



DELPHI
Spa

relax | rejuvenate | unwind



The Delphi Spa Experience

The entire experience at Delphi Spa is one of tranquillity and relaxation, a unique place where you can truly escape, unwind and let yourself drift into a state of serenity. The team at Delphi Spa are passionate, professional and friendly and all of the products are natural and made to the highest ethical standards respectful of, and in harmony with, the environment. Treatments are designed to balance and harmonise the body and spirit. Choose from a selection of body massages, facials and warm bath treatments, all of which include complimentary use of Delphi Spa's beautiful Thermal Suite.

Looking out over the breathtaking valley, feel your tired muscles soften and relax in the intense heat of the steam or sauna. The panoramic windows frame the majestic Mweelrea mountain range, an inspirational view for you to enjoy while you sit back in the warm bubbling spring waters of the Jacuzzi and totally unwind in our relaxation rooms. Surrounded by some of Ireland's most inspirational and stunning landscapes, Delphi Spa leaves you feeling renewed and rejuvenated, providing a place where you can reflect and reconnect with peace and inner wellness.



Our Products

THALGO

Created from the sea, THALGO has developed unique expertise in harnessing the effectiveness of marine active ingredients. By drawing on the remarkable potential of algae and focusing on natural ingredients that are most adapted to the human body, Delphi Spa has selected THALGO to offer you beneficial products with exceptional skin tolerance.

All products provide a great source of vitality and relaxation to regenerate the body and re-energise the mind while protecting and reinforcing the skin's beauty.

Constant research ensures that only the highest quality ingredients with top performance results are used, incorporating marine actives, plants, proteins and high tech ingredients from natural resources.

THALGO products are paraben-free, contain no mineral oils, no propylene glycol, no GMO's and no ingredients of animal origin, offering you the most extensive and complete range of spa treatments and retail products.

VOYA

As the leading expert in harnessing the endless restorative and healing powers of seaweed, this Irish product is 100% certified organic. Voya seaweed is hand harvested from along the shores of the Wild Atlantic Way. It contains active ingredients which leave the skin soft, supple and rehydrated.

Voya is produced with integrity, a pure and simple skincare product range which is potent and effective yet luxurious and a pleasure to use.

Voya blend their cherished natural resource with a wealth of the purest organic active ingredients and essential oils, to give you the skin of your dreams.

Take time to drift away, dream and purify the mind from clutter with the simplest of Voya therapies. All products, treatments and techniques are guaranteed to relax, revitalise and leave you feeling restored and renewed.



Thermal Suite

Offering a refreshing beginning to your spa journey, the Thermal Suite is a sanctuary where spa guests can relax and unwind. This wonderfully designed area honours the beauty of its surroundings by capturing breathtaking mountain views while offering intense detoxification, relaxation and a complete sense of wellbeing.

The Thermal Suite introduces the client into a haven of tranquillity. Loosening muscles and softening skin, this soothing heat experience enhances the results of your spa treatments.

This area includes a sauna room, steam room, spacious Jacuzzi, lemon scented rain showers and relaxation rooms.

All spa guests who avail of a treatment receive one hour pre-treatment complimentary access.

Additional time to enjoy the facilities of the Thermal Suite must be booked in advance and will incur some additional costs. The Thermal Suite is suitable for over 18's only.

Resort Residents: €15 pp per hr
Non Resident Visitors: €30 pp per hr



Bath Experiences

A trip to Delphi Spa is simply not complete without immersing yourself in one of our deeply relaxing and restorative bathing experiences. Drift away in a luxury bathtub filled with our very own mountain spring water and combined with a range of carefully selected organic products.

VOYA SEAWEED BATH

Single (45mins) €39

Floating effortlessly in a soothing and tranquil state, your skin feels smooth and renewed. Breathe deeply and sense the tension, aches and pains simply slip away as a VOYA Seaweed Bath transports you to the Wild Atlantic Way in the comfort of our luxurious baths. Indigenous to Ireland, seaweed baths have been practiced locally for hundreds of years.

VOYA SALT BATH

Single (30mins) €29

A relaxing bath soaked with a blend of VOYA organic essential oils, organic lemon, lime, clove, basil, mandarin and patchouli combined with organic bath salts. Deeply breathe in and inhale the aroma from the therapeutic combination of relaxing oils. We highly recommended this bathing experience prior to a facial or body treatment.

PRECIOUS MILK BATH

Single (30mins) €29

Take the time to relax in an anti-aging, soothing and softening bath, with the Indocéane effervescent milky-aroma bath "sugar". Its soft powdery fragrance is an invitation to an absolute well-being treatment experience.

BLUE LAGOON BATH

Single (30mins) €29

This bath delivers all the richness of Manihi Island, the lagoon island of Polynesia, to relax the body and provide optimum hydration, lavished by its extracts of White Water Lilies and Citrus Essential Oils.

MARINE ALGAE BATH

Single (30mins) €29

For anyone in search of a pure concentrate of sea benefits, this bath is ultra-rich in minerals and algae. Promotes wellness, encourages figure refining, remineralises and revitalises by infusing trace elements. Effectively helps weight management by detoxifying, enhancing drainage and refining the figure through the high iodine content of algae.

Upgrade any bath treatment to a Seaweed Bath for an additional €10



Facial Treatments

SILICIUM SUPER LIFT FACIAL

(75mins) €110

This THALGO treatment excels in correcting loss of firmness and smoothing deep wrinkles. At the heart of its treatment procedure are a highly effective anti-wrinkle massage and a professional double firming mask that erases wrinkles and restores radiance to the complexion.

HYALURONIC SMOOTH & FILL FACIAL

(75mins) €110

An anti-wrinkle solution drenched in high penetration Hyaluronic acid, this treatment fills and corrects deep wrinkles thanks to its exclusive massage and double professional mask. From the first session, the skin looks younger and smoother. The complexion is glowing with youth.

COLLAGEN FACIAL

(75mins) €100

To fight the first signs of ageing, this unique professional treatment drenches the skin in Native Marine Collagen with incomparable bioavailability. Wrinkles and fine lines are blurred. The skin is intensely moisturised and ultra smooth with a radiant complexion.

HEART OF THE OCEAN RITUALS

(60mins) €75

The vital force of the Oceans concentrated at the heart of a carefully tailored treatment to meet the specific needs of every skin type. Effective signature professional products and a sensorial, relaxing massage are available in 3 treatment rituals.

- **SOURCE MARINE** - This facial lastingly corrects the hydration levels of dehydrated skin, deeply replenishes and restores the skin's velvety-smooth feel and original radiance.

- **PURETE MARINE** - Specifically designed for combination to oily skin, this treatment provides marine power to restore the beauty of healthy skin. Visibly reduces imperfections, redefines pores and controls shine.

EXPRESS ANTI-FATIGUE FACIAL

(30mins) €55

Wake up and energise tired skin in just 30mins. A full cleanse, scrub with Marine Crystals, Signature energising digito-pressure massage and anti-fatigue mask follow one another to reveal cleaner, clearer skin and relaxed features.

EYE EXPERT TREATMENT

(30 mins) €50

The ultra-relaxing treatment combined with the Eye Massage Mask reduces puffiness and dark circles, gently smoothes wrinkles and fine lines. The eye contour area is instantly rejuvenated.



Body Massage

DELUXE HOT OIL MASSAGE

(80mins) €110

With the use of custom Hot Oils and the flow of massage this treatment relieves muscle tension and encourages optimum circulation. This luxury massage treatment is used to calm and soothe the body, mind and soul, leaving you feeling relaxed and rested.

HOT-STONE FULL BODY MASSAGE

(60mins) €95

Heated Basalt stones slowly release heat into the muscle, creating a deep and relaxing effect on the body and releasing all of the tension within the muscles.

SWEDISH MASSAGE

(60mins) €75 | (90mins) €110

This massage is a light to medium touch massage using Swedish techniques to stimulate circulation and relieve stress and tension from the body.

DELUXE BACK, NECK & HEAD MASSAGE

(60mins) €75

Extended version of our signature a back, neck and shoulder massage to ensure the release of deep muscle tension. Using deep rhythmic pressure massage techniques to alleviate stress, ease aching muscles and revive the senses with a powerful, customised massage.

HOT-STONE BACK, NECK & SHOULDER MASSAGE

(30mins) €65

The warmth of the stones will help melt away stress where it is most often stored.

SIGNATURE BACK, NECK & SHOULDER MASSAGE

(30mins) €55

A relaxing massage designed to relieve the stress and strain of tired shoulders.

SIGNATURE HEAD MASSAGE

(30mins) €50

A deeply relaxing treatment which uses a light flow and pressure point massage techniques to help ease tension and stress, clear a congested head and relieve blocked sinuses. This therapeutic treatment involves a gentle massage of the face, scalp, neck and shoulders restoring a deep sense of relaxation, helping to re-balance both body and mind.



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Body Wraps

DELUXE BODY RENEW TREATMENT

(75mins) €95

Full body exfoliation with hot oil & Brown Sugar Scrub, 100% pure Honey mask wrapped up in a blanket followed by a pure relaxing head massage and to finish with a full body light massage.

BODY TREATMENT OF THE MONTH

(75mins) €95

Please enquire for details on our monthly special.

ALGAE BODY WRAP

(75mins) €85

The 'Thalassotherapy' body wrap par excellence, this 100% pure and natural, patented algae cream, rich in minerals, vitamins and trace elements, helps achieve a fit body and general revitalising.

SILKY SMOOTH BODY WRAP

(75mins) €85

Like soft rice paper on the skin, this silky cream with sweet notes of Sacred Lotus and enriched with Rice Germ oil transports you into a Chinese temple of beauty.

Body Scrubs

AQUATIC SCRUB

(45mins) €65

A concentration of the invigorating benefits of the ocean, the blue lagoon scrub combines the unique exfoliating power of sea salt with nourishing oils, to reveal a refined skin texture, velvety to the touch. Its marine notes delicately scent the skin, while providing a lasting sense of well-being.

DEEP CLEANING FULL BODY SEA-SALT SCRUB

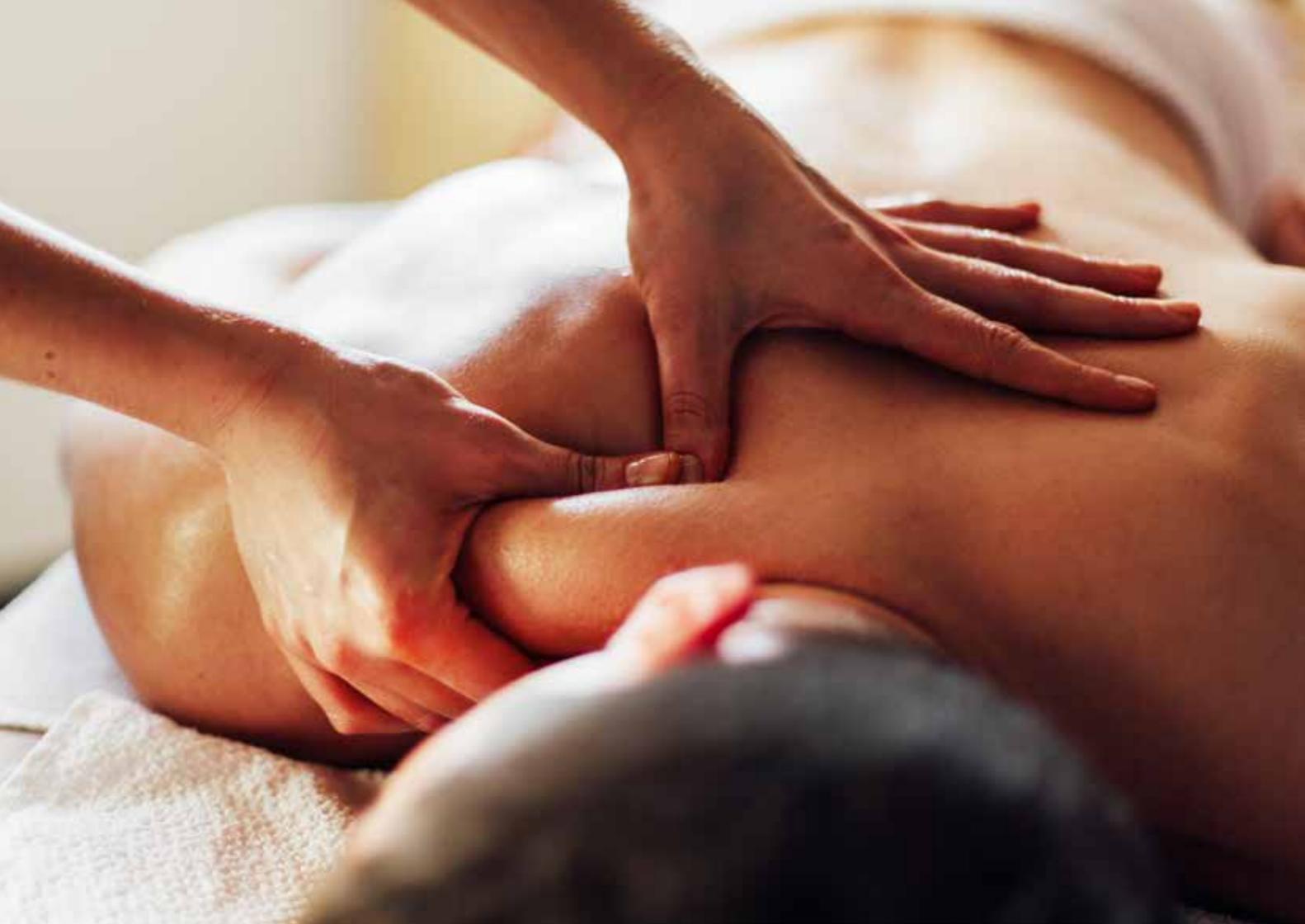
(45mins) €60

This exceptional skin softening body exfoliation treatment combines sea salts with essential oils to leave your skin nourished, smooth and supple. Awaken tired and dull skin through a head to toe exfoliation that hydrates the skin, stimulates blood and lymph flow while firming skin tone.

BROWN SUGAR FULL BODY SCRUB

(45mins) €60

This gentle and organic brown sugar body scrub will leave your skin feeling silky smooth and rehydrated. The exfoliating and hydrating powers of sugar blended with essential oils will breathe new life into dull dry skin.



Men's Treatments

AQUATIC FORCE BODY MASSAGE

(60 mins) €85

A stimulating massage designed specifically for men. While the Aquatic Massage Oil drenches the skin in its properties that protect from cell ageing, powerful and deep techniques relieve muscle tension and stimulate the flow of vital energy. The body is left completely relaxed.

OCEAN RITUAL FACIAL

(60 mins) €75

Whether your objective is Dehydration, dryness or oiliness, this treatment provides a tailored solution for male skin. Enriched with extract of Algue Bleue Vitale, a cell energising complex, and strengthened by a relaxing massage, leaving skin revitalised and perfectly balanced.

EXPRESS ANTI-FATIGUE FACIAL

(30mins) €55

Wake up and energise tired skin in just 30 mins. A full cleanse scrub with Marine Crystals, signature energising digito-pressure massage and anti-fatigue mask reveal cleaner, clearer skin and relaxed features.





Hands & Feet Treatments

DELUXE SPA PEDICURE

(60 mins) €65

Rejuvenate your feet with this intensive pedicure. Treatment includes: Foot soak, Salt scrub exfoliation, Softening Mask, Heated booties, Leg & Foot Massage, Cuticle work followed by File & Paint to finish.

SIGNATURE EXOTIC HAND & FOOT TREATMENT

(45mins) €60

This luxury exotic scents treatment beautifully soothes softens & deeply nourishes the skin leaving it feel silky to the touch. Treatment includes: Hands and Feet soaked in citrus fruit water, Brown Sugar Scrub, 100% natural Honey mask; Heated bootie/mitt followed with a heavenly Blueberry & Mint Hand/Leg massage to finish.

DELUXE SPA MANICURE

(60mins) €55

Combining deeply nourishing products with heated mitts, hands are soothed and replenished. Treatment includes: Hand soak, Salt scrub exfoliation, Softening Mask, Heated mitts, Hand & Arm Massage, Cuticle work followed by File & Paint to finish.

SHELLAC NAILS- HANDS OR FEET

(45mins) €45

Preparation and polish combining the best features of nail polish and UV gel. Shellac dries instantly and wears flawlessly for up to 14 days. Removal Of Shellac - add on €12

EXPRESS MANI OR PEDI

(30 mins) €35

Treatment Includes: Light cuticle work followed by a file and paint (€5 extra for French paint).

FILE & PAINT

(25mins) €30

Choose from a wide range of colours.

Waxing Treatments

FULL LEG, BIKINI & UNDERARM - (60mins)	€55
FULL LEG & BIKINI - (45mins)	€45
FULL LEG WAX - (30mins)	€35
HALF LEG WAX - (25mins)	€20
BACK WAX - (30mins)	€35
ADVANCED BIKINI LINE - (30mins)	€30
BIKINI LINE - (25mins)	€25
UNDER ARM WAX - (15mins)	€20
LIP/CHIN WAX - (10mins)	€15

Eye Care

EYEBROW/LASH TINT & SHAPE - (30mins)	€35
EYEBROW TINT & SHAPE - (30mins)	€29
EYEBROW & LASH TINT - (30mins)	€29
EYEBROW WAX - (20mins)	€25
EYEBROW TINT - (20mins)	€20
LASH TINT - (20mins)	€20



Spa Packages

DELUXE BODY RENEW PACKAGE - ½ day €199

Enjoy this special blend of treatments for pure renewal of the body. It is the ultimate pampering package that will melt away your stress and tension, restore your skin's natural glow and leave you feeling completely revitalised.

- **Blue Lagoon or Precious Milk Bath** - (30mins)
- **Body Scrub** - (45mins)
- **Signature Full Body Massage** - (60mins)
- **Signature THALGO Facial** - (45mins)
- **Thermal Suite Experience** - (60mins)

REFRESH PACKAGE - 3.5hrs €135

Designed to give you new strength and energy, this combination of relaxing treatments is designed to leave you feeling totally refreshed and stress free.

- **Bath Blue Lagoon or Precious Milk** - (30mins)
- **Signature Full Body Massage** - (60mins)
- **THALGO Signature Facial** - (45mins)
- **Thermal Suite Experience** - (60mins)

REVIVE'N'RELAX PACKAGE - 2.5hrs €110

This is the perfect package for those seeking simple pampering or a gentle "pick me up". It's a great way to escape the hustle and bustle of everyday life. Leave the spa feeling relaxed, revived and rejuvenated!

Select 3 treatments out of the following 5 pure bliss 30 min options:

- **Express Facial** - (30mins)
- **Blue Lagoon or Precious Milk Bath** - (30mins)
- **Signature Head Massage** - (30mins)
- **Back, Neck & Head Massage** - (30mins)
- **Foot Massage** - (30mins)
- **Thermal Suite Experience** - (60mins)

Please be aware that prices can be subject to change. Treatments are subject to availability.



Wellness Centre

Where the body, mind and soul can de-stress, rejuvenate and blossom. Adjacent to Delphi Spa, this spacious Wellness studio is designed to revitalize and heal your body, mind and spirit. Built in 2015, it was specially designed to host yoga, meditation and wellness retreats. The bright and airy space is filled with light and boasts breathtaking views of the Mweelrea mountain range.

Delphi Spa has been hosting retreats in Ireland for over two decades. The surroundings and tranquillity of the beautiful landscape of the Delphi valley lends itself perfectly

as a location hidden away from the rest of the world. These retreats are for those looking to unwind from the routine of everyday life, by detoxifying the body and mind with practices such as Yoga, Meditation, Juicing, Healthy Eating, Holistic Therapy, Massage, Bathing & Nature Walks available.

The Wellness Centre is also available for you to rent. Your guests can choose from 4 star hotel or hostel accommodation to suit their budget and you can make use of our many facilities including the spectacular spa, on-site adventure centre with

full access to our forest setting to enjoy walks, cycles or outdoor classes.

The Wellness Centre fits 25-30 yoga mats comfortably. Venue hire includes all the equipment needed for your guests including;

- Yoga mats
- Foam blocks
- Strap/Belts

For more information on retreat dates, times and availability of classes and studio rental fees, please contact us.



Visiting Delphi Spa

HEALTH CONDITIONS - Please inform us of any health conditions, allergies or injuries in advance when booking treatments as this may affect your chosen treatment. The spa team will be able to advise you on the best possible treatments for you. If you do not disclose this information to us prior to arrival, this may cause your treatment to be changed or cancelled. Please be as open with us as possible as we wish for you enjoy your time at Delphi Spa and Thermal Suite.

DAY SPA - It is necessary to bring a bathing suit for use of Delphi Spa's Thermal Suite. You will be provided with a robe, towel and slippers for your use during your visit.

PREGNANCY - Treatments will be carried out from 13 weeks onwards. The Delphi Spa team will be happy to adapt treatments to cater for your needs at this very special time. The use of the thermal suite is not recommended for anyone who is pregnant.

GIFT VOUCHERS - A gift voucher for Delphi Spa is the perfect gift for someone special. You can purchase these online, over the phone or at the main reception in Delphi Resort or Delphi Spa. Gift vouchers can be used against any spa treatments, products or packages. If you are a voucher holder, please inform us at the time of booking and present it on arrival, prior to receiving a treatment. Vouchers are non-refundable and are valid for 12 months from date of issue.

VALUABLES - We ask that valuables are not taken into Delphi Spa as management and staff accept no responsibility for any loss/damage of valuables and jewellery at any time on the premises.

HEALTH & SAFETY - Any guest who has a medical condition, is

undergoing any medical treatment, has low / high blood pressure, epilepsy, heart conditions, diabetes allergies, are under the care of a medical practitioner or are pregnant then we do not advise use of Delphi Spa's Thermal Suite. You must consult your doctor before treatments and must make the Spa aware of any condition prior to booking; this is to insure that treatments can be arranged for your utmost benefit

HOMECARE - You can continue pampering yourself in the comfort of your own home as most products are available for purchase at Delphi Spa's reception. Please take time to ask our team for advice on the products best suited for you.

APPOINTMENT SCHEDULING - To schedule an appointment for your chosen treatment or retreat please contact Delphi Spa's Reception Team or the main Delphi Resort Reception who will be happy to guide you in selecting the perfect treatment. Alternatively you book online at delphiresort.com/book-spa-treatments or can email spa@delphiresort.com. To ensure your preferred treatment and time is available we recommend you book in advance. All spa treatments and retreats will need to be guaranteed with a credit card or Delphi Resort gift voucher.

THERMAL SUITE ACCESS - All spa guests who avail of a treatment receive one hour complimentary access to Delphi Spa's Thermal Suite. Additional time to enjoy the facilities of the Thermal Suite must be booked in advance due to maximum capacity levels and will incur some additional costs. This is subject to availability. Delphi Spa's Thermal Suite is strictly for persons over 18's.

• **RESORT RESIDENTS:** Guests staying in the Hotel at Delphi Resort can avail of receive one hour complimentary access and will be charged €15 per person per hour thereafter. Guests of the Wild Atlantic Hostel receive the discounted rate of €15 per hour for every hour in the Thermal Suite.

• **NON-RESIDENT VISITORS:** Delphi Spa day guests who wish to use the Thermal Suite s required to pay €30 per person per hour.

Please Note, swimwear is required for access to Delphi Spa's Thermal Suite.

PRICES & PAYMENT METHODS - All prices are in euro and are subject to change without prior notice. We accept cash and all major credit cards. Hotel residents may charge payment to their room. All treatment prices are subject to availability and changes in price can be made without prior notice.

ARRIVAL TIME - As treatment time is precious we advise that you arrive at least 20 minutes prior to your appointment; to give you time to complete a spa consultation form, change into a robe and prepare for your treatment. Please note that times stated are for actual treatments. Regretfully, late arrivals may result in reduction of treatment time, so other guests are not inconvenienced.

DELPHI SPA ETIQUETTE - Delphi Spa is a sanctuary of peace and tranquility. Please respect all spa guests' rights to serenity and privacy. Delphi Spa is a mobile phone, smart phone and camera free zone.

CANCELLATION POLICY - Delphi Spa has a strict 24 hour cancellation period. A 100% charge will be incurred for treatments that are not cancelled or re-scheduled 24hrs prior to your scheduled treatment time. The full amount will be charged for late arrivals – you will incur a full cost although you will unfortunately receive a shorten treatment time.

OVER 18's POLICY - Regrettably, Delphi Spa cannot accommodate for children or babies on the premises. This includes Delphi Spa's waiting area and changing rooms. Under no circumstances can any persons under the age of 18 be permitted to use Delphi Spa's Thermal Suite.

LOST PROPERTY - Please hand in all lost property to Delphi Spa's reception. Items will be kept for 6 months. Liquids, under garments and other items will be kept for 24 hours.

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www.delphiresort.com/spa

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DELPHI
RESORT

THALGO
LA BEAUTE MARINE

VOYA
ORGANIC BEAUTY