



# Gla

SPA & WELLNESS

*Serenity Redefined*



## WELCOME TO GLO

Welcome to GLO Spa & Wellness, a boutique spa with serenity at its heart.

With enchanting views over Lough Corrib and Glenlo Abbey's tranquil 138-acre estate, we invite you to retreat from the world and indulge in a blissful wellness experience.

With four contemporary treatment rooms, including a beautiful couple's room, a soothing relaxation suite and tranquility terrace, GLO offers a full range of luxurious massages, skincare and body treatments. Using cutting-edge ELEMIS products, our experienced therapists will work their magic on your body, mind and spirit.

A sublime sanctuary to escape and unwind, GLO Spa & Wellness promises an exceptional spa experience with five-star panache. Surrender to the serenity, leave your cares behind and emerge relaxed, radiant and ready for anything.

## OUR PHILOSOPHY

GLO Spa & Wellness offers an indulgent collection of ELEMIS treatments, especially chosen to boost your physical and emotional wellbeing.

Drawing on ancient practices and modern comforts, each treatment is designed to help you relax, switch off and enjoy the sensation of escaping from the ordinary.

After your treatment, take time to recline with refreshments in our intimate relaxation room, or retreat to the GLO tranquility terrace. With serene and spectacular views, it's the perfect place to finish your GLO Spa & Wellness experience.

# RITUALS & TREATMENTS





## BODY

### Elemis Muscle Melting Deep Tissue Massage 55 mins €105 | 1hr15 mins €130

Your therapist will select a blend of essential oils to target your individual needs, whether its muscle pain, stress relief, relaxation, or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

### Elemis Hot Poultice Massage 1hr15 mins €140

A combination of traditional massage and a balancing poultice, this opens your pores and brings a deep medicinal heat to your muscles, to release tensions and revitalise your mind. An energising full body massage will then take you on a journey of total renewal.

### Elemis Hot Mineral Body Boost

1hr 15 Mins €130

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally charged experience of skin conditioning, metabolic balancing and energising wellness.

### Elemis Intensely Cleansing Salt Scrub 1hr15mins €140

A fragrant cleansing salt scrub of frangipani or lime and ginger will gently slough away dead skin cells, encouraging the regeneration of new cells. This leaves a smooth and perfectly prepped canvas, ready to absorb the deeply nourishing body oil.

### Glo Golfers' Lower Leg Massage 30mins €75

The perfect Elemis treatment to aid relaxation, particularly for those suffering from tiredness, aches or heaviness in the feet and lower legs. Ideal recovery after a round of golf.

## FACE

### ELEMIS Pro Col Age Defy Facial 55 Mins €95 | 1hr 15 mins €115

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine-charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

### Elemis Superfood Pro Radiance Facial 55 mins €95 | 1hr15 mins €115

A nutrition-packed facial that's rich in superfoods and essential minerals. Designed to rejuvenate stressed, dull skin with energising, detoxifying actives, key ingredients are clinically proven to leave skin plumper, radiant and lit up with good health.

### Elemis Dynamic Resurfacing Precision Peel 55 mins €95 | 1hr 15 Mins €115

A new start for smoother, younger-looking skin, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. Clinically proven to target the signs of ageing and uneven skin tone.

### Glo Signature Elemis Facial 55 Mins €110

Tailored by your therapist to suit your skin type and address any concerns you may have, this indulgent facial re-balances stressed skin and restores a healthy glow. Suitable for all skin types.

ADD ON:  
ELEMIS PRO COLLAGEN EYE AND NECK  
FIRMING TREATMENT €35





## ELEMIS BIOTEC FACIALS

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### Elemis Biotec Firm-a-Lift Facial 1hr 15 mins €120

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

### Elemis Biotec Sensitive Skin Soother Facial 1hr 15 mins €120

An oxygen-infusing treatment that encourages cellular restoration and natural balance, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. An effective anti-redness treatment that delivers calm and soothed skin.

### Elemis Biotec Blemish Control Facial 1hr 15 mins €120

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful antioxidants soothe, while light therapy helps clear the complexion.

### Elemis Biotec Skin Resurfacing Facial 1 hr 15 mins €120

This revolutionary clinically proven facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

### Elemis Biotec Line Eraser Facial 1hr 15 mins €120

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines.

### Elemis Biotec Radiance Renew Facial 1hr 15 mins €120

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel helps remove impurities while the rejuvenating current restores moisture for instantly clearer and visibly brighter skin.



## GLO FOR GENTLEMEN

### Elemis Biotec Supercharger For Men 1hr 15mins €120

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

### Elemis Skin Energising facial 55 mins €95 | 1hr15 mins 115

A hard-working facial for ageing, stressed, dehydrated skin and tired eyes. It's an energising treatment that speaks to every skin concern. Restoring vital moisture and nutrient levels to give vibrant and energised results.

## PREGNANCY

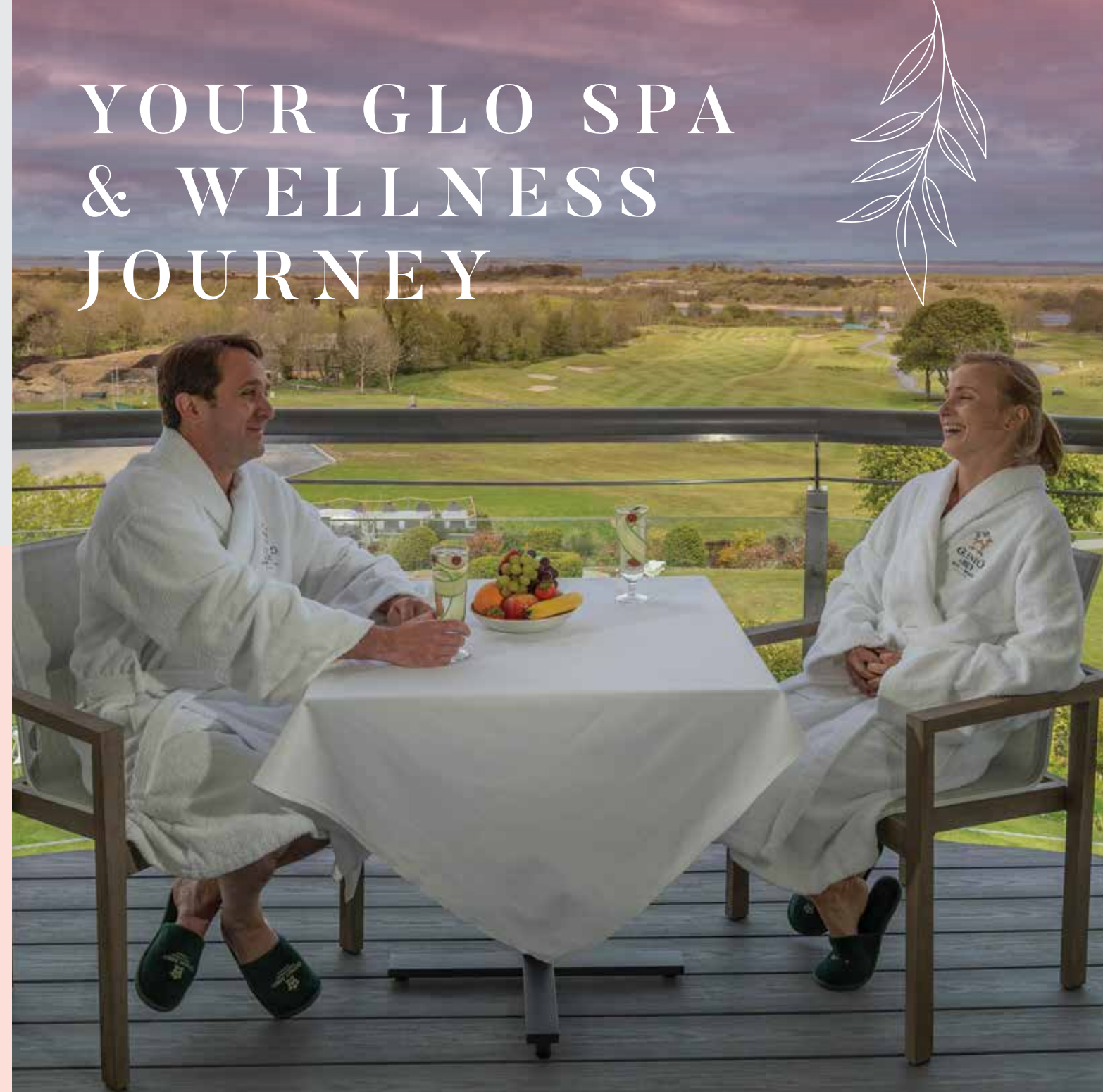
### Elemis Peaceful Pregnancy Massage 1hr 15mins €130

Mums-to-be are restored to optimum wellness with a personally prescribed massage. The intuitive and relaxing massage hydrates skin, relieves tension and alleviates swelling in the hands and feet.

### Glo Pregnancy Ritual 1hr 15mins €150

This relaxing treatment combines both a soothing and gentle skin and body ritual. Gently addressing any visible effects of hormonal changes on the skin and body, this soothing ritual supports the body as it accommodates your growing baby.

# YOUR GLO SPA & WELLNESS JOURNEY



# SPA APPOINTMENTS

We would be delighted to assist you  
in booking the perfect spa treatment,  
with one of our Elemis trained therapists.

To book please call +353 91 519 600  
or email [info@glospa.ie](mailto:info@glospa.ie)

We kindly ask for a credit card number to secure your booking.





## YOUR ARRIVAL

Please arrive 15 minutes before your scheduled treatment to allow time to complete our health questionnaire.



For hotel residents, we ask that you arrive wearing the robe and slippers provided in your guest room.



Non-residents will be provided with a robe, slippers and towel upon arrival.



Please be aware that we may not be able to offer late arrivals an extension to their treatment booking, but a full charge may be applied.



## ENJOYING YOUR VISIT TO GLO SPA & WELLNESS

### AGE REQUIREMENTS

The minimum age to experience a spa treatment at Glo Spa & Wellness is 18 years.

### CANCELLATIONS

We ask for a minimum of 24 hours notice to change or cancel your booking.

Cancellations made within this period, or a failure to show, will result in full charges for the treatments booked.

### GIFT VOUCHERS

Gift vouchers are available to purchase at the Spa and Hotel receptions. Gift vouchers are non-refundable and must be presented at time of treatment.

### HEALTH

When booking your treatment, please inform a member of staff of any health concerns, conditions, allergies or injuries. We would be delighted to tailor an appropriate treatment to your needs.







## ENJOYING YOUR STAY AT GLO SPA & WELLNESS

### PARKING

There is parking available for all guests on the estate grounds.

### PERSONAL BELONGINGS

Please refrain from bringing valuables to the spa. Management and staff at Glo Spa & Wellness accept no responsibility for loss of valuables at any time on the premises.

### PREGNANCY

We offer specially designed treatments for expectant mothers. Unfortunately, we do not offer spa treatments during the first 12 weeks of pregnancy.

## ENJOYING YOUR STAY AT GLO SPA & WELLNESS

### RELAXATION ROOM

Please be advised that our Vista relaxation room is reserved privately for guests having spa treatments only.

### SPA AT HOME

Extend the benefits of your spa treatment at home with a selection of Elemis products, available at reception. Our highly skilled therapists would be delighted to assist you in choosing the right products.

### SPA ETIQUETTE

Glo Spa & Wellness is a place of serenity and relaxation. Please respect other guests' rights to peace and privacy by ensuring all phones, cameras and electronic devices are switched off upon arrival.





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**GLENLO ABBEY**

—HOTEL & ESTATE—

★ ★ ★ ★ ★

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