



DEE SPAS  
WELLNESS

TREATMENT MENU

**ATHENAEUM BY DEE SPAS**  
**AT CORINTHIA PALACE HOTEL**  
ATTARD  
+356 2544 3001  
ATHENAEUM@DEESPAS.COM

**ESSENSI BY DEE SPAS AT**  
**INIALA HARBOUR HOUSE**  
VALLETTA  
+356 2258 3602  
INFO@ESSENSISPA.COM

**DEE SPAS AT**  
**MERCURY TOWERS**  
ST JULIANS  
+356 2201 1402  
MERCURY@DEESPAS.COM

# Signature Spa

ENLIGHTEN YOUR EXPERIENCE

WHEN THE FLOWER REACHES FULL BLOOM, THERE IS NO QUESTION OF ITS PURPOSE — IT STANDS RADIANT, COMPLETE, A TESTAMENT TO THE JOURNEY IT HAS TRAVELLED.

THE SIGNATURE EXPERIENCE IS THIS BLOOM, THE PINNACLE OF YOUR JOURNEY, WHERE WELLNESS AND ENLIGHTENMENT CONVERGE. HERE, THE BOUNDARIES BETWEEN MIND, BODY, AND SPIRIT DISSOLVE, AND EVERY TREATMENT IS AN INVITATION TO STEP INTO THE FULLNESS OF WHO YOU ARE.

THIS IS NOT INDULGENCE; THIS IS CLARITY — A MOMENT WHERE THE PATTERNS OF LIFE REVEAL THEMSELVES IN PERFECT HARMONY. IN OUR SIGNATURE SPAS, YOU DO NOT SEEK ENLIGHTENMENT — IT FLOWS THROUGH YOU, EFFORTLESS AND PURE, LIKE THE NATURAL UNFOLDING OF THE FLOWER IN ITS FINAL, RADIANT FORM.



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 WELLNESS, 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.

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# For your Body

OUR PAMPERING MESSAGES 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 - €110 | 85 MINS - €130

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 - €160

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 THREE 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.

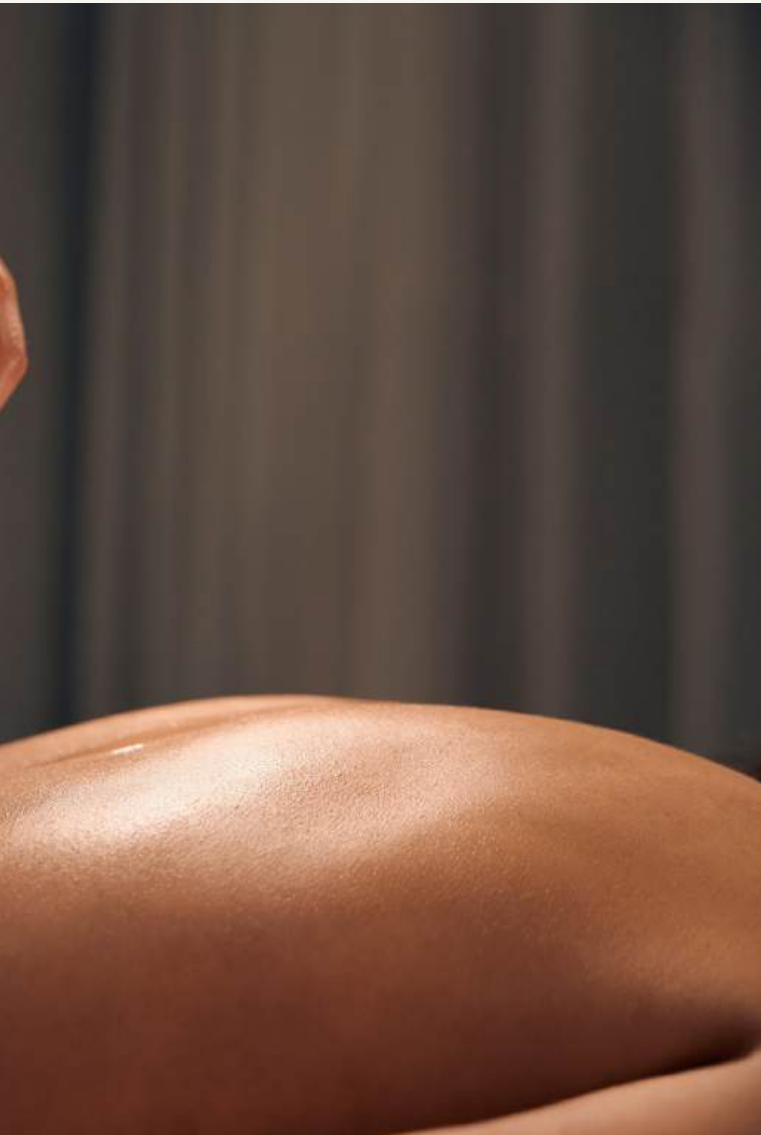
## TWICE THE EXPERIENCE

55 MINS - €220 | 85 MINS - €250

ENHANCE YOUR SPA EXPERIENCE BY SHARING IT WITH SOMEONE SPECIAL. ENJOY A RELAXING FULL BODY MASSAGE IN ONE OF OUR TREATMENT ROOMS FOR TWO.







## **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 - €110 | 85 MINS - €160

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.



# 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 - €70

RELEASE UPPER BODY STRESS AND TENSION WITH THIS MASSAGE FOCUSED ON MUSCLE SORENESS IN YOUR BACK, NECK, AND SHOULDERS.

## **ORIENTAL HEAD MASSAGE**

25 MINS - €70

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 - €70 | 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**

55 MINS - €120 | 85 MINS - €175

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.

## **SIGNATURE 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.

## **DEE SPAS SIGNATURE PERSONALISED MASSAGE**

55 MINS - €150 | 85 MINS - €180

ANOTHER INTENSIVE APPROACH FOR INNUMERABLE HOLISTIC HEALING BENEFITS. THERAPEUTIC VALUE OF COCONUT COMPRESS IN COMBINATION WITH EXCLUSIVE MASSAGE THERAPY.



## MASSAGE ENHANCEMENTS\*

TREAT YOURSELF AND TOP UP YOUR EXPERIENCE  
FOR JUST €25

EYE TREATMENT

LIP TREATMENT

HEAD MASSAGE

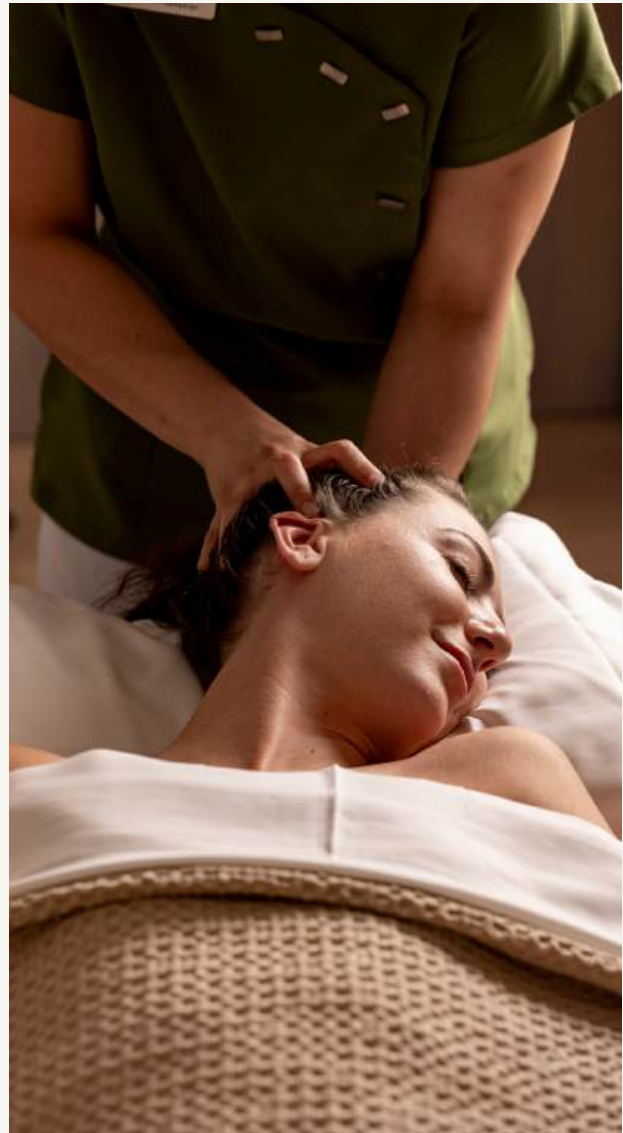
FACE MASK

PRESSURE POINT FOOT MASSAGE

HOT STONE

ASK OUR THERAPISTS FOR SEASONAL  
ENHANCEMENTS AND SPECIALS AVAILABLE

\*ANY ENHANCEMENTS CHOSEN WILL BE INCLUDED AS PART OF THE  
TREATMENT TIME AND WILL NOT ADD TIME TO YOUR MAIN TREATMENT





# 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,



## 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.

## THE MOTHER THAT IS

55 MINS - €100 | 85 MINS - €130

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.

IMPORTANT NOTE: FOR PRE-NATAL TREATMENTS, CLIENTS MUST BE PAST THE FIRST TRIMESTER AND WITHIN THREE WEEKS OF THE DUE DATE; FOR POST-NATAL TREATMENTS, CLIENTS MUST NOT HAVE HAD COMPLICATIONS DURING DELIVERY AND MUST NOT BE BREASTFEEDING—PLEASE CONSULT WITH US BEFORE PURCHASING A VOUCHER OR BOOKING A TREATMENT.



# 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.



RECOMMENDED FOR ►  
POOR CIRCULATION  
FLUID RETENTION  
BLOATING

## ISLAND COCONUT BODY SCRUB

45 MINS - €75

AN EXCELLENT TREATMENT TO GET YOUR SKIN LOOKING RADIANT. PERFECT FOR SENSITIVE SKIN.



## INVIGORATING ESPRESSO BODY SCRUB

45 MINS - €75

THIS SCRUB IS MADE FROM A SECRET COMBINATION OF NATURAL INGREDIENTS INCLUDING COFFEE. 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.

## SUGAR AND SPICE BODY SCRUB

45 MIN - €75

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 WILL REDUCING FATS AND REDUCING CELLULITE

## SIGNATURE BODY WRAP & SCRUB

85 MINS - €150

OUR THERAPISTS WILL CREATE A PERSONALISED BLEND OF NATURAL INGREDIENTS TO SOOTH YOUR SENSES. ENJOY A BODY WRAP AND SCRUB TAILOR MADE FOR YOUR NEEDS AND COMPLETE YOUR EXPERIENCE WITH A WONDERFUL BODY MIST, LEAVING YOU FEELING REVITALISED.

## DETOXIFYING EUCALYPTUS & SEAWEED WRAP

45 MIN - €75

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.

## CUSTOMISED WRAP

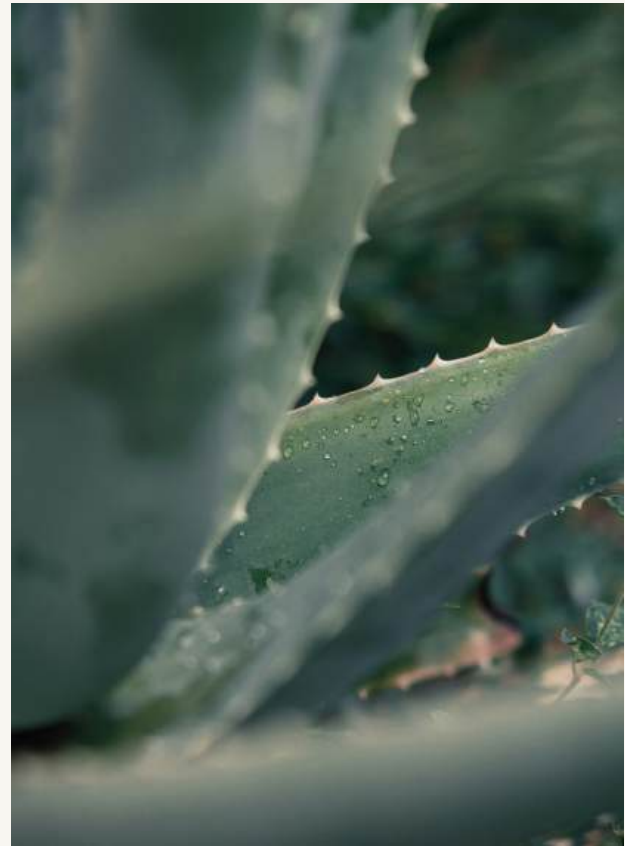
45 MIN - €75

CONSULT WITH OUR SPA THERAPISTS FOR CUSTOMISED OPTIONS AVAILABLE.

## HYDRATING CHOCOLATE & HONEY BODY MASK

45 MINS - €75

THIS SOOTHING MASK HELPS IMPROVE THE TEXTURE OF THE SKIN WITH ITS SOOTHING, SOFTENING AND MOISTURISING ACTION.



## ALOE VERA HEALING MASK

45 MINS - €75

REPLENISH THE SKIN WITH THE COMBINED COOLING EFFECT. ALOE VERA COMBATS SUNBURN AND PROMOTES HYDRATION.





# An Ayurvedic 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 - €110 | 85 MINS - €130

'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.

◀ RECOMMENDED FOR  
BLOOD CIRCULATION  
MUSCLE ACHES

## SHIRODHARA\*

85 MINS - €180 (WITH OIL)

SHIRODHARA COMES FROM THE TWO SANSKRIT WORDS "SHIRO" (HEAD) AND "DHARA" (FLOW). AFTER A RELAXING FULL BODY MASSAGE AND A TRADITIONAL INDIAN FOOT RITUAL, A STREAM OF MEDICATED WARM OIL IS Poured ONTO THE FOREHEAD IN A RHYTHMIC MANNER. A TRANQUIL EXPERIENCE INDUCING CALMNESS AND SERENITY WHILST REVITALISING THE CENTRAL NERVOUS SYSTEM.

\*SUBJECT TO SPA AVAILABILITY

◀ RECOMMENDED FOR  
INSOMNIA  
SINUSITIS  
TENSION  
ANXIETY  
HEADACHES

## ELAKIZHI

55 MINS - €120 | 85 MINS - €150

"ELA" MEANING LEAVES; "KIZHI" MEANING BUNDLE. FRESH HERBAL LEAVES ARE COOKED IN AYURVEDIC OILS AND PACKED INTO LINEN BAGS WHICH ARE USED TO MASSAGE LOCALISED AREAS OF THE BODY.

- ▲ RECOMMENDED FOR  
MUSCLE RELIEF  
NEUROLOGICAL & JOINT PAIN  
REDUCTION OF SWELLING AND STIFFNESS

## 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 CLEANSSES THE SKIN HELPING TO EXPEL ANY TOXINS. AN UDVARTHANAM FULL BODY MASSAGE WILL MAKE YOUR SKIN FEEL FIRMER AND LEAVE YOU LOOKING RADIANT.

- ▲ RECOMMENDED FOR  
FLUID RETENTION  
CELLULITE REDUCTION  
IMPROVING CIRCULATION





## AYURVEDIC BACK MASSAGE

25 MINS - €75 | 45 MINS - €95

A MASSAGE COMBINING A SPECIALISED BLEND OF WARM, MEDICATED, AYURVEDIC OILS USED TO RELIEVE MUSCLE TENSION FROM THE BACK, SHOULDERS AND NECK.

- ▲ RECOMMENDED FOR  
TENSION  
STIFFNESS  
CHRONIC BACK PAIN

## AYURVEDIC HEAD MASSAGE

25 MINS - €75 | 45 MINS - €95

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 THAT ENSURES YOU'RE LEFT FEELING RELAXED AND REJUVENATED.

- ▲ 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



## OFFICE SYNDROME REMEDY

45 MINS - €95

A COMBINATION OF TECHNIQUES FOCUSING ON THE BACK, SHOULDERS, AND HEAD. THIS STRESS RELIEVING TREATMENT ENDS WITH SLOW, LONG, DEEP MASSAGE STROKES, SOOTHING AND ENERGIZING THE BODY, WHILST PROMOTING SERENITY.

## POWER OF ASIA

85 MINS - € 170 | 120 MINS - €220

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!



## THAI TRADITIONAL MASSAGE

55 MINS - €140 | 85 MINS - €180

RESET YOUR BODY WITH THE RESTORATIVE FUSION OF A THAI MASSAGE. USING THE HANDS, KNEES, LEGS AND FEET TO MOVE YOU INTO A SERIES OF YOGA LIKE STRETCHES. THE THERAPISTS APPLY DEEP MUSCLE COMPRESSION, AND ACUPRESSURE TO DETOXYFY, ALLEVIATE MUSCLE PAIN AND LEAVE YOU FEELING RE-ENERGIZED.

## ROYAL SILK JOURNEY

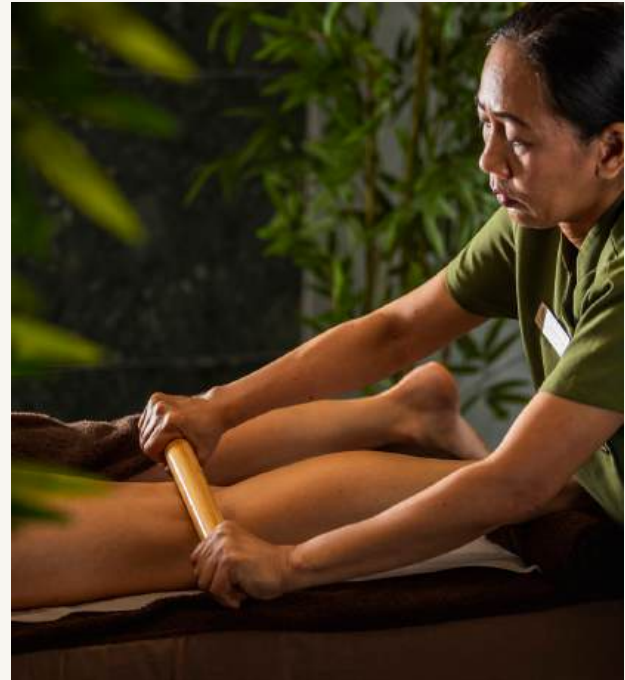
120 MINS - €285

AN EXCLUSIVE DEE SPAS TREATMENT DESIGNED AROUND THE UNIQUE BENEFICIAL PROPERTIES OF SILK. A SIGNATURE SCRUB MADE WITH MULBERRY LEAVES AND LOCALLY SOURCED MILK AND HONEY, LEAVES SKIN FEELING SMOOTH AND PLUMP. THE MASSAGE IS THEN PERFORMED USING A MIX OF THAI PRESSURE POINTS, STRETCHING AND A COCONUT COMPRESS AND ORGANIC GOLDEN SILK. AN OPULENT EXPERIENCE RESTORING BALANCE AND VITALITY.

## BAMBOO MASSAGE

55MINS - €140 | 85 MINS - €180

BAMBOO'S HEALING PROPERTIES HAVE BEEN USED THROUGHOUT THE AGES TO REBALANCE YOUR ENERGY FLOW BY DISPELLING NEGATIVE ENERGY. 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.





Give your body  
a little love.  
It deserves it.



# 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.

## 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 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.

## FACIAL ENHANCEMENTS

EYE TREATMENT

LIP TREATMENT

COLLAGEN MASK

BACK MASSAGE

HEAD MASSAGE

CONSULT WITH THE SPA THERAPIST FOR PRICES



## PERSONALISED SIGNATURE FACIAL

55 MINS - €125

THIS TREATMENT STARTS OFF WITH A DE-STRESSING BACK MASSAGE TO RELIEVE MUSCLE TENSION FOLLOWED BY A DEEP CLEANSING FACIAL USING A COMBINATION OF PRODUCTS FORMULATED ESPECIALLY FOR YOUR SKIN TYPE.



## PICK-ME-UP FACIAL

25 MINS - €75

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.

## HYDRATION BOOSTER

55 MINS - €90 | 85 MINS - €120

EXPERIENCE A HYDRATION BOOSTER FACIAL THAT BREATHES NEW LIFE INTO YOUR SKIN. THIS LUXURIOUS TREATMENT BEGINS WITH A DEEP CLEANSE AND GENTLE EXFOLIATION, PAVING THE WAY FOR A THIRST-QUENCHING MASK OR HYALURONIC SERUM. A SOOTHING MASSAGE FOLLOWS, ENHANCING CIRCULATION AND RELAXATION. TO FINISH, A RICH MOISTURIZER AND SPF ARE APPLIED, LOCKING IN HYDRATION FOR A PLUMP, RADIANT GLOW.

## LUMINIZING FACIAL (WHITENING FACIAL)

55 MINS - €100

THE IDEAL TREATMENT FOR A RADIANT AND EVEN COMPLEXION. A TREATMENT TARGETING PIGMENTATION, WHICH WILL HELP YOUR SKIN APPEAR BRIGHTER AND MORE LUMINOUS.

## TEENAGE FACIAL

45 MINS - €85

YOUNG PROBLEMATIC SKIN REQUIRES INTENSE AND SPECIALISED CARE TO TREAT BLEMISHES, REDNESS, INFLAMMATION AND CONGESTION. THIS FACIAL FOCUSES ON CLEANSING AND ENRICHING THE SKIN LEAVING IT FEELING SMOOTH AND RADIANT.





# 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 - €130

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.

## **THE KNIGHT**

90 MINS - €230

THIS INTENSELY POWERFUL TREATMENT IS DESIGNED TO BE THE PERFECT MALE ESCAPE. A RELAXING FULL BODY MASSAGE USING HOT STONES, FOLLOWED BY A STRESS-RELIEVING SCALP MASSAGE AND AN ENERGISING FACIAL WHICH WILL SOOTHE YOUR SPIRIT AND LEAVE YOU FEELING REVITALISED AND RENEWED.

## **GENTLEMEN'S SPA MANICURE**

45 MINS - €60

THIS LUXURIOUS MANICURE HAS THE ADDITIONAL RICHNESS OF PARAFFIN WAX FOR DEEPER PENETRATION OF OILS AND CREAMS TO SOFTEN AND GIVE MORE YOUTHFUL APPEARANCE.

## **GENTLEMEN'S SPA PEDICURE**

55 MINS - €70

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 and Feet

TREAT YOURSELF TO BEAUTIFUL HANDS AND NAILS, OR REINVIGORATE YOUR FEET WITH OUR  
EXCLUSIVE RANGE OF RESTORATIVE, ANTI-AGEING TREATMENTS.

## LUXE MANICURE

70 MINS - €75

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 €15.

## LUXE PEDICURE

70 MINS - €80

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

140 MINS - €150

WHY CHOOSE BETWEEN A MANICURE AND A PEDICURE? SPOIL YOURSELF AND DOUBLE UP WITH THE DELUXE DUO COMBO. (GEL POLISH INCLUDED).

## QUICK TREATS

EXPRESS MANICURE	25 MINS - €40
EXPRESS PEDICURE	25 MINS - €45
GEL POLISH	25 MINS - €30
POLISH CHANGE	15 MINS - 25
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	€30
FULL ARM WAX	€40
HALF LEG WAXING	€35
FULL LEG WAXING	€55
FULL LEG WAXING & BIKINI LINE	€65
BIKINI LINE	€30
BACK OR CHEST	€60
THREADING EYEBROWS	€30
THREADING FULL FACE	€50



# Dee Spas Programmes

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	€400
55 MINUTES	€650
85 MINUTES	€850





# Vitality Suite Experiences

A LUXURY DESIGNED VITALITY SUITE AS AN EXTENSION OF YOUR TREATMENT EXPERIENCE., EXCLUSIVELY AVAILABLE AT ATHENAEUM BY DEE SPAS. 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)

## 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

## LA PRAIRIE RITUAL

€350

LA PRARIE FACIAL

CANDLE OIL BACK MASSAGE

SPA LUNCH

USE OF SPA FACILITIES

## MOMMY TO BE

€110

MUMS TO BE EXPERIENCE

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





# Experiences by Dee Spas

OUR CAREFULLY CURATED PACKAGES COMBINE COMPLEMENTING TREATMENTS TO OFFER YOU AN  
ELEVATED SPA EXPERIENCE. YOU'LL NEVER FORGET YOUR FIRST DEE SPAS DAY.



## ULTIMATE RENEWAL

€270

55 MIN. RENEWAL FULL BODY MASSAGE

55 MIN. RADIANCE FACIAL

SPA LUNCH

GLASS OF PROSECCO

USE OF SPA FACILITIES

## MEN'S ULTIMATE RITUAL

€270

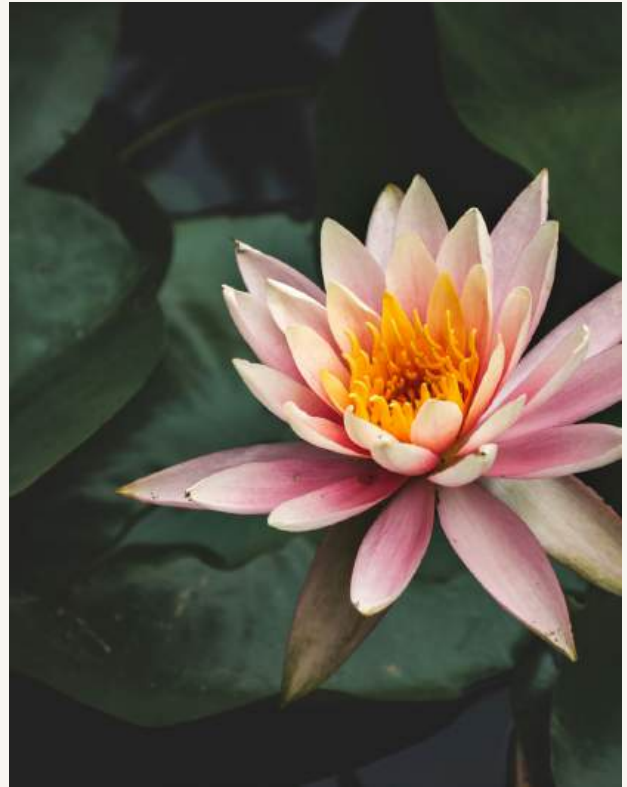
25 MIN. MUSCLE REVIVER

55 MIN. GENTLEMEN'S FACIAL

SPA LUNCH

GLASS OF PROSECCO

USE OF SPA FACILITIES



## AN ASIAN RETREAT

€200

55 MIN. BALINESE FULL BODY MASSAGE

25 MIN. ORIENTAL HEAD MASSAGE

REFLEXOLOGY

SPA LUNCH

USE OF SPA FACILITIES

## AN AYURVEDIC RETREAT

€235

55 MIN. AYURVEDIC FULL BODY MASSAGE

25 MIN. REFLEXOLOGY

HERBAL TEA

SPA LUNCH

USE OF SPA FACILITIES

## JOURNEY FOR TWO

€630

WELCOME GLASS OF PROSECCO

25 MIN. HONEY AND SUGAR BODY SCRUB

55 MIN. CUSTOMISED COUPLE'S MASSAGE

HAND AND FOOT MASK (PART OF MASSAGE)

SPA LUNCH

DEE SPAS CHOCOLATE TRUFFLES

45 MIN. PRIVATE USE OF VITALITY SUITE\*

\*AVAILABLE ONLY AT ATHENAEUM BY DEE SPAS





## A SPA JOURNEY

€100

BACK NECK & SHOULDER MASSAGE  
SPA LUNCH  
USE OF SPA FACILITIES

## YOU

€380

SIGNATURE PERSONALISED MASSAGE  
TAILOR MADE FACIAL  
DELUXE PEDICURE  
45 MIN. PRIVATE USE OF THE VITALITY SUITE\*  
AFTERNOON TEA  
USE OF SPA FACILITIES

\*AVAILABLE ONLY AT ATHENAEUM BY DEE SPAS



## SPA POLICIES

### HOURS OF OPERATION

Spa Treatments and Facilities available: Mon to Sun from 10.00 hrs to 19.00 hrs

### HOW TO SPA

The spa environment is one of tranquility 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.

### GIFT VOUCHERS

Our gift vouchers make a wonderful gift for any special occasion. Please enquire with our Spa Reception for details and offers.

### 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 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 time as a courtesy to our next guest. Cancellation within 24 hours will incur a 50% automatic charge. No shows without prior notification at our Spa Reception are charged full price.

### HEALTH CONCERNS

Prior to booking please advise us of any health conditions, allergies or injuries that could effect 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 at a refundable cash deposit.

### VALUABLES

We recommend that no jewellery is worn during any treatment. Please keep your belongings safe in your room. The management will not be held responsible for loss of money, valuables or any personal items brought into the spa.

### AGE

Persons under the age of 18 years should be accompanied by an adult or guardian during treatments and use of spa facilities. Children cannot be left unattended at any time within the spa area including the indoor pool. Also note that persons under the age of 18 years are prohibited to make use of the hydrotherapy pool, sauna and steam room (where applicable).

### PRICES

All prices are inclusive of VAT.



SCAN THE QR CODE  
TO SEE THIS BOOKLET  
IN DIGITAL FORMAT





DEE SPAS  
WELLNESS

[DEESPAS.COM](http://DEESPAS.COM)