

# In Safe Hands

beauty & massage therapist



"Personal beauty is a greater recommendation than any letter of reference." Aristotle



## About The Therapist

Liz McCarthy is a trained Beauty, Massage and Holistic Therapist. Some of her therapies include:

**Reflexology**



**Indian Head Massage**

**La Stone Massage**

**Neuromuscular Therapy**

**Sports Massage**

**Beauty Therapy**

**Light Therapy**

**Make-Up Artist**



## About The Salon

This is an exclusive, private Beauty Salon, that is strictly by appointment only. All appointments are taken by phone or text. Further information can be obtained on the website or by contacting the salon via email. It is based 5 minutes from Bray main street and there is ample parking available.

## In Safe Hands Etiquette

The salon is a place of calm and relaxation. Please keep your mobile phone turned off.

**Bookings:** Booking a few days in advance is highly recommended.

**Cancellation Policy:** We understand that sometimes you need to change your appointment. We kindly ask that you give us 24 hrs notice.

**Gift Vouchers:** Vouchers are available for all occasions with personalised packages for that special someone. Vouchers are also available for purchase over the telephone by credit card or laser.

**Stocklists:** Dermalogica - Light Essence - Jessica - Lindi

### Opening Hours:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

CLOSED

8am - 8pm

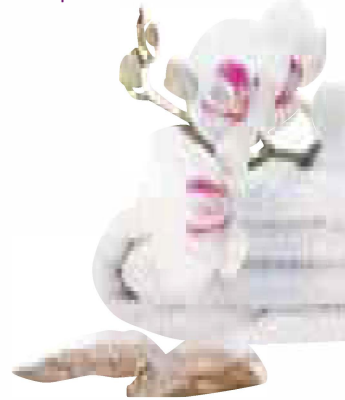
8am - 6pm

8am - 8pm

8am - 6pm

8am - 6pm

8am - 6pm



# Light Therapy Face & Body

Light Wave Therapy was practised in ancient China and India, and has long been accepted by the medical establishment.

Scientists are now aware of the profound effect light has on the brain, the automatic nervous system, the endocrine glands, the hormonal system, ageing and the biological clock, the immune system and skin biochemistry.

When the correct wavelengths of light enter the skin they speed up the production of energy to the cells, catalysing the good feel hormones which help to lift mood, alleviate and induce restful sleep.

Light Wave Therapy uses fibre optic conductors to stroke, massage and bathe your skin in light.

## Light Therapy Face Treatments

### Anti-Ageing Facial Treatment



Helps to produce and speed up the production of our own collagen cells - removes fine lines and greatly reduces deeper wrinkles. Feeds the skin with nutrients and protects against the elements and sun damage. It dramatically slows down the ageing process. Helps the body utilise serotonin and melatonin (our feel good hormones) to prevent ageing. Highly effective collagen blankets can also be added to this treatment to boost rejuvenation. Treatment time 1h 15mins. Recommended 10 treatments.

€75  
(per session)

€700  
(10 sessions)

Add On: €25 for  
Collagen Blanket

### Vitamin C Facial

Reviatalises dull lifeless skin. It fights free radicals and restores clarity and brightness to the skin. Treatment time 1hr.

€65

### Deep Cleansing Facial Treatment

This helps balance skin. Anti-bacterial and helps to minimise open pores. It speeds up oxygen supply to promote healing and helps to rid the skin of dead cells and prevent flare-up. Treatment time 1hr.

€65



# Light Therapy Face Treatments

## Acne-Treatment / Purifying Facial

This helps to eliminate bacteria and corrects hormone imbalance. Balances pH in skin, while it deep cleanses and draws out impurities. Brings down inflammation and promotes healing. No side effects as completely natural and drug free. Medically proven to prevent scarring and lessen existing scarring. Treatment time 1hr 15mins. Recommended ten treatments.

€75  
(per session)

€700  
(10 sessions)



## Glycolic Renewal Facial

Glycolic Acid works to exfoliate and energise cell turnover. Diminishes the appearance of fine lines. Evens out discolouration. Normalises oily and troubled skin. Smoothes out rough, dehydrated skin. Increases elasticity. Treatment time 1hr. Can be used in conjunction with anti-age and acnes facials for exceptional results.

€65

## Men's Grooming Facial

Although this particular treatment is geared towards men, all other Light Wave Therapy treatments are suitable for men's use too. Tones and firms skin. Prevents ingrown hairs. Heals and soothes irritated sensitive skin. Includes neck and shoulder massage. Treatment time 45mins.

€60

## Sensitive Skin Treatment

Using pure botanical extracts this treatment reduces sensitivity, while repairing and protecting the skin against stresses and pollutants. Treatments can be used to increase the circulation of oxygen to the skin and eliminate various toxins. Helps to lower sensitivity and redness. Soothes and heals. Strengthens capillary walls. Treatment time 45mins.

€60



## Pre and Post Holiday Facial

Prepares the skin before a holiday and on your return repairs and heals the skin. Assists in preventing uneven pigmentation. Feeds the skin with nutrients and strengthens the connective tissue. Provides a natural sun barrier (factor eight) at the deepest level. Protects against UVA and UVB damage. Addresses moisture loss and prevents dehydration. Treatment time 1hr15mins. Recommended one treatment before and after holiday.

€75



# Light Therapy Face & Body

## Microdermabrasian

Particle skin resurfacing. This specialised treatment exfoliates the skin with crystals. Essential oils heat the skin, lifts, brightens and firms. It treats scarring, superficial wrinkles (sun damage), hyperpigmentation, stretch marks, ageing skin, seborrhoea keratosis. Treatment time 40 mins. Recommended 5-10 treatments.

€100 (per session)  
€450 (4 sessions)



## Eye Treatment

Dramatically slows down the ageing process. Relieves tired and puffy eyes. Treatment time 25mins.

€40

## Full Body Detox Treatment

Includes colonic cleansing, lymphatic drainage and deep cleansing facial treatment. Assists the system in detoxing naturally. Aids in the elimination of water retention. Cleanses colon and eliminates waste. Boosts whole immune system. Refreshes skin and clears eyes. Excellent after illness, if you have been on medication, after pregnancy, food bingeing or before embarking on any dietary programme or a course of treatments. Treatment time 1hr 30mins. Recommended two consecutive treatments; thereafter every three to six months.

€250  
(Price includes the recommended 2 consecutive treatments)


## External Colonic Cleansing

Many illnesses start in the colon. Trapped waste material is transported from the colon via the blood stream to the connective tissue where it is deposited in and around the fat cells, which may form cellulite. An overloaded colon gives rise to a sluggish lymphatic system and eventually constipation. This treatment naturally speeds up and detoxifies the system. Eliminates pounds of waste material which may have been trapped for years. Can help problems triggered by a congested system, for example acne, cellulite and lethargy. Treatment time 30mins. Recommended two consecutive treatments.

€130  
(Price includes the recommended 2 consecutive treatments)



# Light Therapy Body Treatments

<b>Cellulite Treatment</b>	Stimulates the micro-circulation, expelling fluids and strengthening the connective tissue to greatly reduce cellulite. This treatment includes lymphatic drainage. Speeds up circulation. Aids water elimination and assists in releasing trapped lymph. Breaks down calcification of cells. Strengthens connective tissue. Treatment time hr. 30mins first two treatments; 1hr thereafter. First two treatments include an external colonic cleanse. Includes free scanning of cellulite. Recommended from six to twenty treatments depending on severity.	€90 (per session) €900 (12 sessions)
<b>Jet Lag</b>	Jet lag, due to travelling across multiples time zones, disrupts the body's natural biological rhythms. Light resets the biological clock to a new cycle and diminishes the effects of jet lag. Treatment time 35mins.	€50
<b>De-Stressing</b>	Many people suffer from stress caused by any number of factors such as work, relationships and general everyday living. Light is an excellent medium with which to alleviate stress. This treatment balances the internal organs. Relaxes the muscles. Increases the production of serotonin. Treatment time 35mins. Recommended course of five treatments.	€50 €225 (5 sessions)
<b>Tension</b> 	By using different frequencies of light, muscle tension can be relaxed and the muscle fibres strengthened. Oxygen supply is increased which aids healing. Treatment time 35mins.	€50
<b>Immune System Booster</b>	A compromised immune system can lead to a myriad of illnesses. Light can be used to naturally boost the immune system. This treatment fights free radicals. Energises lethargic conditions. Aids recovery after illness. Reduces stress. Balances mood swings. Promotes a feeling of well being. Treatment time 45mins. Recommended two to three treatments in one week.	€65 (per session) €150 (3 sessions)

# Dermalogica Face Treatments



## **Prescriptive Facial** All Skin Types

This facial is customised at every step by the skin therapist based on your own skin's needs. The treatment will be unique to each individual client by using Dermalogica's botanic mixers throughout the step by step process to provide additional benefits to the clients needs. Treatment time 1 hr.

€50  
(per session)

## **De-sensitising Soothing Facial**

Ultra calming facial for even the most sensitised skins. Super soothing cleansing will remove impurities from your skin, followed by a calming oatmeal masque that will instantly calm redness and reduce inflammation. Incredibly soothing, and skin protecting treatment. Treatment time 1hr.

€50  
(per session)

## **New Age Smart Treatment** Ageing, Sun- damaged, dry skin

Combined vitamins and hydroxy acid exfoliation, energising massage, combined with a specialised contour masque makes this the ultimate in skin therapy for premature ageing, dry, devitalised skin. Noticeably firmer, smoother and revived. Treatment time 1hr.

€65



## **Clearing Treatment** Acne

Breakouts have finally met their match! This treatment is acne management because it targets current blemishes while helping to prevent future breakouts. It focuses on purifying your skin with deep cleansing, followed by extractions. Treatment time 1hr.

€50



# Dermalogica Body Treatments



## Hydro-Active Mineral Scrub

Mineral rich sea salt, dried seaweed and fruit enzymes combine to smooth and soften the entire body. Includes dry body brushing, friction massage and gentle cloth buffing. Treatment time 1hr.

€60

## Enzymatic Sea Mud Wrap

Detoxify, exfoliate and nourish your body with a purifying seaweed and mineral mud poultice, sealed in a warm relaxing wrap. Treatment time 1hr.

€60

## Body Therapy Hydropack

An ultra soothing and hydrating treatment, personalised with aromatherapy oils, oceanic algae or hydroxy acids. A pure, natural aloe based pack swaddled in a thermal wrap is used in order to infuse the skin with moisture. Treatment time 1hr.

€70

## Deep Cleansing Back Treatment

Relaxing back treatment with a deep cleanse followed by an exfoliation using hydro-active mineral salts and finally a stress relieving treatment using a customised masque. Treatment time 45mins.

€50





# Massage and Body Treatments

<b>Arthritic Therapy</b>	This 1hr massage uses paraffin wax treatment to warm and relax tired aching muscles. We use suitable oils for each individual client to help ease mobility and reduce aches and pains. Treatment time 1hr.	€60 (per session) €270 (5 sessions)
<b>Energy Booster</b> 	This is a 40-minute massage that works specifically on the back and on the feet using reflex energy techniques to give your immune system a boost. Treatment time 40mins.	€40
<b>Deep Tissue Swedish Massage</b>	A full body massage designed to ease tensions, reduce stress and provide a sense of well being. Treatment time 1hr.	€60
<b>Indian Head Massage</b>	This massage incorporates the neck, head, shoulders and face. Ideal for relieving tension. Treatment time 40mins.	€40
<b>Expectant Mums</b>	A total body massage which has been designed for pregnant and nursing mothers taking into account all contraindications. The oils we use for this treatment are safe to use throughout pregnancy, if you prefer we will use neutral oils. Treatment time 1hr.	€60  
<b>Back, Neck &amp; Shoulder Massage</b>	A concentrated massage which breaks down the build up of lactic acid in the back, neck and shoulders. Treatment time 30mins.	€30 (per session) €110 (4 sessions)
<b>Reflexology</b>	An oriental foot massage that works on the pressure points of the foot that relate to certain parts of the body. Promotes a feeling of well being. Treatment time 40mins.	€30 (per session) €160 (6 sessions)

# Massage and Body Treatments

## Ear Candling

Ear candling is an ancient healing technique, it helps to reduce sinus, neck and head pain, while naturally cleaning ear channels. Excellent for removal of excess water and wax. Treatment time 25mins.

€25 (per session)  
€63 (combined  
with Inthead Head  
Massage)

## La Stone Therapy

This massage goes beyond the physical experience of a typical massage, entering deeper dimensions of relaxation and well-being, creating a positive approach to body, mind and spirit philosophy. Warm, smooth stones and polished cold marble are used as an extension of the therapist's hands sending traces of heat through the muscles. (The cold marble is excellent for its anti-inflammatory effect) in conjunction with Swedish massage techniques. Highly recommended for those with chronic tension or requiring deep muscle work. Treatment time 1hr.

€75  
(full body)

€40  
(back)



# Male Therapy



<b>Hot Shave</b>	Double Shave with hot towels. Treatment time 30mins.	€25
<b>Ear Candling</b>	Ear candling is an ancient healing technique, it helps to reduce sinus, neck and head pain, while naturally cleaning ear channels. Excellent for removal of excess water and wax. Treatment time 25mins.	€25 €63 (Combined with Indian Head Massage)
<b>Golfers Tonic</b>	A back, neck and shoulder massage which works specifically on improving your swing. Treatment time 30mins.	€30
<b>Footie Express</b>	An energising technique used specifically to work on tired or strained legs. Treatment time 30mins.	€30
<b>Foot Combi</b>	A real treat for the feet, this treatment begins with a Pedicure followed by a session of reflexology. Treatment time 2hrs.	€65
<b>Deep Cleansing Back Treatment</b>	An ideal treatment for problematic skins and a treat for this much neglected area. Particularly recommended for congested spotty backs. Treatment time 40mins.	€50
<b>Mens Hair Removal</b>	A precautionary patch test has to be carried out 24hrs prior to your appointment. We use tea tree cream wax.	€30 Chest €45 Chest & Back €44 Back & Shoulder





## Nail Therapy

<b>Jessica Deluxe Manicure</b>	The Jessica deluxe manicure provides a unique prescriptive treatment to re-condition nails and hands. The use of paraffin wax helps to make hands softer, smoother and firmer. Treatment time 1 hr.	€38
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<b>Light Therapy Manicure</b>	This luxury addition to the Jexsica Deluxe helps to make the hands softer, smoother and even more textured. Highly effective anti-age treatment.	€50
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<b>Jessica Manicure</b>		€28
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<b>File and Polish</b>		€12
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<b>File and French Polish</b>		€15
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<b>Shape, Revarnish and Cuticle Work</b>		€20
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<b>Jessica Pedicure</b>		€38
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<b>Foot Combi</b>		€63
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# Waxing



Full Leg Wax	€30
Full Leg Wax & Bikini Line Wax	€40
Bikini Line Wax	€15
Half Leg Wax	€15
Upper Leg Wax & Bikini Line Wax	€24
Three Quarters Leg Wax	€25
Underarm	€10
Arm Wax	€20
Eyebrow Shape	€10
Chin Wax	€10
Lip and Chin Wax	€15
Lip Wax	€10
Side Of Face	€15

## Tinting - Make-Up - Tanning

Eyelash Tint	€10
Eyebrow Tint	€8
Lash & Brow Tint with Eyebrow Shape	€24
Make-up Application	€25
Make-up Lesson	€35
Fantasy Tan	€50 (full body)

One of the great things about Fantasy Tan is that there is an extensive range of shades available. Fantasy Tan formulas have been specifically developed to suit fair skin tones through to darker skin tones. There's even something for those looking for a touch of glamour and sparkle

€25 (half body)  
€99 (course of 3)



# Day Packages - Time for a Comfortable Retreat

## Escape

Dermalogica Facial  
Full Body Massage  
Jessica Pedicure  
Jessica Manicure  
Treatment time 3hrs 30mins app. Light refreshments available.

€170

## Pure Light Indulgence

Light Therapy Facial  
Full De-Tox Treatment  
Jessica Pedicure  
Treatment time 3hrs 30mins app. Light Refreshments available.

€230

## A Day At The Races

Make-Up  
Jessica Manicure  
Jessica Pedicure  
Full Body Tan  
Full Body Exfoliation  
Treatment time 4hrs (treatments are split into different days)

€199

## Full Bridal Package

Course of 10 Dermalogica Facials  
Make-Up x 2 (Trials and on the day)  
Course of 5 Jessica Manicures  
Course of 2 Jessica Pedicures  
Full Body Exfoliation  
Half Leg Wax  
Bikini Line Wax  
Underarm Wax  
Eyebrow Shape  
Eyebrow Tint  
Eyelash Tint  
Full Body Tan x 2 (Trial and the day before)  
Treatments are split into different days over several months.

€900





## Day Packages - Time for a Comfortable Retreat

### Mum To Be

Dermalogica Facial  
Full Pregnancy Massage  
Manicure  
Pedicure

Treatment time 3hrs 30mins app. Light refreshments available.

€170

### The Jet-Setters

Full Body Massage  
Reflexology  
Dermalogica Facial

Treatment time 2hrs 30mins app. Light refreshments available.

€135

### Zen Time

La Stone Full Body Massage  
Dermalogica Facial  
Manicure  
Pedicure

Treatment time 3hrs 30mins app. Light refreshments available.

€185

### Chakra Balancing with Hot Stones

Full Body Brushing and Exfoliation  
Full Body Massage with Hot Stones placed on Vital Energy Points.  
Treatment time 2hrs app.

€130





*... total indulgence ... treat yourself... take time out* 



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