

EMBARK ON A DISCOVERY OF
UNPARALLELED LUXURY AND TRANQUILLITY
AS YOU STEP INTO OUR SPA OASIS.



ANANTARA
SPA

A HAVEN OF WELL-BEING

WELCOME TO THE SPA AT ANANTARA THE MARKER DUBLIN HOTEL

Welcome to the Spa at Anantara The Marker Dublin Hotel, where we endeavour to awaken your sense of health and well-being in our award-winning Spa located in Grand Canal Square. Sophisticated and minimalist décor, our Spa is beautifully designed using dark charcoal Kirkstone cladding with punches of vibrant colour soften the deep grey hues creating a peaceful respite from the outside world.

We have created a wellness space that encourages total escape from the pace of everyday living. Our spacious Spa offers a range many award-winning massage treatments and advanced skincare regimes in luxurious and soothing surroundings. Our Spa is open seven days a week and offers late opening hours for your convenience.

Relax by our 23 metre infinity pool, Jacuzzi, sauna or our eucalyptus infused steam room.

Our knowledgeable Spa team are always available to assist in finding the perfect treatment for you.

For further information or to book your treatments please contact the Spa team at

spa.themarker@anantara-hotels.com
or on 01 687 5194

SPA ETIQUETTE

HOW TO SPA

We advise you to book your appointments in advance, so that we may best accommodate your needs. To ensure you reap the full benefits of your experience at the Spa we ask that you arrive 15 minutes prior to your treatment time. Late arrivals will be facilitated to the best of our ability; however, your treatment time may be shortened. Some medical conditions are contraindicated to certain treatments so we ask that you notify any medical conditions at the time of booking. All information is kept in the strictest of confidence. Some treatments may also require a patch test so please be advised that you may be asked to visit the Spa 24 hours prior to your treatment.

WHAT TO BRING

Swimwear must be worn at all times in the pool area so please ensure you bring your swimming attire. Robes, slippers and disposable underwear for during treatments will be provided to day Spa guests.

DURING YOUR VISIT

Please respect the serenity of the Spa by refraining from talking loudly or shouting while in the treatment rooms, pool area or relaxation suites. Use of mobile phones is not permitted in the Spa area. Use of the facilities is available to day Spa guests having treatments over €85. Guests who are having treatments for less than this value can upgrade to use the facilities for €60. Use of the facilities* is complimentary to hotel residents.

AGE REQUIREMENTS

The minimum age requirement for Spa treatments and access to the gymnasium, Jacuzzi, sauna and steam room is 16 years.

CAN'T MAKE IT?

If you are unable to attend your appointment or need to reschedule, notification of 24 hours must be given. For groups of three or more we require 72 hours' notice. Please be aware that a cancellation fee of 50% of the treatment price will be charged should notice not be given. If you do not call to cancel or do not show for your treatment the full treatment price will be deducted from your credit card or charged to your room bill.

GIFT VOUCHERS

The perfect gift for someone special, our gift vouchers are available to purchase from the Spa reception or please contact spa.themarker@anantara-hotels.com. Gift vouchers must be presented at the time of treatment.

* EXCLUDES RELAXATION AREA

FACIAL TREATMENTS

FIVE ELEMENT AROMA FACIAL

Bespoke to each client, we tailor a facial treatment to harmonise the Five Elements and address the key underlying concerns of the skin. This transformative facial combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium, while creating a more vibrant and healthy complexion. This treatment replenishes the skin giving you immediate and long lasting results.

30 minutes	€85
60 minutes	€125
90 minutes	€160

WOOD - BALANCE FACIAL

This harmonising facial combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium. Incorporating deep cleansing, exfoliation and hydration, to create a more vibrant and healthy complexion. Ideal for a combination skin.

60 minutes	€125
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FIRE – PURITY FACIAL

Pollution, lifestyle and stress all contribute to congested skin. Our intensive skin detoxification facial includes a double mask of revitalising Aloe Vera and Cucumber followed by a mineral-rich clay mask infused with purifying Honey, Rosemary and Tea-Tree. This treatment encourages drainage of toxins, which in turn helps to reduce sebum production and pore size. Your skin will appear brighter and skin inflammation reduced to help restore a clean and clear complexion.

60 minutes	€125
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EARTH - VITALITY FACIAL

This skin brightening facial treatment uses a fermented black-tea known as the "Elixir of Life" along with AHAs that work together to dramatically enhance the skin's tone and texture. Skin feels smoother, appears brighter and more radiant. Complexion is more balanced with reduced pigmentation.

60 minutes	€125
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METAL - LONGEVITY FACIAL

This transformational facial addresses the key underlying causes of physiological ageing. By improving the skins nutrition, the skins elasticity, radiance and moisture levels are radically improved. This reviving and rejuvenating treatment begins with a deep cleanse and AHA exfoliation followed by an extensive face, neck and décolleté massage using Rose Quartz rollers to sculpt and reduce puffiness. Acupressure massage is used to repair and revitalise the skin. This facial delivers both immediate and long lasting results.

90 minutes €160

WATER - HYDRATION FACIAL

Reduced skin hydration is one of the major causes of pre-mature ageing. We utilise patented hydration technology, Hyaluronic Acid, Olive Squalane, Collagen and bio-oils rich in Omega 3, 6 and 9 to dramatically improve the absorption of nutrients into the skin.

The result is skin that is plumped, firmed, nourished and intensively moisturised. Ideal for dry, mature and exhausted skin.

60 minutes €125

LONGEVITY EYE LIFT

We combine plumping and smoothing Plant Peptides, Blue-Green Algae and Proteins with targeted lymphatic drainage and acupressure massage with the addition of cold stones to reduce the appearance of fine lines and wrinkles, puffiness and dark circles. This treatment is an ideal remedy for anti-ageing, eye fatigue or after a big night out as an addition to any facial.

ADD ON TO ANY TREATMENT €20



MASSAGE

FIVE ELEMENT AROMA MASSAGE

This aromatherapy massage blends customised essential oil infusions with warm herbal steam towels, heated stones and skillful therapeutic techniques to deliver the ultimate massage experience. We prescribe Wood for Rejuvenation, Fire for Zest, Earth for Balance, Metal for Detoxifying or Water to Soothe. This treatment draws from both Eastern and Western massage and thermotherapy techniques to help balance both body and mind.

30 minutes	€85
60 minutes	€125
90 minutes	€160

HO-LEAF AND ROSEMARY MUSCLE MELT

Combining stimulating Ho Leaf, Lemongrass, Nutmeg and Rosemary with deep tissue massage therapy, this concentrated treatment will unravel tension in sore and tight muscles, relieve deep stress and tension and enhance the body's circulation. Incorporating hot stones and a warm herbal steam towel, this treatment is highly recommended for anyone suffering from chronic stress, pain or tension.

30 minutes	€95
60 minutes	€135
90 minutes	€170

THAI QI FLOW

This therapeutic, warming and invigorating massage integrates Thai herbal compresses along with hands on massage, stretches and acupressure techniques to help balance the body and mind. Thai Qi Flow massage will help to energise the body's flow of energy, aids in the release of tight muscles and promote a feeling of optimum well-being.

60 minutes	€140
90 minutes	€175

FIVE ELEMENT FOOT SOAK AND MASSAGE

Revive tired feet with this luxurious foot soak and acupressure foot massage, a must have for the well-being of your hard-working feet.

45 minutes	€115
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FIVE ELEMENT ACUPRESSURE SCALP MASSAGE

This extremely relaxing scalp treatment begins with a hot oil acupressure massage with our beautiful Five Element oil blends and Frankincense. It calms and centres the mind while also hydrating and nourishing the scalp leaving hair soft and silky smooth. Following this, hair will be wrapped in a nourishing hair mask to help aid with dry, frizzy and split ended hair conditions. This treatment will leave you feeling elated and content.

45 minutes	€115
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REFLEXOLOGY*

An ancient art of healing the body and mind. Gentle pressure is applied to specific points on the feet to establish a healthy flow of energy within the body and to encourage your body's own natural healing system. A beautiful relaxing and calming treatment that is beneficial to your entire system.

* SUBJECT TO AVAILABILITY

60 minutes	€125
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PRE-NATAL WELL-BEING MASSAGE

A massage developed specifically to address the body's needs during pregnancy, this treatment is the perfect remedy to ease an aching back, shift fluid retention, alleviate stretch marks and promote a state of calm and optimum well-being. Using an infusion of Mandarin, Rose and Lavender Flower, our pre-natal massage is a must for any mother-to-be.

60 minutes	€125
90 minutes	€165



BODY EXFOLIATION

BESPOKE FIVE ELEMENT BODY SCRUB

Reveal velvet soft skin with this bespoke aromatherapy exfoliation experience. Himalayan detox salt is mixed with your chosen five element oil and applied to leave silky smooth skin. After showering, we will apply your chosen body cream to deeply nourish and hydrate.

60 minutes €125

BODY ENVELOPMENTS

THE DREAM

A luxurious coconut and herbal steam exfoliation on the back to help buff, hydrate and prepare the skin for the massage. The massage is a heavenly back massage treatment using the 'Tree of Life Balm' applied in a warm and enveloping sequence to help feed the skin with nutrients and help ease tight and tender muscles. The facial treatment is customised to give your skin the perfect luminosity boost. To finish, your feet are pampered with a farewell foot ritual using a refreshing circulation serum to help reduce puffiness before ending with a blissful foot massage to rejuvenate tired and aching feet.

90 minutes €175

FIRE ENERGISER BODY SCRUB

Reveal smooth, super soft and supple skin with this energising zesty combination of essential oils and sugar. Your whole body will be exfoliated before sealing you with a nourishing body cream to leave your skin nourished and deeply hydrated.

60 minutes €125

DETOX BOOSTER BODY WRAP

To reduce fluid retention, invigorate circulation and shift toxins we apply a warm purifying Kaolin Clay infused with Rosemary, Grapefruit and Juniper Berry before cocooning you in a thermal blanket. While the natural botanicals are activated we massage your scalp and feet to release any tension. After showering, we will perform a detoxifying massage followed by an application of a Guarana and Green Tea-rich circulation boosting serum to your body leaving you feeling warm, purified and revived.

90 minutes €165

SPA TIME ENHANCEMENTS

Make your treatment extra special by adding a 30-minute treatment upgrade for €60.

- Facial
- Body scrub back massage
- Indian head massage
- Foot massage

Upgrades can be added to any full treatment.



WELLNESS EXPERIENCES

WILD SWIMMING

Experience Ireland's stunning coastal landscapes, embrace wild swimming for exploration and water therapy. Immerse yourself in refreshing dips and plunge into the invigorating cold waters with potential sightings of wild seals and dolphins. Plunge into the natural waters, with an unbeatable mix of adrenaline and tranquility. Embrace in this popular pastime in Ireland. Numerous bathing spots are available for swimmers of all abilities.

Bathers can choose to swim either at Vico Bathing Place where they can float under the craggy rocks of Hawk Cliff as seals pop their heads above the swell; the iconic Forty Foot in Sandycove that featured in the opening scenes of James Joyce's Ulysses and hosts many an icy Christmas morning swim; or White Rock – a beautiful sugary-white sandy beach offering safe bathing for families.

Add-ons:
Breakfast By Design
Picnic Basket
Customised Spa Treatments

Inquire at reception for further information.

48 hours' notice required for wellness experiences.
Swimming is weather-dependent and subject to change or cancellation.

ROOFTOP YOGA

Experience the sublime allure of rooftop yoga, where you indulge in harmonising your body amidst breathtaking waterfront sights. Elevate your practice, bask in opulent tranquility, and embrace the ethereal beauty that envelops you in sublime serenity.

The elevated vantage point brings a sense of renewal and connection to the world around you. Rooftop yoga provides a serene escape from the hustle and bustle below as you inhale fresh morning air. It is an opportunity to find balance, both physically and mentally, while being inspired by the beauty of the futuristic cityscape or nature's mountain wonders. With each breath, you can soak in the peaceful ambience and let go of stress, allowing yourself to reach new heights in your practice. Rooftop yoga truly elevates the mind, body, and spirit, leaving you refreshed, rejuvenated, and grateful for the experience.

Inquire at reception for further information.





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anantara.com