



## 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](http://www.serenityspa.ie)

