

SHEARWATER  
recovery  
rooms



The Shearwater Hotel,  
Marina Point,  
Ballinasloe,  
Co. Galway  
H53F5P9

For Bookings call: **09096 30521**  
or visit the  
[shearwaterhotel.com](http://shearwaterhotel.com) in our Spa section

For tailored or large group bookings,  
please email  
[leisuremanager@shearwaterhotel.com](mailto:leisuremanager@shearwaterhotel.com)

— THE —  
**SPA**  
— AT THE —  
SHEARWATER HOTEL  
★★★★



**SHEAR**fitness



SHEARWATER

HOTEL & SPA



THE  
**SHEARWATER**

recovery  
rooms

*Rest, Recover, Recuperate*

## COLD PLUNGE POOL

Cold plunges offer significant health benefits, primarily reducing muscle soreness, boosting immune function, enhancing mental alertness, and reducing inflammation.

The cold-water immersion triggers a release of adrenaline and dopamine, boosting mood and energy while activating brown fat to improve metabolism. Regular sessions also increase stress resilience.



## INFRARED SAUNA

Infrared saunas offer numerous health benefits by using infrared light to directly heat the body, inducing deep relaxation, pain relief, and improved circulation at lower temperatures than traditional saunas. Key benefits include reduced stress, faster muscle recovery, improved skin health, and potential cardiovascular improvements.



## COMPRESSION SUITS

Compression suits provide significant, science-backed recovery benefits for athletes and individuals with circulation issues by using pneumatic, dynamic air compression to increase blood flow, reduce muscle soreness, and minimize inflammation. By accelerating the removal of metabolic waste and increasing oxygenated blood flow, they help improve flexibility, reduce swelling, and speed up recovery times between intense workouts.

By enhancing lymphatic drainage, the boots decrease swelling and flush out waste products like lactic acid to improve venous return, allowing muscles to heal faster.



## PRICE LIST & PACKAGES

30 minute Infrared Sauna      Max 3 people      €20.00pp

30 minute Cold Plunge      Max 2 people      €20.00pp

30 Minute Contrast  
Cold and Heat      Max 3 people      €20.00pp

60 Minute Contrast  
Cold and Heat      Max 3 people      €30.00pp

30 Minute Compression  
Arms, Hips, or Legs      Max 2 people      €20.00pp

60 Minute Compression  
Arms, Hips or Legs      Max 2 people      €30.00pp

## Treat yourself with our invigorating add on's in our Spa

All add On's are subject to availability and must be booked by calling 09096 30521

Fully Body Scrub      40 minutes      €45.00pp

Illuminating Facial      50 minutes      €80.00pp

Full Body Massage      60 minutes      €90.00pp

Leg and Foot Massage      30 minutes      €50.00pp

**Robes, slippers and towels are provided for all appointments.**

**Appointments include access to our Leisure Pool,  
Steam room, jacuzzi and relaxation suite.**