



# SPA

NO. 1 PERY SQUARE

[WWW.ONEPERYSQUARE.COM/DAY-SPA](http://WWW.ONEPERYSQUARE.COM/DAY-SPA)



# A Heritage Spa Experience

Finding time to focus on self-care can be difficult as the demands of work & family life take over. We have taken our cues from nature as we have carefully considered our spa redesign.

VOYA has used generations of acquired wisdom about the sea to bring you a range of treatments designed to delight & purify your body and are 100% certified organic.

Spa No. 1 Pery Square is part of a boutique town house hotel with 21 rooms, award winning food & wine and recommended by Michelin, Georgina Campbell's Ireland and McKenna's Guide. We are also proud members of Ireland's Blue Book collection of Irish country houses and hotels.

We have created relaxing & restorative spaces within our heritage vaulted underground setting. Allow yourself to escape the hectic pace of modern living & realign within the harmony & balance which can always be found within natural environments.



SPA  
NORTH PLYMOUTH SQUARE



# *The No. 1 Thermal Experience*

## **The Herbal Cocoon**

The herbal basin contains fresh herbs in a water bath. Essences are slowly released & the pleasant fragrance fills the room ready for you to inhale & absorb.

## **Coal Bunker Finnish Style Sauna**

Enjoy this special infusion experience during the sauna. The humidity increases and your sauna experience will be more intensified.

## **Aroma Steam Room**

The heat allows muscles to relax, and the cloud of steam provides a perfect soothing atmosphere for calming the mind, supported by aroma essences.

## **Irish Mist Showers**

Helps bring down your core body temperature, burn more calories & relieves toxins from the body before the next heated room.

## **The Snooze Room**

This room offers you peaceful time to relax, sleep & let your body and mind reap the benefits. With 6 loungers available. Enjoy soothing music or just relax.

## **Sole Pool Foot Baths**

There are two footbaths in the finishing touches space. Guests are welcome to use these to bathe their feet. We would advise all guests not to stand up in the foot baths as this action is unsafe as the surface is smooth.

Please note that during pregnancy the full use of our spa thermal suite is not recommended, however you are always welcome to relax in the snooze room or soak your feet in our sole pool foot baths.



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# Heritage No. 1 Spa Retreats

## ULTIMATE WELLNESS AT NO. 1

180 Minutes Treatment | €289  
& 1 Hour Thermal Experience

- Lavender & Rosemary Essence Bathing Ritual
- Hot Oil Infused Body Scrub
- Customised Full Body Massage
- Prescriptive VOYA Facial & Mini Scalp Massage
- No. 1 Spa Thermal Experience

## MID WEEK MAGIC\*

55 Minutes Treatment | €129  
& 1 Hour Thermal Experience

- Back, Neck & Shoulder Massage
- Mini Prescriptive Facial
- Mini Scalp Massage
- No. 1 Spa Thermal Experience

## LORD & LADIES/ LORDS & LORDS/ LADIES & LADIES COUPLESECAPE

85 Minutes | €279  
& 1 Hour Thermal Experience

- Lavender & Rosemary Essence Bathing Ritual
- Full Body Hot Oil & Mini Scalp Massage
- No. 1 Spa Thermal Experience

## SOOTHE THE SENSES

90 Minutes Treatment | €195  
& 1 Hour Thermal Experience

- Full Body Relaxation Massage
- Mini Customised Facial & Relaxing Scalp Massage
- No. 1 Spa Thermal Experience

## DE-STRESS TONIC

90 Minutes Treatment | €195  
& 1 Hour Thermal Experience

- Full Body Hot Oil Massage
- De-Stress Head & Facial Massage
- No. 1 Spa Thermal Experience

## BARONESS SPA ESCAPE

120 Minutes Treatment | €215  
& 1 Hour Thermal Experience

- Back, Neck & Shoulder Massage
- VOYA Anti Aging Restorative Facial
- Lower Leg & Foot Massage Ritual
- No. 1 Spa Thermal Experience

\* Mid Week Magic only available from Monday - Thursday, excluding bank holidays and peak periods. Please note that during pregnancy the full use of our spa thermal suite is not recommended, however you are always welcome to relax in the snooze room or soak your feet in our sole pool foot baths.



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# No. 1 Signature Retreats

## VOYA PEAT RETREAT

90 Minutes | €159

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This unique ritual revitalises skin condition, relaxes tired and lethargic muscles and detoxifies, relieving stress and fatigue.

### VOYA Seaweed Peat Bath

This bathing ritual is a simple and pure organic treatment using harvested seaweed to deeply moisturise the skin, increase circulation and promote healing.

### Organic Spiced Mud Wrap

Infused with ginger & orange to revive the senses, immediate firming & toning effects on the skin, a detoxifier, metabolism stimulator & natural anti-aging boost. Followed by a scalp massage.

## MINDFUL DREAMS SLEEP RITUAL

75 Minutes | €149

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Decompress and relax the body, melt away stresses, strains & tensions. Combines the therapeutic 'Tranquil' range with a full body massage. Evokes instant peacefulness & nurtures inner mindfulness, calmness & serenity. A powerful sleep encouraging experience.

## VOYA VOYAGER MASSAGE JOURNEY

90 Minutes | €169

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Incorporates body brushing, full body and scalp massage to release tension and to promote deep relaxation. Relieves aches and pains tailored for you. Choose an oil below for your journey:

### Uplift - AngelicusSerratus

A fragrant super-hydrating body oil enhanced with anti oxidant rose-hip that slows the signs of aging & evening primrose, which helps improve cell structure & skin elasticity.

### Relax - MindfulMoments

Enhanced with evening primrose & argan oils, the antioxidant qualities will nourish & hydrate the driest of skins. Lavender oil to de-stress the mind & assist in the prevention of sleepless nights, rosemary oil eases mental fatigue.

### MuscleRelief - GingerChai

A muscle healing & fatigue-busting body oil with evening primrose & rose-hip. Combined with seaweed, this will deeply nourish & hydrate your skin, bergamot, ginger, and may chang will work in synergy to relax the muscles.



**VOYA** | organic luxury  
from the sea



# *No. 1 Massage Therapies*

## **CUSTOMISED FULL BODY MASSAGE**

55 Minutes | €129



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This treatment incorporates a full body massage. Combining both gentle and stimulating motions, this is the ultimate treatment to relieve aches and pains.

## **BACK, NECK & SHOULDER MASSAGE**

25 Minutes | €89



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Helps relieve back, neck & shoulder pain, stress & tension. Boosts the release of endorphins. Improved blood and lymph circulation.

## **HEAD, FACE & SCALP MASSAGE**

25 Minutes | €89



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The steady rhythmic pressure in certain areas of the face & scalp leads the blood to fully infuse the skin and contributes to hair growth & wellness.

## **HOT STONE MASSAGE Full Body**

Massage 55 Minutes | €139

Back Massage 25 Minutes | €99

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Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation & metabolism. Also promotes deep muscle relaxation.



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# No. 1 Facial Experiences

## SELF DISCOVERY RADIANCE FACIAL

55 Minutes | €129



Deeply detoxifying, revitalizing & helps to smooth skin tone & increase clarity. This incorporates a relaxing facial massage to release any build-up of toxins & to repair & nourish skin cells. You will be left with a revived glowing, non-greasy, enriched & strengthened complexion.

• Purifying Facial (Oily Skin) • Ultra Calming Facial (Sensitive Skin) • Intensive Hydra Veil Facial (Dry Skin)

## MINI PRESCRIPTIVE FACIAL

25 Minutes | €89



Deeply detoxifying, revitalizing & helps to smooth skin tone & increase clarity. This incorporates a relaxing facial massage to release any build-up of toxins & to repair & nourish skin cells. You will be left with a revived glowing, non-greasy, enriched & strengthened complexion.

• Purifying Facial (Oily Skin) • Ultra Calming Facial (Sensitive Skin) • Intensive Hydra Veil Facial (Dry Skin)

## ANTI AGING RESTORATIVE FACIAL

75 Minutes | €139



The mix of seaweed & botanical ingredients helps to stimulate collagen production & reduce the appearance of fine lines & wrinkles. Resulting in instantly firmed & tightened skin with a natural & more radiant glow.

## NO. 1 DELUXE FACIAL EXPERIENCE

90 Minutes | €149



Begin with a relaxing back massage to induce relaxation. Followed by a hydrating & purifying facial massage to deeply hydrate the skin with a dual action facial mask which utilises the re-mineralising, VOYA Mermaid's Purse & Laminaria seaweed leaves. This facial leaves the skin rejuvenated & the appearance of wrinkles is reduced. This is the crème de la crème of all facial experiences.

## INTENSE DEFENSE MENS FACIAL

55 Minutes | €129

Add Seaweed Eye Treatment | €25

Exfoliates the skin with bamboo spines for a deeper cleanse. Enjoy a soothing face & scalp massage, where VOYA's seaweed leaves and Mermaids Purse mask are used. Fantastic for those affected with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, fresh and mattified.



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# *No. 1 Organic Baths*

## **WARMED SPICE MUD PEAT BATH**

30 Minutes | €60

Couples Bathing Ritual 30 Minutes | €75

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Offers a potent detoxification, due to its elements, vitamins, polyphenols & humic acids from Irish peat. Infused with seaweed extracts, this reduces the appearance of cellulite & combats the signs of aging.

## **LAVENDER & ROSEMARY BATH**

30 Minutes | €60

Couples Bathing Ritual 30 Minutes | €75

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Immerse your body into a bath of organic lavender and rosemary essence to enjoy pure relaxation and alleviate the stresses and strains of daily life. This bathing ritual is an ideal way to unwind and promote a restful evening.

## **LAZY DAYS SEAWEED BATH**

30 Minutes | €60

Couples Bathing Ritual 30 Minutes | €75

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Submerge your body into a bath of organic, hand-harvested Atlantic seaweed (*Fucus Serratus*) to remove unwanted toxins and alleviate aches and pains. This ritual is the simplest and purest of all organic treatments.



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# *No. 1 Body* Scrubs

## ORGANIC SEAWEED BODY SCRUB

45 Minutes | €99

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This invigorating all over body exfoliation refines skin texture and increases luster. Begin with body brushing to increase circulation & aid absorption of the potent seaweed gel and finish with a 'Softly Does It' moisturisation. Choose 1 of our 3 scrubs below:

### **Lavender & Seaweed Sugar Glow**

This combines a wonderful fragrant mix of lavender oil, seaweed and sugar. This has a double action of gently removing dead skin cells with sugar and healing with the seaweed extracts & lavender essential oil.

### **Peppermint, Seaweed & Sugar Glow**

This refreshing exfoliation awakens the skin and body. It features a beautiful mix of organic peppermint leaf, seaweed and sugar, all of which perform the double action of gently removing dead skin cells.

### **Organic Stimulating Seaweed Body Buff**

Scrub your body head to toe with certified organic bladder wrack body buff, the ultimate treat for tired and dull skin. The antioxidants from our mineral-rich seaweed combines with VOYA's signature massage oils to offer a powerfully organic way to better your skin.



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# *No. 1 Body Wraps*

## ORGANIC SEAWEED LEAF WRAP

90 Minutes | €145

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Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub & wrap your body. Beginning with a bladder wrack body buff, this detoxifies, firms & softens the skin and is excellent in conjunction with a weight loss program. The whole body is then covered in Laminaria Seaweed for instant results. Completed with an application of 'Softly Does It' to nourish & soften the entire body.

## ORGANIC SPICED MUD WRAP

60 Minutes | €125

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Seaweed is taken fresh from the ocean and its purifying elements, including potent antioxidants and minerals are encapsulated in this wrap. Infused with aromatic spices of ginger and orange to revive the senses, this wrap has immediate and noticeable effects on the skin, including firming and toning, it is also a serious detoxifier, metabolism stimulator and a natural anti-aging boost. This treatment is a must for the results-conscious client.

## ORGANIC TANGLE ME UP WRAP

60 Minutes | €125

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This hydrates and relaxes tired and lethargic muscles, relieving stress and fatigue. This treatment includes full body brushing to increase circulation and to aid penetration of the potent seaweed gel, while the wraps antioxidant compounds help to protect against environmental cell damage. Skin will be toned and firmed & the signs of aging and cellulite will be visibly reduced.



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# No. 1 Pregnancy Treatments

We offer a bespoke range of well-being rituals created especially for all mums to be as we believe that if there's any time when you deserve some serious pampering it's when you're expecting a baby.

We will send you a link to an online consultation form to complete and return prior to your spa visit.

## Please Note:

During this delicate time, it is important that your spa experience and treatment meets your specific needs, so please let us know at time of booking if you are focusing on fertility or if you are pregnant.



## ORGANIC PRE NATAL VOYAGER

90 Minutes | €155



This organic wellbeing ritual promotes relaxation and a sense of tranquility while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a top to toe body, face and scalp massage. Melt away aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored. **Please note that this treatment is only suitable after the first trimester of pregnancy.**

## ORGANIC PRECIOUS MOMENTS

55 Minutes | €129



The growing bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage. **Please note that this treatment is only suitable after the first trimester of pregnancy.**

## FERTILITY, ANTE & POST NATAL PREGNANCY REFLEXOLOGY

Available On Request | €119



Fertility & pregnancy reflexology supports all body systems during pregnancy, especially the endocrine system which is responsible for the secretion of many important hormones. Reflexology helps to prime the body for conception, prepares the body for labour, as well as assisting the body in post natal recovery.



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# *No. 1 Menopause Journeys*

Introducing two new rituals to support and empower women going through both perimenopause and menopause.

Both rituals use VOYA products and have been specifically curated and developed to help alleviate some of the many symptoms experienced through this often challenging time in a woman's life. These sensory journeys will transport you away to a place of serenity and calm.

## THE BALANCING JOURNEY

90 Minutes | €185

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Begin with an aromatic massage to the back of the body to alleviate stress and anxiety to help you to unwind. A grounding foot reflex massage anchors you to the present moment whilst a soothing stomach massage eases bloating and aids digestion.

A hydration boosting facial helps to cool and calm your skin, with nourishing seaweed eye patches that help to diminish those fine lines and dark circles. This journey ends with a deep scalp massage using rosemary essential oil to help clear the mind.

## THE NOURISHING JOURNEY

75 Minutes | €155

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Begin with a full body aromatic exfoliation using a lavender & seaweed sugar Scrub which prepares your whole body to be wrapped in a nourishing cocoon of Lavender Body Butter. This scrub and wrap will leave both body and mind calm and tranquil, as well as leaving the skin looking and feeling truly radiant. While nestled in this cocoon, a cooling and hydrating face and eye mask is applied and as the mask is left to work its magic you will enjoy a deep scalp massage using rosemary essential oil to help clear the mind.



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# *No. 1 Foot & Hand Rituals*

## ORGANIC SEAWEED HAND RITUAL

45 Minutes | €75

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An exfoliation from the hand to the elbow, followed by a deeply relaxing massage of the hands and arms, afterwards your hands are wrapped in seaweed leaves to hydrate, increase circulation and condition dry hands.

## ORGANIC SEAWEED FOOT RITUAL

45 Minutes | €75

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A sea salt exfoliation from the knees down, followed by a deeply relaxing massage of the lower legs afterwards your legs are wrapped in seaweed leaves to detoxify, increases circulation and revives tired feet & legs.



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# *No. 1 Holistic Therapies*

## REFLEXOLOGY

55 Minutes | €129



Reflexology is a complimentary holistic therapy which involves applying gentle pressure to specific points/areas on the feet to induce a deep state of relaxation and also to support the body's own natural healing processes.

## HOPI EAR CANDLING

55 Minutes | €129



Hopi Ear Candling is a gentle and non-invasive treatment of the ears, treating a variety of ear, nose & throat conditions; as well as helping to alleviate brain fog and induce a healthier sleep pattern. This holistic therapy is accompanied by a relaxing face, neck & shoulder massage.

## INDIAN HEAD MASSAGE

75 Minutes | €139



Indian Head Massage is a form of ancient Ayurvedic healing which involves massage of the upper back & shoulders, the scalp, the head, the neck and the face. It focuses on relieving stress in the head, neck, shoulders and upper back and is a very popular choice of holistic therapy for those suffering from shoulder pain, headaches, poor concentration, eye strain or a stiff neck.



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# Things To Know

## **Upon Arrival**

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

## **No. 1 Spa Etiquette**

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

## **Pregnancy Treatments**

We offer a range of customised treatments for nursing and expectant mothers. Please note that use of the spa thermal suite is not recommended during pregnancy. A pre treatment consultation form will be emailed to you in order for us to offer you the best possible experience for your pregnancy.

## **Spa Facilities at No. 1**

Separate male & female changing rooms, unisex thermal suite and private spa suite including bathing room and wellness & treatment suite.

## **Medical & Special Requirements**

Please advise us of any special requirements that you may have at the time of your booking. Please note that some therapies are not suitable for those with certain medical conditions or allergies.

## **Age Requirements**

The minimum age requirement for access to the spa and treatments is 16 years of age.



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# *Bookings* & Cancellation

We appreciate your understanding of the necessity of our cancellation policy. We strive to ensure that we can run as an efficient sustainable business model where possible. As well as caring passionately about providing our guests with an optimal spa experience, we also strive to take great care of our therapist's welfare and livelihood, whilst ensuring that we are able to continue to provide a truly bespoke experience within our intimate spa setting.

All appointments must be pre booked via phone +353 61 402 402 or by emailing [info@oneperysquare.com](mailto:info@oneperysquare.com)

We do require pre payment in order to secure bookings - payment can be made using a debit/ credit card or gift voucher\*.

Pre payment is not required for hotel residents; however, we do need to secure the booking by requiring a valid debit/ credit card number. If securing your booking with a gift voucher listed below we will need to take a record of the voucher number assigned. Gift vouchers are required to be presented at the time of arrival - only the actual physical gift voucher can be accepted. Photocopies/ Scans or Screenshots of vouchers are not valid. If the gift voucher presented is of a lesser amount than the value of the treatment a valid payment method is required to secure the booking.

**\*Accepted Gift Vouchers:**

No. 1 Pery Square Gift Vouchers

Ireland's Blue Book Vouchers

One 4 All Vouchers

A minimum of 48 hours notice is required if you need to change or cancel treatment without charge. All treatments cancelled within a 48-hour period of reserved treatment time will incur 100% charge.

For group bookings (4+ people) we operate a strict 72 hour cancellation policy. All treatments cancelled within a 72 hour period of reserved treatment time(s) will incur 100% charge.

