



**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. 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 room 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 skins 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 simplist of Voya therapies. All products, treatments and techniques are guaranteed to relax, revitalise and leave you feeling restored and renewed.





## *Thermal Suite*

**€20 per person per hour**

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, 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.





## *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 (40mins) €55

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 (40mins) €55

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 (40mins) €55

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

### **BLUE LAGOON BATH**

Single (40mins) €55

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.

### **DOUBLE MILK/BLUE LAGOON BATH**

Couple (40mins) €100





## *Facial Treatments*

### **SILICIUM SUPER LIFT FACIAL**

(50mins) €120

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.

### **HYALU-PROCOLLAGENE WRINKLE CORRECTION FACIAL**

(50mins) €110

An anti-wrinkle solution drenched in high penetration Hyaluronic acid and Marine Pro-collagen that will plump the skin and smooth and fill wrinkles leaving skin looking younger and more youthful.

### **HEART OF THE OCEAN RITUALS**

(50mins) €90

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 is available in 3 treatment rituals. Please choose from one of the following 3 treatments.

#### **• SOURCE MARINE**

This facial lastingly corrects the hydration levels of the dehydrated skin, deeply replenishes and restores the skin 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.

#### **• COLD CREAM MARINE**

Designed for the clients with dry to very dry and sensitive skin. This cold cream treatment effectively repairs, protects and lipid replenishes dry, sensitive skin for unequalled long lasting comfort.





## *Body Massage*

### **DELUXE HOT OIL MASSAGE**

(50mins) €110

With the use of custom Hot Oils and the flow of massage this treatment revives 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.

### **FULL BODY LAVA SHELLS MASSAGE**

(50mins) €110

Lava Shells Relax Massage uses 3 shells to deliver a continuous comforting heated massage treatment. Shells are used for different massage movements to manage the heat and deliver the optimum heated massage experience.

### **SWEDISH MASSAGE**

(50mins) €85

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**

(50mins) €95

Using deep rhythmic pressure massage techniques to alleviate stress, ease aching muscles and revive the senses with a powerful, customised massage. This massage ensure the release of deep muscle tension.



## *Spa Packages*

### **DELPHI TASTER €95**

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!

- Back Neck and Shoulder Massage - (25 mins)
- Express Facial - (25 mins)
- Thermal Suite Experience - (60 mins)

### **REFRESH PACKAGE €185**

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 - (25 mins)
- Swedish Massage - (50 mins)
- Heart of Ocean Facial - (50 mins)
- Thermal Suite Experience - (60 mins)

### **THE FERN COUPLE MINI RETREAT €280**

A romantic package for couples which is guaranteed to leave you feeling relaxed, revived and rejuvenated.

- Signature Back Neck and Shoulder Massage - (25 mins)
- Express Facial - (25 mins)
- Couples Retreat Milk Bath (25 mins)
- Thermal Suite Experience - (60 mins)

Please note that prices can be subject to change and 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 revitalise and heal your body, mind and spirit. It is 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 tranquility 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 canceled. Please be as open with us as possible as we wish for you to enjoy your time at Delphi Spa and Thermal Suite.

**WHAT TO BRING** - 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 by a trained massage therapist. 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 5 years from date of issue.

**VALUABLES**- We ask that valuables are not taken in to Delphi Spa as management and staff accept no responsibility for any loss/damage of valuables and jewelery at anytime 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 can book online at [delphiresort.com/book-spa-treatments](http://delphiresort.com/book-spa-treatments) or can email [spa@delphiresort.com](mailto: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 a charge of €20 per hour. This is subject to availability. Delphi Spa's Thermal Suite is strictly for persons over 18's.

Please Note: swim wear 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, smartphone and camera free zone.

**CANCELLATION POLICY** - Delphi Spa has a strict 48 hour cancellation period. A 100% charge will be incurred for treatments that are not canceled or re-scheduled 48hrs 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 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](http://www.delphiresort.com/spa)

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**THALGO**  
LA BEAUTE MARINE

**VOYA**  
ORGANIC BEAUTY