



Discover tranquillity
in Dublin



ANANTARA

SPA

STEP INTO OUR SPA OASIS

Welcome

Welcome to Anantara Spa at Anantara The Marker Dublin Hotel, a haven of wellbeing in the heart of Dublin. Anantara Spa offers a range of massage treatments and advanced skincare regimes designed to deliver ultimate relaxation and rejuvenation.

With sophisticated and minimalist décor, Anantara Spa is beautifully designed using dark charcoal Kirkstone cladding and soft deep grey hues, creating a peaceful respite from the outside world. Moments of vibrant colour awaken the senses to encourage an effortless escape from the hectic pace of everyday living.

Relax in our 23 metre infinity pool, jacuzzi, sauna or eucalyptus infused steam room, and enjoy a luxurious treatment, where our knowledgeable therapists are available to assist in finding the perfect treatment tailored to you.



SPA ETIQUETTE

OPENING HOURS

Monday – Friday: 10.00 am – 8.00 pm
Saturday, Sunday & Public Holidays:
9.30 am – 6.00 pm
Children Swim Times:
10.00 am - 12.00 pm and 3.00 pm - 5.00 pm daily

RESERVATIONS

To avoid disappointment, we recommend booking treatments in advance. Credit card details are required to secure an appointment.



HOW TO SPA

To ensure you enjoy the full Anantara Spa experience, we ask that you arrive at least 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. Please notify us of any medical conditions at the time of booking. All information is kept in the strictest of confidence.

WHAT TO BRING

Swimwear must be worn at all times in the pool and thermal suite. Robes, slippers and disposable underwear will be provided to day spa guests for treatments.

DURING YOUR VISIT

Please respect the serenity of Anantara 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 pool, thermal suite and relaxation area.

WELLNESS AREA

All day spa packages and treatments from 60-minutes include complimentary access to the facilities. There is an additional fee if you wish to add on use of the facilities to any treatments under 60-minutes. Please enquire at Anantara Spa reception.

RELAXATION ROOM

Anantara Spa guests can enjoy our relaxation room for up to one hour after their treatment. Please note that the use of our relaxation room is only available with selected treatments.

AGE REQUIREMENTS

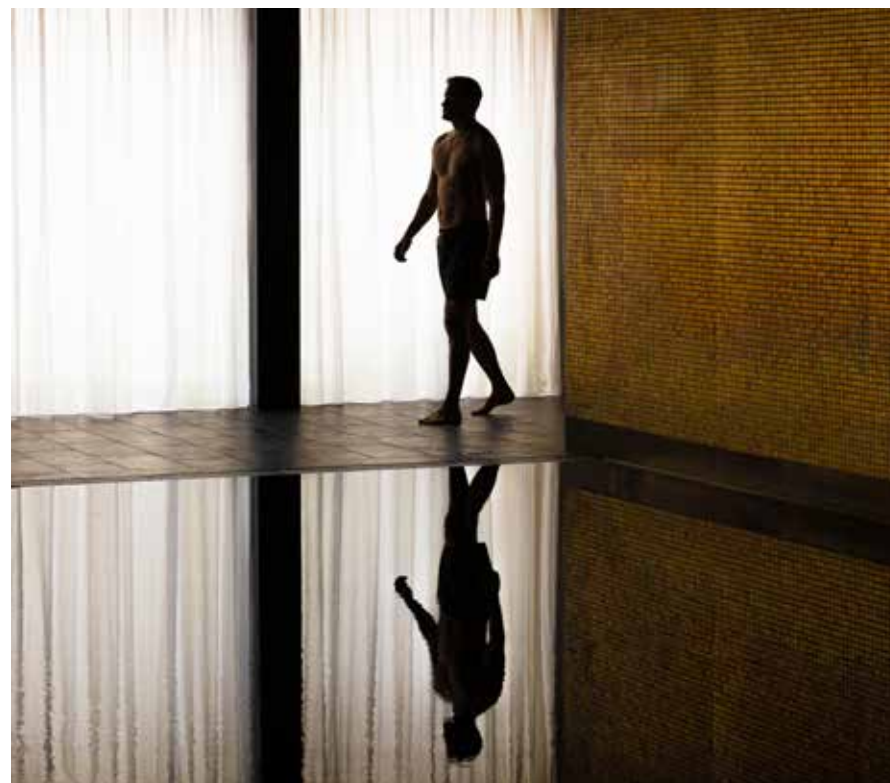
The minimum age requirement for spa treatments and access to the gym, jacuzzi, sauna and steam room is 16 years.

EXPECTING MOTHERS

Anantara Spa has a range of treatments designed for expecting mothers. Please advise of pregnancy before booking so that we may advise which treatments are right for you at this time. You must be a minimum of 12 weeks pregnant at time of treatment.

CAN'T MAKE IT?

If you are unable to attend your appointment or need to reschedule, please provide at least 24-hours' notice. For groups of three or more please provide at least 72-hours' notice. If you fail to cancel within the required period, a cancellation fee of 100% of the treatment price will be charged, 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 Anantara Spa reception or by emailing spa.themarker@anantara-hotels.com. Gift vouchers must be presented at the time of treatment.

FEES AND SERVICE CHARGE

All prices are in Euros and inclusive of VAT. Please note that a discretionary service charge of 5% will be applied to your final bill. This will go directly to your spa therapist.

Our Brands

elemental herbology

ELEMENTAL HERBOLOGY

Based on the five elements of traditional chinese medicine: wood, fire, earth, metal and water, Elemental Herbology source the highest quality, natural ingredients and combine them with the latest technologies to to assist you in achieving your happiest and healthiest skin. Their unique formulations help to reduce the skin-damaging effects of ageing, lifestyle and the environment for healthier, happier skin.

SEABODY™

SEABODY

SEABODY harnesses the power of ocean plants from the Irish Atlantic coastline, to create luxury, oceanic based food supplements and skincare products. Integrity and impact are at the core of all they do. To provide bio-active extracts, SEABODY sustainably cultivate and hand harvest the seaweed, in order to isolate their potent bio-active ingredients.

BODY

- ANANTARA SIGNATURE MASSAGE
- BALANCE
- HO-LEAF AND ROSEMARY MUSCLE MELT
- THAI QI FLOW
- PRE-NATAL MASSAGE
- SCALP RELEASE
- FIVE ELEMENT FOOT MASSAGE
- ENERGISING BODY SCRUB



ANANTARA SIGNATURE MASSAGE BY ELEMENTAL HERBOLOGY

A journey that seamlessly blends the best of eastern and western massage techniques with the therapeutic power of thermotherapy. This unique treatment is designed to restore harmony in both your body and mind. Indulge in a ritual that will transport you through the captivating aromas of the five elements.

Immerse yourself in the grounding scents of earth, the warm and romantic blends of fire, the invigorating benefits of water, the rejuvenating elements of wood, and the clarity and strength of metal. Enjoy one of your preferred elements in an unforgettable aroma massage experience, helping to reduce any deep-seated muscular pain, anxiety or stress, revitalising the mind, ensuring your ultimate wellbeing.

60/90 minutes

BALANCE BY SEABODY

Connect body and mind to enhance health and wellbeing. Wave-like massage techniques increase blood circulation and lymphatic flow while promoting deep relaxation. The therapist works gently and firmly using their forearms, elbows and thumbs to relieve tension in all body parts benefitting the legs, back, neck and shoulder muscles. The treatment provides targeted relief from tightness and tension while uplifting grapefruit and balancing ylang-ylang leave you feeling refreshed and rebalanced.

60 minutes

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.

60/90 minutes

THAI QI FLOW

This therapeutic, warming and invigorating massage integrates Thai herbal compresses with a hands on massage, stretches and acupressure techniques to help balance the body and mind. This Thai Qi Flow massage will help to invigorate the body's flow of energy, aiding the release of tight muscles and promoting a feeling of optimum wellbeing.

60/90 minutes

PRE-NATAL 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 wellbeing. Using an infusion of mandarin, rose and lavender flower, our pre-natal massage is a must for any mother-to-be.

60 minutes

SCALP RELEASE

Release tension and fascia restriction with this head, neck, and shoulder massage. The session includes a facial gua sha sequence to help reduce stress, promote relaxation, and stimulate circulation. This treatment is focused on rebalancing energies and promoting wellbeing. It is perfect for offering relief from tension headaches while aiding restful sleep.

45 minutes

FIVE ELEMENT FOOT MASSAGE

Revive tired feet with this luxurious foot ritual and acupressure foot massage.

45 minutes

ENERGISING BODY SCRUB

Reveal smooth, super soft and supple skin with this energising 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

FACE

- SEABODY TOUCH FACIAL
- FIVE ELEMENT AROMA FACIAL
- WOOD - BALANCE FACIAL
- FIRE - PURITY FACIAL
- EARTH - VITALITY FACIAL
- WATER - HYDRATION FACIAL
- METAL - LONGEVITY FACIAL (90 MIN)



SEABODY TOUCH FACIAL

This holistic touch facial therapy takes a science-led approach to skin health by harnessing the power of marine bio-actives, which offer both immediate and long-term benefits. A gua sha sequence combined with sculpting massage boosts circulation, releases fascia and promotes cellular renewal.

A nourishing mask and serum are infused into the skin, further boosting the cellular pathways of youthful and healthy skin. This treatment promises total relaxation while continuing to deliver visible results and skin benefits post-treatment. It brightens, hydrates, increases clarity and reduces fine lines for immediate luminosity.

60 minutes

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.

60 minutes

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 healthier complexion. Ideal for combination skin.

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.

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 skins tone and texture. Skin feels smoother, appears brighter and more radiant. Complexion is more balanced with reduced pigmentation.

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. This results in skin that is plumped, firmed, nourished and intensively moisturised. Ideal for dry, mature and exhausted skin.

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

ADD ON

LONGEVITY EYE LIFT

We combine plumping and smoothing plant peptides, blue-green algae and proteins with targeted lymphatic drainage and an 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 tiredness as an addition to any facial.

‘Nam Jai’ is at the core of Anantara’s philosophy. It is rooted in Thai culture referring to sincere kindness and helping others without expectation.

JOURNEYS

Our signature journeys represent ‘water from the heart’ to you.

- ESSENCE OF ANANTARA BY SEABODY
- ELEVATE (30/30)
- THE DREAM
- DETOX BOOSTER BODY WRAP



ESSENCE OF ANANTARA BY SEABODY

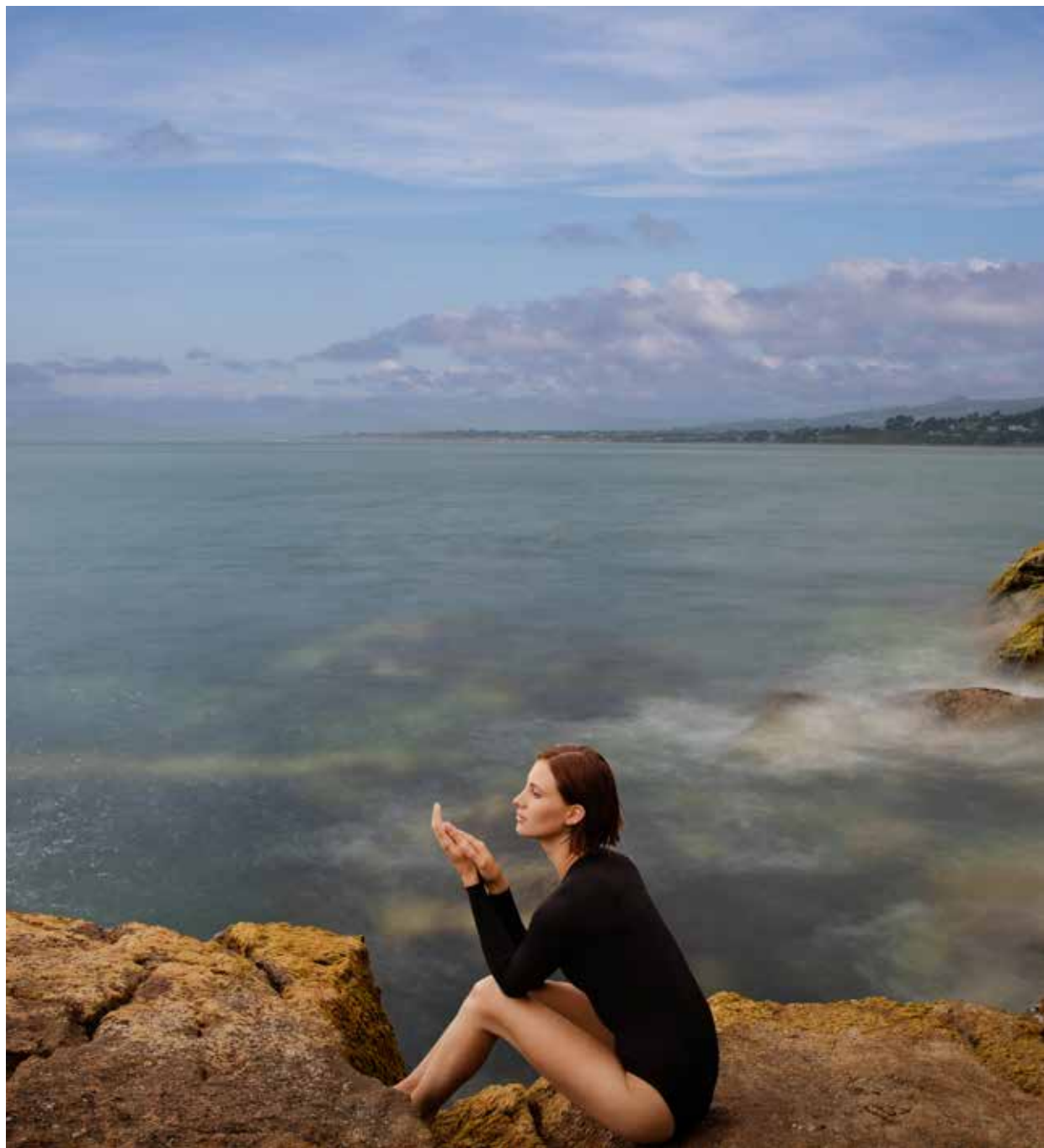
This transformative rebalance wrap begins with breathwork and a grounding ceremony to create balance. The treatment continues with a hydrating body exfoliation to lift away dead skin. A detoxing cold-pressed sea gel bio mask with potent health and wellness benefits follows. A hot stone back placement delivers heat, tension release, and relaxation. The treatment is completed with a facial cleanse and scalp massage. A genuinely therapeutic experience that promises to leave you feeling rejuvenated and energised.

90 minutes

ELEVATE (30/30)

Elevate wellness with the ultimate skin and body therapy by SEABODY. This combo treatment includes a back massage and facial. The facial provides the skin with a booster concentration of skin-functional marine bio-actives and superhero co-ingredients, which nourishes the skin and charges the pathways of skin regeneration and hydration. Followed by a sensational back, neck and shoulder massage designed to relieve tension and induce deep levels of relaxation.

60 minutes



THE DREAM

A luxurious exfoliation on the back to help buff, hydrate and prepare the skin for a 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 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 reduce puffiness before ending with a blissful foot massage to rejuvenate tired and aching feet.

90 minutes

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

ADDITIONAL TOUCHES

Make your treatment extra special by adding a 30 minute treatment.

- Facial
- Back massage
- Indian head massage
- Foot massage
- Eye treatment and gua sha massage

Upgrades can be added to any 60 or 90 minute treatment.



WELLNESS & MOVEMENT

We offer wellness solutions for everyday challenges, guiding you on your journey to pursuing impactful lifestyle changes. We help you build foundations for change and support you through the initial hurdles.



NO.17 PERSONAL TRAINING

We work with No. 17 to offer an all-encompassing wellness experience. While personal training is the primary focus of their business, they also emphasise a holistic approach to overall health and wellness. Their goal is to drive sustainable change and help clients unlock a more fulfilling life.

Some examples of the goals they address with their clients include:

- Drop body-fat
- Build base level strength
- Optimise physical performance
- Optimise mental performance
- Sports rehabilitation
- Keep burn out at bay
- Achieve career longevity
- Improve movement quality
- Reignite energy levels

YOGA

Indulge in the harmonising practice of yoga, where we offer a variety of classes designed to nourish both the body and the mind. Our yoga classes are thoughtfully curated to cater to practitioners of all levels.

For more information, pricing details and availability please speak to a member of the Anantara Spa team.



MARKER CLUB

Marker Club is Dublin's latest spa and lifestyle members' club offering a host of hospitality, spa, fitness and experiences at Anantara The Marker Dublin Hotel. Join the club and immerse yourself in authentic luxury.

As a Marker Club member, each moment is tailored for your pleasure – from private fitness sessions to exclusive experiences. Immerse yourself in the Dublin community with quarterly social events. This is more than a membership, it's an invitation to a world where opulence meets authentic Irish hospitality.

Marker Club members can benefit from:

- Unlimited use of Anantara Spa wellness facilities; pool, gym, sauna, complimentary towels and refreshments
- 10% discount on food and beverage
- 20% discount on Anantara Spa treatments
- Invites to exclusive wellness experiences, social events and preferential access to The Rooftop Bar & Lounge
- Guest passes including children's passes
- Complimentary valet parking

For more information or to join Marker Club, please speak to a member of the Anantara Spa team.

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tranquillity in
Dublin

STEP INTO OUR SPA OASIS

Aroma Facial

| | MON-THUR | FRI-SUN |
|--------|----------|---------|
| 30 MIN | 90 | 100 |
| 60 MIN | 135 | 145 |
| 90 MIN | 165 | 175 |

Seabody Touch

| | MON-THUR | FRI-SUN |
|--------|----------|---------|
| 60 MIN | 135 | 145 |

Signature

| | MON-THUR | FRI-SUN |
|--------|----------|---------|
| 30 MIN | 90 | 100 |
| 60 MIN | 130 | 140 |
| 90 MIN | 160 | 170 |

Balance

60 MIN

MON-THUR

135

FRI-SUN

145

Ho Leaf

30 MIN

60 MIN

90 MIN

MON-THUR

100

140

170

FRI-SUN

110

150

180

Thai Qi

60 MIN

90 MIN

MON-THUR

145

175

FRI-SUN

155

185

Pre natal

60 MIN

MON-THUR

130

FRI-SUN

140

Scalp Release

45 MIN

MON-THUR

120

FRI-SUN

130

Foot Massage

45 MIN

MON-THUR

120

FRI-SUN

130

Reflexology

60 MIN

MON-THUR

130

FRI-SUN

140

Body Scrub

60 MIN

MON-THUR

125

FRI-SUN

135

ENHANCEMENT

+60

+60

The Dream

90 MIN

MON-THUR

180

FRI-SUN

190

Detox Wrap

90 MIN

MON-THUR

180

FRI-SUN

190

Essence of Anantara

90 MIN

MON-THUR

190

FRI-SUN

200

Elevate

60 MIN

MON-THUR

135

FRI-SUN

145

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ANANTARA.COM