

\*\*\*\*\*NEW 2014\*\*\*\*\*

## **CAVI - ULTRASOUND SLIMMING CAVITATION**

“A INCREDIBLE ALTERNATIVE TO LIPOSUCTION ”

- CLINICALLY PROVEN TO REDUCE FAT AND CELLULITE.
- SKIN TIGHTENING – PRODUCES NEW COLLAGEN AND ELASTIN.
- INSTANTLY AND PERMANENTLY REMOVES FAT CELLS.

Cavitation is body sculpting with no anesthesia, no scars, no discomfort, no down-time and presents a risk-free alternative to liposuction. The result is instant loss of fat cells.

**Treatable Areas:** Stomach – thighs – buttocks – man boobs – arms – knees.

Ultrasonic cavitation – the latest technology which uses ultrasound waves to destroy fat cells without undergoing invasive surgery. The ultrasonic cavitation treatment is suitable for males and females who want to get rid of stubborn fat accumulation NON surgically.

One area: 30 minutes including lymphatic drainage. **€50**

Course of three lose a dress/trouser size **€135**

Two areas:1hour including lymphatic drainage. **€90**

Course of three lose a dress/trouser size. **€255**

## **FACIALS. GUINOT PARIS, CACI INTERNATIONAL, MICRODERMABRASION.**

We combine experience with the world’s finest professional products and the latest technology. Treatments are complimented by an effective range of home care products to ensure results are maintained and enhanced. We carry a full range of Guinots skin, sun and body products.

**CACI “THE ULTIMATE FACIAL” **€65.00****

The most “intensive” facial includes Ultrasonic peeling spatula or diamond peeling, steaming, Guinot super hydradermie plus neck and eye treatment. CACI “non surgical facelift,” massage and mask. Finishing with the L.E.D. light therapy. For the most incredible results!!

**CACI NON SURGICAL FACE LIFT **€50.00****

Or for the best results a course of six facials are recommended **€250**

Using the latest machine the results are often so dramatic that CACI has become known as “The non-surgical face lift” and it is the first treatment system to offer a serious alternative to Cosmetic surgery. It reduces and smoothes fine lines and wrinkles, improves collagen and elasticity. Treatment includes the “NEW” serum filled electro buds which accelerate results. Totally safe and pain free. Recommended once a month.

### **CACI JOWL LIFT**

Included “FREE” with the CACI facials Firm and tone the jawline. The CACI Jowl Lift has been developed to specifically target muscle laxity around the jawline.

### **GUINOT HYDRADERMIE PLUS**

**€50.00**

Mild electrotherapy rollers help the plant –based active ingredients penetrate deeply into the skin, deep cleansing and nourishing. Next the high frequency action to oxygenate and energize the cells as well as create an antibacterial effect. The lifting massage, a customized mask boost the skin to leave the complexion balanced, healthy and glowing. Recommended once a month.

### **GUINOT LIFTOSOME THERMAL MASK**

**€50.00**

A rapid spectacular “lifting” effect using a vitamin C and ginseng enriched serum through a luxurious plant based thermal mask. Extracts of ginseng and energizing orange extracts are massaged into face and neck. Enjoy a relaxing foot massage whilst the face mask is activating.

### **GUINOT AROMATIC**

**€50.00**

Totally manual facial using Guinots plant concentrates and essential oils that makes the skin more beautiful and radiant in this customized facial. Also includes a relaxing pressure point massage.

### **MICRODERMABRASION Strong peeling**

**€60.00**

Microdermabrasion is approved by Plastic Surgeons, Dermatologists, and Beauty Therapists for resurfacing the skin for remarkable results for acne scarring, pigmentation, congested pores, and deep lines and wrinkles. The crystals are disposable and NOT reused.

### **DIAMOND PEELING / CHROMATHERAPY**

**€60.00**

The diamond peeling treatment is designed to give regenerating, smoothing and anti-ageing effects to the facial tissues. Diamond microdermabrasion effectively removes dead skin cells, which clog up the skins surface and skin cell renewal is increased. Finishing with the L.E.D. light therapy

**L.E.D. LIGHT THERAPY** Using red, yellow, blue and green L.E.D. lights. Each light has an activating property on the skin to improve skin circulation, regenerate collagen, anti-inflammatory and calming. Eyebrow shaping included “FREE” with all facials.

### **WOW BROWS**

High definition eyebrows Complete eyebrow bespoke treatment **€35**  
Book any facial and pay only **€25**

Eyelash / brow tinting **€15**

Eyelash tinting **€10**

Eyebrow tinting **€10**

## **MASSAGE, MUSCLE INJURY AND REMEDIAL THERAPY**

Judith is qualified as a sports therapist specialising in muscle injury, treating deep muscle trauma and soft tissue injuries with both manual and machine techniques. All the treatments below includes remedial massage, exercise and stretching advice.

**ULTRASOUND** fast sound wave therapy to treat injured muscles. **60mins €50**

**FARADIC** treatment to stimulate muscle contraction. **60mins €50**

**VACUUM** removing swollen areas and toxins. **60mins €50**

**VIBRO MASSAGE** vibration therapy to relax tense muscles. **60mins €50**

**MASSAGE** **30mins €30 / 60mins €50 / 90mins €65**

**AROMATHERAPY 90mins €65**

Judith trained at the famous Eve Taylor Clinical Aromatherapy Clinic in London in 1988 and now practices as an Aromatherapist. A total therapeutic and relaxing massage for the face, body, and scalp using the finest plant extracted oils to enhance well-being, restore balance and work on both the physical and emotional body.

**REFLEXOLOGY** **60mins €50**

Reflexology is a therapy that uses the feet as a map, or mirror, of the whole body. By manipulating, and applying pressure to certain parts of the feet, the whole body can be “re-tuned” and brought back into balance. It relieves stress and tension and has a deeply relaxing effect. 75% of disease is estimated to be stress related. Judith has been teaching the art of reflexology for over 20 years.

**AROMATHERAPY AND REFEXOLOGY** **120mins €85**

Enjoy a fantastic combination of a full body aromatherapy massage and the incredible foot reflexology. A totally relaxing and de-stressing experience.

**PREGNANCY MASSAGE** **30MINS €30/ 60MINS €50 /90MINS €65**

Prenatal massage shares many of the goals of regular massage – to relax tense muscles, ease sore spots, improve circulation and mobility, and just make you feel good. It is also tailored specifically to the needs of pregnant women and their changing bodies. After a full consultation Judith who is fully trained and qualified in prenatal massage will adjust the techniques accordingly.

**LYMPHATIC DRAINAGE** **60mins €50**

To increase the flow of the lymphatic system in the removal of waste products and decrease the development of scar tissue formation. Recommended for those suffering from loss of energy. An important therapy after cosmetic surgery, liposuction and recent operations. The effects will be a 50% quicker healing process and a terrific in scar tissue formation.

**INDIAN SCALP MASSAGE****30mins €30**

Indian scalp massage works against muscular tension and stiffness, headaches, migraines, and eyestrains, sinusitis, insomnia, fatigue, anxiety and depression.

**HOT VOLCANIC STONE MASSAGE****90mins €75**

An ancient art of healing using various massage techniques using warm volcanic stones. Working with the chakras to relax the body at its deepest level. Therapeutic heat is slowly released into the belly of the muscle. Small stones are placed on key energy points whilst luxuriously warmed oils are massaged into the body for maximum relaxation.

**DETOX SWOLLEN LEG AND CELLULITE TREATMENT****60mins €50**

Using manual and machine techniques to detox the entire body or a complete treatment concentrating solely on the legs and buttocks to aid in the break down of cellulite and reduce swollen conditions.

**MANICURES, PEDICURES, WAXING AND SPECIALS.**

**HANDS AND FEET** Using the "JESSICA" nail care products. **CLINICAL PEDICURE**, hard skin is removed with a blade, in growing toe nails relieved, Included with ALL pedicures FREE.

**JESSICA DEUXE SPA PEDICURE****€35**

Including the Jessica machine to treat the cuticles, hard skin is removed, luxury foot massage, paraffin wax treatment and hot booties. Jessica colour of your choice.

**JESSICA DELUXE SPA MANICURE****€25**

Including the Jessica machine to treat the cuticles, luxury hand massage, paraffin wax treatment and hot mittens. Jessica colour of your choice.

**GENTLEMENS MAINTENANCE PEDICURE****€30****GENTLEMENS MAINTENANCE MANICURE****€20****SHAPE AND REVARNISH****€10****FRENCH FINISH WHITE TIPS****€5****WAXING**

Using the latest waxing system called "Professional Hygiene Disposable" By using this method there is NO risk of cross contamination, infection of HIV or hepatitis B. Your safety is our greatest concern. Our wax is NOT recycled and ALL contact equipment used for your treatment is disposed of on completion.

**FULL LEG WAX INCLUDING BIKINI LINE****€30**

Lip and chin wax €12	Arm wax €15	Half leg wax €20	Lip wax €10	Chin wax €10	Bikini line wax €15	Eyebrow wax €10 Free with all facials
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### **EAR PIERCING**

Cafflon ear piercing gun, using gold plated stud earrings. **Per pair €20**

### **TOP TO TOE HALF DAY OF SELF INDULGENCE!!**

**€130**

A luxury pampering group of treatments including: – “Jessica ” spa manicure, “Jessica” spa pedicure. Guinot facial to suit your specific skin type. Full body relaxing massage or deep tissue massage. Enjoy it, you deserve it!!

### **BEAUTY DAY FOR YOU AND YOUR FRIENDS**

Why not enjoy a day with a group of friends for a totally pampering and relaxing day. I will bring my mobile bed and equipment so you and your friends can enjoy a great fun and relaxing day. Get the champagne ready you ALL deserve it !!

### **GIFT VOUCHERS**

Gift vouchers are available for any treatments. No prices are given on the vouchers, Only a description of the treatment. Ask Judith for her latest specials.

**A cancellation fee of 50% will be made if an appointment  
is cancelled with less than 12 hours notice.**