



RSVP Spa of the month

When you step foot inside the **Westport Plaza Hotel**, you are welcomed by sheer luxury and comfort, as well as a warm and friendly atmosphere which makes the hotel an ideal getaway in the west of Ireland.

The **Westport Plaza** in Co. **Mayo** is set against the backdrop of Croagh Patrick Mountain, which makes it a real haven of tranquillity - yet it is in close proximity to a lively town making it an ideal location for everyone.

Renowned for its 4-star luxury accommodation, this stunning hotel is ranked in the top five hotels in Ireland by Tripadvisor and you will understand why when you check out the luxurious bedrooms not to mention the lavish presidential suites as well as the bar, restaurant, wedding and conference facilities.

If you decide to make a visit be sure to ask about their great weekend breaks as well as their sumptuous Sula Spa, which of course was the purpose of my visit. The name Sula is derived from the first letters from serenity, utopia, luxury and ambience and believe me when I tell you that the spa delivers on these characteristics and a lot more besides.

I was greeted by very friendly, attentive and professionally trained staff in the plush and peaceful retreat who were pleased to go through the various treatments available with me.

My first therapy involved having my feet warmed in two individual baths where a sea salt scrub was

used to soften and rejuvenate the skin. It is amazing how invigorating I felt afterwards. Next up came the thermal centre that included the rock sauna, steam room and salt grotto and during the time I spent there I could almost feel the toxins and impurities being drawn from my system.

The ice fountain followed and moving from heat to cold had an exhilarating and refreshing effect on my entire system that left me feeling full of energy. The pampering continued with an Omega 3 Facial which I was really looking forward to because it has a great reputation for dehydrating dull, dry or tired skin.

I am happy to report that the facial lived up to its reputation. The treatment itself was a dream, very calming and soothing and it left my skin feeling really fresh and re-energised and if I say so myself, left me looking years younger. Now you can't get better than that.

Just when you thought it couldn't get any better I was led along to the Rasul Chamber - a real gem of a place that offers a truly unique experience! Here my body was completely covered with mud and as soon as the mud treatment dried in I was continuously sprayed with water jets to absorb the mud into my skin, this allows the skin to soften and release toxins from the body, leaving it feeling plumped and supple.

With all of the dead cells removed my skin felt

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softer and smoother. Between the wonderful face and body treatments I now felt like a completely new person.

To end the day of pampering I relaxed in the outdoor hot tub situated on the roof of the hotel where the cool outdoor breeze was very refreshing. I will definitely be returning to the Sula Spa and am delighted to highly recommend it, with Christmas not too far off now, a Sula voucher would make an ideal gift or stocking filler.

The Sula Spa also offers a range of package deals such as the Utopia half-day from €139 and the Rolls Royce package for men only from €179. They also offer a couples treatment and a mothers-to-be spa day package deal from €179.

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