



## WELCOME TO THE TETHRA SPA

AT *The* MERRION

*Located in the heart of The Merrion Hotel, The Tethra Spa is Dublin's most sumptuous retreat. A place to unwind, a place to restore and a place to invigorate the body and mind. Surrounded by gentle interiors, technologically advanced fitness equipment, an expansive infinity swimming pool, steam room and sumptuous treatment areas, The Tethra Spa brings relaxation, well being and fitness to the fore.*

*The efficient gym is fully equipped with the latest cardio vascular machines, audiovisual equipment, free weights and a highly effective personal training service. Alternatively, the team of Tethra Spa therapists offer an extensive range of ESPA treatments – from beauty maintenance to the most heavenly massages.*

*The Tethra Spa is available to guests of The Merrion Hotel and to a limited number of members only, so there is always plenty of space to unwind. From the softest towels to the toughest training,*

*The Tethra Spa awaits...*

*...Treat yourself*





## TREATMENTS AT THE TETHRA SPA

*The Tethra Spa offers a range of bodycare and beauty treatments using ESPA products. This range combines the therapeutic benefits of spa treatments and aromatherapy, designed to help each individual maximise their own potential and to balance mind and body.*

*The ESPA collection of deeply relaxing and anti-stressing oils, revitalising seaweeds and nourishing skincare help to protect, hydrate, firm and purify. Using the highest quality of organically grown plants known for their purity, potency and therapeutic qualities, ESPA helps to achieve outstanding results on the face, body and mind.*

*The Tethra Spa offers ESPA treatments singly, or packaged into day and half-day retreats. Choose a la carte or opt for a special selection, each treatment is individually tailored to suit the client's personal needs.*





## SIGNATURE *T*REATMENTS



### **HOT STONE THERAPY 75 mins**

*Originating in Tucson, Arizona, La Stone Therapy combines water heated basalt lava stones with traditional massage for an unforgettable experience. Each massage stroke with one of these stones is equal to approximately ten regular strokes, offering the client a deeper state of relaxation, health and well-being than that of a typical massage. La Stone uses aromatherapy and hot oils to warm and invigorate the body.*



### **ESPA HOLISTIC BACK FACE AND SCALP TREATMENT WITH HOT STONES 1hour 55 mins**

*A powerful stress releasing treatment using hot stones to work on deep seated tension and restore balance to vital energy points.*

*The initial, deep cleansing back exfoliation is followed by the hot stone back massage with essential oils restoring equilibrium to mind and body. Hot stones are placed along spine, shoulders and neck to soothe, relax and harmonise.*

*The facial includes massage with deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the Oriental head massage takes place to help clear the mind, calm the spirit and ease tension. The result is re-hydrated, nourished and soothed skin combined with a sense of deep relaxation.*




### **ESPA TOTAL HOLISTIC BODYCARE WITH HOT STONES**

*1hour 55 mins*

*Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony. Recognised in both Ayurvedic and Chinese philosophies, blocked and congested Chakras can affect the body and mind both emotionally and physically. Natural energies are stifled and the zest for life is lost or subdued.*

*After a full body exfoliation, this holistic treatment continues with the placing of stones along the spine, at vital energy points on hands and feet and the Chakras around the body. The body is massaged using individually tailored essential oils combined with the use of hot stones to release tension. Critical tension points are massaged around the eyes and ears, before an acupressure head massage is given. This full body treatment ends with gentle stretching to help release deep-seated tension around neck and shoulders, and leave your body feeling soothed and your spirit calm.*



## SIGNATURE *T*REATMENTS

### ■ **HOLISTIC BACK FACE AND SCALP 85 mins**

*This all encompassing treatment commences with a deep cleansing and exfoliation of the back. A soothing back massage then follows to ease away stress and tension. Continue to relax with a hydrating and purifying facial together with a therapeutic scalp massage, bringing harmony to both mind and body. A truly holistic experience. Optional hot stone therapy available.*

### ■ **ESPA HOLISTIC TOTAL BODY CARE 85 mins**

*This all encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a deep body, face and scalp massage using a blend of essential oils chosen to suit individual requirements.*

### ■ **BALNEOTHERAPY 85 mins**

*A ritual that starts with a twenty minute soak in a candle lit bath filled with detoxifying seaweed oil and mineral salts. While luxuriating in the cocooning benefits, eyes are treated with a soothing balm for total body bliss. The treatment then continues with a detox massage treatment.*

### ■ **PRE-NATAL TREATMENT 85 mins**

*A carefully designed treatment for pregnant and nursing mothers taking account of all conditions. The treatment avoids the use of essential oils. This luxurious treatment uses a Calendula infused oil, various muds and creams and advanced massage techniques to safe areas. It leaves the skin toned and the client totally relaxed.*





## ESPA *E*NVELOPMENTS

### **DETOXIFYING ALGAE WRAP 75 mins**

*This treatment involves skin brushing, gentle exfoliation, followed by an application of detoxifying aromatherapy oil and warm algae, rich in minerals and enzymes. Designed to ease tension, boost the metabolism, reduce water retention and speed up the elimination of toxins. Includes a full scalp treatment for total relaxation.*

### **RESTORATIVE MUD ENVELOPMENT 75 mins**

*This treatment is ideal for aches and pains and superficial skin problems. It uses marine mud rich in trace minerals and includes skin brushing, gentle exfoliation and aromatherapy oils of choice. This treatment leaves the skin soft and smooth and is completed with a deep scalp treatment to ease tension.*

### **ESPA OSHADI ENVELOPMENT 75 mins**

*Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices and therapies. After a sea salt and aromatherapy oil exfoliation, plants and spices are infused to form a nourishing mask which warms and hydrates the skin and helps to relieve aching muscles and joint, this also includes a deep scalp treatment.*

### **ESPA SKIN HYDRATOR BODY WRAP 75 mins**

*A truly luxurious experience including lymphatic skin brushing and skin smoothing body exfoliation and an envelopment with oils rich in Palma Rosa and Myrrh combined with the deeply nourishing body cream with Wild Yam and skin conditioning marine mud. Ultimate tranquility is achieved with a mind calming Oriental Head Massage.*



## LUXURY *B*ODY TREATMENTS

### ■ **STIMULATING HIP AND THIGH TREATMENT 55 mins**

*A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone. Following exfoliation with a special blend of seaweed, salt and oil, a deep, detoxifying massage and lymphatic drainage techniques using stimulating essential oils help to purify and cleanse the body. Relevant reflex zones and pressure points on the feet are then activated to leave you feeling totally revitalised. A course of treatments is recommended to maximise the effects.*

### ■ **BODY POLISH 30 mins**

*This complete exfoliation will cleanse and refine the skin, reviving and renewing the body. To begin, the skin is brushed and exfoliated thoroughly before being treated with hot towels and mitts. Once primed, moisturising balm and body silk spray is applied for an all-over glow.*

### ■ **SALT AND OIL SCRUB 30 mins**

*This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft. A compact treatment with a dramatic result.*

### ■ **FULL BODY MASSAGE 55 mins**

*A Swedish massage designed to ease tension, relieve stress and promote a feeling of well-being. Nourishing calendula oil is used for tone and elastication of skin.*

### ■ **ESPA AROMATHERAPY FULL BODY MASSAGE 75 mins**

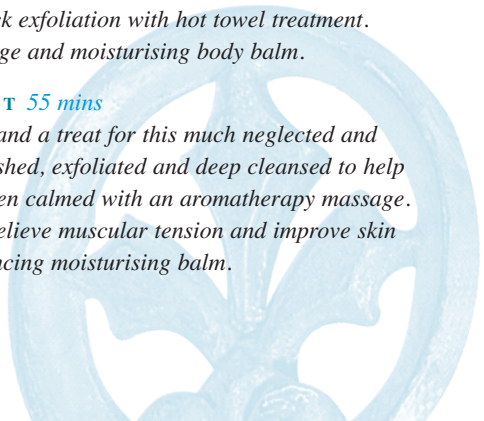

*Experience the benefits of massage and individually chosen essential oils in one of the finest anti-stress treatments available. This complete face, scalp and body massage focuses on acupressure points, helping to strengthen the nervous system, thus restoring lost energy.*

### ■ **BACK REVIVER 30 mins**

*A revitalising skin brushing and deep back exfoliation with hot towel treatment. Concludes with a deep tissue back massage and moisturising body balm.*

### ■ **LIFESAVING BACK TREATMENT 55 mins**

*An ideal treatment for problematic skins and a treat for this much neglected and hard to reach area. The back is body brushed, exfoliated and deep cleansed to help stimulate circulation and cell renewal, then calmed with an aromatherapy massage. A soothing mud mask is then applied to relieve muscular tension and improve skin texture. Finally, an application of a balancing moisturising balm.*





## ESPA *F*ACIAL TREATMENTS

### ■ REBALANCING FACIAL 55 mins

*Skin problems can appear unexpectedly and are often caused by stress, diet or an ineffective skin care regime. A harsh polluted environment may also cause the skin to become sensitised. Specific massage techniques and aromatherapy products combine with a warm marine mud mask to cleanse and decongest the skin leaving it calm, clear and rebalanced.*

### ■ ESPA REGENERATING FACIAL 55 mins

*An Intensive boost for maturing, stressed or distressed skin, products from the ESPA Concept range are included in this facial to give concentrated protection and nourishment. Concentrating on regenerating, firming and nourishing, this facial leaves the skin fresh, revitalized and toned.*

### ■ ESPA REGENERATING FACIAL WITH FIRMING EYE TREATMENT 75 mins

*Specifically designed for mature, dry or dehydrated skins, this facial concentrates on reviving the skin's natural moistures and pays particular attention to the delicate eye area, helping to minimize the appearance of fine lines. Dull, lifeless skin responds to intensive acupressure point massage and lymph drainage to the face, neck and shoulders. A deeply relaxing Oriental head massage to the scalp and eye area brings harmony and tranquility.*

### ■ INDIAN HEAD MASSAGE 30 mins

*The head, face and neck store a great deal of the anxiety that accumulates in everyday life, massaging these areas releases stress, aches and pains, and promotes strong and healthy hair. Indian Head massage, or Champissage, is a wonderfully relaxing therapy based on the ancient Ayurvedic healing system.*

### ■ ESPA SKIN BRIGHTENER FACIAL 55 mins

*This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep leaves you with dull, lifeless sallow skin. This facial includes a special application of skin brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet to help improve the radiance, appearance and texture of the skin.*

### ■ REHYDRATOR FACIAL 55 mins

*A superb facial for dry dehydrated stressed and tired complexions. Gentle deep cleansing and exfoliation prepare the skin for a rejuvenating massage with botanical rescue and face treatment oil. The nourishing facial mask works to drench your skin with moisture while enjoying the benefits of a relaxing head massage.*

### ■ THE ESPA ADVANCED CONCEPT LIFTING AND FIRMING FACIAL 1hour 25 mins

*This anti-ageing facial is perfect for maturing, stressed and distressed skin which is suffering from loss of tonicity and lacking firmness. Uniquely combining powerful anti-ageing products with advanced massage techniques, this treatment results in improved circulation and significant reduction in emotional and physical tension. Lines are reduced, and the appearance of skin is left visibly firmer, smoother and with improved elasticity.*

### ■ MENS PURIFYING FACIAL SHOULDER AND SCALP MASSAGE 55 mins

*City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed.*

*The triple cleanse procedure which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.*





## TETHRA SPA PACKAGES

*Whether in the run up to a special event, or simply enjoying the benefits of beauty, the best at The Tethra Spa can be experienced over a full day so visitors can take full advantage of the pool, steam room and gym facilities. Choose from our selected rituals, go a la carte or let us help you devise an individually tailored package. We also arrange group or corporate bookings, teaming time at The Tethra Spa with an equally indulgent overnight stay in The Merrion Hotel.*

### (1) TOTAL INDULGENCE

*A full day of treatments that starts with a body polish before the total luxury of a back, face and scalp massage. The top-to-toe experience is completed with luxury manicure and pedicures. The most productive of beauty days! A light healthy lunch is also included.*

*Time: 5 hours*

### (2) SOFTEST SKIN

*Inclement weather conditions and city living can dull the skin, and so The Tethra Spa mud envelopment replenishes and restores perfect equilibrium. This is followed by a luxury facial, including reviving eye treatment and a luxury manicure incorporating a softening paraffin masque. The most pampering way to smooth, soft skin. *Time: 4 hours**

### (3) BODY BLISS

*Whether to relax or invigorate the body, this is the ultimate series of treatments to detoxify, replenish and revive body and mind. A salt and oil scrub prepares the skin for an intense aromatherapy massage. The experience is completed with a bespoke aromatherapy facial to rebalance needy skin and promote overall wellbeing. *Time: 2 hours 30 mins**

### (4) GOLFERS TONIC

*Tee off with a relaxing back massage to ease muscle tension and follow with an ESPA luxury foot treatment, which includes exfoliation, deep massage with an appropriate aromatherapy oil and an envelopment of warm paraffin wax to relieve the aches and pains of feet that may be feeling below par.*

*Time: 1 hour 30 mins*





## TIME OUT

*Once ensconced in The Tethra Spa, it's hard to be pulled away. Our response? Take your time and combine some of the best treatments in a cossetting atmosphere of total luxury.*

### ■ (1) FLIGHT REVIVER

*The negative effects of travel can soon be forgotten and smoothed over. Rejuvenate mind and body with a reviving ESPA full body massage while pressure is relieved and tension erased with the heavenly Indian Head Massage. **Time: 1 hour 30 mins***

### ■ (2) URBAN WARRIORS

*Starting at first principles, this is the ideal package to kick start a new beauty regime... or enhance an existing one. Aromatherapy oils are selected and tailored to each clients requirements for a massage and facial (including scalp) that enhances the feeling of absolute wellbeing. **Time: 2 hours***

### ■ (3) STRESS BUSTER

*The perfect antidote to pressure. The Tethra Spa therapist performs an Indian Head Massage followed by a soothing eye treatment to bring relief to overworked, over tired eyes. The treatment includes a steam inhalation to clear sinuses and restore balance. **Time: 1 hour***

# WEDDING BELLES

*In the run up to the big day, The Tethra Spa's menu of specially-coordinated multi-treatments destresses, rebalances and prepares the bride for a truly beautiful celebration.*

## ■ (1) GREAT EXPECTATIONS

*A blissful ESPA back, face and scalp massage is followed by the perfect luxury hand and nail treatment for an all-enveloping treatment that relaxes and enhances inside and out. **Time: 3 hours***

## ■ (2) PAMPER PAWS

*The perfect finishing touch to bring polish to hands and feet. This treatment starts with a luxury pedicure before moving on to a magnificent manicure. The result? Nails to be proud of and the softest of skin. **Time: 2 hours 30 mins***

## ■ (3) MAGIC MOMENTS

*A top-to-toe indulgence that includes aromatherapy massage, aromatherapy facial, Jessica manicure and pedicure; all to balance and replenish the bride's mind, body and soul. The perfect pampering precursor to stunning bridal beauty. **Time: 4 hours***





## FINISHING TOUCHES

### LUXURY HAND AND NAIL TREATMENT 75 mins

*A holistic manicure incorporating hydrating milk, refining skin polish and aromatherapy spafresh, followed by hand and arm pressure point massage with appropriate aromatherapy oils to suit the individual's needs. An envelopment of warm paraffin wax in heated mitts leaves hands hydrated, soft and pain free. Final nail buffing with body silk spray.*

### LUXURY FOOT AND NAIL TREATMENT 75 mins

*A holistic pedicure commencing with a mineral sea-salt foot spa and exfoliation with skin polish. This is followed by a foot and leg massage with appropriate aromatherapy oils to relieve aches and pains and stimulate circulation. To complete the treatment, an envelopment of warm paraffin wax in heated booties is applied to hydrate and soften feet.*

## ESSENTIAL *U* PKEEP

### MANICURE

- REGULAR MANICURE
- JESSICA MANICURE & PEDICURE

### WAXING TREATMENT

#### LUXURY LEG WAX

*Skin Brushing, exfoliation and a light refreshing mist of essential oils distillates, including antiseptic tea tree that calms and cools prior to waxing. The treatment is finished with an application of a light moisturising balm leaving the leg luxuriously soft and smooth.*

- BIKINI WAX
- UNDERARM WAX
- LIP AND CHIN WAX
- LIP WAX

### EYECARE

- EYELASH TINT – 24 hour test patch required
- EYEBROW TINT / WAX / SHAPE

### TANNING

- FULL BODY SELF TAN (Including Body Exfoliation)
- ARMS, CHEST AND BACK TAN (Including Body Exfoliation)

