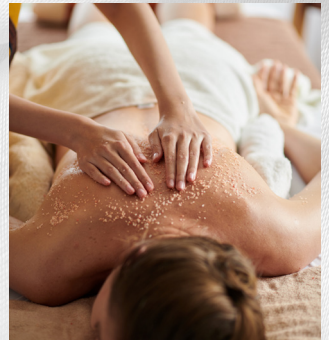




GALWAY
BAY HOTEL

BEAUTY ROOMS AT GALWAY BAY HOTEL



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MASSAGE THERAPY

SWEDISH MASSAGE

A relaxing and toning massage. Good for boosting the immune system and circulation, eliminating cellulite, stress, insomnia & anxiety.

BACK NECK & SHOULDER

SWEDISH MASSAGE 30mins | €45

HALF BODY SWEDISH MASSAGE

(Back and a choice of back of legs, head & face or arms) 45mins | €60

FULL BODY SWEDISH MASSAGE

60mins €75 | 90mins €95

DEEP TISSUE MASSAGE

A powerful treatment aimed at releasing deeply held tensions, it focuses on breaking down painful, rigid areas- known as adhesions-in the lower layers of muscles & connective tissues. Especially beneficial if you are suffering from chronic pain or sports injuries.

DEEP TISSUE MASSAGE 40mins | €45

HALF BODY DEEP TISSUE MASSAGE

(Back and a choice of back of legs, head & face or arms) 60mins | €75

FULL BODY DEEP TISSUE

MASSAGE 90mins | €110

AROMATHERAPY MASSAGE

The gentle synthesis of beautiful aromas and sensitive touch encourage the deep relaxation that's required to overcome stress, bring relief to muscular aches, and balance your mind, body and soul.

AROMATHERAPY MASSAGE 30mins | €45

HALF BODY

AROMATHERAPY MASSAGE

(Back and a choice of back of legs, head & face or arms) 40mins | €60

FULL BODY

AROMATHERAPY MASSAGE

60mins €75 | 90mins €95

HOT STONE MASSAGE

Using hot basalt stone to soothe and invigorate. A great boost for the blood and lymphatic circulation whilst supporting muscles and organs.

45mins | €65 75mins | €85 90mins | €120

FULL BODY BUFF

Great for pre-holiday and tanning. Full body scrub buffed off followed by full body moisturising.

30mins | €35

MASSAGE THERAPY

BEAUTIFUL BACK & FACIAL

Includes a back cleanse, scrub, steam exfoliation, extractions and a 20 minute back massage, mask and moisturise. Leaving your back glowing & tension free.

75mins | €75

DOTERRA AROMATOUCH THERAPY

A beautiful touch therapy treatment using a blend of 8 essential oils to relax and reset your mind body and spirit. Very light therapy on the back and foot zone.

60mins | €75

MORRELL REFLEXOLOGY

A refined method of the Ingham Method, where a more gentle even pressure is applied to stimulate healing and clearing of energy blockages, assisting to restore harmony & balance back to mind body and spirit.

45-60mins | €55

Buy 5 and get 6th free €275

INDIAN HEAD MASSAGE

For stress relief, targeting the head, upper back, shoulders, arms, neck and face. Great for conditions such as headaches, sinusitis, insomnia, migraines, stress and posture. Combining acupressure and other specialised techniques you can receive treatment seated fully clothed or partially.

INDIAN HEAD MASSAGE

30mins €40 | 45mins €45

EAR CANDLING 30mins | €35

INDIAN HEAD MASSAGE

WITH EAR CANDLING 60mins | €70



PAMPER PACKAGES

TOP-TO-TOE 4.5 hours | €275

An all-inclusive top to toe package ideal for Christmas, Birthdays, Mothers' Day, New Mother's and any other special occasions.

- NUSKIN HOLLYWOOD FACIAL
- HOT STONE FULL BODY MASSAGE
- DELUXE MANICURE WITH HEATED MITTS
- DELUXE PEDICURE WITH HEATED BOOTIES

PRE-HOLIDAY 4 hours | €159

All you need to be ready for the sunshine.

- FULL BODY SPRAY TAN
- SHELLAC TOES
- SHELLAC MANICURE
- EYE TRIO
- ½ LEG & BIKINI

DEBS PACKAGE 2 hours | €100

Celebrate your Debs in style.

- FULL BODY SPRAY TAN
- SHELLAC MANICURE
- MAKE-UP WITH LASHES

BRIDE TO BE 9.5 hours | €510

- NUSKIN HOLLYWOOD FACIAL
- AROMA FULL BODY MASSAGE
- EYE TRIO
- DELUXE MANICURE WITH SHELLAC
- DELUXE PEDICURE WITH SHELLAC
- TRIAL MAKEUP & MAKE-UP ON DAY
- FULL BODY SCRUB
- FULL BODY SPRAY TAN
- FULL LEG, BIKINI & UNDERARM WAX

TEEN FACIAL 45mins | €50

Get a handle on skin that acts up at the most of inconvenient of times. This purifying treatment is designed to solve breakout related issues immediately.

A treatment to target bacteria & treat breakouts on the spot while reducing redness and protecting the skin. Inc. steam and extractions or massage.

KIDDIES TREAT

FILE & POLISH WITH NAIL ART 15-20mins | €18

REFLEXOLOGY 30mins | €40

EAR-PIERCING (inc. earrings and aftercare solution) 30mins | €40

MOTHER TO BE PACKAGES

MOTHER'S TO BE

Available after the first trimester up to 32 weeks. There are huge changes that occur in the body during pregnancy, for example the added weight of the baby which means pressure is increased on the lower back and neck areas. Massage has a lot of benefits such as bringing relief to lower back and neck pain, reducing water retention, soothing swollen ankles and helps to improve circulation which reduces the risk of varicose veins.

Please note: clients must be at least 16 weeks pregnant and have approval from their G.P.

PREGNANCY MASSAGE 60mins | €75

PREGNANCY BACK MASSAGE

30mins | €45

PREGNANCY BACK MASSAGE

WITH LEG REVIVER 1 hr | €80

LEG REVIVER MASSAGE 30 mins | €45

PRE-HOSPITAL ESSENTIAL MUMMY

2 hours 30 mins | €105

- EYE TRIO
- SHELLAC NAILS
- TOE FILE & POLISH
- ½ LEG WAX & REGULAR BIKINI

PREGNANCY REFLEXOLOGY

A refined method of the Ingham Method, where a more gentle even pressure is applied to stimulate healing and clearing of energy blockages, assisting to restore harmony & balance back to mind body and spirit. During pregnancy it can be helpful to the following conditions: constipation, oedema/water retention, sciatica, SPD, backache, urinary tract infections, sinusitis, head colds and headaches, decrease stress levels and anxiety. Available after the first trimester.

45-60mins | €55

Buy 5 and get 6th free €275

MOTHER TO BE PACKAGE

60 mins | €190

- PREGNANCY BACK MASSAGE
WITH LEG REVIVER MASSAGE
OR REFLEXOLOGY
- NUTRICENTIALS FACIAL
WITH SCALP MASSAGE
- LUXURY PEDICURE

FACIAL TREATMENTS

NUTRICENTIALS FACIAL

It is the first skincare range to combine our unique science with bio-adaptive botanicals. The bio-adaptive blend will help your skin adapt to its own environment. This means it will stay radiant and glowing, even when faced with challenges like pollution, uv rays, changes in humidity, & even the stress of a hectic lifestyle.

It supports skin's natural repair process overnight, calms tired, overexerted skin and revitalises a dull appearance.

Hot towels used throughout.

Please note: You will have a choice of extractions or massage in our 30 minute facial

EXPRESS NUTRICENTIALS FACIAL

30mins | €50

NUTRICENTIALS FACIAL

60mins | €75

THE BOOST FACIAL

75 mins | €80

If you want bounce, plumpness, hydration and brighter looking skin then this facial is for you with its new boost microcurrent treatment.

The boost facial will leave your skin instantly brighter and visibly plumper, fuller & improves skin tone while evening out the texture.

This treatment is great for premature ageing.

THE HOLLYWOOD FACIAL

90mins | €90

The Hollywood facial deep cleanses and detoxifies the skin. It promotes blood and oxygen flow to the skin, providing hydration & nourishment. It improves the skin's elasticity, wards off signs of ageing by increasing collagen production, increases product penetration by up to 90% results in smooth radiant skin and keeps acne at bay! Hot towels used throughout.



BEAUTY TREATMENTS

WAXING

Lycon Precision waxing is Australia's leading wax system. It's designed to keep your waxing experience as pain-free as possible.

24hr patch required before waxing.

- HALF LEG (LOWER) WAX €18
- HALF LEG (UPPER) WAX €25
- HALF LEG & STANDARD BIKINI €32
- 3/4 LEG WAX €26
- 3/4 LEG & BIKINI €30
- FULL LEG €32
- FULL LEG & STANDARD BIKINI €45
- REGULAR BIKINI €14
- UNDERARM €15
- FULL ARM €25
- FOREARM €15
- ABDOMEN From €8
- CHIN & LIP COMBO €20
- CHIN OR LIP €11
- NASAL WAX €10
- SIDES OF FACE €16

SPECIALISED WAXING

Using specialised LYCON hot wax. This is suitable for more sensitive skins and strong hair.

- CALIFORNIAN €30
- BRAZILIAN €45
- HOLLYWOOD €50

MAKE-UP

- FULL MAKEUP 45mins | €35
- WITH LASHES 60mins | €45
- PARTY LASHES €20
- BRIDAL MAKE-UP / TRIAL 60mins | €50

EYE THERAPY

24hr patch test required prior to tinting.

- EYEBROW SHAPE €12
- EYEBROW TINT €10
- EYEBROW TINT & SHAPE €20
- EYELASH TINT €15
- EYELASH TINT & BROW TINT €23
- EYE TRIO: EYELASH TINT, BROW TINT & SHAPE €32
- YUMI LASH LIFT €55
- BROW LAMINATION €55
- LASH LIFT & BROW LAMINATION €100
- HENNA BROWS €40

TANNING ESSENTIALS

- FULL BODY SPRAY TAN €35
- HALF BODY TAN €20
- TOP UP €15
- FULL BODY SCRUB €35

BEAUTY TREATMENTS

THE NAIL BAR

- LUXURY MANICURE
WITH HEATED MITTS 45 mins | €40
WITH SHELLAC €55
- MINI MANICURE €30
- LUXURY PEDICURE
WITH HEATED BOOTIES €55
WITH SHELLAC €70
- CALLUS PEEL €35
- CALLUS PEEL WITH POLISH €45
- CALLUS PEEL WITH SHELLAC €60
- FINGER FILE & VINYLUX POLISH
INC. CUTICLE TIDY €20
- TOE FILE & VINYLUX POLISH
INC. CUTICLE TIDY €20
- SHELLAC MANICURE
(2 WEEK MANICURE) €30
WITH REMOVAL €32
- SHELLAC TOES €30
WITH REMOVAL €32
- SHELLAC REMOVAL €10

MEN'S TREATMENTS

- MANICURE 30mins | €30
- DEEP TISSUE WITH
AROMATHERAPY OILS
30mins | €45 45mins | €55
60mins | €70 90mins | €100
- DEEP CLEANSING FACIAL
A customised skin treatment is based on a consultation that focuses on your skin's unique needs.
60mins | €70
- MEN'S EXPRESS FACIAL
A mini facial for those with limited time but skin needs deep cleaning and hydrating. Cleanse, exfoliation with steam extractions or massage and masque. A facial designed by you.
30mins | €50

MEN'S WAXING

- EYEBROW SHAPE 15mins | €15
- NASAL WAX 15mins | €10
- BACK & SHOULDER WAX 30mins | €40
- BACK OR CHEST WAX 20mins | €30
- BACK & CHEST WAX 45mins | €55