

The
MERRION

SPA

AND HEALTH CLUB



Welcome to The Spa and Health Club at The Merrion Hotel, an oasis of calm and comfort where wellness takes centre stage, just steps from historic, Georgian Dublin.

Offering the most innovative of gold-standard treatments, along with wholly restorative therapies, our team of professionals focus on absolute wellness, as well as offering that little bit of extra space we all need to reboot.

The Merrion Spa and Health Club is delighted to collaborate with some of the world's leading brands, and Ireland's key professionals to offer results-driven treatments in physiotherapy, and an extensive list of hair and beauty services.





BIOLOGIQUE RECHERCHE

Created by a biologist, a physiotherapist and a doctor over forty years ago, Biologique Recherche takes a clinical approach to skincare with absolute effectiveness at its core. Using innovative, meticulous protocols and procedures, in addition to profoundly different products, the multi-award winning brand focuses on high-end personalised beauty care using concentrated, raw ingredients.

ESPA

Founded by Susan Harmsworth, ESPA's luxurious therapies and products are renowned globally for their all-natural approach to delivering instant results whilst also working beneath the skin's surface for longer-term benefits. Combining biochemistry with aromatherapy, ESPA offers unique treatments for face and body that also enriches the senses for a complete, holistic experience.

HAIR BY CIARAN NEVIN

Ciaran Nevin is an iconic name in Irish Hairdressing, working with his team of certified stylists and masters of colour to recreate award-winning looks for clients. Offering a full suite of services at The Merrion, Ciaran Nevin is renowned for creating flattering styles that suit a client's complexion and lifestyle, along with special occasion hairdressing and blow-dries.

MILLTOWN PHYSIOTHERAPY

Offering the highest standard of professional care, Milltown Physiotherapy has an exemplary reputation for one-to-one, hands on treatment across the fields of physiotherapy, pilates, sports injuries, neurology, acupuncture and women's health solutions.

PERSONAL TRAINING

Whether ensuring guests and members at The Merrion Spa and Health Club get the most from a workout, or devising and overseeing a bespoke fitness and nutrition programme, the Personal Training team are on hand to ensure each session is enjoyable and absolutely results-driven.



BIOLOGIQUE RECHERCHE FACIALS

HYDRECLAT (55 MINS)

Moisturising – Brightening – Rejuvenating

Recommended for mature skin, Soin Hydreclat uses the PIGM400 range and brightening serum, to illuminate tired skin. A booster treatment that will tighten the pores and make the complexion glow for a rejuvenating look and feel.

MASQUE EXFOLIANT / CHEMICAL PEEL (55 MINS)

Exfoliating – Hydrating – Brightening

Mild chemical peel recommended for skin that may be uneven in tone and pigmentation. This exfoliating treatment is ideal for skin that needs anti-aging, firming and brightening and is also lacking in elasticity. This exfoliating facial features the Biologique Recherche hero product P50, which promotes cell regeneration, purifies and corrects pigmentation and skin irregularities, whilst also toning and firming, healing and calming, as well as hydrating and softening the skin. This treatment is a great all-round facial refresher.

This treatment is not recommended during the summer months. Exposure to sun is not recommended after this treatment,

BOOSTER MIC 110 (55 MINS)

Balancing – Plumping – Hydrating

This balancing treatment is recommended for oily, acne prone skin with purifying effect, it will plump tired, dull looking skin as well as treating fine lines and wrinkles.

SOIN LISSANT (85 MINS)

Smoothing – Hydrating – Regenerating

Suitable for all skin types and specifically recommended for dehydrated, sensitive complexions, Soin Lissant helps to stimulate the skin's natural defence system by focusing on the lymphatic and circulatory systems to de-puff and restore glow.

LIFT CVS (85 MINS)

Lifting – Exfoliating – Nourishing

Recommended for normal to oily and acne-prone skin, Lift CVS is the ultimate facial to accelerate cell renewal, restructure, firm, hydrate and protect against exterior aggressions using manual exfoliation. This treatment is the first step to stimulating epidermal reconstruction to make skin feel youthful, energised and toned.

SECONDE PEAU (55 MINS)

Anti-aging – Healing – Regenerating

Recommended for damaged skin in need of lift and healing, this exceptional anti-aging treatment will visibly lift and treat signs of aging, no matter how pronounced. Using Seconde Peau, one of the key hero products in the range, this intense and powerful treatment is a genuine alternative to fillers.

Facial Remodeling & Skin Instant Lab available upon request.



ESPA FACIALS

PERSONALISED (RADIANCE/REHYDRATION OR DESENSITISING) (25/55 MINS)

This expert facial is specifically tailored to each client, and includes deep cleansing, exfoliation, steam where needed, and a treatment specific massage and mask. Finally, ESPA skincare products including an intensive booster serum are selected to achieve maximum results.

MEN'S REBEL (55 MINS)

An effective, age-defying facial designed to deliver immediate results to tired looking skin, and reduce fine lines and wrinkles.

OPTIMAL SKIN PRO-FACIAL 55 MINS

This targeted facial incorporates a smoothing and lifting facial massage to refresh and brighten the complexion and delay the early signs of aging.

AGE DEFYER (55 MINS)

A luxurious and regenerating facial to help combat the signs of aging by minimising lines and wrinkles around the eyes, neck, lips and jawline. This treatment visibly improves the appearance of the skin by incorporating special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin.

ENZYME (55 MINS)

A powerful and highly effective natural facial peel dramatically smooths, softens and evens skin tone. A brush cleanse, followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes, deeply exfoliates. This is followed by a facial massage with Rose Quartz Crystals.

ADVANCED ENZYME (85 MINS)

This facial is an extended version of the Enzyme Facial, with the addition of a lifting and smoothing mask containing concentrated Seaweed Extracts, Argan Oil and Menthol, to give your skin a more plumped and firmer appearance.

After Enzyme and advanced Enzyme facial, skin needs to be protected with SPF for the day post treatment.

MASSAGES

Invigorating, relaxing, restoring or reviving... align body, mind and energy levels with one of our bespoke treatments.

INDIAN HEAD MASSAGE (25 MINS)

FOOT MASSAGE (25 MINS)

FULL BODY MASSAGE (55/75 MINS)

DEEP TISSUE MASSAGE (55/75 MINS)

HOT STONE MASSAGE (55/75 MINS)

PRENATAL MASSAGE (85 MINS)

BODY TREATMENTS

Enjoy individually, or add one or more of these options for a truly bespoke experience.

SALT & OIL SCRUB (25 MINS)

BODY POLISH (25 MINS)

BACK REVIVER (25 MINS)

BODY WRAP

(MUD/DETOXIFYING ALGAE/OSHADI
OR HYDRATOR) (75 MINS)

SIGNATURE TREATMENTS

TOTAL BODY CARE (85 MINS)

Feel invigorated for any occasion with this all-encompassing treatment which starts with skin brushing followed by full body exfoliation and completed by full body and light facial massage.

HOLISTIC BACK, FACE AND SCALP (90 MINS)

A hugely popular signature treatment at The Merrion, this experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. This includes a back exfoliation and back massage, a personalised facial and a scalp massage.

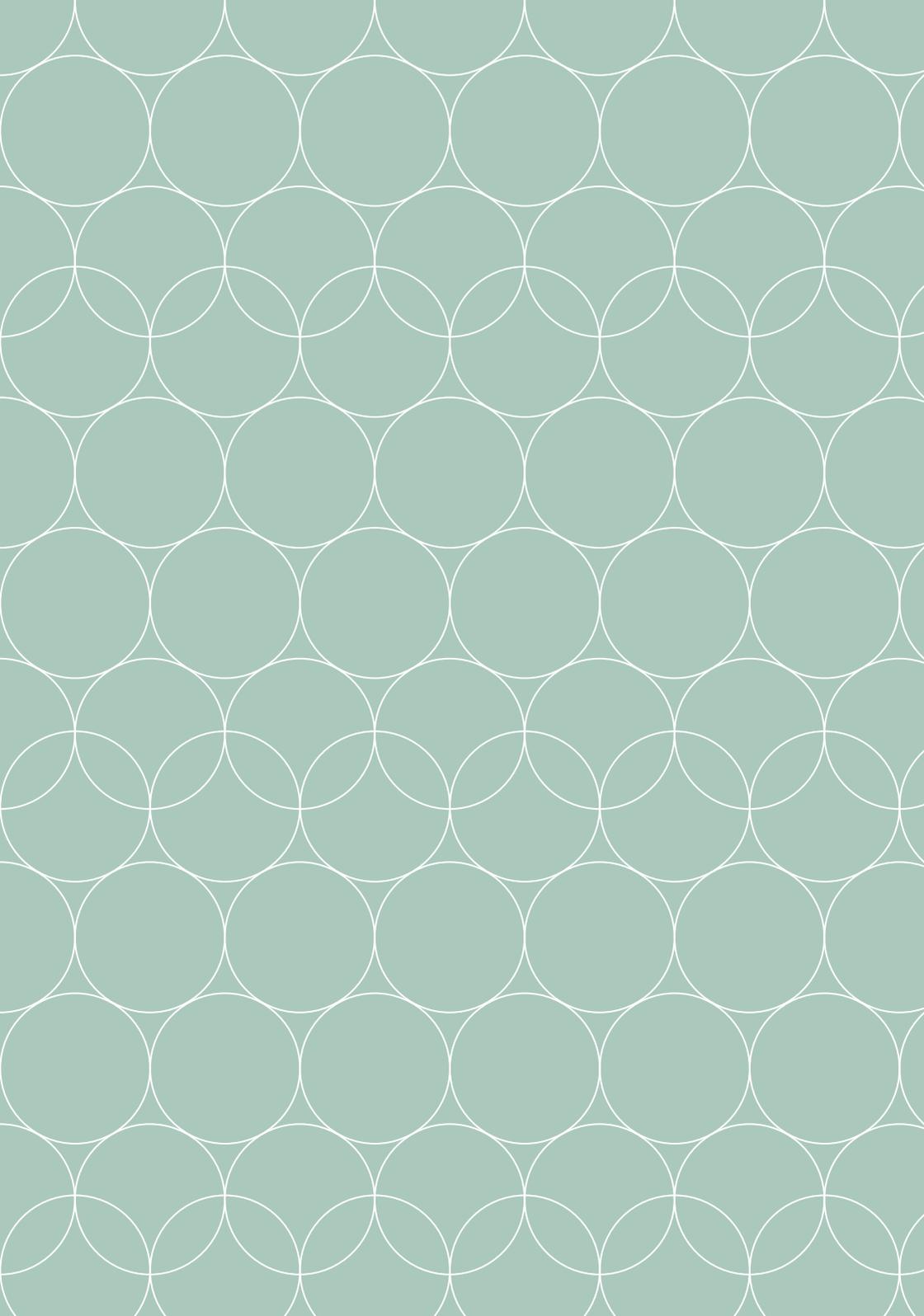
ULTIMATE GLAMOUR PACKAGE (180 MINS)

Get ready for that red-carpet occasion with a luxury facial followed by a luxury pedicure and manicure. Express Package also available (90 mins).

**MERRION SIGNATURE PACKAGE
(120 MINUTES PLUS LUNCH OR AFTERNOON TEA)**

Treat yourself or a loved one to a 55 minute ESPA personalised facial and a 55 minute massage followed by lunch or afternoon tea, with a glass of bubbly on arrival, in the beautiful surroundings of The Garden Room – perfect for that celebratory occasion!

ESPA Facial can be swapped for Biologique Recherche Facial on request with advanced reservation.



BEAUTY SERVICES

LIP/CHIN/EYEBROW WAX OR THREADING (15 MINS)

UNDERARM WAX (15 MINS)

BIKINI (15 MINS)

LEG WAX (HALF/FULL 30/55 MINS)

BACK/CHEST (30 MINS)

SPECIALISED WAXING (30-60 MINS)

EYEBROW/EYELASH TINT (15/30 MINS)

MANICURES AND PEDICURES

Manicures

REPOLISH (15 MINS)

MINI MANICURE (25 MINS)

LUXURY MANICURE (55 MINS)

Pedicures

REPOLISH (15 MINS)

MINI PEDICURE (25 MINS)

LUXURY PEDICURE (55 MINS)

THE MERRION SPA AND HEALTH CLUB GIFT CARDS

Should you wish to gift an experience at The Merrion Spa and Health Club we'd be delighted to help, with our choice of beautifully packaged gift cards.

Please speak to our Spa team by calling +353 1 603 0759,
email thespa@merrionhotel.com or buy online at www.merrionhotel.com

MERRION SPA & HEALTH CLUB ETIQUETTE

Clients are advised to arrive at least 15 minutes prior to treatment time to unwind, relax and get the most from their experience.

On arrival, you will be invited to change into a comfortable robe and slippers in our dressing rooms where lockable units are available for personal possessions. We request that swimwear be worn in Steam Room and Sauna.

We ask our guests to be mindful that the Relaxation Area is a silent tranquil space. If guests wish to socialise with friends pre or post treatments we invite you to relax in the club area by the pool.

Therapists will ask for certain medical details prior to commencing any treatment. It is vital that clients give full details of any ailments, allergies, illnesses or medication prior to commencing any treatment.

It is advised that clients drink plenty of water prior to, and after treatments, especially those using aromatherapy products.

Guests must be over 16 to avail of any spa treatments. To be relaxed in the spa and health club, we would kindly ask you to have your mobile phone switched off or on silent. Please advise at time of booking if you are pregnant. Please be advised a patch test is required for waxing and tinting.

Hours of Opening

The Merrion Spa and Health Club:

6:30am – 9:00pm Monday to Friday

8:00am – 9:00pm Saturday, Sunday and Bank Holiday Mondays

Treatment Times:

9:30am – 8:30pm Monday to Friday

10:00am – 7:30pm Saturday, Sunday and Bank Holiday Mondays

To Book

Call the Spa team on +353 1 603 0759 / +353 1 603 0600,
email thespa@merrionhotel.com or book online at www.merrionhotel.com

Cancellation Policy

For cancellations, we require 24 hours notice. A full charge will apply to no-shows and cancellations made less than 24 hours before an appointment. Arriving late for an appointment may result in time being deducted from available treatment time. A full cancellation charge will apply if a client arrives too late for the treatment to be performed.



The Merrion Spa, Upper Merrion Street, Dublin 2, Ireland
+353 1 603 0759 | thespa@merrionhotel.com | www.merrionhotel.com