

*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 and an extensive list of hair services.





## THE MERRION SPA AND HEALTH CLUB

### BIOLOGIQUE RECHERCHE

Created by a biologist and a physiotherapist 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.

---

### KEVIN.MURPHY

The Hair Salon at The Merrion offers a full suite of services for both men and women, creating flattering styles to suit client's complexion and lifestyle, along with colouring services, special occasion up-styles and blow-dries. Using KEVIN.MURPHY products, which are weightlessly designed to deliver performance, strength and style longevity. All KEVIN.MURPHY hair products are sulphate free and paraben free.

---

### 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)

#### For rejuvenated skin

A hydrating and complexion-enhancing treatment that works on all skin instants\*. Biologique Recherche specific drainage massage techniques alongside powerful actives will tighten the pores and rejuvenate the complexion for glowing skin.

### BOOSTER VIP02 (85 MINS)

#### For more radiant skin

A treatment to detoxify and stimulate the epidermis, reoxygenating the skin tissue of dull skin instants\* that are congested by urban pollution. The complexion gains an incredible glow, skin is more luminous and bursting with radiance.

### SOIN RESTRUCTURANT

#### LISSANT (85 MINS)

#### For replumped skin

An epidermal repair and replumping treatment, suitable for all skin instants\*. Skin on the face, neck and décolleté are hydrated, toned and rejuvenated.

### BOOSTER MC110 (55 MINS)

#### For reduced facial lines

A treatment that smooths out fine lines and wrinkles, designed for lack lustre and dull skin instants\*. The skin on the face, neck and décolleté are left toned and redefined.

### LIFT CVS (85 MINS)

#### For lifted, toned skin

An exfoliating and firming treatment combined with massage techniques designed to help skin instants\* that are slack and lacking tone. Manual exfoliation leaves the skin smoothed, toned and refined.

### MASQUE EXFOLIANT P50 / PEELING AUX ACIDES DE FRUITS (55 MINS)

#### For clearer skin

An exfoliating and repairing treatment for keratinized and dull skin instants\*. Skin tone appears more even with a finer texture, radiant and glowing.

### SECONDE PEAU (55 MINS)

#### For specific and delicate skin concerns

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.*

#### \*Skin Instant

*The Skin Instant is Biologique Recherche's unique analysis and diagnosis of the skin at a certain moment in time. Allowing the Biologique Recherche therapist to monitor changes in the skin over time to proactively adjust the treatments and products prescribed.*



## 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.

---

## ESPA MESSAGES

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

DEEP TISSUE MASSAGE (55/75 MINS)

HOT STONE MASSAGE (55/75 MINS)

PRENATAL MASSAGE (55/75 MINS)

FULL BODY MASSAGE (55/75 MINS)

---

## ESPA BODY TREATMENTS

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

BODY WRAP  
(HYDRATING MUD OR DETOXIFYING  
ALGAE) (75 MINS)

## SIGNATURE TREATMENTS

### MERRION REST AND RESTORE (90 MINS)

A firm favorite, this detailed treatment allows you to fully enjoy all aspects of the spa experience and emerge refreshed and polished. Includes a cleansing of the feet, our signature hot stone back massage and hot compress head wrap followed by a nourishing, exfoliating and deeply relaxing scalp massage. After time spent in our relaxation suite with a restorative herbal tea, treatment ends with a perfectly polished Kevin Murphy blow dry in our Merrion Hair Salon (*Gents haircut is available for our male clients*)

### TOTAL BODY CARE (85 MINS)

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

### HOLISTIC BACK, FACE AND SCALP (85 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.

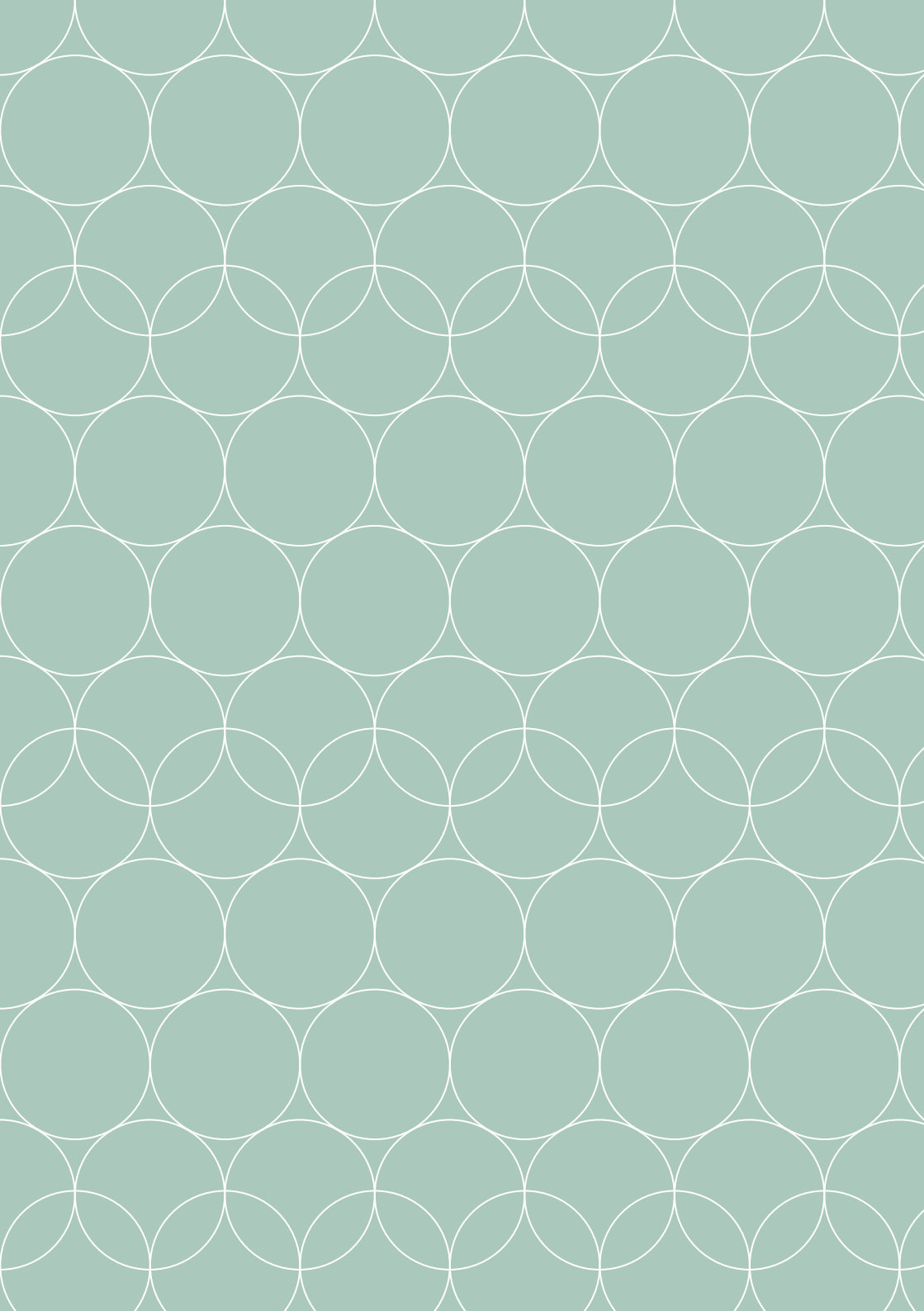
### ULTIMATE GLAMOUR PACKAGE (180 MINS)

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 MINS 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.*



## 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](mailto:thespa@merrionhotel.com) or buy online at [www.merrionhotel.com](http://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](mailto:thespa@merrionhotel.com) or book online at [www.merrionhotel.com](http://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](mailto:thespa@merrionhotel.com) | [www.merrionhotel.com](http://www.merrionhotel.com)

The  
MERRION

# SPA

AND HEALTH CLUB



## BIOLOGIQUE RECHERCHE FACIALS

|                             |         |      |
|-----------------------------|---------|------|
| Hydreclat                   | 55 mins | €160 |
| Masque Exfoliant            | 55 mins | €170 |
| Booster MC 110              | 55 mins | €175 |
| Booster VIP02               | 85 mins | €220 |
| Soin Lissant                | 85 mins | €220 |
| Lift CVS                    | 85 mins | €220 |
| Seconde Peau                | 55 mins | €280 |
| Customised Facial           | 75 mins | €185 |
| Mum To Be (Prenatal Facial) | 55 mins | €165 |

*\* Complimentary Instant Skin Lab consultation on first visit upon request.*

## ESPA FACIALS

|                         |         |      |
|-------------------------|---------|------|
| Personalised            | 55 mins | €155 |
| Men's Rebel             | 55 mins | €155 |
| Optimal Skin Pro-Facial | 55 mins | €165 |
| Customised Facial       | 75 mins | €175 |

## MASSAGES

|                     |              |             |
|---------------------|--------------|-------------|
| Full Body Massage   | 55 / 75 mins | €150 / €170 |
| Deep Tissue Massage | 55 / 75 mins | €165 / €185 |
| Hot Stone Massage   | 55 / 75 mins | €160 / €180 |
| Prenatal Massage    | 55 / 75 mins | €150 / €170 |

### ADDITIONAL TOUCHES - Enhance your experience

|                     |         |     |
|---------------------|---------|-----|
| Express Facial      | 30 mins | €75 |
| Foot Massage        | 30 mins | €75 |
| Salt and Oil Scrub  | 30 mins | €75 |
| Indian Head Massage | 30 mins | €75 |
| Back Reviver        | 30 mins | €75 |

---

### SIGNATURE TREATMENTS

|                                      |          |      |
|--------------------------------------|----------|------|
| Merrion Rest and Restore             | 90 mins  | €205 |
| <i>Including Hair Salon Blow Dry</i> |          |      |
| Total Body Care                      | 85 mins  | €195 |
| Holistic Back, Face and Scalp        | 85 mins  | €215 |
| The Elevator Ritual X SISTERLY       | 90 mins  | €300 |
| Merrion Signature Package*           | 120 mins | €360 |

*\*This package includes lunch or afternoon tea in The Garden Room*

---

### MANICURES

|                         |         |     |
|-------------------------|---------|-----|
| Margaret Dabbs Manicure | 55 mins | €75 |
|-------------------------|---------|-----|

---

### PEDICURES

|                         |         |     |
|-------------------------|---------|-----|
| Margaret Dabbs Pedicure | 55 mins | €85 |
|-------------------------|---------|-----|

---

### BEAUTY SERVICES

|                         |            |     |
|-------------------------|------------|-----|
| Lip/Chin/Eyebrow Waxing | 15 mins    | €25 |
| Eyebrow/ Eyelash Tint   | 15/30 mins | €25 |

---

### MOMENTS AFTER TREATMENT

|                    |  |     |
|--------------------|--|-----|
| Glass of Champagne |  | €25 |
|--------------------|--|-----|

To book, call the Spa team on +353 1 603 0759 / +353 1 603 0600,  
email [thespa@merrionhotel.com](mailto:thespa@merrionhotel.com) or book online at [www.merrionhotel.com](http://www.merrionhotel.com)