

ATHENAEUM BY  DEE SPAS
WELLNESS

WELLNESS

HEALING

BALANCE

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.

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For your Body

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**

50 MINS - €120 | 80 MINS - €150

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

50 MINS - €140 | 80 MINS - €180

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.

ATHENAEUM BY DEE SPAS

TWICE THE EXPERIENCE

50 MINS - €240 | 80 MINS - €280

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

50 MINS - €140 | 80 MINS - €170

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

50 MINS - €120 | 80 MINS - €170

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.

REFLEXOLOGY FOOT MASSAGE

25 MINS - €80 | 50 MINS - €140

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.

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.

VOLCANIC HOT STONE MASSAGE

50 MINS - €140 | 80 MINS - €190

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 MESSAGE

50 MINS - €340 | 80 MINS - €400

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 MESSAGE

50 MINS - €170 | 80 MINS - €200

Designed around your preferences and areas of concern, this customised massage helps improve wellbeing and promote deep relaxation.

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 Stones

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



A close-up photograph of a hand reaching towards a cluster of small white flowers on a yellow-green plant. The hand is positioned on the left side of the frame, with fingers slightly curled. The plant has small, rounded, yellow-green leaves and a cluster of small white flowers in the center. The background is blurred, showing more of the same plant.

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**50 MINS - €130**

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**50 MINS - €130 | 80 MINS - €150**

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 - €90**

An excellent treatment to get your skin looking radiant. perfect for sensitive skin.

**INVIGORATING ESPRESSO
BODY SCRUB****45 MINS - €90**

This scrub is made from a unique blend of natural ingredients, including coffee, to gently exfoliate and refresh the skin. It helps leave the skin feeling smoother, softer, and revitalized while focusing on areas such as the tummy, waist, and thighs. The treatment is completed with a cooling body sculpting gel, expertly massaged into the skin to help stimulate circulation and promote a feeling of lightness and well-being.

SUGAR AND SPICE BODY SCRUB**45 MIN - €90**

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.

ATHENAEUM BY DEE SPAS

DETOXIFYING EUCALYPTUS & SEAWEED WRAP

45 MIN - €100

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 - €100

Consult with our spa therapists for customised options available.

HYDRATING LOCAL HONEY BODY MASK

45 MINS - €100

This soothing mask helps improve the texture of the skin with its soothing, softening and moisturising action.



ALOE VERA HEALING WRAP

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 5,000 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.

► RECOMMENDED FOR

Blood Circulation
Muscle Aches

ABHYANGAM

50 MINS - €130 | 80 MINS - €160

‘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

Insomnia
Sinusitis
Tension
Anxiety
Headaches

SHIRODHARA*

80 MINS - €200 (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

ELAKIZHI**50 MINS - €150 | 80 MINS - €180**

“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

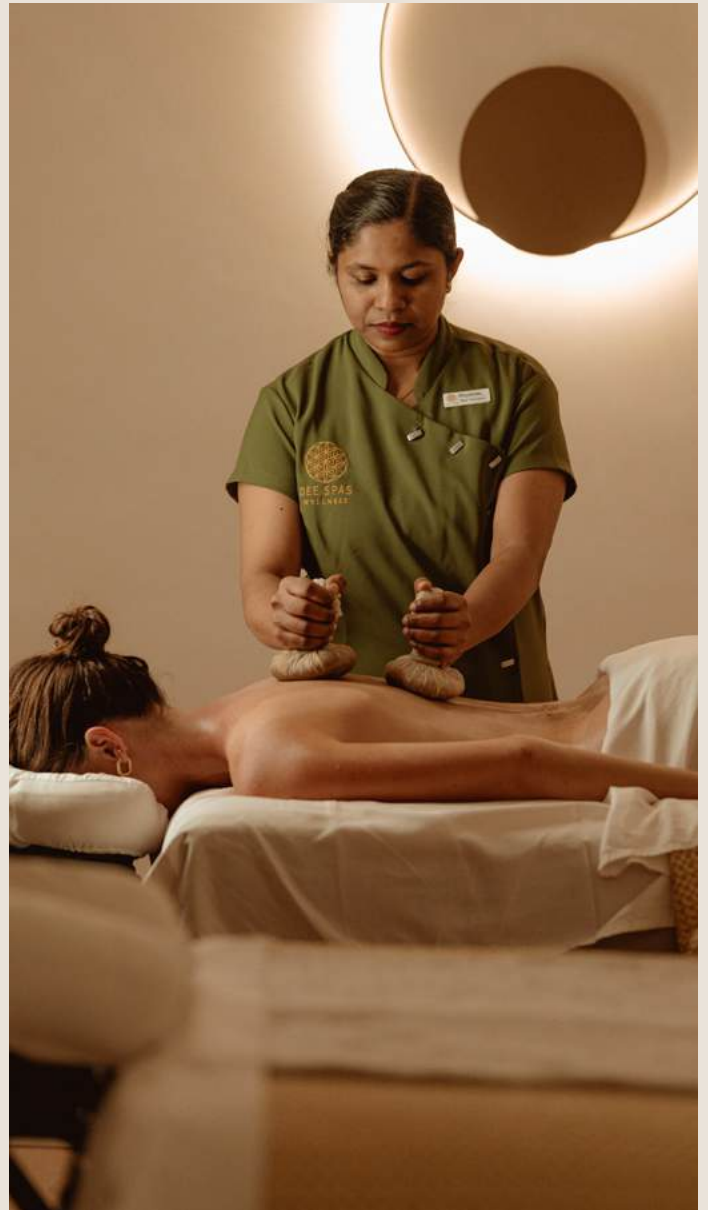
Muscle Relief
Neurological & Joint Pain
Reduction of Swelling and Stiffness

UDVARTHANAM**80 MINS - €170**

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.

▲ RECOMMENDED FOR

Fluid Retention
Cellulite Reduction
Improving Circulation



AYURVEDIC BACK MASSAGE**25 MINS - €90 | 45 MINS - €110**

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 - €90 | 45 MINS - €100**

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 - €100**

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**80 MINS - €200 | 110 MINS - €240**

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**50 MINS - €160 | 80 MINS - €200**

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 detoxify, alleviate muscle pain and leave you feeling re-energized.

BAMBOO MASSAGE**50 MINS - €160 | 80 MINS - €200**

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.



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**50 MINS - €110**

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

RADIANCE ANTI-AGEING RENEWAL**80 MINS - €170**

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.

PERSONALISED SIGNATURE FACIAL**50 MINS - €150**

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 - €85**

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.

TEENAGE FACIAL**45 MINS - €100**

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.

HYDRATION BOOSTER**50 MINS - €110 | 80 MINS - €140**

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 moisturiser and SPF are applied, locking in hydration for a plump, radiant glow.

LUMINIZING FACIAL (WHITENING FACIAL)**50 MINS - €120**

The ideal treatment for a radiant and even complexion. A treatment targeting pigmentation, which will help your skin appear brighter and more luminous.

FACIAL ENHANCEMENTS**EYE TREATMENT****LIP TREATMENT****COLLAGEN MASK****BACK MASSAGE****HEAD MASSAGE**

Consult with the spa therapist for prices



Men's Treatments

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

SPORTS MASSAGE

50 MINS - €140 | 80 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

50 MINS - €150

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

80 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 - €70**

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**70 MINS - €90**

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.

LUXE MANICURE

50 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 - €90

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 - €45
Express pedicure	25 MINS - €50
Gel polish application	25 MINS - €35
Gel polish removal	25 MINS - €25
Polish change	15 MINS - €30
Paraffin add on	15 MINS - €20
Eyebrow shaping	€30
Eyebrow tint	€40
Eyelash tint	€30
Upper lip wax	€20
Underarm waxing	€35
Half arm wax	€45
Full arm wax	€55
Half leg waxing	€55
Full leg waxing	€70
Full leg waxing & bikini line	€90
Bikini line	€40
Back or chest	€90
Threading eyebrows	€40
Threading full face	€60

A woman in a green spa uniform is performing a ritual on a massage table. She is holding a small, ornate, light-colored ceramic vessel over a small, ornate, light-colored ceramic vessel on the table. The background is a warm, dimly lit room with a large, circular, glowing light fixture on the wall. The woman is looking down at the vessels with a focused expression. The overall atmosphere is serene and calming.

Dee Spas *Programmes*

Wellbeing is a journey best embraced with intention. Our personalised programmes are designed to help you restore, recharge, and reconnect with yourself according to your needs.

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
50 minutes	€650
80 minutes	€850



A person with long dark hair, seen from behind, is sitting on the edge of a hot tub. They are looking out a large, multi-paned window. Outside the window, there is a lush garden with various potted plants and a swimming pool. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The overall mood is serene and luxurious.

Vitality Suite Experiences

Our Vitality Suite is the pinnacle of your wellness experience 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.

EXCLUSIVE USE OF VITALITY SUITE

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

€500 PER COUPLE

Welcome drink

Use of changing room facilities

1.5 hour indoor pool pass

50 min. Inner Calm Massage

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

LA PRAIRIE RITUAL

€350

50 min. La Prairie Facial

25 min. Candle Oil Back Massage

Spa Lunch

Use of Spa Facilities

MUM TO BE EXPERIENCE

50 MINS - €155

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

25 min. 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**100 MINS - €270**

50 min. Renewal Full Body Massage
50 min. Radiance Facial
Spa Lunch
Glass of Prosecco
Use of Spa Facilities

MEN'S ULTIMATE RITUAL**75 MINS - €270**

25 min. Muscle Reviver
50 min. Gentlemen's Facial
Spa Lunch
Glass of Prosecco
Use of Spa Facilities

AN ASIAN RETREAT**100 MINS - €300**

50 min. Balinese Full Body Massage
25 min. Oriental Head Massage
25 min. Reflexology
Spa Lunch
Use of Spa Facilities



AN AYURVEDIC RETREAT

75 MINS - €250

50 min. Ayurvedic Full Body Massage

25 min. Reflexology

Herbal Tea

Spa Lunch

Use of Spa Facilities

A SPA JOURNEY

25 MINS - €100

25 min. Back Neck & Shoulder Massage

Spa Lunch

Use of Spa Facilities

JOURNEY FOR TWO

75 MINS - €650

Welcome glass of Prosecco

25 min. Honey and Sugar Body Scrub

50 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*



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). The indoor pool is available to children under the age of 18 (both spa and hotel guests) from 9:00 hrs to 12:00 hrs.

PRICES

All prices are inclusive of VAT.

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