The Spa

AT THE SHELBOURNE

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SOOTHE THE SENSES

Discover the curative wonders of the earth through our natural inspired products and therapies. Reflecting the luxurious surrounds of Dublin's internationally renowned, leading five star hotel, which first opened its doors to welcome discerning guests in 1824, The Spa offers the ultimate in health, relaxation and wellbeing.

Created over three floors, The Spa is the largest in Dublin City Centre and the most exclusive. Offering an atmosphere of calm and elegance, The Spa features seven treatment rooms and an opulent relaxation room, the perfect place to clear the mind and relax. In addition, this oasis of calm features a swimming pool, thermal facilities, a dance studio and state-of-the-art gymnasium.

The Spa at The Shelbourne is a tranquil urban retreat where tension dissolves into serenity in a unique sanctuary set amidst the energy of the bustling city. The Spa offers guests a holistic approach to mind and body with exclusive therapies developed with natural products, including signature rituals and treatments created by world renowned brands. A complete menu of world-class experiences for both men and women include facials, purifying body wraps, intense body scrubs and intricate hand and foot care. Our experienced spa therapists will nurture and care for you with dedication and pure indulgence.

Arrive to The Spa at The Shelbourne and allow yourself the freedom to pleasure your senses...

THE CONCEPT
PRODUCTS & PHILOSOPHY

On entering The Spa at The Shelbourne, guests experience an immediate feeling of calm, of being transported to a unique place where the body's wellbeing is assured and the mind is freed to drift to an exultant level. Comforting and modern surrounds are enhanced by subtle lighting and elegant fixtures, combining to make The Spa an exquisite haven of serenity, within the walls of an historical building which has many stories to tell.

In creating The Spa, the philosophy was to offer the ultimate in luxurious products and we have chosen to partner with two excellent and inspirational brands.

ELEMIS

Elemis spa-therapies work in natural synergy with the skin, body and mind. They offer a blend of exotic cultures, colours and fragrances from around the world to offer incredible results. Dynamic ingredients, medical grade formulae and dedicated research are all combined within Elemis products to provide a range of spa therapies which offer scientific solutions for every skin, body or lifestyle concern.

PAÑPURI

The Pañpuri collection of spa treatments is steeped in tradition, offering the best of Eastern botanical ingredients and utilising a wide range of ancient and rich plants, roots and flowers. Originating in Thailand, Pañpuri is a collection of high-quality skincare and aromatherapy products for head-to-toe pampering. The treatments are based on ancient Eastern traditions of natural remedies for the betterment of the body, mind and soul.

SIGNATURE INDULGENCES

JOURNEY INTO RELAXATION

120 MINUTES

Begin an essential life force journey by stepping into The Spa's opulent and exotic suite where the senses are allured with the elixir of youth, using the vital forces of ancient stone and water therapies. Harnessing the power of warmed Basalt stones, clients are embraced in a comforting wrap and treated to a sublime face and body massage experience.

This anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Specialised micro-circulatory massage techniques are combined with the powerful proven formulations of Liquid Radiance, Cellular Recovery and an Amino Active Mask to help smooth, sculpt and restore skin radiance and plumpness. This superior treatment is further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

ELEGANCE AND GRACE - INSPIRED BY PRINCESS GRACE

70 MINUTES

Relax and unwind with our exclusive treatment to include a Pañpuri Siamese water jasmine body polish, massage and luxury Pañpuri facial. Following your spa experience, enjoy a glass of Veuve Clicquot Rosé Champagne in our relaxation room overlooking St. Stephen's Green. This spa package also includes a gift of a Pañpuri Elegance and Grace Candle for you to continue your spa experience at home.

GENTLEMAN'S OLD FASHIONED PACKAGE

70 MINUTES

Indulge in a Pine & Eucalyptus enriched moor mud back treatment and be relaxed with a tension relief back massage and Skin IQ power booster facial. This experience is complemented by a refreshing Old Fashioned Cocktail prepared by our mixologists in No. 27 Bar & Lounge and served in our opulent relaxation area.

THE ULTIMATE DAY SPA PACKAGES

TRANQUILITY - ELEMIS ABSOLUTE SPA RITUAL

115 MINUTES

Indulge in the ultimate heavenly experience as you are wrapped up in this therapy. Guests can choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solution Facials and then combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Offering maximum results, the Absolute Spa Ritual, a unique Elemis treatment, brings dramatic results and offers and an incredible peace of mind.

RESTORE - PAÑPURI HERBAL COMPRESS MASSAGE & JASMINE FACIAL

180 MINUTES

A healing Thai Herbal Compress made of the finest Eastern herbs slowly dissolves away the body's muscle tensions and spasms as it is applied to the skin using traditional massage techniques. The legendary aromatic virtues of the purest white jasmine blossom essences with Pañpuri's restorative Jasmine Signature Facial complete this journey to Eastern wellness.

UPGRADE YOUR DAY SPA PACKAGE

For a more indulgent experience you can add lunch in The Saddle Room or Afternoon Tea in our Lord Mayor's Lounge to your Ultimate Day Spa Package, contact our Spa reception for details on +353 1 663 4685.

OVERNIGHT SPA PACKAGES AT THE SHELBOURNE

Treat yourself to a relaxing overnight stay at The Shelbourne with our overnight spa packages, the perfect way to experience the ultimate in spa indulgence. For more information visit www.shelbourne.ie or call our dedicated reservation team on +353 1 6634500.

FACE FORWARD

PAÑPURI

RESTORATIVE JASMINE SIGNATURE FACIAL 55 MINUTES

The purest white jasmine blossom essences are legendary in the care of facial skin and Pañpuri has created a restorative Jasmine Signature Facial, which offers a truly effective treatment. Using Pañpuri's exclusive skin care with Jasmine free radical defence complex, inspired by Thailand's most sacred flower, this soothing facial boosts hydration and offers anti-oxidant properties which amplify the skin's defence against ageing, allowing it to immediately appear younger, firmer and more luminous.

ELEMIS

SUPERFOOD PRO-RADIANCE FACIAL 60 MINUTES

This is a crafted nutritional boost for stressed and dull skin. Rich in Superfoods, essential minerals and trace elements: Magnesium, Potassium, Zinc, Vitamin A and E from a mineral army to jump start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients. Skin is left smoother, plumper and luminously radiant, stress - free and lit up with good health.

VISIBLE BRILLIANCE FACIAL 80 MINUTES

With revolutionary results, this anti-ageing treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles around the eyes. Elemis have clinically proven that moisture and elasticity in the skin increases while the skin's radiance is restored through smoothing and sculpting.

PRO-COLLAGEN QUARTZ LIFT FACIAL 80 MINUTES

Clinically proven to reduce wrinkles and improve skin firmness, this wonderful Elemis treatment uses professional strength formulations for maximum effect. The result is a firmer, uplifted and more youthful looking appearance.

ELEMIS BIOTEC

Elemis Biotec delivers the next generation of Elemis facial, setting new standards with a fusion of technology and touch. This unique facial combines new machine technologies seamlessly with hands-on therapy, creating immediate and long term results while targeting specific skincare needs. Powerful plant actives work with the body's natural bio-electrical field and enhance the skins ability to rejuvenate, resurface and radiate.

DURATION 55 OR 85 MINUTES

BIOTEC FIRM-A-LIFT
A ground-breaking blend of massage and sculpting galvanic technology for a contoured complexion that is remarkably lifted.

BIOTEC ANTI-PIGMENT BRIGHTENER
Tackle uneven skin tone and discoloration with a dynamic combination of brightening actives, an ultrasonic peel and light therapy.

BIOTEC SKIN RESURFACER
For a refined, even skin tone, a revolutionary facial that uses an ultrasonic peel, massage, and light therapy resulting in the smoothest skin imaginable.

BIOTEC RADIANCE RENEW
A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions for radiant and visibly brighter skin.

BIOTEC BLEMISH CONTROL
Detoxify and repair damaged tissue with this deep cleansing facial, leaving skin decongested and soothed.

BIOTEC SENSITIVE SKIN SOOTHER
Oxygen infusion and red light therapy improve the skin's ability to repair itself.

BIOTEC SUPER-CHARGER FOR MEN
A multi-tasking, time efficient solution for the male complexion.

BIOTEC EYE TREATMENT
Tighten the delicate eye area with targeted technology.

BODY & SOUL

ELEMIS

EXOTIC COCONUT RUB AND MILK RITUAL WRAP

55 MINUTES

Elemis has perfected the Warmed Skin Nourishing Milk Bath, which is gently poured all over the body. This opulent, exotic therapy is excellent for skin smoothing and softening. The treatment is completed with a pressure point facial massage and de-stress scalp treatment.

FRAGRANT FRANGIPANI BODY NOURISH WRAP

55 MINUTES

The aromatic perfume of the frangipani flower is captured in this wonderful body wrap. Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce Monoi. The skin is lovingly drenched with moisture to provide ultimate radiance, vitality and a wonderful all-over body glow combined, leave the skin nourished and rejuvenated.

PAÑPURI

SIAMESE WATER JASMINE BODY POLISH

40 OR 70 MINUTES

Jasmine, a symbol of both purity and respect, is a sweet, romantic smelling flower deep-rooted in Thailand and Eastern cultures. With its naturally stimulating and emollient properties, Jasmine remains as a meaningful ingredient in beauty treatments throughout the world. With this jasmine-imbued treatment, you can decrease your skin's dryness and irritation, while promoting elasticity and radiance. Discover the heavenly bouquet of the Thai Jasmine scent, and while imparting your skin an aroma reminiscent of the bygone Far East.

MASSAGE

'THE SHELBOURNE' - SIGNATURE LUXURY SWEDISH MASSAGE

55, 70 OR 85 MINUTES

The Shelbourne Spa's signature full body massage, is a traditional treatment, adapted to each client's needs and includes a wonderful tension relieving scalp massage to ease away the last of those stresses.

'THE ESSENTIAL' - DEEP TISSUE WITH ESSENTIAL OILS

55, 70 OR 85 MINUTES

A customised and powerful massage from Elemis this is designed to alleviate stress; ease aching muscles and revive the senses. A dynamic blend of essential oils is prescribed to target individual needs and reduce specific stress and muscle tensions.

Choose from:

- Stress-a-Way: Wind down and release the tension of the day
- Spirit Reviver: A powerful surge to invigorate and recharge
- Muscle Melt: Relax and re-energise a tired and aching body
- Chakra Balancing: Reconnect your mind, body and soul

STRESS BUSTING MASSAGE

25 OR 40 MINUTES

A powerful massage working specifically on your back, neck, shoulders, to reduce tightly-knotted muscles and relieve stress. The Stress Busting Massage is designed to focus on deeper layers of muscle tissue, helping to alleviate muscular tension and stiff joints leaving you feeling relaxed and rejuvenated.

HOT STONE MASSAGE

55 OR 85 MINUTES

Warm basalt stones are guided along the body to melt away tension. A sensory journey for a complete holistic approach to relaxation stimulates the body's own ability to ease pain and tension as well as deeply relaxing and rebalancing the body, mind and spirit.

PAÑPURI

HEALING - THAI HERBAL COMPRESS MASSAGE

85 MINUTES

The Healing Thai Herbal Compress made of premium Eastern herbs, slowly dissolves away the muscle tensions and spasms from the body. A healing and aromatic formula combines various traditional Thai herbs, which, when heated, releases natural aromatic oils to soothe the mind and body. The chakras are realigned for a more positive flow of energy, while mind and body are elevated to a divine and peaceful place.

REFLEXOLOGY

A HOLISTIC THERAPY TO RELIEVE PAIN

55 MINUTES

The ancient Chinese practice of reflexology, a manual therapy focusing on the feet, has recently enjoyed a surge in popularity as a modern holistic therapy to relieve pain and stress. Reflexology is a natural healing art and is the practice of applying precise hand and finger pressure to specific points on the feet to stimulate the body's own healing system. These points are believed to correspond to specific organs and structures in the body.

GREAT EXPECTATIONS MOTHER TO BE

'COCOON' - MOTHER-TO-BE MASSAGE
80 MINUTES

This nurturing massage, which has been thoughtfully adapted to each stage of pregnancy, connects mother and baby through the wonderful power of touch. The techniques specifically devised by our therapists help to relieve tension in the back as well as alleviating swelling in the hands and feet, all the while easing the mind and uplifting the spirit making that wonderful journey to motherhood a more pleasurable experience.

TIPS TO TOES - MOTHER-TO-BE LUXURY ELEMIS FACIAL & PEDICURE
115 MINUTES

A luxurious facial and pedicure for expectant mothers. This treatment employs anti-ageing properties, which instantly firms, rejuvenates and plumps skin whilst assisting in alleviating dark circles. Moisture and elasticity have been clinically proven to increase with this specially devised treatment and the skin is left feeling smoothed, rejuvenated and radiant. Of course, those important feet, which have to carry such a heavy burden as pregnancy matures, are left feeling luxuriantly refreshed and revitalised.

FINISHING TOUCHES

OCCASION MAKE-UP
Fresh Day Look
Evening Look
Enhanced Eyes

OCCASION LASHES
Winged Corners
Full Set

LASH ENHANCEMENT - YUMI LASHES
40 MINUTES

An advanced Swiss technique designed to lift, curl and tint your natural lashes, adding volume and length. Incredible results which last for 8 -10 weeks. This treatment also includes lash treatment mascara.

GROOMING

WAXING
Body: Half Leg, Full Leg, High Leg Bikini, Underarm, Back, Chest

Face: Eyebrows, Lip, Chin, Nasal, Full Face

THREADING & TINTING
Eyebrow Tidy
Eyebrow Shape
Brow Tint
Lash Tint
Sides of Face
Neck

FOR THAT PERFECT GIFT
Treat a friend or loved one by giving them an experience they will never forget. Beautifully presented gift vouchers are available in a variety of monetary values and for any treatment or package, these can be purchased from reception.

CONTINUE YOUR EXPERIENCE AT HOME
As part of the total experience, The Spa's trained therapists will gladly recommend a skincare routine to enable clients to continue the benefits at home. The products used during treatments are available for purchase at The Spa at The Shelbourne.

TIME TOGETHER
Take time away to be together and let the pressures of everyday life melt away as you relax and enjoy the privacy of The Spa's private treatment suite for that special shared spa experience. Our couples room is available on request and subject to availability.

ADDITIONAL SERVICES

THE SALON AT THE SHELBOURNE

The newest addition to The Shelbourne, The Salon whispers glamour and elegance. A luxurious and timeless sanctuary created for those who wish to escape, unwind, relax and indulge in an exclusive environment, dedicated to beauty. With a selection of premium hairdressing and beauty services including luxury manicures, pedicures, express facials, make-up and hairstyling, The Salon offers guests the ultimate pampering facilities for hair and beauty connoisseurs.

For more information or to make a booking please call our Salon on + 353 1 6634690.

BRIDAL MAKE-UP & HAIR STYLING

Our professional team and personal service also offers the ultimate pre wedding experience with bridal packages available at The Salon at The Shelbourne. Relax on your wedding day and indulge in the luxury of five star surroundings whilst our professional team of hairstylists and make artists help you create your ideal look for your special day. With exclusive Salon rental also available to brides at The Shelbourne, invite your bridal party to experience the ultimate bridal shower at The Salon with an impressive selection of signature treatments for you and your bridal party to indulge in.

OPENING HOURS

Monday and Tuesday: 7.00am - 8.00pm Wednesday and Thursday: 7.00am - 9.30pm
Friday: 7.00am - 8.30pm Saturday: 9.00am - 8.30pm Sunday: 9.00am - 8.00pm

THE HEALTHCLUB AT THE SHELBOURNE

The ultimate sanctuary for fitness and well-being in Dublin, The Health Club at The Shelbourne offers a range of excellent facilities located in the luxurious surroundings of The Shelbourne including an 18 metre swimming pool, sauna and steam room, state-of-the-art gymnasium and an extensive range of fitness classes, all professionally run by our team of fully qualified personal instructors.

To make a membership enquiry, please call our Health Club Manager on + 353 1 6634686.

HOW TO SPA

QUESTIONS & ETIQUETTE

HOW DO I CHOOSE MY TREATMENTS?

The Spa offers a menu of treatments, which will pamper, relax and revive the body. Highly trained therapists can help clients select treatments according to individual needs.

CONSULTATIONS

The professional team at The Spa offers confidential and complimentary consultation, which will be carried out prior to commencing any treatment. It is essential to let the therapists know of any allergies and specific medical conditions to allow treatments to be specially screened and tailored.

ON ARRIVAL

The Spa kindly asks new clients to arrive 15 minutes prior to the first appointment in order to fulfil registration requirements and to complete consultation documentation. This is to avoid such formalities being carried out during the booked spa or treatment time.

MOTHERS TO BE

The Spa has a range of treatments, which are designed and safe for 'mums to be'. Please advise of pregnancy before booking treatments.

YOUNG ADULTS

Young adults aged 16 and over are welcome to enjoy The Spa's treatments and facilities.

WHAT SHALL I WEAR?

The Spa provides complimentary robes and slippers. On arrival, a therapist will explain what the treatment entails and will advise which items of clothing should be worn. During treatments the therapists will drape clients appropriately and respect privacy. Whilst using the wet spa and any of The Spa's Thermal experiences, swimming shorts/trunks or costumes should be worn.

RELAXATION ROOM

Our relaxation room is there for you to enjoy after your Spa experience for up to one hour after your treatment, unwind and enjoy the views of St. Stephen's Green with a complimentary refreshment plate of your choice. Please note our relaxation room is only available with selected treatments.

PEACE OF MIND

We endeavour to provide clients with a tranquil, relaxing and reviving environment. We therefore request that mobile phones, iPhones, iPads etc be placed in the locker on arrival and remind clients that smoking is not permitted on the premises.

RESERVATIONS AND CANCELLATIONS

Please book spa appointments in advance. Credit card details are required to secure an appointment. Clients who wish to change or cancel an appointment are asked to give 24 hours notice otherwise 50 per cent of the treatment will be charged, unless the slot is fully booked and the appointment is taken by another client. Unfortunately, non-arrivals will be charged with the full treatment price. Always feel free to walk in, we may have a cancellation.

AND FINALLY, A FEW SPA TIPS

A Spa experience is a journey to another level of relaxation and enlightenment. To ensure the maximum benefit from a visit to The Spa, talk with your therapist beforehand to discuss preferences and any concerns you may have. This will ensure that your treatment will not be just a wonderful and therapeutic experience, but a rewarding journey, which will have many happy returns.

SPA OPENING HOURS

9.00am - 7.00pm Monday, Tuesday and Sunday (including bank holidays)
9.00am - 9.00pm Wednesday, Thursday and Friday
9.00am - 8.00pm Saturday

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