

the Buff Day Spa



52 South King Street, Dublin 2. Tel 01 677 4624 www.thebuffdayspa.com



Welcome to The Buff Day Spa

The Buff Day Spa is a welcoming haven of tranquility and calm situated in the heart of Dublin's City Centre. Step away from the crowded streets into a beautiful and relaxing environment. Our expert team of friendly therapists offer a wide range of spa and beauty treatments, individually tailored to revive and rejuvenate key areas of the body and provide an overall sense of wellbeing. Our services range from hour long treatments to a whole day of pampering.

Exclusive brands are also available to purchase in our Spa Shop to help continue the spa experience at home.

Whatever you choose, we guarantee you will enjoy your experience with us!

Selection of Buff Spa Packages

The Buff Spa Diva €350 (6 hours)

- Aromatherapy Massage
- Mineral Salt Scrub
- Light Lunch
- Luxury Manicure with Masque
- Fabulous Feet Pedicure
- Spa Custom Facial & Eyezone
- Eyebrow Shape

Vitality Break €140 (2 hours)

- 30 Minute Back Massage
- Mineral Salt Scrub
- Dermalogica Buff Express Facial

The Buff Ultimate Indulgence €175 (2.5 hours)

Unwind with a Full Body Massage using a blend of Thai Oils, helping to ease tired, aching muscles, providing you with pure relaxation for the mind, body & spirit. Then, let us treat your back with a skin brightening & soothing treatment. After your stress and tension have melted away, we will finish with a Dermalogica Facial, leaving your skin glowing & revitalised! This treatment is pure heaven and a must for anyone looking for absolute relaxation!

For ultimate relaxation, all of our Spa Packages are inclusive of 30 minutes allocated time to use the Sauna, Relaxation Area and Tranquility Room prior to your treatments.

The Buff Half Day Indulgence €249

(4.5 hours)

- Swedish Massage
- Luxury Manicure with Masque
- Fabulous Feet Pedicure
- Spa Custom Facial

Mom & Me Spa Package €109 per person. Minimum 2 people (2 hours)

- Dermalogica Spa Custom Facial
- 30 minute Back Massage

For more great Spa Packages, go to www.thebuffdayspa.com

Complimentary use of Sauna, Relaxation Area and Tranquility Room with all treatments over €50. Please allow extra time before your treatments to use the Spa Facilities. Contact us at 01 677 4624 for more information on our bridal and corporate packages.

Dermalogica Facials

Here at The Buff Day Spa, we are proud to specialise in the number one skincare range worldwide... **dermalogica** Our highly trained, professional skincare therapists are dedicated to providing the most therapeutic and results-orientated facials that can be experienced. Each facial includes a **Facemapping™** experience, the skin analysis that reviews the 14 zones of your face for expert skincare results.

Ultimate Facial €109 (75 mins)

Really treat yourself with our great value Ultimate Facial. This is our Spa Custom Facial with an additional Eye Zone Treatment, Multi-Vitamin Hand Treatment and Eyebrow Shape.

Spa Custom Facial €85 (60 mins)

This is a customized facial which your expert therapist adapts to treat your skins specific needs. Facial includes skin analysis, deep cleansing, steaming, exfoliation, extractions, massage and customized face masque. Just relax, lay back and leave everything to us.

The Buff Express Facial €55 (30 mins)

This introductory facial to the Dermalogica skincare regime gives you maximum results in minimum time (no extractions or massage).

Add all or any of the following to your facial for an extra special treat:

- Eye Zone Treatment €10
- Eyebrow Shape €15
- Multi-Vitamin Hand or Foot Treatment €10
- Power Exfoliation* €10
- Mini Back or Scalp or Foot Massage €22
- Fuschia Mineral Makeover €15

Speciality Facials €109 (75 mins)

All of our Dermalogica Speciality Facials include Eye Zone, Multi-Vitamin Hand and Exfoliation Plus Treatments with the exception of the Acne Facial which has Eye Zone and Exfoliation Plus Treatments.

Choose from:

Dermalogica AGE Smart™ Facial

Perfect treatment for mature/premature-aging/dry/dehydrated/sun-damaged skin.

Dermalogica ChromaWhite TRx® Facial

For those whose main concern is pigmentation and skin brightening.

Dermalogica UltraCalming™ Facial

For those with sensitized, itching or burning skin.

Dermalogica Medibac™ Facial

Deep cleansing, pore refining facial especially to treat adult acne.

For more detailed information on these speciality facials, please go to www.thebuffdayspa.com

*May not be suitable for all skin types

Image Peels

Image skincare is a high quality cosmeceutical brand, guaranteed to perform with incredible results. An Image Peel will give you a more youthful, brighter looking skin helping to lighten, tighten and brighten! If your concern is to diminish fine lines, increase hydration, fade sun damage and stimulate cell turnover, call us now at **01 677 4624** to book in for your FREE consultation to pre-treat your skin for 2 weeks before you have your Image Peel. No pre-treating necessary for Image & O2 Facials.

Image Facial €99 (40 mins)

A results driven facial designed to deep cleanse, hydrate and increase cell regeneration leaving smooth, glowing skin. Revitalize dry, dull, ageing skin with this Vitamin C enriched hydrating facial.

Ormedic Lift -15% peel €99 (40 mins)

A blend of organic and medically effective ingredients rebalance tired, stressed & dull-looking skin whilst helping to restore and soothe the skin. Ideal for sensitive skin or during pregnancy.

Signature Facelift - 30% peel €99 (30 mins)

Change the appearance of your skin after just one treatment! Rejuvenate your skin with high doses of Vitamin C whilst glycolic acid and highly active enzymes speed up cell turnover to brighten, tighten and lighten your skin. Ideal for rosacea, sensitive, dry/dehydrated skin or post surgery/microdermabrasion & during pregnancy.

Wrinkle Lift - 40% peel €99 (30 mins)

Leave skin firmer and healthier with this super-resurfacing glycolic and retinol treatment helping to visibly reduce the appearance of fine lines. Ideal for ageing skin.

Lightening Lift - 50% peel €99 (30 mins)

Reduce sun spots, brown spots & redness caused by Rosacea with this ultra lightening treatment. Ideal for pigmented skin or uneven skin tone.

Acne Lift - 20% peel €99 (30 mins)

Reduce and treat all types of acne while also resurfacing & smoothing the skin after just one treatment! Ideal for acne or breakout-prone skin.

O2 Facial €99 (35 mins)

The RED CARPET treatment! This luxurious, oxygen skin care treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin leaving it refreshed, rejuvenated and looking luminous. A MUST before that special event and for brides to be.

Course of any 4 - €297



Massages

At The Buff Day Spa, we pride ourselves on the high standard of our massage treatments designed to meet the highest expectations of our clients. Reduce tension and relieve the negative effects of everyday stress with one of our massages, a wonderful way to take time out and relax the mind and body.

La Stone® Therapy Massage €135 (90 mins)

La Stone® Therapy achieves deeper states of relaxation, health and well being than that of a typical massage. The use of heated basalt stones helps to relax aching muscles, followed by chilled marble stones which facilitate the reduction of toxins and inflammation, encouraging a healing response deep within the body's systems. A MUST for those who suffer re-occurring muscle tension and who enjoy a deeper massage.

Aromatherapy Massage €109 (90 mins)

A treatment that is tailored to your individual needs using selected essential oils with powerful healing properties. Combining these oils with massage enhances lymph flow, restores lost energy and creates a deep sense of relaxation.

Swedish Massage €85 (60 mins)

- Add Essential Oils €10
- Add Cold Stones €15

This popular massage technique improves circulation, eases muscle ache and tension and improves flexibility. It reduces stress, both emotional and physical, and is suggested in a regular programme for stress management. It helps with the elimination of toxins which aids in reducing cellulite.

Back Massage €55 (30 mins)

- Add Essential Oils €10
- Add Cold Stones €15

A deep pressure massage which concentrates on relieving stress and tension in the back, neck and shoulders. Helps to soothe tight, sore muscles and relieve the build-up of tension nodules.

Indian Head Massage €65 (40 mins)

- Add Essential Oils €10

This specialized technique incorporates massage of the neck, head, shoulders and face, focusing on pressure points to relieve headaches and reduce stress and tension. One to completely relax the mind, body and spirit.

Mud Massage Therapy €110 (80 mins)

This is a unique and exotic treatment beginning with a body wrap comprising of earth clays and natural oils which help to cleanse and detox the body. This is followed by a complete Swedish Body Massage aiding in the elimination of toxins whilst easing muscle ache and tension. This invigorating treatment will leave your skin smooth and silky soft to the touch.

Hot Stone Back Massage €75 (40 mins)

Using heated basalt stones, let your muscle tension ease with this deep targeted massage designed to relieve those aches and pains.

Reflexology – First visit €65 (60 mins)

Includes initial consultation

Reflexology – Subsequent visits €55 (45 mins)

Within 6 weeks of initial visit

Reflexology is based on the ancient belief that each organ of the body corresponds to a reflex point in the foot. Using gentle thumb and finger pressure point massage, the therapist releases blockages and re-establishes the body's energy flow. Regular sessions help to gently bring the entire body back to a state of wellness.

As members of IRI (Irish Reflexology Institute) we are VHI, Aviva & Laya Healthcare approved.

Total Harmony Signature Treatment €175 (2.5 hours)

Revitalise and renew with this customized signature treatment! Firstly, ease your tired aching muscles in our Sauna followed by a guided meditation to allow your mind and body to let go. Next you will have dry body brushing. Then you are treated to a fully customized 90 minute massage using various techniques and essential oils to work on your target areas of tension. Receive a Dermalogica Stress Relief Oil to use at home to prolong the harmony experience.



Body Treatments

As the official providers of Universal Contour Wrap training in both Ireland and Northern Ireland, come to our centre of excellence for the very best inch loss!

Universal Contour Wrap €99 (120 mins) Course of 3 €240

The Universal Contour Wrap is a totally natural, effective and safe way to achieve excellent and lasting inch loss, detoxify the body, cleanse the skin and leave you feeling totally rejuvenated. Bandages that have been soaking in a warm solution containing only natural minerals are used to clad and reshape the body, lifting flabby buttocks, flattening the abdomen and generally contouring the figure. An easy way to lose those inches!

Dermalogica Beautiful Back €79 (60 mins)

This is essentially a Dermalogica facial performed on your back which will help keep your back looking clean and clear. It combines a deep cleansing action and deep exfoliation with a 15 minute back massage to relax your muscles and re-energise your body. Excellent for breakouts or before going on holidays.

Dermalogica Mineral Salt Scrub €55 (30 mins)

An all over body exfoliation that combines mineral-rich sea salt, dried seaweed and skin smoothing enzymes to leave your skin glowing whilst providing critical hydration and nourishment. Can be customized for sensitive skin to soothe and brighten. Great as a treat before your holiday!



Mama Mio Maternity Treatments

Pregnancy Massage is one of our speciality treatments at The Buff Day Spa. Using only the safest products from market leader Mama Mio, these treatments are designed to ease the stresses and strains associated with pregnancy. Mama Mio is a high performance bodycare and spa treatment range using facial skincare technology and ingredients to ensure every inch of you looks and feels its very best. All Mama Mio treatments can be enjoyed after your 13th week. All Mama Mio products can be safely used throughout your pregnancy. We guarantee you will enjoy your treatment with us!

Free-Loader €70 (45 mins)

A wonderful back and upper body massage specifically designed to release tension and muscle fatigue. This treatment focuses on the muscles that are responsible for supporting the pregnant tummy.

Maternity Massage €95 (60 mins)

A complete body massage using specific pre-natal techniques to help relax, increase circulation, alleviate tired muscles and reduce water retention. A wonderful treatment that gives mama a chance to truly relax and a few moments to dream of baby.

The Yummy Tummy €70 (45 mins)

Help prevent stretch marks with this luxurious facial for your tummy! This is the area that needs attention now to maximise skin strength, health and elasticity. Included is stress relieving Indian Head Massage or a lower leg and foot massage to ease those aching feet and help reduce those swollen ankles. Prolong your treatment to an hour and choose both of these massages for an extra €25.

Yummy Mummy Spa Package €160 (2 hours)

- Free Loader
- Dermalogica Buff Express Facial
- Yummy Tummy



Manicures & Pedicures

Shellac & GEL FX

Shellac is the original revolutionary nail product that ensures lasting high gloss colour for up to 14 days and removes in minutes! **Only's GEL FX** is very similar but is also power packed with vitamins A & E to help promote healthy nails while pro-vitamin B5 helps protect the natural nail. Your therapist will analyse your nails and advise whether to choose Shellac or GEL FX.

Shellac/GEL FX Manicure €35 (30 mins)

Shellac/GEL FX Pedicure €35 (30 mins)

Optional Extras

- Add French Finish €5
- Add Shellac/GEL FX Manicure or Pedicure removal €15 (15 mins)
- Add cuticle oil for homecare €8.50

All of these extras for only €10 more

Shellac/GELFX All Inclusive Manicure & Shellac/GELFX All Inclusive Pedicure Combo €70

– save an additional €20

Luxury Spa Manicure €40 (45 mins)

This Luxury Manicure includes a warm hand soak with an invigorating exfoliation on hands and forearms. It also features nail shaping, cuticle work & a hand & lower arm massage for long lasting suppleness. Top it off with a Naitiques Protein Formula & Polish of your choice.

Optional Extras

- French Finish €5
- Masque €10
- Shellac/GEL FX Paint (includes cuticle oil & removal) €20

Fabulous Feet Pedicure €65 (60 mins)

The ultimate overhaul for your feet! This Luxury Pedicure includes foot soak, nail shaping, foot rasping, cuticle work & foot scrub followed by a hydrating foot masque leaving feet feeling soft & smooth. It also features a relaxing lower leg & foot massage & colour of your choice...complete foot heaven!

Optional Extras

- Shellac/GEL FX Paint (includes cuticle oil & removal) €20
- Extended Foot & Leg Massage €20 (15 mins)

Pamper Me Spa Package €89 (2 hours)

Look after your hardworking hands and feet with a combination of a Luxury Spa Manicure with Masque & a Fabulous Feet Pedicure! Perfect before an important event or holiday.



Beauty Services

Lycon Waxing

All our therapists have been professionally trained in **Lycon Advanced Waxing Techniques***. All specialised waxing (Californian, Brazilian and Hollywood Bikini waxing), underarm and facial waxing is performed using only Lycon hot (peelable) wax to ensure that you have the most pain-free and enjoyable specialised waxing service possible.

Lycon is the professional's choice in quality wax as it gently and effectively removes hair as short as 1mm. Lycon is expertly formulated with skin conditioning ingredients such as Aloe Vera, Chamomile, Rose and Lavender and is used at a low-temperature to maximise comfort.

We guarantee once you've been waxed with Lycon, you won't want to be waxed using any other wax!

Bikini Line

- Bikini €20
- Californian (Extended Bikini) €30
- Brazilian (a small strip/triangle remaining) €52
- Hollywood (totally bare) €55
- Add Full Leg to any Bikini line wax for €35
- Add Half Leg to any Bikini line wax for €20
- Full Leg €45
- Half Leg €30

Facial Waxing

- Lip €15
- Chin €15
- Eyebrows €17
- Sides of face €15
- Any two facial waxing areas €24
- Full face (eyebrows, lip, chin, & sides of face) €45

Arm Combo

- Underarm €25
- Lower Arm €25
- Lower Arm & Underarm €40
- Full Arm €35

*All leg waxes include knees & toes if necessary.
All bikini waxes include tummy tidy if necessary.*

*Please note that a patch test is highly recommended for all new wax clients 48 hours prior to waxing appointment. If you need waxing urgently and do not want to do the patch test, you will have to sign a waiver form at reception.



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Beauty Services

Fuschia is an award winning Irish Make-Up brand which contains pure minerals which give exceptional coverage with a lightweight feel, leaving your skin effortlessly flawless. Fuschia Mineral Make-Up is free from alcohol, chemicals, dyes and it actually heals your skin while you wear it. So, it is perfect for every skin type whether that be acne skin or a flawless complexion.

Fuschia Makeup Application €35 (30 mins)

Our expert therapists will analyse your skin and then apply our pure mineral-based Fuschia products that will complement your skin tone as well as highlight your best features!

Add Fuschia Makeup to any treatment €15

FREE Fuschia Makeover when you spend €85 on Makeup

Sun FX Spray-on Tan €35

Get an incredible, natural looking, streak free tan without the harmful effects of sun damage. No odour, no mess, just a sun-kissed radiant look within 10 minutes! Millions use it and celebrities love it.

- Sun Fx Spray on Tan €35
- 2nd session within 3 days €25
- Half Body Spray Tan €25

- NO ALCOHOL
- NO OILS
- NO PRESERVATIVES
- NO PARABENS
- NO PERFUMES
- NO ODOURS
- NO FUMES
- NO WORRIES

Fuschia Makeup Lesson €45 (45 mins)

A step-by-step lesson given by our expert therapists showing you how to apply each product including an eye look for day and night. Learn how to recreate that professional look every time!

Treatments for Him

All of our facials & massages (with the exception of Mud Massage Therapy) and the Beautiful Back treatment are available to our male clients. Please see under relevant section of brochure for details.

While we are pleased to offer these great treatments to our male clients, our sauna and relaxation areas are available to our female clientele only.

Pamper Him! €170 (2 hours)

- Swedish Massage with Essential Oils
- Dermalogica Spa Custom Facial
- Eyebrow Tidy

Male Escape Special €95 (1 hour)

- Stressbusting Back Massage
- Dermalogica Buff Express Facial
- Eyebrow Tidy

Gift Vouchers available for all occasions.



Group Parties at The Buff Day Spa

Are you looking for somewhere extra special to celebrate that hen or bridal party? Perhaps your company wishes to organise an unusual “thank you” for a hard working team? Or perhaps a group of friends just fancy a “Girls’ Day Out” with a difference?

Whatever the reason, The Buff Day Spa is the ideal venue offering exceptional service and facilities at a price everyone can afford. Depending on the types of treatments chosen, we can cater for groups of up to 16 people at any one time. Why not browse through our menu and we will customise a package for the entire group?

Queries

For any queries, please contact us at
01 677 4624 or at info@thebuffdayspa.com

Facilities

- Sauna and fully stocked showers
- Relaxation Area
- Tranquility Room
- 11 Multifunctional Treatment Rooms
- 3 Manicure & 3 Pedicure Stations
- 2 Makeup Stations
- Skin Scanner & Skinbar
- Use of spa robe & sandals
- Complimentary Tea/Coffee/
Herbal Tea/Water



T 01 677 4624 E info@thebuffdayspa.com

Gift Vouchers

A great gift idea. You can purchase these for a Spa Treatment, Package, Product or Euro amount. Gift vouchers are non-refundable and non-redeemable for cash. The gift voucher can be utilized for products or treatments and is valid for 12 months from date of purchase. Gift vouchers can be purchased either in the Spa or by telephone or online through our website using a credit card.

Referral Programme

If you like what we do at The Buff Day Spa, why not refer a friend and earn €10 on your account towards any treatment of choice! Just ask for some referral cards at reception.

Call us at 01 677 4624 for more details.

Terms and Conditions

- Credit Card details or Gift Voucher References are required at time of booking.
- We regret that 50% of the treatment cost will be automatically charged to your credit card or gift voucher if your appointment is cancelled with less than 24 hours notice. For group cancellation policy, please go to www.thebuffdayspa.com/faq.
- To help you to enjoy your experience with us, we would recommend for you to arrive 15 minutes before your scheduled treatment time
- As a courtesy to our other guests, if you are more than 15 minutes late for your appointment, we will do our best to accommodate you in your remaining time. Full cost will be charged.
- To allow everyone to benefit from the peaceful atmosphere, please switch off your mobile phone before your arrival.
- Gratuities are left to the clients’ discretion. Your personal recommendation to a friend is our best reward. If you enjoyed your treatment, tell a friend. If not, please tell us.
- Guests should never use the Sauna prior to a waxing service. Some redness following waxing is normal. Do not schedule a body treatment the same day as a waxing service.
- Please inform us at time of booking if you are expecting. Expectant Mothers should not use the Sauna Facilities. Expectant Mothers can safely have any maternity body treatment after 13th week.



Gift Vouchers available for all occasions

Opening Hours

Monday, Tuesday, Wednesday, Friday 10am - 8pm

Thursday 10am - 9pm

Saturday 10am - 6pm

Sunday 12 - 6pm

Where We Are

To get to **The Buff Day Spa**, turn right at the top of Grafton Street (St. Stephens Green end) onto South King Street. We are the 6th shop down on the right hand side, our entrance is right before the New Millennium Restaurant, just come up the stairs!



The Buff Day Spa

52 South King Street (next to the Gaiety Theatre)
Dublin 2

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www.thebuffdayspa.com



www.facebook.com/buff.spa



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