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**shop, book, learn at**

*velvaerespa.ie*



## WELCOME to **velvære**

*Welcome to Velvære, an unparalleled medi and wellness spa, offering escape and complete relaxation in the heart of Dublin city with a specially designed selection of performance driven therapies.*

Velvære is inspired by the Norse meaning of well-being and is located in the heart of Dublin's original Nordic settlement. Everything we do is influenced by balance, contrast and all the elements of wellness. Offering a unique journey to rejuvenate the skin, body and mind over three floors, the spa features five treatment rooms, a dedicated medi-room and two express medi-chairs for fast, focused treatments. Then hidden on the lower floor is the real gem at the heart of Velvære, a unique thermal experience and dedicated relaxation area offering a quiet therapeutic space.

Our high performance treatments are designed to respond to the ever changing rhythm and requirements of your skin, with well-being at the core of everything we do. We collaborate with innovative, world-class brands resulting in a menu selection designed to bridge the gap between advanced medi and spa treatments. Our experienced therapists will assist you in finding the perfect treatment.

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# SIGNATURE TREATMENTS

## at velvære

*Both of our signature treatments capture the very essence of Velvære. They are both personalised to your specific skin requirements, using specially selected products and methods to ensure luxury relaxation that delivers results. Both include time in our thermal suite as well as a consultation with one of our expert therapists. This is a spa experience you won't want to miss.*

### **CODAGE A DAY IN DUBLIN**

This facial journey will de-stress and alleviate free-radical damage from Dublin's city life environment with detoxifying silk tree and gently resurfacing with rice hull extracts. This bespoke facial massage will erase all traces of fatigue within the skin, with organic plant based waxes and oils revealing a brighter, more youthful complexion. The perfect facial experience to increase skin vitality and provide ongoing protection from the city environment.

**60 mins €110**

### **VELVÆRE SIGNATURE BODY TREATMENT**

A custom treatment for the body combining the care of a personalised massage with targeted movements for tension release with wild ginger. Your experience is then tailored with a choice of pink pepper to detoxify or baobab oil and aloe vera to repair. This massage journey will close with a head and scalp massage to create an indulgent body experience.

**60 mins €110 90 mins €160**





A modern spa interior featuring lounge chairs with blue mosaic upholstery and warm lighting, a pool with blue mosaic tiles and underwater lights, and a person in the background. The walls are dark and textured.

velvære  
THERMAL



## THERMAL SUITE at velvære

*Our thermal suite features a hydrotherapy pool, sauna, steam room, ice station, experience showers and heated loungers for maximum comfort. Complimentary use of our thermal suite is included in treatments of over 60 mins. Alternatively thermal suite time can be booked separately.*

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## THERMAL SUITE RELAXATION

### **THERMAL VITALITY POOL**

Unwind in our Vitality spa pool which boasts an ergonomically designed hydromassage tubular lounger, anti-stress wall massage jets, neck canons for upper body massage, air station and massage jet seat. Take time out in our poolside heated loungers to let your stresses melt away.

### **THERMAL CARIBBEAN STORM SHOWER**

Enjoy the sensory experience of our Caribbean Storm shower. With soothing light, the sound of birds, alpine creeks and Caribbean thunderstorms, where fruit aromas fill the air as you relax in a variety of tropical rain and cold mist sprays.

### **THERMAL BLACK ASPEN FINNISH SAUNA**

As a relaxing heated environment, our contemporary black aspen Finnish sauna helps to detoxify, purify and increase circulation of the body.

### **THERMAL DRENCH SHOWER**

Our drench shower allows both your body temperature and blood circulation to return to normal after unwinding in our sauna or steam room.

### **THERMAL STEAM ROOM**

Allow yourself to BE surrounded in a warm fragrance of infused steam to stimulate the mind and body.

### **THERMAL ICE FOUNTAIN**

Stimulates and regulates the soft tissues of the body and provides a welcome contrast between heat experiences.

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velvære  
FACE



# DÉESSE

at velvære

*Taking light therapy to an entirely new level, harnessing the power of four wavelengths and iconic design, the Déesse LED mask is one of the world's original and most famous LED phototherapy offerings.*

Déesse Pro LED Light Therapy Facial is delivered through safe, therapeutic doses. The Déesse Pro LED mask stimulates natural cellular responses. Tailored to an individual's skin condition and needs, this treatment aims to rejuvenate, purify and brighten tired skin. Available on its own or as an add-on to some facials. Ask your therapist for details.

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# CODAGE

at **velvære**

*Become your own mixologist and choose your own skincare wardrobe. This luxurious spa range ensures each unique skin requirement is met with a personalised prescription of innovative and active ingredients, delivered through expert, tailor-made treatments and homecare formulas. Inspired by the periodic table, the core of each product is the Codage Nutri-Elements, designed to treat and repair deficiencies that affect the appearance of the skin. This combination of Nutri-Elements makes up your product formula and builds your own personal code.*

Ac Anti-Imperfections		Ao Antioxidant	
Ap Skin Soother	Bl Lightener		
Cn Dark Circles	Dx Detoxifying	Ec Radiance	
Fe Firmness	Hy Moisturising	Lf Instant Lifting	Ma Mattifying
Pc Puffiness	Po Anti-Pollution		Re Skin Repair
Rg Anti-Redness	Ri Anti-Wrinkle	Ru Anti-Fine-Lines	Tc Anti-Breakout



## FACE INTRODUCING CODAGE

### **CODAGE DEEP-CLEANSING FACIAL**

*Purify • Balance • Refresh • Detoxify*

Boost your skin with this targeted facial to clarify congested skin with anti-bacterial plant complex and bamboo powder, to instantly mattify and soothe.

**30 mins €60**

### **CODAGE RADIANCE FACIAL**

*Luminosity • Glow • Revive • Replenish*

Treat dull and tired complexions with this boosting facial. Vitamins A, C, E and algae will restore skin brightness, revealing a luminous complexion.

**30 mins €60**

### **CODAGE CALM FACIAL**

*Anti-inflammatory • Healing • Soothing*

Address any sensitivities and redness in your complexion with this calming facial using green micro-algae and centella asiatica to calm, heal and enhance skin health.

**30 mins €60**

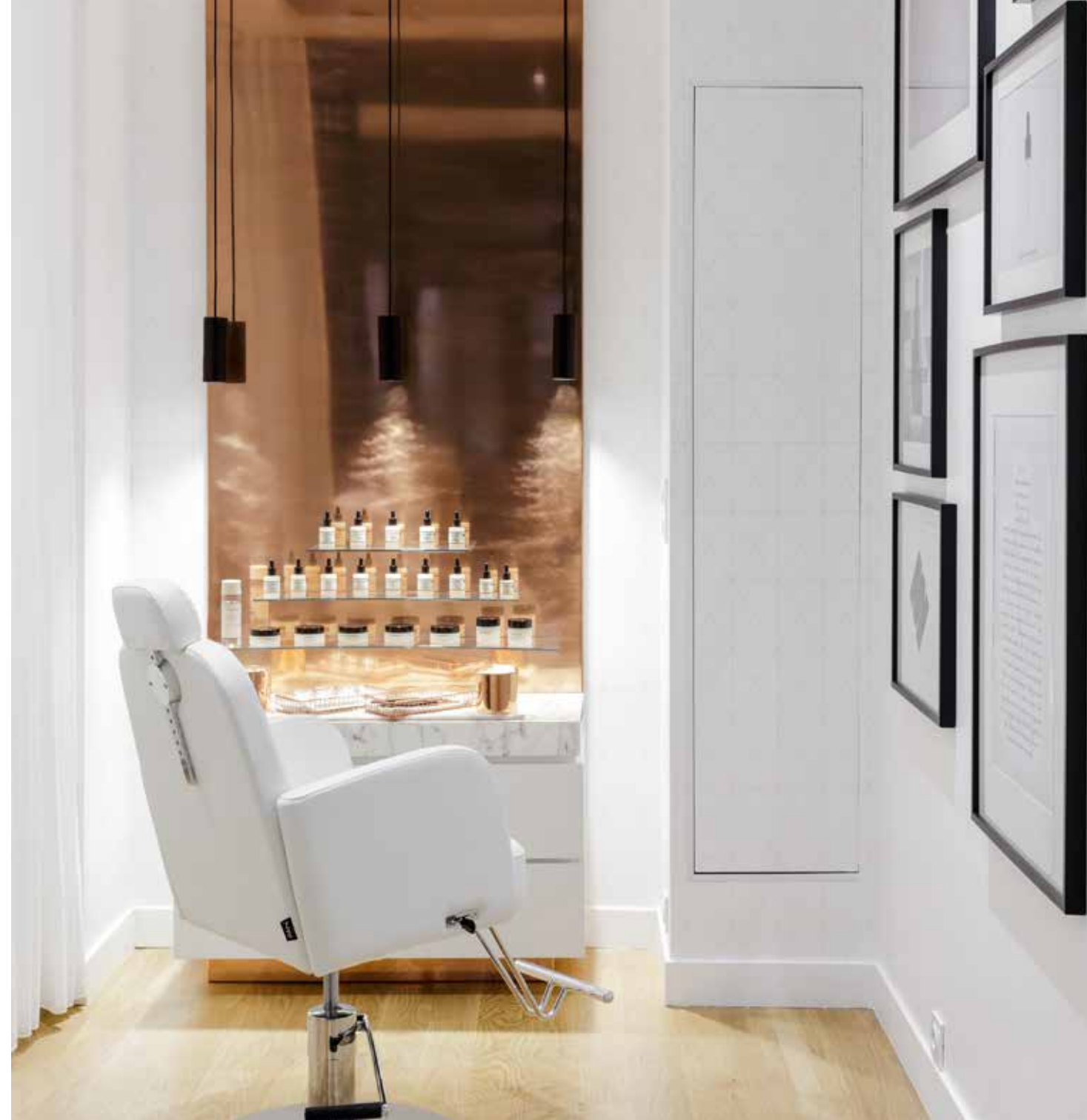
### **CODAGE HYDRATE FACIAL**

*Hydrate • Plump • Rejuvenate*

Hydrate your skin from within. Hyaluronic acid leaves your skin feeling flawless, plump and nourished.

**30 mins €60**

*These treatments  
are performed  
in our Express  
Medi-chair area.*





*Each Codage facial includes a pre-treatment consultation with an experienced therapist and home-care recommendations.*

## FACE CODAGE EXPERIENCE

### **CODAGE CUSTOM COUTURE FACIAL EXPERIENCE**

This custom experience for the face and décolleté is the ultimate experience in facial luxury. Your skin specialist will select bespoke serums, tailored for you, to purify, revitalise or firm and sculpt. Baobab oil is incorporated to hydrate, while an enzymatic peel reveals a radiant glow. The age defying deep massage sequence will contour and relax your facial muscles. The hand, arm & scalp massage leads into the final steps of the restorative and re-balancing eye sequence with Vitamin A to create an experience that is unique to you.

**90 mins €160 • 60 mins €110**

### **CODAGE INTENSIVE PEELING FACIAL EXPERIENCE**

This brightening, lightening and radiant boosting facial experience uses glycolic, salicylic and fruit acids to smooth and stimulate cellular regeneration, targeting all signs of skin aging and hyper-pigmentation with this youthful professional peeling and resurfacing treatment. Results are optimised with a professional-strength Déesse LED Mask.

**60 mins €120**



## iS CLINICAL at velvære

*iS Clinical offers innovative skincare, formulated with the highest pharmaceutical-grade botanical ingredients to improve physical and emotional well-being. The range features the award winning Fire & Ice resurfacing treatment, designed to rejuvenate skin with little or no down-time. With effective formulations and home care products, iS Clinical is renowned for results driven therapies to treat skin conditions, such as hyperpigmentation, acne and post procedure scarring.*





## FACE INTRODUCING iS CLINICAL

### IS CLINICAL CHAMPAGNE ENZYME FACIAL

*Hydrating & Rejuvenating*

An anti-ageing light resurfacing treatment targeting dry skin with papaya and pineapple. Results are optimised with our Déesse LED Mask.

**30 mins €65**

### IS CLINICAL SOS HYDRATION FACIAL

*Hydrating & Reviving*

A deep hydrating treatment using vitamin B5 to optimise the skin. Results are optimised with our Déesse LED Mask.

**30 mins €65**

### IS CLINICAL SOS DETOX FACIAL

*Detoxifying & Cleansing*

A deep cleansing ritual using salicylic acid to deeply cleanse and smooth skin. Results are optimised with our Déesse LED Mask.

**30 mins €65**

### IS CLINICAL SOS CALM FACIAL

*Soothing & Balancing*

An anti-inflammatory recovery treatment with olive leaf to repair and restore compromised skin. Results are optimised with our Déesse LED Mask.

**30 mins €65**

*These treatments  
are performed  
in our Express  
Medi-chair area.*



### IS CLINICAL FIRE & ICE RESURFACING FACIAL

This is an intensive, clinically formulated treatment that bridges the gap between a mild facial and an invasive peel, with no downtime. This rejuvenating facial is designed to rapidly and safely resurface the skin, treat problematic concerns, reduce fine lines and encourage cellular renewal. Results are optimised with our Déesse LED Mask.

**60 mins €145**

### IS CLINICAL FOAMING ENZYME OPTIMISING FACIAL

Designed to revive tired and congested skin, this results-driven facial features a powerful Foaming Enzyme Masque with a potent clinical level grade of glycolic acid. This professional treatment produces a luxurious foaming activity while bio-active ingredients exfoliate and deep cleanse pores revealing a polished, radiant complexion. Results are optimised with our Déesse LED Mask.

**60 mins €130**

### IS CLINICAL DEEP CLEANSING PURITY RITUAL FACIAL

Featuring a triple resurfacing system of botanical formulations, this deep cleansing facial is designed to remove dead skin, encourage cellular renewal and cleanse the skin whilst providing essential nutrients and hydration to reveal a brighter and renewed skin surface. Results are optimised with our Déesse LED Mask.

**60 mins €130**

### IS CLINICAL CANCER-CARE HARMONY FACIAL

Developed by a clinical team, this soothing facial is designed to gently awaken the senses while encouraging a restorative balance of harmony to skin. Featuring therapeutic bio-nutrients, antioxidants and penetrating hydrators to restore, tone and add resilience to the skin.

**60 mins €110**

### IS CLINICAL YOUTH RENEWAL FACIAL

A results-driven professional anti-ageing facial, featuring a powerful Foaming Enzyme Masque combining papaya and pineapple with a potent clinical-grade level of glycolic acid. This intensely revitalising masque combined with pharmaceutical-strength anti-ageing complexes, serums and hydrators, reveals brighter, hydrated and tighter skin. Results are optimised with our Déesse LED Mask.

**60 mins €130**



velvære  
BODY





## MASSAGE VELVÆRE BASICS

### **VELVÆRE** HOT STONE MASSAGE

A therapeutic full body massage, using warm volcanic stones. The slow movements of Hot Stone Massage Therapy releases tension and eases muscle stiffness.

**60 mins €125 • 90 mins €165**

### **VELVÆRE** THERAPEUTIC MASSAGE

A powerful massage designed to release deep seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts, releasing knots and stiffness.

**60 mins €125 • 90 mins €165**

### **VELVÆRE** TAILORED PREGNANCY MASSAGE

A deeply relaxing and carefully crafted massage to suit mums-to-be. The therapist will be mindful of the stage of pregnancy to help relax mum and baby. The perfect treatment to ease your mind and body.

**60 mins €115 • 90 mins €155**

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## BODY BY CODAGE

**CODAGE SLIMMING & DRAINING TREATMENT**  
A toning, firming and contouring massage soothes the skin and eliminates toxins to reduce the appearance of cellulite. It combines manual lymphatic drainage with massage techniques using a caffeine and wild ginger concentrated body milk to provide a true sensation of lightness to the body.  
**60 mins €130**

**CODAGE RENEW & RECHARGE BODY SCRUB**  
This full body exfoliation buffs, smooths and nourishes the skin to reveal a radiant glow with sugar and fine rice particles to increase cellular renewal. Your journey is finished with a smoothing application of our customised body milk using an osmoprotective moisturising complex to provide targeted hydration and personalised results.  
**60 mins €120**

**CODAGE HAUTE COUTURE CUSTOM FACE & BODY**  
This iconic Codage ritual, with a personalised facial treatment and body massage is the ultimate custom experience, offering youth enhancing, reparative and radiance revealing results. The body massage is tailored with a choice of pink pepper to detoxify, baobab oil to aid muscle recovery or centella asiatica to stimulate, lift and firm. Emerge with a renewed sensation of pure well-being.  
**120 mins €230**



## MASSAGE BY CODAGE

**CODAGE INDULGE & RELAX**  
This bespoke full body massage calms and relaxes with deeply nourishing macadamia and soothing sweet almond oil. Your dedicated therapist will customise the pressure according to your needs for a journey of pure indulgence.  
**60 mins €120**

**CODAGE MUSCULAR RELIEF**  
This deep and targeted massage with restructuring sesame oil and radiance boosting apricot oil helps the body to relax and unwind. The massage focuses on upper body and legs, eliminating fatigue and tension for a guaranteed anti-stress effect.  
**60 mins €125**

velvære

HANDS+FEET





## MARGARET DABBS

at velvære

*Margaret Dabbs London is the globally recognised brand specialising in results driven manicure and pedicure treatments for both men and women which provide effective, long lasting anti-ageing solutions for hands and feet. The brand's secret is to fuse together the best of medical with the best of beauty to produce a unique range of successful, results-driven and luxurious treatments.*

## FEDUA

at velvære

*Fedua Polish represents a new idea of beauty with the most striking and fashion forward colours. The texture and pigments ensure an easy application and a beautiful luxurious colour with a long lasting gel effect. The quality and expertise guarantee a superior, durable seal and unique gloss finish.*

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## HANDS & FEET MARGARET DABBS

### **MARGARET DABBS TOTAL MANICURE**

Pure indulgence in nail care. Let our team beautify your hands while you relax and unwind.

**45 mins €50**

### **MARGARET DABBS SUPREME MANICURE**

An outstanding anti-ageing manicure treatment with exceptional results. Enjoy the indulgence of the full range of Margaret Dabbs Fabulous Hand products. Experience a wonderful creamy scrub, an anti-ageing hand serum and a relaxing hand & lower arm massage. Finished with a FEDUA polish of your choice.

**60 mins €60**

### **MARGARET DABBS TOTAL PEDICURE**

Our Total Pedicure is a treat for tired feet. Please note this is performed on dry feet.

**45 mins €70**

### **MARGARET DABBS SUPREME PEDICURE**

An outstanding signature pedicure treatment giving long lasting results, using the full range of Margaret Dabbs Fabulous Feet products. Enjoy a foot bath, exfoliation and a wonderful revitalising and hydrating foot massage. Finished with a FEDUA polish of your choice. Pure transformation with effective results.

**60 mins €85**

## HANDS & FEET CODAGE

### **CODAGE CONDITIONING HAND TREATMENT**

This treatment will renew and nourish tired hands, featuring an exfoliating scrub, hand & arm massage with aloe vera and shea butter to hydrate and soothe hands.

**30 mins €50**

### **CODAGE REVIVE FOOT TREATMENT**

A targeted foot treatment featuring an exfoliation with fine rice particles and brown sugar with a re-awakening reflex zone massage to eliminate fatigue, to reveal a sensation of muscular relief.

**30 mins €50**

velvære  
AESTHETIC





## PRISTINE™ DIAMOND-PEEL at velvære

*The award-winning Pristine™ Diamond-Peel is the trusted name in microdermabrasion, using genuine laser cut diamond tips to gently exfoliate the skin without damage. This is a complete medical aesthetic solution to fight photoaging symptoms such as age spots, fine lines and wrinkles. It also improves overall skin quality as well as addressing medical conditions such as acne and scarring.*

*This stimulates the skin's cell renewal process addressing impurities, promoting more resilient, healthier skin and delivering improved skin texture from the very first treatment. Suitable for all skin types without irritation or discomfort, this treatment needs little or no downtime.*

## AESTHETIC MICRODERMABRASION

### **AESTHETIC PRISTINE™ MICRODERMABRASION**

A deeply effective treatment with no downtime. It enhances the skin's performance, eliminates dead skin and stimulates collagen production to reveal a fresh, younger looking glow to your skin.

**30 mins €80**

### **AESTHETIC PRISTINE™ MICRODERMABRASION ADVANCED**

Pristine™ Microdermabrasion will enhance skin performance, eliminate dead skin and stimulate collagen production to reveal a fresh, younger looking glow to your skin. Finish with an iS Clinical Luxury Mask tailored to your individual needs.

**60 mins €120**

### **AESTHETIC PRISTINE™ MICRODERMABRASION WITH INFUSION®**

A highly effective and results-driven treatment, delivering skincare solutions for collagen regeneration, skin firming and skin resurfacing. Begin with our Pristine™ Microdermabrasion to enhance skin performance, eliminate dead skin and stimulate collagen production. Then experience our needle-free Electro-Mesotherapy which through electric pulse waves, will infuse natural solutions of vitamins, minerals and active ingredients to deep layers of the skin to hydrate and rejuvenate. Skin will appear plumper, firmer and more toned with a radiant glow. Safe and immediate.

**60 mins €150**

### **AESTHETIC PRISTINE™ LYMPHATIC DRAINAGE FACIAL**

A soothing and relaxing massage to reduce swelling of the face to support your lymphatic system and immune system, resulting in eliminating toxins, build-up of fluids, puffiness and dull complexion.

**30 mins €80**

*These advanced treatments use iS Clinical products. Customised packages and treatment courses are available with prior consultation with one of our experienced skin therapists for effective results tailored to your skin's needs.*



# NEEDLE FREE ELECTRO MESOTHERAPY INFUSION

at velvære

*Electro-Mesotherapy delivers a non-invasive, needle-free solution to traditional mesotherapy. Through electric pulse waves, the treatment works by introducing natural solutions of vitamins, minerals and active ingredients to deep layers of the skin.*

*This revolutionary treatment can reduce wrinkles and signs of ageing, induce collagen production and regeneration, while hydrating, firming and toning the skin. Skin appears plumper with a radiant glow. Safe and immediate results with revitalised, refreshed skin.*

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## AESTHETIC INFUSION

### **AESTHETIC** INFUSION<sup>®</sup> INTENSIVE HYDRATION

Choose the Intensive Hydration infusion to improve hydration and restore the skin's delicate moisture balance while helping to prevent future moisture loss. Skin feels rejuvenated and hydrated.

**45 mins €90**

### **AESTHETIC** INFUSION<sup>®</sup> COLLAGEN BOOSTER

Choose the Collagen Booster infusion to promote collagen and elastin production, improving skin tone and structure. Skin feels firm and plump with a radiant glow.

**45 mins €95**

### **AESTHETIC** INFUSION<sup>®</sup> ANTI-WRINKLE & LIFTING

Choose the Anti-wrinkle & Lifting infusion for the ultimate revitalising experience. Hydrates while inducing collagen production and regeneration while the anti-wrinkle component tightens, tones and boosts skin metabolism.

**45 mins €100**

### **AESTHETIC** PRISTINE™ MICRODERMABRASION WITH INFUSION<sup>®</sup>

A highly effective and results-driven treatment, delivering skincare solutions for collagen regeneration, skin firming and skin resurfacing. Begin with our Pristine™ Microdermabrasion to enhance skin performance, eliminate dead skin and stimulate collagen production. Then experience our needle-free Electro-Mesotherapy which through electric pulse waves, will infuse natural solutions of vitamins, minerals and active ingredients to deep layers of the skin to hydrate and rejuvenate. Skin will appear plumper, firmer and more toned with a radiant glow.

**60 mins €150**

*These advanced treatments use iS Clinical products. Customised packages and treatment courses are available with prior consultation with one of our experienced skin therapists for effective results tailored to your skin's needs.*

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## EXCEED MICRONEEDLING at velvære

*Exceed™ Microneedling is a remarkable, non-laser, non-surgical treatment. Designed to enhance and improve the complexion, the procedure causes micro-injuries to the epidermis, activating the body's natural regenerating process to stimulate the skin's own collagen synthesis.*

*This self-repairing process of the skin is a 100% natural form of renewal from the inside out. The skin is tightened while wrinkles, fine lines, scarring, pigmentation, sun damage and visible pores are significantly improved. This has a rejuvenating effect on your skin, making it appear younger and brighter. Pores become finer and the overall health and circulation of the skin is improved dramatically. For best results, a course of 3 to 4 treatments is recommended.*

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### AESTHETIC MICRONEEDLING

#### **AESTHETIC** MICRONEEDLING FACE

45 mins €190

#### **AESTHETIC** MICRONEEDLING NECK

30 mins €175

#### **AESTHETIC** PRISTINE™ MICRODERMABRASION & MICRONEEDLING

60 mins €240

#### **AESTHETIC** PRISTINE™ MICRODERMABRASION WITH INFUSION® AND MICRONEEDLING

90 mins €280

*These advanced treatments use iS Clinical products. Customised packages and treatment courses are available with prior consultation with one of our experienced skin therapists for effective results tailored to your skin's needs.*

**Please note this treatment may not be suitable for all skins.  
Please consult with your therapist before booking this treatment**



velvære  
AT HOME

## SPA ONLINE at [velvære](#)

*Shop for your favourite Velvære products online and continue your skincare regime in the comfort of your own home. Browse and choose from our entire range. We are constantly updating and adding to our product range so sign up at [velvaerespa.ie](#) for our newsletter full of tips and recommendations.*

## GIVE A GIFT of [velvære](#)

*A gift from Velvære is perfect for every occasion or even as a special treat for no reason at all! Always appreciated and redeemable both in our spa and our online shop, it will open a world of beauty and skincare that is truly a gift to cherish. Choose from one of our luxurious products or a monetary gift for some special treatment time with us, in our beautiful spa.*

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# SPA ETIQUETTE

## at velvære

### PLANNING YOUR EXPERIENCE

Please book your preferred treatment date in advance to avoid disappointment. Guests must be 18 years or over to use our thermal suite or to book a treatment. Credit card details will be taken at the time of booking to guarantee your reservation.

### ARRIVAL TIME

We ask that you arrive 15 minutes prior to your treatment. Please be advised that if you arrive late, your appointment will be shortened in consideration of the next guest.

### CONSULTATIONS

The team at Velvære offers a confidential consultation which will be carried out prior to your treatment. It is essential that you let your therapist know of any allergies and specific medical conditions to allow treatments to be specially screened and tailored for your safety and comfort.

### MUM TO BE

Velvære has a range of tailored pregnancy treatments which are designed for after your first trimester. Please advise us of your pregnancy when booking so that we can advise you of the most suitable treatment.

### ETIQUETTE

To respect the peace and relaxation of other guests, we ask that you leave your phone in the locker provided. Please do not bring valuables to the spa as we do not take any responsibility for loss or damage of personal belongings.

### WHAT TO BRING

Guests will be provided with a bathrobe, towel and flip-flops on arrival. Please bring your bathing suit for use in our Thermal Suite.

### CANCELLATION POLICY

Cancellations received more than 24 hrs before a booked treatment can be rescheduled at no additional cost. No-shows or cancellations within 24 hours of booked treatment time will incur 100% charge. Prices are per person and are correct at the time of print. This menu is subject to change.