

Disposable Waxing

Spatula Waxing v Disposable Waxing

Professional hygienic disposable waxing system is used at Neelu's because we care for you. No fear of cross contamination through waxing due to spatula re-dipping in the wax pot or not being able to sterilise the head of the roller waxing. The applicator is new for each client and disposed of after each use.

The applicator has a gate mechanism to prevent wax from re-entering the tube. The tube is held at a 45° angle in a booster chamber so there is no chance of any flow back during treatment. It is the safest wax system eliminating the possibilities of cross-contamination (especially in areas prone to bleeding) between clients.

Full Leg	€36	Abdomen Wax	€15
3/4 Leg	€32	Under Arm Wax	€15
1/2 Leg	€22	Full Arm Wax	€22
Thigh & Bikini	€32	Brazilian Bikini Wax	€45
Bikini Wax	€15		

Toning & Firming with Arasys

Another revolutionary treatment available at Neelu's is 'Arasys' – the system that really works for inch loss, muscle building and body toning. Arasys provides unparallel inch loss, intensive toning, lymphatic drainage, cellulite reduction all in one. Each programme will help to increase your circulation, metabolism and aid weight loss. It is a most safe and comfortable system and is suitable for both men and women. This system also has a diuretic effect by stimulating the removal of waste products. Even someone who exercises regularly can benefit from Arasys treatment as it has the advantage over exercise in being able to exercise lazy muscles, for example the inner thigh. Arasys also achieves a contraction that is far stronger than can be achieved with normal exercise. It may take a client 2-3 hours in the gym to attain the same effect that can be gained in one 20 minute Arasys session.

Per half hour session	€65
A course of 10 half hour sessions	€475

Remedial Treatments with disposable needle

Removal of skin tags, white heads or milia – up to 20 mins. €175

TC3000 Thermo-Coagulation

Thermo-Coagulation for Red Veins – 20 mins. €300

Syneron Elight Treatments

Skin Refirme/Tightening & Wrinkle Reduction Treatments

The thermal effect of the state-of-the-art Elós technology makes your skin look smooth and younger. Rejuvenate your appearance with wrinkle reduction and permanent fortification of facial contours. It works with radio frequency and infra-red energies in one treatment session. The collagen fibres that are stimulated during treatment start rebuilding their structures by themselves in a natural manner.

Small wrinkles are improved, deeper wrinkles are reduced visibly, and the texture of your skin becomes more and more smooth and elastic. After the treatment skin looks rosy and fresh, and appears tighter and plumped. You will feel the result at once. Normally, you won't need a downtime and can continue your business as usual.

Mouth area	from €275 per session
Eye area	from €275 per session
Neck area	from €275 per session
Upper Arms	from €375 per session
Stomach post pregnancy or after weight loss	from €400 per session
Chest skin Rejuvenation & between breast skin tightening	from €550 per session
Full face skin Rejuvenation & full face skin tightening	from €800 per session

6-8 sessions are recommended.

For Permanent Hair Reduction – for dark hair only.

Yes – you can say farewell to unwanted hair growth with Elós. Dark hair can be removed. Treatment uses radio frequency and laser therapy. Active cooling of the skin surface as well as constant measurement of the skin's resistance ensures the utmost safety during treatment. Treatment is not painful.

Upper Lip	€100 per sess.	Shoulders (both)	€350 per sess.
Chin	€125 per sess.	Full Chest	€475 per sess.
Upper Lip & Chin	€200 per sess.	Lower Legs (both)	from €475 per sess.
Neck	€200 per sess.	Full Legs	from €900 per sess.
Neck & Jaw Line	€275 per sess.	Nipples	€175 per sess.
Both Hands	€175 per sess.	Chest (random areas)	€250 per sess.
Both Feet	€175 per sess.	Buttocks	€300 per sess.
Side Burns	€185 per sess.	Cheek Bones	€185 per sess.
Bikini Line Basic	€175 per sess.	Lip, Chin & Sides	€345 per sess.
Bikini Line Extended	€225 per sess.	Ear Lobes	€125 per sess.
Bikini Line Brazilian	€250 per sess.	Eye Brows, Middle & Top	€155 per sess.
Full Back	€500 per sess.		

6-8 sessions recommended for dark coarse hair.

Semi-Permanent Make-up

Neelu has been practicing semi-permanent make-up since 1986-87, specialising in eyebrow shaping, eye liner and lip liner. It is a simple method of implanting pigment into the dermal layer of the skin. The results can range from soft, subtle to crisp and very well defined, as each colour is custom blended to the client's requirements. It lasts up to 3 years. It is smudgeproof, waterproof and is stunning.

Those women who's eyebrows are sparse from plucking, shaving or are simply very blonde or light in colour, can enjoy a perfectly shaped natural looking brow created with semi-permanent make up.

Eyeliner or **eyelash enhancement** helps the eye to stand out and enhances the eyes' natural colour and shape. Applying eyeliner may be difficult, especially when one has poor eyesight or physical problems.

Similarly **lip lining** enhances the lip shape and can be used to correct the shape of the lips and solves the problems of lipstick bleeding. We can offer you, through the art of semi-permanent make-up, the confidence of feeling and looking naturally beautiful all of the time.

Massage

Back, Neck & Shoulders

All wound up? A specific treatment to release muscle tension in the areas of the body which holds most of the stress. Whether it is a tough day at the office or stress at home, this treatment will leave you feeling revitalised and rejuvenated. A back, neck and shoulders massage can also enhance the ability to think and concentrate and improve skin and muscle tone. Life itself can be a balancing act between family and work. A back massage is an oasis of calm and tranquillity in the modern, busy world.

Foot Massage

In a world where all we do is stand, run, walk and lift – our feet support us the entire way. While being stifled in shoes and socks or stuck up in high heels at a slanted angle, is it any wonder that our feet become very tired and stiff. They have restricted circulation and air contact and are often neglected or overlooked.

Foot massage is one of the most unbelievably relaxing treats that you can give yourself or others. The ultimate study of foot massage is reflexology. Foot reflexology is 'pressure therapy' and involves applying focused pressure to certain known reflex points located in the foot to cure or prevent disease. Our foot massage is not reflexology though some benefits of reflexology will happen automatically simply by virtue of massaging the soles of the feet, however the main objective is to help tired feet feel better.

Back Massage	€50
Foot Massage	€40
Back & Scalp Massage	€75

OPENING HOURS

Neelu's @ Arnotts – Arnotts store hours.

- *Please note pre-booked appointments must be accompanied by credit card details.*
- *24 hour notice must be given on cancellation of all bookings, failing that you will be liable to pay full cost of the booked treatment.*

Terms of trading:

1. Courses valid for one year only. Courses are non-transferable.
2. We regret Gift Vouchers cannot be exchanged for cash. Lost Vouchers cannot be replaced. Gift Vouchers specific to location.
3. **24 hour notice** must be given on cancellation on all bookings, failing that you will be liable to pay full cost of the booked treatment.

Stockists for: • **AGERA®** Skin Care Systems •
• **Skin for Life** Skin Care Systems •
• **Medik8** Skin Care •
• **Mineral Essence (ME)** Mineral Make-Up •



BEAUTY EMPORIUM

Beauty Therapist AMRIT NEELU WHITE

B.A. (Hons), M.A.Eng., M.A.Music, C.I.B.T.A.C.,
I.T.E.C., C.I.D.E.S.C.O., A.A.D., M.S.A.C., F.H.T.

Neelu's Beauty and Remedial Salon is over 25 years established in South Dublin (Dún Laoghaire). Neelu demonstrated 'Threading' (an Indian way of hair removal) in Galligan's Beauty College, in Grafton Street in 1983 and introduced 'Semi-permanent make-up' for eyebrows, eyeliner and lip liner in 1987, and 'nail art decorations' in 1988, to Ireland. She was featured on the *Top to Toe* programme on RTE in the 1980's, in the *Irish Times* while exhibiting in the Burlington Hotel at a Beauty Congress, and also on the *Gerry Ryan Radio Show*.

Neelu has always been interested only in non-invasive treatments in her salon – the treatments that have no ill effects on health and only enhance the natural beauty of the individual.

Neelu opened her *Threading Bar* in Arnotts in November 2008. It operated on a 'no appointment – first come-first served' basis and it was obvious from the length of the queues of her skill in this technique. Apart from eyebrow shaping and facial hair removal, the only other service was ME Mineral make-up application.

Due to a public demand for her extended services, from October 2009, Neelu has a full beauty emporium in Arnotts with the usual range of services – *plus more*.

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GIFT VOUCHERS AVAILABLE

Experience the Beauty of Science with the most effective skin care range in the world

AGERA® is a scientifically endorsed range of skin care products that has been clinically proven to penetrate and stimulate the skin for rapid, visible results in anti-ageing, anti-pigmentary and acne treatments. Powerful antioxidants protect against free radical damage, while retinols of varying strengths smooth away fine lines and wrinkles. Growth Factor Peptides, available in AGERA®, help to control the skin's internal ageing process while restoring and maintaining its thickness and resilience. AGERA® skin care is formulated using tiny particles called 'nanosomes' that encapsulate these powerful ingredients in a lipid base and aid their penetration into the deepest layers of the skin. AGERA® leads the cosmeceutical industry in the provision that have been scientifically proved to work.

AGERA® Basic Facial for all Skin Types €80

AGERA® Aesthetic Anti-ageing Facial €130

Dry, mature skin can be flaky, dull with fine lines and wrinkles. This regimen is designed to provide maximum regenerative capabilities of the skin through aggressive vitamin delivery, controlled exfoliation, hydration and environmental protection. Skin is gently cleansed and exfoliated then treated with bio-active, vitamin delivery therapies to stimulate, repair and firm for smoother, younger-looking skin.

AGERA® Aesthetic Hydrating Oxygen Facial €130

For sun damage – Oxygen generating treatment, excellent for tired, sluggish skin polluted by environmental toxins, solar damage, smoking and improper diet. Detoxifies, stimulates cell regeneration, increases circulation and hydrates whilst a dull complexion is lightened and brightened restoring a natural healthy glow.

AGERA® Aesthetic Deep Cleansing Acne Facial €130

Oily, acne prone skin tends to have enlarged, clogged pores and blemishes. Skin looks shiny and feels greasy. This regimen provides thorough cleansing with exfoliation to help control oil and treat problem skin. Skin is deep cleansed and gently exfoliated, then treated with detoxifying agents to purify problem skin types. It eliminates surface bacteria and prevents future breakouts. Anti-inflammatory ingredients counteract and soothe problem skin whilst enzymes work to soften the skin for extractions.

Please note – 24 hour notice must be given on cancellation of all bookings, failing that you will be liable to pay full cost of the booked treatment.

GIFT VOUCHERS AVAILABLE

AGERA® Skin Peels – Making a major difference

AGERA® peels offer a revolutionary way to effectively treat ageing skin, acne and unwanted pigmentation. Developed by leading scientists and doctors, AGERA® peels are amongst the most advanced and effective non-invasive skin treatments available. These unique Proliferative peels are non-irritating, pain free and cause visible results after only one session, without any down time from unsightly skin shedding, redness or irritation.

For optimum results a course of 6 treatments is recommended for all peel procedures. Use of Agera homecare is required during a course of skin peels to enhance and maximize results and to prevent any chemical reaction from ingredients in products you may be currently using.

AGERA® Anti-ageing Peels €100

Stimulate cells (fibroblasts) deep within the skin to promote collagen and elastin production for firmer, thicker, younger looking skin, and help eliminate fine lines and wrinkles for a smoother and more radiant appearance. For optimal results, a series of AGERA® anti-ageing peels may be combined with micro-dermabrasion to help smooth out the surface of the skin. Combining the powerful Growth Factor Peptides, anti-oxidants and retinols available exclusively in AGERA® anti-ageing products, help to control the skin's internal ageing process while restoring and maintaining its thickness and resilience. Replacing these declining levels of growth factor peptides is key to reversing and preventing the ageing process in the skin.

AGERA® Pigmentation Control Peels €100

Offer advanced solutions for pigmentation by penetrating the skin's pigment cells to gently and effectively reduce the appearance of unwanted pigmentation and discolouration and improve the clarity and colour of the skin for a more even skin tone. For optimal results a series of AGERA® pigmentation peels may be combined with microdermabrasion and pigment suppression products to help remove and suppress melanocyte activity.

Neelu, AGERA® specialist, will advise on the appropriate combination of daily use of AGERA® home care products in conjunction with professional treatments. This will enhance and maximize your results. **Neelu**, AGERA® practitioner, may also recommend microdermabrasion in combination with your course of AGERA® peels. Further details on the range of products available are listed in the AGERA® Anti-ageing and Acne leaflets.

Medical Microdermabrasion Treatments

We use disposable eye shields and disposable abrasion heads to stop cross-contamination.

Microdermabrasion is the treatment that shows visible changes in skin texture, pore tightening and even skin tones. No exfoliation masks, peeling masks or blackhead removal strips works as effectively as **Microdermabrasion**. It would not be wrong to call it the new skin restoration procedure for smoother, younger looking skin. **Microdermabrasion** is a virtually painless alternative to chemical and laser peels.

The benefits of **Microdermabrasion** over chemical and laser peels include – *no pain, minimal risks, suited for all skin types, no anaesthesia required, no recovery time and no hazardous chemicals.*

It is used to treat – *blackheads, whiteheads, fine lines, wrinkles, sun damaged skin, acne prone skin, superficial age spots, hyperpigmentation, oily skin and dry or patchy skin.*

Medical Microdermabrasion *for face* €145

Medical Microdermabrasion *for chest* €275

Medical Microdermabrasion *for both hands for hyperpigmentation and aged, dry hands.* €150

Medical Microdermabrasion *(goose-pimple effect) for upper arms both* €200

Medical Microdermabrasion *for acne scarring back* €275

Microdermabrasion Treatments

NUE 4 in 1 Microdermabrasion Facial €175
(Organic Grains / Crystal / Oxygen / LED Light)

Our skin cells renew itself every 28 days, with age and poor general health, this process is considerably sluggish. NUE skin system reduces the signs of ageing and sun damage, acne and skin pigmentation marks, resurfaces skin's unevenness and discolouration. This can be performed on face, neck, chest, back and hands.

Our NUE 4 in 1 treatment removes dead skin layer at varying depths in a controlled manner, minimising skin trauma. It energises cell renewal to create a healthy balanced skin surface. It is then possible to improve or treat many skin conditions and imperfections.

The organic grain is the most natural way to evenly and safely exfoliate the skin without the use of chemicals. They are less exfoliating and are more about buffing or polishing the skin. They are ideal for cheek areas with sensitive skin or around the eye area. They offer an alternative to crystals as they are not as exfoliating, however the client will receive the benefits of microdermabrasion treatment. These grains will give the skin a beautiful, smooth polished glow.

It is recommended for sensitive skin, darker skin, pigmentation, clients that like natural organic treatments and special occasion buffing for that extra glow.

The **LED (Light Emitting Diodes) light** has therapeutic anti-aging properties and accelerates the body's natural ability to repair its own tissue. This light therapy uses **red** and **blue** light. The **blue** light heals hormonal outbreaks of acne. This **blue** light is antibacterial and produces singlet oxygen bactericide that is deadly to the active acne. It effectively kills the acne bacteria and reduces acne without irritation. The **red** light is used in treating fine lines and wrinkles, hyper pigmentation, sun damage and rosacea. It stimulates fibroblast cell activity, thus prompting increase in collagen and elastin. The **red** light also increases circulation and moisture retention, stimulates cell turnovers, reduces pore size and evens out skin tone. It aids in fading photo-damaged skin, reduces inflammation, speeds up the healing process and decreases fine lines and wrinkles.

The **Oxygen feature with NUE Skin 500** is unique. After the microdermabrasion treatment, you can add luxury with a moisture drenching infusion of oxygen in each pore. This comprehensive treatment will leave the newly exfoliated skin saturated with moisture and looking silky, smooth and radiate.

Microdermabrasion
With Organic Natural Grains *for face* €100
With Organic Natural Grains & Crystal €125
With Organic Natural Grains, Crystal & Oxygen €150
With Organic Natural Grains, Crystal & LED Light €150

Threading

Neelu is the first beauty therapist to introduce the '**threading**' technique to Ireland. Threading is an ancient Indian way of removing hair. Threading involves knotting and twisting a fine cotton thread around hair to essentially pluck it from the pore. Threading allows for a more painless, precise, less irritating, chemical free, and lasting, hair removal experience compared with waxing. Threading is kind to your skin – did you know that facial waxing can actually cause your skin to sag and wrinkle? It can also cause broken capillaries. Your skin is delicate and needs to be treated gently.

Eyebrow Shape	€18
Upper Lip	€18
Chin	€28
Forehead	€30
Lip & Chin	€40
Sides of the Face	€30
Neck	€32
Full Face (including Eyebrows)	€140

General Grooming

Eyelash Tint	€18	Eyebrow Tint	€15
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All eyelash tint treatments require an Allergy Patch Test 24 hours prior to first treatment.

Make Up

Cleanse & Make Up	€50
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Hand & Foot Care

Healthy Alternative to Nail Polish

It is a healthy option to using nail polish. Instead of nail polish we apply nearly natural gel in colour, French paint or clear and cure it under UV light. It is non-chip, no bonds, no primers, no odours, clinically tested and soaks off in 15 minutes. Thin, strong and flexible with a large selection of fashionable colours and very, very affordable. They cause no damage to the natural nail plate. No refills, simply the healthy groomed look that you have been waiting for.

Hands are a very strong feature of one's personality. So, it's very important to have groomed nails. When I talk about groomed nails I do not necessarily mean long nails. Length does not give a groomed look. Good, healthy nails that do not chip for 2 weeks are what I call groomed.

It is ideal for weak, brittle, ridged or discoloured nails. It will help people to break the habit of nail biting.

Everlasting Gel Manicure	€50		
Everlasting Gel Pedicure	€50		
Basic Manicure	€30	File & French Polish	€25
File & Polish	€20	Pedicure	€50

Treat nails as jewels – not as tools!

Make other Gel-ous by wearing our Nail Gel Colours.