

ESPA at the g hotel – A tranquil escape from the glamorous life

(March 2006) - ESPA at the g offers guests a contemporary urban spa setting on the upper two floors of the five star g hotel, Galway. This beautifully blended and meditative space is inspired by a Japanese theme and offers an air of tranquillity in contrast to the out and out glamour of the rest of the hotel. Designed by Douglas Wallace Architects and Interior Designers working in consultation with ESPA International, the spa offers a holistic oasis of calm for guests.

The space uses rich colours and natural materials such as stone, wood and linen to reflect the surrounding Galway landscape and creates a welcoming five-star environment for pure indulgence.

The spa is a beautiful and meditative hideaway where guests can slip out of the real world for a time and experience complete rejuvenation and wellbeing. Situated on the first floor of the space, the wet area and heat experience features a vitality pool, heated tepidariums, rock sauna, steam room, lifestyle showers boasting ½ metre diameter heads and offering a tropical mist effect, and an ice fountain. Four beauty suites are situated on the lower floor and eight treatment rooms are to be found on the upper floor.

A magnificent feature stairwell rises over the black polished tranquillity pool, which is set around a bed of white Galway pebbles, up to the relaxation rooms with views onto a specially created external Japanese Zen garden.

Rising over the stairwell as if in flight, is the spa's sculpture of a flock of origami cranes, representing long life and happiness in Japanese tradition. The installation was inspired by the Spazialismo Italian art movement founded by Lucio Fontana, and was proposed, designed and installed by new art commissioning agency Salon 21, who appointed the artist Eva Menz to create the birds. The cranes float three metres from the ceiling rising to seven metres above the pool. The effect is breathtakingly beautiful and combined with the

calming sound of trickling water from the hydra features creates an atmosphere of total relaxation and escapism.

Guided by its philosophy of holistic wellbeing the ESPA spa treatments work equally for the inner self and mind as for the face and body. Each treatment is tailor-made for the individual using a blend of ESPA products which are created using the highest quality, organically or wild grown plant extracts and marine actives to protect, hydrate, firm and purify – combined with the most advanced and effective therapy techniques from around the world. All treatment rooms contain private showers and feature a narrow trough of Galway pebbles which relates the treatments available in the spa back to the hotel's location.

Susan Harmsworth CEO & Founder of ESPA International said. "ESPA at the g is a haven of tranquillity within the heart of Galway and beautifully complements the new five star hotel. The spa is entirely dedicated to the guest's well being and is an environment where they can escape from the stresses of today's world and reconnect with their senses."

Ends

Notes to editors

Monogram hotels

The g is the flagship property of Monogram Hotels, a niche collection of hotels wholly owned by Galway based Edward Holdings, a property development and investment company. For details about function suites, room rates and reservations, please visit www.monogramhotels.ie

ESPA

ESPA is many things – it is not dominated by one single element but is a fusion of many. Deep within the ESPA philosophy is the determination to combine the best of ancient and modern therapies with the finest quality ingredients and skin care advances.

The result is an unusual combination of spa-inspired products, treatments and services that harness the best of aromatherapy, hydrotherapy, thalassotherapy and phytotherapy. Absorbing these elements the ESPA philosophy is focused upon enhancing and individual's lifestyle in a way that is both holistic and versatile. Above all ESPA's commitment is to products and treatments that really work.

Spa facilities

- four beauty suites
- eight treatment rooms
- relaxation room
- Japanese garden
- Two private lifestyle showers
- 120cm vitality pool with Jacuzzi effect and two swan neck water fountains providing neck and shoulder massage
- wet room with stainless steel tubular loungers providing water massage

Ends

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