

## HEALING TREATMENTS

**Reiki** 55min €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** 55min €80  
Reflexology is the holistic understanding, study and practice of treating points and areas in the feet that relate to corresponding 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 wellbeing.

**Shirodara** 25 mins €50  
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** 2hr 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** 90min €99  
Choose 3 of the following treatments: Back massage, Indian head massage, Voya Mini Facial, Express manicure or pedicure, Milk or Aromatherapy Bath.

**Seascape Journey** 2hr €180  
VOYA's luscious salt scrub exfoliates your body from head to toe before relaxing into our detoxifying seaweed bath. Continue your journey as we energise your skin using seaweed extracts from VOYA's signature seaweed, Frucus Serratus. VOYA's organic facial serum then ensures the infusion of ylang ylang, while bergamot, coriander and hints of vetiver help to awaken tired and dull skin.

## 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** 55min €50  
Scrub, Massage, Mask, Nail Work & Paint  
With Shellac €55

**Signature Pedicure** 55min €55  
Foot Soak, Scrub, Massage, Mask, Nail Work & Paint  
With Shellac €65

**Express Manicure/Pedicure** 25min €25  
Cuticles tidied, file & paint

**Shellac express Manicure/Pedicure** 45min €35  
Cuticles tidied, file & Shellac paint

## WAXING

Bikini basic	€20
Extended Bikini	€25
Californian	€35
Brazilian	€45
Hollywood	€50
Half Leg	€25
¾ Leg	€35
Upper Leg	€28
Full Leg	€40
Half leg and Bikini	€40
Half Leg and Ext Bikini	€45
Full Leg and Bikini	€55
Full Leg and Ext Bikini	€60
Underarm	€15
Forearm	€15
Back	€40
Chest	€35
Lip/Chin	€12
Eyebrow	€12

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Opening Times:  
Tuesday, Wednesday, Sat and Sunday 10am - 6pm  
Thursday and Friday 10am - 8pm.

**THE DAWSON** *Spa*



# THE DAWSON Spa

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 Band 'VOYA' along with our very own range of Organic Signature Therapies all designed to promote relaxation for The Mind, Body & Soul.

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

## VOYA FACIALS

**Organic Illuminating Facial** 40 min €80  
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.

**Ocean Fresh Facial** 55 min €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

**Anti-aging Restorative Facial** 75 min €85  
Suitable for all skin types, though of particular benefit to 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** 85min €95  
This revolutionary seaweed facial is a truly indulgent treatment. It begins with a back exfoliation 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 detoxifying and nourish even the most troubled dry skin. We then enhance the mask with a light head massage. This is complimented with our relaxing scalp massage. This experience will deeply renew, revive and soften dry and dehydrated skin, alleviating fine lines and wrinkles.

**Voya Express** 45min €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 Seaweed Marine Eye treatment** 40 min €55  
This is an ultimate treat for refreshing and rejuvenating tired eyes. The Seaweed Marine Eye Treatment is a relaxing and decongesting lymphatic treatment using specialised products rich in seaweed extract, Green Tea and Vitamin C directed at puffiness around the eye area. The unique seaweed leaf eye compresses are applied and allowed to work their magic while a relaxing scalp massage is performed.

## BODY SCRUBS, BATHS AND WRAPS

**Peppermint and Seaweed Sugar Glow** 55 min €75  
A refreshing all-over exfoliating body treatment awakens the skin and body. A fragrant mix of organic peppermint leaf, seaweed and sugar, which 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.

**Seaweed Leaf Wrap** 85 min €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.

**Detoxifying Seaweed Bath** 30min €45  
We will immerse you 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 treatment.

**Signature Milk Bath** 30min €40  
Break down dead skin cells and leave the skin soft. Relax and unwind in a luxurious bath filled with essential oils to soothe your senses, nourish your skin and soak your troubles away.

**Aromatherapy Bath** 30min €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.

**Balinese Boreh** 2hr €150  
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.

## MASSAGE

**Signature Full Body Massage** €75 55min or €95 90min  
Our signature massage incorporates different styles of massage tailored to your needs.

**Signature Back Massage** 30min €55

**Balinese Full Body Massage** 55min €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.

**Deep Tissue Full Body Massage** 55min €75  
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** 90min €99  
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.

**Pregnancy Full Body Massage** 55min €75  
A deeply relaxing massage designed to ease away muscle tension, tired feet and to promote relaxation in this time of great change.

**Indian Head Massage** 40min €55  
A pressure point massage to the head, neck & shoulders, this is a therapeutic treatment which helps to relieve tension and stress.

**Indian Head and Back Massage** 55min €80

**Couples Massage** 55min €149  
(Two Signature Full Body massages in our couples suite and a glass of Prosecco per person )