

The
Square
Spa & Health Club



Hotel Meyrick, Eyre Square, Galway

Treat

yourself to a visit at The Square Spa & Health Club.

Located on the exclusive Level 5 in Hotel Meyrick, Eyre Square, it has been specifically designed to offer you a sanctuary of peace away from the hustle & bustle of every day life. Once you have entered our doors our expertly trained therapists will guide you through our range of exquisite treatments, soothing away stress & restoring your body's natural beauty.

The facilities at the Square Spa & Health Club are as follows:

Fitness Suite

This superb facility is equipped with state of the art cardio fitness equipment & a weight management area.

Outdoor Canadian Hot Tub

Six-person luxury Outdoor Hot Tub where you can unwind while enjoying panoramic views of Galway City & Galway Bay.



Jacuzzi

Eight person turbo jacuzzi that is sure to ease away the tensions of the day.

Steam Room

A smooth & relaxing way to re-energise the body & mind.

Hydrotherapy Bath

An energising water treatment consisting of a multi jets & a computerised massage bath working up the legs, arms, back and abdomen, according to your needs using difference types of oils for relieving muscle aches & pains & stimulating the circulation leaving you feeling refreshed, revived & relaxed. €30.00

Relaxation Room

Relax in the calm surroundings of the relaxation room to the sounds of soothing music. This is the perfect end to your hydrotherapy bath.

Hands & Feet



The Square Spa Deluxe Manicure

This luxurious anti-aging nourishing & nail treatment uses citrus exfoliating crystals to remove dead cells followed by a crystal activator aids deep penetration to the skin, citrus oils are gently massaged. Heated mittens are then used to soften cuticles & increase hydration. Cuticles are repaired & nails filed & polished resulting in hands deeply hydrated, replenished & protected.

45 minutes	€45.00
Mini Spa Manicure	€30.00
File & Polish	€18.00
File & French Polish	€22.00

The Square Spa Deluxe Pedicure

Send the feet on a relaxing retreat by the sea & the mind & soul will follow, feet are soaked in a foaming sea soak, gently exfoliated & polished with sea salt glow followed by a deeply relaxing massage using silk oil. A marine mask leaves the feet soft, hydrated & cool for hours which concludes with a buffing or polish. 55 minutes

€60.00

Mini Pedicure 30 minutes

€30.00

French Polish: €5.00 extra

Body & Mind

Swedish Full Body Massage

A deep tissue massage. Improves circulation, lymphatic drainage & relieves tension.

55 minutes

€70.00

Aromatherapy Full Body Massage

Revitalises, Restores & Rejuvenates body & soul. One hour of total relaxation, and you're ready to face the world. 55 minutes

€70.00

Aromatherapy Back, Neck & Shoulder Massage

Relieves tense neck & shoulders & promotes a general state of well being.

25 minutes

€45.00



Foot Unwinder

Heaven for tired aching feet & for that all over 'feel good factor'. 25 minutes

€40.00

Hydro Active Body Exfoliation

Total dry body brushing followed by a mineral rich sea-salt scrub & fruit enzymes combine to smooth & silken the entire body. Ideal treatment to have before any body treatment.

25 minutes

€40.00

Detoxifying Sea Mud Wrap

Total dry body brushing followed by a purifying seaweed & mineral mud poultice infused with botanical extracts fruit enzymes. Whilst you are cocooned in a warm relaxing wrap, enjoy a deeply relaxing scalp massage. Leaves skin detoxified, hydrated & silky. 45 minutes

€55.00

Hydro Wrap

An ultra soothing hydrating treatment personalised with aromatherapy oils & Aloe Vera gel. A pure natural Aloe based pack is swaddled in a thermal wrap to infuse the skin with moisture. Includes dry body brushing & a relaxing scalp massage.

45 minutes

€55.00

Hot Stone Massage (Full Body)

The ancient healing art of stone therapy encourages both physical & spiritual balancing. Using the warmed stones & a variety of harmonious massage techniques & oils, the physical body relaxes at its deepest level. Stone therapy is a very effective method of creating harmony & a positive energy flow.

60 minutes

€85.00



Hot Stone Back Massage 25 minutes

€50.00

The Acadespa Light Legs

Legs and feet are gently exfoliated, a warm blend of oils are massaged in followed by a mineral mask wrapped to aid infusion. Anti fatigue cream is then applied. Refreshes, relieves congestion & helps microcirculation. 55 minutes

€60.00

Platinum Detox

The relaxing way to re-balance your body, mind & soul. Using a foot spa, feet are immersed in water, the machine draws toxins from the 2000 pores in each foot. The treatment is painless allowing you to enjoy & be captivated by the visual effect of the process as the water changes colour. 30 minutes

€55.00

Indian Head Massage

A deeply relaxing head, neck & shoulder massage relieves scalp tension & refreshes the mind.

30 minutes

€50.00

Reflexology

Reflexology is the application of pressure & massage to the feet. It is a safe, natural therapy as a way of relaxing, balancing & harmonising the body, mind & soul.

55 minutes

€65.00

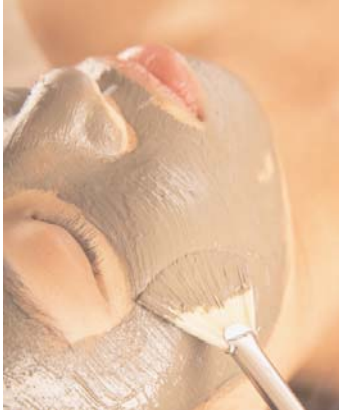
Face Up

The Square Spa Signature Facial

This ultimate luxury facial includes deep cleanse hydration & regeneration. Warmed stones are used to perform a detoxifying massage, allowing you to relax at the deepest level.

1 hour 15 minutes

€115.00



Dr. Hauschka Signature Facial

Deluxe Stress Buster. This is extreme pampering.

Let your feet soak in a lavender milk bath, then allow your body to drift to another world with the wonderful aromas from head to toe. This treatment is fantastic. lymphatic drainage moves toxins that any normal cream wouldn't. Your skin is rejuvenated & fully moisturised. indulge in a complimentary Elixir drink, which is made from real fruit juices each with their own cleansing action.

90 minutes

€105.00

Morpho Treatment (Botox - Needle Free)

This treatment works on the lines & wrinkles caused by hormonal expression lines & environmental damage.

1 hour

€90.00

GM Collin - Collagenny C

Science meets luxury. Our latest facial combines 15% pure Vitamin C which restores radiance, using 100% native Collagen that is proven to repair & prevent wrinkles. Includes an anti-ageing hand treatment.

1 hour 15 minutes

€125.00

Dermalogica Personalised Facial

This truly 'hands on' facial is tailored to suit your skins needs. The use of active ingredients will treat even the most persistent of skin problems.

55 minutes

€75.00

Luxurious Eye Treatment

Bring the sparkle back into your eyes, a series of exfoliation, lymphatic drainage, nourishing serums effectively diminish dark circles, eliminate puffiness & reduce fine lines.

30 minutes

€40.00

Men

Vitامن Facial Range

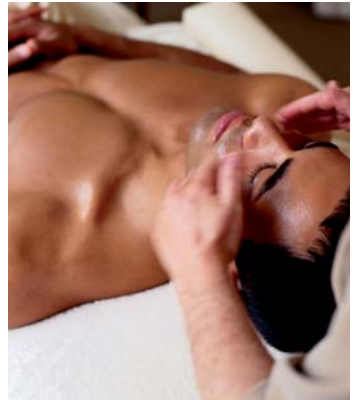
Vitامن designed specifically for men offers a wide range of grooming products & spa treatments.

Executive De-stress Facial

This treatment begins with a neck & shoulder massage, followed by a deep cleansing nourishing facial.

55 minutes

€65.00



Vitامن Signature Spa Treatment

This treatment includes a de-stressing back massage, a deep cleansing nourishing facial & a scalp & hand treatment. "Experience the ultimate grooming & relaxation".

90 minutes

€105.00

Booking Your Appointment

We recommend to pre-book treatments prior to arrival to avoid disappointment.

A 50% cancellation charge will apply if not cancelled at least 24 hours prior to the appointment. Credit card details are requested to secure appointments.

Failure to show will result in a 100% charge for reserved service.

Gift Vouchers Available for any Treatment, Pamper Package or Membership

Pamper Packages

Pamper Packages (can be tailored to suit your needs)

Square Spa Special Guest Welcome

Relaxing Back & Neck Shoulder Massage. Hydrotherapy Bath
Use of Outdoor Canadian Hot Tub, Steam Room, Jacuzzi, Relaxation Room
& Fitness Suite. Complimentary use of Bathrobe & Slippers

90 minutes

€80.00

Men's Square Spa Special

Relaxing Back & Neck Shoulder Massage. Deep Cleansing Facial
Hydrotherapy Bath Use of Outdoor Canadian Hot Tub, Steam Room, Jacuzzi,
Relaxation Room & Fitness Suite. Complimentary use of Bathrobe & Slippers.

3 hours

€150.00

Square Spa Taster

Treatment of your choice (55 mins)

Use of Outdoor Canadian Hot Tub, Steam Room, Jacuzzi, Relaxation Room
& Fitness Suite Light Lunch. Complimentary use of Bathrobe & Slippers

2 hours

€105.00

Morning or Afternoon

Revitaliser

Back & Neck Shoulder Massage.
Nourishing Facial. Hydrotherapy Bath
Refreshment. Use of Outdoor Canadian
Hot Tub, Steam Room, Jacuzzi, Relaxation
Room & Fitness Suite

Complimentary use of Bathrobe & Slippers.

4 hours

€180.00



The Ultimate Luxurious

Pampering Day

Aromatherapy Full Body Massage
Customised Facial. Spa Pedicure
Spa Manicure. Hydrotherapy Bath
Use of Outdoor Canadian Hot Tub,
Steam Room, Jacuzzi, Relaxation Room
& Fitness Suite. Light Lunch.

Complimentary use of Bathrobe
and Slippers.

€255.00

Mum to be Special

Look & feel wonderful. Enjoy 2 1/2 hours of total bliss.

Customised Facial. Spa Manicure.

Heavenly foot-unwinder.

Complimentary use of Bathrobe and Slippers

2 1/2 hours

€145.00

Gift Vouchers Available for any Treatment, Pamper Package or Membership

Necessities

Silky Smooth Body Waxing

Full Leg Wax	€40.00
Half Leg Wax	€20.00
Bikini Line Wax	€15.00
Under Arm Wax	€15.00
Lip/Chin Wax	€15.00
Brow Wax	€15.00
Mens Back Wax	€40.00
Mens Chest Wax	€40.00



Eyes

Eyelash Tint	€15.00
Brow Tint	€10.00

Please note that all tinting treatments require a patch test 24 hours prior to treatment otherwise a disclaimer will be required.

Tanning & Make Up

Full Body Tan	€50.00
Half Body Tan	€30.00
Cleanse & Make-up	€30.00

To enhance & prolong treatments a wide selection of skin products & make-up are available for retail. Please ask your therapist for free advice.

The Square Health Club
Hotel Meyrick, Eyre Square, Galway
Tel: 091 509 673
E: them@monogramhotels.ie
W: www.hotelmeyrick.ie

OPEN SEVEN DAYS A WEEK

Opening Hours

Monday - Friday 9am - 9pm

Saturday & Sunday 9am - 8pm

Bank Holidays 9am - 8pm

HOTEL MEYRICK

A Monogram Hotel