

LOSE UP TO
WITH 500 CALORIES
VibroPlate



Introductory Offer
Members €5 for 10 minute session or book 8 sessions for €35
Non-members €10 for 10 minute session or book 8 sessions for €75

What is VibroPlate?

The VibroPlate offers you an easy gentle safer and quick way to burn calories and tone your body

How does it work?

Vibrations are sent through the body and muscles involuntarily contract 30-45 times per second

Benefits

Raises resting and moving metabolic rate

Tones muscles, increases muscle strength

Has very low impact on joints

Builds bone Density

Increases your metabolic rate

Reduces back and joint pain

Dramatically increase flexibility

May elevate your serotonin level (Happy hormones for better mood and sense of well being)

Improve Blood circulation and lymphatic drainage

Decrease recovery time after work outs

Boosts your body's natural collagen production while decreasing appearance of cellulite

BODY & SOUL SALON



Policies and procedures

Welcome to the Body & Soul Salon at Club Vitae. With a highly skilled team at hand we can assure you of total well-being whatever your requirements. So come and indulge yourself and enjoy your salon where an extensive range of treatments awaits you.

Patch Testing

Patch tests at least 24 hours in advance are required for the following—tinting, waxing and tanning.

Members Discount

Club Vitae members can enjoy 10% discount off the following treatments—full facials, body wraps and full body massage.

Cancellation Notice

If less than 6 hours are given 50% of the fee of the treatment will be charged.

Gift Vouchers

Gift vouchers make an excellent gift for any occasion, Mothers Day, Fathers Day, Christmas, birthdays, anniversaries or thank you—please ask for further details.



Body & Soul



dermalogica

Dermalogica has become the number one choice of skin care professionals worldwide. Since 1986 Dermalogica has been dedicated to delivering skin health results through education, innovation, and professional recommendation. Exclusively to Dermalogica is Face Mapping which represents an exact and specific method for skin examination by focusing on 14 sections of the face.



Ballindinas, Barntown,

Wexford

Tel (053) 9172088

Info.wexford@maldronhotels.com

Dermalogica Facial

This facial is specially designed to suit the individual needs of each client. Each facial begins with face-mapping so that we can create a treatment that is customized to meet the needs of your skin.

1 hour €50/ 30 mins €30

Massage

Swedish Massage

Massage to ease tension, muscle aches and pains, soothe nerve endings and increase blood supply.

1 hour €60 / 30 mins €35

Aromatherapy Massage

Massage with essential oils hand picked for individual needs to relax, energise or relieve.

1 hour €75 / 30 mins €45

Indian Head Massage

This is a pressure point massage which helps to relieve stress, tension, headaches by increasing the circulation in the scalp, face and shoulders.

30 mins €40

Thermal Touch Treatments

Thermal touches are power sessions designed to focus on sections where you feel you need the most attention. We have Thermal touch for Hands & Arms, Decollete, Scalp, Legs & Feet and Back Purification

Dermalogica Body Treatments

Mineral Salt Scrub Therapy

This polishes skin to a soft glow and provides hydration and nourishment. It can be customized to energise or reduce stress.

30 mins €35

Body Foliation Treatment

This is an effective exfoliation that whisks away dead skin cells and brightens skin

30 mins €35

Power Recovery Therapy

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves

1 hour €60

Nourishing Sea Mud Therapy

Stimulate circulation while smoothing skin with this body wrap that promotes skin nourishment.

1 hour €60

Mud Massage Therapy

A unique and exotic treatment that combines detoxifying earth clays with intensely moisturizing natural oils

1 hour €60

Deep Thermal Therapy with Thermal Stamp

Inspired by 14th Century Thai therapy, this treatment utilizes a unique fabric stamp filled with skin benefiting ingredients and the power of heat to detoxify, remineralize, de-stress, exfoliate and relax

1 hour 30 mins €80

Pamper Packages Available on Request

Nail Care

File & Paint €12

French Polish €17

Classic Manicure €30

Classic Pedicure €35

Waxing

Full Leg €29 (incl Bikini €34)

Half Leg €19

Bikini €14

Under Arm €14

Lip & Chin €14

Lip €9

Chin €9

Back €30

Chest €30

Eye Grooming Treatments

Eyelash Tint €13

Eyebrow Tint €7

Eyebrow Shape €9

Eyebrow Wax €10

Gents Eyebrow Tidy €10

Combo €25

Suddenly Sea Bronze Spray Tan

Full Body €40

Half Body €30