

ATHENAEUM

BY



DEE SPAS
WELLNESS

Begin Your Wellness Journey

TREATMENT LIST

Begin your Wellness Journey



Our Philosophy

The flower of life symbolises the creation of all existence. The geometric flower design depicts how all life is interconnected and comes from one singular source. This aligns perfectly with our ethos, that to achieve overall wellness, we need to heal and balance our mind, body and spirit.

At Dee Spas, we want to give you a unique wellness escapade, one that you will find hard to forget. We specialise in creating unique experiences tailored to help you reach your desired wellness goals. Using unique blends of ingredients and a fusion of therapies we aim to offer you a space of holistic wellness.

Elevate your wellness with us.



The Body Experiences

Our pampering massages utilise ancient techniques and revitalise you from head-to-toe. Receive energy and relief through healing touch. Our therapists can bestow relaxation, release and align overall oneness of mind and body.

DEEP SLEEP MASSAGE**55 MINS - €100 | 85 MINS - €120**

The perfect treatment for anyone leading a hectic lifestyle or suffering from uneven sleeping patterns. The treatment begins with a hot mitt infused with relaxing oils and rubbed over the feet, followed by a full body massage and rejuvenating foot pressure points.

DEEP TISSUE MASSAGE**55 MINS - €120 | 85 MINS - €150**

Deep Tissue is a technique using firm pressure and slow strokes to reach deeper layers of muscle. This is the perfect massage to encourage muscle recovery, loosen your body and release tension.

AROMATIC FULL BODY MASSAGE**55 MINS - €130 | 85 MINS - €160**

Achieve the ultimate sense of tranquillity with this soothing full body massage. Our specialised therapists use one of our six signature aromatherapy blends and customise it to suit your needs. With therapeutic benefits for the body and mind you will immediately feel calmer and more relaxed.

TWICE THE EXPERIENCE**55 MINS - €220 | 85 MINS - €250**

Enhance your spa experience by sharing it with someone special. Enjoy a relaxing full body massage in our couples' treatment room.

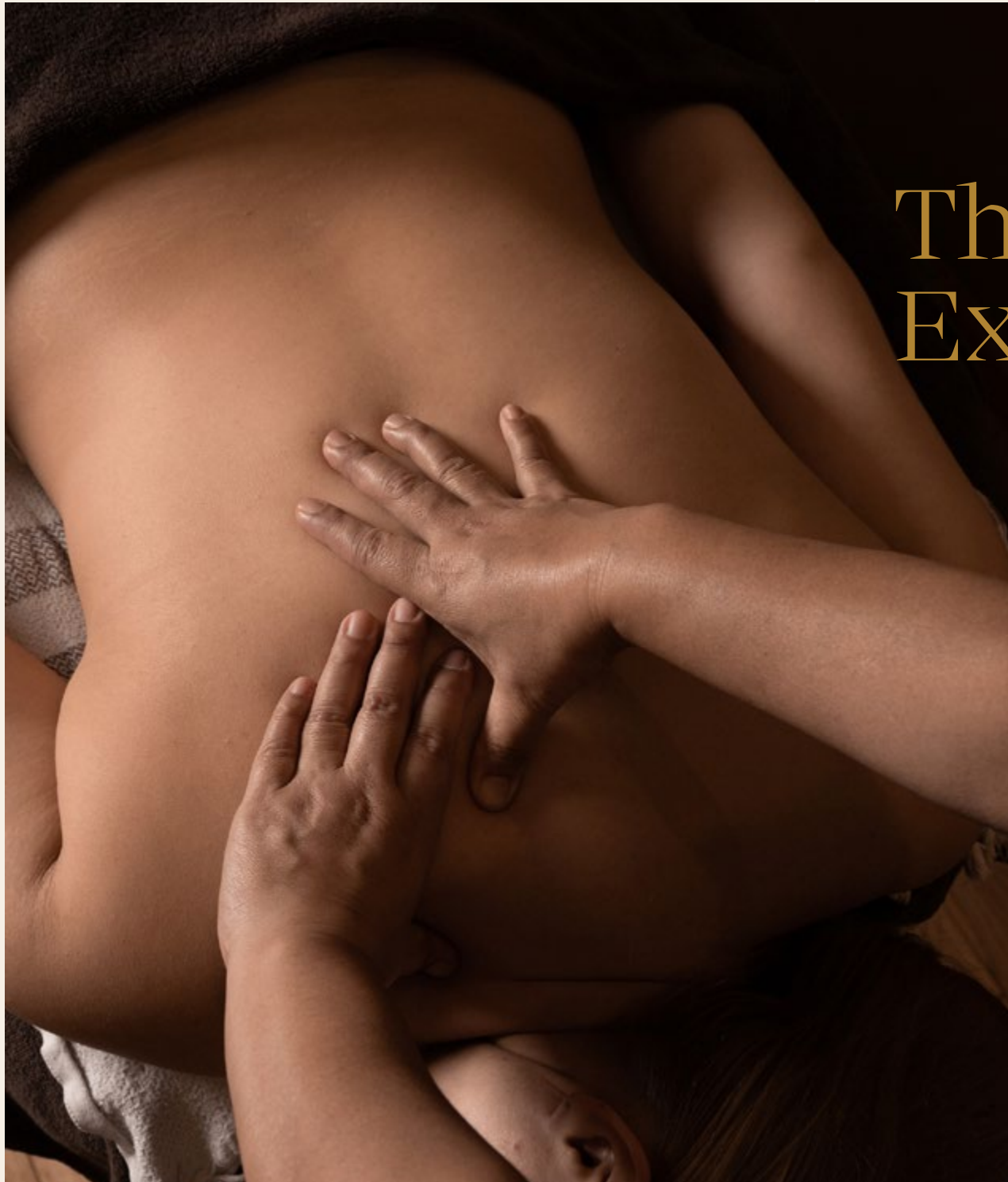
CANDLELIGHT CARESS**55 MINS - €120 | 85 MINS - €150**

As the candle slowly burns, aromatic oils are released and gently poured onto the body. Using slow massage movements this treatment heightens your sensations providing you with a truly exquisite spa experience.

LYMPHATIC DRAINAGE MASSAGE**55 MINS - €100**

This calming massage is for the individual who desires a release of inner healing. Using massage techniques to stimulate the drainage of excess fluid, the body is cleansed from toxins and impurities. Lose yourself in a moment of relaxation and tranquillity focusing on reducing any stress, pain or inflammation.

Sometimes
you just have
to let go and get
a massage.



The Holistic Experiences

Caring for mind, body and spirit is the cornerstone of our philosophy, and our array of Holistic Treatments are designed to give you just that.

BACK, NECK & SHOULDERS MASSAGE**25 MINS - €60**

Release upper body stress and tension with this massage focused on muscle soreness in your back, neck, and shoulders.

INDIAN HEAD MASSAGE**25 MINS - €60**

An intense massage using varied pressure, which releases tension in the head, neck, and shoulders. An entrancing treatment that deeply conditions your hair follicles and scalp.

REFLEXOLOGY FOOT MASSAGE**25 MINS - €60 | 55 MINS - €120**

Reflexology is an alternative therapy based on the theory that specific areas of the feet are connected to different organs and parts of the body. This massage uses a mix of pressure applied to the feet to instil relief and improve your overall wellness.

VOLCANIC HOT STONE MASSAGE**25 MINS - €65 | 55 MINS - €120 | 85 MINS - €150**

Invigorate your senses with warm oiled stones, gliding along the muscles releasing deeply held tension. A powerful therapeutic treatment that promotes a profound sense of relaxation.

FOUR HAND SYNCHRONISED MASSAGE**55 MINS - €300 | 85 MINS - €380**

This treatment was designed to give you a spa experience to eclipse all others. Two therapists will work together to take you on a relaxing journey restoring every aching muscle. Experience the magic of four hands working in a synchronised massage designed to sooth and calm you.

ATHENAEUM SIGNATURE PERSONALISED MASSAGE**55 MINS - €150 | 85 MINS - €180**

Your treatment starts with an orange and basil foot ritual which is followed by a therapeutic coconut compress in combination with exclusive massage techniques, leaving you feeling relaxed and retsored.

MESSAGE ENHANCEMENTS

Treat yourself and top up your experience for just €20

Eye Treatment

Lip Treatment

Face Mask

Pressure Point Foot Massage

Ask our therapists for seasonal enhancements and specials available



Pre & Postnatal Experiences

Our specialised pre and post-natal spa treatments are all about giving expectant and new mothers a much needed escape from the day to day stresses, and providing safe, nurturing, restorative therapies that will leave the weariest of mums feeling pampered, relaxed and rejuvenated.

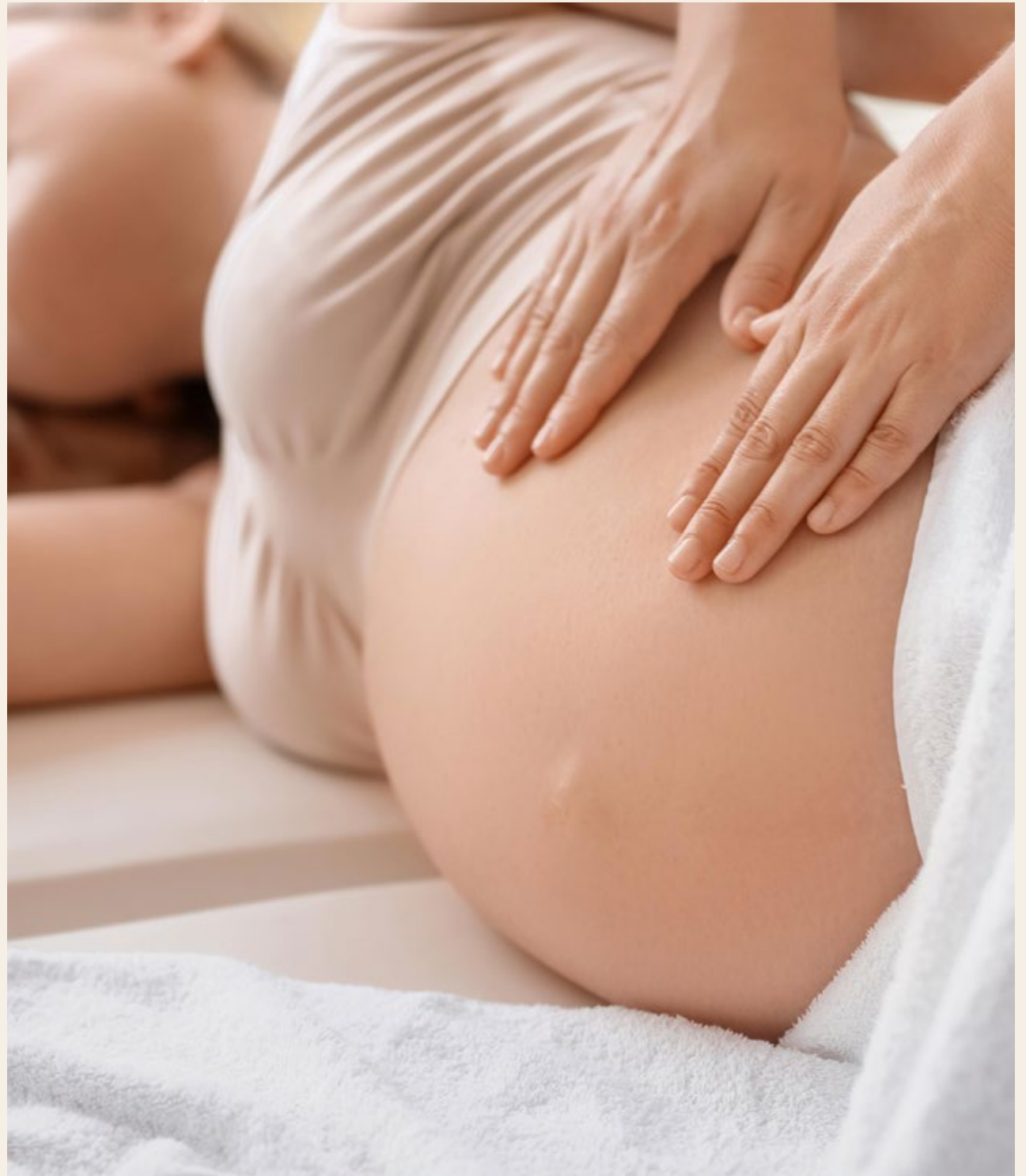
THE MUM-TO-BE
55 MINS - €100

Unwind and let go of the physical and emotional demands of pregnancy. Using a blend of pregnancy approved oils to bring about calmness, this gentle massage will ease any discomfort and reduce swelling. This massage focuses on the face, head, neck, shoulders, and feet.

14

THE MOTHER THAT IS
55 MINS - €80 | 85 MINS - €110

Help your body recover postpartum with this gentle massage that helps restore balance. Promoting all-round wellbeing this treatment is the perfect moment for any new mother.



15



The Scrub & Wrap Rituals

Our Scrubs and Wraps are made from a blend of natural ingredients. Nourish your skin and walk out feeling renewed and polished.

DETOXIFYING EUCALYPTUS & SEAWEED WRAP**45 MINS - €65**

A full-body mud wrap, enriched with detoxifying seaweed and eucalyptus extracts which leaves the skin feeling fresh and deeply cleansed. A relaxing face and head acupressure-massage that eases muscle tension and induces a deep sense of calm.

COCONUT & COFFEE SCRUB**45 MINS - €65**

This scrub is made from a secret combination of natural ingredients including coconut, coffee and chilli extracts. When applied, it heats the body targeting areas that retain fluid such as the tummy, waist and thighs. It ends with a cooling body sculpting gel which is massaged into the skin to stimulate circulation and drain the body from toxins.

SIGNATURE BODY WRAP & SCRUB**85 MINS - €150**

Our therapists will create a personalised blend of natural ingredients to soothe your senses. Enjoy a body wrap and scrub tailor made for your needs and complete your experience with a wonderful body mist and head massage, leaving you feeling revitalised.

SUGAR AND SPICE BODY SCRUB**45 MINS - €65**

Indulge in our sugar and spice body exfoliation. A natural remedy of honey, brown sugar, cinnamon and nutmeg will stimulate the blood cells and help brighten your skin while reducing fats and reducing cellulite.

Recommended for

Poor Circulation
Fluid Retention
Bloating

Recommended for

Poor Circulation
Fluid Retention



Health is a state
of body. Wellness
is a state of being.



An Ayurveda Experience

Ayurveda is a Sanskrit word which means "knowledge of life". For over 5000 years Ayurvedic medicine has encouraged wellness from within. All-natural treatments using different blends of herbs and oils tailored by our expert therapists to suit your needs. Immerse yourself in these ancient rituals and choose from an exquisite selection of holistic treatments restoring balance in the body, mind, and spirit.

ABHYANGAM**55 MINS - €100 | 85 MINS - €120**

'Abhyangam' is a Sanskrit word which means oil application. A luxurious full body massage using a warm blend of herbal oils tailored to your individual needs. The treatment helps build tissue strength, improves blood circulation, rejuvenates the whole body whilst reducing stress and removing toxins.

AYURVEDIC BACK MASSAGE**25 MINS - €65 | 45 MINS - €80**

A massage combining a specialised blend of warm, medicated, Ayurvedic oils used to relieve muscle tension from the back, shoulders and neck.

UDVARTHANAM**85 MINS - €150**

This unique Ayurvedic massage begins with a therapeutic oil massage followed by a fragrant blend of purifying powdered herbs vigorously rubbed onto the body. This ancient therapy exfoliates, conditions and deeply cleanses the skin helping to expel any toxins. An Udvartanam full body massage will make your skin feel firmer and leave you looking radiant.

ELAKIZHI**55 MINS - €120 | 85 MINS - €150**

"Ela" meaning leaves; "Kizhi" meaning bundle. Fresh herbal leaves are cooked in Ayurvedic oils and packed into herbal compresses which are used to massage localised areas of the body.

Recommended for

Poor circulation
Muscle Aches

Recommended for

Tension
Stiffness
Chronic Back Pain

Recommended for

Fluid Retention
Cellulite Reduction
Improving Circulation

Recommended for

Muscle Relief
Neurological
& Joint Pain
Reduction of Swelling &
Stiffness

AYURVEDIC GEMSTONE**85 MINS - €180 | 120 MINS - €200**

According to Ayurveda, rose quartz embodies the emotion of love and is a powerful magnifier of the heart. A full body massage using a blend of oils and rose quartz gemstones used to release negative energy. This calming ritual brings peace and restores balance to the mind and body.

AYURVEDIC HEAD MASSAGE**25 MINS - €65 | 45 MINS - €80**

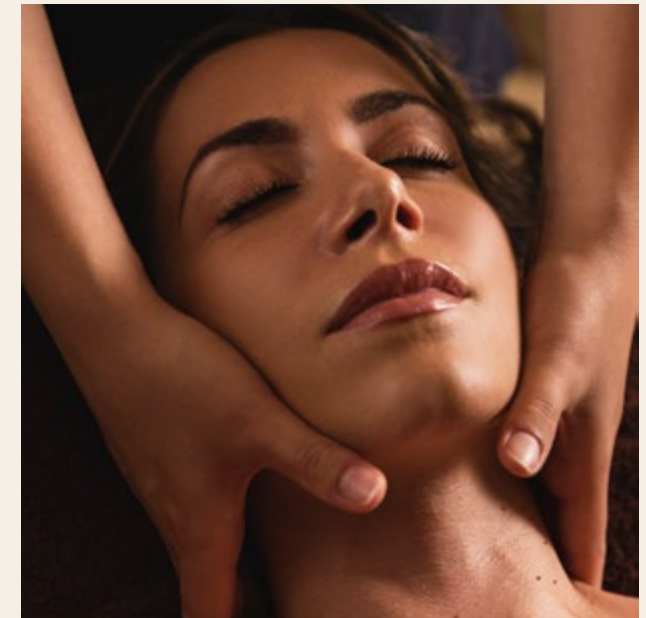
A complete massage of the head, neck and shoulders using Ayurvedic oils which deeply condition your hair follicles and scalp. Balancing your central nervous system and creating a deep sense of clarity, this ayurvedic head massage is a truly incredible experience which ensures that you are left feeling relaxed and rejuvenated.

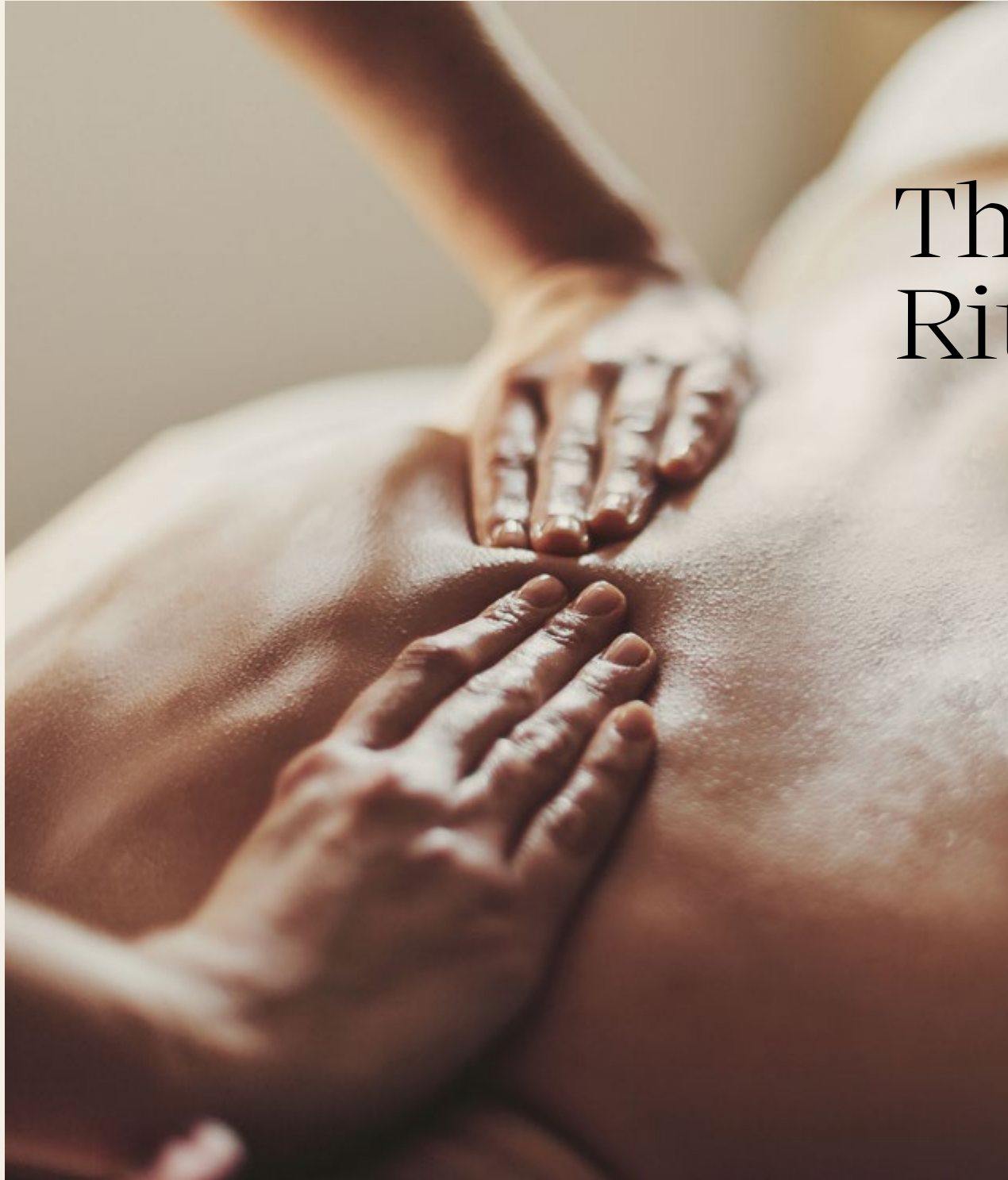
Recommended for

Experiencing Total
Relaxation

Recommended for

Headaches
Sinusitis
Neck Pains





The Spa Rituals

Experiences that focus on the mind, body and spirit. Easing through your senses, they will leave you feeling restored and complete.



Self-care is a priority not a luxury.

SEASHELLS MASSAGE

55 MINS - €140 | 85 MINS - €180

Warm tiger-striped clam shells, oils and massage techniques working in harmony to penetrate deep into the muscles and encourage a state of relaxation.

THAI TRADITIONAL MASSAGE

55 MINS - €140 | 85 MINS - €180

Reset your body with the restorative fusion of a Thai massage along with warm herbal compress brought together with a blend of Thai oils. Using their hands, knees, legs, and feet to move you into a series of yoga-like stretches, the therapists apply deep muscle compression, and acupuncture to detoxify, alleviate muscle pain and leave you feeling re-energised.

BAMBOO MASSAGE

55 MINS - €140 | 85 MINS - €180

Bamboo's healing properties have been used throughout the ages to rebalance your energy flow by dispelling negative energy. Warm bamboo sticks are used to roll and knead the tissue creating an extreme sensation of relaxation and wellbeing. This massage encourages a positive energy flow whilst reducing chronic pain, stress, anxiety, and depression.

THE POWER OF ASIA

85 MINS - €150 | 120 MINS - €200

Experience Asia, where a combination of seven techniques come together into one treatment. The treatment starts with Thai stretching shiatsu movements to loosen up, followed by a mixture of massage techniques from Bali, China and Japan along with hot compress. Finishing off with an Indian head massage and reflexology – a truly phenomenal experience!



The Face is the Mirror to Your Soul

Your face goes through a lot of stress on a daily basis. It's no wonder it needs a little care and attention occasionally.

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

30

All our facials include a skin analysis / consultation

LYMPHATIC FACIAL

55 MINS - €100

A reinvigorating facial massage that drains the face from toxins and impurities improving the skin's tone and texture.

RADIANCE BEAUTY ANTI-AGEING RENEWAL

85 MINS - €145

Using lifting massage techniques which stimulate collagen production, this moisture intensive facial nourishes the skin and leaves it feeling firm and plump. A truly luxurious facial that will take you on a journey of rejuvenation and radiance.

PICK-ME-UP FACIAL

25 MINS - €60

A re-energising express facial that will boost your skin and make it glow, leaving you feeling refreshed and ready to take on the world.

PERSONALISED SIGNATURE FACIAL

55 MINS - €120

Personalised and tailor-made to your specific needs with a combination of skin analysis, cleanse, rebalance and hydrate with essential oils capture your mind, leaving you looking and feeling relaxed.

EYE AND LIP TREATMENT

25 MINS - €65

A quick pick me up for both eyes and lips. ideal for smoothing fine lines, minimising dark shadows and hydrating and soothing the lips.

31





It's a Man's World

From deep tissue massages to refreshing manicures and pedicures, these treatments are designed to address the unique needs of men's skin and muscles. Escape the hustle and stresses of everyday life.

SPORTS MASSAGE**55 MINS - €125 | 85 MINS - €170**

Our sports massage is tailored to different sports, and assists in promoting health and wellness working on the muscle skeletal system to revive muscular tension, break down adhesions, mobilise soft tissue and reduce pain.

MUSCLE REVIVER**55 MINS - €120**

A powerful yet soothing treatment focusing on the back, feet and scalp. A unique experience for persistent tension in the back is eased, skin re-energised and a positive mind set is restored.

GENTLEMEN'S GROOMING MANICURE**25 MINS - €45**

A Personalised treatment for perfectly shaped and naturally buffed nails.

GENTLEMEN'S SPA MANICURE**45 MINS - €50**

This luxurious manicure has the additional richness of paraffin wax for deeper penetration of oils and creams to soften and give more youthful appearance.

Taking care for
yourself is just as
important as taking
care of your family

**GENTLEMAN'S GROOMING PEDICURE****45 MINS - €50**

This essential foot treatment removes hard skin whilst feet are massaged with deep conditioning creams leaving them soft and smooth. Cuticles are groomed and toe nails shaped and naturally buffed.

GENTLEMEN'S SPA PEDICURE**55 MINS - €60**

This ultra-luxurious pedicure has the additional richness of paraffin wax for deeper penetration of oils and creams that improve circulation, deeply nourish and soothe tired feet.



For Your Hands & Feet

Treat yourself to beautiful hands and nails, or reinvigorate your feet with our exclusive range of restorative, anti-ageing treatments

Wellness is a
connection of
paths: knowledge
and action.



LUXE MANICURE

55 MINS - €65

Give your hands and nails a luxurious pampering session which includes: trimming, shaping, cuticle care, cleansing, exfoliation, mask, intense moisturisation and application of nail polish. Upgrade to gel polish €10.

LUXE PEDICURE

55 MINS - €75

Give your feet a treat with this soothing pedicure which includes: a relaxing foot bath, exfoliation, mask, foot and leg moisturisation, expert trimming, cuticle removal, shaping and application of nail polish. Upgrade to gel polish €10.

DELUXE DUO COMBO

85 MINS - €130

Why choose between a manicure and a pedicure? Spoil yourself and double up with the Deluxe Duo Combo. (Gel polish included).



Our Brands

Branded treatments featuring Dr Barbara Sturm and ESPA products offer luxurious and effective skincare experiences. Dr Barbara Sturm's treatments focus on regeneration and ESPA's are inspired by holistic practices. Each brand tailors its approach to meet individual needs, resulting in personalised and transformative spa experiences.

ESPA

ESPA NATURAL FACE LIFT
85 MINS - €120

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with same benefits of physical exercise to detoxify invigorate, sculpt and relax

To keep the
body in good
health is a duty...
otherwise, we
shall not be able
to keep our mind
strong and clear.



DR. BARBARA
STURM

SIGNATURE STURMGLOW
60 MINS | €225

"This is the signature #SturmGlow facial - it incorporates techniques created in our German clinic for cleansing, exfoliating, potent hydration and firming massage, with cutting edge molecular efficacy." — DR. BARBARA STURM

This revitalizing facial will cleanse, nourish and awaken the skin, and help restore the complexion's natural glow. Light-reflecting pigments in GLOW DROPS leave the skin with a visible, youthful radiance and evens out the appearance of any irregularities on the complexion.

THE SCIENCE | Purslane provides rejuvenating, anti-oxidative and nutritive properties, Polygonum Bistorta Root Extract optimizes skin tone and the texture of the skin's surface, while Wild Rose Extract refines the pores.

THE RESULTS | The treatment nourishes the skin, and helps to restore a natural and healthy-looking glow.



DR. BARBARA
STURM

SUPER ANTI-AGING FACIAL
75 MINS | €300

“By combining the effects of my anti-oxidant infused, peptide rich SUPER ANTI-AGING SERUM with an exclusively designed re-sculpting and anti-gravity massage, this cosmetic treatment reaches deeper layers of the skin, reducing the appearance of fine lines and wrinkles, resulting in more youthful looking skin.”
— DR. BARBARA STURM

The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles.

THE SCIENCE | Long and short-chain hyaluronic molecules are infused with strong antioxidants and ingredients which help to repair damaged skin and support regeneration.

THE RESULTS | This facial visibly lifts the skin around the jaw and neck while reducing fine lines and reviving stressed skin.

DR. BARBARA
STURM

BRIGHTENING FACIAL
60 MINS | €225

“This non-aggressive treatment is designed to brighten your skin, combat lackluster and uneven complexions, and provide a cocktail of nurturing and nutritive ingredients.” — DR. BARBARA STURM

The Brightening Facial decreases the appearance of hyperpigmentation and gently brightens the skin using natural brightening ingredients while combatting the oxidative stresses that cause premature aging and dark spots. Shimmer particles included in the BRIGHTENING SERUM, BRIGHTENING FACE CREAM and BRIGHTENING FACE LOTION, boost skin tone and leave skin looking luminous while hydrating ingredients also provide essential moisture and rejuvenating anti-aging powers.

THE SCIENCE | Cress Sprouts Extract helps to visibly and instantly brighten the appearance of the skin and diminish the appearance of dark and yellowish spots. Ginseng Extract supports the skin's own protection against free radicals and environmental stress and Hyaluronic Acid provides instant hydration.

THE RESULTS | Your skin is left smoother, brighter and more vibrant-looking.



Quick Treats

Our range of quick beauty treatments ranging from manicures and pedicures, brow and lash shaping and laser hair removal are designed to give you an extra boost of confidence and make you feel your best.

Express Manicure	25 Mins - €40
Express Pedicure	25 Mins - €45
Gel Polish Add On	15 Mins - €20
Polish Change	15 Mins - €20
Paraffin Add On	15 Mins - €20
Eyebrow Shaping	€20
Eyebrow Tint	€25
Eyelash Tint	€25
Upper Lip Wax	€15
Underarm Waxing	€25
Half Arm Wax	€25
Full Arm Wax	€35
Half Leg Waxing	€35
Full Leg Waxing	€55
Full Leg Waxing & Bikini Line	€60
Bikini Line	€30
Back Or Chest	€60



Dee Spas Programs

Purchase one of our packages and benefit from exclusive discounts whilst immersing yourself in a world of holistic wellbeing. Our expert therapists will create a wellness program tailored to your personal needs. Book today and discover total body restoration.

Six sessions of any treatment of your choice:

25 Minutes - €300

55 Minutes - €600

85 Minutes - €750

TIME

120 MINS - €300

Indulge yourself in two hours of any treatment or experience. Consult with your therapist and create your perfect wellness escapade.

Vitality Suite Experiences

A Luxury designed vitality suite as an extension of your treatment experience. This Gantner access-controlled area of the spa is full of facilities to help activate the muscles, stimulate the nervous system and create a deep sense of relaxation, enhancing the luxurious feeling of exclusivity. The perfect add on to your wellness journey.

Complementary bottle of champagne & chocolates

2 persons - €200 (duration 2 hours)

4 persons - €450 (duration 3 hours)

6 persons - €600 (duration 4 hours)

ULTIMATE RENEWAL

€220

- Lomi Lomi Full Body Massage
- Radiance Facial
- Spa Lunch
- Glass of Champagne
- Use of Spa Facilities

MEN'S ULTIMATE RITUAL

€240

- Muscle Reviver
- Gentlemen's Facial
- Glass of Champagne
- Use of spa facilities

JOURNEY FOR TWO

€500

- Experience Couple's Signature Massage
- Hand and Foot Mask
- Honey and Sugar Body Scrub
- Spa Lunch
- Private Use of the Vitality Suite for 1 hour
- Use of Spa Facilities

AN ASIAN RETREAT

€200

- Balinese Full Body Massage
- Oriental Head Massage
- Reflexology
- Spa Lunch
- Use of Spa Facilities



EVENINGS AT THE ATHENAEUM

€199 PER COUPLE

Welcome drink

Use of changing room facilities

1.5 hour indoor pool pass

1 hour Inner Calm Massage

1 glass of Champagne and canapés, served in the Serenity Lounge, after the spa treatment

A SPA JOURNEY
€75

Back Neck & Shoulder Massage
Spa Lunch
Use of Spa Facilities

YOU
€380

Signature Personalised Massage
Tailor Made Facial
Deluxe Pedicure
1 hour Private use of the Vitality Suite
Afternoon Tea
Use of Spa Facilities

DR BARBARA STURM JOURNEY EXPERIENCE
€300

Signature Facial
Head Massage
Afternoon Tea
Use of spa facilities

A VITALITY EXPERIENCE
€1000 - MAXIMUM 8 PERSONS

Rent our beautiful Vitality Experience
with friends or loved ones.

4 Hours Use of the Vitality Suite
2 bottles of Champagne
Platters
Head Massage

MOMMY TO BE
€110

Mums To Be Experience
Afternoon Tea
Use of Spa Facilities

LA PRARIE RITUAL
€350

La Prarie Facial
Candle Oil Back Massage
Spa Lunch
Use of Spa Facilities



Spa Guidelines

HOURS OF OPERATION

Spa Treatments and Facilities available: Mon to Sun from 09.00 hrs to 19.00 hrs

HOW TO SPA

The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phone and cameras. It is recommended that you leave all valuables in your guest room's safe. The spa cannot assume liability for any valuables.

RESERVATIONS

Advance booking is highly recommended to ensure preferred times are available, particularly if you decide to visit us a number of times during your stay. The spa provides walk-in bookings, based on availability. You should plan to arrive 30 minutes before, to experience our thermal area which will maximise the benefit of your treatment. To make a reservation, call the spa reception from your guest room by dialling 3001 on your in-room phone.

GIFT CERTIFICATES

Our gift certificates make a wonderful gift for any special occasion. Please enquire with our Spa Manager for details or visit our website www.deespas.com

PREGNANCY

We have specially designed treatments for expectant mothers. We recommend that you check with your physician before booking any spa services. Certain treatments and techniques may not be available during the first and last trimester.

LATENESS & CANCELLATION POLICY

We kindly ask our guests to arrive 15 to 30 minutes prior to their appointment. Please be aware that your late arrival may result in a reduction of treatment times as a courtesy to our next guest. Cancellation within 24 hours will incur a 50% automatic charge.

HEALTH CONCERNS

Please advise us of any health conditions, allergies or injuries that could affect your experience or use of the spa facilities.

ATTIRE

For your convenience you may arrive at the Spa in your bathrobe and slippers provided in your room. Alternatively, you may use our changing rooms and lockers for your personal belongings.

AGE

Children under the age of 16 are allowed to use the spa facilities accompanied by their guardian between 10.00hrs & 12.00hrs.

Persons under the age of 18 should be accompanied by an adult or guardian during treatments.

PRICES

All prices are inclusive of VAT.

