



stay
well

PHARMACY



LIVewell

THERAPY CLINIC

LOCATED IN

McCrystal's StayWell Pharmacy

Main Street, Virginia

(049) 854 8356

BEAUTY TREATMENTS

EYEBROW SHAPE	€10
EYEBROW TINT	€5
EYELASH TINT	€10
EYE TRIO	€20
LIP OR CHIN WAX	€5
UNDERARM WAX	€10
HALF LEG WAX	€20
FULL LEG WAX	€30 (inc bikini €40)
BIKINI WAX	€18 (regular)

60 MINUTE PAMPER PACKAGES

SOOTHING AROMATHERAPY BACK MASSAGE & MINI SKINICIAN FACIAL	€55
EXFOLIATING FOOT SCRUB/MASSAGE & MINI SKINICIAN FACIAL	€55
FULL SKINICIAN FACIAL & PRESSURE POINT HEAD MASSAGE	€75
SKINICIAN EXFOLIANT FOOT OR BACK SCRUB WITH MASSAGE	€45 <i>45 minutes</i>
SKINICIAN EXFOLIANT FULL BODY SCRUB & MASSAGE	€65 <i>60-70 minutes</i>

BODY TREATMENTS

BACK/NECK/SHOULDER MASSAGE	€40
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30 minutes

Research has shown massage therapy to have several health benefits for back pain. Massage is a deeply relaxing and therapeutic treatment which also increases blood flow and circulation, bringing much needed nutrition to the back muscles, joints and surrounding tissues. Massage therapy aids the recovery of muscle soreness from physical activity, soft tissue injury and muscular strain. It may also improve postural alignment.



HAND/ARM MASSAGE

€25

30 minutes

Excessive use of hand and arm muscles can cause strain over time. Massage can be beneficial for reducing pain and improving range of motion in the fingers, wrists, hands and arms.

FULL BODY MASSAGE

€60

60-70 minutes

Body massage can benefit our overall health and wellbeing on a physical and emotional level. From a physiological aspect, massage is an excellent way to stimulate blood flow to every part of the body, thereby boosting the cardiovascular system. The lymphatic system also benefits as the increased circulation helps to carry excess fluid and cells of the immune system back into circulation, promoting a healthy immune system. Body massage also promotes healthy muscles and joints by reducing pain - increasing circulation and improved muscle elasticity and flexibility. Most importantly, massage is a deeply soothing, uplifting and relaxing therapy. It helps to reduce stress and anxiety which can be a significant trigger for ill health. Massage can be a great preventative treatment and enhances our general health and wellbeing.

FOOT/LEG MASSAGE

€30

30 minutes

Massage therapy for the feet and legs can be very beneficial in reducing muscular tension and stimulating healthy blood flow and circulation to the feet and legs. It prevents swelling and fluid retention in these areas and promotes removal of metabolic waste from the muscles.



SPECIALISED MASSAGE TREATMENTS

HOT STONE BACK MASSAGE €50

30-40 minutes

Heat therapy has long been used to ease muscle tension and reduce pain and inflammation. Hot stone therapy is carried out using a combination of massage techniques with the application of heated stones. These stones are made from a form of volcanic rock called Basalt stones which also contain therapeutic minerals. Hot stone therapy boosts circulation, allowing more nutrients and oxygen-rich blood to be pumped around the body while increasing energy levels. Hot stone massage can have a calming and sedative effect, inducing deep relaxation while helping to alleviate physical or emotional stress.

INDIAN HEAD MASSAGE THERAPY €40

30-40 minutes

Indian head massage is based on an ancient healing system called Ayurvedic therapy, dating back thousands of years.

Indian head massage is an invigorating, uplifting and revitalizing treatment using acupressure massage techniques on the head, face, neck and shoulders. It can be beneficial for tension headaches, migraines and sinusitis as well as muscular tension in the neck and shoulders.

REFLEXOLOGY €50

60 minutes

Reflexology is a form of therapeutic foot massage using pressure point techniques on specific reflex points on the feet. These reflex points are connected to various parts of the body via nerve networks and energy zones. Reflexology can stimulate the body's own healing ability, aiding circulation so that any toxins held in the body can be released. It benefits the blood, organs, muscles, glands and nerves, promoting wellness and balance while relaxing and rejuvenating the mind and body.

PREGNANCY MASSAGE

€45

30 minutes

Pregnancy massage aims to relax tired and tense muscles and improve circulation and mobility. It can help to reduce muscle discomfort, swelling, fluid retention in the ankles, leg cramps and sciatica, as well as balancing hormone levels and reducing stress. It also increases blood circulation, providing oxygen-rich nutrients to both mother and baby. Pregnancy massage promotes general health and wellbeing throughout pregnancy and labour.





SKINICIAN

Facial & Body Treatments

SKINICIAN is a simple, results-driven, natural skincare range, harnessing the power of science and nature through superior quality ingredients. SKINICIAN combines a variety of disciplines, from traditional use of plant extract and powerful antioxidants, to the modern science of skin physiology and advanced technology to offer the very best results in skincare.

NEW AGELESS AHA LACTIC ACID FACIAL SKIN PEEL €70

This super-charged Lactic Acid Peel treatment from SKINICIAN dramatically resurfaces the skin, targeting and treating the signs of aging and pigmentation. Fortified with advanced retinol, hydroxy acids and encapsulated vitamin C. For best results, a course of treatments is recommended.

SKINICIAN GLYCOLIC PEEL €70 *60 minutes*

Specially formulated to promote the skin's natural renewal process and the resurfacing of the skin. This peel encourages cell regeneration for a smoother, more luminous complexion. Powerful

antioxidant ingredients aim to remove dead skin cells, fight aging of the skin, increasing firmness and hydration while promoting a radiant complexion.

EXPRESS SKINICIAN FACIAL €40

30 minutes

A mini-facial tailored to suit all skin types - the perfect introduction to SKINICIAN.

PURIFYING SKINICIAN FACIAL €60

A decongesting, cleansing and mattifying facial to regulate excess oil production and prevent breakouts and congestion in the skin. This treatment promotes a clear and healthy complexion.

REVITALIZE SKINICIAN FACIAL €60

60 minutes

A calming and hydrating facial to soothe and protect delicate or dehydrated skin, reducing redness and inflammation while nourishing and revitalizing your skin. It also restores hydration and collagen levels in the skin.

BESPOKE SKINICIAN FACIAL €65

60 minutes

A combination of consultation and skin analysis, this treatment identifies your skincare needs, followed by a prescriptive SKINICIAN facial to meet your skin's requirements.

SKINICIAN NOURISHING EYE TREATMENT €30

30 minutes

Designed to nourish the delicate tissue around the eyes and prevent fine lines, dark circles and puffiness. This also includes lymphatic drainage massage around the eyes.

SKINICIAN ADVANCED ANTI-AGING TIME DELAY FACIAL €70

60 minutes

A luxurious and nourishing facial using high performance ingredients to stimulate skin on a cellular level. Products used are formulated to actively reduce fine lines and wrinkles, while improving the smoothness and suppleness of the skin and protecting against environmental damage and premature aging.

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THErapy CLINIC

Make an appointment today

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