

# THE SPA

AT THE SHELBOURNE

## OPENING HOURS

Monday to Friday : 8am - 8pm

Saturday & Sunday : 10am - 6pm



## THE SPA

We have created The Spa at The Shelbourne to be a place of tranquillity. Subtle lighting and hushed voices, the timeless beauty of this historic building and reassuring elegance and comfort of the modern fixtures, and above all, the atmosphere of unhurried calm. From the moment you step through these doors, your mind is free to drift and dream, your body can begin to unwind, and you can release any worries or tension you may have carried through the day.

# FACE FORWARD

## SWISSLINE BY DERMALAB

### Swiss Ultimate Collagen

(90min)

REJUVENATING AND RESTORATIVE

This comprehensive skin-transforming treatment harnesses pure native collagen, marine collagen, peptide technologies, pure silk and plant-based growth factors to rejuvenate stressed, dull or ageing skin. The treatment revolves around Pure Collagen Face & Neck Films, which are made of 92% Pure collagen, 97% of which has identical molecular structure to the skin's own collagen. The film's patented MatriCol™ technology offers a non-invasive refill and instant replenishment. The treatment, ideal for mature, dry skin, boosts collagen levels in the skin, smooths lines and wrinkles and facilitates the skin's natural repair.

### Swiss Smart

(60min)

FOR THE FIRST SIGNS OF AGING

Quick and to the point, this fully personalised treatment is ideal for the first signs of ageing. It uses a selection of Swissline's pharmaceutically graded Cell Shock Age Intelligence boosters to hydrate, restore glow and vitality and enhance skin resilience, together with a selection of targeted masks honing-in on the client's specific concerns. This facial is perfect for skin that needs an instant "de-stress" of any kind.

### Swiss Radiance

(60min)

SOOTHING AND REVITALISING

An exceptional moment of bliss awaits you with this unique face & body treatment. It features a 30min relaxing back massage to remove all stress and tension, followed by a 30min oxygen boosting facial that will stimulate and deeply moisturise your skin. This combined face and body treatment will restore radiance to the skin, giving it a renewed glow and a more youthful appearance.

### Swiss Oxygen Facial

(75min)

BREATHING LIFE INTO THE SKIN

Immerse yourself in the world of Swiss Oxygen, an exclusive spa treatment designed to protect your skin from the effects of modern life. This facial boosts oxygen consumption on a cellular level to stimulate, strengthen and purify the skin, effectively waking up the skin's aerobic capacity to absorb nutrients. Through targeted stimulation, strengthening and cleansing, your skin undergoes a complete revitalisation, allowing it to breath and radiate a new glow. It is the ultimate antidote to tired, lifeless looking skin.

## ELEMIS

### Pro-Glow Renewal

(60min)

FOR GORGEOUS GLOWING SKIN

ELEMIS' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced.

### Pro-Glow Smooth

(60min)

THE HIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

### Pro-Glow Resurface

(60min)

RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines and pigmentation.

### Pro-Glow Brilliance

(60min)

YOUR RECIPE FOR RADIANCE

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

### Pro-Glow Genius

(75min)

YOUR LINE-FIGHTING SUPERHERO FACIAL

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

### Bespoke Pregnancy Facial

(60min)

Pregnancy hormones can completely change your skin type and needs. Let our Elemis trained team create a bespoke facial for you designed to help your skin look refreshed during your second and third trimester.

# ELEMIS BIOTEC PRO-GLOW ADVANCED FACIALS

## BIOTEC – Pro-Glow Renewal

(60min)

FOR A HEALTHY, GORGEOUS GLOW

ELEMIS’ signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced. Supercharged with ELEMIS’ BIOTEC 1.0: Ultrasonic Resurfacing.

## BIOTEC – Pro-Glow Smooth

(60min)

THE ULTIMATE HIT WORKOUT FOR YOUR SKIN

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

## BIOTEC – Pro-Glow Resurface

(60min)

REVEAL STUNNINGLY SMOOTH SKIN

Super-charged deep cleansing and powerful ultrasonic peel technology eliminates visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

## BIOTEC – Pro-Glow Brilliance

(60min)

YOUR RECIPE FOR RADIANCE

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you’ll look and feel more radiant, relaxed, and glowing.

## BIOTEC – Pro-Glow Genius

(75min)

THE ULTIMATE AGE-DEFYING EXPERIENCE

Harnessing the powerful benefits of all 6 ELEMIS BIOTEC 1.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

# GROUND

## Biome Facial

(60min) | (90min)

Designed to reinforce barrier strength and skin longevity by honouring the skin’s natural ecosystem and supercharging the microbiome. The BIOME Facial uses probiotic-rich plant nutrition, lymphatic drainage, and therapeutic massage techniques to calm inflammation, reinforce the skin barrier, and promote long-term healthy skin. Cooling therapy further recharges the skin, leaving it balanced and soothed.

*The 90-minute ritual deepens the experience by addressing areas where stress, often a root cause of gut and skin imbalances, can linger.*

# GROUND RITUALS

## The Sleep Ritual

(60min) | (90min)

Induce deeper breathing and surrender as you envelop yourself in the potent aromas of organic geranium and jasmine absolute to leave you feeling rested and restored. Sacred time for you to allow healing in. This treatment will provide you with the space and time to reconnect to source, to tap into your body’s ability to self-repair and re-align and will leave you feeling replenished and grounded in your body. This ritual serves one purpose: to guide the mind and body into a peaceful, restful state.

## The Balance Ritual

(60min) | (90min)

Empowering and supporting through change: Perimenopause and Menopause.

Designed with women in mind, this hands-on approach to well-being is truly holistic. Each treatment commences with an aromatherapy foot bath and breathwork and uses Cold Stone Massage Therapy, Gua Sha, Reflexology and Lymphatic Drainage - this unique and purposeful ritual will bring alignment and balance when going through this change and experiencing the symptoms of menopause at any stage.

*Choose the 90 Minute option for an all-encompassing treatment that includes focus on: the back, face and feet.*

*Alternatively, the 60 Minute option allows you to choose your preferred 2 areas of focus from the following: the back, face, feet. The Sleep Ritual.*

## The Grand Dame Ritual

(60min) | (90min) | (120min)

Inspired by the rich history of our Iconic hotel, affectionately known as “The Grand Dame of Dublin”. This exclusive massage is a celebration of our Irish heritage. This full-body treatment is designed to immerse you in a state of deep relaxation that eases tension and soothes both body and mind. Inspired by botanicals from St. Stephen Green, our exclusively blended bespoke body oil combined with massage techniques and gentle stretching releases tight muscles and helps to restore balance. Special attention is given to areas prone to holding tension such as the back, shoulders, and neck, using slow, firm movements to alleviate discomfort and enhance circulation.

*The 90 Minute option experience is elevated by a bespoke face massage to support the skin & soothe the soul.*

*Alternatively, the 120 Minute option experience is elevated by a bespoke facial to support the skin & soothe the soul.*

## MASSAGES & HOLISTIC THERAPIES

### Mindful Bespoke Massage

*(60min) | (90min)*

Tune in to yourself with this relaxing massage tailored entirely to your needs. Whether you seek to feel soothed, focused, grounded, uplifted or relaxed, there's a blend for you. Leaving the body and mind feeling fully rejuvenated.

### Deep Tissue Muscle Massage

*(30min) | (60min)*

A vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance.

### Hot Stone Massage

*(30min) | (60min) | (90min)*

Relax your body and deeply hydrate your skin with this restoring muscle treatment. Balinese hot stones are bathed in exotic Frangipani Monoi body oil and worked deep into the muscles, loosening tension and reaching knots and areas of stress at a profound level. The result is radiant vitality, restored muscles and intensely hydrated skin.

### Invigoration & Toning Massage

*(30min)*

The massage works to stimulate the tissues and promote drainage, boosting circulatory and lymphatic systems. It's a great way to target stubborn areas of cellulite that cannot be targeted through exercise, such as the inner knee and upper thigh.

### Soothing Head Massage

*(45min)*

Warm and deeply conditioning oils are massaged into your hair and scalp. An ancient Polynesian tradition resulting in deep relaxation and healthy hair and scalp.

### Classic Swedish Massage

*(60min) | (90min)*

Using gentle and soothing techniques, this Swedish massage will alleviate tension and promote relaxation.

### Peaceful Pregnancy Massage

*(60min)*

This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a pear-shaped beanbag that moulds to every bump and supports everybody, mothers-to-be are lulled and restored to optimum wellness.

## HOLISTIC REJUVENATION

### Reflexology

*(30min) | (60min)*

An ancient Chinese pressure-point massage of the feet, reflexology taps into the body's complex sensory network through focused pressure on specific areas. This deeply restorative therapy promotes soothing changes within the nervous system, supporting balance and harmony throughout the body and mind.

### Reiki

*(60min)*

Derived from the Japanese words Rei ("spiritually guided") and Ki ("life force energy"), Reiki channels universal energy to encourage relaxation and stress relief. Through your therapist's gentle touch, tension melt away, restoring a sense of balance and calm.

### Shiatsu

*(60min) | (90min)*

Originating in Japan, Shiatsu—meaning "finger pressure"—works with the body's Meridian system and the traditional Chinese concept of Qi, or energy flow. This therapeutic practice helps alleviate fatigue, enhance circulation, ease stress, and promote overall well-being.

## BODY WRAPS & SCRUBS

### Lime & Ginger Intensely Cleansing Salt Scrub

*(45min)*

An invigorating experience with the extraordinary cleansing, mineral-rich power of salt. Aromatic salt is used to gently slough away dead skin cells, encouraging the regeneration of skin and leaving the body smooth and responsive to oils and balms. Once thoroughly revived, the body is swept with beautiful oils for velvety-soft, conditioned skin.

### Frangipani Body Nectar Nourishing Wrap

*(60min)*

A deeply grounding experience for skin that's never felt softer. Frangipani Monoi oil is swept over the body for super hydration, quenching thirsty skin and parched areas. The body is softly cocooned and warmed while the mood-balancing aromatics and skin conditioning oils do their work. Neck, shoulder and scalp massages ease you further into relaxation.



## SPA EXPERIENCES

### The Holistic Spa Experience

*(60min)*

Our Holistic Spa Experience provides a wraparound sense of well-being, beginning with a hot stone back massage, designed to melt away every trace of stress. Once you're feeling relaxed and supple, you'll enjoy an expertly targeted pressure point massage to release held tension throughout your feet, hands, and head. You'll leave the treatment room feeling as though you're walking on air: standing straighter, smiling wider, and ready to meet whatever the day has in store for you next.

### The Ultimate Spa Experience

*(165min)*

With the Ultimate Spa Experience, you enter a world set apart. Your experience starts with a bespoke massage to soothe and regulate all your senses followed by a nurturing head massage using conditioning oils. This deep hair treatment will continue to work during your Pro Radiance Elemis Facial. Finally, you'll enjoy a regular manicure, leaving your hands cared for, polished, and ready for any occasion.

### The Celebratory Spa Experience

*(90min)*

Whether it is a birthday, an anniversary or any special occasion the Celebratory Spa Experience is the perfect pampering treat. Enjoy a soothing back, neck and shoulder massage and a luxury bespoke Elemis Facial in our award winning spa. Celebrate with a glass of Champagne as you recline in our opulent relaxation room overlooking St. Stephen's Green. However you choose to fill your day, this break is the ideal opportunity to totally unwind.

### The Ultimate Grooming Experience

*(90min)*

Just for him, the Ultimate Grooming experience banishes stress with this triple indulgent treatment. The experience begins with a soothing back scrub and massage, afterwards enjoy a luxury personalised facial and while the mask absorbs, enjoy a pressure point foot massage.

### The Revitaliser Spa Experience

*(120min)*

The Revitaliser Spa Experience begins with our focused Stress Buster Massage, designed to target the areas of the body where you habitually hold tension. It is both therapeutic and deeply relaxing, and that effect is multiplied by the expert pressure point foot massage which follows. Next, an Elemis facial of your choice will leave your skin renewed and radiant.

### Couture Touch

*(60min)*

A personalised mini facial treatment tailored to help all skin concerns, followed by a relaxing back, neck and shoulder massage tailored entirely to your needs.

## MANICURES

### Regular Manicure

*(30min)*

Detailed cuticle work along with shaping, finished with a polish of your choice.

### Signature Manicure

*(45min)*

Skin is exfoliated gently before a soothing massage is performed. Nails are then given detailed cuticle work along with being perfectly polished to finish.

### Shellac Two Week Manicure

*(45min)*

Groomed cuticles and buffed nails finished with a two-week polish of your choice.

### Shellac Removal

*(15min)*

### Plexigel Manicure

*(60min)*

Detailed cuticle work along with shaping, finished with CND Plexigel, a nail enhancing treatment that provides up to 3 weeks of strength, length, and shape.

### Plexigel Removal

*(15min)*

## PEDICURES

### Regular Pedicure

*(30min)*

Detailed cuticle work along with shaping, finished with a polish of your choice.

### Signature Pedicure

*(30min) | (60min)*

Soothe tired feet and lower legs with luxurious invigorating oil, followed by the warmth and vitality of a heated stone massage. This treatment is finished with groomed cuticles, buffed nails and a polish of your choice.

### Shellac Two Week Pedicure

*(45min)*

Groomed cuticles and buffed nails finished with a two-week polish of your choice.

### Plexigel Pedicure

*(60min)*

Detailed cuticle work along with shaping, finished with CND Plexigel, a nail enhancing treatment that provides up to 3 weeks of strength, and shape.

### Callus Peel

*(30min)*

Remove unwanted and stubborn hard skin leaving feet feeling soft and smooth. Treatment does not include nail grooming. A callus peel can be added to our signature or regular pedicures.

# HOW TO SPA

## How do I choose my treatments?

The Spa offers a full menu of treatments which will pamper, relax and revive the body, but knowing which one to choose can be a little overwhelming. Our highly trained team is here to help, and would be delighted to assist you in selecting the best treatments for your unique needs.

## Consultations

The professional team at The Spa offers a 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 for your safety and comfort.

## 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.

## 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. A swim costume and swim hat should be worn using the wet spa and any of The Spa's Thermal experiences.

## 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 that the use of our relaxation room is exclusively available with our spa treatments.

*For online bookings, please visit [theshelbourne.com](http://theshelbourne.com) or alternatively call +353 1 663 4685*

## Mothers to be

The Spa has a range of treatments which are designed to be safe for 'mums to be'. Please advise of pregnancy before booking so that we may advise you of which treatments are right for you at this special time. You must be a minimum of 12 weeks pregnant to book.

## Peace of Mind

The healing value of silence and tranquillity cannot be overestimated. To maintain an atmosphere of calm, we ask that all our guests observe the quiet areas. We also 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 in order to ensure that the full range of treatments are available at your chosen time. 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 for individual bookings, and 72 hours' notice for groups of three or more, otherwise 50% of the treatment will be charged. 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 more than just a massage or facial. It should be a journey to another level of relaxation. 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. Please feel free to ask questions at any point: we are here to make you feel comfortable and safe. Open communication will ensure that your treatment will not be just a wonderful and therapeutic experience, but a rewarding journey to your highest self.

# SWISSLINE BY DERMALAB

Founded in Switzerland 30 years ago, Swissline is one of the very few brands who can trace its origins into cellular therapy. Swiss science and care are deeply rooted in the brand's DNA. The "well-ageing" products and treatments revolve around addressing inflammation and boosting collagen levels in the skin.

# ELEMIS

Global British skincare brand ELEMIS know that healthy skin starts from within. With over 30 years of research and development, ELEMIS are committed to unlocking the secrets of skin longevity, empowering you with the knowledge and products to achieve collagen health, and thus skin health.

# GROUND RITUALS

Handmade in Cork by Peigín Crowley, Ground Wellbeing offers 100% natural aromatherapy oils and balms for the face and body, Ground Rituals include gentle breathwork, hands on rhythmical pressures and techniques and the compelling powers of aromatherapy oils. All these elements combine to create a mindful moment in time customised for you. A moment to be truly present in your body as you lean into relaxation and peacefulness.

