

THE TIME TO RELAX
IS WHEN YOU DON'T
HAVE TIME FOR IT

Jim Goodwin

Kerstin Florian

FACIAL TREATMENTS

CUSTOMISED DEEP CLEANSING FACIAL

A deep cleansing purifying treatment customised for all skin types that includes an exfoliating peel to renew the skin, a luxurious massage to promote circulation and a deep cleansing masque to balance and nourish the skin. A heated hand treatment completes the experience.

SENSITIVE SKIN FACIAL

This ultimate sensitive skin facial protects, corrects and rebuilds skin affected by environmental elements, rosacea and laser treatments. Includes a unique alginate peel off masque to calm inflammation and uniquely nourish and heal each sensitive skin condition.

ANTIOXIDANT VITAMIN C FACIAL

This oxygenating, anti-ageing facial utilises ingredients rich in antioxidants, including an application of natural spirulina algae with protein, vitamins, minerals and botanical extracts, to combat premature ageing, disrupt hyperpigmentation and provide skin with a healthy glow. This facial includes a luxurious face and scalp massage as well as a hydrating hand treatment.

SIGNATURE CAVIAR FACIAL

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein-rich caviar and powerful antioxidants. Exclusive caviar products infuse skin with age-defying nutrients to smooth fine lines and improve texture. An aculift massage visibly firms and tones and our marine biomatrix sheet provides an intensive hydration to instantly restore radiance. Results are immediate, leaving skin looking supple, healthy and luminescent.

REFRESHER FACIAL

A deep cleansing introductory facial based on organic Moor Mud, which refines and remineralises dull, lifeless skin. Includes a skin analysis and a massage of the face and shoulders, as well as a heated hand treatment.

CORRECTING PRO PEEL 30 FACIAL

Using an exclusive 30% multi acid peel, this facial provides immediate results to brighten and help even skin tone. Skin is deeply cleansed and toned, followed by a 16 point acupressure exercise. Intensive serums are applied as beauty globes cool and tighten the skin.

GENTLEMEN'S FACIAL

A deep cleansing, therapeutic facial designed specifically for the special skin care needs of men. This treatment relaxes the skin as it refines pores. Includes a luxurious massage and deep cleansing masque. Specifically addresses sensitivity.

FACIAL ENHANCEMENTS

VITAMIN C AMPOULE

This antioxidant treatment strengthens skin elasticity and helps prevent premature ageing caused by UV exposure.

CHITOSAN MASQUE

This super-soothing alginate peel-off masque hydrates, calms and reduces the appearance of redness. Dramatically improves skin texture, tone and colour.

EYE RESCUE

This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, improve dark circles, relieve puffy eyes, improve clarity and totally rejuvenate this delicate area for brighter, more luminescent eyes.

INTENSIVE REPAIR AMPOULE

A healing and soothing treatment for cell rejuvenation.



SKINCEUTICALS

SkinCeuticals mission is to improve skin health. Dedicated to this purpose, they make one simple promise – provide advanced skincare backed by science.

BESPOKE PEEL

A chemical peel that will be customised to suit your skin type. Skin that once looked dull and lifeless becomes glowing and radiant. A must have for those who wish to see a dramatic difference in their skin.

CITY RECOVERY FACIAL

The SkinCeuticals City Recovery Facial Treatment has been devised to address the skin health issues of those exposed to the environmental aggression of city living. Tackling free radicals, dehydration and sluggish skin this facial is an urban essential.

BRIGHTENING FACIAL

A brightening treatment to treat hyper pigmentation and premature ageing. With a generous dose of Vitamin C and antioxidants, your skin will feel and look healthier with a radiant, firmer and more luminous complexion.

CORRECTIVE ANTI-AGEING FACIAL

A perfect treatment to address the signs of ageing or sun damage. Includes the application of a revolutionary antioxidant to tackle damaged skin cells and proven to accelerate cell renewal for plumper, even and firmer-looking skin.

CALMING FACIAL

A gentle treatment designed to soothe inflammation, reduce redness, hydrate and help heal problematic skin.

CLARIFYING FACIAL

Designed to help treat oily and congested skin this soothing and cleansing facial will help to clear impurities, reduce oil levels and keep skin hydrated.

ACNE FACIAL

A two-phase approach to correct and manage this skin condition. This treatment will help reduce the inflammation, congestion and texture of the skin.

Please note use of the facilities is not recommended after the above treatments as it can cause reverse effects. Guests are more than welcome to avail of facilities prior to the treatment.

MASSAGE

CUSTOMISED MASSAGE

Restore inner peace and harmony through the power of massage. Whether you are looking for a relaxing massage or deep tissue, this customised massage treatment will ensure your every need is met. Choose the length of massage that suits your schedule and allow the relaxation to begin.

MUSCLE MELT OIL BACK MASSAGE

A back massage using a natural blend of muscle warming Black Pepper and stimulating Spanish Rosemary essential oil. Combined with skin softening Babassu oil from the Amazon region of South America to effectively relieve any tensions, aches and pains.

INDIAN HEAD MASSAGE

Based on Ayurvedic principles of healing this stress relieving massage has been practiced in India for thousands of years. Perfect for releasing stress and tension in the head, neck and shoulder area. This ancient massage is also known for relieving tension, fatigue, insomnia, headaches and migraines.

THE LAVA SHELL RELAX BODY MASSAGE

The world's first self-heating massage tool. A unique innovation in warming spa therapies that induces deep relaxation whilst easing muscle and joint aches and pains. Deep tissue work on the feet, legs, back and shoulders, ease away all muscle tension, knots and stress points, unblocking energy flow and releasing a sense of balance to the entire body and mind.

LAVA WELLNESS

Lava wellness provides a safe and nurturing treatment for clients recovering from Cancer. With comfort in mind it offers gentle warmth with cooling shells to balance. A bespoke well-being treatment that provides a feeling of relaxation for clients with Cancer and post treatment.

THE GLACIAL SHELL DETOX TREATMENT

The ultimate development in ice therapy treatment giving immediate results. Two chilled Glacial Shells and one heated Lava Shell are used to massage the legs and stomach using long flowing movements. The combination of hot and cold pressure on sensory points aids the breakdown of fatty tissues, stimulates circulation and moves uncomfortable build-up in the digestive system. Tackling congestion areas such as the large intestine and stimulating the lymphatic system to encourage the body's own natural purification.

LOMI LOMI MASSAGE

Originating in Polynesia, the Aloha touch of Lomi Lomi offers extreme relaxation and cleansing. Your therapist will use long sweeping strokes up and down the full length of the body with continuous flowing movement to give the exquisite perception of many hands working simultaneously. The flowing style of Lomi Lomi works powerfully to balance all systems of the body. When the heart, mind, soul and body are in alignment an abundance of healing on every level is possible.

REFLEXOLOGY

An ancient art of healing the body and mind. Gentle pressure is applied to specific points on the feet to establish a healthy flow of energy within the body and to encourage your body's own natural healing system. A beautiful relaxing and calming treatment that is beneficial to your entire system.

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BODY ENVELOPMENTS

THE MARKER SIGNATURE RITUAL

This invigorating blend of Arctic Juniper, vitamin E and organic sunflower oil helps to hydrate, soothe and protect the skin, as it energises the senses; earthy minerals are combined with a nurturing blend of botanicals in a full body exfoliation. A warm mineral rich crème is blended with organic aromatherapy juniper oil and massaged in to the body and wrapped. The face is then cleansed, exfoliated and a remineralising mud or algae masque is applied. While drifting peacefully, the guest will enjoy a signature head, face and foot massage.

LAVENDER DREAMS ULTIMATE EXPERIENCE

Relax. Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deep; inhale the calming and balancing benefits of wild lavender in this completely balancing and rejuvenating spa experience. To begin, minerals are combined with lavender's healing properties in an invigorating full body exfoliation. Following is a pampering back, neck and shoulder massage with organic lavender oil and warm healing stones. Next, nourish and relax inside a warm cocoon while a luxurious foot and pressure point scalp massage complete this head-to-toe experience

SPIRULINA WRAP

Using an all-natural, live spirulina algae, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body. This luxurious treatment commences with a full body exfoliation. An application of Spirulina is then applied and the body is wrapped to soak up essential elements from the spirulina masque. The face is then cleansed, exfoliated and a soothing masque applied. The application of marine firming body cream mixed with organic aromatherapy lavender body oil finishes this purifying and firming treatment. Very effective when used as part of a slimming or nourishing program.

MOOR MUD WRAP

A revitalising European therapy using authentic thermal moor mud to heal, soothe and rejuvenate tired muscles and dull skin. It takes over one thousand years for natural processes to create three meters of this black organic mud, rich in thermal water-derived minerals and trace elements. This treatment remineralises, softens and purifies the face and body. A facial treatment is included in this wrap to give a top to toe experience.

ESSENTIAL OIL WRAP

A luxurious application of aromatherapy oils mixed with Thermal Mineral body cream to relieve muscle tension, promote detoxification and hydration. This treatment begins with a Turkish body scrub. The remineralising body cream, made with minerals rich water, helps to hydrate and nourish the skin. Combined with essential oils specifically chosen according to skin type and mood, it is applied with effleurage movements to the body. The body is then wrapped in blankets for pure relaxation.

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BODY EXFOLIATION

TURKISH BODY SCRUB

Eucalyptus and stimulating aromatherapy essences are blended with mineral-rich sea salts to exfoliate, invigorate and remineralize the skin. Leaves the skin feeling luxuriously soft, smooth and energized.

MATERNITY TREATMENTS

Pregnancy is one of the most precious experiences in a woman's life and there is no other time when relaxing is more deserving.

PREGNANCY MASSAGE

A completely relaxing body massage using safe but effective prenatal techniques. This massage can be carried out after the first Trimester.

MAMA TOP TO TOE

This top to toe experience begins with a relaxing but effective foot and leg treatment that cools and soothes puffiness. A bespoke pregnancy facial is then preformed to enhance the gorgeous glow that pregnancy brings.

EYE AREA ENHANCEMENTS

Eyelash Tint

Eyebrow tinting

Eyebrow Shape

Eyebrow tinting and reshaping

Eyes All Three

Eyelash tint, eyebrow tint and brow reshape

Note: a patch test is required 24 hours prior to tinting.

NAIL CARE

MANICURE

A luxurious manicure that includes a nail analysis, heated mittens, a relaxing massage, cuticle work and a nail shape. This treatment finishes with an application of your chosen nail polish.

PEDICURE

Unwind and treat your feet to this deluxe spa pedicure. Begin the relaxation journey with an exfoliation of the feet that is rinsed with warm water. Then lie back on the heated treatment bed and drift away while your therapist uses invigorating techniques and products that will leave you walking on air.

MEDIPEDI

This pedicure gives exceptional results after just one treatment. A revolutionary pedicure that offers a safe way to reduce hard skin for a more superior result. A must have for anyone who suffers with hard, cracked or calloused feet.

PARAFFIN WAX

Enhance your manicure or pedicure with a paraffin wax. Paraffin wax protects the skin against free radicals while promoting cellular renewal, helping to reduce the signs of natural ageing. This unique formula combines Swiss Apple, White and Green Tea, Vitamins A,C and E to provide antioxidant and nourishment support.

WAXING

Waxperts Wax is the next generation in waxing. Perfect for even the most sensitive skins or strongest hair types. With a low melting point it is the most comfortable wax available. See tariff menu for wax treatment listing.

SPA & WELLNESS PACKAGES

They say life is so much easier when you simply just chill out and sometimes you just need a spa day to help you do just that. With that in mind we have created a variety of packages combining some of our most revitalising treatments that will help you forget any worries, leave you walking on air and ready to face anything.

Midweek Packages – Monday through Thursday

THE 30/30 - 60 minutes

This packages allows you have the best of both worlds. A relaxing customised back massage followed by a customised refresher facial to balance all needs.

DAPPER DAN DAY - 90 minutes

A deep tissue back massage to soothe everyday aches and pains. Followed by a deep cleansing therapeutic facial designed specifically for the skin care needs of men, total bliss!

BLISSFUL BUMP - 2 Hours

A precious time when relaxing is never more deserving. A full body massage using safe but effective prenatal techniques followed by a luxurious pedicure.

TOTAL ESCAPE - 2 Hours

Restore inner peace with this customised package which includes a customised full body massage and deep cleansing facial, a total treat.

Weekend Packages – Friday through Sunday

CAREFREE FRIDAY - 60 minutes

Start the weekend off on the right note with a stress relieving Indian head massage and refresher facial.

SATURDAY SOOTHER - 60 minutes

A bespoke cleansing facial that is not only customised to your skin's every need but will induce deep levels of relaxation through a luxurious face and head massage.

SUNDAY PACKAGE - 90 minutes

A choice between 60 minute Customised massage, facial or Lomi Lomi massage. Followed by a 30 minute add on of either a back massage, refresher facial or Indian head massage. Our most popular package, advanced booking is strongly advised.

THE WEEKENDER - 2 hours

The ultimate relaxation package, which includes a customised full body massage and deep cleansing facial.



MARKER EQUILIBRIUM

IT'S ALL ABOUT ME

Finding a balanced, healthy lifestyle is something we recognise as a priority for our guests. Finding that perfect equilibrium has led us to introduce a variety of innovations and concepts in all areas across the Hotel.

We have introduced Equilibrium to our Spa and Wellness facility as we realise that rest and relaxation is as important as regular exercise and the health benefits to relaxation are endless. We see it as key to maintaining a healthy lifestyle as pure relaxation rejuvenates the body and mind, topping up our energy levels to keep up with busy schedules.

Our Equilibrium Spa menu includes the following treatments:

	Midweek	Weekend
Lomi Lomi Massage	€110	€115
Reflexology	€90	€95
Glacial Shell Detox Treatment	€120	€130
Antioxidant Vitamin C Facial	€130	€140
Spirulina Wrap	€135	€145



SPAPAS

Spapas "The Marker's Spa Tapas" – express spa treatments for those who know what's essential but time is always of the essence. Our Spapas menu offers 15 and 30 minute treatments to allow you to make the most of your time with us.

Spapas are available from Monday – Friday, 11.30am – 3pm, perfect for that lunchtime appointment. Pre-booking is advisable but walk-ins are also accepted (subject to availability).

15
MINUTES

15 MINS €15

- Eyelash tint
- Eyebrow tint
- Eyebrow shape
- Lip wax
- Chin wax
- Underarm

30
MINUTES

30 MINS €30

- Californian
- In betweeny
- Half leg

30
MINUTES
DELUXE

DELUXE 30 MINS €55

- Refresher facial
- Back massage
- Indian head massage
- Hollywood



TARIFF MENU

Kerstin Florian

FACIAL TREATMENTS

	Midweek	Weekend
Customised Deep		
Cleansing Facial	60 mins €105	€115
Sensitive Skin Facial	60 mins €105	€115
Gentlemen's Facial	60 mins €105	€115
Antioxidant Vitamin C Facial	90 mins €130	€140
Aromatherapy Facial	90 mins €130	€140
Signature Caviar Facial	90 mins €155	€165
Refresher Facial	30 mins €70	€80
Correcting Pro Peel 30 Facial	30 mins €80	€90

FACIAL ENHANCEMENTS

Chitosan Masque	€20	€25
Eye Rescue	€20	€25
Intensive Repair Ampoule	€35	€40
PRO 30 Multi-Acid Peel	€35	€40
Vitamin C Ampoule	€20	€25

SKINCEUTICALS

Bespoke Peel	30 mins €110	€120
City Recovery Facial	60 mins €125	€135
Brightening Facial	60 mins €125	€135
Corrective Anti – Ageing Facial	60 mins €125	€135
Calming Facial	60 mins €125	€135
Clarifying Facial	60 mins €125	€135
Acne Facial	60 mins €125	€135

NAIL CARE

Manicure	45 mins €55	€60
Pedicure	60 mins €60	€70
Medi Pedi	60 mins €100	€105
Paraffin Wax	15 mins €15	€20

EYE AREA ENHANCEMENTS

	Midweek	Weekend
Eyelash Tint	15 mins -	€20
Eyebrow tinting	10 mins -	€20
Eyebrow shape	15 mins -	€25
Eyebrow tinting & reshaping	25 mins -	€35
Eyes All Three		
Eyelash tint, eyebrow tint & brow reshape		€55

Note: 24 hour patch test required

BODY EXFOLIATION

Turkish body scrub	60 mins €105	€115
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BODY ENVELOPMENTS

The Marker Signature Ritual	2 hours €195	€215
Lavender Dreams	90 mins €135	€145
Spirulina Wrap	90 mins €135	€145
Moor Mud Wrap	90 mins €135	€145
Essential Oil Wrap	60 mins €105	€115

WAXING

	Midweek	Weekend
Standard Bikini	15 mins €25	€30
Californian	30 mins €30	€35
In betweeny	30 mins €45	€50
Brazilian	45 mins €55	€60
Hollywood	45 mins €60	€65
Half leg	30 mins €35	€40
Full leg	45 mins €50	€55
Half arm	15 mins €30	€35
Full arm	30 mins €45	€50
Underarm	15 mins €20	€25
Lip	10 mins €15	€20
Chin	10 mins €15	€20
Sides of face	10 mins €20	€25
Eye Brow	15 mins €20	€25
Back	30-45 mins €50	€55
Chest	30-45 mins €45	€50

Note: 24 hour patch test required

*Timings are an approximate and may differ for each guest

MASSAGE

Customised Massage	30 mins €75	€85
	60 mins €105	€115
	90 mins €135	€145
Indian Head Massage	45 mins €90	€95
Lava Shell Relax Body Massage	30 mins €90	€95
	60 mins €115	€125
	90 mins €140	€150
Lava Wellness	60 min €115	€125
Glacial Shell Detox Treatment	60 mins €120	€130
Lomi Lomi	60 mins €110	€115
	90 mins €135	€140
Reflexology	45 mins €90	€95
Muscle Melt Massage	30 mins €85	€90

MATERNITY

	Midweek	Weekend
Pregnancy Massage	60 mins €105	€110
Mama Top to Toe	90 mins €140	€150

MIDWEEK PACKAGES

	Monday - Thursday
30/30	60 mins €100
Dapper Dan Day	90 mins €145
Blissful Bump	2 hours €145
Total Escape	2 hours €185

WEEKEND PACKAGES

	Friday - Sunday
Carefree Friday	60 mins €110
Saturday Soother	60 mins €105
Sunday Package	90 mins €120
The Weekender	2 hours €215

SPA ETIQUETTE

HOW TO SPA

To ensure you reap the full benefits of your experience at the Spa & Wellness space we ask that you arrive 15 minutes prior to your treatment time. Late arrivals will be facilitated to the best of our ability; however, treatment time will be shortened. As a courtesy to other guests we also request that all mobile phones are switched off upon arrival. Some medical conditions are contraindicated to certain treatments so we ask that you divulge any medical condition at the time of booking. All information is kept in the strictest of confidence. Some treatments may also require a patch test so please be advised that you may be asked to visit the Spa 24 hours prior to your treatment.

WHAT TO BRING

Swimwear must be worn at all times in the pool area so please ensure you bring your swimming attire. Robes, slippers, and disposable underwear for during treatments will be provided to day spa guests.

AGE REQUIREMENTS

The minimum age requirement for spa treatments and access to the gymnasium, Jacuzzi, sauna and steam room is 16.

USE OF THE POOL AND RELAXATION AREA

Use of pool and relaxation suites is complimentary to day spa guests having treatments over €50. Guests who are having treatments for less than this value can upgrade to use the facilities for €25. Guests can arrive an hour before their treatment time to use the facilities.

CAN'T MAKE IT?

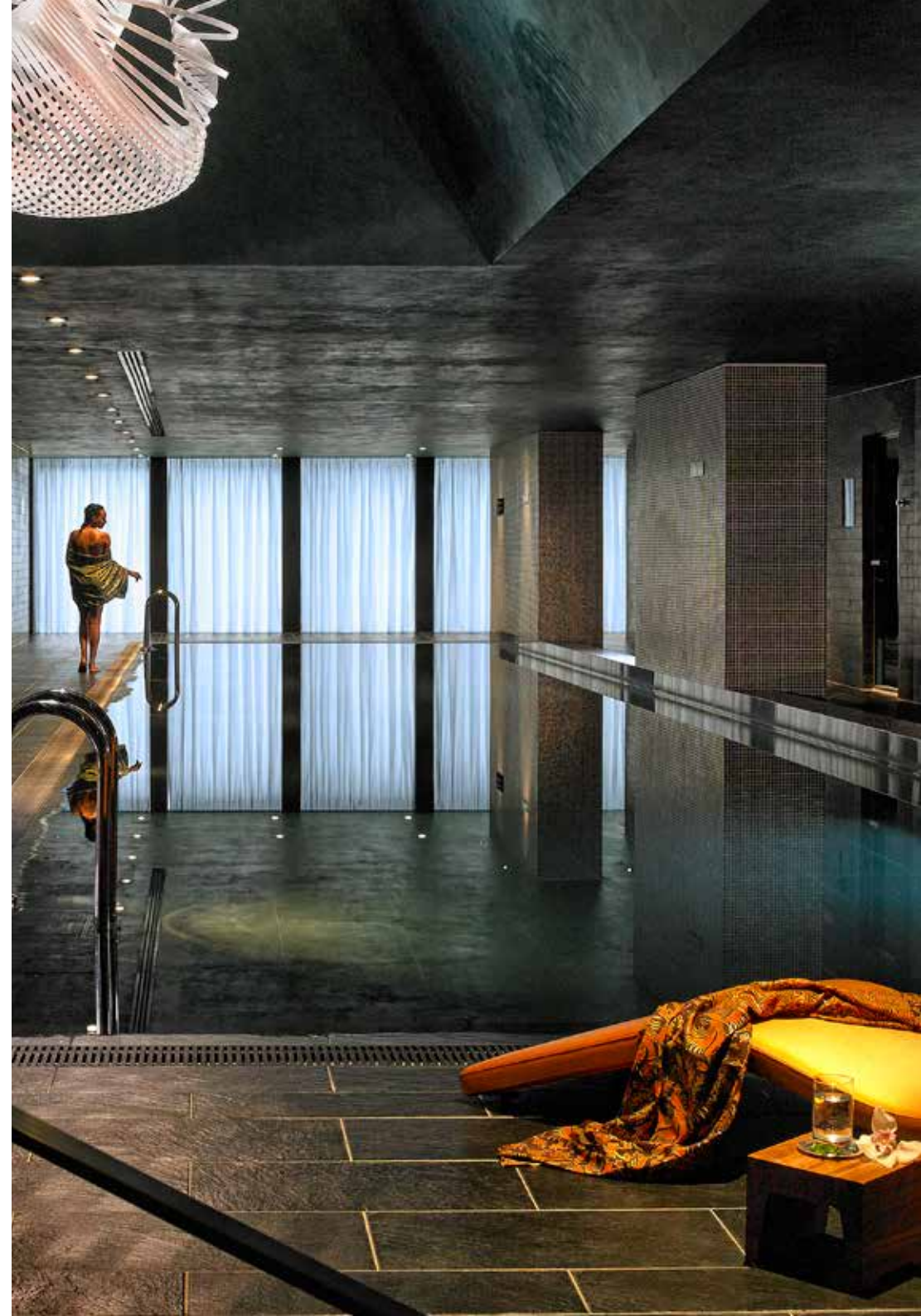
If you are unable to attend your appointment, notice of 24 hours must be given. For groups of three or more we require 72 hours' notice. Please be aware that a cancellation fee of 50% of the treatment price will be charged should notice not be given. If you do not call to cancel or do not show for your treatment the full treatment price will be deducted from your credit card or charged to your room bill.

SHHHHHHH

Please respect the serenity of the Spa & Wellness space by refraining from talking loudly or shouting while in the treatment room, pool area or relaxation suites.

GIFT VOUCHERS

The perfect gift for someone special, our gift vouchers are available to purchase from the Spa and Wellness reception or online on our website www.themarkerhoteldublin.com. Gift vouchers must be presented at the time of treatment.



MEMBERSHIP

MEMBERSHIP

Our Wellness space is reserved for our hotel guests and there are also a limited number of private memberships available. It promises the best of both worlds – total sanctuary, yet serious gym lovers won't be disappointed either.

But it doesn't need to be all about fitness. Our Wellness space has a gorgeous swimming pool, jacuzzi, sauna, steam room and chill out pool side spaces, offering our members total escape from every day stresses.

STEAM ROOM

Our eucalyptus scented steam room is ideal for cleansing your skin, relaxing your muscles and clearing your senses. The perfect setting to unwind after a hard work out.

SAUNA

A dry heat that will help unwind tired muscles. Relaxing in the sauna will help ease tension and relieve stress within the body. A trip to the sauna before a massage is highly recommended.

SWIMMING POOL

Our 23 metre infinity pool is a perfect retreat after a hard day in the office. Our pool side loungers offer a perfect resting place to wind down after your dip in the pool.

JACUZZI

Our jacuzzi provides a large number of benefits including relieving fatigue, reducing stress and soothing muscles.

GYMNASIUM

Our gymnasium is home to the state of the art Life Fitness cardiovascular and resistance equipment. Each piece of cardiovascular equipment has its own integrated personal audio-visual system, which can work in conjunction with your smart phone to give one of the most high-tech workouts available. Our free weights section, includes a multifunctional training unit and stretching area, that will allow you to have a total body workout.

BENEFITS

Full use of all facilities including:

Life Fitness equipped gymnasium, steam room, infinity pool and jacuzzi (excludes treatments & relaxation room).

- A complimentary voucher for a luxurious hour spa treatment (midweek use)
- Complimentary bath and workout towels
- Fresh fruit of the season served throughout the day
- Complimentary refreshments
- 20% off spa treatments midweek
- 4 Guest passes per annum

MEMBERSHIP RATES

MEMBERSHIP RATES

	Peak	Off-Peak
- Individual	€1450	€950
- Couple	€2450	€1550

DIRECT DEBIT MONTHLY OPTION

	Peak	Off-Peak
- Individual	€130	€88
- Couple	€213	€137

- Off-Peak Monday through Friday 9am - 5pm.
- Corporate rates available.

For further details contact Clara at spa@themarkerie/016875194

* Terms and conditions apply

A massage is just like a movie, really relaxing and a total escape, except in a massage you're the star. And you don't miss anything by falling asleep!

Elizabeth Jane Howard