



An insider's guide to Dublin
the way the locals live it

Insider Guides Indulgent

Need a break to recharge your batteries?! Looking for something extra special and indulgent?! Or do you just need a timeout? From fashionable shopping to sumptuous restaurants to luxurious spas, a truly memorable experience is guaranteed to all!

Dublin's indulgent side is expecting you and is just waiting to be discovered!

A shopping expedition in Dublin is certainly very rewarding. From the stylish haven of **Brown Thomas** Department Store to the unique and eclectic mix of upcoming independent designers at **'Designer Mart at Cow's Lane'** there is an unlimited choice to indulge in your passion for fashion!

After a couple of leisurely hours retail therapy a coffee stop will be well deserved and you will find a myriad of options on every street. **Butlers Chocolate Café** combines two wonderful pleasures: coffee drinking and the enjoyment of quality handmade chocolates. If you seek more dramatic surroundings for a pit stop you should visit **The Church Café Bar**. The Church is one of Dublin's most unique establishments. This former church has been magnificently transformed into a café, bar and restaurant.

Now it's time to boost your beauty and dedicate some time to...you! The emerging awareness and demand for beauty and wellness has reflected in a number of exclusive and luxurious well-being centres and spa retreats opening in Dublin. Truly unique to Dublin's city centre is the **Mandala Eastern Retreat Spa** located in the boutique La Stampa Hotel. This Eastern oasis is a getaway in the heart of the city and the luxurious treatments are inspired by the Asian culture. With their own signature array of therapies, including the Himalayan Rose

Bath, Shirodhara Warm Oil massage and the Golden Triangle Body Cleansing you'll emerge a different person! Another sanctuary from the stresses and strains is the **Buff Day Spa**. A dedicated team of therapists will rejuvenate and revitalize you both inside and out.

There is an unlimited choice of stylish bars and restaurants in Dublin, the only problem is you won't have time to get around to all! If you're adventurous (and very rich!) then start off the night in **The Mint Bar** at the Westin Hotel and try the most expensive cocktail in Ireland. The 'Minted' cocktail includes vanilla-infused vodka, 200 year old cognac and flakes of 23-carat gold!! The drink comes in a crystal glass with chocolate truffles. The price tag?! €500! Don't worry they also serve regular priced drinks so it's certainly worth a visit.

Dublin offers you some of the finest restaurants and cuisine in Europe. On the top list of restaurants you will find **Thornton's**, a restaurant located on the first floor of the Fitzwilliam Hotel and overlooking St. Stephen's Green, and arguably one of the best in Ireland. The crisp, clean-cut dining room with lush brown velvet chairs boasts innovative dishes that focus mainly on seafood. Another alternative is the Michelin star **Chapter One Restaurant** located on the ground floor of the beautiful Dublin Writers Museum. The cooking style is classically based with a lot of French



influence while retaining a good sense of Irish authenticity through the use of locally grown organic produce. Fine art and authentic granite walls make this a very special dining option.

Set in two elegant Georgian rooms **Restaurant Bon Appétit** is a sophisticated yet relaxing dining experience. You can choose from an a la carte menu or from one of the 10 course tasting menus. If you are after something more unique then **The Cill Airne Floating Restaurant** is for you. The renovated historic ship houses two restaurants – the Blue River bistro and the fine dining Quay 16 offering you unrivalled views of the waterfront and the Docklands.

Read on to discover more suggestions and tips and check out www.visitdublin.com for more ideas.

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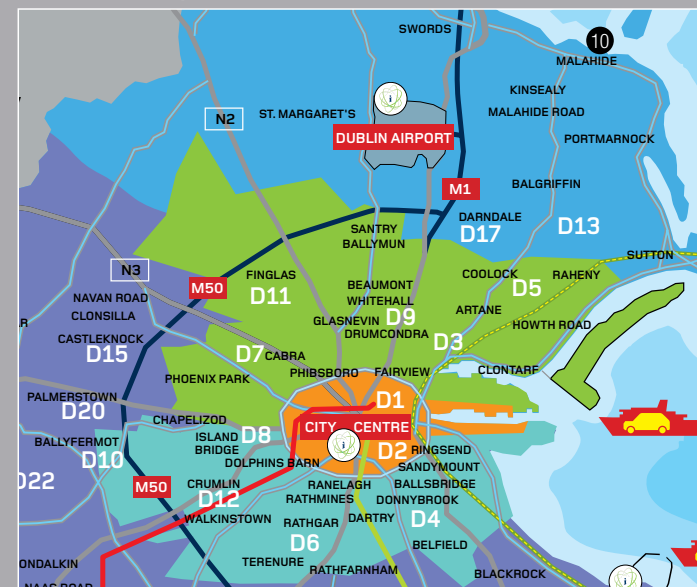


top tips

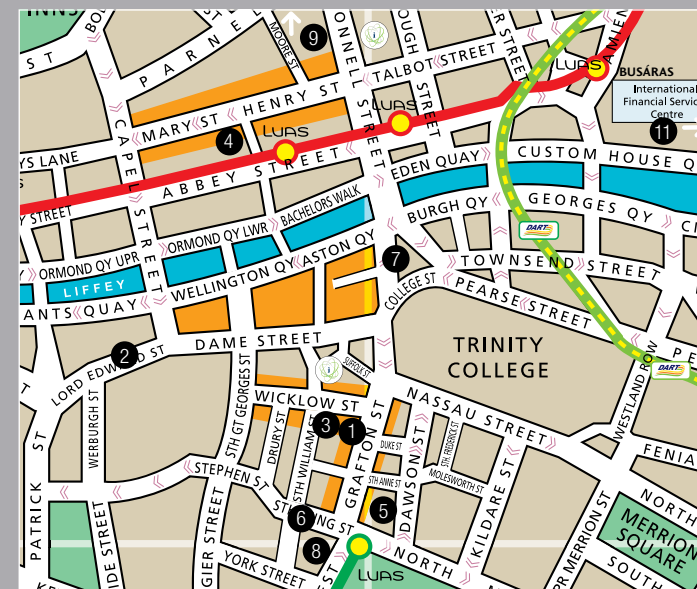
Retail	Spas
Brown Thomas Grafton Street, Dublin 2 T: 00353 1 605 6666 www.brownthomas.com View online map	Mandala Eastern Retreat Spa La Stampa Hotel, 35 Dawson St., Dublin 2 T: 00353 1 671 7099 www.mandala.ie View online map
Cow's Lane Fashion Market Temple Bar, Dublin 2 T: 00353 1 677 2255 www.templebar.ie View online map	Buff Day Spa 52 South King Street, Dublin 2 T: 00353 1 677 4624 www.thebuffdayspa.com View online map
Powerscourt Centre 59 William Street South, Dublin 2 T: 00353 1 679 4144 www.powerscourtcentre.com View online map	Asia Spa 36 Fitzwilliam Street Upper, Dublin 2 T: 00353 1 676 9907 www.asiaspa.ie View online map
Cafés	Daydream Spa Located in Clontarf, Terenure, Sandycove T: 00353 1 499 0111 www.daydream.ie View online map
Avoca Café 11-13 Suffolk Street, Dublin 2 T: 00353 1 677 4215 www.avoca.ie View online map	Bars & Restaurants
Butlers Chocolate Café 24 Wicklow Street, Dublin 2 T: 00353 1 671 0591 www.butlerschocolates.com View online map	Chapter One Restaurant 18-19 Parnell Square, Dublin 1 T: 00353 1 873 2266 www.chapteronerestaurant.com View online map
The Church Café, Bar & Restaurant Junction of Mary St. & Jervis St., Dublin 1 T: 00353 1 828 0102 www.thechurch.ie View online map	The Mint Bar, Westin Hotel College Green, Westmoreland St., Dublin 2 T: 00353 1 645 1322 www.themintbar.ie View online map
Map key	Thornton's Restaurant 128 St. Stephen's Green, Dublin 2 T: 00353 1 478 7008 www.thorntonsrestaurant.com View online map
1 Brown Thomas 2 Cow's Lane Fashion Market 3 Butlers Chocolate Café 4 The Church Café, Restaurant & Bar 5 Mandala Eastern Retreat Spa 6 Buff Day Spa 7 The Mint Bar 8 Thornton's Restaurant 9 Chapter One Restaurant 10 Restaurant Bon Appetit 11 The Cill Airne Floating Restaurant	King Sitric Fish Restaurant East Pier, Howth, Co. Dublin T: 00353 1 832 5235 www.kingsitric.ie View online map
■ Indicates main shopping streets	Restaurant Bon Appetit 9, James Terrace, Malahide, Co. Dublin T: 00353 1 845 0314 www.bonappetit.ie View online map
	The Cill Airne Floating Restaurant North Wall Quay, Dublin 1 T: 00353 1 817 8760 www.mvcillairne.com View online map

maps

Dublin County



City centre



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