



# *You Time*

TREATMENT ROOMS

THE MARITIME HOTEL

Bantry • West Cork





## Introduction to YOU TIME TREATMENT ROOMS AND SPA FIND PRODUCTS

**You Time** Treatment Rooms at The Maritime are 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 enclosed, each selected to ensure you experience total relaxation, rejuvenation and radiance.

**You Time** Treatment Rooms are complimented by a fully equipped state-of-the-art Health Club including a 19 meter Swimming Pool, Sauna, Jacuzzi, Steam Room and Gymnasium.

A range of Gift Sets & Products 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 54720**

*\*Please note club maritime facilities are in a different location from the treatment rooms in the hotel.*

The Gift of  
REJUVENATION, RELAXATION AND RADIANCE

A **You Time** Gift Card is the ideal gift for that special someone to show you care no matter what the occasion. Gift Cards are valid for all treatments or products from our **You Time** Treatment Rooms.

Gift Cards can be purchased directly from either the Leisure Centre Reception or the Hotel Reception.  
Alternatively, Gift Vouchers can be purchased instantly online at **[www.themaritime.ie](http://www.themaritime.ie)** .



## Contents

Pampering Packages.....	7 - 9
Facials.....	10 - 12
Massages.....	13 - 15
Men's Treatments.....	16
Pregnancy Treatments.....	17

You Time & Ocean Bloom Products.....	18 - 19
Group Packages.....	20
Stayover Package.....	21
Etiquette.....	22







# PAMPERING PACKAGE

## BEST FRIENDS FOREVER PACKAGE

Take time to spend a relaxing afternoon with a friend at You Time Treatment Rooms and enjoy: 50-minute Body Massage of your choice with 60-minute Relaxation Time in our state-of-the-art Club Maritime Leisure Club, followed by Main Course Lunch in the Maritime Bar.

€160 for 2 people

## AFTERNOON DELIGHTS

Take time to spend a relaxing afternoon with a friend at You Time Treatment Rooms and enjoy: 50-minute Body Massage of your choice with 60-minute Relaxation Time in our state-of-the-art Club Maritime Leisure Club, followed by Afternoon Tea.

€180 for 2 people

## UNWIND & DINE

Take time to spend a relaxing afternoon with a friend at You Time Treatment Rooms and enjoy: 50-minute Body Massage of your choice with 60-minute Relaxation Time in our state-of-the-art Club Maritime Leisure Club, followed by 3 course evening meal in The Ocean Restaurant.

€200 for 2 people

## YOU TIME

Take time to spend a relaxing afternoon at You Time Treatment Rooms and enjoy: 50-minute Body Massage of your choice with 60-minute Relaxation Time in our state-of-the-art Club Maritime Leisure Club, followed by Main Course Lunch in the Maritime Bar.

€85

*These are standalone packages. No vouchers, discounts or other offers apply.*

*Meals can only be booked within times specified*

*Packages based on €75 treatments. Additional treatments can be added at a supplement.*

# PAMPERING PACKAGE

Combination Treatments

## **SILKY SKIN**

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

€80 | Duration: 1 hour *(includes 10 min consultation time)*

## **COMPLETE CALMNESS**

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.

€80 | Duration: 1 hour *(includes 10 min consultation time)*

## **AGE AWAY**

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

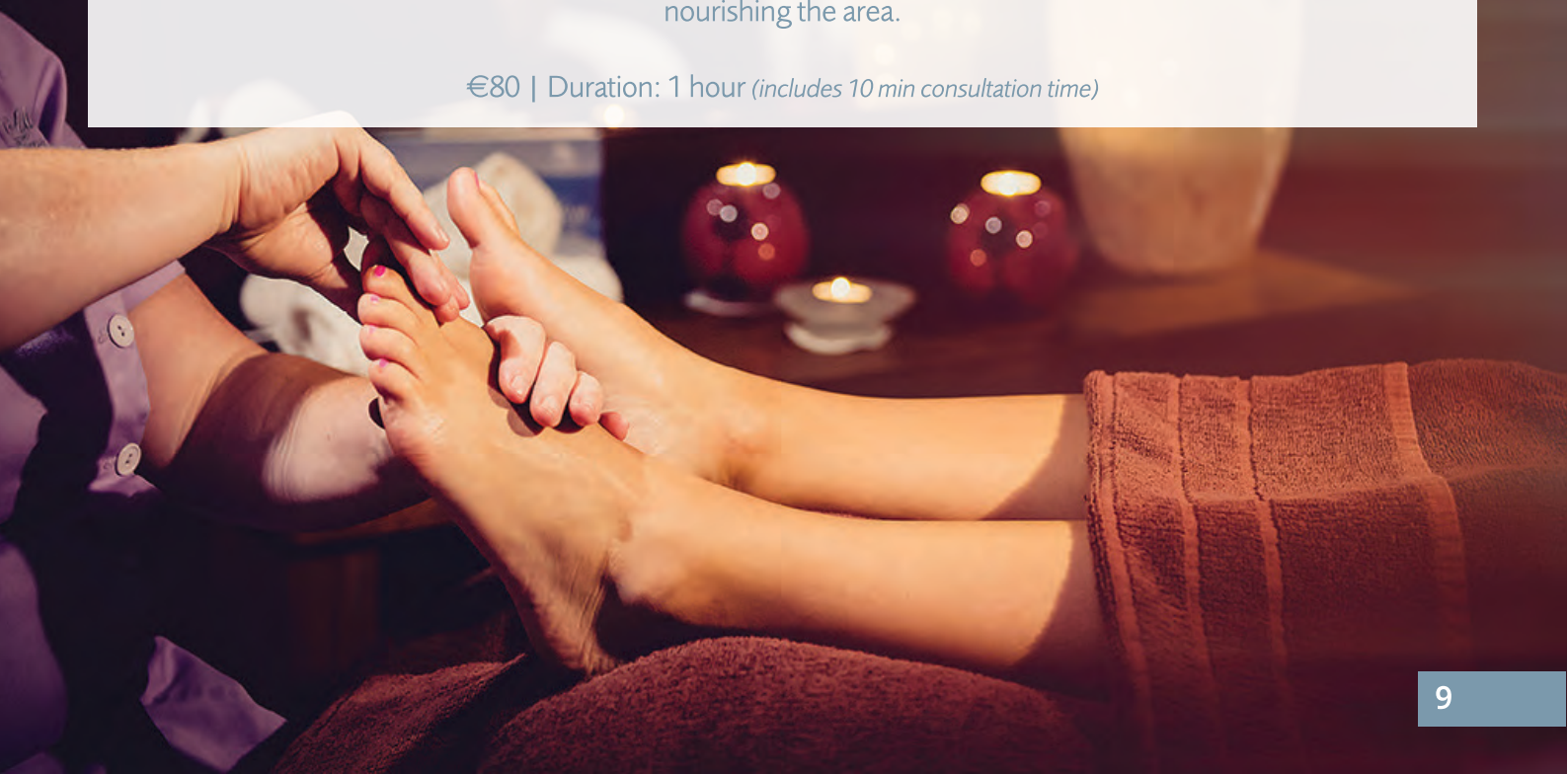
€150 | Duration: 2 hour *(includes 10 min consultation time)*



### FABULOUS FEET

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 Mask is applied, cocooning tired feet in heated boots, whilst hydrating, soothing and nourishing the area.

€80 | Duration: 1 hour *(includes 10 min consultation time)*



# FACIALS

Includes arms, head, neck & face massage throughout to give you that deeply relaxing experience

## YOUTHFUL YOU

Anti-ageing algimud facial to polish, refine and tone. 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 technique 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.

€80 | Duration: 1 hour

*(includes 10 min consultation time)*

## NATURAL NOURISHMENT

Hydrating black mud facial to nourish and hydrate. 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.

€75 | Duration: 1 hour

*(includes 10 min consultation time)*

## RENEWED RADIANCE FACIAL

Hydrating and reviving facial for delicate skin. This energising comfort facial is perfect for those with delicate skin who cannot tolerate traditional skincare products. The natural ingredients help to smooth fine lines and prevent further skin ageing by treating both the surface and deeper skin tissues.

€70 | Duration: 1 hour

*(includes 10 min consultation time)*

*Add 30 min massage to any facial*

### BALANCED BEAUTY FACIAL

Re-balancing mud facial for combination skin. This re-balancing facial is perfect for combination skin and for skin with varying needs. Gentle massage technique are used to help with skin re-balancing before a mineral mud mask is applied to deep cleanse the pores. The highly concentrates minerals used in this treatment re-balances skin pH to reveal a healthy, clear complexion.

€70 | Duration: 1 hour *(includes 10 min consultation time)*





## LOCALLY SOURCED ORGANIC TREATMENTS

**Ocean Bloom** is a natural seaweed skincare made with hand harvested seaweed from the crystal-clear waters of Beara, West Cork. The seaweed is blended with some of the most amazing oils, butter and extracts from around the world, creating an exquisite skincare for women or men, promoting younger, healthy and nourished skin.

### ORGANIC MARITIME DELUXE FOUR SEASON FACIAL

We invite you to have an unforgettable treatment experience. beginning with the resolution of the spring cleanse, refreshing floral mist toner, seaweed and poppy seed facial polish. Enjoy the summer warmth of hot towels and switch off as you unwind while receiving a luxurious face, neck and shoulder massage. A cool winter seaweed serum muslin mask is applied, restoring hydration, improving anti-ageing process and PH balance while reducing lines and stimulating collagen production. With the magic working unwind further with your arms and hands being massaged. The four seasons comes to an end with nourishing creams on the eyes, lips and facial areas giving you that autumn freshness.

€90 | Duration: 1 hour *(includes 10 min consultation time)*

*You can choose from the fragranced (cranberry & pomegranate) or non-fragranced range of the ocean bloom products.*



# MASSAGES

## **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.

€75 | Duration: 1 hour  
*(includes 10 min consultation time)*

## **REFLEXOLOGY**

Reflexology is a zone therapy which is based on the principle that certain parts of the body (feet & lower leg only) reflect the whole. 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.

€75 | Duration: 1 hour  
*(includes 10 min consultation time)*

*Add on extra 30min or 30min facial to any massage.*





# MASSAGES

## SWEDISH MASSAGE

A massage technique involving the use of slow, deep and intense massage strokes across the grain of the muscle to heal physical injuries, chronic tensions 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.

€75 | Duration: 1 hour  
*(includes 10 min consultation time)*

## HOLISTIC MASSAGE

Holistic massage is a head to toe ancient discipline used to improve health and wellbeing by treating the mind, body 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.

€75 | Duration: 1 hour  
*(includes 10 min consultation time)*

*Add on extra 30min or 30min facial to any massage.*



# MASSAGES

## 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. This is excellent for releasing tension and destressing you. (Full back & arms are also included.

€75 | Duration: 1 hour  
*(includes 10 min consultation time)*

## HOT STONE TREATMENTS

*Subject to availability*

Hot stone massage is a specialty massage where the therapist uses smooth, heated basalt stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help limber up tight and aching muscles.

Full Body €90 | Duration: 1 hour  
*(includes 10 min consultation time)*

Back, Neck & shoulders €65 Duration: 30 mins  
*(includes 10 min consultation time)*

*Add on extra 30min or 30min facial to any massage.*



# MEN'S TREATMENTS

## DEEP TISSUE MASSAGE

Deep tissue is a type of massage therapy that focuses on realigning deeper layers of muscles. It is used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. The movement is slow and the pressure is deep and concentrated on areas of tension and pain.

€75 | Duration: 1 hour  
*(includes 10 min consultation time)*

## HOT TOWEL FACIAL

A hot towel works wonders on the face. The steam and warmth from the towel truly agree with skin, helping the facial pores to open up and take in not only the steamy hydration from the towel, but also the essential oils or natural beauty ingredients paired with it. Once pores are open, skin will better absorb formulas applied to treat blemishes, fight aging, or to simply keep your face soft. Arms, head, neck & face are all massaged throughout to give you that deeply relaxing experience.

€75 | Duration: 1 hour  
*(includes 10 min consultation time)*

# PREGNANCY TREATMENTS

## **SPA FIND...BEAUTIFUL BEGINNINGS**

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

€144 | Duration: 2 hour *(includes 10 min consultation time)*

## **PREGNANCY MASSAGE**

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 mom to be a chance to truly relax and a few moments to dream of their new arrival.

*\* Please note: this massage is not recommended in the first trimester of pregnancy.*

€75 | Duration: 1 hour *(includes 10 min consultation time)*

## **FAB FEET**

This luxury foot treatment combines exfoliation and massage to target cracked heels and dry on the feet, leaving skin soft, supple and muscles relaxed - Pure spa pleasure for you 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 mask is applied, cocooning tired feet in heated boots whilst hydrating, soothing and nourishing the are and finish with a full leg massage.

€75 | Duration: 1 hour *(includes 10 min consultation time)*





## SPA FIND PRODUCTS PRICE LIST

### RENEWED RADIANCE

Energizing Day Cream .....	€28.00
Intensive Day & Night Cream.....	€28.00
Energizing Cleanser.....	€22.00

### HEAVENLY HYDRATION

Mineralizing Body Lotion.....	€30.00
Salt Brushing.....	€18.00
Salt Brushing Sachet.....	€4.00
Hand Care Cream.....	€22.00

### EXQUISITE EYES

Eye & Neck Rejuvenator.....	€28.00
-----------------------------	--------





*Organic Seaweed Skincare  
from the shores of West Cork, Ireland*

## OCEAN BLOOM PRODUCTS PRICE LIST

Marula & Seaweed Facial Oil.....	€28.00
Seaweed & Stem Cell Moisturiser.....	€36.00
Seaweed Facial Polish (Pomegranate & Cranberry).....	€16.00
Gentle Seaweed Facial Wash (Pomegranate & Cranberry).....	€16.00
Seaweed Serum Pouches.....	€16.00
Seaweed Scar Oil (Oil No.9).....	€22.00
Seaweed Lip Balm.....	€6.00
Seaweed & Whipped Shea Body Butter (Fragrance Free).....	€17.00
Seaweed & Whipped Shea Body Butter (Pomegranate & Cranberry).....	€17.00
Seaweed & Poppy Seed Facial Polish (Fragrance Free).....	€17.00
Seaweed & Poppy Seed Facial Wash (Fragrance Free).....	€17.00
Seaweed Total Eye Cream.....	€22.00
Seaweed Facial Pouches.....	€5.00



## GROUP TREATMENT DAY PACKAGES

BASED ON A MINIMUM  
OF 6 PEOPLE

We would be happy to help you  
tailor make the ultimate treatment  
day to best suit you & your group's  
needs.

30 Minute Treatment of your  
choice from the basic Facial &  
Massage options

from **€40** each

*Supplements may apply to other  
treatment options*

*\*Please note all Group Treatment Days  
must be pre-booked to guarantee  
availability.*

# SPA INDULGENCE PACKAGE

Indulgence package in You Time Treatment Rooms in a double or twin room for 2 people,  
includes 1 night Bed & Breakfast, dinner & 2 Treatments

## **1 NIGHT INDULGENCE TREATMENT PACKAGE OFFER INCLUDES:**

Overnight accommodation for 2 people sharing

Full Irish Breakfast the following morning

3 Course Dinner for 2 adults

2 x Treatments in You Time Treatment Rooms

Complimentary access to Club Maritime Leisure Centre (19m Pool, Sauna, Jacuzzi, Steamroom)

## **SPECIFIC TERMS:**

Treatments are in our treatment rooms and are up to the value of €75 each

*(This applies to standard treatments only, this treatment package does not apply for any other special offers, combination treatments or packages. Best Friends Forever Package is not included, among others).*

No reductions available if lesser or alternative value treatments are chosen.

The difference will be added to your package if higher value treatments are chosen.

Subject to availability, Terms & Conditions Apply.

**Pre-booking is essential. Please quote your package when booking.**

**Please note Check-in is strictly after 4pm.**

**Please specify in special requests box whether you require a Double or Twin room at the time of booking.**

Indulgence package in you time treatment rooms in a double or twin room for 2 people,  
includes 1 night bed & breakfast, dinner and 2 treatments

## ETIQUETTE

1 Hour appointment duration includes 10-minute consultation followed by 50-minute treatment.

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.

Pre-Booking of treatments is essential to avoid disappointment.

Late arrival will unfortunately result in shortened treatment time.

'**You Time**' at The Maritime has a minimum age policy of 18 years of age.

Please notify your therapist of any existing medical conditions when booking your treatment.

We ask our clients to arrive at least 5 minutes prior to their treatment time to consult with your therapist and get changed.

For your comfort, and the comfort of others, please switch off your mobile phone prior to entering '**You Time**' at The Maritime.

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 the Leisure Facilities applies only to the date of your treatment.

We recommend that you do not wear jewellery whilst attending your appointment at '**You Time**' at The Maritime.

Staff and management cannot be held responsible for the loss of valuable, monetary or otherwise. It is recommended that you do not bring valuables on to the treatment rooms premises.

Any vouchers/discounts must be mentioned at the time of booking to guarantee availability.

Vouchers/discounts are not available to be used with every treatment type and must be confirmed and a member of the team at the time of booking.







THE **MARITIME** HOTEL,  
The Quay, Bantry, Co. Cork

t.027 54700  
info@themaritime.ie  
www.**themaritime**.ie