

"You Time" at The Maritime....

*The gift of Rejuvenation,
Relaxation and Radiance.*

A "You Time" Gift Card is the ideal gift. Choose from our selection of Facials or Body Massages using Spa Find Pure Spa Blend Products. Or select a Spa Find Gift Bag containing the most popular products from the range, to indulge in a luxury spa treatment in the comfort of your own home. Pure indulgence.

Gift cards can be purchased directly from our Hotel Reception, alternatively, your gift card can be posted directly to you, or the recipient.

To purchase a "You Time" Gift Card call 027 54700



THE MARITIME HOTEL, The Quay, Bantry, Co.Cork
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*You
Time*
GIFT SELECTION



THE MARITIME HOTEL
Bantry • West Cork

*You
Time*
at The Maritime

Relaxation. Rejuvenation. Radiance.

spa FIND

Introduction to "You Time" & Spa Find products

"You Time" at The Maritime is a tranquil space located on the fourth floor of The Maritime Hotel, overlooking Bantry Bay.

Our Treatment Rooms were developed as a space dedicated to You - where the only time that matters is your treatment time. With elegant surroundings, soothing sounds and scents to awaken your senses - escape your hectic and busy lifestyle.

It is extremely important that we take time for ourselves, but we rarely do. "You Time" is dedicated to giving you back "the time" you so rightly deserve. Using Spa Find, Pure Spa Blend Products, containing unique natural minerals that exist deep within the Dead Sea waters, essential minerals are replaced. These minerals are essential to keep us positive and healthy inside and out.

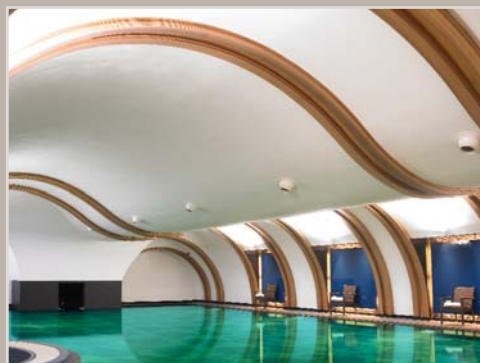
Choose a treatment from our range of Facials and Body Massages, each selected to ensure you experience total relaxation, rejuvenation and radiance.

"You Time" is complemented by a fully equipped state-of-the-art Health Club including a 19 metre Swimming Pool, Hydropool, Sauna, Jacuzzi, Steam Room and Gymnasium.

A range of "Spa Find" Gift Sets are also available, containing a selection of products enabling you to experience "You Time" in the comfort of home.

To reserve "You Time" or for further information on our treatments, please call us on 027 54700.

You Time at The Maritime



Relaxation. Rejuvenation. Radiance.

You Time

SPA ETIQUETTE

1. In the event of non-arrival or cancellation within 24 hours of an appointment "You Time" at The Maritime reserves the right to charge the full cost of the treatment booked. When booking your treatment you will be asked to provide credit card details.
2. Pre-Booking of treatments is essential to avoid disappointment.
3. Late arrival will unfortunately result in shortened treatment time.
4. "You Time" at The Maritime has a minimum age policy of 16 years of age.
5. Please notify your therapist of any existing medical conditions when booking your treatment.
6. We ask our clients to arrive at least 10 minutes prior to their treatment time to consult with your therapist and change.
7. For your comfort, and the comfort of others, please switch off your mobile phone prior to entering "You Time" at The Maritime.
8. It is advised that you do not use Club Maritime Leisure facilities after your treatment to enable you to experience the full benefit of the products used during your treatment. Complimentary use of Club Maritime Leisure Facilities applies only to the date of your treatment.
9. We recommend that you do not wear jewellery whilst attending your appointment at "You Time" at The Maritime.
10. Staff and management cannot be held responsible for the loss of valuables, monetary or otherwise. It is recommended that you do not bring valuables on to the spa premises.



You Time FACIALS

Renewed Radiance Facial Hydrating and reviving facial for delicate skin €65

A hydrating and reviving facial. This Energizing Comfort Facial is perfect for those with delicate skin who cannot tolerate traditional skincare products. The natural ingredients help gently calm, soothe and rehydrate skin layers. VMS Complex in the Energising range helps to smooth fine lines and prevent further skin ageing by treating both the surface and deeper skin tissues.

Balanced Beauty Facial Rebalancing mud facial for combination skin €65

This rebalancing facial is perfect for combination skin and for skin with varying needs. Gentle massage techniques are used to help with skin rebalancing, before a mineral mud mask is applied to deep cleanse the pores. The highly concentrated minerals used in this treatment rebalance skin pH to reveal a healthy, clear complexion.

Perfect Purity Facial Active mud facial for problem skin €65

This unique mineralising facial mimics the deep cleansing, anti-bacterial and anti-inflammatory effects of the Dead Sea. Using a specialised ritual of Dead Sea Mud, Dead Sea Sand and purifying massage techniques, this treatment helps to remineralise, soothe, oxygenate and rebalance acne skin.

Youthful You Anti-ageing algimud facial to polish, refine and tone €75

This revolutionary treatment uses the ultimate combination of minerals, Dead Sea Mud and seaweed. Your skin is deeply cleansed and gently polished before traditional facial massage techniques allow your mind and senses to unwind. Your face is then cocooned in the active ingredients of our specialised mask, formulated to refine, tone and produce instant results.

Natural Nourishment Hydrating black mud facial to nourish and hydrate €70

This therapeutic spa facial uses two luxurious mud masks which are rich in the beneficial minerals of the Dead Sea. Following a deep cleanse and exfoliation, warmed scented oils are smoothed over the face to nourish and hydrate your skin. Specialised massage techniques are performed according to your needs to completely relax you - the ultimate spa therapy.

Exquisite Eyes Refines lines, tones and regenerates €65

This exceptional eye treatment combines the powerful effects of Dead Sea minerals and plant extracts to refine fine lines, tone and increase cell regeneration. This specialised treatment consists of a gentle eye cleanse followed by traditional eye massage techniques that soothe your troubles away as the active ingredients in our mineralising eye mask hydrate and tone the eye contours.



You Time SPA FIND

Spa Find...Beautiful Beginnings €139

A top to toe pregnancy treatment that includes a three stage ritual: a full body exfoliation, a scalp massage, a mini facial and a foot and leg massage.

Duration: 2 hours.

Spa Find...Complete Calmness €85

A luxurious back massage that helps to relieve muscular aches and pains, followed by a relaxing facial helping to improve the texture of the skin and leave it feeling soft and supple.

Duration: 1 hour.

Spa Find...Age Away €139

Spa Find...Age Away is a totally unique full body anti-ageing treatment that leaves the skin fresh, cleansed and nourished, smoothing out fine lines and wrinkles and plumping up the skin, shaving off years. Incorporating a full body anti-ageing exfoliation, scalp & back massage and an anti-ageing seaweed facial, Spa Find...Age Away allows you and your skin to feel totally relaxed and restored.

Duration: 2 hours.

Spa Find...Silky Skin €69

A full body exfoliation with the Spa Find...Heavenly Hydration salt brushing followed by a back massage that helps to relieve muscular tension and leaves the skin feeling soft and smooth.

Duration: 1 hour.

Spa Find...Fabulous Feet €69

This luxury foot treatment combines exfoliation and massage to target cracked heels and dry skin on the feet, leaving skin soft, supple and muscles relaxed. Pure spa pleasure for your feet. Gentle sand and Dead Sea Salts are used to exfoliate your feet followed by a sensuous massage with aromatherapy oils. Warm Dead Sea Mud is applied, cocooning tired feet and legs, whilst hydrating, soothing and nourishing the area.

Duration: 1 hour.



You Time

MASSAGES

€65

Aromatherapy Massage

Aromatherapy uses the power of essential oils to stimulate the body's own healing mechanisms. Essential oils are aromatic extracts distilled from plants, trees and herbs. Blending therapeutic essential oils for massage, inhalation or topical application can stimulate well-being and encourage a healthy mental, physical and emotional body.

Reflexology Massage

€65

Reflexology is based on the principle that certain parts of the body reflect the whole. Reflex points, which relate to all parts of the body, can be found in the feet, hands and ears. These points respond to pressure, stimulating the body's own natural healing process. The body starts progressively clearing blockages, re-establishing energy flows and balancing itself, resulting in better health.

Swedish Massage

€65

A massage technique involving the use of slow, deep and intense massage strokes across the grain of the muscle to heal physical injuries, chronic tension and emotional stresses within the body. It can be used to release trapped nerves and correct damaged muscle tissue, as well as to soften hard muscles which have caused joint restriction and structural misalignment.

Holistic Massage

€65

Holistic massage is an ancient discipline used to improve health and wellbeing by treating the mind, body and spirit. It maintains our general health and fitness, complements traditional medicine in the treatment of specific conditions and symptoms, and offers relaxation in our often hectic lifestyles.



You Time

MASSAGES

€65

Indian Head Massage

Indian Head therapy in which the head, neck, face and facial areas are massaged with the purpose of manipulating energy channels. The goal is to clear blockages in these energy channels that cause a build-up of negative energy that are purported to cause ailments.

Pregnancy Massage

€65

A complete body massage, using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce water retention. A wonderful treatment that gives mum to be a chance to truly relax and a few moments to dream of baby.

All Treatments are 1 hour in duration.

Please note that "You Time" operates a 24 hour cancellation policy. Any cancellation with less than 24 hours' notice will incur 100% cancellation fee.

