

THE
MARYBOROUGH
HOTEL AND SPA

THE MARYBOROUGH HOTEL AND SPA
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THE MARYBOROUGH

SPA

SPA TREATMENT MENU AND TARIFFS

ESPA

THE SPA AT THE MARYBOROUGH

THREE HUNDRED YEAR OLD historical gardens rich in resplendent colours, luxurious scents and aromatic foliage surround The Spa at The Maryborough. Just a step from the heart of Cork City, The Spa is a welcoming haven of tranquility and well-being, a place where serenity pervades, where each cherished guest experiences personalised service and the ultimate in spa luxury.

An open invitation is extended for guests to re-connect with their senses through the gentle sounds of flowing water; the fragrance of fresh flowers and scented candles; the grounding element of wood, stone, rich textures and materials; with calming views of the bamboo garden and reflective pool. The Spa is a living, breathing space.

Luxurious and sophisticated treatments have been uniquely created by ESPA for both men and women using therapeutic influences from around the world together with holistic skin care products. There is a genuine commitment to quality, purity and integrity to inspire products rich in natural ingredients, which ensure that the benefits of such treatments can be continued at home.

Many years of spa knowledge and training are combined with the concepts behind ESPA products and treatments to ensure that an exceptional guest experience is delivered. Attentive and individual service from the professional Spa team ensure complete enjoyment on this journey from being to well-being.

ESPA SIGNATURE EXPERIENCE

HOT STONE THERAPY

This technique has been used for thousands of years for harmonising, cleansing and relaxing the body at its deepest level. ESPA is bringing this ancient method into a range of new contemporary treatments. Volcanic in origin, Basalt lava stones from deep in the earth, are rich in minerals, heated and used for deep body massage and intensive energy work. They may be placed on specific energy points or Chakras to help the body clear blocked energy centres, help relax and dissolve stress and bring new energy to depleted zones. Different mineralogy in cold stones may bring a cooling, clearing effect when placed on the eyelids. Each signature experience will begin with a welcome foot ritual and warming tisane infusion.

ESPA HOLISTIC BACK, FACE AND SCALP MASSAGE WITH HOT STONES

1 HOUR 50 MINS €195

An all-embracing treatment incorporating a full ESPA Intensive Facial, with acupressure, face and head massage. The initial, deep cleansing back exfoliation is followed by the Hot Stone back massage with aromatic oils bringing powerful de-stressing benefits to mind and body. Hot Stones are placed along the spine, shoulders and neck to stimulate and balance vital energy points throughout this exceptional treatment.

The facial includes double cleansing, exfoliating, massaging with deeply nourishing facial oils, and the application of an intensive face treatment mask. Whilst the mask is taking effect, the Oriental head massage takes place to help clear the mind, calm the spirit and ease facial tension.

The result is re-hydrated, nourished and protected skin, a cleansed and powerfully massaged back and a sense of deep relaxation.

ESPA CHAKRA BALANCING WITH HOT STONES

1 Hour 50 Mins €195

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony and through which one's life force energy flows.

Recognised in both Ayurvedic and Chinese philosophies blocked and congested Chakras can affect the body and mind both emotionally and physically. Natural energies are stifled and the zest for life is lost or subdued.

Chakra balancing begins as the body is massaged with ESPA blended aromatherapy oils using volcanic hot stones. Stones are carefully placed on the Chakras and at vital energy points on hands and feet for balance and grounding. Gentle stretching helps release deepseated tension around the neck and shoulders and stones are positioned along the spine and on the energy points.

Critical tension points are massaged around the eyes and ears, before an acupressure head massage is given to calm and soothe the mind and spirit.

Total calm, quiet energy and a rejuvenated sense of equilibrium.

PURVA KARMA FOUR-HAND MASSAGE SYNCHRONISED

1 Hour 50 Mins €295

Paradise is achieved with an advanced combination of stretching and rolling movements and long deep strokes using oil enriched with fragrant spices of the Indian Continent.

Two therapists work in synchronised harmony for the ultimate in tension releasing, deeply relaxing and rebalancing massage to achieve mental and spiritual bliss.

Enjoy twice the experience as four hands complete this vital energy point massage of the face, body and scalp. Herbal tisane and a welcoming foot ritual begin this all-encompassing treatment.

RECOMMENDED FOR MEN

ESPA MEN'S FACE TREATMENT WITH SHOULDER & SCALP MASSAGE

55 MINS €95

Following the launch of the new ESPA Men's skincare range, this treatment has been designed to address the specific skin care needs of men. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin and leave you feeling de-stressed and renewed.

A triple cleanse procedure, where steamy hot towels are wrapped around the face and neck, soothe and soften beard bristles. This also aids the drainage that can lead to congestion and blocked pores. Following the relaxing face massage with acupressure points and lymphatic drainage, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with the chosen ESPA Body Oil to release any tight muscles and tension.

ESPA ESSENTIAL BODY MASSAGE

55 MINS €95

This full body massage is designed to aid in the immediate and specific needs of men and provides a relaxing and calming way to clear your mind day or night, or an energising boost to the start of a busy day.

SWEDISH BODY MASSAGE

1 HOUR 20 MINS €145

A traditional massage treatment using regulated pressure to release knots and tension in the body. This massage can be tailored to target specific areas of tension or can be a general stress relieving treatment.

INDIAN HEAD MASSAGE

25 MINS €50

A calming yet energising scalp massage focusing upon vital energy points of the upper body. This compact treatment helps to reduce tension, increase circulation and leave an improved feeling of well-being.

ESPA AYURVEDIC RITUALS

ADVANCED AYURVEDIC HOT STONE MASSAGE AND BODY WRAPS - DOSHA SPECIFIC

THE TREATMENT EXPERIENCE

Relax with a sip of hot tri-doshic tea as this traditional yet sophisticated Ayurvedic inspired treatment commences with a foot cleansing ritual followed by the salt and oil body exfoliation to enhance circulation and cleanse the skin to improve the absorption of the oil and herbal treatments. Individually prepared warm oils blended with Ayurvedic herbal concentrates are poured onto the body and hot or cold stones are used for the Dosha specific massage. The body is covered in an application of deeply penetrating warm Marine Algae, Marine Mud or traditional Oshadi clay and warmed natural linens envelop the body allowing the herbs and oils to penetrate deeply, enhancing their effectiveness. The luxurious Indian Head massage includes deep inhalation of therapeutic aromatic oils and facial Marma points are stimulated to help renew and revitalise the skin.

Following a consultation to establish the Dosha, the massage, treatment wrap and ritual will be uniquely designed based on your needs.

PITTA PACIFIER

1 HOUR 50 MINS €195

The Pitta type person may frequently suffer from sensitive skin, frustration and is often affected by hot weather.

Pitta minds and bodies are often over active and agitated and benefits from cooling and calming. This treatment helps to cool and soothe the skin, calm busy minds and emotions with Bhringaraj herbal oil and restorative plant extracts such as Palmarosa and Myrrh.

KAPHA STIMULATOR

1 HOUR 50 MINS €195

The Kapha type person often suffers from dull, possibly oily skin, tendency to put on weight easily and is affected by cold damp weather. Kapha needs purification and stimulation to improve circulation of the body.

This treatment utilises detoxifying Indian herbs such as Ashwaganda and algae extracts to clarify the skin, stimulate the circulation and warm the body.

VATA COMFORTER

1 HOUR 50 MINS €195

The Vata type person may often suffer from dry skin, anxiety and be affected by cold dry weather. Vata needs warmth, nourishment, hydration, comfort and healing.

This treatment helps to enhance the comfort of the skin and balance the mind with ancient Indian herbs such as Brahmi and Oshadi in addition to nourishing mud extracts.

PADABHYANGA FOOT RITUAL

25 MINS €50

The soles of the feet are considered to mirror the systems and functions of the body. Symbolic and traditional, the Padabhyanga Foot Ritual is a significant way to leave the everyday pressures of life behind and cleanse away your cares.

The feet are rested on warm pebbles and bathed in warm water rich with fragrant oils. The feet and lower legs are exfoliated and smoothed and Marma points on the feet and ankles are massaged to help raise natural energy and prepare for the treatment.

SHIROBHYANGA (INDIAN HEAD MASSAGE)

25 MINS €50

A calming yet energising scalp-massage focusing upon vital energy points combined with individually chosen aromatherapy oils.

If time is of the essence, this compact treatment will help to reduce tension, increase circulation and leave an improved feeling of well-being. An important part of any ritual.

ESPA INTENSIVE FACIALS

Totally focused on naturally improving the condition of the skin and enhancing its appearance, all ESPA facials will benefit both men and women.

Our luxurious facials include specialised double cleansing techniques, gentle exfoliation, acupuncture facial massage and a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic Oriental Head Massage with Pink Hair and Scalp Mud and then enjoy specific moisturising and skin protection to suit your needs.

Choose from the following options

(The Eye Lift may be added to any facial treatment)

THE ESPA SKIN BRIGHTENER

55 MINS €95

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin.

This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet; plus other skin regenerating products rich in antioxidants, which are skin softening, smoothing, and visibly improve the radiance, appearance and texture of the skin.

THE ESPA OIL CONTROLLER

55 MINS €95

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance.

This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. Cleansed with Foaming Facial Cleanser with Yucca, Sugar Beet and Honey, this facial includes naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme. This gentle yet powerfully effective treatment helps soothe, calm and rebalance the skin and encourage a clear complexion.

THE ESPA DE-SENSITISER

55 MINS €95

A specifically gentle facial for truly sensitive, fragile skins which are prone to redness and irritation. Soothing, de-sensitising natural plant extracts and aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins helping to reduce sensitivity and to calm high colour, leaving the skin calmed, nourished and comfortable.

THE ESPA RE-HYDRATOR

55 MINS €95

Ideal for dry, dehydrated, flaky skin requiring hydration and moisture, an excellent regenerating boost for normal and dry skins. Careful cleansing and exfoliation greatly helps the skin to improve the absorption of nourishing and moisturising masks, facial oils and creams, which are specifically chosen for their deeply re-hydrating benefits. This facial leaves the skin smooth, soft, supple and nourished.

THE ESPA EYE LIFT

25 MINS €50

Perfect for all skin types who are concerned with those first signs of ageing which appear around the eye area. The Eye Lift is a welcome treat for those suffering from eye-strain and computer headaches and contact lens wearers. A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the environment.

ESPA AGE DEFYER

1 Hour 20 Mins €145

Suitable for anyone concerned with minimising and protecting against the visible signs of ageing; excellent for mature, dry, dehydrated skin. A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing, and sun damaged skin.

The face neck and décolleté are cleansed and massaged with Gentle Deep Cleansing Balm, rich in anti-oxidant Grapeseed Oil, Beeswax, and Olive Fruit Oil with Spearmint Leaf, and skin firming Rose Damascena. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with the ESPA seriously effective moisturising products, rich in natural anti-oxidants, and scientifically advanced natural ingredients to hydrate and protect.

The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalised and nourished. Oriental head massage techniques are incorporated to stimulate and lift the skin around the hairline and into the scalp, and to relieve tightness and tension.

THE ESPA ULTIMATE BODY WRAPS

Not just a body wrap but also a life enhancing experience which includes lymphatic skin brushing, body exfoliation, a full body rub with specific aromatherapy oils before the complete enveloping body wrap of Marine Algae, Marine Mud or Oshadi Clay. Ultimate tranquility is achieved with a mind calming Oriental head massage.

ESPA body wraps are uniquely designed to address the needs of men as well as women. ESPA body wraps are designed to comfortably raise the temperature and induce perspiration to help eliminate toxins and increase the effects and the absorption of the oils and the wrap.

This sophisticated menu of individual wraps uses a choice of warmed Marine Algae, Marine Mud, or Oshadi Clay combined with essential oils, blended to meet your specific needs.

- **Marine Algae** is known for its hydrating and detoxifying properties and is particularly beneficial when needing to speed up the elimination of toxins prior to the absorption of essential oils and plant extracts.
- **Marine Mud** has nourishing and skin conditioning properties and is ideal for dry, dehydrated skin requiring nourishment and re-stabilising.
- **Oshadi Clay** is mixed with ginger, liquorice and mustard seed which warms and hydrates the skin and is beneficial for aching muscles and joints and adds extra heat to the treatment.

Choose from the following options

THE ESPA DETOXIFIER

55 MINS €100

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid, and helps improve the appearance of the skin, minimising the dimpled appearance of cellulite.

THE ESPA BODY TONER

55 MINS €100

The Body Toner is a luxurious way to help restore skin tonicity, ideal after weight loss or pregnancy; deeply nurturing and moisturising, this wrap leaves the skin smooth, toned and nourished.

THE ESPA SKIN HYDRATOR

55 MINS €100

The Skin Hydrator brings true re-hydration to dry, sensitive or flaky skin, leaving it plump, hydrated and soft. Pure luxury, excellent after a holiday and wonderful preparation for a special night out.

THE ESPA MUSCLE RELAXER

55 MINS €100

The Muscle Relaxer is soothing and warming, and eases tension and tightness in the muscles helping to ease mobility and reduce aches and pains.

THE ESPA IMMUNE BOOSTER

55 MINS €100

Perfect to help combat the effects of environmental pollution, air travel and congested cities. An excellent system balancer before sleeping. Ideal when resistance is low.

THE ESPA STRESS RELIEVER

55 MINS €100

Stress comes in many forms, but comfort, warmth and a tension relieving wrap will restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

THE ESPA ENERGY BOOSTER

55 MINS €100

The systemic cleansing of Marine Algae combines perfectly with the refreshing uplifting blends of essential oil to re-establish a sense of well-being and inspired energy.

THE ESPA JET-LAG ELIMINATOR

55 MINS €100

When long haul travel leaves you not knowing what time of day it is, this wrap uses powerful aromatherapy oils to either soothe and relax ready for sleep, or revitalise and energise leaving the mind clear and fresh to enjoy the day.

THE ESPA ESSENTIAL BODY MASSAGE

A massage can be routine or individual. It can be a life saver, or standard. The ESPA massage is essential, professional and designed to aid in the specific and immediate needs of both men and women.

Choose from the following options

THE ESPA DETOX MASSAGE

55 MINS €95

Detoxifying Body Oil is a cleansing blend of citrus oils; uplifting Grapefruit and Eucalyptus combined with Cypress and Juniper Berry which is known to have natural diuretic properties. The perfect treatment to support a weight-loss programme and to counterbalance over indulgence.

THE ESPA BODY TONER MASSAGE

55 MINS €95

Restorative Body Oil is rich in essential oils of Palmerosa, Borage and Wheatgerm which are known to help improve skin tonicity and firmness. The skin is nourished and hydrated.

THE ESPA MUSCLE RELAXING MASSAGE

55 MINS €95

The body is massaged with Fitness Oil and soothes away aches and pains. A rich essential oil blend of Cloves, West Indian Bay, Rosemary and Peppermint help ease joint pain and the discomfort of stiffness, and relax and calm the muscles.

THE ESPA STRESS RELIEVING MASSAGE

55 MINS €95

Whatever the cause of your stress, this full body massage is ideal to be taken towards the end of the day when the desire to relax can be fulfilled by sleep. Essential oils of Frankincense, Myrrh and Ylang Ylang have deeply relaxing, calming properties to soothe and de-stress.

ESPA HOLISTIC MASSAGE

THE ESPA IMMUNE BOOSTING MASSAGE

55 MINS €95

A powerful blend of Tea Tree Oil with 3 types of Eucalyptus Oil, well known for their natural anti-viral, anti-bacterial and soothing properties, is used to help encourage the body's natural immune system to operate efficiently.

THE ESPA ENERGISING MASSAGE

55 MINS €95

The re-energising feel-good effects of Listea Cubeba and Eucalyptus, coupled with the mind clearing benefits of English Peppermint and Rosemary can help you face the day with an increased, positive sense of well-being and mental clarity.

THE ESPA JET-LAG ELIMINATOR

55 MINS €95

Rebalance your energy level by reactivating your senses, lifting your spirits and re-establishing mental clarity with a massage of Rosemary, Citrus and English Peppermint, or relax into untroubled sleep with Myrrh, Frankincense and Ylang Ylang.

ESPA AROMATHERAPY BODY MASSAGE

1 HOUR 20 MINS €145

A deeply therapeutic, holistic treatment, using blends of essential oils which appeal deeply to the senses and whose aromatic appeal is a personal response to each individuals needs. Deeply relaxing and calming, or inspiring, uplifting and mind clearing the benefits of this treatment are appropriate for all.

SWEDISH MASSAGE

1 HOUR 20 MINS €145

A truly traditional massage with regulated pressure, excellent for releasing knots and tensions in the body. Stimulating effleurage and long, strong movements are used for effectively easing tired aching back and limbs.

ESPA ADVANCED BODY TREATMENTS

ESPA STIMULATING HIP AND THIGH TREATMENT

55 MINS €95

A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin texture.

After exfoliation with a seaweed and salt rub, there follows a vigorous detoxifying massage using stimulating essential oils and an application of warm marine algae. The feet reflex zones and pressure points are activated then pressure point and lymphatic drainage massage is undertaken to the eye area gently helping to purify and cleanse the body. A course of treatments is recommended.

ESPA TOTAL INDULGENCE PRE/POST NATAL TREATMENT

1 HOUR 25 MINS €150

This total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contraindications and aid in relaxation and tonicity of the skin during this very special time. The treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, various muds and creams and advanced massage techniques to safe areas. It leaves the skin toned and the client totally relaxed.

ESPA SALT AND OIL SCRUB

25 MINS €50

An experience that will leave your body refreshed and cleansed with your skin smooth and revitalised.

Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness. Ideal treatment prior to an ESPA Essential Body Massage.

FULL DAY SPA PROGRAMMES

A selection of unique therapies have been blended together into a series of programmes to enhance well-being.

Commence your day in our state of the art fitness studio, followed by a relaxing swim or just unwind in the calm and tranquility of the Tea Pavilion before stepping into the beautifully designed Spa. Begin your Spa journey in the Thermal Suite of heat experiences, ice fountain and lifestyle shower or recline in the Vitality Pool as the water soothes the mind and body.

Unwind before and after your treatment on the beautifully designed ergonomical loungers while listening to the soothing sound of water from the contemplation pool.

Included in your programme is a Spa lunch and refreshments, served in the Tea Pavillion.

NEW BEGINNINGS

€240

Designed specifically for pregnancy and nurturing mums.

- Welcome Foot Ritual and Lifestyle Consultation
- Herbal Tisane
- ESPA Total Indulgence Pre/Post Natal Treatment
- Spa Lunch and Refreshments
- ESPA Holistic Leg and Foot Treatment with Hot Stones

DETOXIFYER

€285

- Welcome Foot Ritual and Lifestyle Consultation
- Herbal Tisane
- ESPA Detoxifyer Wrap
- Spa Lunch and Refreshments
- ESPA Detoxifyer Massage
- ESPA Holistic Hand and Nail Treatment with Hot Stones

SOOTHER

€295

- Welcome Foot Ritual and Lifestyle Consultation
- Herbal Tisane
- ESPA Relaxing Salt and Oil Scrub
- ESPA Holistic Back, Face and Scalp Massage with Hot Stones
- Spa Lunch and Refreshments
- ESPA Holistic Hand and Nail Treatment with Hot Stones

RE-ENERGISER

€295

- Welcome Foot Ritual and Lifestyle Consultation
- Herbal Tisane
- ESPA Skin Brightener Facial
- Spa Lunch and Refreshments
- ESPA Energising Massage
- ESPA Holistic Leg and Foot Treatment with Hot Stones

STRESS RELIEVING

€330

- Welcome Foot Ritual and Lifestyle Consultation
- Herbal Tisane

- ESPA Salt and Oil Scrub
- ESPA Stress Relieving Massage
- Spa Lunch and Refreshments
- ESPA Re-Hydrator Facial
- ESPA Holistic Hand and Nail Treatment with Hot Stones

TIME OUT FOR MEN

€200

- Welcome Foot Ritual and Lifestyle Consultation
- Herbal Tisane
- Choice of either:
 - Chakra Balancing with Hot Stones **or**
 - Holistic Back, Face & Scalp Treatment with Hot Stones
- Spa Lunch and Refreshments

JUST FOR MEN

€240

- Lifestyle Consultation
- Men's Face Treatment with Shoulder & Scalp Massage
- Swedish Body Massage
- Spa Lunch and Refreshments

THE ESPA HALF DAY MINI RITUAL PROGRAMMES

An introduction to the ritual experience which combines several elements. Begin your treatment with a herbal tisane and welcome foot ritual followed by skin brushing, body exfoliation or salt scrub, full body massage with essential oil blends, total body wrap, full Oriental Head Massage, cleansing and refreshing shower, body smoother to finish.

2 HOURS 15 MINS

THE ESPA DETOXIFYER

€215

THE ESPA BODY TONER

€215

THE ESPA MUSCLE RELAXER

€215

THE ESPA STRESS RELIEVER

€215

THE ESPA IMMUNE BOOSTER

€215

THE ESPA ENERGY BOOSTER

€215

THE ESPA JET LAG ELIMINATOR

€215

ESPA HOLISTIC HAND AND FOOT TREATMENTS

ESPA HOLISTIC HAND AND NAIL TREATMENT WITH HOT STONES

55 MINS €70

An holistic arm, hand and nail treatment including a gentle skin refiner and a therapeutic massage incorporating hot stone therapy with the appropriate aromatherapy massage oil chosen for your individual needs. Hands and nails are dipped in a warm envelopment of paraffin wax to nourish and condition, then wrapped in warm mitts.

ESPA HOLISTIC LEG AND FOOT TREATMENT WITH HOT STONES

1 HOUR 10 MINS €95

An holistic foot and nail treatment including gentle skin softening exfoliation, and a relaxing acupressure point massage with the appropriate aromatherapy massage oil prescribed for your individual needs. The feet are then enveloped in warm paraffin wax to deeply nourish and condition the skin, leaving the feet soft and smooth.

FINISHING TOUCHES

MAKE-UP APPLICATION

To add the perfect finish, choose from:

Day or Evening Make-Up

40 MINS €50

Make-Up Lesson

50 MINS €65

Bridal Make-Up, Including Trial (two 40 Minute Sessions)

40 MINS €90

LASHES AND BROWS

24 Hour Patch Test Required. Choose from:

Eyelash Tint

20 MINS €30

Eyebrow Tint

10 MINS €20

Eyelash/Eyebrow Tint

25 MINS €40

WAXING

Includes skin brushing to prepare the skin and a soothing, cooling balm to finish with. Choose from:

Full Leg Wax

40 MINS €50

Half Leg Wax

25 MINS €35

Bikini Wax

10 MINS €20

Underarm Wax

10 MINS €20

Lip and chin

10 MINS €20

Eyebrow Shape

10 MINS €20

(Mens Waxing also available)

HOW TO SPA

OPENING TIMES

MONDAY TO SUNDAY 8.00AM – 10.00PM

TREATMENT TIMES 9.00AM – 9.00PM

ARRIVAL TIMES

You are encouraged to arrive at least forty five minutes prior to your appointment to enjoy the exclusive facilities of The Spa.

THERMAL SUITE

Enjoy the luxurious range of heat and cooling experiences which cleanse the body and skin whilst relaxing, and soothe aching, tired muscles. Each male and female Thermal Suite is uniquely designed and offers an opportunity to prepare your mind and body to gain maximum benefit from your treatment.

Male Thermal Suite

- Steam Bath
- Rock Sauna
- Heated Lounges
- Vitality Pool
- Lifestyle Showers
- Ice Fountain

Female Thermal Suite

- Laconium
- Saunarium
- Heated Lounges
- Vitality Pool
- Lifestyle Showers
- Ice Fountain

Rock Sauna

A classic Finnish Sauna with a temperature of 80-100 degrees having a purifying effect on the body.

Saunarium

A temperature of 60-75 degrees and a humidity of 30% by steam infusion. A gentle heat experience to aide in the release of stress and muscular tension.

Aroma Steam Bath

A temperature of 42-46 degrees and a humidity level of 100% with infused herbal extracts is ideal for the care of skin and hair.

Laconium

A relaxing environment designed to recreate the atmosphere of a Roman Sauna. Heat is evenly distributed with under floor heating, heated benches and walls making this a pleasurable and gentler heat experience. Guests can use for a longer period of time.

Vitality Pool

Experience the indoor Vitality Pool at a temperature of 35-37 degrees. Guests move around the selection of features – air tub, swan neck fountains, air loungers and water jets.

The benefits of the Vitality Pool are:

- Relaxation of the mind and body in preparation for further treatments
- Cleansing and detoxification of the skin

- Stress relieving on aching tired muscles and joints due to the deep penetration of the heat
- Increase in circulation and lymphatic system thereby increasing the body's immune system
- An overall sense of total peace and well-being

Lifestyles Showers

Combine the heat treatments with this unique shower experience of Tropical Rain, Artic Mist, and Body Jets.

- Tropical Rain – to cleanse and prepare the skin for the heat treatment sequence
- Artic Mist – used to cool down after the heat experience
- Ice Fountain – Refreshing flakes of ice to aid in cooling and revitalising the body between heat experiences
- Heated Loungers – Relax and unwind on ergonomical, heated loungers, contoured to the body

RELAXATION ROOMS

Prior to or following your treatment, enjoy relaxing in the respective men's and women's relaxation rooms each overlooking our stunning Contemplation Pool while listening to the soothing sounds of the gentle waterfall.

PRODUCTS

Spa inspired and treatment inspired, the ESPA range has been carefully selected and formulated using the highest quality organic or naturally grown plants known for their purity, potency and therapeutic benefits. The products are as natural as we can make them and are rich in essential oils, plant extracts and marine elements. Deeply relaxing and de-stressing oils, revitalising seaweeds and nourishing creams help to achieve outstanding results on face, body and mind.

SPA TREATMENTS

The specialised ESPA treatments care for your every need from intensive facials, hot stone therapy, essential body massages, ultimate body wraps, ayurvedic rituals, holistic massage, to full and half Day Spa Programmes.

All treatments and Spa Programmes will be available to residents of The Maryborough Hotel and Members. All Spa Programmes are available for non-residential day Spa guests and include use of the Spa experiences.

Non-residents wishing to book from the main treatment list may reserve a booking for a minimum treatment time of two hours.

Non-resident bookings cannot be confirmed or secured without a credit card. To make an appointment call The Spa on Ext 550

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy and serenity. We appreciate you turning off your mobile phone whilst in the Spa. The Spa is strictly not available for any one under 18 years of age. Children are not allowed access to any area of the Spa.

WHAT TO WEAR

Luxurious towels, robes and slippers will be provided for all spa guests to allow maximum comfort and relaxation. A bathing suit is required for the Thermal Suites and Vitality Pool.

GIFT VOUCHERS

Gift vouchers are available for any treatment, day Spa programmes or ESPA product and are an ideal present for someone special. Gift vouchers are non refundable and must be presented at time of treatment or purchase.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your Spa reservation.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or Spa Programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

PREGNANCY

We have specially designed treatments for expectant and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

HOMECARE

To continue your Spa regime and experience at home, all ESPA products used in the treatments are available from the Spa reception.