



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. All of our products are natural and made to the highest ethical standards of, and in harmony with, the environment. Our team at Delphi Spa is passionate, professional and friendly offering treatments that are designed to balance and harmonise the body and spirit.

Choose from a selection of body massages, facials and organic bathing rituals, all of which include complimentary use of Delphi Spa's 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*

### **SOAK**

A multi-award winning Atlantic sea & herbal wellness range crafted in Co. Sligo with locally grown organic ingredients.

Influenced by the therapeutic benefits of the sea and organic herbs, each scent range has been developed to help with sleep, anxiety, mood and energy levels, as well as treating the skin.

### **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.

### **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*

(60mins) €20

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/Couples €100  
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 practised locally for hundreds of years.

### **SOAK BATHING RITUALS**

Single (45mins) €65 / Couples €110  
Soak is an Irish multi-award-winning wellness brand that encompasses the healing powers of the Atlantic Ocean, organic Irish herbs and nutrient rich organic Irish seaweed. Drift away in your choice of organic herbal Soak bath, elevated with an aromatherapy candle and breathwork for the ultimate wellness bathing ritual.

### **CHOICE OF ONE OF THE FOLLOWING:**

- ***Bedtime Bliss***

To ease anxieties, support sleep, and calm your mind. An organic blend with lavender and blue cornflowers.

- ***Joy Connect***

Lime and sage, to uplift and calm after a busy day. An earthy joyous blend that brings balance.

- ***Breathe Deep***

Orange, mint, eucalyptus to heal and energize. A refreshing blend to ease tired muscles after exercise. Also, very soothing after a cold or flu.

If you are staying with us in the hotel and would like to enjoy any of our bathing therapies in the comfort of your room. You can find our full range of Soak aromatherapy sets at the Spa reception and in our café.



## *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 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.

#### **CHOICE OF ONE OF THE FOLLOWING:**

- **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.

#### **Enhance your Treatment by adding one of the following:**

Back, neck & shoulder  
(25mins) €60

Head Massage  
(25mins) €60

## *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 ensures the release of deep muscle tension.

**Enhance your Treatment by adding our signature**

**Mini facial** (25mins) €60



# Body Massage

## SOAK WELLNESS RITUALS

(105mins) €220

Founded by Karen Kearney, Soak embraces a holistic approach to wellness and glowing skin, blending the wisdom of Ayurvedic healing, massage, breathwork and mindfulness into deeply restorative experiences.

Each Soak Wellness Ritual is thoughtfully designed to uplift, restore and nurture body and mind. More than treatments, they are an invitation to embark on an inward journey - connecting with yourself, finding serenity, and embracing a moment of stillness in your stay at Delphi. Beyond exceptional skin care, these Soak rituals support sleep, enhance mood, ease stress and promote deep healing, bringing balance and renewal with every Soak Treatment.



Cocoon your whole body in this immersive and ultimate self care experience. This ritual invites you to connect with your breath and soak in the benefits of the Atlantic sea therapy. The treatment incorporates a Soak body scrub, an abhyanga massage with Soak body oils, assisted body movements, and pressure points to encourage deeper relaxation, complete it with face and neck gua sha scraping and a deep head massage to finish your experience.

- Full body scrub
- Acupressure points
- Face & neck gua sha scraping
- Abhyanga full body massage
- Deep head massage

Guided by your therapist, choose from the below soak ranges to suit your wellness needs.

### ***Bedtime Bliss***

To nurture tranquility, release tensions and ease anxieties. An organic blend with lavender and blue cornflowers.

### ***Breathe Deep***

Promotes healing, releases tensions and soothes aching muscles. Orange, mint, eucalyptus to heal and energize.

### ***Joy Connect***

Promotes connection, relaxation and joy. Lime and sage, to uplift and calm after a busy day.

## *Spa Packages*

### **DELPHI TASTER**

(110min) €105

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**

(185min) €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 Experience (25 mins)
- Swedish Massage - (50 mins)
- Heart of Ocean Facial - (50 mins)
- Thermal Suite Experience - (60 mins)

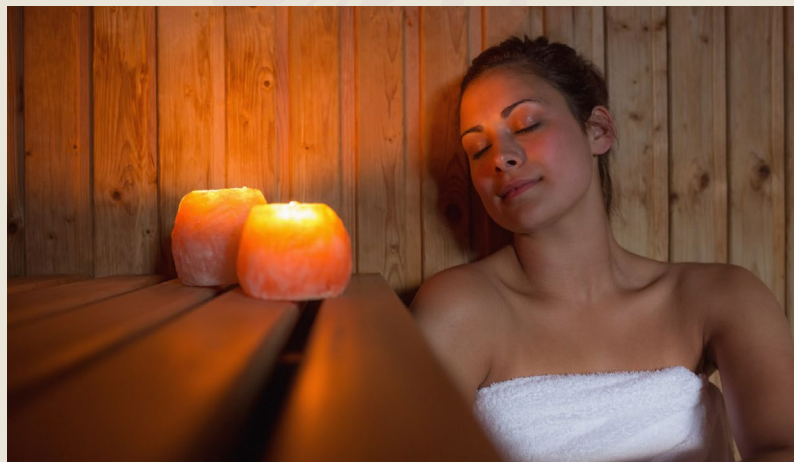
### **THE FERN COUPLE MINI RETREAT**

(135mins) €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)
- Bath Experience (25 mins)
- Thermal Suite Experience - (60 mins)

Please note that prices can be subject to change and treatments are subject to availability.



# Visiting Delphi Spa

## HEALTH & SAFETY

Please inform us of any health conditions, allergies or injuries in advance when booking treatments as this may influence the suitability of 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. 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 ensure that treatments can be arranged for your utmost benefit.

## 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

From 13 weeks onwards, treatments are safely carried out 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. Use of the Thermal Suite is not recommended during pregnancy.

## 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 jewellery at any time on the premises.

## 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.

## DELPHI SPA ETIQUETTE

Delphi Spa is a sanctuary of peace and tranquillity. Please respect all spa guests' rights to serenity and privacy. Delphi Spa is a mobile phone, smartphone and camera free zone.

## 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**.

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

## 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.

## OVER 18's POLICY

Delphi Spa cannot accommodate those under the age of 18 on the premises. This includes Delphi Spa's waiting area, changing rooms, Thermal Suite and Treatment areas.

### **CANCELLATION POLICY**

Delphi Spa has a strict 48 hour cancellation period. A 100% charge will be incurred for treatments that are not cancelled 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 shorter treatment time.

### **APPOINTMENT SCHEDULING**

To schedule an appointment for your chosen treatment or retreat, please contact Delphi Spa's Reception Team who will be happy to guide you in selecting the perfect treatment. Alternatively 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.





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[www.delphiresort.com/spa](http://www.delphiresort.com/spa)

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