

## The Ultimate Urban Retreat

### WELCOME TO SPA NO.1 PERY SQUARE

Spa No.1 Pery Square is housed in the vaulted basement and is a real urban retreat. From Irish mist showers and sole pool foot baths to the relaxation space that is the snooze room Spa No.1 Pery Square is a uniquely calming Irish spa experience using the VOYA organic range of products.

### A TRULY HOLISTIC EXPERIENCE

The basement vaults were restored to create the spa, retaining their existing brick and original stonework and making a quiet, soothing backdrop to a holistic experience.

### A COUNTRY HOUSE IN THE CITY

The Spa is part of a luxury townhouse hotel that boasts Sash Restaurant, Wine Room & Park Room Lounge. The hotel features in The Top 100 Best Places to Stay & Eat in Ireland and has achieved many awards since opening in 2009.

# VOYA



VOYA Organic Beauty from the Sea has used generations of acquired wisdom about the sea to bring you an organic beauty range designed to delight and purify your body.

The seaweed is derived from Ireland's wild Atlantic coastline to bring you the first 100% certified organic treatments in the world.

## How to Spa at No.1 Pery Square

### ARRIVAL

We recommend that you enjoy our thermal suite for one hour prior to your treatment. Please arrive at least **15 minutes** before your treatment to allow time to change and to complete a consultation form.

### SPA ETIQUETTE

The spa ethos at No.1 is one of tranquility & relaxation. Clients will be provided with a locker, robe, slippers and a towel. Swim wear is advised.

### PREGNANCY TREATMENTS

We offer bespoke treatments for nursing and expectant mothers.

### SPA FACILITIES

Separate male & female changing rooms. A unisex thermal suite. A private spa suite which includes the bathing room, wellness & treatment suite which can be reserved on request.

### CANCELLATION POLICY

We have a strict **24 hour** cancellation policy. Treatments canceled **within 24 hours** will incur **100% charge**. Credit card details are required to secure all bookings.

### SPECIAL REQUIREMENTS

Please advise us of any special requirements that you may have at the time of your booking.

### GIFT VOUCHERS ALSO AVAILABLE

Why not treat someone special to a tailored gift card for the spa to suit all tastes and budgets.

## The Thermal Spa Experience

### HERBAL COCOON

A gentle and relaxing Irish herbal heat treatment with mild temperatures & average humidity.

### AROMA STEAM

This is a great way to unwind and relieve muscular stress. It promotes muscle relaxation & improves the immune system through aroma essence.

### COAL BUNKER SAUNA

This traditional Finnish sauna, housed in the original coal bunker stimulates different body processes & increases blood flow. It relieves stress & tension

### IRISH MIST SHOWERS

These showers help to remove excess toxins from the skin. They also reduce your core body temperature after heat treatments.

### SOLE POOL FOOT BATHS

Cleanse your feet with an infused sea salt exfoliant which helps to remove dead skin cells and nourish the skin.

### THE SNOOZE ROOM

A calm oasis conducive to relaxation.

### FULL USE FOR 60 MIN/ 3 HRS - €25/ €40

If you require more information regarding treatments call us (061) 402 414 or mail [spa@oneperysquare.com](mailto:spa@oneperysquare.com)

## VOYA Facials

### SEAWEED EYE FACIAL TREATMENT

45 MIN APPROX | €55

An ultimate treat for refreshing & rejuvenating tired eyes. Combining relaxing & decongesting lymphatic massage movements.

### OCEAN FRESH FACIAL EXPERIENCE

55 MIN APPROX | €75

This detoxifying & refreshing facial is suitable for all skin types. In particular this treatment benefits tired skin by reducing facial puffiness while detoxifying & replenishing nutrients.

### ORGANIC ILLUMINATING FACIAL

55 MIN APPROX | €80

This incredible facial is deeply detoxifying, helping to brighten the skin & even the skin tone. Leaves the skin smooth, soft and radiant. It incorporates a pressure point facial massage & foot massage.

### PURIFYING DEFENCE FACIAL

75 MIN APPROX | €85

This purifying anti oxidant facial benefits oily problematic skin. This anti aging facial therapy can eliminate toxins, re-balance & tighten the skin. This facial includes a hot foam back cleanse.

### ANTI-AGING RESTORATIVE FACIAL

75 MIN APPROX | €90

This nourishing anti-aging facial is suitable for all skin types. Helps to reduce the appearance of fine lines & wrinkles.

### BACK, FACE & SCALP EXPERIENCE

90 MIN APPROX | €110

The crème de la crème of all facial treatments suitable for all skin types. This begins with a back exfoliation and a 10 minute back massage. The double action mask in this facial aims to detoxify & nourish even the most troubled dry skin.

## VOYA Baths

### SEAWEED AROMA SALTS BATH

45 MIN APPROX | €35

Organic essential oils, lemon, lime, clove, basil & mandarin combined with bath salts.

### SEAWEED FOAMING PEAT BATH

45 MIN APPROX | €45

This bath offers a potent detoxification due to its trace elements, vitamins, lipids, polyphenols & humanic acids from Irish peat. Infused with organic seaweed extracts.

### LAZY DAYS DETOX SEAWEED BATH

45 MIN APPROX | €60

Immerse your body in a luxurious remineralising & highly detoxifying warm seaweed bath.

## VOYA Body Scrubs

50 MIN APPROX | €70

The ultimate treat for tired and dull skin. These invigorating all over body exfoliations refine skin texture and increase lustre.

### CHOOSE ANY ONE OF THE 5 TREATMENTS BELOW

Lavender & Seaweed Sugar Glow

Peppermint & Seaweed Sugar Glow

Stimulating Seaweed Body Buff

Luscious Salt Glow

Hydrating Time to Shine

## VOYA Massages

### BACK, NECK & SHOULDER MASSAGE

30 MIN APPROX | €50

### INDIAN HEAD MASSAGE

40 MIN APPROX | €60

### HOT STONE BACK MASSAGE

30 MIN APPROX | €60

### FULL BODY SWEDISH MASSAGE

55/ 90 MIN APPROX | €85/ €110

### HOT STONE FULL BODY MASSAGE

60/90 MIN APPROX | €85/ €110

## VOYA Wraps

**NOURISHING SEAWEED BODY WRAP**  
55 MIN APPROX | €80

**DETOXIFYING SEAWEED BODY WRAP**  
75 MIN APPROX | €95

**WARMED AROMATIC MUD WRAP**  
90 MIN APPROX | €100

**SIGNATURE SEAWEED LEAF WRAP**  
90 MIN APPROX | €110

## VOYA Manicure & Pedicure

**VOYA MANICURE**  
55 MIN APPROX | €50

Begin with a VOYA Time to Shine exfoliation followed by a deeply relaxing massage. Then your hands will be lovingly wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and nourish dry skin. Includes buff, file & polish.

**VOYA PEDICURE**  
55 MIN APPROX | €60

This treatment begins with a sea salt exfoliation. You will then be treated to a deeply relaxing massage of the lower legs, a double action seaweed foot mask and fresh seaweed leaf wrap around the legs to reduce swelling and soften tired feet. Includes buff, file & polish.

## Mens VOYA Facial

**VOYA PURIFYING DEFENSE FACIAL**  
70 MIN APPROX | €85

Commencing with a 10min deeply relaxing back massage. Completely unwind with a purifying facial designed to eliminate toxins, re-balance the skin. This facial is perfect for all skin types and leaves the skin purified and moisturised.

## Muscle Melting Massage

**BACK MASSAGE - 30 MIN APPROX | €50**  
**FULL BODY MASSAGE - 55 MIN APPROX | €85**

This is the perfect treatment for releasing tension and gradually breaking up muscle "knots" or adhered tissues. Swedish massage promotes relaxation, increases blood flow and relieves stress.

## Waxing

Full Leg Wax	€30
Half Leg Wax	€20
Lip Wax	€10
Chin Wax	€10
Bikini Wax Basic	€15
Bikini Wax Extended	€25
Underarm Wax	€15
Full Leg & Bikini Wax	€40
Half Leg & Bikini Wax	€30
Eyebrow Wax	€9

## Eyes

Eyebrow Tint	€10
Eyelash Tint	€15
Eyelash Tint and Brow Shape & Tint	€25
Eyelash & Brow Tint	€22
Eyebrow Shape & Tint	€18

## Nails

Hands File & Polish	€15
Toes File & Polish	€15
Hands File & French Polish	€18
Toes File & French Polish	€18

## Shellac Application

Hands	€30
Toes	€30
Hands & Toes	€50
Removal	€5

## Manicure & Pedicure

Manicure	€40
Pedicure	€50

## Tanning

Half Body Spray Tan	€25
Full Body Spray Tan	€30