

MH

MARYBOROUGH

SPA

ESPA

Natural Beauty
Inner Calm



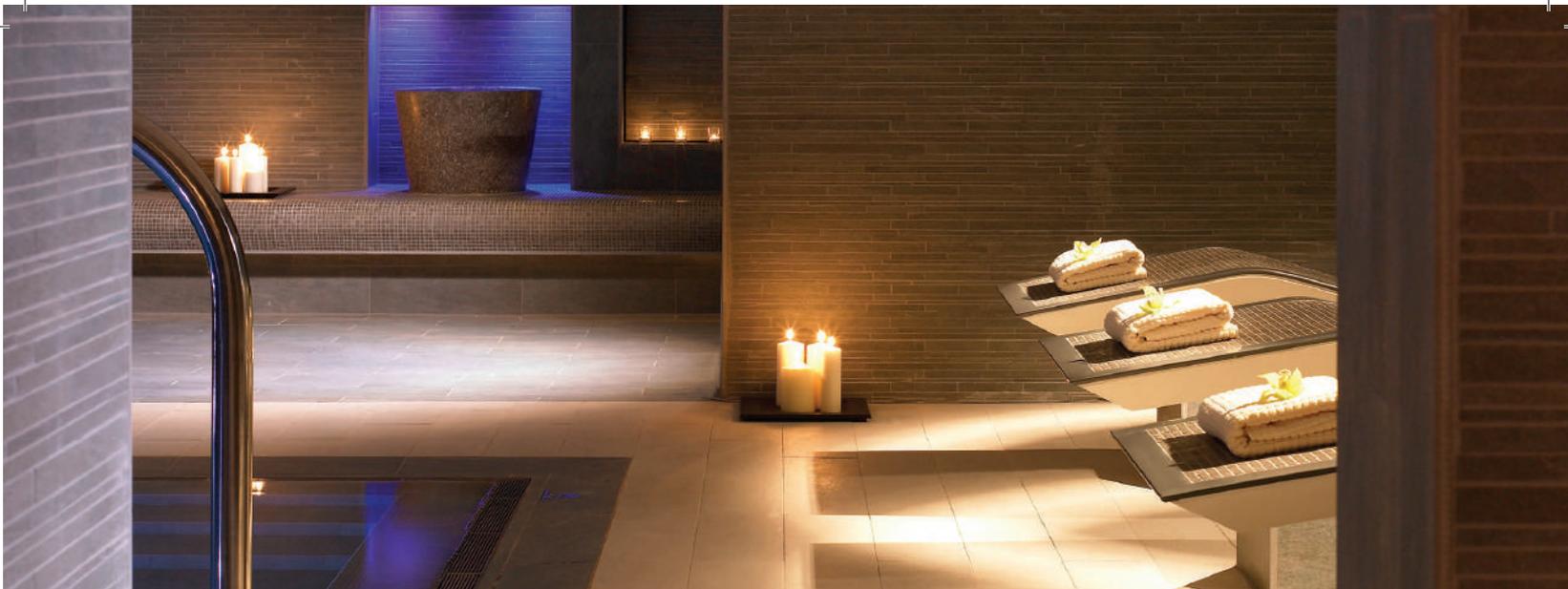
Welcome to the Maryborough Spa

Just a step from the heart of Cork City the Maryborough spa is a welcoming haven nestled within 18 acres of ancient ornate gardens and woodland. This sensual retreat is a haven of nurture within nature.

Reconnect with your senses through the gentle sounds of flowing water, fragrance of fresh flowers and scented candles. Enjoy the grounding element of wood and stone, calming views of our bamboo gardens and reflective pool. The spa is a living breathing space.

Many years of spa knowledge and training are combined with the concept behind ESPA products and treatments to ensure that an exceptional guest experience is delivered.

Attentive and individual care from our professional spa team ensures complete perfection on this journey from being to wellbeing.



The journey begins...

The journey begins as you wander past the reception contemplation pool that overflows into the spa below. Be eased into tranquilities as you indulge in the vitality pool, rock sauna, steam room, ice fountain, lifestyle showers and laconium and feel 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 to unwind and enjoy your spa journey.

ESPA FACIALS

MARYBOROUGH SIGNATURE FACIAL

This is our exclusive Maryborough Spa Signature Facial. After the initial cleanse a skin lamp is used to view the underlying layers. Steam combined with a Clarisonic brush is used to gently exfoliate the face with the exfoliation extended to the chest and upper arms. After a relaxing face and upper arm massage, the ESPA lift and smoothing mask is applied. This menthol mask tightens and lifts the skin to give you a youthful glow. While the mask is setting, a scalp and foot massage is carried out by the therapist. Upon the removal of the mask, the skin is left taut, lifted and toned.

1 houe 20 mins
€130

ESPA SKIN BRIGHTENER

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

50 mins
€100

ESPA OIL CONTROLLER

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

50 mins
€100

ESPA DE-SENSITISER

A specifically gentle facial for truly sensitive, fragile skins which are prone to redness and irritation.

50 mins
€100

ESPA RE-HYDRATOR

Ideal for dry, dehydrated, flaky skin requiring hydration and moisture, excellent for regenerating and boosting normal to dry skins.

50 mins
€100

ESPA AGE DEFYER

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

50 mins
€110



SPECIALISED MASSAGE

ESPA HOLISTIC BACK, FACE AND SCALP MASSAGE

Hot stone back massage using aromatic oils followed by a full ESPA facial. This treatment has powerful de-stressing benefits to mind and body.

1 hour 50 mins
€180

ESPA CHAKRA BALANCING WITH HOT STONES

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. This treatment commences with a full body exfoliation followed by an indulgent hot stone massage.

1 hour 50 mins
€180

FULL BODY HOT STONE MASSAGE

Blended aromatherapy oils and volcanic hot stones which are used to massage tight muscles and relax the body.

50 mins
€110

NEW BAMBOO MASSAGE

This massage is an innovative way to provide Swedish or deep tissue massage using heated bamboo sticks to roll and knead the tissue to create an extreme sensation of relaxation and well-being. Bamboo massage is also used as a powerful preventative therapy against modern-day stress and to aid relief from many physical and emotional problems.

55 mins
€105

REFLEXOLOGY

Reflexology is a method of activating the healing powers of the body by applying pressure to the feet to clear the energy zones which can affect all the organs of the body. It is considered an effective way to reduce stress.

50 mins
€95

MARYBOROUGH SIGNATURE RADIANCE BODY TREATMENT

Our specially designed body treatment helps reduce the appearance of cellulite by increasing circulation, improving skin tone and hydrating your skin. A full exfoliation is followed by a two part leg massage. The first part will consist of a deep massage to stimulate circulation followed by a soft, slow lymphatic drainage massage which helps rid the body of toxins. Following an application of ESPA TriSerum, the skin will be left firmer, softer and more radiant.

50 mins
€105

ESPA SALT AND OIL SCRUB WITH SCALP TREATMENT

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple followed by pink hair and scalp mud treatment massaged into scalp which soothes and hydrates dry areas while the mud stimulates circulation to help boost growth and strengthen hair.

50 mins
€89

ESPA FULL BODY MASSAGE

Detoxifying Massage, Body Toner Massage, Muscle Relaxing Massage, Stress Relieving Massage, Energising Massage

50 mins
€100

ESPA BODY WRAPS

ESPA BODY WRAPS

Following consultation with your therapist choose from the following options:

50 mins
€105

DETOXIFIER

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.

MUSCLE RELAXER

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

STRESS RELIEVER

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.

ENERGY BOOSTER

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.

AYURVEDIC WRAPS

This ayurvedic inspired treatment begins with a consultation and foot ritual followed by a full body exfoliation and application of customized dosha wrap. This will leave your skin feeling nourished and revitalized, while wrapped up your therapist will perform an Indian head massage before putting a dosha specific oil on your body

1 hour 50 mins
€180

PITTA PACIFIER

The pitta person may suffer sensitive skin and is often affected by hot weather. This treatment helps to cool and soothe the skin.

KAPHA STIMULATOR

The kapha person suffers from dull, possibly oily skin, tendency to put on weight and is affected by cold damp weather. This treatment helps to clarify the skin, stimulate circulation and warm the body.

VATA COMFORTER

The vata person may suffer from dry skin, anxiety and be affected by cold dry weather. This treatment helps enhance the comfort of the skin and balance the mind.





ESPA MATERNITY

ESPA PRE/POST NATAL TREATMENT

This treatment uses advanced massage techniques in safe areas to slowly relax and de-stress the body. The treatment begins with a gentle back exfoliation followed by a full body and scalp massage using nourishing treatment oils.

1 hour 25 mins
€150

ESPA PREGNANCY FULL BODY MASSAGE

This full body massage is designed to aid in the immediate and specific needs of pregnant women 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.

50 mins
€105

ESPA PREGNANCY FACIAL

A comforting facial during pregnancy suitable for new mums to be that are prone to hormonal imbalances, redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils are used to gently cleanse, nourish and hydrate fragile and unbalanced skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

50 mins
€105

ESPA MINDFULNESS MASSAGE

INNER CALM MASSAGE

Quieting the mind, releasing physical tension and nourishing the skin, this 50 or 80 minute holistic, rebalancing treatment begins with a carefully chosen aromatherapy blend to luxuriously help you relax, detox or energise your whole system. Using guided inhalation and breathing techniques to help slow breath – releasing stress and anxiety, mind and body are brought back in balance. With the body relaxing into a warm neck pillow, an eye pillow is placed over your eyes before a full body massage begins for a state of complete relaxation. A calming scalp massage follows before rose quartz crystals are gently massaged over the third eye and forehead to rebalance the body, restore a sense of focus and create inner calm.

50 mins
€100

80 mins
€150

MINDFULNESS MASSAGE

Intensely calming and clarifying to mind and body, you'll be guided through breathing and visualisation techniques during this 80-minute treatment. An indulgent experience working on the concept of mindfulness focusing on both the mind and body, the mindful massage helps to reduce stress and unwind a busy mind. Massaging the metamorphic zones of the feet to rebalance and begin this ritual, a heated neck and warmed eye pillow start to melt away tension before a soothing, therapeutic massage is continued up through the whole body – finishing with a re-energising scalp massage using warm rose quartz crystals.

80 mins
€150

NAIL TREATMENTS & MAKEUP

ESPA HOLISTIC HAND AND NAIL TREATMENT WITH HOT STONES-MANICURE

An holistic arm, hand and nail treatment including a therapeutic massage incorporating hot stone therapy with the appropriate aromatherapy massage oil chosen for your individual needs.

50 mins

€65

ESPA PEDICURE - WITH HOT STONES & PARAFFIN WAX

An holistic foot and nail treatment including gentle skin softening exfoliation, and a relaxing acupressure point massage with hot stones. Paraffin wax is also incorporated to soften dry areas on the feet. (Hot Stone Massage unsuitable during pregnancy)

1 hour 10 mins

€80

ESPA PEDICURE

Treatment as above with a choice of either hot stone massage OR paraffin wax used.

55 mins

€65

MAKE-UP

Treat yourself to a consultant make-up application with one of our professional make-up artists

Day or Evening

€45

*Choose to add a gel polish to hands or feet for an additional €15





ESPA MALE TREATMENTS

ESPA MEN'S MUSCLE RELAXING MASSAGE

This massage is designed specifically with men in mind to ease any tension and knots built up over time.

50 mins
€105

ADVANCED RADIANCE FACIAL

Purify, smooth and reawaken skin with this stimulating facial treatment. Deeply cleanse and refresh your complexion while removing dull, dead cells and boosting cell regeneration. Personalised facial massage and a cooling and toning mask complete this treatment, to leave skin toned and supple. Treatment includes: Deep brush cleanse, Steam and extraction if required, exfoliation, facial massage, cooling and toning mask, hand and arm or scalp massage.

1 hour 20 mins
€140

MEN'S DEEP CLEANSING FACIAL

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating We encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs. Treatment includes: double cleanse, exfoliation, steam and extraction if required, face massage, personalised mask, scalp massage.

50 mins
€105

MUSCLE REVIVER MASSAGE

This fast-acting, stress-relieving massage focusses on the back, face and scalp, working to alleviate built-up pressure and tightness. Ideal for those who suffer with tension headaches or neck strain, it effectively soothes tight muscles and calms the mind, leaving you feeling revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

50 mins
€105

ESPA JET LAG MASSAGE

Relieve the worries of the day and enjoy this full body massage which uses selected oils that enhances the blood circulation, eases muscular pain and relaxes the muscles of the shoulders and finishes with a relaxing head massage.

50 mins
€105



HOW TO SPA

OPENING TIMES

Monday ~ Sunday
Treatment Times 9.00am – 8.30pm
 10.00am – 8.00pm

ARRIVAL TIMES

You are invited to arrive sixty minutes prior to your appointment to enjoy the exclusive facilities of The Spa.

THERMAL SUITES

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 aid 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

HOW TO SPA

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

CANCELATION POLICY

Should you need to cancel or reschedule your appointment, please notify the spa at least 24 hours in advance to avoid being charged for treatments.

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.

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