



THE  
**Spa**

INTERCONTINENTAL DUBLIN

ESPA

A woman with dark hair tied up in a bun is lying face down on a massage table. A therapist's hands are visible, massaging her back. The scene is lit with warm, golden light, creating a relaxing atmosphere. The background is dark, and the overall mood is serene and luxurious.

Dublin's only  
*true* urban  
resort

## *ESPA Essentials & Advanced Treatments*

Restore and nourish in a complete sense with this inspired collection of personalised treatments from world-renowned spa experts ESPA.

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focussed facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

## *ESPA Facials*

### **ESPA INNER BEAUTY FACIAL**

**55 MINS**

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

*Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam – facial massage – personalised mask – scalp massage.*

### **ESPA INTENSE REGENERATING FACIAL**

**55 MINS**

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.

*Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam – age-defying facial massage – mask – scalp massage.*

### **ESPA INSTANT RADIANCE FACIAL**

**85 MINS**

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

*Includes: Skin analysis with Skin Vision™ lamp – triple cleanse (including deep brush cleanse) – exfoliation – steam – Tri-Active™ Regenerating Resurface & Brighten Mask – age-defying rose quartz crystal massage – professional Lifting & Smoothing Mask – scalp massage.*

### **ESPA NATURAL FACE LIFT**

**85 MINS**

Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

*Includes: Skin analysis with Skin Vision™ lamp – double cleanse – steam – Japanese Kobido inspired facial massage - stimulating jade rollers - sculpting & lifting massage techniques – Lifting & Smoothing Mask – scalp massage.*

## *ESPA for Men*

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

### **ESPA MEN'S DEEP CLEANSING FACIAL**

**55 MINS**

Deeply cleanse, hydrate and renew with these instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

*Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam – facial massage – personalised mask – scalp massage.*

## *ESPA Essential Body Massages*

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity.

### **ESPA INNER CALM MASSAGE** 55/85 MINS

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relaxation, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

*Includes: Breathwork – full body aromatherapy massage – scalp massage with rose quartz crystals.*

### **ESPA SWEDISH MASSAGE** 55/85 MINUTES

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

*Includes: Full body Swedish massage – scalp massage.*

### **ESPA DEEP MUSCLE MASSAGE** 55/85 MINS

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

*Includes: Targeted massage, with or without hot stones, focussing on areas of concern – scalp massage.*

### **ESPA HOT STONE MASSAGE** 55/85 MINS

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

*Includes: Full body aromatherapy massage with hot stones – scalp massage.*

### **ESPA PRE-NATAL RELAX & RESTORE** 55/85 MINS

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

*Includes: – Focused body massage – scalp massage.*

## *ESPA Body Treatments*

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.

### **ESPA BACK, FACE & SCALP TREATMENT - HERO TREATMENT** 85 MINS / 115 MINS

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

*Includes: Back exfoliation – back massage with or without hot stones – inner beauty facial – scalp massage.*

## ESPA BODY WRAP

55 MINS

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying algae or nourishing marine mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

*Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage.*

## DEEP CLEANSING BACK TREATMENT

55 MINS

A tension releasing massage for tight muscles and congested skin on the back, neck or shoulders. The back is deep cleansed and exfoliated to help stimulate circulation and refresh the skin. A marine mud mask is then smoothed onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away tension from the back with a calming back massage.

# Express Treatments

## ESPA BACK, NECK & SHOULDER MASSAGE

25 MINS

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

*Includes: Massage to the back, neck and shoulders.*

## ESPA EXPRESS FACIAL

25 MINS

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

*Includes: Skin analysis with Skin Vision™ lamp – double cleanse – exfoliation – face massage.*

## HEAD MASSAGE

25MINS

A relaxing head massage to clear your mind including pressure points.

## ESPA EYE LIFT

25 MINS

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

*Includes: Skin analysis with Skin Vision™ lamp – cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask.*

## ESPA SALT & OIL SCRUB

25 MINS

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

*Includes: Skin brush - salt & oil full body exfoliation.*

## INVIGORATING FOOT & LEG TREATMENT

25 MINS

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

## Spa Guide

- The Spa opening hours are Monday to Sunday from 7am to 7pm.
- Children's Hours are from 9.30am to 12pm and 4pm to 7pm.
- Spa Treatment hours are from 10am to 6pm.

### SCHEDULING AN APPOINTMENT

To schedule an appointment please contact our team on the direct line 01-665 4602 where we can confirm and secure your booking, if you have any further queries, please email us at [thespa@icdublin.com](mailto:thespa@icdublin.com).

### ARRIVAL TIME

For hotel guests, please arrive at The Spa in your robe and slippers at least 15 minutes before your appointment. Non-resident guests should arrive at least 30 minutes prior. Our Spa Reception team will provide a locker, robe, and slippers, and request you complete a consultation form before your treatment.

### HEALTH CONDITIONS

Kindly advise of any health conditions, allergies, recent medical or cosmetic procedures or injuries, which could have a bearing on our services/ treatments when making your Spa reservation. Guests may be requested to provide a note from the GP as a safety precaution.

### PREGNANCY

We have specifically designed treatments for expectant and nursing mothers. Expectant mothers must be over 12 weeks pregnant for body treatments.

### AGE REQUIREMENTS

Children under 16 must be accompanied by an adult at all times in the pool and Jacuzzi areas during the designated Children's hours. Please note that access to the gym, sauna, and steam rooms is restricted to guests over the age of 16.

### CHECK OUT

Guests must check out at The Spa Reception before leaving The Spa to ensure the treatment charge has been processed. There is no service charge on spa treatments. Gratuities are at the guest's discretion.

### CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatments not cancelled within 24 hours prior to the appointment. Cancellation within 12 Hours incurs the full charge.

Beauty is about  
*enhancing* what  
you have. Let  
yourself *shine*  
through.

- Janelle Monae



INTERCONTINENTAL®  
DUBLIN

Simmonscourt Road, Ballsbridge,  
Dublin 4, D04 A9K8

T: +353 (1) 665 4602

E: [thespa@icdublin.com](mailto:thespa@icdublin.com)

[www.intercontinentaldublin.ie](http://www.intercontinentaldublin.ie)





