



thespa

AT HODSON BAY

A woman is shown in profile, facing left, with her eyes closed. She is illuminated by a combination of red and green lights, creating a dramatic and relaxing atmosphere. Her hair is pulled back, and she appears to be in a spa or wellness setting. The background consists of vertical lines, possibly curtains or a wall treatment, which are also lit with the same colors.

...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.

All the treatments developed by  
ELEMIS are designed to support  
great skin health; to respect that  
skin is alive. No two skins are the  
same, and no two bodies are the  
same shape. Every spa therapy is  
shaped and moulded around you.



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## FACIAL TREATMENTS

### SPA PRESTIGE OGENAGE TREATMENT 1 HR 40 MINS €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, décolletage and hands. Also alleviates stress from the back.

### ELEMIS PRO-COLLAGEN AGE DEFY 60 MINUTES €100

Tackles fine lines and wrinkles with the clinically proven age defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger skin.

### ELEMIS SUPERFOOD PRO-RADIANCE 60 MINUTES €100

A nutritional boost rich in super foods and essential minerals designed to pack stressed dull skin with energising detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

### ELEMIS DYNAMIC RESURFACING PRECISION PEEL 60 MINUTES €100

Clinically proven \* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal.

A new start for younger looking skin. (PATCH TEST 20 MINUTES PRE-TREATMENT)

### ELEMIS PRO-DEFINITION LIFT & CONTOUR 60 MINUTES €100

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted youthful effect.

### 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.

## BIOTEC

### BIOTEC - Line Eraser 60 MINUTES €130

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating, clinically proven\* facial treatment that effectively irons out wrinkles and fills out lines.

### BIOTEC - Firm-a-Lift 60 MINUTES €130

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

### BIOTEC - Skin Resurfacer 60 MINUTES €130

This revolutionary clinically proven\* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

### BIOTEC - Sensitive Skin Soother 60 MINUTES €130

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while blue light therapy and calming antioxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

### BIOTEC - Radiance Renew 60 MINUTES €130

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

### BIOTEC - Blemish Control 60 MINUTES €130

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic, vibration massage and galvanic currents thoroughly decongest and exfoliate. Powerful antioxidants soothe, while light therapy helps clear the complexion.

\*INDEPENDENT CLINICAL TRIALS

<p><b>PREMIUM BODY MASSAGE</b> 1 HR 45 MINS</p> <p>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.</p>	€160
<p><b>FULL BODY HOT STONE MASSAGE</b> 1 HR 10 MINS</p> <p>A deeply relaxing massage combining traditional techniques with the use of heated water stones and warm oils.</p>	€95
<p><b>BAMBOO MASSAGE</b> 1 HR 5 MINS</p> <p>Deep Tissue Massage using Bamboo Sticks, assists in the release of tension and easing of knots.</p>	€90
<p><b>ELEMIS FREESTYLE DEEP TISSUE BODY MASSAGE</b> 60 MINUTES</p> <p>Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into tension encouraging optimum circulation.</p>	€90
<p><b>HODSON BAY PRELUDE MASSAGE</b> 50 MINUTES</p> <p>A soothing and comforting full body massage including the feet and hands, utilising the benefits of Swedish massage movements.</p>	€75
<p><b>HODSON BAY MUSCLE RELEASE MASSAGE</b> 55 MINUTES</p> <p>An all over body massage using intensive deep tissue techniques to work on stiff, fatigued muscles and joints.</p>	€85

<p><b>BACK, NECK &amp; SHOULDERS</b> 25 MINUTES</p> <p>35 MINUTES WITH HOT STONES</p> <p>Your body and mind will be soothed by oils best suited to your needs whilst eastern and western massage techniques combine to ease tensions.</p>	€50 €65
<p><b>GOLFER'S TONIC</b> 55 MINUTES</p> <p>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.</p>	€80
<p><b>POULTICE-POWERED MUSCLE RELEASE</b> 60 MINUTES</p> <p>Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with this unique Amber and Quartz poultice to dissolve knots and ease tensions. Completed with a restorative facial.</p>	€90
<p><b>SPORTS MASSAGE THERAPY</b> 45 MINUTES/60 MINUTES</p> <p>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 helping to prevent stiffness.</p>	€75/€90
<p><b>HOT MINERAL BODY BOOST</b> 60 MINUTES</p> <p>This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally charged experience of skin conditioning, metabolic balancing and energising wellness.</p>	€95
<p><b>GARDEN OF ROSE RESTORE</b> 60/90 MINUTES</p> <p>Take a walk in a rose garden with this lavish hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy Seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.</p>	€95/€140

## BODY TREATMENTS



SEA SALT AND PEPPERMINT BODY EXFOLIATION €40  
25 MINUTES

INTENSELY CLEANSING SALT SCRUB €65  
LIME AND GINGER OR FRANGIPANI  
35 MINUTES

Fragranced salt will gently slough away dead skin cells encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

THOUSAND FLOWER DETOX WRAP €85  
60 MINUTES

This nutrient rich detox wrap uses the deeply nourishing Green Tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

BODY NECTAR NOURISHING WRAP FRANGIPANI €80  
50 MINUTES

The velvet texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood balancing aromatics and skin conditioning oils do their work.

LUXURY SPA MANICURE WITH WARM PARAFFIN WAX €55  
55 MINUTES

LUXURY SPA PEDICURE WITH WARM PARAFFIN WAX €65  
65 MINUTES

## WET TREATMENTS

RASUL AROMATIC MUD STEAM 40 MINUTES

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.

WITH WARM OIL APPLICATION 60 MINUTES

...all taken care of

1 person €50  
2 people €90

1 person €70  
2 people €140



## HOLISTIC TREATMENTS

### REIKI 60 MINUTES

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 increases vitality and energy.

### EAR CANDLING 35 MINUTES

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

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 50 MINUTES

Reflexology is a healing art of ancient origin techniques that uses pressure point massage on the feet encouraging the body to work naturally, to restore its own healthy balance.

€85

€55

€85

€75

...all taken care of

### THAI FOOT MASSAGE 40 MINUTES

A beneficial traditional massage technique utilising elements of Shiatsu.

€55

### HOLISTIC HEAVEN 1HR 45 MINS

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.

€145

### THE TRANQUILISER 1 HR 20 MINS

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

€105

### ORIENTAL HEAD MASSAGE 40 MINUTES

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

€60

### 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

1 HR 20 MINS

€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.





PEACEFUL PREGNANCY MASSAGE 60 MINUTES €95

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.

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.

LUXURY SPA MANICURE 50 MINUTES €50

LUXURY SPA PEDICURE 60 MINUTES €60

EAR CANDLING 30 MINUTES €55

...all taken care of

RASUL AROMATIC MUD STEAM 45 MINUTES €90 for 2 people

RASUL AROMATIC MUD STEAM WITH WARM OIL APPLICATION 60 MINUTES €140 for 2 people

DOUBLE DECADENCE 1 HR 45 MINS €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 and mind.

JUST THE TWO OF US midweek €130pp

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 enjoying afternoon tea for two to complete your experience. weekend €140pp

PARTNER'S PARADISE DAY PACKAGE midweek €220pp

In our beautiful couple's treatment suite indulge in the Hodson Bay Footsie Dip. Enjoy a glass of champagne and chocolate dipped strawberries in the surrounds of our private hot tub 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 skin specific 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	One Hour	€15
	Half Day	€25
HANDS & FEET	File & Polish Hands	€25
	File & Polish Feet	€25
	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	Hot Stone Foot Massage	€15
	Hot Stone Application to the Back	€15
	Bathing Ritual	€25
	Hot Tub Experience	€40
	Spray Tan Half 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 €130  
weekend €145

### 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 €120  
weekend €135

### HOLISTIC HALF DAY 3 HOURS

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

midweek €120  
weekend €135

### 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 €160  
weekend €170



## 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

## INCLUDED IN ALL HALF DAY & FULL DAY PACKAGES

Our Executive Chef and his team have created a spa lunch menu where all the ingredients are locally sourced from around the shores of Lough Ree and 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 1 HR 15 MINS

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.

€115

### MEN'S SKIN REFINING TREATMENT 50 MINUTES

Powerful plant extracts and essential oils leave skin looking and feeling clean, refreshed and well conditioned. Using natural ingredients of Lavender and Lime Blossom to mattify and calm the skin.

€80

### MEN'S DE-STRESS EXPERIENCE 1 HOUR 25 MINS

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

€130

### MEN'S NAIL GROOMING 40 MINUTES

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

€40



## 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 €175pps**

One spa treatment for each guest from the below list of treatment options:

Marine Discovery Facial  
Soothing Leg and Foot Treatment  
Body Exfoliation  
Rasul Aromatic Mud Steam for Two

### 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**

One spa treatment for each guest from the below list of treatment options:

Hodson Bay Prelude Massage  
Luxury Spa Pedicure  
Men's Skin Refining Treatment  
Marine Deluxe Facial

## GENERAL INFORMATION

...all taken care of

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

### SPA PRODUCTS

#### ELEMIS

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

#### PHYTOMER

A renowned marine based product selection.

### SPA INFORMATION

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

Please book treatments in advance to avoid disappointment.

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.

Please respect the privacy of other spa guests by speaking quietly.

Wheelchair accessible treatment rooms are available.

Treatments available for guests 17 years and over.

### WHAT TO WEAR

All guests will receive 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.

### CANCELLATION POLICY

Guests who wish to cancel must provide a minimum of 48 hours notice or full treatment price will be charged.

No show appointments will be charged in full.

### DIRECTIONS

From the Dublin to Galway N6 bypass of Athlone Town take the N61 Roscommon exit 12, after approx 3km the Hodson Bay Hotel and 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](http://www.hodsonbayhotel.com)



090 644 2001  
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