



THE SPA AT THE MARKER HOTEL

A massage is just like a movie, really relaxing and a total escape, except in a massage you're the star. And you don't miss anything by falling asleep!

Elizabeth Jane Howard

WELCOME TO THE SPA AT THE MARKER

Welcome to the Spa at The Marker 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.

The Spa at the Marker Hotel is where your daily world gives way to a path leading to a new experience of wellness. 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 you treatments please contact the Spa team at spa@themarker.ie or on 01687 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 divulge 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.

AGE REQUIREMENTS

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

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.

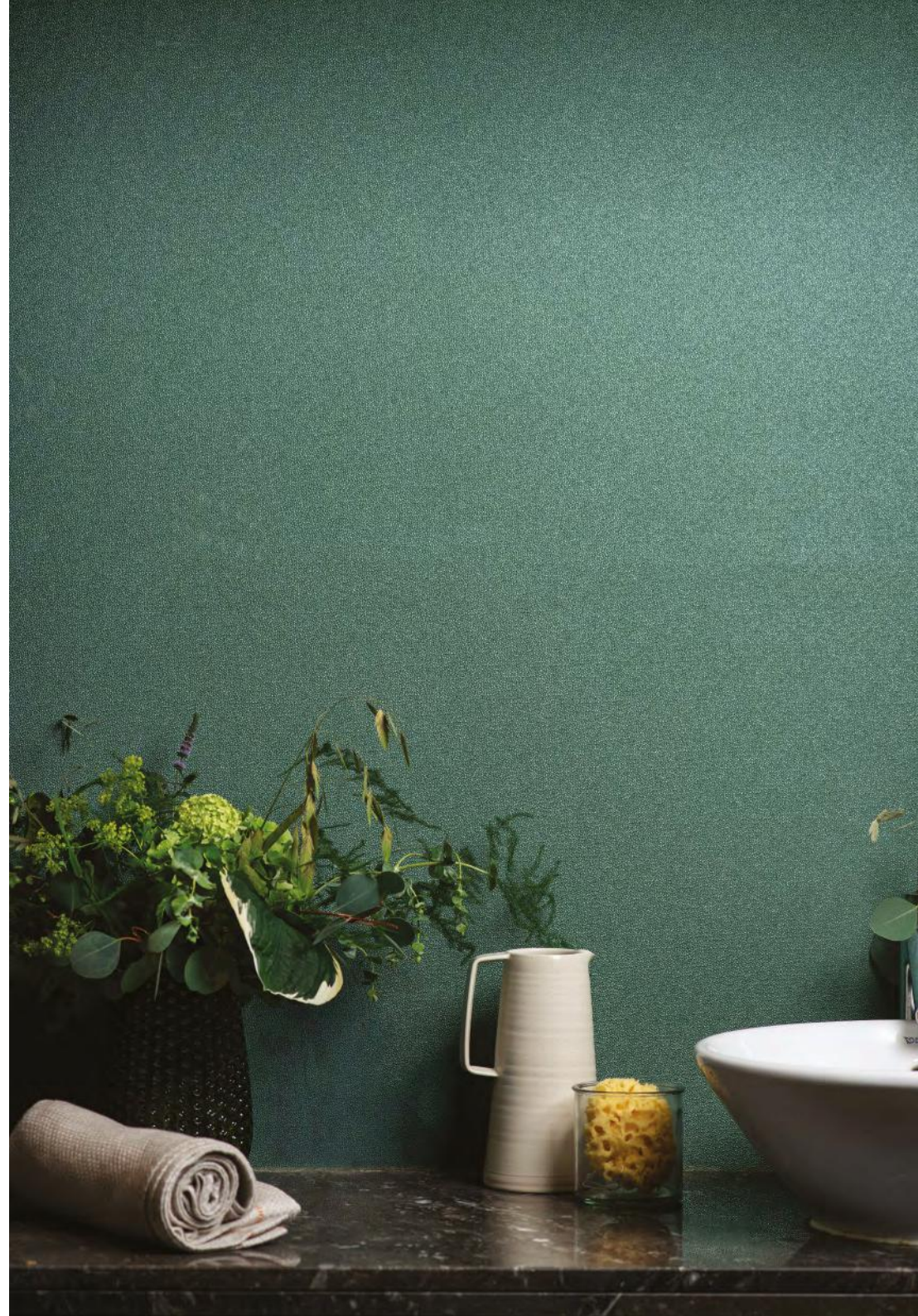
CAN'T MAKE IT?

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 online on our website www.themarkerhoteldublin.com. Gift vouchers must be presented at the time of treatment.

*excludes relaxation area



elemental herbology



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	€120
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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 skins 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
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WATER - HYDRATION FACIAL

Reduced skin hydration is one of the major causes of pre-mature ageing. We utilize 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
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SKINCEUTICALS

SkinCeuticals mission is to improve skin health. Dedicated to this purpose, they make one simple promise – provide advanced skincare backed by science.

- CITY RECOVERY FACIAL
- ACNE FACIAL
- BRIGHTENING FACIAL
- CLARIFYING FACIAL
- CORRECTIVE ANTI-AGEING FACIAL
- CALMING FACIAL

60 minutes	€145
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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
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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.

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 €130

FIVE ELEMENT FOOT SOAK AND MASSAGE

Revive tired feet with this luxurious foot soak and acupressure foot massage followed by a restorative foot tonic and luxurious heel treatment- a must have for the well-being of your hard-working feet.

30 minutes €90

MASSAGE

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 €105

HEATED LAVA SHELL BODY MASSAGE

The world's first self-heating massage tool. A unique innovation in warming Spa therapies that induces deep relaxation whilst easing muscle and joint aches and pains. Working on the feet, legs, back and shoulders, ease away all muscle tension, knots and stress points, unblocking energy flow and releasing a sense of balance to the entire body and mind.

30 minutes €95

60 minutes €130

90 minutes €160

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.

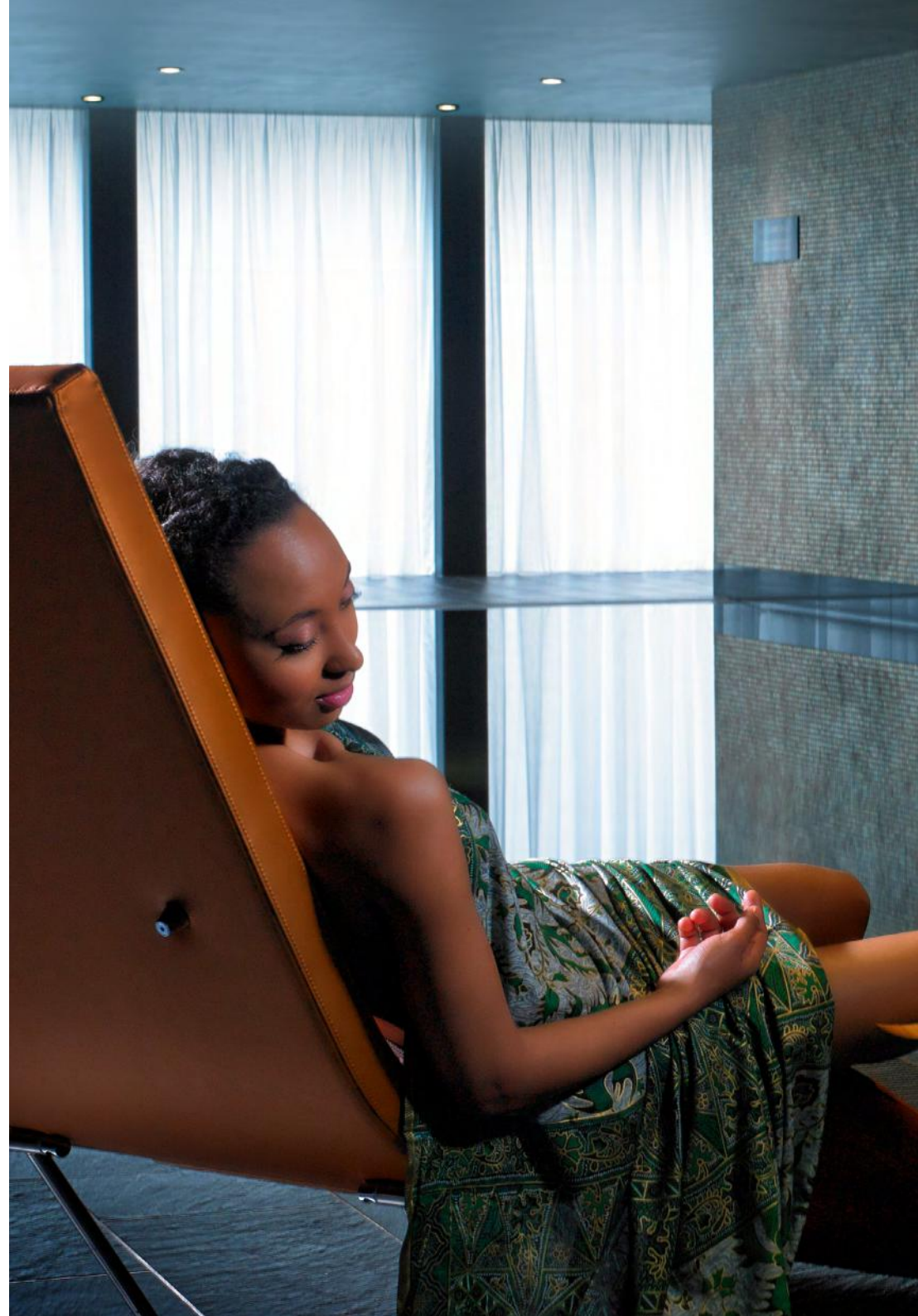
* SUBJECT TO AVAILABILITY

60 minutes €115

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



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

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

BODY ENVELOPMENTS

THE MARKER DREAM

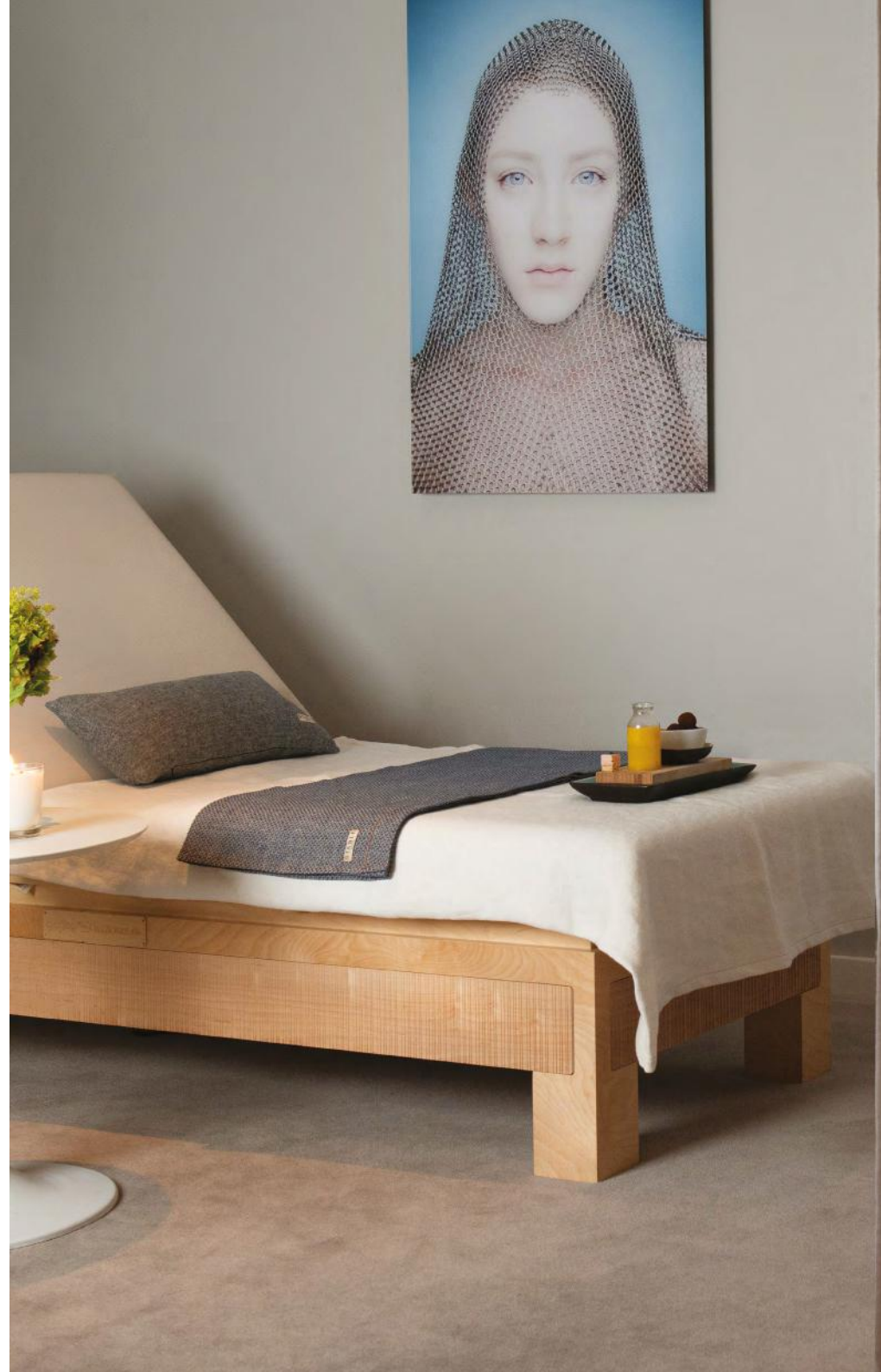
A luxurious coconut and herbal steam exfoliation on the back to help buff, hydrate and prepare the skin for the Marker massage. The Marker massage is a heavenly back massage treatment using the 'Tree of Life Balm' applied in a warm and enveloping sequence to help feed the skin with nutrients and help ease tight and tender muscles. The Marker 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

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 PACKAGES

They say life is so much easier when you simply just chill out and sometimes you just need a Spa day to help you do just that. With that in mind we have created a variety of packages combining some of our most revitalising treatments that will help you forget any worries, leave you walking on air and ready to face anything.

THE 30/30

This package allows you to have the best of both worlds. A relaxing back massage followed by a customised facial to balance all needs.

60 minutes €115

URBAN ESCAPE

A deep tissue back massage to soothe everyday aches and pains. Followed by a deep cleansing therapeutic facial designed specifically for you, total bliss!

90 minutes €155

MAMA TOP TO TOE

A Pre-Natal massage developed specifically to address the body's needs during pregnancy, followed by an express facial. Our pre-natal massage package is a must for any mother-to-be.

90 minutes €155

THE 60/60

Bespoke to each client, we tailor this facial and massage package to harmonise the Five Elements and address the key underlying concerns of the skin and body. This transformative package combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium. The aromatherapy massage blends customised essential oil infusions and skilful therapeutic techniques to deliver the ultimate massage experience!

2 hours €235

THURSDATE

Make date night, date day with our ThursDate Spa package! ThursDate includes a bespoke massage or facial each to leave you in the most serene state. Relax after your treatment with a glass of bubbles making this package perfect for celebrating anniversaries, birthdays or just having a day together!

60 minutes €240

SUNDAY PACKAGE

A choice between 60 minute massage or facial. Followed by a 30 minute add on of either a back massage, refresher facial or Indian head massage. Our most popular package, advanced booking is strongly advised.

90 minutes €135

BEAUTY

EYE ENHANCEMENTS

Eyebrow Shape	€25
Eyebrow/Lash tint	€20
Eyebrow Shape and Tint	€35
Eyebrow Shape, Eyebrow and Lash Tint	€55

Note: 24 hour patch test required for tinting

NAIL CARE

Deluxe Spa Pedicure 60 mins	€80
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WAXING

Standard Bikini	€30
Californian	€35
In Betweeny	€50
Brazilian	€60
Hollywood	€65
Half leg	€40
Full leg	€55
Back	€55
Underarm	€25
Lip	€20
Chin	€20

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.

MEMBERSHIP

A fully equipped fitness area with dedicated cardiovascular equipment, resistance equipment and free weights is at your disposal in our Gym. Our state of the art Life Fitness and Technogym equipment provides members with a totally immersive workout experience. Syncing up with personal content on your smartphone, our equipment even gives you the option to watch your latest Netflix binge whilst you work out! You can choose to bike in France's Col de la Colombiere or run in California's Trinity Mountains. The integrated machine controls the resistance or incline and the video speed to replicate an authentic outdoor experience. Our Wellness Space has an impressive infinity pool, Jacuzzi, sauna, steam room and chill out pool side Spaces, offering our members total escape from every day stresses. Believe us, your workout will never be the same!

BENEFITS OF MEMBERSHIP

Full use of all facilities including: Fully equipped gymnasium, 23 metre infinity pool, Sauna Steam Room and Jacuzzi. Personal Training and Swimming Lessons are available to members at an additional cost. Please speak to a member of the Spa team for more details.

12 MONTH MEMBERSHIP ADDITIONAL BENEFITS:

- A complimentary voucher for a luxurious one-hour Spa treatment (Monday through Thursday)
- Complimentary towels while using the facilities
- Complimentary refreshments
- 20% off Spa treatments Monday through Thursday
- 4 guest passes per annum

3 AND 6 MONTH MEMBERSHIP ADDITIONAL BENEFITS:

- €30 Spa Credit to use towards a treatment*
- Complimentary towels while using the facilities
- Complimentary refreshments
- 20% off Spa treatments Monday through Thursday

*Can be used Monday through Thursday against a treatment over €85.

PLEASE SEE FOLLOWING PAGE FOR MEMBERSHIP TARIFFS



MEMBERSHIP RATES

MEMBERSHIP RATES

Below Rates Are Upfront Payments

	Peak	Off-Peak
- 12 Month Individual Membership	€1500	€990
- 12 Month Couple Membership	€2830	€1855
- 6 Month Individual Membership	€755	-
- 6 Month Couple Membership	€1420	-
- 3 Month Individual Membership	€380	-
- 3 Month Couple Membership	€710	-

DIRECT DEBIT MONTHLY OPTION

12 Month Contract

	Peak	Off-Peak
- Individual	€137	€95
- Couple	€255	€170

Off-Peak hours are Monday through Friday between the hours 9am - 5pm only.

For further details, contact the Spa team at Spa@themarkerie or by calling 01 687 5194

Corporate rates available. Terms and conditions apply.



THE MARKER
HOTEL BAR BRASSERIE

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or call + 353 1 687 5194