

Welcome

No.1 Spa Journey

The Spa at No1. Pery Square is located in the original basement vaults which have been sensitively transformed into a unique Irish spa experience, offering you a calm spa journey with a difference. Our highly qualified spa team happily await you to provide you with a spa journey tailored to meet your every need, leaving you whole again.

A Country House in the City

The spa is part of a boutique townhouse hotel that boasts award winning Sash Restaurant, 20 bedrooms and Park Room Lounge. No.1 is recommended by Michelin Guide, The Good Hotel Guide, McKenna's Guide, to name a few and we are a proud member of the illustrious Ireland's Blue Book collection of Irish country houses.

VOYA Organic Luxury From The Sea

VOYA has used generations of acquired wisdom about the sea to bring you an organic beauty range of treatments designed to delight & purify your body and are the first 100% certified organic treatments in the world.

Gift Vouchers

We offer a range of gift vouchers & spa packages that can be personalised for your needs available either on-line or at the hotel reception.



Heritage

How to Spa at No.1

Upon Arrival

We recommend you enjoy our thermal suite for one hour prior to your treatment. Please arrive at least 15 minutes before your treatment time to allow time to change and to complete a consultation form.

No.1 Spa Etiquette

The spa ethos at No.1 is one of tranquility & relaxation. Clients will be provided with a locker, robe, slippers & a towel. Swim wear is advised to enjoy heat treatments.

Pregnancy Treatments

We offer a range of customised treatments for nursing and expectant mothers. Please note that use of the spa thermal suite is not recommended during pregnancy.

Spa Facilities at No.1

Separate male & female changing rooms, unisex thermal suite and private spa suite including bathing room and wellness & treatment suite.

Our Cancellation Policy

We have a strict 24 hour cancellation policy. Groups of 6 or more require 48 hours notice. Treatments cancelled within these 24/ 48 hour periods will incur 100% charge. Credit card details are required to secure all bookings.

Medical & Special Requirements

Please advise us of any special requirements that you may have at the time of your booking. Please note that some therapies are not suitable for those with certain medical conditions or allergies.

Age Requirements

The minimum age requirement for access to the spa and treatments is 16 years of age.

No.1 Thermal Suite

Aroma Steam Room

Relieves muscular stress promoting muscle relaxation & improves the immune system through aroma essence.

Coal Bunker Finnish Sauna

This traditional Finnish sauna, housed in the original coal bunker stimulates different body processes & increases blood flow. It relieves stress & tension.

Irish Mist Showers

These showers help to remove excess toxins from the skin. They also reduce your core body temperature after heat treatments.

Sole Pool Foot Baths

Cleanse your feet with an infused sea salt exfoliation which helps to remove dead skin cells & nourish the skin.

The Snooze Room

This room offers you peaceful time to relax, sleep & let your body and mind reap the benefits of the treatments you experienced on your journey.

Herbal Cocoon

A gentle & relaxing Irish herbal heat treatment with mild temperatures & average humidity. Leaving you feeling replenished.

No.1 Spa Shop

All our products we use in the spa therapies are also available for purchase at the spa. Please ask us at reception.

Spa Treatment Key:



Unisex
Treatment



Pregnancy
Adaptable



Tranquillity

The following rituals have been carefully devised to ensure that your everyday stresses are peeled away, helping you to be yourself again. Before commencing your relaxing journey, we advise you begin by using our Thermal Spa and ending your journey in The Snooze Room.

No.1 Signature Treatments

The VOYA Voyager Massage Journey 90 mins • €129



This amazing experience incorporates a body brushing, full body massage & scalp massage combining both gentle and stimulating movements. This will release tension & promote deep relaxation & relieves aches and pains tailored to individual needs.

Choose 1 of our 3 oils for your journey:

Uplift - Angelicus Serratus

A distinctly fragrant super-hydrating body oil with VOYA's signature notes of citrus & the sea. Enhanced with anti-oxidant rose-hip that slows the signs of aging & evening primrose, which helps improve cell structure & skin elasticity.⁸

Relax - Mindful Moments

Enhanced with evening primrose & argan oils combined with the antioxidant qualities of Himanthalia Elongata, this body oil will nourish & hydrate the driest of skins. Lavender oil will de-stress the mind and assist in the prevention of sleepless nights, while rosemary oil will ease mental fatigue & uplift the spirits.

Muscle Relief - Ginger Chai

This is a muscle healing and fatigue-busting body oil with evening primrose & rose-hip oils for their powerful antioxidant qualities. Combined with Laminaria Digitata seaweed extract, this will deeply nourish & hydrate your skin, while Bergamot, Ginger, and May Chang will work in synergy to relax the muscles, making this the perfect organic tonic.

VOYA Peat Retreat 90 mins • €149



This unique ritual revitalises skin condition, relaxes tired and lethargic muscles and detoxifies, relieving stress and fatigue.

VOYA Seaweed Peat Bath

This bathing ritual is the simplest and purest of all organic treatments utilises the natural power of organic hand-harvested seaweed to deeply moisturise the skin, increase circulation and promote healing.

Organic Spiced Mud Wrap

Infused with aromatic spices of ginger and orange to revive the senses, this wrap has immediate and noticeable effects on the skin, including firming and toning, it is also a serious detoxifier, metabolism stimulator and a natural anti-aging boost. This treatment is then completed with a VOYA 'Softly Does It' scalp massage.

Mindful Dreams Sleep Ritual

75 mins • €119



This ritual will decompress and relax the body & mind, melting away stresses, strains and tensions. The treatment combines the highly therapeutic 'Tranquil' treatment range and an exquisite full VOYA body massage. The ritual evokes instant peacefulness and nurtures inner mindfulness, calmness and serenity. Be ready to have all stresses, strains and tension melt away. This is a powerful sleep encouraging experience. Ideal for busy lives, jet setters and jet lag.



VOYA

organic luxury
from the sea

Based on wonderful hand-harvested seaweed, certified organic & knowledge of the local traditions of seaweed baths and seaweed treatments, VOYA strives to bring you the full power of nature in its purest forms throughout our treatment range.



VOYA Organic Facials

Self Discovery Radiance Facial 55 mins • €85



This skin type-specific, ocean inspired organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. This incorporates a relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure. You will be left with a revived glowing, yet non-greasy complexion that is both enriched and strengthened. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced.

Choose 1 of 3 facials for your journey:

Purifying Facial (Oily/ Combination Skin)

Ultra Calming Facial (Sensitive Skin)

Intensive Hydra Veil Facial (Dry Skin)

Anti-Ageing Restorative Facial 75 mins • €95



This treatment is suitable for all skin types, but in particular those in search of anti-aging results. This restorative facial uses VOYA's finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aromatherapy oils. It is this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. Resulting in instantly firmed and tightened skin with a natural and more radiant glow.

www.oneperysquare.com/day-spa

The No.1 Deluxe Facial Experience 90 mins • €129



The ultimate VOYA facial experience. Your treatment begins with a relaxing back massage to induce relaxation and gently melt away muscular pain. This is followed by a results driven hydrating and purifying facial, which includes a 20 minute facial massage to deeply hydrate the skin, along with a dual action facial mask which utilizes the exclusive re-mineralising, VOYA Mermaid's Purse and Laminaria seaweed leaves. This facial leaves the skin rejuvenated, the appearance of deep set wrinkles is reduced and the skin's texture is left hydrated and plumped. This is the crème de la crème of all facial experiences.

Intense Defence For Men Facial 55 mins • €85

Exclusively created for men's specific skin care needs, this powerfully effective treatment ex-foliates the skin with bamboo spines enabling a deeper cleanse. The client will enjoy a soothing face and scalp massage, where VOYA's seaweed leaves and Mermaids Purse mask are used to soothe even the most sensitive of skin. Fantastic for those affected with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, fresh and mattified.

Upgrade Any Facial • €25 VOYA Seaweed Marine Eye Treatment

Organic Baths

Organic Warmed Spice Mud Peat Bath

45 mins • €55



This offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from Irish peat. Infused with organic seaweed extracts, this treatment assists in reducing the appearance of cellulite and combats the signs of ageing. This dark, deep relaxing bath can also soothe muscular aches and pains, relieve stress and fatigue and energize mind and soul.

Couples Bathing Ritual • 45 mins • €75

Lazy Days Seaweed Bath

45 mins • €60



Submerge your body into a bath of organic, hand-harvested Atlantic seaweed (*Fucus Serratus*) to remove unwanted toxins and alleviate aches and pains. This bathing ritual is the simplest and purest of all organic treatments, with its organic status approved by the IOFGA. Lazy Days utilises the natural power of organic hand-harvested seaweed to deeply moisturise the skin, increase circulation and promote healing.

Couples Bathing Ritual • 45 mins • €85

Body Scrubs

VOYA Organic Seaweed Body Scrubs

45 mins • €70



The ultimate treat for tired and dull skin. This invigorating all-over body exfoliation refines skin texture & increases luster. Our scrubs start with body brushing to increase circulation & aid absorption of the potent seaweed gel and finish with a 'Softly Does It' moisturisation.

Choose 1 of the following 3 scrubs:

Organic Lavender & Seaweed Sugar Glow

This combines a wonderful fragrant mix of lavender oil, seaweed and sugar. This treatment has a double action of gently removing dead skin cells with sugar & healing with the seaweed extracts & lavender essential oil.

Organic Peppermint, Seaweed & Sugar Glow

This refreshing and all-over exfoliation treatment awakens the skin and body. It features a beautiful mix of organic peppermint leaf, seaweed and sugar, all of which perform the double action of gently removing dead skin cells while introducing you to the uplifting effects of our peppermint essential oil.

Organic Stimulating Seaweed Body Buff

Let VOYA scrub your body head to toe with certified organic bladderwrack body buff (*Fucus Vesiculosus*), this treatment is the ultimate treat for tired and dull skin. The antioxidants from our mineral-rich bladderwrack seaweed combines with VOYA's signature massage oils to offer a powerfully organic way to better your skin.

Body Wraps

Organic Seaweed Leaf Wrap

90 mins • €125



Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub & wrap your body. Beginning with a bladder wrack body buff, this detoxifies, firms & softens the skin and is excellent in conjunction with a weight loss program. The whole body is then covered in *Laminaria* Seaweed for instant results. Completed with an application of 'Softly Does It' to nourish & soften the entire body.

Organic Spiced Mud Wrap

75 mins • €115



Seaweed is taken fresh from the ocean and its purifying elements, including potent antioxidants and minerals are encapsulated in this wrap. Infused with aromatic spices of ginger and orange to revive the senses, this wrap has immediate and noticeable effects on the skin, including firming and toning, it is also a serious detoxifier, metabolism stimulator and a natural anti-ageing boost. This treatment is a must for the results-conscious client.

Organic Tangle Me Up Wrap

55 mins • €95



This hydrates and relaxes tired and lethargic muscles, relieving stress and fatigue. This treatment includes full body brushing to increase circulation and to aid penetration of the potent seaweed gel, while the wraps antioxidant compounds help to protect against environmental cell damage. Skin will be toned and firmed & the signs of ageing and cellulite will be visibly reduced.

Massage Therapies

Back, Neck & Shoulder Massage

30 mins • €60



Helps relieve back, neck & shoulder pain, stress & tension. Boosts the release of endorphins, the body's feel good hormones. Improved blood and lymph circulation.

Scalp & Face Massage

30 mins • €60



The steady, rhythmic pressure in certain areas of the face & scalp leads the blood to fully infuse the skin contributes to hair growth & wellness.

Customised Full Body Massage

55/ 75 mins • €85/ €115



This treatment incorporates a full body massage. Combining both gentle & stimulating motions, this is the ultimate luxury treatment to relieve aches & pains.

Hot Stone Massage

Full Body 55 mins • €95

Back 30 mins • €65



Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation & metabolism. Also promotes deep muscle relaxation.



VOYA | organic luxury
from the sea

VOYA creates exceptional beauty & skincare treatments with integrity & in full harmony with nature. VOYA has used generations of acquired wisdom about the sea to bring you an organic beauty range designed to delight & purify your body.



Beauty Treatments

Waxing

Eye brow Wax	€10
Lip Wax	€10
Chin Wax	€10
Underarm Wax	€15
Bikini Wax Basic	€15
Bikini Wax Extended	€25
Half Leg Wax	€20
Full Leg Wax	€35
Half Leg & Bikini Wax	€30
Full Leg & Bikini Wax	€40
Hollywood	€50

Eyes

Eye brow Tint	€10
Eyelash Tint	€15
Eye brow Shape & Tint	€20
Eyelash & Brow Tint	€22
Eyelash Tint and Brow Shape & Tint	€25

Express Nails

Hands File & Polish	€15
Toes File & Polish	€15
Hands File & French Polish	€20
Toes File & French Polish	€20

Make Up Application

30 mins approx	€35 - €45
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Shellac

Application Removal (only if application has been applied at Spa No.1)	€15
Hands	€30
Toes	€30
Hands & Toes	€55

Tanning

Half Body Spray Tan	€25
Full Body Spray Tan	€30

Signature Manicure/ Pedicure

Manicure • 40 mins	€40
Pedicure • 40 mins	€50

VOYA Foot & Hand Rituals

Organic Foot Ritual • 45 mins	€50
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A sea salt exfoliation from the knees down, followed by a deeply relaxing massage of the lower legs afterwards your legs are wrapped in seaweed leaves to detoxify, increases circulation and revives tired feet & legs.

Include a File & Polish	€15
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Organic Hand Ritual • 45 mins	€50
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An exfoliation from the hand to the elbow, followed by a deeply relaxing massage of the hands and arms, afterwards your hands are wrapped in seaweed leaves to hydrate, increase circulation and condition dry hands.

Include a File & Polish	€15
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VOYA Pregnancy

Organic Precious Moments

55 mins • €95



VOYA's Organic Precious Moments treatment is tailored specially to Mum and her growing bump. The growing bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks.

Your feet will be wrapped in Laminaria Digitata seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.



VOYA Skin Peel

Resurfacing Radiance Facial

40 mins • €75



This highly effective resurfacing facial targets congested, lacklustre and dull skin.

Using a combination of seaweed extract, naturally derived glycolic and lactic acids, blended with pineapple fruit enzymes, this facial will give your skin back its natural radiant glow.

Our advanced exfoliation trio assists in diminishing fine lines, reducing pore size and will brighten the skin's appearance. This is the next generation of advanced organic skin care. Patch test required.



Organic Prenatal Voyager

90 mins • €145



This organic wellbeing ritual promotes relaxation and a sense of tranquility while deeply hydrating and nourishing your skin.

A full body exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a top to toe body, face and scalp massage.

Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.



Bath Butler Menu

VOYA Lazy Days Seaweed Bath in the comfort of your own room

Allow the stress of daily life to melt away while VOYA's mineral rich seaweed detoxes, de-stresses and thoroughly relaxes you in the comfort of your hotel room.

VOYA's Lazy Days seaweed is simply the finest organic seaweed, hand cut from the Irish sea using the same traditional methods as our ancestors. Seaweed baths have been used for generations in the care and repair of skin and have shown to help against the signs of ageing and cellulite.

Want something different? Dial '0' for assistance



Serenity

To schedule your perfect treatment journey please contact the spa reception team to assist you in making your booking. Please book treatments well in advance to avoid disappointment. Residents are advised to book prior to arrival at the hotel.

No.1 Spa Packages

Note: Spa packages & pricing are correct at time of print. For up to date changes and special offers please visit our website.

Absolute Indulgence 2 hours 30 mins • €230

- VOYA Body Scrub
- Full Body Massage
- Personalised Facial
- Scalp Massage

Mums in Waiting 1 hour 40 mins • €129

- Full Body Customised Massage
- Express VOYA Facial
- VOYA Foot Ritual
- Neck & Shoulder Massage

Top To Toe Reviver 2 hours 20 mins • €210

- VOYA Body Scrub
- VOYA Ocean Fresh Facial
- On The Move Express Pedicure
- Back, Neck & Shoulder Massage

Just The Two Of Us 1 hours 40 mins • €190

- VOYA Seaweed Bath
- Full Body Customised Massage

Detox & De-stress 2 hours • €165

- VOYA Seaweed Peat Bath
- Seaweed & Micronised Peat Therapy Body Wrap
- Tension Relieving Scalp Massage
- Head To Toe Moisturisation using 'Softly Does It'

The Golfers Tonic 1 hour 30 mins • €145

- Full Body Massage
- De-stress Head Massage
- Facial Massage

Soothe Me Silly 1 hour 30 mins • €135

- Muscle Hot Oil Full Body Massage
- Mini Prescriptive Facial
- Tension Relieving Scalp Massage

All of our spa packages include 1 hour thermal suite experience which includes: Herbal Cocoon, Coal Bunker Sauna, Aroma Steam Room & Irish Mist Showers.

Thermal Spa is not recommended for pregnancy.