

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



ANANTARA
SPA

A HAVEN OF WELLBEING

WELCOME TO THE SPA AT ANANTARA THE MARKER DUBLIN HOTEL

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

With sophisticated and minimalist décor, our 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.

Our facilities are open seven days a week Monday to Friday from 6.00 am to 9.30 pm and on Saturday, Sunday and Bank Holiday from 7.00 am to 8.00 pm.

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

For further information or to book a treatment please contact the Anantara Spa team at spa.themarker@anantara-hotels.com or on 01 687 5194

SPA ETIQUETTE

OPENING HOURS

Monday – Friday: 11.30 am – 8.00 pm
Saturday: 9.30 am – 6.00 pm
Sunday: 10.00 am – 7.00 pm

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 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 area. Robes, slippers and disposable underwear will be provided to day spa guests for treatments.

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 facilities is available to day spa guests having treatments.

RELAXATION ROOM

Anantara Spa guests can enjoy our relaxation room for up to one hour after 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 gymnasium, 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 you of 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. A cancellation fee of 100% of the treatment price will be charged within the cancellation period, 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 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.



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.

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.

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.

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.

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.

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 tiredness as an addition to any facial.

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.

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.

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 wellbeing.

FIVE ELEMENT FOOT SOAK AND MASSAGE

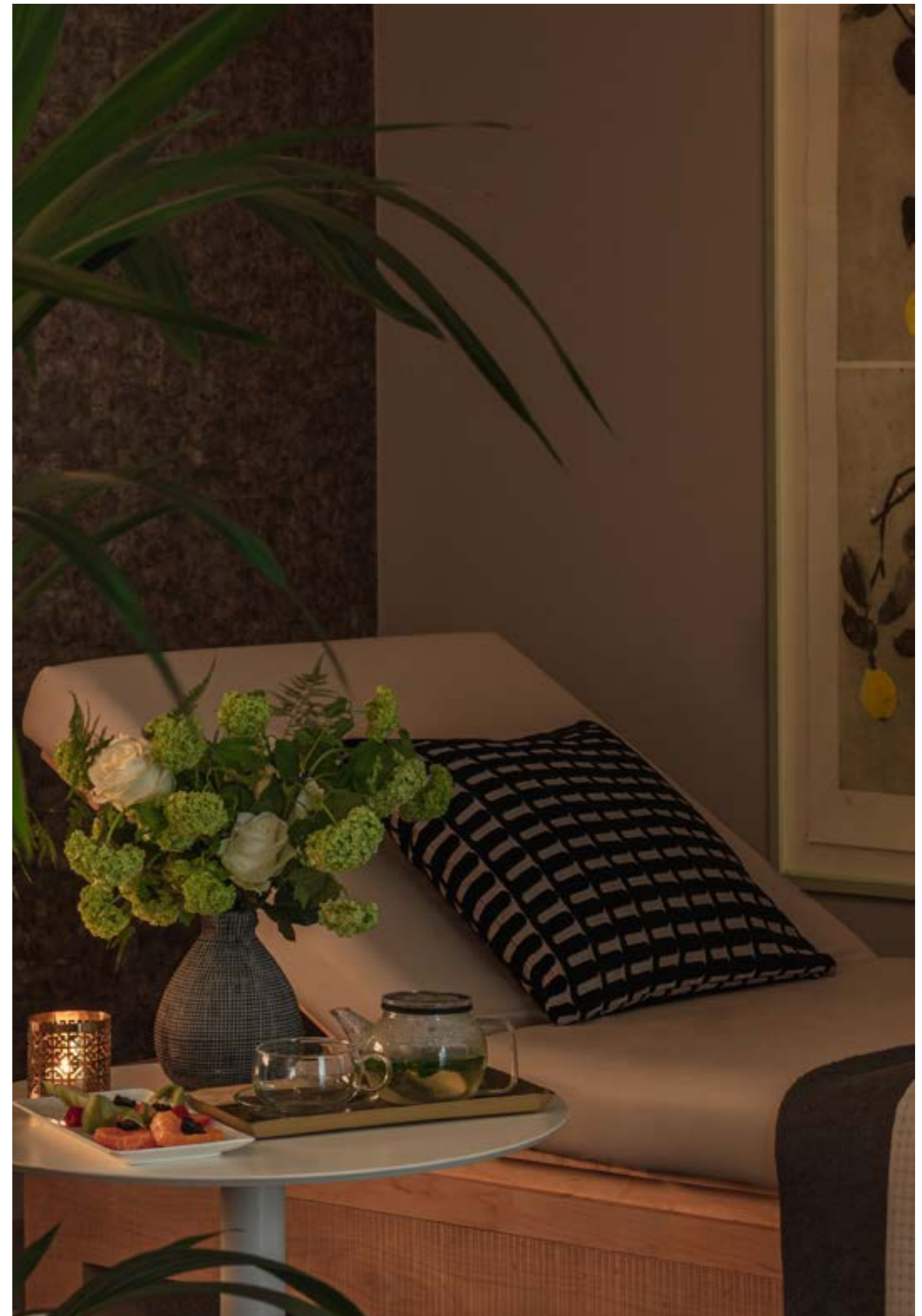
Revive tired feet with this luxurious foot soak and acupressure foot massage.

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 whilst 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.

PRE-NATAL WELLBEING 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.



BODY EXFOLIATION

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.

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 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.

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.

SPA TIME ENHANCEMENTS

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

- 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.

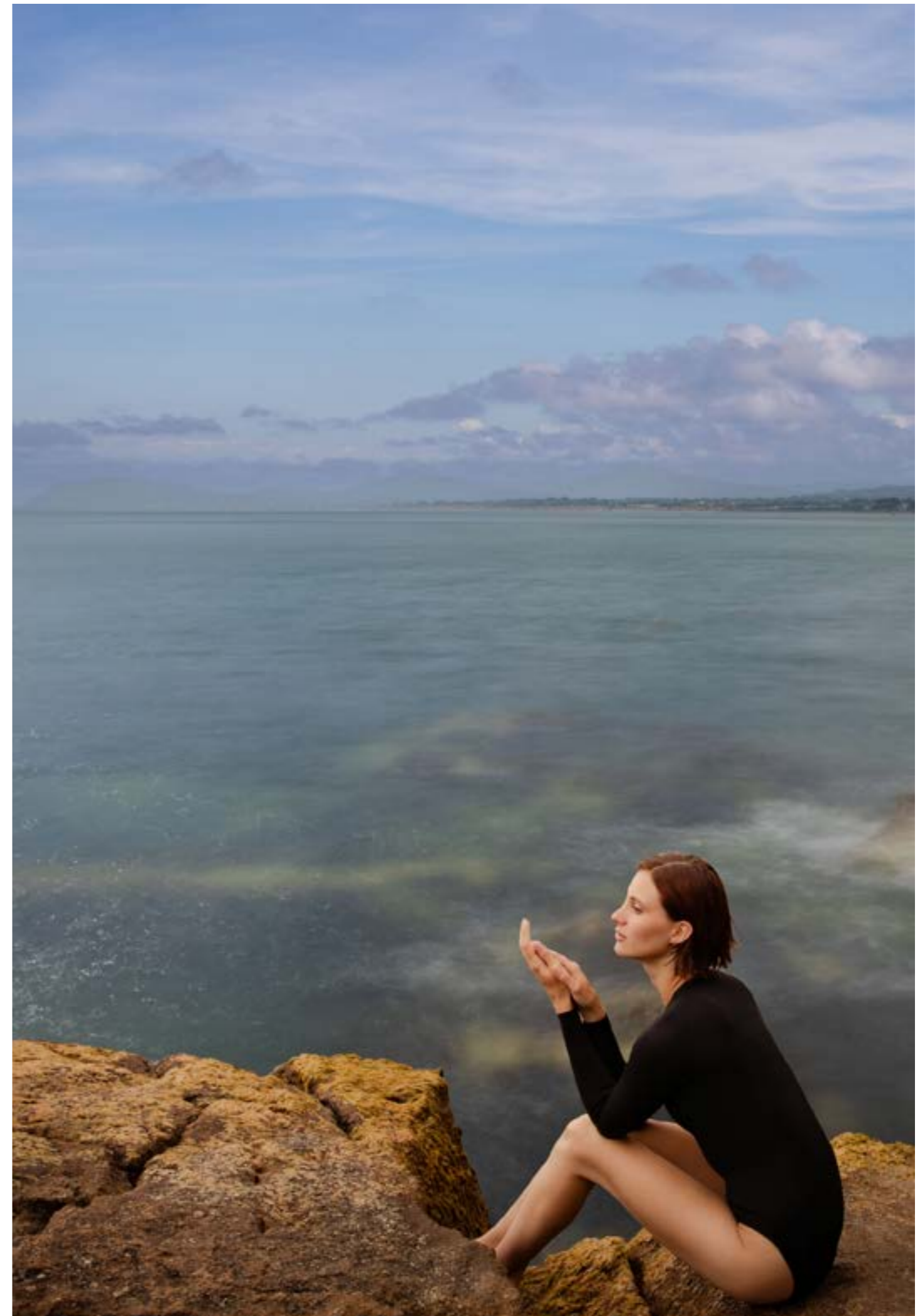
Add-ons:
Breakfast By Design
Picnic Basket
Customised Spa Treatments

Enquire 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. 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, 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





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anantara.com