

SERENITY REDEFINED

Glo
SPA & WELLNESS

Our Philosophy

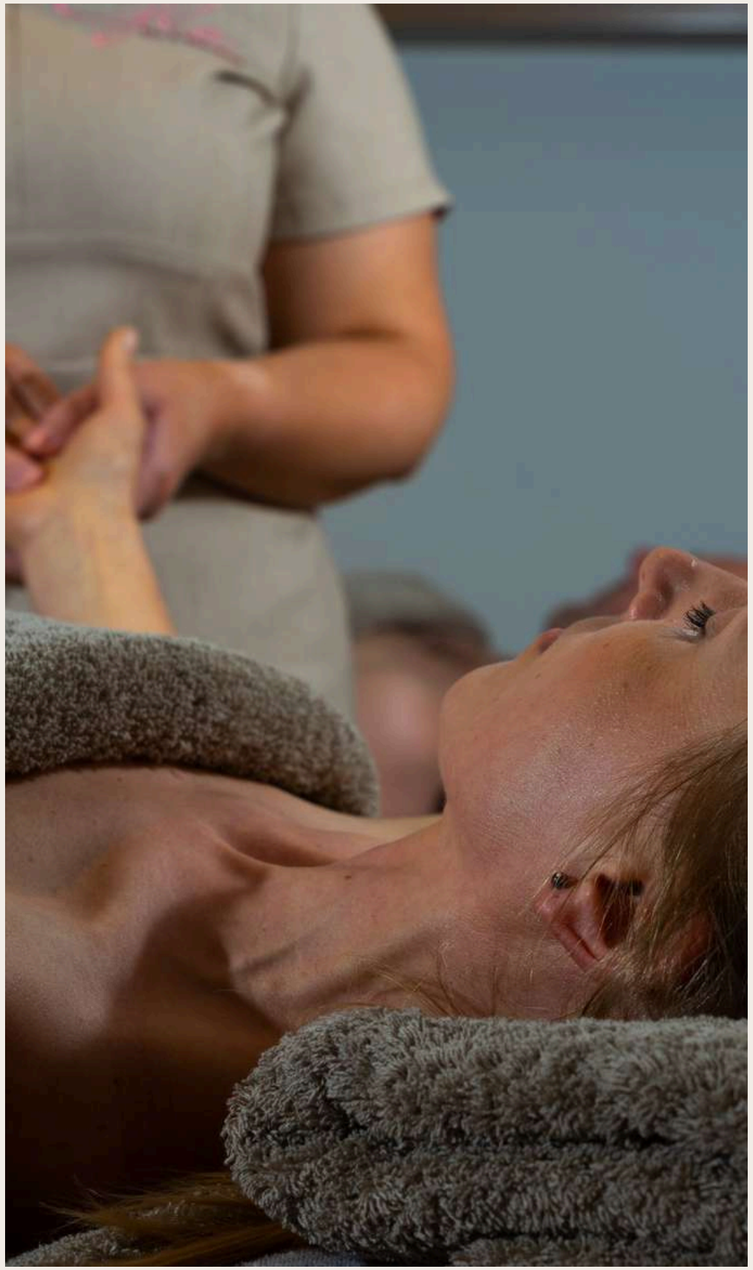
Glo Spa & Wellness offers an indulgent collection of treatments, especially chosen to boost both, your physical & emotional wellbeing!

Our Mission

Is to provide an incomparable 5* Sanctuary, with treatments based on an Holistic Wellbeing approach, toswitch off & enjoy the sensation of escaping from the ordinary!


GLENLO
ABBEY


Bloom
Glo
SPA & WELLNESS



Our Partnerships

SEABODY™

SEABODY unlocks the regenerative power of ocean algae from the Irish Atlantic coastline to create bestselling high efficacy products powered by sustainable cellular biotech, with integrity and impact at the core. Every element has been considered to ensure the SEABODY range is sustainable, plant-based, cruelty-free, & luxurious.

“Restore balance and harmony with our whole-body approach – where every treatment is designed to renew you inside and out”

ELEMIS

Elemis is committed to unlocking the secrets of skin longevity, empowering you with the knowledge and products to achieve collagen health, and thus skin health.

“Our approach to skincare is holistic; we believe in the power of engaging all the senses on your skin wellness journey.”







Holistic Wellness Massage & Body Treatments

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Seabody Connect Full Body Massage

55 min €140

Connect Mind & Body to enhance health and well-being. Wave-like massage techniques increase bloodcirculation and lymphatic flow while promoting deep relaxation. The therapist works gently and firmly using their forearms, elbows, and thumbs to relieve tension in all body parts, benefitting the muscles of the legs,back, neck, and shoulders. The treatment provides targeted relief from tightness and tension while uplifting grapefruit and balancing ylang-ylang leave you feeling refreshed and rebalanced.

Elemis Muscle Melting Deep Tissue Massage

55 min €140 1hr 15 min 165

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation, or balance. The flowing massage works deeper into the tension, encouraging optimum circulation. Excellent for those requiring a whole-body work-over to specifically target deep levels of tension.

Holistic Wellness Massage & Body Treatments

Swedish Full Body Massage
55' €125 - 1hr 15' €155

This is a therapeutic technique that involves the manipulation of soft tissues in the body with the intention of promoting relaxation and relieving muscle tension. Swedish massage employs gentler pressure and flowing movements to promote relaxation while still providing significant health benefits.

Back Neck, Shoulder & Head Massage
45' €105

Perfect treatment to release any tension and knots, focusing on the upper part of the body. The massage begins with the upper back, where a combination of deep massage and pressure points help to relax the muscles. Moving through the shoulders and upper arms further releases the common spots for holding stress and tension, and then working deeply into the neck where tension accumulates. Moving up to the scalp, techniques are used that stimulate, relax and revive the whole of the head, increasing circulation and promoting healthy hair. Finally the treatment may include a gentle face massage with techniques that help circulation, skin tone, sinus and headache problems.

Golfers Back, Leg & Foot Massage
45' €105

This is the perfect treatment to aid relaxation, particularly those suffering from tired, aching and heaviness in the feet and lower legs. This treatment also focuses on your back, neck and shoulders, using rhythmic pressure techniques and resulting in an invigorating workout. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Ideal for after a round of Golf.

Holistic Wellness Massage & Body Treatments

Elemis Lava Shells Relax Full Body Massage
1hr 15' €165

The indulgent and truly pampering Lava Shells Relax Body Massage combines the warmth of shells with deeply relaxing massage techniques, creating a sense of balance for the entire body and mind. During the massage, the shells are worked over the palms, arms, feet and legs in slow deep moves to de-stress and warm the skin. This is followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away tension. Good for alleviating stress, aches and pains and for overall full body indulgence. An unforgettable and sublime spa experience.

Seabody Back & Face Elevate
55' €140

Elevate wellness with the ultimate skin and body therapy. This combo treatment includes a back massage and facial. The facial provides the skin with a booster concentration of skin-functional marine bio-actives and superhero co-ingredients, which nourish the skin and charge the pathways of skin regeneration & hydration. Itis followed by a sensational back, neck and shoulder massage designed to relieve tension and induce deep levels of relaxation.

Seabody Scalp Release
45 mins €105

Release tension and fascia restriction with this head, neck, and shoulder massage. The session includes a facial Gua Sha sequence to help reduce stress, promote relaxation, and stimulate circulation. This treatment is focused on rebalancing energies and promoting well-being. It is perfect for offering relief from tension headaches while aiding restful sleep.

Holistic Wellness Massage & Body Treatments

Seabody Rebalance Body Wrap
1hr €150

This transformative rebalance wrap begins with breathwork and a grounding ceremony to create balance. Thetreatment continues with a hydrating body exfoliation to lift away dead skin. A detoxing cold-pressed sea gelbio mask with potent health and wellness benefits follows. A hot stone back placement delivers heat, tensionrelease, and relaxation. The treatment is completed with a facial cleanse and scalp massage. It is a genuinely therapeutic experience that promises to leave you feeling rejuvenated and energized.

Detoxifying Sea Salt Scrub Ritual
1hr €150

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves asmooth and responsive canvas, ready to absorb the deeply nourishing body oil. This treatment is perfect for preparing the skin for tanning, encouraging a reduction in the appearance of ingrown hairs and giving dry or dull skin a radiant boost

Thai Herbal Compress Massage
1hr 15' €165

This therapy uses warm herbal compresses to open pores and bring deep medicinal heat into the muscles to release tension, followed by an invigorating full-body massage.



Our Curated Holistic Facials

Our Curated Holistic Facials

Glenlo Signature Facial

55 mins €140 - 1 hr 15 mins €165

Re-balance stressed skin and restore a healthy glow. This facial will be tailored to your skin type and targets your skin concerns you may have.
This signature facial combine specialized deep cleansing and lymphatic massage techniques to help bring radiance and youthful vitality back to dull, lackluster skin. Available for all skin types

The Touch Facial & Gua Sha “Seabody”

55 min €140

At the heart of this luxurious therapy lies a fusion of cutting-edge bio-actives from the ocean's depths, meticulously crafted for their unparalleled ability to rejuvenate the skin at its deepest matrix. Our proprietaryblend, honed through biotech innovation, is a testament to the synergy between nature and science, deliveringunparalleled efficacy. This holistic approach to skincare begins with a specialized Gua Sha sequence, expertly designed to harmonize with a sculpting massage; carefully curated ingredients continue to work their magic, ensuring sustained and visible results that transcend beyond the treatment session.

Our Curated Holistic Facials

Elemis Expert Touch Define Facial

55 mins €145 - 1hr15 mins €165

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin. For the ultimate facial experience book our 80 minute option.

Elemis Expert Touch Renew Facial

50 mins €145

Hydrate, Lift & Firm
Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.



Mum to be

Mum to be

Elemis Peaceful Pregnancy Massage
60 Mins €145

Nurture, Restore & Calm
This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby.

Glenlo Pregnancy Ritual
1hr 20 mins €185 (Massage & Facial)

This relaxing treatment combines both a relaxing intuitive Full body Massage and a Facial ritual. Gently addressing any visible effects of hormonal changes on the skin and body. Pregnancy massage is a beautiful holistic way to help mums-to-be unwind and feel more connected to their baby.



Your Spa Journey

Spa Appointment

We would be delighted to assist you in booking a spa treatment with one of our trained Therapists.

To Book Please Contact Us:

+353 91 519 600

stay@glenloabbey.ie

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.

Your Spa Journey

AGE REQUIREMENTS
The minimum age to experience a spa treatment is 18 years.

CANCELLATION POLICY
For changes or cancellations less than 24 hours prior to the treatment time, this will result in a 100% charge of the original booking.

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 orinjuries. We would be delighted to tailor an appropriate treatment to your needs.

ENJOY YOUR STAY AT OUR SPA 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 noresponsibility 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.

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 privacyby ensuring all phones, cameras and electronic devices are switched off upon arrival, thank you!