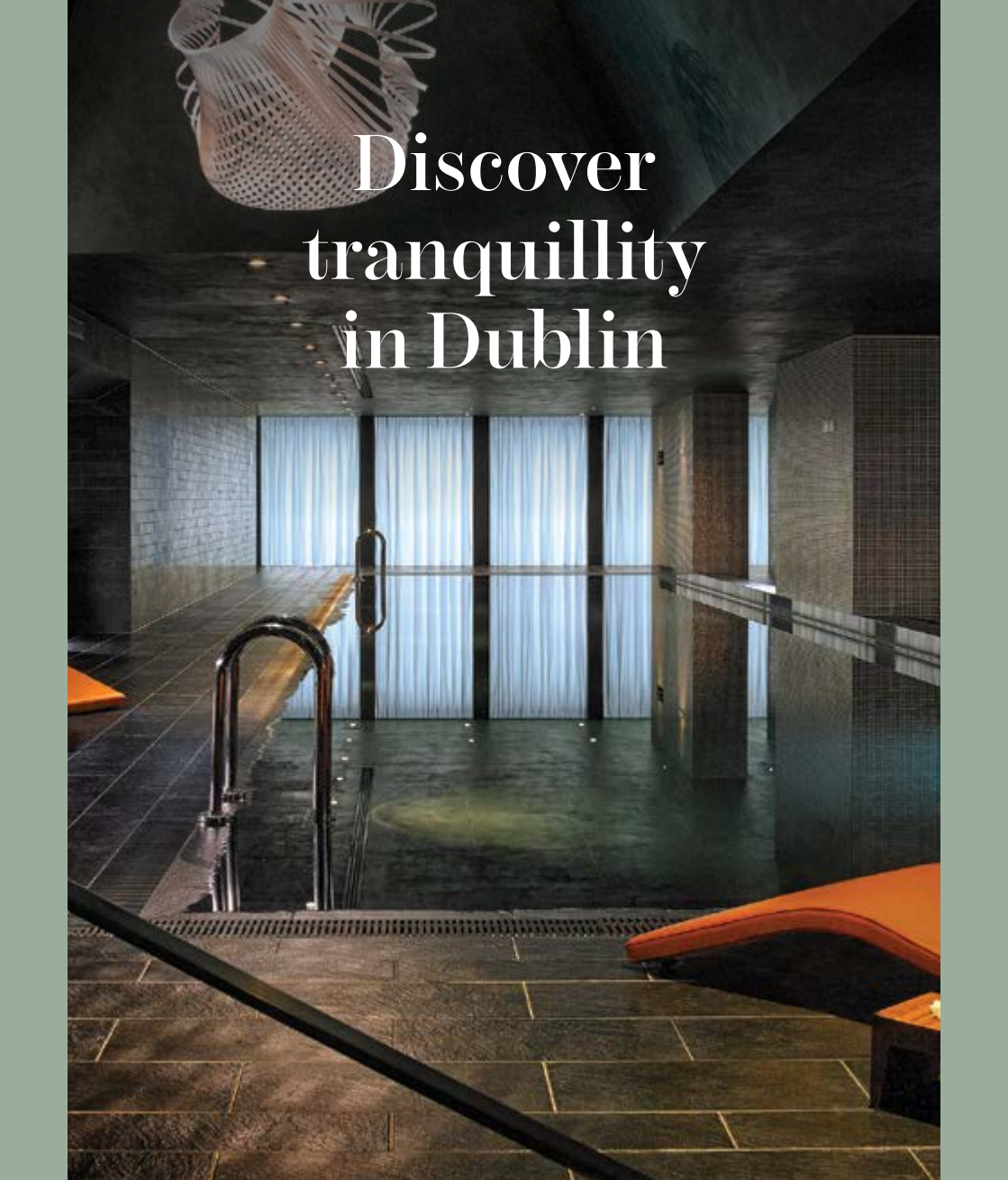




Discover tranquillity in Dublin



ANANTARA

SPA

STEP INTO AN OASIS OF CALM

Welcome to Anantara Spa

Bliss awaits in an award-winning haven of wellbeing at Anantara The Marker Dublin Hotel.

Clad in dark charcoal Kirkstone and soft grey hues, with sophisticated and minimalist décor, Anantara Spa is a peaceful respite from the outside world, accented with moments of vibrant colour to awaken the senses.

Expert therapists personalise your experience with a range of massage treatments and advanced skincare regimes designed to deliver ultimate relaxation and rejuvenation.

Besides luxurious treatment rooms, the facilities include a 23-metre infinity pool, Jacuzzi, sauna and eucalyptus-infused steam room.

Step inside to discover serenity.



Spa etiquette

OPENING HOURS

Monday – Friday: 6:00 am – 9:30 pm

Saturday, Sunday & Bank Holidays:

7:00 am – 8:00 pm

Treatments are scheduled daily between
10:00 am and 8:00 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
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 of 60 minutes or more include complimentary
access to the facilities. There is an additional fee if you wish to add use of the
facilities to any treatments under 60 minutes. *Please inquire at Anantara Spa reception.*

DAY PASSES

We are now offering day passes for the swimming pool and fitness center.
Available Monday – Thursday (*Adult only passes*). Day Spa Pass users will have access
to the fitness center, swimming pool and heat experiences. Access to the Spa
Relaxation Room is not available. *Passes are subject to availability.*

RELAXATION ROOM

Anantara Spa guests can enjoy our relaxation room for up to one hour after a 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 can recommend treatments that 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 applied 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 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

ELEMIS UK

Elemis, is a skin wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results and belief in 'truth in beauty.' Their focus is on delivering proven results with feel-good skincare products combined with cutting-edge patented technology. Nature powers both Elemis products and treatments: by sourcing natural extracts that catalyze each other and harnessing the power of nature's -nest active ingredients, that deliver results you can see and feel, both inside and out.

SEABODY

With integrity and impact at the core of all they do, SEABODY harnesses the power of ocean plants from the Irish Atlantic coastline to create luxury food supplements and skincare products. To provide bioactive extracts, SEABODY sustainably cultivates and hand-harvests the seaweed in order to isolate its potent ingredients.

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 bring you ultimate skin nutrition. Their unique formulations help to reduce the skin-damaging effects of ageing, lifestyle and the environment for healthier, happier skin.

Massage

ANANTARA SIGNATURE MASSAGE

Discover the rejuvenating benefits of our signature healing massage. Inspired by the serene beauty of Ireland, the experience features a special blend of essential oils that evoke the essence of this land –Imagine the calming scents of Irish lavender, which soothe the senses, the delicate aroma of wild Irish rose, adding a touch of floral sweetness, and the refreshing notes of peppermint, invigorating your spirit.

Tailored to promote deep relaxation while alleviating pain and easing muscle tension, this massage also pays homage to our Thai heritage, seamlessly integrating both Western and Eastern techniques, including gentle stretching. Experience massage crafted to enhance your overall well-being.

60 | 90 MINUTES

RELAX MASSAGE

Designed to promote deep relaxation. Using long flowing strokes and gentle kneading techniques, this massage helps to improve circulation and enhance overall well-being (medium pressure).

30 | 60 | 90 MINUTES

DEEP TISSUE MASSAGE

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded, and focused.

30 | 60 | 90 MINUTES



PEACEFUL PREGNANCY

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby.

Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm. *You must be a minimum of 12 weeks pregnant at time of treatment.*

60 MINUTES

BALANCE

Connect body and mind to enhance health and wellbeing. Wavelike 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

THAI QI FLOW

60 | 90 MIN

This therapeutic, warming and invigorating massage integrates stretching and acupressure techniques with Thai herbal compresses and a hands-on massage to help balance the body and mind. Feel the benefits as your energy flow is reinvigorated and tight muscles are released for a feeling of optimal wellbeing.

TIGHTEN TONE AND SMOOTH

A powerful blend of minerals and seaweeds join forces to target cellulite and promote a smoother silhouette with our focused sculpting massage, for skin that looks and feels intensely tightened, toned and smoothed. Choose from Thighs or Abdomen.

60 MINUTES

A powerful blend of minerals and seaweeds join forces to target cellulite and promote a smoother silhouette with our focused sculpting massage, for skin that looks and feels intensely tightened, toned and smoothed. Includes: Arms, Thighs and Abdomen.

90 MINUTES

HEAD, NECK AND BACK RELEASE

45 MIN

Soothe your senses with a rhythmic massage, merging pressure techniques with a curated oil blend, designed to relieve tension and stress, ushering in tranquility.

SCALP RELEASE

45 MIN

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.

FOOT RELEASE

45 MIN

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





Face – Tech

ELEMIS EXPERT TECH FACIALS

Expert tech facial treatments are where groundbreaking technology meets active ingredients and transformative touch. The pioneering innovation of the tech machine works in combination with the therapist to turbo charge your facial results.

LIFT + REJUVENATE - RENEW, PLUMP & TONE

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.

60 MINUTES

Includes:

- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin

SMOOTH + POLISH - RESET, RESURFACE & BRIGHTEN

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energize and Galvanic technology to nourish, revealing bright, polished, and smooth skin.

60 MINUTES

Includes:

- Ultrasonic Peel for glowing skin
- LED Light Mask to re-energize the skin
- Galvanic technology to restore the skin

SCULPT + FIRM - REVITALIZE, STRENGTHEN & DEFINE

Our ultimate treatment, this multi-faceted facial is customized to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalized, strengthened, and defined.

90 MINUTES

Includes:

- Cryotherapy for skin sculpting
- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin
- LED Light Mask to re-energize the skin.
- Galvanic technology to restore the skin

Touch

Hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.

RENEW - HYDRATE, LIFT & FIRM

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

30 | 60 MINUTES

REVEAL - RESURFACE, SMOOTH & GLOW

Powered by our patented Tri-Enzyme technology, this facial helps to minimize the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

30 | 60 MINUTES

DEFINE - ENERGIZE, REJUVENATE & SCULPT

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energized, rejuvenated and sculpted-looking skin

90 MINUTES

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

ELEMIS EXPERT ENHANCEMENTS

Choose from a range of specialized treatment, designed to target specific concerns and enhance your experience.

LED ENERGY MASK - GLOW, SOOTHE & ENERGIZE

Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7-in-1 Light Mask to calm, soothe and energize, leaving your skin visibly refreshed and glowing.

COLLAGEN EYE MASK - BRIGHTEN, HYDRATE & REVITALIZE

Elevate your facial experience with our targeted eye treatment add-on, specially designed to brighten, hydrate, and revitalize.

Body

CLEANSING SALT SCRUB

An invigorating experience with the extraordinary cleansing, mineral-rich full body scrub. Aromatic salt is used to gently slough away dead skin cells, encouraging the regeneration skin and leaving the body smooth and responsive to oils and balms. Once thoroughly revived, the body is swept with beautiful oils for velvety-soft, conditioned skin.

45 MINUTES

FRANGIPANI NOURISHING WRAP

The velvety full body scrub and Monoi Oil offer intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic. A facial and scalp massage ease you further into relaxation. An emotionally grounding experience for skin that has never felt silkier.

90 MINUTES

DETOX BOOSTER WRAP

To reduce fluid retention, invigorate circulation and shift toxins, we apply a warm purifying Clay mask infused with rosemary, grapefruit and juniper berry before cocooning you in the gentle embrace of natural botanicals. While the active ingredients work in harmony, we massage your scalp and feet to release any tension. After showering, a detoxifying massage is performed, leaving your body feeling refined, purified and revived.

90 MINUTES





Journeys

ANANTARA SIGNATURE JOURNEY

90 MIN

Immerse in the gentle care and sincere kindness embodied by the concept of ‘nam jai’. Begin with a soothing foot cleanse, infused with the exotic aromas of frangipani flowers and hibiscus. This time-honoured practice holds deep cultural significance in Thailand, symbolising a fresh start and the release of negative energy. Next, a relaxing, restorative massage is tailored to your unique needs with your choice of oils – monoi and coconut, rosemary and pine, or orange and fennel – to nourish the skin and promote a sense of calm. Conclude your journey with an express facial designed to revitalise and hydrate your skin, leaving it radiant and glowing.

REBALANCE BY SEABODY

90 MIN

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 energized.

THE DREAM

90 MIN

A luxurious exfoliation on the back to help buff, hydrate and prepare the skin for a massage followed by a heavenly back massage. The express facial is customized to give your skin the perfect luminosity boost. To finish, your feet are pampered with a farewell foot ritual, using the balm to reduce puffiness and to rejuvenate tired and aching feet.

GENTLEMAN’S TOUCH

90 MIN

Start with a 60-minute-deep tissue massage, expertly tailored to relieve chronic tension and promote relaxation. Follow this with a refreshing express touch facial, perfect for brightening your complexion and hydrating your skin. Designed to alleviate stress and enhance your overall sense of well-being.

MUM-TO-BE

Thoughtfully designed to provide relaxation and rejuvenation for moms-to-be. Your experience begins with a therapeutic pregnancy massage, tailored to alleviate discomfort, and promote wellness during this special time.

Following your massage, ensuring safety and nourishment for your skin. This facial is specifically formulated to address the unique needs of pregnant women, leaving your skin refreshed and radiant.

This package is perfect for those in their second and third trimesters, providing a tranquil escape that nurtures both mother and baby. Treat yourself to a day of pampering and self-care because you deserve it.

Express combinations

ELEMIS EXPRESS

Designed for individuals with a hectic lifestyle, a combination that offers a quick yet impactful experience. Enjoy a back massage specifically tailored to relieve tension and target deep-seated muscle knots. This is followed by a skin-lifting and hydrating facial that utilizes Elemis' signature Pro-Collagen line, aimed at enhancing skin firmness and deeply hydrating the complexion.

60 MINUTES

GO TO GLOW

Offers a revitalizing experience in just one hour. It features a 30-minute resurfacing facial designed to minimize the appearance of pores and uneven skin texture, revealing a visibly smoother and glowing complexion. This is complemented by a 30-minute restorative head massage, performed without oil, which alleviates tension in the neck and scalp, leaving you feeling completely rebalanced and rejuvenated. Perfect for a quick refresh or a pre-event boost!

60 MINUTES

REVIVE AND RENEW

Rejuvenates your skin and body in just one hour. It features a 30-minute advanced skin renewal facial that combines Ultrasonic Peel for gentle exfoliation, and Oxygen Infusion for deep hydration, leaving your skin renewed, toned, and glowing. This is complemented by a 30-minute foot revival massage, which uses gentle kneading and targeted pressure techniques to relieve tension, improve circulation, and soothe sore muscles in your feet. Perfect for a quick refresh and renew.

60 MINUTES



ELEVATE BY SEABODY

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 coingredients, 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



Additional touches

ELEMIS EXPERT ENHANCEMENTS

Choose from a range of specialized treatment, designed to target specific concerns and enhance your experience.

LED ENERGY MASK - GLOW, SOOTHE & ENERGIZE

Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7-in-1 Light Mask to calm, soothe and energize, leaving your skin visibly refreshed and glowing.

COLLAGEN EYE MASK - BRIGHTEN, HYDRATE & REVITALIZE

Elevate your facial experience with our targeted eye treatment add-on, specially designed to brighten, hydrate, and revitalize.

UPGRADES

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.

Their experts work with you to achieve personalised goals, which may include:

- Drop body-fat
- Build foundational strength
- Optimise physical performance
- Optimise mental performance
- Sports rehabilitation
- Burn-out prevention
- Achieve career longevity
- Improve movement quality
- Reignite energy levels



YOGA

Realign and revitalise through the harmonising practice of yoga. Our expert yogis offer a variety of classes designed to bring balance to 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.

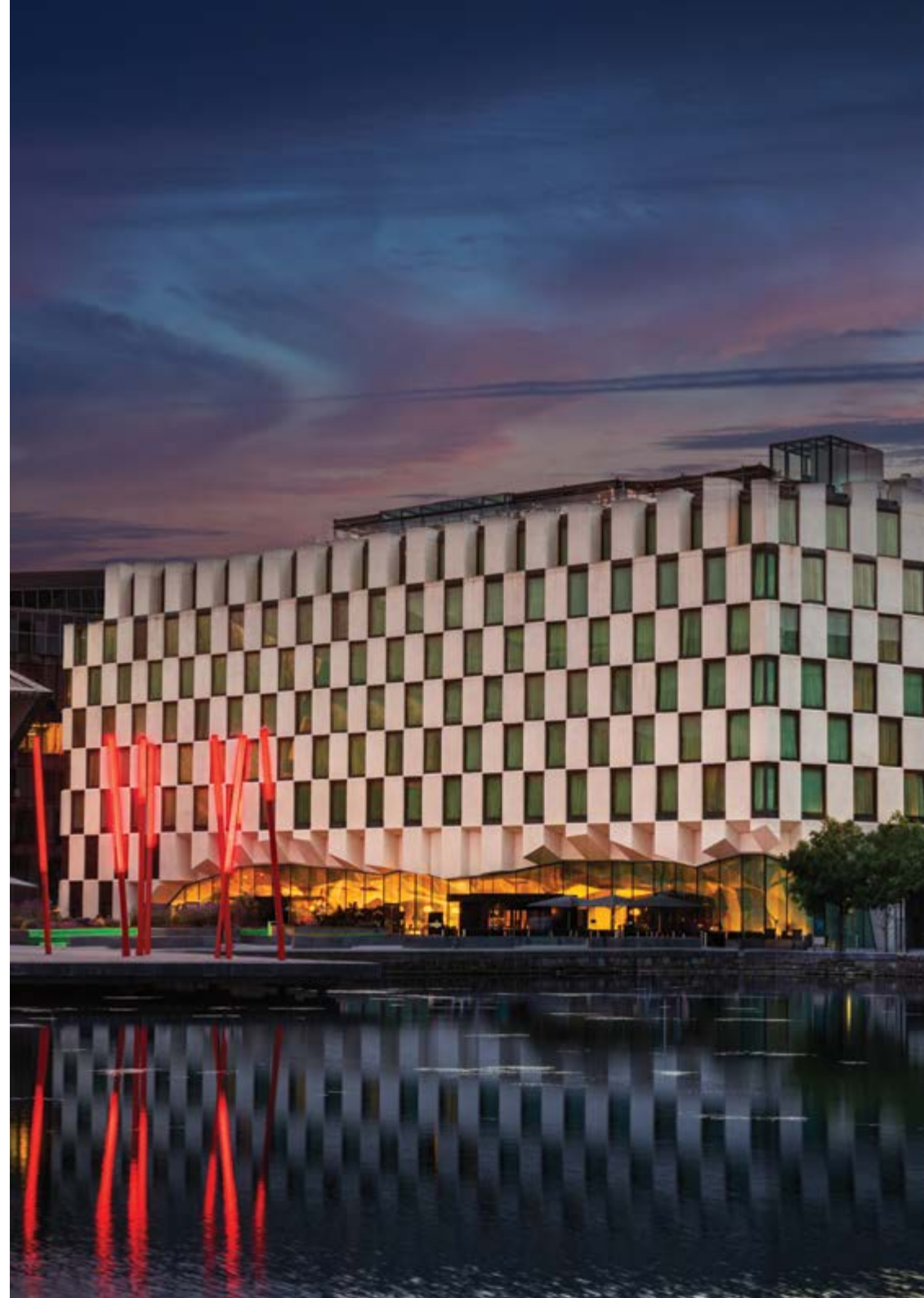
As a Marker Club member, each moment is tailored for your pleasure – from private fitness sessions to exclusive experiences. Immerse yourself in the Dublin community with quarterly social events and preferential access.

This is more than a membership, it's an invitation to a world where opulence and wellness meet authentic Irish hospitality.

Marker Club members can benefit from:

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

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



Price List

Massage	Duration	MON-THU	FRI-SUN
Signature	60 MIN	EUR 145	EUR 165
	90 MIN	EUR 175	EUR 195
Relax	30 MIN	EUR 100	EUR 120
	60 MIN	EUR 130	EUR 150
	90 MIN	EUR 160	EUR 180
Deep tissue	30 MIN	EUR 110	EUR 130
	60 MIN	EUR 140	EUR 160
	90 MIN	EUR 170	EUR 190
Peaceful pregnancy	60 MIN	EUR 135	EUR 155
Balance	60 MIN	EUR 135	EUR 155
Thai Qi	60 MIN	EUR 145	EUR 165
	90 MIN	EUR 175	EUR 195
Tighten tone and smooth	60 MIN*	EUR 135	EUR 155
	90 MIN*	EUR 175	EUR 195

**60 min refers to tights / abdomen treatment, 90 min refers to abdomen and arms.*

Head neck and back release	45 MIN	EUR 125	EUR 145
Scalp release	45 MIN	EUR 125	EUR 145
Foot release	45 MIN	EUR 125	EUR 145
Face - Tech	Duration	MON-THU	FRI-SUN
Lift + rejuvenate	60 MIN	EUR 160	EUR 180
Smooth + polish	60 MIN	EUR 160	EUR 180
Sculp + firm	90 MIN	EUR 190	EUR 210
Bio tech express	30 MIN	EUR 120	EUR 140
Face - Touch	Duration	MON-THU	FRI-SUN
Renew	60 MIN	EUR 140	EUR 160
Reveal	60 MIN	EUR 145	EUR 165
Define	90 MIN	EUR 170	EUR 190
Seabody	60 MIN	EUR 140	EUR 160
Elemis express facial	30 MIN	EUR 100	EUR 120

Body	Duration	MON-THU	FRI-SUN
Cleansing salt scrub	45 MIN	EUR 125	EUR 145
Frangipani nourishing wrap	90 MIN	EUR 180	EUR 200
The dream	90 MIN	EUR 180	EUR 200
Detox booster wrap	90 MIN	EUR 180	EUR 200
Journeys	Duration	MON-THU	FRI-SUN
Anantara signature journey	90 MIN	EUR 200	EUR 220
Rebalance by Seabody	90 MIN	EUR 180	EUR 200
The dream	90 MIN	EUR 180	EUR 200
Gentleman's touch	90 MIN	EUR 180	EUR 200
Mother-to-be	90 MIN	EUR 180	EUR 200

Notes: The service times refer to your overall treatment experience. Weekend rates will be applicable on bank holidays.

Express combinations	Duration	MON-THU	FRI-SUN
Elemis express	60 MIN	EUR 135	EUR 155
Go to glow	60 MIN	EUR 135	EUR 155
Revive and renew	60 MIN	EUR 145	EUR 165
Elevate by Seabody	60 MIN	EUR 135	EUR 155

Additional touches	Duration	MON-THU	FRI-SUN
LED Energy mask	15 MIN	EUR 30	EUR 40
Collagen eye mask	15 MIN	EUR 20	EUR 30
Upgrades	30 MIN	EUR 65	EUR 75

Day passes			EUR 70
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