Hotel Meyrick
Eyre Square, Galway
091 575 873
www.hotelmeyrick.ie/squarespa
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.

Facilites 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.

RELAXATION ROOM
Relax in the calm surroundings of the relaxation room to the sounds of soothing music.

TREATMENT ROOMS
Numerous Treatment rooms available with a range of exquisite treatments on offer.

Patrons Using Facilities Must be Over 16 Years of Age.
Body & Mind

SWEDISH FULL BODY MASSAGE  -  55 mins €80
A deep tissue massage. Improves circulation, lymphatic drainage & relieves tension.

AROMATHERAPY FULL BODY MASSAGE  -  55 mins €80
Revitalises, Restores & Rejuvenates body & soul. One hour of total relaxation, and you’re ready to face the world.

AROMATHERAPY BACK, NECK & SHOULDER MASSAGE  -  25 mins €50
Relieves tense neck & shoulders & promotes a general state of well being.

FOOT UNWINDER  -  25 mins €45
Heaven for tired aching feet & for that all over ‘feel good factor’.

REFLEXOLOGY  -  45 mins €65
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.

HOT STONE MASSAGE (FULL BODY)  -  55 mins €85
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.

HOT STONE BACK MASSAGE  -  25 mins €50
Using warmed stones & a variety of harmonious massage techniques & oils, the physical body relaxes at the deepest level.

INDIAN HEAD MASSAGE  -  25 mins €50
A deeply relaxing head, neck & shoulder massage relieves scalp tension & refreshes the mind.

THE ACADESPA LIGHT LEGS  -  55 mins €60
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.

HYDRO ACTIVE BODY EXFOLIATION  -  25 mins €40
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.

THERMAL BACK TREATMENT  -  60 mins €70
De Stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment. This treatment includes a de-stressing back massage, cleansing, masque and extractions.

EXPRESS BACK TREATMENT  -  30 mins €45
Cleanse the skin of impurities with this purifying back treatment. This express treatment includes cleansing, extractions and masque.

HYDRO WRAP  -  1 hour €70
A thermal body wrap ideal for those suffering with signs of premature ageing or suffering with dry, sensitive or irritated skin. The hydro wrap is personalised with aromatherapy oils and is extremely relaxing. You are cocooned in a warm relaxing wrap after mud is applied whilst enjoyed a scalp massage. This treatment leaves skin detoxified, hydrated and silky.
THE SQUARE SPA SIGNATURE FACIAL – 1 hour 15 mins €115
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.

EXPRESS DERMALOGICA FACIAL – 30 mins €45
Maximum results in minimum time. The express treatment includes cleansing, exfoliation, masque & customised creams. This facial is tailored to suit your skin's needs.

AGESMART FACIAL – 55 mins €85
This facial specifically targets and controls the effects of skin ageing. Utilising the latest vitamin technology and hydroxyl acid exfoliation to help firm, smooth, nourish, regenerate and energise your skin. Visible results after just one treatment.

DERMALOGICA PERSONALISED FACIAL – 55 mins €85
Customised facial based on face mapping analysis. Truly hands on facial, it includes a use of customised creams to suit your skin's needs, exfoliation, massage and masque.

DERMALOGICA SKIN BRIGHTENING FACIAL – 55 mins €85
Helps stop and reduce the effects of uneven skin tone and pigmentation. This effective facial will energise and strengthen a tired complexion, leaving your skin refreshed, more vibrant and glowing.

DERMALOGICA MEDI BAC FACIAL – 55 mins €85
Acne and breakouts have finally met their match. Our medicated cleaning treatment will focus on purifying your skin with deep cleansing and exfoliation followed by extractions. Formulated to improve skin clarity and reduce blemishes, while soothing redness and inflammation. Encourages balance and control of the skin condition.

DERMALOGICA SIGNATURE FACIAL – 90 mins €125
Deluxe Stress Buster. This is extreme pampering. Let your feet be pampered & massaged with a soothing stress relief oil. This treatment is fantastic! Lymphatic drainage moves toxins that any normal cream wouldn’t. Your skin is rejuvenated & fully moisturised. Indulge in a complimentary herbal tea which contains its own inner body cleansing action.

LUXURIOUS EYE TREATMENT – 25 mins €40
Bring the sparkle back into your eyes, a series of exfoliation, lymphatic drainage, nourishing serums effectively diminish dark circles, eliminate puffiness & reduce fine lines.

Men
Dermalogica have designed a facial range specifically for men. Dermalogica offers a wide range of grooming and shave products and spa treatments.

EXECUTIVE DE-STRESS FACIAL – 55 mins €85
Customised deep cleansing facial targeting all issues or concerns with skin. Includes a nourishing and relaxing face and scalp massage.

MENS SIGNATURE SPA TREATMENT – 90 mins €115
This treatment includes a de-stressing back massage and a deep cleansing nourishing facial.

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

Face Up

Products used in our treatments, are available to purchase!
Mama Mio is a specially designed programme consisting of safe products and treatments for Mum’s to be.

**YUMMY MUMMY**
1 hour: €80.00
This is a facial for your tummy. Giving your tummy that extra T.L.C. time it needs. The ultimate Mama Mio experience.

**MELLOW MAMA**
1 hour 30 minutes: €100.00
Our relaxing full body massage, using our safe but very effective prenatal massage techniques. It’s time to relax and unwind.

**LIGHTEN UP**
30 minutes: €50.00
Time for maternity marathon T.L.C. Detox and revive those tired, aching feet.

**4TH TRIMESTER**
1 Hour: €75.00
Congratulations!! Baby is here and it’s time for some rejuvenation with this healing hour full body massage.

Mama mio offers a wonderful range of take home skincare and bodycare products to treat and carry your body through the whole 9 months of pregnancy and after. It is essential that you take care of your body through this changing time. Please ask our expertly trained therapists for advice.
Hands & Feet

THE SQUARE SPA DELUXE MANICURE - 1 hour €50
This luxurious anti-ageing nourishing & nail treatment uses exfoliating crystals to remove dead cells followed by a moisturising mask. Massage cream and oils are gently massaged in to relieve any tension. Heated mittens are then used to soften cuticles & increase hydration. Cuticles are repaired & nails filed & polished resulting in hands deeply hydrated, replenished & protected.

- Mini Spa Manicure 30 min (file/cuticle/buff/polish) €30
- File & Polish €18
- File & French Polish €22

SHELLACS
- Shellac French Polish €30
- Shellac Removal €10

THE SQUARE SPA DELUXE PEDICURE - 1 hour €60
Send the feet on a relaxing retreat by the sea & the mind & soul will follow, feet are cleansed in a foaming wash, 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 cuticle work, buffing and a polish.

- Mini Pedicure (file/cuticle/buff/polish) 30 mins -€30
- French Polish - €5 Extra
- Add on Shellac - €20

Necessities

LYCON WAX
Here at The Square Spa we use the renowned Lycon Wax which is Australia’s leading waxing system. Ask our experienced specialised waxing therapists for more information.

SILKY SMOOTH BODY WAXING
- Full Leg Wax - €40
- Half Leg Wax - €20
- Under Arm Wax - €15
- Arm Wax - €20
- Lip Wax - €10
- Mens Back Wax - €40
- Mens Chest Wax - €40
- Abdomen Wax - €10
- Brow Wax/Shape - €15
- Chin Wax - €10

SPECIALISED WAXING
- Bikini Wax - €15
- Brazilian - €45
- Californian - €30
- Hollywood - €60

EYES
- Eyelash Tint - €15
- Brow Tint - €10
- Eye Lash Extensions (Individual/strip) - €15
- Eye Trio - €25

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 - €30
- Make-up - €35
- Bridal Make-up - €45
Retail Products

The Square Spa & Health club use a wide variety of product brands.

To enhance and prolong the results of your treatments all these products are available for purchase at the spa reception.

Please ask your skin therapist for free advice.

Please remember gift sets and boxes are also available for purchase and gift sets can be tailored to suit your gifting needs.

A member of our team will be delighted to help you with recommendations.
Pamper Packages

(Pamper Packages can be tailored to suit your specific needs).

SQUARE SPA SPECIAL GUEST WELCOME - 1 hour €80

MEN’S SQUARE SPA SPECIAL - 2 hours €150

MORNING OR AFTERNOON REVITALISER - 2 hours €150

THE ULTIMATE LUXURIOUS PAMPERING DAY - €255

MUM TO BE SPECIAL - 2 hours €155

Wedding Packages

THE BLISSFUL BRIDE
PRE WEDDING €120
Full body exfoliation
Body Wrap
Shellac on hands & feet

BRIDESMAIDS BLISS €90
Mini Facial
Aromatherapy Back Neck & Shoulder Massage
File & Polish Hands & Feet

MARRIED BLISS €110
Indian Head Massage
Full Body Hot Stone Massage
Mini Dermalogica Facial

PRE-SPECIAL DAY
Trial Make-up €35

MAKE OVER MUM €130
Agesmart Facial
Hot Stone Back Massage
Agesmart hand treatment with Polish

GROOM THE GROOM €100
Deep Cleansing Facial
De-stressing Back & Scalp Massage
File, Cuticle, Buff

FABULOUS FLOWER GIRL €25
File & Polish Hands & Feet
Foot & Hand Massage

THE SPECIAL DAY €65
Make-up, Shellac hands & feet

THE HONEYMOON
Tan €15

Waxing Treatments are available at a 50% discount every Wednesday

Hen Party Spa days also catered for. Ask the Square Spa Team for details & information about our special offers. Bridal packages can be tailored to suit your own individual needs.
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.

THE SQUARE SPA & HEALTH CLUB
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Tel: 091 575 873
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W: www.hotelmeyrick.ie

OPENING HOURS
Open Seven Days a Week
Monday - Friday 8am - 8pm
Saturday & Sunday 9am - 8pm
Bank Holidays 9am - 8pm
Opening hours may vary according to seasonality

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LOYALTY CLUB
Sign up for our loyalty card and be the first to receive special offers and complimentary treatments

Visit our Facebook & Twitter Page to Receive Our Latest Special Offers & Promotions