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PR WITH MARKETING EDGE

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CALM TREAT

THE ESPA AT THE G HOTEL IN GALWAY, IRELAND COMPLEMENTS ITS FIVE-STAR AMBIENCE, WORKING AS A holistic wellbeing spa with its organic treatments, Japanese-themed origami sculpture and Zen garden, rock sauna and ice fountain, tantalising the senses and refreshing the soul



Winner of the European Hotel Design Awards, 2006, for the best spa, health and leisure project, ESPA offers a tranquil space in contrast to the glitz and glamour of the five-star hotel, in Galway, Ireland. Located on the two upper floors of the hotel, it is a meditative space inspired by a Japanese theme.

Douglas Wallace Architects and Interiors Designers, in consultation with ESPA International used rich colours and natural materials such as stone, wood and linen to enhance the luxury quotient without being overtly ostentatious. On the first floor of the space, the wet area and heat therapy zone feature a vitality pool, heated tepidarium, rock sauna, steam room, lifestyle showers with half-metre diameter heads, tropical mist effects and an ice fountain. The beauty suites are also located here while the treatment rooms are on the upper floor.

The main feature of the spa is its stairwell that rises to the relaxation pools on the top floor. Above a black-floored tranquility pool, the stairs are set around a bed of Galway stones, echoing the natural setting of the Zen garden. Rising above the stairwell is a giant sculpture simulating a flock of origami cranes in flight, a symbol of long life and happiness in Japanese culture. The installation was inspired by the Spazialismo Italian art movement, founded by Lucio Fontana. Commissioned by art agency Salon 21 to artist Eva Meinz, the sculpture rises seven metres above the pool, where trickling waters heighten the calmness of the surroundings. Each treatment room contains its own private shower. Therapists combine the organically grown plant extracts and marine actives in the products with therapeutic techniques to nourish the body and soul. The spa is ideal for visitors wanting an escape from stress, and to reconnect with their senses.

— Text by Subhra Mazumdar