



Treatments

SIGNATURE TREATMENTS	2
L'ELIXIR DES GLACIERS by VALMONT - GB Ultimate treatment (2hrs 30 mins) €360	2
ESPA CHAKRA BALANCING WITH HOT STONES (1hr 55mins) €220.....	2
GB SPA MASTIC EXPERIENCE (1hr 15 mins) €165.....	2
SIGNATURE NOURISHING YOGHURT, HONEY & SUGAR WRAP TREATMENT (1hr 10 mins) €165	2
WELL-BEING OUZO OIL MASSAGE (55 mins) €110.....	2
SERAIL THERMAL CHAMBER (20 mins) €60	2
ESPA AYURVEDIC RITUALS	3
AMA RELEASING ABHYANGA (2hrs) €240	3
AYURVEDIC EXPERIENCE RITUAL (2hrs) €240.....	3
FACIALS	4
ESPA AGE DEFYER WITH EYE LIFT (1hr 25 mins) €165	4
REGENERATING COLLAGEN MASK TREATMENT BY VALMONT (1h 20 mins) €160.....	4
RADIANCE FACE TREATMENT BY VALMONT (1h 10 mins) €150.....	4
ESPA DEEP CLEANSING FACIAL (1 hr 20 mins) €145	4
ESPA INTENSIVE FACIAL TAILORED TO YOUR NEEDS (55mins) €120	4
FACE RENEWING FLASH by VALMONT (40 mins) €85.....	4
ESPA REGENERATING EYE TREATMENT* (25 mins) €50	4
MASSAGE	5
GB SPA THAI MASSAGE (1hr 30 mins) €180.....	5
ESPA BALINESE MASSAGE (1hr 20 mins) €160	5
GB SPA HOT STONES MASSAGE (1hr 10 mins) €145	5
ESPA AROMATHERAPY MASSAGE (1hr 10mins) €145	5
LYMPHATIC MASSAGE (1hr 15 mins) €145.....	5
SPORTS AND FITNESS MASSAGE (55 mins) €120.....	5
SWEDISH MASSAGE (55 mins) €110.....	5
REFLEXOLOGY (50 mins) €110.....	5
BACK, NECK & SHOULDERS MASSAGE (40 mins) €80.....	5
BODY	6
ESPA PRE & POST NATAL (1hr 25 mins) €175	6
ESPA STIMULATING HIP & THIGH TREATMENT (55 mins) €120.....	6

DEEP CLEANSING BACK TREATMENT (55 mins) €110..... 6
 ESPA SALT & OIL SCRUB (25 mins) €50..... 6

BODY WRAPS 7

ANTI-CELLULITE WRAP TREATMENT BY ALGOANE (1hr 15 mins) €135 7

TAILORED FOR MEN..... 8

REVITALISING SOURCE FACIAL BY NATURE VALMONT (55 mins) €120 8
 ESPA MEN'S PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE (55 mins) €110..... 8
 ESPA FLIGHT REVIVER (1hr 10 mins) €145..... 8
 SPORTS AND FITNESS MASSAGE (55 mins) €120..... 8
 SWEDISH MASSAGE (55 mins) €110..... 8

FINISHING TOUCHES..... 9

BALI SUN SELF-TANNING..... 9
 MAKE-UP 9
 WAXING 9
 TINTING 9

SIGNATURE TREATMENTS

L'ELIXIR DES GLACIERS by VALMONT - GB Ultimate treatment (2hrs 30 mins) €360

Because beauty deserves a masterpiece, Elixir des Glaciers offers the most precious combination of face and body treatment in the world.

Ultimate treatment starting with a foot ritual followed by a complete anti-ageing, refirming and subliming face and body treatment dedicated to the most refined lady and gentleman.

A luxurious and high performance treatment to celebrate the world of beauty at GB SPA.

ESPA CHAKRA BALANCING WITH HOT STONES (1hr 55mins) €220

This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a deep body, face and scalp massage using hot stones on vital energy points and a blend of essential oils chosen to suit individual requirements. This truly holistic experience will bring harmony to both mind and body, gently balancing your natural body clock.

GB SPA MASTIC EXPERIENCE (1hr 15 mins) €165

Mastiha is a legendary elixir that comes from the mastic tree, found only in the southern region of the Greek island of Chios. Mastiha has been known since antiquity for its therapeutic benefits, especially for the skin. This treatment includes a Mastic Foot Ritual and a total Body Scrub containing olive seeds and horse chestnut, followed by a complete Body Massage leaving your skin silky and hydrated. Finish off with a rejuvenating Scalp Massage with pure olive oil, jojoba and vitamin E.

SIGNATURE NOURISHING YOGHURT, HONEY & SUGAR WRAP TREATMENT (1hr 10 mins) €165

Greek philosophers referred to honey as "the secret of eternal youth".

This is a 'must have' during your stay at Hotel Grande Bretagne.

Begin with a Foot Ritual soak while your therapist learns about your needs.

Next, enjoy a revitalizing body exfoliation using a blend of sugar with olive oil and lemon and rich aromatherapy oils, followed by a lavish Greek Honey & Yoghurt Body Wrap to ensure silky smooth skin, incorporating a deep scalp massage for total relaxation.

WELL-BEING OUZO OIL MASSAGE (55 mins) €110

Indulge in one of Greece's best-kept secrets: an ouzo oil massage!

The famous spirit long used to relieve coughs, cold, and aching muscles is now available as a luxurious massage for a truly Greek experience in relaxation and well-being.

SERAIL THERMAL CHAMBER (20 mins) €60

This traditional heat feature is large enough for two people to share, or for one to enjoy alone. Apply your choice of mineral rich mud followed by an herb-infused steam to ensure a silky smooth skin.

ESPA AYURVEDIC RITUALS

AMA RELEASING ABHYANGA (2hrs) €240

This unique treatment is ideal for those experiencing high levels of stress or poor sleep patterns. The body is prepared for this treatment using a Salt and Oil Scrub to stimulate and exfoliate while the face is cleansed and soothed. Using Ayurvedic massage and a warm infusion of oils, gentle pressure is applied to the vital energy centres of face and body to release tension and restore clarity and focus. This ritual concludes with a deeply relaxing and de-stressing Shirobyhanga head massage or Shirodhara, oil pouring onto the forehead and through the scalp; encouraging a renewed sense of wellbeing and a profound feeling of calm.

AYURVEDIC EXPERIENCE RITUAL (2hrs) €240

This traditional yet sophisticated Ayurvedic inspired ritual commences with a foot cleansing ritual followed by a full body exfoliation to enhance circulation. The body is covered in an application of warm marine algae, mud or traditional Oshadi clay and natural linens are used to envelop the body. Individually prepared warm ESPA oils combined with Ayurvedic blends are poured onto the body and hot or cold stones are used for the Dosha specific massage, leaving the mind and body both rebalanced and restored. The luxurious oriental head massage that follows uses cool stones and deep inhalation of therapeutic aromatic oils to relax and clear the mind.

Following a consultation to establish the Dosha, the treatment will be uniquely designed based on your needs.

PITTA PACIFIER

The Pitta type person may frequently suffer from sensitive skin, frustration and is often affected by hot weather. Pitta minds and bodies are often over active and agitated and benefits from cooling and calming. This treatment helps cool and soothe the skin, calm busy minds and emotions with Bhringaraj herbal oil and restorative plant extracts such as palma rosa and myrrh.

KAPHA STIMULATOR

Kapha type person often suffers from dull, possibly oily skin, tendency to put on weight easily and is affected by cold damp weather. Kapha needs purification & stimulation to improve circulation of the body. This treatment utilizes detoxifying Indian herbs such as Ashwaganda and algae extracts to clarify the skin, stimulate the circulation and warm the body.

VATA COMFORTER

The Vata type person may often suffer from dry skin, anxiety and be affected by cold dry weather. Vata needs warmth, nourishment, hydration, comfort and healing. This treatment helps to enhance the comfort of the skin and balance the mind with ancient Indian herbs such as Brahmi and Oshadi in addition to nourishing mud extracts.

FACIALS

ESPA AGE DEFYER WITH EYE LIFT (1hr 25 mins) €165

This regenerating facial treatment has been especially created to help combat the signs of ageing, and skin damaged by the sun. Special facial massage techniques using products rich in anti-oxidants help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. The anti-ageing benefits of this treatment visibly improve the appearance of your skin, helping to minimise lines and wrinkles, leaving skin fresh, replenished and nourished

REGENERATING COLLAGEN MASK TREATMENT BY VALMONT (1h 20 mins) €160

The Regenerating Mask Treatment is like a “ biological facelift ” formulated from pure collagen - a powerful moisturizer which produces a tensing effect and improves skin firmness and elasticity. The skin glows and its texture is spectacularly improved. A real youth booster!

RADIANCE FACE TREATMENT BY VALMONT (1h 10 mins) €150

A perfect treatment for dull skin, to homogenize skin colour and texture, restoring brightness, based on pure Vitamin C and the illuminating complex from the Swiss Alps. The skin is toned and shines with a spectacular glow.

ESPA DEEP CLEANSING FACIAL (1 hr 20 mins) €145

A purifying, deeply cleansing and nourishing treatment including exfoliation, steam, extraction, facial massage and hydrating mask.

ESPA INTENSIVE FACIAL TAILORED TO YOUR NEEDS (55mins) €120

All ESPA Facials begin with an in-depth consultation followed by a detailed skin analysis to identify your individual needs and concerns. This enables your therapist to tailor the treatment to your specific requirements and offer relevant home care advice to enable you to deliver long term benefits to your skin.

Choose from:

ESPA SKIN BRIGHTENER FACIAL

ESPA RE-HYDRATOR FACIAL

ESPA OIL CONTROLLER FACIAL

ESPA DE-SENSITISER FACIAL

FACE RENEWING FLASH by VALMONT (40 mins) €85

Express facial that gives results in a very short amount of time. Expert in Cellular Rejuvenation, it renews and refreshes the face thanks to the anti-stress mask Renewing Pack. The skin is smooth, hydrated and clean.

ESPA REGENERATING EYE TREATMENT* (25 mins) €50

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the impact of the environment. This regenerating eye treatment also helps relieve tension for those suffering from eye-strain and computer headaches and is a luxurious addition to any ESPA facial.

*This treatment can only be booked in conjunction with a 55 minute treatment

MASSAGE

GB SPA THAI MASSAGE (1hr 30 mins) €180

One of the most ancient therapeutic methods of traditional Thai Medicine, the GB Spa Thai Massage provides flexibility and contributes towards a better body posture while offering an immense source of relaxation. It combines pressure and stretching of the entire body and all the main muscle groups, including the main energy lines and the most important energy points (acu-points).

ESPA BALINESE MASSAGE (1hr 20 mins) €160

Begin with a welcome foot ritual and then enjoy a sophisticated massage using long sweeping movements, stretching and realigning techniques. A must for those who are accustomed to regular massage and require a treatment that helps to clear the mind. Hot stones are incorporated to ensure deep-seated tension relief. Soothing, relaxing and totally indulgent.

GB SPA HOT STONES MASSAGE (1hr 10 mins) €145

Using basalt stones, their smooth texture facilitates the gliding process with a blend of essential oils chosen to suit your needs. Stone massage is very effective to create harmony, a positive energy flow and a sense of balance.

ESPA AROMATHERAPY MASSAGE (1hr 10mins) €145

Hippocrates, the Greek father of modern medicine, recommended aromatic massage every day for good health. Experience the benefits of massage and individually chosen essential oils in one of the finest anti-stress treatments available.

Relaxing scalp and body massage, helping to strengthen the nervous system, thus restoring lost energy.

LYMPHATIC MASSAGE (1hr 15 mins) €145

Improves the circulation of blocked lymph so that the body flushes the toxins to achieve relief, reduced swelling and better function of the body. Ideal for water retention, lymph problems and edemas.

SPORTS AND FITNESS MASSAGE (55 mins) €120

This full body treatment is appropriate either before or after exercise as it uses essential oils of Lavender, Rosemary and Clove to help increase circulation and warm muscles, preventing strains and relieving aches and pains. Ideal for anyone involved in sports, fitness or heavy physical work.

SWEDISH MASSAGE (55 mins) €110

A full body massage designed to ease tension, relieve stress and promote a general state of well-being.

REFLEXOLOGY (50 mins) €110

Acupressure is applied to the feet releasing stress and tension. It helps to improve circulation and fosters a restoration of the body's natural state of equilibrium.

BACK, NECK & SHOULDERS MASSAGE (40 mins) €80

Tension in your back, neck and shoulders simply melts away after a long, demanding and stressful day with this wonderful classic massage.

BODY

ESPA PRE & POST NATAL (1hr 25 mins) €175

This total body treatment has been carefully designed for pregnant and nursing mothers, taking into account all contraindications and avoiding the use of essential oils. Gentle body cleansing and exfoliation is followed with advanced massage techniques over safe areas using Calendula infused oil, nourishing mud and creams.

Tension releases with a head, neck and shoulder massage.

Feel a renewed sense of vitality during this special time.

ESPA STIMULATING HIP & THIGH TREATMENT (55 mins) €120

A specialized treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to 'blockages', cellulite, fluid retention and uneven skin texture.

After deep exfoliation with a seaweed and salt rub there follows a detoxifying massage using stimulating essential oils and an application of warm marine algae.

The foot reflex zones are activated, then pressure point and lymphatic drainage massage for the eye area gently helps to purify and cleanse the body.

DEEP CLEANSING BACK TREATMENT (55 mins) €110

An ideal treatment for problematic skin, but also a wonderful treat for this much neglected and hard-to-reach area.

The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with a luxurious aromatherapy massage.

A final application of a light moisturizing balm will ensure that the skin is left soft, smooth and revitalized.

ESPA SALT & OIL SCRUB (25 mins) €50

Carefully blended sea salt and essential oils have been combined to help remove dead skin cells and improved tonality. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness.

BODY WRAPS

ESPA ESSENTIAL BODY WRAPS (1hr 10 minutes) €165

This tailor-made experience includes lymphatic skin brushing, body exfoliation and a complete body wrap of Algae, Marine Mud or Oshadi Clay combined with essential oils and blended to meet your specific needs. The body wrap is designed to comfortably raise the temperature and induce perspiration to help eliminate toxins and increase the effects and absorption of the oils in the wrap. Ultimate tranquillity is achieved with a mind calming Oriental head massage during the envelopment.

Choose from the following:

ESPA DETOXIFIER
ESPA SKIN HYDRATOR
ESPA MUSCLE RELAXER
ESPA STRESS RELIEVER
ESPA ENERGY BOOSTER
ESPA JET LAG

ANTI-CELLULITE WRAP TREATMENT BY ALGOANE (1hr 15 mins) €135

Wrap treatment, comprising the famed, Brittany-sourced algae-and-essential-oil wrap, "orange-peel"-exfoliating mask, and slimming massage for drainage and detoxification.

TAILORED FOR MEN

REVITALISING SOURCE FACIAL BY NATURE VALMONT (55 mins) €120

A rich treatment brings new vitality to tired skin. Using an original ice cube massage together with essentials oils, this treatment stimulates, tones and hydrates the skin, bringing back a healthy freshness to complexions affected by city-living, jet-lag and stress.

ESPA MEN'S PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE (55 mins) €110

This facial works at a deep level to cleanse, purify, balance and hydrate the skin.

An advanced triple cleansing technique and hot towels are used to soothe and soften the skin and facial hair and aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows, releasing tight muscles and tension, leaving you feeling totally de-stressed.

ESPA FLIGHT REVIVER (1hr 10 mins) €145

If you have just arrived from another time zone, this is perfect to reset your body clock. A full body aromatherapy treatment, using clinically blended oils formulated to combat the effects of air travel. Your therapist will also advise on the use of ESPA's Soothing and Energising Aromatherapy Bath and Massage Oils during and following a long-haul trip, to help regularise sleep patterns.

SPORTS AND FITNESS MASSAGE (55 mins) €120

This full body treatment is appropriate either before or after exercise as it uses essential oils of Lavender, Rosemary and Clove to help increase circulation and warm muscles, preventing strains and relieving aches and pains.

Ideal for anyone involved in sports, fitness or heavy physical work.

SWEDISH MASSAGE (55 mins) €110

A full body massage designed to ease tension, relieve stress and promote a general state of well-being.

FINISHING TOUCHES

BALI SUN SELF-TANNING

A GB SPA sunless tanning experience that delivers the most natural, golden, bronze tan imaginable.... for your holidays, or for those special occasions throughout the year.

It only takes a few minutes to really change your mood with a sense of well-being and to feel your skin re-hydrated, smooth and golden brown.

Luxury Tan Full Body and Face, including peeling (30 mins)	€60
Luxury Tan Face and Décolleté or Legs, including peeling (20 mins)	€35
Tan Full Body and Face (20 mins)	€45
Tan Face and Décolleté or Legs (15 mins)	€25

MAKE-UP

Special Wedding (55 mins)	€150
Special Night Out (55 mins)	€70
Express Make-up (25 mins)	€45

WAXING

ESPA Luxury Full Leg Wax (55 mins)	€68
ESPA Luxury Half Leg Wax (40 mins)	€58
Underarm Wax (15 mins)	€25
Bikini Wax (15 mins)	€28
Eyebrow Wax (15 mins)	€12

(All waxing services can be available upon request)

TINTING

Eyelash tint* (20 mins)	€20
Eyebrow tint* (15 mins)	€20
Eyelash and Eyebrow tint* (30 mins)	€35

*Please note that an allergy test is required 24 hours prior to any tinting.