

THE ADDRESS
SLIGO



The Address *Spa*





The Address Spa

Welcome to The Address Spa, an oasis of calm and comfort where wellness takes centre stage, just steps from historic Sligo town.

Offering the most innovative of gold-standard treatments, along with wholly restorative therapies, our team of professionals focus on absolute wellness, as well as offering that little bit of extra space we all need to reboot. The Address Spa is delighted to collaborate with some of the world's leading brands and Ireland's key professionals to offer results-driven treatments





The Address Spa

Spa Etiquette

- **Book Early.** All Spa appointments are subject to availability.
- **Relax & Unwind.** Clients are advised to arrive at least 15 minutes prior to treatment time to unwind, relax and get the most from their experience.
- **Feel at Home.** Hotel guests are asked to change in their room & arrive at the Spa in the robe provided for you.
- **Welcome.** Day Spa Guests, On arrival, you will be invited to change into a comfortable robe in our dressing room where lockable units are available for personal possessions.
- **Prepare.** Please shower before your treatment and avoid wearing strong perfumes
- **Attire.** We request that swimwear and flip flips be worn in the Thermal Spa.
- **We are here for you.** It is vital that clients give full details of any ailments, allergies, illnesses or medication prior to commencing any treatment. Drink plenty of water prior to, and after treatments. Please note use of the thermal suite is not recommended during pregnancy. Please advise at time of booking if you are pregnant. Treatments cannot be carried out during the initial 14 weeks of pregnancy.
- **Guests** must be over 16 to avail of any spa treatments.
- **Relax.** To be relaxed in the spa and health club, we would kindly ask you to have your mobile phone switched off or on silent. Better still leave it behind and enjoy a digital detox !.
- **Phone Free Zone,** To ensure that you and everyone in our Spa has a relaxing time we kindly ask you to please silence and refrain from using your phone in our spa as we are a phone-free zone.

All treatments of 50 minutes or longer include complimentary access to The Thermal suite.







THERMAL SUITE

Our Thermal Suite is the Ultimate spa experience. Immerse yourself from head to toe in invigorating and soothing treatments with the added benefits of fragrance and light therapy.

TROPICAL SHOWER

Retreat into nature and free your mind in the warm, fragrant rainforest drench shower. Warm effects, aromatherapy and lighting create an unforgettable sensation. Improve skin tone and promote feelings of contentment.

SEAWEED STEAM ROOM

Surround yourself in Irish Seaweed-infused steam to relax & detox both the mind and body.

HERB INFUSED SAUNA

Relax in essence-infused heat, detoxify, purify and increase circulation of the body with temperatures ranging from 60 – 80 degrees.

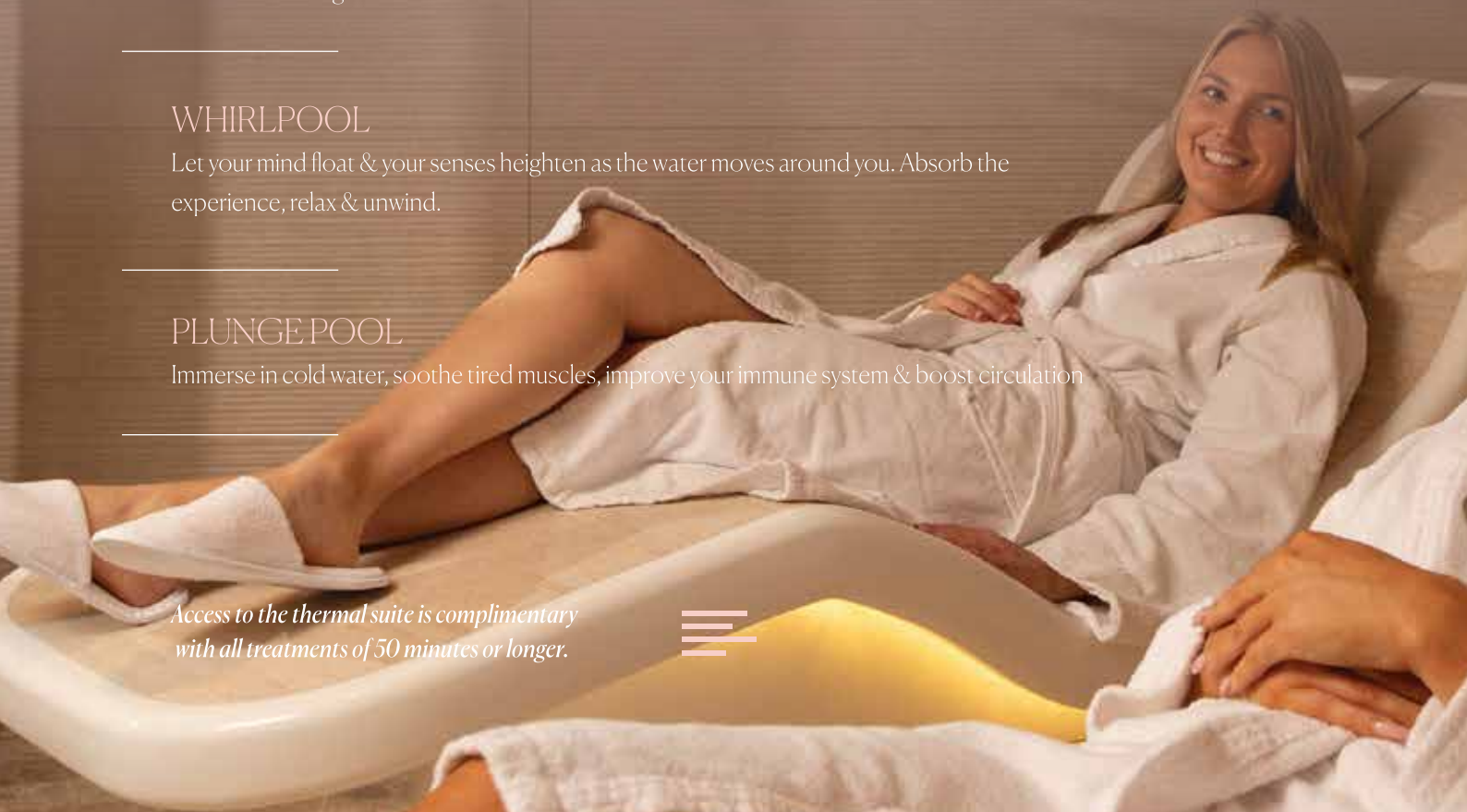
WHIRLPOOL

Let your mind float & your senses heighten as the water moves around you. Absorb the experience, relax & unwind.

PLUNGE POOL

Immerse in cold water, soothe tired muscles, improve your immune system & boost circulation

Access to the thermal suite is complimentary with all treatments of 50 minutes or longer.







Secret Garden

Hours of Opening:

Gym : Open daily 6am - 9 pm

The Address Spa open daily 9am - 7pm

Treatment Times:

Monday to Friday: 10am - 5pm

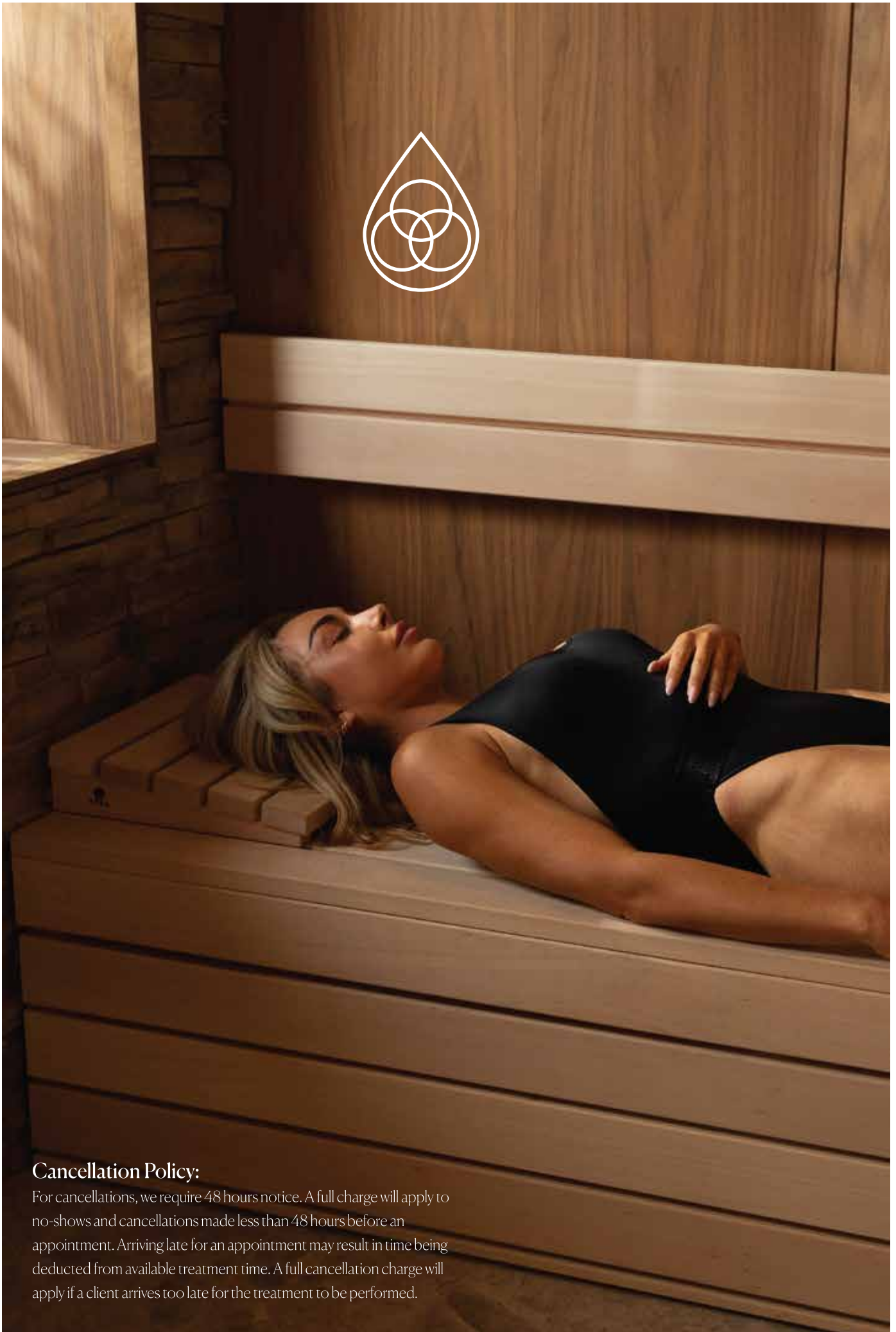
Saturday, Sunday and Bank Holidays 10am - 4pm

To Book:

Call us on +353 (0)71 9144000

Email us spa.sligo@theaddresscollective.com

Book a treatment online – www.theaddresssligo.com/spa



Cancellation Policy:

For cancellations, we require 48 hours notice. A full charge will apply to no-shows and cancellations made less than 48 hours before an appointment. Arriving late for an appointment may result in time being deducted from available treatment time. A full cancellation charge will apply if a client arrives too late for the treatment to be performed.