

Massage

Galway Relaxation Signature Massage *1 hr* **€70**

The most popular treatment, the Signature Massage is a wonderfully relaxing Full Body massage incorporating Swedish Massage and Indian Head Massage techniques.

Full Body Swedish Massage *1 hr* **€65**

The Full Body Swedish Massage covers the back, neck, shoulders, legs and arms. Using traditional massage techniques, Swedish Massage helps to relieve tension, alleviate fatigue and induces a feeling of wellbeing and relaxation. The massage can be tailored to your specific requirements, so whether you prefer to relax and unwind or if you want to feel recharged and invigorated, we can adjust the treatment to suit you.

Back, Neck & Shoulder Massage *30 mins* **€50**

This massage focuses on easing tension in the Back, Neck & Shoulders.

Half-Body Swedish Massage *30 mins* **€50**

Working on the back and the back of the legs, this is the ideal way to relax after a long day's walking, shopping or sightseeing.



Indian Head Massage *40 mins* **€55**

Enjoy one of the most relaxing and enjoyable massage treatments available. Concentrating on the upper back, shoulders, neck, scalp and face, Indian Head Massage restores the balance of mind, body and spirit.

Reflexology *40 mins* **€55**

Reflexology is based on the theory that the body is mapped out on the feet and hands. The treatment involves a gentle massage of the feet or hands applying light pressure to specific reflex points, reflexology helps to restore balance and bring about a feeling of deep relaxation.

Facials

Relaxing Facelift Facial *1 hr* **€65**

This blissful Relaxing Facelift Facial benefits not only the face but the whole body. Using a combination of massage, acupressure and muscle release techniques, this treatment frees constrictions in the facial muscles and connective tissue bringing a healthy glow to the complexion as well as a more lifted appearance.

Relaxing Facelift Facial *30 mins* **€50**

We offer this shortened version of the Relaxing Facelift Facial for those who are short on time but still want a relaxed and vibrant appearance.

Wellbeing Packages

Wellbeing Package No 1 *1 hr/1.5 hrs* **€70/€100**

Indulge yourself from head to toe with an Indian Head Massage or Shiatsu Facelift Massage followed by a soothing Reflexology treatment.

Wellbeing Package No 2 *1 hr/1.5 hrs* **€70/€100**

Enjoy a muscle melting Back, Neck & Shoulder Massage followed by a wonderfully relaxing Shiatsu Facelift Massage.

Wellbeing Package No 3 *1 hr/1.5 hrs* **€70/€100**

Why not choose your own combination of treatments from the list above to create a truly personal relaxation experience.

Discounts are available when 2 or more people book appointments of at least 1hr duration.



THE WESTWOOD
HOTEL

GALWAY CITY



Pamper Treatments

Galway Relaxation is delighted to offer guests of The Westwood Hotel a range of stimulating and relaxing pampering treatments without having to leave the comfort of your accommodation.

For bookings please contact us on:

091 550620 or 086 8764931