

Press Information

THE TETHRA SPA THE MERRION, DUBLIN

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Luxurious surroundings, a relaxed and tranquil atmosphere and state-of-the-art equipment; these are the elements that combine to make the Tethra Spa at The Merrion one of the finest in Dublin.

The name "Tethra" comes from a group of stories in early Irish literature in which the chief motif is the Promised Land, also known as 'The Land of the Living' or 'The Land of the Young' - or 'Tethra'. In this Irish Other World there is neither sickness nor death, happiness lasts forever, and to wish for something is to possess it.

The Tethra Spa, a place where the stresses and strains of everyday life fade away, has been named in honour of this Other World.

- 18m Infinity Swimming Pool

A beautiful 18m swimming pool set in French limestone is the focal point of the Tethra Spa. At one end, a spectacular trompe l'oeil mural depicting a neo-classical landscape creates a feeling of distance and space. The swimming pool features an environmentally friendly ozone filtration system.

- Italian Marble Steamroom

A luxurious Italian marble steamroom for total relaxation after a strenuous workout.

- State of the Art Leisure Centre

With the latest Cardio-vascular and Resistance training equipment including a Vectra On Line Multi Gym with 29 stations. A team of qualified instructors are available to provide personal training and assessments.

- The Tethra Spa Treatments

A comprehensive choice of bodycare and beauty treatments using the exclusive E'SPA range. The range combines the therapeutic benefits of spa treatments and Aromatherapy, designed to help each individual to maximise their own potential and to balance the mind and body.

- Changing Facilities

Beautifully appointed and equipped male and female changing rooms, finished in a combination of white marble, traditional ceramic mosaic tiles, French limestone and Elm hardwood incorporating unique underground heating, complete The Tethra Spa's sumptuous facilities.

A full list of treatments and prices is available.

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