



Beauty File

Nothing run-of-the-mill about this magic facial

by Rowena Walsh

TREAT OF THE WEEK: SERENITY SPA

The spa

I arrived at the Serenity Spa in Dublin's Glasthule and immediately felt a wave of calmness wash over me. The vibe was relaxed, soothing and competent as I was welcomed, ushered into the relaxation room, encouraged to change into a towelling robe (a simple act that chills me out) and given a glass of tasty goji berry juice in the space of a minute. It set the scene as did the numerous books on health and nutrition beside the loungers, rather than the usual gossip mags. Together, they were a clear sign that this was no ordinary spa.

The treatment

That impression was solidified when I met Nuala Woulfe (pictured), the owner of the spa and a neighbouring beauty salon. She is very open about her interest in health and nutrition — I was amazed by her diagnosis of my digestive difficulties within a minute of meeting me — and she is keen to treat the whole person. So as I enjoyed my bespoke Vitamin C Firming Facial (€90 for a 60-minute treatment), I also got some tips on healthy living, such as the need for magnesium in my diet and the benefit of freeze-dried Vitamin C. Nuala used the **SkinCeuticals** brand for this facial, the aim of which is to tighten skin and promote cell renewal. She is happy to go the extra mile for her clients, including a quick brow tidy in between the skin analysis, double cleansing, exfoliation, muscle-lifting massage and mask. Afterwards she applied a mix of serum, moisturiser and sun protection. My complexion was glowing; and the benefits lasted — even weeks later.

The verdict

Top class — there was nothing perfunctory or run-of-the-mill about this. Nuala is extremely professional and very positive. Within minutes, I was happy to confide in her, and I felt as if she really wanted me to benefit from her ministrations.

The feelgood factor

Normally after a facial, I want to hide from the world, but, this time thanks to a light application of a little Bare Minerals make-up (over a specific SPF cream), I felt confident enough to go straight from the spa to a café.

Details

The Serenity Day Spa, 55b Glasthule Rd, Co Dublin, tel: (01) 2300255. See www.serenityspa.ie

