



THE DAWSON *Spa*

TATLER
BOUTIQUE SPA OF THE YEAR 2015
FACIAL OF THE YEAR 2016

Situated in the heart of Dublin city, we at the Dawson Spa pride ourselves on being a little haven away from the busy streets of the city. We offer a range of therapies from the world renowned Irish brand 'VOYA' and along with our very own range of Organic Signature Therapies all designed to promote relaxation for The Mind, Body & Soul.

At the award winning Dawson Spa we strive to bring you the full power of nature in its purest forms throughout The VOYA range along with our Healing Therapies & our very own Organic Signature Treatments.

VOYA ORGANIC FACIALS

All of VOYA's revolutionary range of certified organic products are formulated using strict USDA and Soil Association certified organic seaweed. Each VOYA Facial will include a deep double cleanse, a spiny bamboo exfoliator to reveal a more radiant glow along with VOYA's signature facial massage using a face serum containing an intense blend of essential oils and anti-oxidant seaweed

VOYA EXPRESS 40MINS 55

Perfect for those with limited time, this is a mini version of our Ocean fresh Facial. It includes a deep cleanse, rejuvenating exfoliation and hydrating mask followed by our relaxing scalp massage.

ORGANIC REVITALISING MARINE EYE TREATMENT 30MINS 45

This is an ultimate treat for refreshing and rejuvenating tired eyes. The unique seaweed leaf eye compresses are applied along with specialised products rich in seaweed extract, Green Tea and Vitamin C directed at puffiness around the eye area.

OCEAN FRESH FACIAL 55 MINS 75

This truly organic facial uses a spiny bamboo exfoliator to reveal a more radiant glow. Relax with the VOYA signature facial massage using a face serum containing an intense blend of essential oils and anti-oxidant seaweed. Finish with our VOYA gel mask which deeply hydrates and detoxifies the skin. This is complimented with our relaxing scalp massage.

ORGANIC ILLUMINATING FACIAL 55 MINS 85

This incredible Organic Illuminating facial will brighten skin, help to even skin tone and increase clarity. This facial incorporates a pressure point facial massage, targeting the deeper muscles in the face to release any build-up of toxins, to improving radiance and helping to restore a glowing skin complexion. Followed by a relaxing pressure point foot massage to melt away any aches and pains and leave the mind, body and soul balanced.

ORGANIC PURIFYING DEFENCE FACIAL 70 MINS 85

For oily, congested, problematic or stressed city skins, this anti-oxidant and anti-ageing facial therapy can eliminate toxins, re-balance and tighten the skin leaving it calm, cleansed, re-balanced and uplifted with a clearer complexion. Also includes a hot foam back cleanse and relaxing scalp massage.

ANTI-AGING RESTORATIVE FACIAL 70 MINS 90

Suitable for all skin types, though will particularly benefit mature, dry or dehydrated skin types. This facial helps to fight the signs of visible aging, reduce the appearance of fine lines and wrinkles, hydrates and plumps skin texture. Skin is instantly firmer and tightened with a natural radiant glow. This is complimented with our relaxing scalp massage.

DELUXE FACIAL EXPERIENCE 85MINS 105

This revolutionary seaweed facial is a truly indulgent treatment suitable for all skin types. It begins with body brushing on the back and back massage, followed by an organic facial and intense VOYA signature facial massage. Freshly harvested organic seaweed leaves are placed on the face along with our double action mask which aims to detoxify and nourish even the most troubled dry skin, complimented with our relaxing scalp massage. This experience will deeply renew, revive and soften dry and dehydrated skin, alleviating fine lines and wrinkles.

BODY SCRUBS, WRAPS AND BATHS

VOYA PEPPERMINT AND SEAWEED SUGAR GLOW 55MINS 75

A purifying and refreshing all over exfoliating body treatment using a fragrant mix of organic peppermint leaf, seaweed and sugar. The ingredients will perform the action of removing dead skin cells whilst treating you to the uplifting effects of our peppermint essential oil. This allows our body moisturiser to deeply penetrate into the skin.

VOYA ORGANIC HYDRATING BODY SCRUB 55MINS 75

Our dual action lathering body buff exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts. Our gentle yet effective formula removes rough and lifeless looking skin cells to reveal much more refined softer, silky smooth skin. This allows our body moisturiser to deeply penetrate into the skin.

VOYA ORGANIC STIMULATING BODY BUFF 55MINS 80

Let us scrub your body from head to toe with certified professional organic 'Seaweed bladderwrack' body buff. It is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral rich seaweed buff combined with VOYA's signature seaweed massage oils offer a powerful organic way to invigorated skin. Followed by an application of 'Softly Does It' to the skin.

VOYA ORGANIC SEAWEED LEAF WRAP 85MINS 95

This crème de la crème of body wraps is a signature VOYA treatment inspired by the sea. Fresh leaves of Atlantic seaweed cocoon the body to deeply detoxify, moisturise, soften and revive the body. The treatment begins with an exfoliation followed by a wrap of seaweed for the body. While the seaweeds minerals, vitamins and amino acids work their magic, you will be treated to a relaxing scalp massage.

VOYA VOYAGER MASSAGE JOURNEY 85MINS 105

A complete top to toe relaxation journey, incorporating scalp massage, body brushing, gentle stretches and body massage that replicates the movement of the sea combining both gentle and stimulating movements. The ultimate luxury and detoxifying treatment relieves aches and pains and conditions the body using the world's 1st and most organic seaweed oils with 2lbs of seaweed in one bottle.

DETOXIFYING SEAWEED BATH 30MINS 55

Immerse yourself in a bath of pure seaweed hand harvested from the unspoilt Atlantic coast of Ireland. This treatment will relax muscles, ease aches and pains and support skin renewal and is excellent part of any detox programme. *Take your seaweed home to continue your spa experience.* Add on to any treatment €35

CLEOPATRA MILK BATH 30MINS 45

Relax and unwind in a luxurious bath filled with our specialised milk and essential oil combination to soothe your senses and nourish your skin. Lactose Enzymes will help to break down dead skin cells and leave the skin feeling soft and hydrated. Add on to any treatment €35

AROMATHERAPY BATH 30MINS 40

Submerge yourself in our beautiful marble bath suite filled with soothing bath salts and our signature seasonal essential oil blends. This bathing treatment is designed to relieve muscle tension and to relax the mind, body and soul. Add on to any treatment €30

MASSAGE

SIGNATURE FULL BODY MASSAGE 55MINS	75
Our signature massage incorporates different styles of massage tailored to your needs.	
SIGNATURE FULL BODY MASSAGE 85MINS	99
Our signature massage incorporates different styles of massage tailored to your needs.	
SIGNATURE BACK MASSAGE <u>OR</u> INDIAN HEAD MASSAGE 30MINS	55
INDIAN HEAD AND BACK MASSAGE 55MINS 	80
THAI MASSAGE (NORTHERN SYTLE) 85MINS 	109
Preformed on a firm but comfortable mat on the floor this treatment combines gentle pressure and compression used to stimulate the internal organs and relax tense muscles along with passive stretching to adjust the skeletal structure increasing flexibility, movement and mobility. Light clothing such as t-shirt and tracksuit pants are required for this treatment.	
DEEP TISSUE FULL BODY MASSAGE 55MINS 	90
Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain and muscle tightness.	
HOT STONE FULL BODY MASSAGE 85MINS 	109
Hot stone massage uses soothing oils & warm basalt stones to relax your muscles, allowing for a more intense all-over massage. The heat from the basalt stones relaxes your muscles, giving a deeper and more effective treatment.	
BACK HOT STONE MASSAGE 30 MINS 	70
PREGNANCY FULL BODY MASSAGE 55MINS	75
A deeply relaxing massage designed to ease away muscle tension, tired feet and to promote relaxation in this time of great change.	
COUPLES MASSAGE 55MINS	159
(Two Signature Full Body massages in our couples suite and a glass of Prosecco per person)	
BALINESE FULL BODY MASSAGE 55MINS 	80
Balinese massage uses a combination of gentle stretches, acupressure and deep strokes to stimulate the flow of blood, oxygen and energy around your body, and bring a sense of wellbeing, calm and deep relaxation.	

HEALING TREATMENTS

REIKI 55MINS 80

Reiki is an ancient Japanese energy healing method which helps to maintain wellness, alleviate pain, stress and other physical & emotional issues. This treatment is carried out by balancing the flow of energy within the mind and body.

REFLEXOLOGY 55MINS 80

Reflexology is the holistic understanding, study and practice of treating points and areas in the feet that relate to correspond parts of the body. Using precise hand and finger techniques, a reflexologist can encourage the person's own healing systems to be activated to maintain well being.

SHIRODARA 25MINS 55

This is an ayurvedic treatment that involves pouring warm oil onto the forehead or 'third eye'. Shirodara helps to alleviate stress and anxiety with total relaxation.

THE DAWSON SPA RITUALS

THE DAWSON WARM HEART COCOON 2HRS 30MINS 170

This is the ultimate relaxing body treatment designed to relax mind, body and soul, leaving you in a state of zen. Start your journey with a full body sugar exfoliation and allow our rich signature oil soak deep into your skin while your therapist preforms a full body hot stone massage. This is combined with a soothing facial massage and Shirodara treatment.

THE DAWSON TASTER 90MINS 109

Choose 3 of the following treatments: Back massage, Indian head massage, body brush exfoliation, Voya Mini Facial, file and polish on hands or feet, Milk or Aromatherapy Bath.

PRE-NATAL PAMPERING 90MINS 109

Awaken tired feet with a revitalizing foot soak to ease any aches and pains and reduce swelling. Drift away with our relaxing customised pre-natal facial designed to improve skin tone, refresh and brighten tired skin. Put a spring in your step with a relieving foot and leg massage designed to help relive fluid retention then finish with a file and paint for pretty toes.

THE DAWSON MIND, BODY & SOUL HARMONY 2HRS 145

This treatment will ease away tired feet during our refreshing foot and leg ritual. Allow our full body royal Thai pressure point massage relax and loosen tense muscles. Then let your mind body and soul drift away with a full body warm oil aroma massage (choose from a relaxing or uplifting oils). Conclude with a rejuvenating facial pressure point and scalp massage to leave you in a state of pure relaxation.

BALINESE BOREH 2HRS 160

This traditional Eastern Healing treatment begins with a full body Balinese massage to ease away any muscle tension and bring you to a state of ultimate relaxation. You will then be enveloped in our Boreh body mask. This deep penetrating heat mask will increase blood circulation, exfoliate the skin and relieve tired muscles whilst your therapist performs a deeply relaxing scalp massage. Finish your Asian Journey by submerging yourself deep into our nourishing milk bath.

WAXING

BIKINI BASIC	20
CALIFORNIAN	30
BRAZILIAN	45
HOLLYWOOD	55
REBOOK YOUR BRAZILIAN OR HOLLYWOOD WAXING WITH IN FOUR WEEKS- PAY A SPECIAL PRICE OF	40
ADD HALF LEG TO ANY BIKINI	20
ADD A FULL LEG TO ANY BIKINI	35
HALF LEG/ UPPER LEG	25
¾ LEG	35
FULL LEG	40
UNDERARM	15
FOREARM	20
BACK	40
CHEST	35
LIP/CHIN	12
EYEBROW	12

THREADING & TINTING

FULL FACE THREADING	45
EYEBROWS	15
LIP	15
EYEBROW & LIP	20
LIP & CHIN	25
BROWS, LIP AND CHIN	30
LASH TINT	20
BROW TINT	10
LASH AND BROW TINT AND THREAD/SHAPE	35

HANDS & FEET

SPA MANICURE 55MINS	50
SCRUB, MASSAGE WITH DEEP CONDITIONING MASK, CUTICLE AND NAIL WORK & PAINT. WITH SHELLAC €55	
SPA PEDICURE 55MINS	55
FOOT SOAK, SCRUB, MASSAGE WITH DEEP CONDITIONING MASK, CUTICLE AND NAIL WORK & PAINT. WITH SHELLAC €65	
SHELLAC EXPRESS MANICURE/PEDICURE 45MINS	35
FILE & SHELLAC PAINT.	

SPA POLICIES

Arrival time: We ask that you arrive 15 minutes prior to your appointment. This is so you can fill in a consultation form and to give you time to get changed into your robe and slippers. Unfortunately late arrivals may result in reduction of treatment time so other guests are not inconvenienced.

Cancellation policy: Cancellation is free for up to 24 hours before an appointment. If this notice is not given 100% of the treatment is charged. Late arrival will shorten your treatment time.

Spa Etiquette: We ask that you switch off mobile phones and keep noise levels to a minimum to respect other spa guests.

Gift vouchers: Gift vouchers are valid for one year from the date of purchase, regrettably we cannot extend vouchers after 1 year.

Pregnancy: We have treatments specifically for pregnant ladies, treatment will only be carried out from 12 weeks onwards.

Children policy: We cannot accommodate children in the Spa including the waiting area as we must keep noise levels to a minimum.

OPENING HOURS

Monday:	Closed
Tuesday:	10am-6pm
Wednesday:	10am-6pm
Thursday:	10am-8pm
Friday:	10am-8pm
Saturday:	10am-6pm
Sunday:	10am-6pm