



thespa
AT HODSON BAY



...all taken care of.

Those 'that hit the spot',
'I could get used to this!,'
'this is the life', moments.

This is '**you**' time...
all taken care of.



Facial Treatments	1
Massage	3
Body Treatments	5
Wet Treatments	6
Holistic Treatments	7
Mother to Be	9
Treatments for Two	10
Enhancements	11
Half Day Packages	12
Full Day Packages	13
Mens Favourites	14
Residential Packages	15
Spa Information	16



FACIAL TREATMENTS

- SPA PRESTIGE OGENAGE TREATMENT** 100 MINUTES €120
This luxury facial treatment incorporates three masks with anti-ageing formulas to restore firmness and tone to your skin, targeting the face, eye contour area, neck, décolleté and hands. Also alleviates stress from the back.
- TOTAL INDULGENCE FACIAL** 75 MINUTES €110
A total experience for the face, head, back, arms and hands. Using natural rose water, geranium and evening pimpernel it is suitable for all skin types and will leave you glowing from inside out.
- AGE REPAIR FACIAL** 70 MINUTES €110
An intensive treatment for those concerned with the signs of ageing. Award winning natural products are used in conjunction with a unique dual layering of intensive masks, with specific lifting, plumping and firming massage.
- PIONEER YOUTH REVEALING TREATMENT** 60 MINUTES €115
With its two professional masks and its unique resurfacing lotion, this treatment restores the skin's softness and luminosity. The specific face massage completes the action of the products and heightens relaxation. The skin is smoother and firmer. It glows with a new radiance.
- HYDRA BLUE FACIAL** 60 MINUTES €85
This treatment perfectly balances effective moisturising and intense relaxation. It combines signature products with ultra sensory textures and a very relaxing massage to moisturise and comfort the skin which instantly feels its natural freshness.
- MARINE BREEZE FACIAL** 60 MINUTES €85
An oxygenating facial relieves tired, dull skin from daily pollution. After a deep cleanse and exfoliation, a relaxing massage is performed along with the application of a specific mask and serum, leaving the skin feeling bright, radiant and luminous.

...all taken care of.

SOOTHING FACIAL 60 MINUTES

€85

A halo of softness for skin that is sensitive or subject to redness. This cocoon treatment softens the skin and improves its defence for a soothed and ideally hydrated epidermis, producing a radiant complexion.

ROSE RADIANCE FACIAL 50 MINUTES

€75

A deeply nourishing treatment that softens and moisturises your skin using natural Damask rose water to hydrate and renew. Your skin is left purified,toned, delicately scented and quite simply radiant. This treatment is ideal for normal to dry skin.

MEN'S SKIN REFINING TREATMENT 50 MINUTES

€75

Powerful plant extracts and essential oils leave skin looking and feeling clean, refreshed and well conditioned. A fresh water mud mask draws out harmful impurities, firming and toning skin texture for revitalised, younger looking skin.

MARINE DISCOVERY EXPRESS FACIAL 30 MINUTES

€55

This facial treatment includes cleansing and exfoliation using products specifically selected by your therapist to best suit your skin condition and tone.

ROSE EXPRESS FACIAL 30 MINUTES

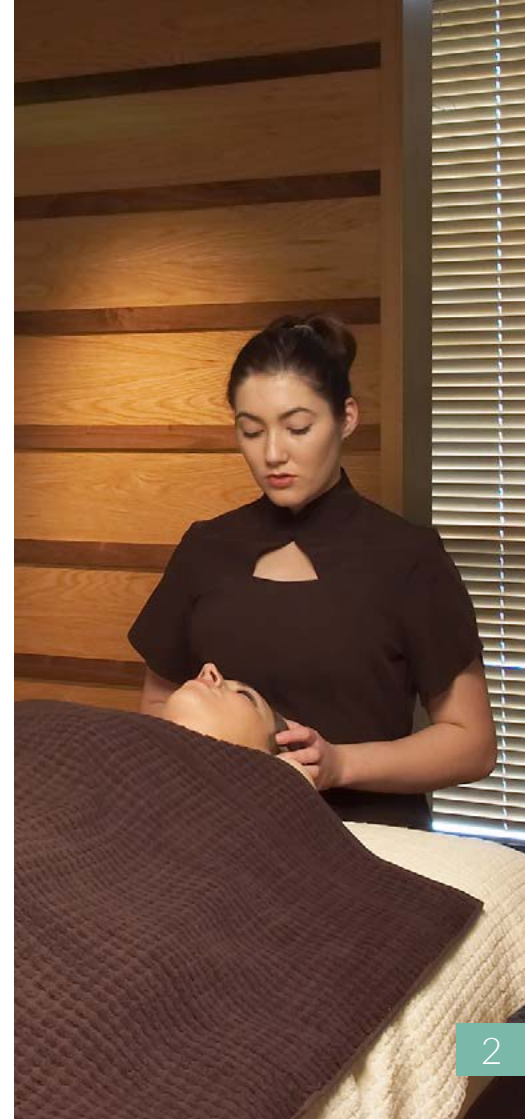
€55

Luxurious rose essential oils help condition and deeply nourish the skin.

PHYTOMER EYE PERFECTION 40 MINUTES

€50

A gentle eye treatment with a radiance mask to leave the eye contour area revived and rejuvenated



MASSAGE TREATMENTS

PREMIUM BODY MASSAGE 105 MINUTES	€160
For a deep relaxation this top to toe warm oil massage starts with a full body and foot massage with warm oils and hot stones followed by a firm stroking and pressure massage of the head and scalp.	
SYNCHRONISED MASSAGE 80 MINUTES	€175
Four hands to one body. An intensely relaxing rhythmical massage performed by two therapists with tandem touch.	
REAL AROMATHERAPY FULL BODY MASSAGE 80 MINUTES	€105
Using the essential oils of your choice, this massage works through spinal pressure primarily targeting your nervous system, benefiting every organ and structure of the body.	
FULL BODY HOT STONE MASSAGE 70 MINUTES	€95
A deeply relaxing massage combining traditional techniques with the use of heated water stones and warm oils.	
BAMBOO MASSAGE 65 MINUTES	€90
Deep Tissue Massage using Bamboo Sticks assists in the release of tension and easing of knots	
DE-STRESS MUSCLE RELEASE MASSAGE 55 MINUTES	€85
An all over body massage using intensive deep tissue techniques to work on stiff, fatigued muscles and joints. Rosemary, lavender, ginger and black pepper warm and ease stress and strain from your body.	
HODSON BAY PRELUDE MASSAGE 50 MINUTES	€75
A soothing and comforting full body massage including the feet and hands, utilising the benefits of Swedish massage movements.	

...all taken care of.

AROMATHERAPY BACK, NECK & SHOULDERS 25 MINUTES

35 minutes with hot stones

Your body and mind will be soothed by the aromatherapy oils best suited to your needs whilst eastern and western massage techniques combine to ease tensions.

€50

€65

GOLFER'S TONIC 55 MINUTES

Hot towels are applied to totally relax the shoulders, back and neck, which are then massaged to ease tired muscles and alleviate stress. The treatment is completed with a warm oil leg massage. The perfect end to a day on the golf course.

€70

BREATHE EASY 50 MINUTES

An invigorating eucalyptus and tea tree inhalation with pressure point massage to your chest and face clears and cleanses your head, nose and chest to restore effective breathing.

€70

SPORTS MASSAGE THERAPY 45 MINUTES / 60 MINUTES

Sports massage is a form of deep massage concentrating on particular areas of tension and tightness in the muscle. It can help complement your training programme by improving flexibility, aiding the removal of lactic acid from the muscle and help to prevent stiffness.

€65/€80

HYDROTHERM 60 MINUTES / 90 MINUTES

Hydrotherm uses warm water cushions to allow the therapist to work using the client's body weight as the source of pressure, facilitating a deeper, more holistic massage technique.

€95/€140

BODY TREATMENTS



BODY EXFOLIATION

25 MINUTES

40 Minutes with Vichy Shower

Choose a seasalt & peppermint oil scrub or rose hydrating exfoliation.

€40

€55

DETOXIFYING MARINE MUD WRAP

60 MINUTES

This warm body mask of rich seaweed is recommended for its impressive detoxifying properties. It stimulates the body's metabolism and eliminates impurities from the body. It includes exfoliation and a finishing application of a marine, mud moisturiser leaving your body cleansed and purified

€85

ROSE HYDRATING COCOON

50 MINUTES

Wonderfully nourishing and moisturising, rich oils of Damask rose are smoothed into your freshly exfoliated skin while your body is wrapped and cocooned in fresh cotton. A relaxing scalp massage completes this unique pampering experience.

€70

ROSE RADIANCE & VITALITY RITUAL

105 MINUTES

A unique top to toe experience begins with a full body exfoliation and the application of aromatherapy rose oil and cream. You are then wrapped in cotton on a heated bed while you enjoy the luxurious Rose Radiance Facial. A pampering and relaxing treatment to leave you looking and feeling wonderful.

€140

WET TREATMENTS

...all taken care of.

WATSU 50 MINUTES

€130

A highly specialised and very soothing type of massage that takes place on a one to one, therapist to client basis in the warm water of our specially designed, private Watsu pool. Watsu promotes all round flexibility, relaxation, peacefulness and an intense sense of nurturing. Watsu as a name is derived from two words: 'water' and 'shiatsu' and developed by Harold Dull in 1980 from ancient healing and calming traditional practices. The Spa at Hodson Bay is the first spa in Ireland to introduce Watsu treatments and their enormous benefits.

RASUL AROMATIC MUD STEAM 40 MINUTES

1 person €50

In your private Rasul Chamber you apply mineralising mud to cleanse and detoxify your skin. After an initial warm drying phase the aromatic steam starts to re-saturate the mud, you then apply a rose exfoliant which is washed away with a gentle rain of water.

2 people €90

with Warm Oil Application 60 MINUTES

1 person €70

2 people €140



HOLISTIC TREATMENTS

REIKI 60 MINUTES

€85

The boundless energy that is said to flow throughout and around all living things is channelled from the giver to the receiver during a Reiki session. The realignment of the flow of energy brings the body back into physical, spiritual and emotional harmony and to increase vitality and energy.

EAR CANDLING 35 MINUTES

€55

Traditionally used by Shaman healers this classic holistic treatment reduces ear blockage, relieving sinus congestion, headaches and tension. Includes relaxing, stroking movements to the face, neck and scapula - promotes pure relaxation and overall well-being.

SHIATSU 60 MINUTES

€85

A massaging technique involving pressure applied along the energy meridians and pressure points of the body in order to unblock and balance the body's energy and promote harmony within the body.

REFLEXOLOGY 55 MINUTES

€70

Reflexology is a complementary therapy that works on the feet encouraging the body to work naturally, to restore its own healthy balance.



...all taken care of.

THAI FOOT MASSAGE 40 MINUTES

€55

A beneficial traditional massage technique utilising elements of Shiatsu.

HOLISTIC HEAVEN 105 MINUTES

€145

Oriental head massage, thai foot massage and light therapy relaxation - three of the most relaxing holistic treatments, all ending with personal relaxation time. The perfect cure for stress.

THE TRANQUILISER 80 MINUTES

€105

A sea salt and oil exfoliation and a bath with relaxing aromatherapy oils is followed by a head massage and Shiodara treatment. A combination of four treatments guaranteed to leave you blissfully relaxed.

ORIENTAL HEAD MASSAGE 40 MINUTES

€60

An incredibly relaxing massage of the head, upper back, neck and shoulders.

LIGHT THERAPY

Light therapy in the form of a full cycle of natural light colours resets the hormone levels of cortisol and melatonin, the hormones our body produces in the morning to wake us up and in the evening to send us to sleep.

Sunrise to Sunset or Colours of the Rainbow

55 MINUTES OR 25 MINUTES

€55/€30

Light Therapy & Reflexology

80 MINUTES

€105

SPA LUNCH & AFTERNOON TEA

Indulge yourself with a spectacular selection of quality foods made with fresh ingredients to instil a feeling of well being and nourishment.





ROSE RADIANCE FACIAL 50 MINUTES €75

A deeply nourishing treatment that softens and moisturises your skin using natural Damask rose water to hydrate and renew. Your skin is left purified, toned, delicately scented and quite simply radiant. This treatment is ideal for normal to dry skin.

ROSE BLOSSOM COCOON 60 MINUTES €70

After a gentle exfoliation your skin is smoothed over with rich, nourishing creams from top to toe. A relaxing scalp massage eases away stress and strains while you lie in a comfortable, fragrant cocoon

SOOTHING LEG & FOOT TREATMENT 25 MINUTES €45

A comforting foot soak commences your relaxation followed by lower leg and foot exfoliation with gentle massage movements and an application of a cooling leg gel. This treatment is also suitable for those with leg fatigue.

THE REAL NURTURING EXPERIENCE 55 MINUTES €75

A relaxing and soothing massage of the body and face help to harmonise your emotions, nurture your body and nourish your skin.

LUXURY MANICURE 50 MINUTES €50

LUXURY PEDICURE 60 MINUTES €60

EAR CANDLING 30 MINUTES €55

TREATMENTS FOR TWO

...all taken care of.

RASUL AROMATIC MUD STEAM 45 MINUTES

2 people €90

Rasul aromatic mud steam with warm oil application 60 MINUTES

DOUBLE DECADENCE 105 MINUTES

€135PP

After your Hodson Bay Footsie Dip indulge in Champagne and chocolate dipped strawberries while you relax in your private outdoor hot tub overlooking Lough Ree. In our couple's treatment suite you can both enjoy a deeply relaxing massage using heated water stones and warm oil. Aches and pains are relieved, releasing all tension and stress to both soothe and invigorate the body & mind.

JUST THE TWO OF US 105 MINUTES

midweek €114PP

Relax and unwind in our thermal spa followed by a Full Body Exfoliation and a Skin Specific Facial before unwinding in our relaxation suite and afternoon tea for two to complete your experience.

weekend €129PP

PARTNERS PARADISE DAY PACKAGE

midweek €220PP

In our beautiful couples treatment suite indulge in the Hodson Bay Footsie Dip. Enjoy a glass of champagne and chocolate dipped strawberries during a Hot Tub treatment on the private balcony overlooking the shores of Lough Ree. This is followed with a massage utilising hot stones and warm oil in your private double suite. After a sumptuous spa lunch relax with a Rose Radiance or Skin Refining facial.

weekend €225PP

TREATMENT SUITE FOR TWO

The luxurious treatment suite for two overlooking Lough Ree is perfect when you want to share your experience with a partner or friend. We can tailor a package just for you.



ENHANCEMENTS



THERMAL SPA	1 Hour	€15
	Half Day	€25
HANDS & FEET	File & Polish Hands	€25
	File & Polish Feet	€25
	With your chosen polish to take home	+ €10
	Shellac Hand Paint	€30
	Shellac Hand Paint and Removal	€40
	Mini Manicure	€40
	Mini Pedicure	€40
EYES	Eyelash Tint	€10
	Eyebrow Tint	€10
	Eyebrow Shape	€10
	Eye Trio	€27
THREADING	Eyebrow	€10
	Lip	€10
	Chin	€10
WAXING	Upper Lip / Chin / Eyebrow	€10
	Bikini / Underarm	€20
	Half Leg	€25
	Full Leg	€45
	Back / Chest	€35
MAKE UP	Makeup Application	€30
ADD-ON TREATMENTS	Vichy Shower	€15
	Hot Stone Foot Massage	€15
	Hot Stone Application to the Back	€15
	Bathing Ritual	€25
	Hot Tub Experience	€40
	Lifting Eye Contour Treatment	€45
	Spray Tan 1/2 Body	€20
Spray Tan Full Body	€25	

HALF DAY PACKAGES

...all taken care of.

Each package begins with use of our unique Thermal Spa and concludes with time out in our panoramic Relaxation Suite overlooking the shores of Lough Ree.

MIND, BODY AND SOUL REVIVER 3 HOURS

Ease away your tensions with a back, neck and shoulder massage. This is followed by a ladies or gents deluxe facial using our exclusive spa products to revitalise and restore your skin's natural radiance.

midweek €130pp
weekend €145pp

PERFECT STRESS RELIEVER 3 HOURS

Enjoy a revitalising salt and oil body exfoliation followed by a luxurious massage using the finest oils for an experience of utter calm.

midweek €120pp
weekend €135pp

HOLISTIC HALF DAY 3 HOURS

Indulging in a wonderful duo of eastern holistic treatments - the oriental head massage and thai foot massage.

midweek €120pp
weekend €135pp

MEN'S SPA INDULGENCE 3 HOURS

A top-to-toe, full body and foot massage incorporating warm oil and hot stones followed by a firm stroking and pressure massage of the head. A treatment destined to obliterate every ounce of tension and stress.

midweek €160pp
weekend €170pp



FULL DAY PACKAGES

HOT TUB TO HEAVEN

Experience an unforgettable dip in our hot tub overlooking the lakeshore then enjoy the warm and comforting Rose Hydrating Cocoon wrap. After your spa lunch, you will receive the luxurious Rose radiance facial followed by a hot stone foot massage.

midweek €215
weekend €235

FOREVER BEAUTIFUL

Youthful radiance will be restored with our Spa Prestige Deluxe Facial and Lifting Eye Contour Treatment. Enjoy your lunch before commencing your luxury manicure with paraffin wax, to leave you looking and feeling fabulous.

midweek €230
weekend €250

LUXURY SPA PAMPER

The Real Aromatherapy Full Body Massage followed by a spa lunch, your pampering continues with the Luxury Skin Specific Facial, Luxury Spa Manicure and Pedicure leaving you relaxed and pampered.

midweek €365
weekend €430

MENS SPA DAY

A De-stress Muscle Massage to soothe tired muscles and promote relaxation. After enjoying a light Spa Lunch, relax with an Oriental Head Massage followed by ear candling

midweek €200
weekend €225

INCLUDED IN ALL HALF DAY & FULL DAY PACKAGES

Our Executive Chef, Mr Gavin O' Rourke & his team have created a Spa lunch menu where all the ingredients are locally sourced from around the shores of Lough Ree & the West. Delicious fish, meat, poultry and organic salads instil a feeling of well being and nourishment.

MEN'S FAVOURITES

...all taken care of.

GENT'S TOP TO TOE MASSAGE 75 MINUTES

€115

An all over body massage designed to work on stiff, fatigued muscles and joints. Particularly beneficial after sport or a day of physical stress and strain. Intensive deep tissue techniques followed by a gentle massage using heated water stones and warm oil.

MEN'S SKIN REFINING TREATMENT 50 MINUTES

€75

Powerful plant extracts and essential oils leave skin looking and feeling clean, refreshed and well conditioned. A fresh water mud mask draws out harmful impurities, firming and toning skin texture for revitalised, younger looking skin.

MEN'S DE STRESS EXPERIENCE 85 MINUTES

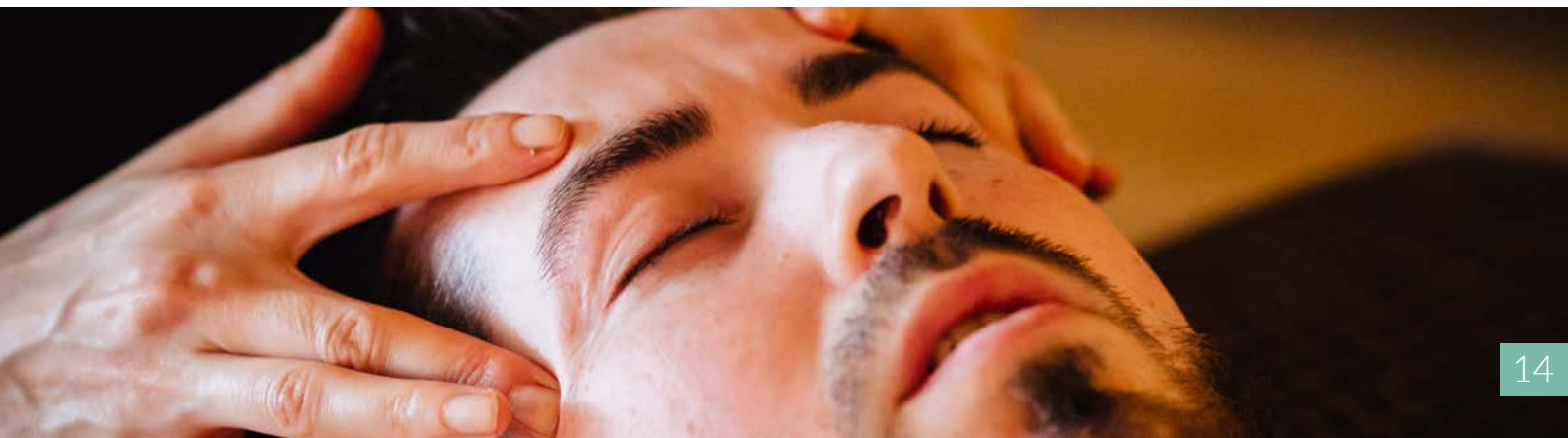
€130

A full body massage using deep tissue techniques to work on stiff fatigued muscles and joints followed by a men's tester facial to complete your relaxation.

MEN'S NAIL GROOMING 40 MINUTES

€40

Hand Exfoliation, nail and cuticle tidy up followed by a relaxing hand and arm massage



RESIDENTIAL PACKAGES



REVIVE SPA PACKAGE

One Night Bed and Breakfast with one Dinner and One Spa Treatment for each guest

From
€125 pps

Two Nights Bed and Breakfast with One Dinner and One Spa Treatment for each guest

From
€167 pps

1 Spa Treatment for each guest from the below list of treatment options:

Marine Discovery Facial

Rose Express Facial

Aromatherapy Back, Neck and Shoulder Massage

Soothing Leg and Foot Treatment

Body Exfoliation

Pure Indulgence Spa Package

PURE INDULGENCE SPA PACKAGE

One Night Bed and Breakfast with one Dinner and One Spa Treatment for each guest.

From
€165 pps

Two Nights Bed and Breakfast with One Dinner and One Spa Treatment for each guest.

From
€217 pps

1 Spa Treatment for each guest from the below list of treatment options:

Hodson Bay Prelude Massage

Rose Hydrating Cocoon

Men's Skin Refining Treatment

Breathe Easy Massage

Rose Radiance Facial

GENERAL INFORMATION

...all taken care of.

Whether you are an experienced spa visitor or it is your first time, the professional staff at the Spa at HodsonBay will guide you from making your reservation and choosing your treatments to ensuring you get the most from your Spa experience.

SPA PRODUCTS

PHYTOMER

A renowned marine based product selection.

AROMATHERAPY ASSOCIATES

Utilising the traditional powers of essential oils to promote mind and body harmony.

SPA INFORMATION

Opening hours	Monday - Friday	10am - 7pm
	Saturday	9am - 7pm
	Sunday	10am - 6pm

Please book treatments in advance to avoid dissapointment.

Please arrive 20 minutes prior to your appointment time to allow time to change into your robe and slippers and to complete a confidential questionnaire

Mobile phones must be switched off before entering the reception of The Spa.

Wheelchair accessible treatment rooms are available

Treatments available for guests 17 years and over

WHAT TO WEAR

All guests will recieve luxurious Spa Robes and Slippers on arrival

Disposable underwear will be provided for all our body treatments

Swimwear can be worn for wet treatments. Swimwear is required for use of Thermal Spa and is also available for purchase at reception.

CANCELATION POLICY

Credit cards are required to confirm your booking with us. No show appointments will be charged in full.

If cancelled or modified up to 2 days before arrival, no fee will be charged.

If cancelled or modified within 2 days of arrival, or in case of a no-show, 100 percent of the first night will be charged.

DIRECTIONS

From the Dublin to Galway N6 bypass of Athlone town take the N61 Roscommon exit 12, after approx 3km the Hodson Bay Hotel & The Spa at Hodson Bay is signposted to your right.

GIFT VOUCHERS

The perfect gift for a special occasion, our gift vouchers are available to purchase at our Spa reception or online at www.hodsonbayhotel.com



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