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 tranquillity 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. Each signature experience will begin with a welcome foot ritual and warming tisane infusion.
THE JOURNEY BEGINS as you wander past the reception contemplation pool that overflows into the spa below. Be eased into tranquillity as you indulge in the vitality pool, rock sauna, steam room, ice fountain, lifestyle showers and laconium, and feel cosseted and cocooned in the relaxation room, where time stands still until your therapist collects you for the ultimate treatment experience. Take the time to arrive early before your treatment, to unwind and enjoy your spa experience before and after your treatment.
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 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 enveloped allowing the herbs and oils to penetrate deeply, enhancing their effectiveness. The luxurious Indian Head massage includes deep inhalation of therapeutic aromatic oils to help renew and revitalise the mind.

Following a consultation to establish the Dosha, the massage, treatment wrap and ritual will be uniquely designed based on your needs.
A CONVERGENCE OF NATURE AND SCIENCE, the purity and naturalness of ESPA treatments combine ancient and modern Western and Oriental healing techniques designed to relieve stress, anxiety and fatigue, while promoting balance and inner harmony. Let your therapist lead you through totally tension relieving advanced facials that rejuvenate, refresh and renew, and efficacious tailored body treatments that incorporate superior massage techniques to detoxify, relax or energise.
AWAKEN THE SENSES with the gentle sound of moving water, the scent of fresh flowers, the taste of refreshing tisane, and the visually rich textures of wood and other natural materials.
THE ESPA ULTIMATE BODY WRAPS

Not just a body wrap but also a life enhancing experience which includes lymphatic skin brushing, body exfoliation, and a complete enveloping body wrap of Marine Algae, Marine Mud or Oshadi Clay. Ultimate tranquillity 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.
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.

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, acupressure 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.
THROUGH NATURE YOU HAVE BEEN NURTURED, leaving you totally calm, but quietly energetic with a rejuvenated sense of equilibrium. Your journey from being to wellbeing is complete.

FULL DAY SPA PROGRAMMES
A selection of unique therapies have been blended together into a series of programmes to enhance well-being. 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 Pavilion.
HOW TO SPA

OPENING TIMES
MONDAY TO SUNDAY  9.00 AM – 8.30 PM
TREATMENT TIMES  10.00 AM – 8.00 PM

ARRIVAL TIMES
You are invited to arrive at least sixty 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

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

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.

HEALTH & SAFETY
It is important that you inform spa reception on booking of any medical conditions. You may need to consult your doctor regarding your suitability for receiving treatment in certain instances. Please let us know if you are pregnant as specific treatments may be contraindicated to you.
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 towel, 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.