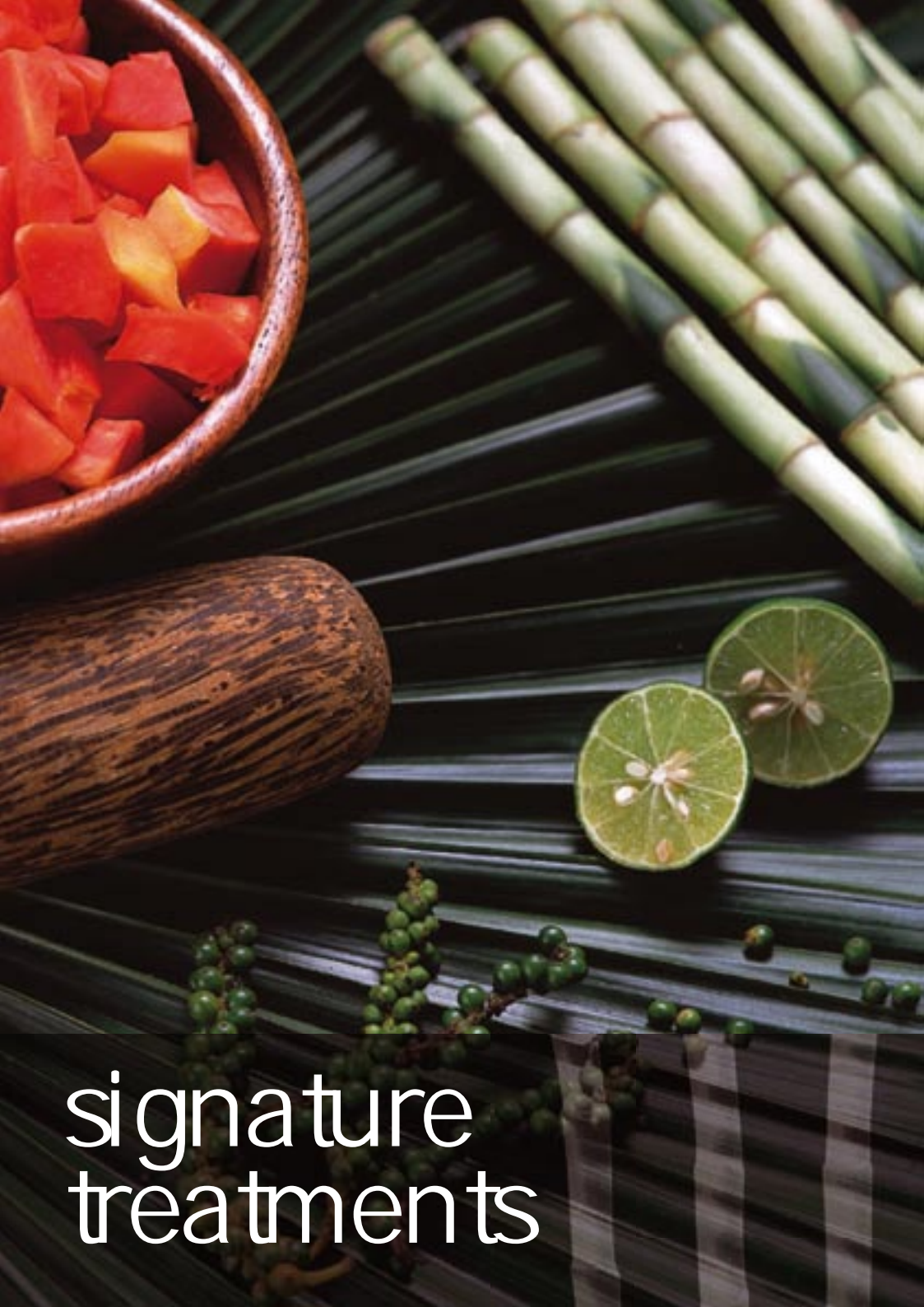
Heated Loungers

Smooth loungers are gently heated, perfect for relaxation either before or after your spa treatments.

We highly recommend that the thermal suite be used prior to your hands-on spa treatments. Please note that appointments are necessary.



thermal suite



signature
treatments

Two vertical bamboo stalks are positioned on the left side of the page. They are light green and have several white, fabric-like ties wrapped around them at intervals. The background is a soft, light beige color.

signature treatments

Náam Akhassa, Anti-ageing Water Ritual

Immerse yourself in a hydrotherapy bath infused with lemongrass & jasmine. Enjoy an anti-ageing body mask enriched in regenerating essential oils, natural spring water and traditional Thai white clay. Experience the healing benefits of the precious stone cabin and finish with a replenishing body lotion leaving skin rejuvenated and renewed.

Time: *1 hour 25 mins*

Náam Bodhia, Shaping Water Ritual

Ideal for improving muscle tone & reshaping the figure. Soak in a purifying herbal hydrotherapy bath infused with lime & chrysanthemum. The skin is covered in a silky contouring body mask enriched in firming essential oils, natural spring water and traditional white Thai clay (dinsowpong). The skin absorbs the therapeutic properties of the contouring body oil while you experience the healing benefits of the precious stone cabin. A cooling body gel is applied to tighten pores & enhance skin appearance.

Time: *1 hour 25 mins*

Som Doon, Thai Body Balance (Couples Ritual)

Experience the natural healing & balancing powers of the precious stone cabin to achieve Som Doon, a state of equilibrium. The heat and steam softens the skin in preparation for a cleansing full body exfoliation on our warm Hamman bed. Bathe together in a synergy of sandalwood and ylang ylang to soothe and calm the mind. The final step towards Som Doon is an Asian aromatherapy massage releasing tension and restoring vitality.

Time: *1 hour 25 mins*

Mandarin Silk Body Therapy (Couples Massage)

Sea salts from the west coast of Thailand combined with an energising body oil of mandarin and peppermint exfoliate to leave skin soft and smooth. Follow with a full body deep massage including Royal Thai and Chinese acupuncture techniques.

Time: *1 hour 40 mins*

facials

All our mesmerising Ytsara Facials include royal Thai massage, energy massage points and pranayama deep breathing.

Na, Tropical Fruit & Flower Facials

Your therapist will help you to choose from one of the following four facials

Sombun: Balancing facial to purify and decongest normal to oily skin.

Chum Chou: Heal your dull & congested complexion. This quenching facial is perfect for hydrating normal to dry skin.

Yothai: Sensitive and ageing skin will be regenerated. Alleviate fine line wrinkles and assist cell renewal & oxygenation.

Siam Sá: Nurture dehydrated combination skin while reducing dryness and improving skin circulation.

Time: 1 hour 25 mins

Lawan, Beautifying Organic Facial

For all complexions that need brightening and luminosity, this beautifying organic facial leaves skin purified & refined with a radiant healthy glow.

Time: 55 mins

Ta Souay, Awakening Eye Treatment

Pamper and rejuvenate the eye area with this amazing eye treatment that combats fine lines, puffiness and dark circles.

Time: 55 mins

Dermologica face treatments target your most pressing skin concerns and improve the health of your skin. Through your Face Mapping zone-by-zone skin analysis, we will create a treatment customised to meet the needs of your skin, delivering healthier skin with a fresh appearance.

The Demologica Face Treatment **P**

Includes professional double cleansing, exfoliation, extractions, masque, hydration and solar defence. Additional products and therapies may be added to target individual skin needs.

Medicated Clearing: Breakouts have met their match! With deep cleansing, purification, extractions and hydration this facial targets current breakouts while helping to prevent future breakout activity.

Environmental Control: Instantly calm redness and reduce inflammation with this super soothing treatment. Includes gentle cleansing and a calming masque suitable for the most sensitive skin.

Skin Brightening: Help to balance uneven skin pigmentation with our botanically-based non-chemical technique. Combined with scrupulous home care, pigment production can be regulated on a cellular level helping to balance the complexion.

Time: 1 hour 10 mins

Age Smart Facial

The ultimate skin therapy for preventing and treating prematurely ageing, dry or devitalised skin. Using ingredients proven to impact the major biochemical reactions that contribute to skin ageing, this treatment will leave your skin noticeably firmer, smoother and healthier.


Time: 1 hour 25 mins

Our therapists will
chose the perfect facial
to suit your skin.





facials



Experience our deep
thermal therapy or
choose a thermal
touch with your face
or body treatments

thermal therapies

Deep Thermal Therapy with Thermal Stamp

This therapy uses a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, demineralise, de-stress, exfoliate and relax. Inspired by the practices of ancient Thai therapy, deep manipulations along pressure points and meridians relieve aching muscles, to rebalance the body.

Time: 1 hour 25 mins

Thermal Touch Treatments **P**

Available as additional therapies only with your face or body treatment

Thermal Touch for the Scalp

Quickly release tension while infusing the scalp and hair with nourishing ocean minerals. This replenishing treatment is complemented by a brief hand or foot massage to help completely rid the body of stress.

Thermal Touch for the Décolleté

Improve health and appearance of your décolleté with this treatment. Ideally suited for prematurely ageing, sunburned or irritated skin.

Thermal Touch for Back Purification

A deeply cleansing scrub prepares your skin for the removal of toxins. De-stress your muscles and cleanse the skin of impurities.

Thermal Touch for Hands & Arms

Designed to cleanse, exfoliate, hydrate and condition hands and arms so they are smoother, healthier and refreshed.

Thermal Touch for the Legs and Feet

Give lower legs the attention they deserve. Cleanse, exfoliate, hydrate and moisturise for healthy and revitalised skin & muscles.

Time: 15 mins

body treatments

Na Plai, Recovery Head Massage

A hot herbal poultice is used in this soothing yet energising back, neck, shoulders and head massage to ease tensions and restore tranquility.

Time: 40 mins

New Anamai, Body Reviver

Combination of acupressure, gentle stretching and oil is applied to release blockages and tune your energy flow. Herbal cushions are placed on your back and neck infusing their healing powers into your system. This treatment helps to reduce stress, improve posture and enhance your vitality.

Time: 1 hour 25 mins

Kamatan, Path to Tranquility

Calm your senses as your body is soothed by a hot herbal poultice and warm oil massage. Tension will slowly be eased out of your body leaving a sense of wholesome well-being and total peace of mind.

Time: 1 hour 25 mins

Samunprai, Thai Herbal Heat Energiser

A steam filled muslin poultice, soaked with essential oils of mandarin and peppermint, brings a deep medicinal heat to your muscles. Release every ounce of tension and re-energise your mind with this unforgettable hot Thai massage.

Time: 1 hour 25 mins

Hot Stone Massage

Tension melts away under the warm smooth stones & oil used in this deeply relaxing massage.

Full Body: 55 mins **Half Body:** 25 mins

Nuat Namman, Body Massage Ceremony

Experience the healing effects of Asian aromatherapy massage, individually chosen to suit your personal requirements. These essential oils allow your body and mind to find harmony.

Ponklai: Relaxing lemongrass & orange essential oils will send your body and mind on a journey of ultimate relaxation.

Lodkwam Aun: Detoxifying long pepper and cinnamon essential oils help your body to release toxins and re-sculpt your figure.

Borisut: Purifying cajeput & petitgrain essential oils will leave your body deeply replenished.

Phem Palang: Energising mandarin and peppermint essential oils ease away tensions and aching muscles to bring you a renewed vitality.

Time: 1 hour 10 mins

New Mohom, Healing for Aches & Pains

Muscular aches and pains surrender when a steamed indigo herbal poultice is thoroughly pummeled over your body. A deep tissue massage using palms, thumbs & elbows dissolves muscle tension and embraces you in an aura of serenity.

Time: 1 hour 25 mins


Swedish Body Massage

Traditional massage techniques and the natural healing qualities of essential oils combine to ease fatigue and revive your spirit.

Full Body: 55 mins **Half Body:** 25 mins

Created to harness the healing properties of our spa products





Let nature's hidden
treasures and the warm
healing hands of our
therapists infuse you with
a calm like no other.

body wraps

Saat Wrap, Complete Detox

The synergy of cajeput & orange removes impurities to prepare your skin for a wrap with natural papaya and aloe vera extracts. While your body is wrapped and warmed, you will begin to release impurities and toxins. Finish with a cleansing aromatherapy massage.

Time: 1 hour 55 mins

Krachap Wrap, Slimming Body Ritual

A gentle body scrub followed by a slimming wrap of ginger extract to improve circulation and assist in eliminating unwanted toxins. The active elements of this treatment will be absorbed and released into the skin in small quantities for several hours after. Finishing with a deep tissue aromatherapy massage.

Time: 1 hour 55 mins

Power Recovery Therapy Wrap

An intense wrap therapy to feed your skin with the nourishment it craves. After exfoliation, a wheat protein and honey blend hydrates your skin while wasabi, ginger and white tea stimulate blood circulation. Rich kukui nut, olive and grape seed oils smooth and provide antioxidant protection.

(not suitable for those with nut allergies)

Time: 55 mins

Nourishing Sea Mud Therapy Wrap

Rest in a warming wrap that induces blood circulation while encouraging absorption of nourishing botanicals. Following exfoliation, natural earth clays draw out impurities, tropical Asian ginger and white tea stimulate circulation & caffeine provides all-over toning.

Time: 55 mins

Body Therapy Hydro Wrap

An exfoliating body therapy is followed by an aloe vera based body pack delivering deep hydration in its cooling gel form. Enriching anti-oxidant vitamins A, C and E will leave even the most sensitive skin feeling soothed and relaxed.

Time: 55 mins

baths & scrubs

Baths

Sabai Sabai, Serenity Bath

Soak in a serenity herbal bath for a total stress release experience.

Time: 25 mins

Om, Harmony Bath

A vitality herbal bath will recharge energy and balance body and mind.

Time: 25 mins

Body Exfoliation

Samsara, Purifying Scrub

This exceptional skin softening body exfoliation combines sea salts from the Andaman sea and a purifying body oil to leave the skin fresh, smooth and revitalised.

Time: 40 mins

Mineral Salt Scrub Therapy **P**

Mineral sea salts and seaweed exfoliate while skin smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. This therapy polishes skin to a soft glow while providing critical hydration and nourishment skin needs.

Time: 25 mins

Body Foliation Therapy **P**

A gentle oatmeal and rice bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyperpigmentation. Leave this therapy with silky healthier skin.

Time: 25 mins





man made

Most of our treatments are suitable for men but here are just a few specifically designed for you by way of product, massage movements, depth of treatment therapy and suitability to the needs of your skin.

New Mohom, Ancient Healing for Aches and Pains

Muscular aches and pains will surrender when a steamed indigo herbal poultice is thoroughly pummelled over your body. A deep tissue massage, using palms, thumbs and elbows to stimulate blood circulation, leaves loosened muscles and an aura of calm.

Time: 1 hour 25 mins

Samunprai, Thai Herbal Heat Energiser

A steam filled muslin poultice, soaked with essential oils of mandarin and peppermint, brings a deep medicinal heat to your muscles. Release every ounce of tension and re-energise your mind with this unforgettable hot Thai massage.

Time: 1 hour 25mins

Manao, Men's Facial

Restore health and vitality to your face and ease away tension with a back, neck shoulders and head herbal poultice massage. Deep exfoliation removes impurities and helps to lift in-grown hairs. A quenching facial mask and hydrating gel will leave the skin fresh and supple.

Time: 55 mins

Dermalogica Mens Facial

Focusing on deep cleansing, smoothing exfoliation, extractions and critical hydration for healthier skin and a refreshed appearance.

Time: 40 mins

Neat Nails for Men

File, soak, buff and cuticle tidy.

Time: 25 mins

hands, feet and finishing touches

Hands

Wai, Silky Smooth Hand Therapy

Start with a gentle tamarind exfoliation to prepare your hands for a rejuvenating papaya wrap that will nourish the cuticles & nails, refine the texture of the hands and diminish dark spots. A relaxing hand and forearms massage releases all tensions.

Time: 40 mins
(May be extended to 55 mins to include file & polish)

Spa Therapy Manicure **P**

Leave your hands and arms smoother, healthier and refreshed. After cleansing, exfoliating, hydrating and conditioning, nails are filed and cuticles tidied, we finish with a splash of color or French polish.

Time: 55 mins

Nail File & Polish

Time: 15 mins

Feet

Sukapao, Foot Beauty Ritual

Start with a gentle exfoliation to prepare your feet to soak in a warm bath with lemongrass essential oil to relieve stiffness and heaviness. An invigorating foot massage with peppermint essential oils completes this luxurious treatment.

Time: 40 mins
(May be extended to 55 mins to include file & polish)

Spa Therapy Pedicure **P**

Relax and de-stress legs and feet for an overall groomed, relaxed feel. Your skin and muscles will feel healthy and revitalised, with cuticles tidied and nails filed - finish with a splash of color or French polish.

Time: 55 mins

Finishing Touches

Eye Treatments

Eye Brow Shape/Wax
Eye Brow Tint
Eye Lash Tint
Lash Tint & Brow Shape
Lash Tint, Brow Tint & Shape

Please note patch test is required 24 hours prior to all initial eye lash tints at the Spa

Make-Up Application

For day or evening.

Time: 30 mins

Hair Removal

IPL – Intense Pulsed Light

Permanent hair reduction and photo- rejuvenation.

Waxing

Lip Wax or Chin	Half Leg
Lip & Chin	Bikini Line
Underarm	Full Leg & Bikini Line
Arm	Half Leg & Bikini Line
Full Leg	

Mens Waxing available on request

Please note patch test is required 24 hours prior to all initial waxing at the Spa

spa packages

Escape

Join us for the ultimate escape package which includes

- Relaxation in our thermal suite
- Na, Tropical Fruit & Flower Facial
Choose Sombun, Chum Chou, YoThai or Siam Sa
- Wai, Silky Smooth Hand Treatment
- Sukapao, Foot Beauty Ritual
- Two course lunch in the Olive Tree Bistro

Time: 4 hours 30 mins

Rejuvenation

Relax and renew with a rejuvenation package that includes

- Relaxation in our thermal suite
- Dermalogica Facial Mapping Analysis
- Dermalogica Facial to suit your skin type
- Dermalogica Thermal Body Wrap
Choose a power recovery therapy wrap, a nourishing sea mud therapy wrap or a body therapy hydro wrap

Time: 2 hours 55 mins

Expectant Mother's Relaxation **P**

(suitable after first trimester only)

Total bliss and relaxation during pregnancy, this package is designed to bring comfort to the body and spirit of an expectant mother.

- Dermalogica Facial Mapping Analysis
- Dermalogica Facial to suit your skin type
- Choose either our Mineral Salt Scrub Therapy or our Body Foliation Therapy
- Two course lunch in the Olive Tree Bistro

Time: 2 hour 30 mins

Man Made Day

This package, tailor-made for men, includes

- Relaxation in our thermal suite
- New Mohom, Ancient Healing for Aches & Pains
- Manao, Men's Facial

Time: 2 hours 55 mins

Rebalance

Detoxify and rebalance on this full day luxurious spa package which includes

- Relaxation in our thermal suite
- Saat Wrap, Complete Detox
- Ta Souay, Awakening Eye Treatment
- Two course lunch or three course dinner in the Olive Tree Bistro

Time: 5 hours

Choose to stay overnight at the Courtyard by Marriott. Special overnight spa rates available. Call 091 513200 today to book.



etiquette at the spa

Spa Appointments

Appointments are essential for treatments at the Spa. To avoid disappointment we recommend advanced reservations to secure your preferred date and time. All appointments can be guaranteed with a valid credit or laser card.

General

Swimwear is essential when using the Spa thermal suite facilities. Bathrobe, towels and slippers are provided for the duration of your spa experience. We respectfully request all guests to help us maintain the peaceful serenity of the Spa by keeping noise to a minimum. Mobile phones must be turned off upon arrival please.

Special Considerations

Your health and comfort are important to us. Please let us know if you have any specific concerns, needs or questions. Guests who have skin sensitivities, high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications, are advised to consult their doctor before making an appointment at the Spa. Please make staff aware of any such conditions when making your appointment and once again when you are introduced to your therapist prior to your treatment.

Arrival

It is essential that all guests arrive at spa reception 15 minutes prior to your treatment. If it is your first visit to the Spa we recommend that you arrive 30 minutes in advance in order to complete our client registration form. This gives you ample time to check in and prepare for your treatment without any reduced treatment time.

Late Arrival

As a courtesy to other clients, therapies must finish at their scheduled time so that we can respect our next appointment. Lateness on your part may result in a reduced treatment time at the full listed price.

Cancellation Policy

Groups of 3 or more: 100% cancellation fee applies for cancellations made within 7 days.

Individuals: Cancellations made within 24 hours incur a 100% fee.

No calls and no shows will be charged the full amount on their credit or laser card or billed to their room. You must speak directly with a spa staff member when cancelling an appointment.



etiquette



the Spa
Courtyard by Marriott
Headford Point,
Galway City

call 091 568750
email info@thespa.ie
visit thespa.ie



Signature Treatments

Náam Akhassa, Anti-aging Water Ritual <i>Time: 1 hour 25 mins</i>	€150
Náam Bodhia, Shaping Water Ritual <i>Time: 1 hour 25 mins</i>	€150
Som D oon, Thai Body Balance Couples Ritual <i>Time: 1 hour 25 mins</i>	per couple €290
Mandarin Silk Body Therapy Couples Massage <i>Time: 1 hour 40 mins</i>	per couple €260

Facial Therapy

Na, Tropical Fruit Flower Facials <i>Choose from Sombun, Chum Chou, Yothai, Siam Sá</i> <i>Time: 1 hour 25 mins</i>	€95
Lawan Beautifying Organic Facial <i>Time: 55 mins</i>	€80
Ta Souay Awakening Eye Treatment <i>Time: 55 mins</i>	€85
Dermalogica Face Treatment P <i>Time: 1 hour 10 mins</i>	€85
Dermalogica Age Smart Facial <i>Time: 1 hour 25 mins</i>	€120

Body Treatments

Na Plai, Recovery Head Massage <i>Time: 40 mins</i>	€60
New Anamai, Body Reviver <i>Time: 1 hour 25 mins</i>	€115
Kamatan, Path to Tranquility <i>Time: 1 hour 25 mins</i>	€115
Samunprai, Thai Herbal Heat Energiser <i>Time: 1 hour 25 mins</i>	€115
Hot Stone Massage Full Body <i>Time: 55 mins</i>	€90
Hot Stone Massage Half Body <i>Time: 25 mins</i>	€50
Nuat Namman, Body Oil Massage Ceremony <i>Time: 1 hour 10 mins</i>	€90
New Mohom, Ancient Healing for Aches & Pains <i>Time: 1 hour 25 mins</i>	€120
Swedish Body Massage Full Body <i>Time: 55 mins</i>	€80
Swedish Body Massage Half Body <i>Time: 25 mins</i>	€45

Body Wraps

Saat Wrap, Complete Detox Ritual <i>Time: 1 hour 55 mins</i>	€170
Krachap Wrap, Slimming Body Ritual <i>Time: 1 hour 55 mins</i>	€170
Power Recovery Therapy Wrap <i>Time: 55 mins</i>	€90
Nourishing Sea Mud Therapy Wrap <i>Time: 55 mins</i>	€90
Body Therapy Hydro Wrap <i>Time: 55 mins</i>	€90

Baths & Scrubs

Sabai Sabai, Serenity Bath <i>Time: 25 mins</i>	€40
O m, Harmony Bath <i>Time: 25 mins</i>	€40
Samsara, Purifying Scrub <i>Time: 40 mins</i>	€60
Mineral Salt Scrub Therapy P <i>Time: 25 mins</i>	€50
Body Foliation Therapy P <i>Time: 25 mins</i>	€50

Thermal Therapies

Deep Thermal Therapy with Thermal Stamp <i>Time: 1 hour 25 mins</i>	€115
Thermal Touch Treatments (additional therapies only) P <i>Time: 15 mins</i>	€30

Man Made

New Mohom, Ancient Healing for Aches & Pains <i>Time: 1 hour 25 mins</i>	€120
Samunprai, Thai Herbal Heat Energiser <i>Time: 1 hour 25 mins</i>	€115
Dermalogica Mens Facial <i>Time: 40 mins</i>	€70
Manao, Mens Facial <i>Time: 55 mins</i>	€75
Neat Nails for Men <i>Time: 25 mins</i>	€30

Hands, Feet & Finishing Touches

Wai, Silky Smooth Hand Therapy <i>Time: 40 mins</i>	€60
Sukapao, Foot Beauty Ritual <i>Time: 40 mins</i>	€60
Spa Therapy Manicure P <i>Time: 55 mins</i>	€55
Spa Therapy Pedicure P <i>Time: 55 mins</i>	€65

Waxing

Full Leg	€45	Full Leg & Bikini Line	€55
Half Leg	€25	Half Leg & Bikini Line	€35
Lip or Chin	€10	Lip and Chin	€15
Arm	€30	Under Arm Wax	€20
Bikini Line	€20	Mens Waxing available on request.	

Eye Treatments

Eye Brow Shape/Wax	€20
Eye Brow Tint	€10
Eye Lash Tint	€20
Brow Shape & Lash Tint	€35
Lash, Brow Tint & Shape	€45
Make-Up Application	€45