



# Treat Yourself...

Order 'off menu' for the facial treatment perfectly suited to your skin...

## THE PLACE:

Nuala Wolfe Beauty Salon, 4c Glasthule Rd,  
Sandycove, Co Dublin  
[www.nualawolfe.ie](http://www.nualawolfe.ie)  
Tel: 01 230 0244

## THE TREATMENT:

Customised Facial, €100 for 60 mins

## THE PROCESS:

You could choose a facial yourself from the treatment menu, but why would you when you can put yourself in the hands of one of the country's most knowledgeable skincare experts. Nuala knows stuff. She knows to a slightly unnerving extent, like she can look into your pores and see your deepest darkest secrets. Okay, that might be slightly dramatic, but she doesn't miss a trick, and the depth of her knowledge is impressive; no matter what your skin issues are, you are guaranteed she will pull from her extensive experience of skincare, nutrition, allergies, Ayurveda and more, to come up with solutions for you. I have been for two facials with Nuala recently and each was different—on the first, after a long gap since my last facial, she went in strong for a deeply cleansing experience, with a lot of extractions, exfoliation using **SkinCeuticals** Micro Polish, a Glycolic Peel Gel and a customised Vitamin C mask. The thorough and incredibly relaxing facial massage meant I exited the spa with radiant, glowing, oxygenated skin. A few weeks later, after scrupulously cleansing at home, desperately wanting to impress with my excellent skincare behaviours, and there were no extractions to be done in the second facial. I was so proud! Instead we spent that time at the end on an extra Vitamin C boost and a sophisticated light treatment, which, although it involved brightly flashing lights, was deeply relaxing, and more to the point, rejuvenating. DOC

