



# A 2-Day Coastal Reset



## Day 1

Arrive at Royal Marine Hotel for a relaxed 4pm check-in and settle into your room.

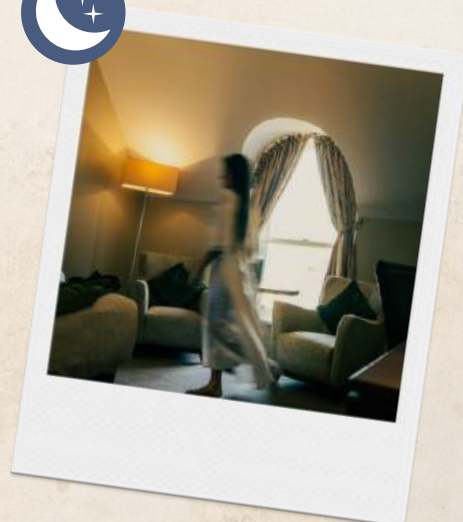
When ready, begin your wellness experience at sansanaSPA with a signature YonKa or VOYA ritual. Your visit includes access to the Thermal Suite, where sauna, steam and relaxation areas help ease travel fatigue and encourage deep relaxation.



After your spa experience, step outside and enjoy the fresh coastal air with a sunset walk along the East Pier, located just moments from the hotel. Watch the changing colours over the harbour and Dublin Bay as evening settles, before returning gently along the promenade.



Return to the hotel for a relaxed supper in Hardy's Bar, known for its warm atmosphere and classic menu. The pace is unhurried, making it the perfect setting to reflect on the day. Later, retreat to the comfort of your room for a restful night, surrounded by soft linens and a sense of ease..

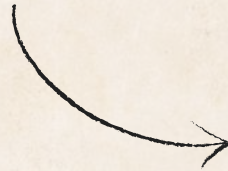


# Day 2



Begin the day with an early walk along the coastal promenade, breathing in the fresh sea air and enjoying the quiet of the morning.

For those seeking a more invigorating start, an optional sea swim at the Forty Foot in Sandycove offers a truly iconic Irish experience. The cold waters are known to awaken both body and mind, leaving you feeling energised and renewed.



Return to the hotel for breakfast at Dun Restaurant, where the dining space offers views across Dublin Bay and a calm setting to enjoy a nourishing morning meal.



Take time to enjoy a final stroll through Dún Laoghaire town or along the nearby seafront before returning to the hotel.

At 12pm is time to check-out, departing feeling grounded, refreshed and restored by your time at the Royal Marine.