



Asana

BEAUTY & BODY CLINIC

Facial Treatments

Using our Italian range of products, each facial combines the innovation of technology with the comfort and purity of nature, for the ultimate state of wellbeing.

Whilst tending to your skins' needs, ease away all your stresses with our re-balancing back, neck and shoulder massage, detoxing foot cleanse and soothing hand and arm massage.

Truly a Top-to-Toe experience...

Hydrating Method €65

Strengthens skin tissue, restores skins moisture, a great treatment for all, but especially dry/dehydrated and also sensitive, delicate skins.

HydroNourishing Method €75

A replenishing facial, corrects deficiencies and prevents water loss, for dry/non-elastic skin, needing a boost.

Anti-Aging Method €65

Intensive treatment for aging/aged, damaged and dehydrated skin, due to pollution, stress or neglect.

Lifting Method €75

A dramatic treatment which refines and refirms the contours of the face, for loose, prematurely aged skin.

HydraCalm Method €65

Specific calming treatment for sensitive, delicate, undernourished skin, often irritated.

Calming Method €65

For fragile, sensitive skin. To calm, protect and soothe. Revitalized, skin regains a clear, glowing appearance.

Rebalancing Method €65

Specific treatment for oily, impure skin, we calm and purify, leaving your skin luminous, and fresh.

Purifying Method €65

Provides a matte look for skin which secretes excess oil, restoring the natural balance and eliminating impurities.

Eye/Lip Method €20 each area

*Intensive treatment for the eye contour area, and delicate lip area. Moisturized, energized, elastic effect.
(only available with facial treatments)*

Body Treatments

We all come in different shapes and sizes, and of course, no body is perfect! At Asana, we have a treatment that's perfect for you.

Universal Contour Wrap €65

A unique award-winning inch-loss body wrapping system, used to tone and detoxify the cells and tissues. Bandages contour and re-shapes the body, giving an overall slimmer, toned appearance. Natural sea-clay solution refines and smooths the skin.

Course of 3 €165

Body Polish €60

Our complete exfoliation treatment that results in general relaxation as our sea scrub salt removes all layers of stress.

A luxurious rich cream replenishes your renewed skin.

Relaxing Swedish Massage €35/70

Soothing non-invasive massage movements are used to relax tired muscles, induce relaxation and reduce stress.

Airbrush Tanning

Using the flawless Sun FX, a golden, natural tan, which can last for 5-7 days is achieved. This liquid tan adapts to your own skin tone, creating an even, streak-free glow. Please ask your therapist for instructions on preparing your skin before your tan application.

Upper Body - Single	€20
Upper Body - Double	€35
Full Body - Single	€30
Full Body - Double	€50

Nail Treatments

2 week Manicure €30

Say goodbye to smudged nails!

Our durable gel based polish is available in a French look and a huge range of colours, lasting 2-4 weeks on the hands, and 4-8 weeks on the toes!

File & Polish €10

File & French Polish €15

Manicure €35 Pedicure €40

Take time out of your busy day to enjoy our luxurious treatments. Includes file and polish/french polish.

*Certified Christio Nail Technician
Trainers and Suppliers*



A New Unique Waxing Experience

Using top quality products designed with sensitivity in mind, skin is left soft and silky to the touch, yet still removing hair as short as 1mm.

Lip	€8
Chin	€8
Sides of Face	€10
Eye Lash Tint	€9
Eye Brow Tint	€6
Eye Brow Wax	€10
Full Leg	€30
3/4 Leg	€22
1/2 Leg	€15
Under Arm	€12
Fore Arm	€15

Regular Bikini €12

Removal of all outside regular underwear line

Extended Bikini €20

Removal of all outside thong line and 1inch from top

Brazilian Bikini €35

"Landing strip"- 1-2 inch width strip left, all removed from front

Hollywood €45

Totally bare

Ask about our special offers!



Minimal Discomfort

Slower Regrowth

Expertise and precision

Anti-Aging Clinic

Allow our experienced cosmetic doctor enhance your natural beauty, with an amazing menu of treatments. Please see www.venusmedicalbeauty.ie for further in-depth detail on all treatments. Consultations are available in our clinic for treatments only available in Dublin, i.e. Non-Invasive Liposuction "Vaser" or the Injectable Breast Augmentation "Macrolane".

Anti-Wrinkle Injections

1 Area	€295
2 Areas	€450
3 Areas	€550
Extra Area	€80

Fillers

Restylane 0.5 ml	€395
Restylane 1 ml	€495
Perlane 1ml	€550
Radisse 1.3ml	€600

Lip Enhancement-using Teosyal Kiss

Top Lip	€450
Top & Bottom Lip	€550

Other Treatments

Sculptra-for loss of facial volume (3-5 vials req.)	
1 st Vial	€550
Subsequent vial	€500

T.C.A. Peel	
1 st	€400
Maintenance	€300

Mesoglow (3 treatments req.)	
1 st treatment	€450
Subsequent	€400

Thread Vein Treatment	
Each session	from €400

Lipodissolve (2-4 required)	
Each Stage	€450
Teeth Whitening	€450

Hyderhidrosis-for excessive perspiration	
Palms	€900
Armpits	€850

Please note our Anti-Aging Clinic runs on an appointment only basis. A non-refundable deposit of €70 is required to secure an appointment, which can be taken off the price of your treatment.

Colonic Irrigation

A gentle internal bath, using warm purified water, we help eliminate stored gas, mucus, toxins and faecal matter. This built-up matter can cause constipation, IBS, headaches, fatigue, bloating, Candida imbalance and many other ailments. Benefits can be observed throughout the body, i.e. clearer skin, fewer headaches, more energy, improved digestion, ability to lose stubborn weight, improved circulation, reduction in bloating, better sleeping patterns, and many more.

During treatment, our professional colonic therapists will explain everything in full, and are skilled at putting you at ease. During your session, the water is gently flushed in and out of the colon. Through appropriate use of massage, if necessary, the therapist is able to work, loosen and eliminate far more toxic waste than any short term method. This waste material poses several problems, as it is quite poisonous. These poisons can re-enter the bloodstream if not eliminated, and make you feel ill, tired, or weak. This waste also prevents our body making good use of the minerals and bacteria-produced minerals that are re-absorbed here.

When you arrive at our clinic, your therapist will assess your needs and objectives with the treatment, and carry out a Consultation to ensure you are suitable. Should you have any queries, or wish to speak with a therapist, please do not hesitate to do so.

1 single session

€115

Course (4 sessions)

€345

(includes one free session)



Recommendations and Preparations

Our following recommendations are a guideline to ensure you look perfect for your event. Please contact a therapist to discuss your individual needs.

Sun FX Tanning

Before your airbrush tan, ensure you are moisturising well and gently exfoliating for about 1 week before. Any shaving should be done the day before your tan. Ensure for your tan, you have no product on your skin (moisturiser, deodorant, shaving gel residue). Apply a nail polish to the nails. Bring loose clothes with you for after your tan, to avoid friction of tight clothing. We advise to have your airbrush tan applied 2 days before your event.

Waxing

If you have been using Retin-A or Roac-

cutane in the last 6 months, are diabetic, or hypersensitive, please consult with a therapist on booking an appointment. Patch testing is available and advisable.

Maintenance/AfterCare

Sun FX Tanning

Do not shower for at least 8 hours. After showering, PAT your skin dry and apply a generous layer of moisturiser. Moisturise daily. On the 3rd or 4th day, begin to gently exfoliate once a day, whilst still moisturising.

Waxing

After your waxing treatment, for the following 24hours, avoid: excessive heat, sunlight, UV treatments, heat treatments, tight clothing, perfumed products, exercise/swimming, fake tan. Please also do not shower for 24 hours.

At Asana, we recommend to allow approximately 5-6 weeks in between your

waxing sessions. It is advisable to exfoliate once or twice a week and moisturise daily to prevent ingrown hairs.

For those who find this is not enough, we have a range of after wax products to combat these. For facial areas, 3-4 weeks is sufficient time to leave in between sessions.

Facials

Do try to leave your skin make up free for several hours after your facial treatment. As always, drink plenty of water and follow the skin care routine your therapist has discussed with you. We recommend to treat your skin to a facial approximately every 6 weeks, and in particular after prolonged over-exposure to the sun and environmental stresses.

Nail Treatments

After your regular nail polish, please take care for 24hours, as this is when your nails are likely to smudge. After your gel polish, apply cuticle oil once/twice daily.

Gift Vouchers

Gift Vouchers are available for all treatments, and are valid for one year from date of purchase. We apologise, but vouchers are non-transferable, and not redeemable on products.

Cancellation Policy

Deposit may be required on booking, and 24 hours notice required for cancellations. Therapists will gladly re-schedule clients who arrive late, or may offer them a shortened treatment.

Points to Note

We kindly ask all clients to turn off mobile phones during all treatments, and to be considerate to other clients.

Our clinic is not suitable for children, we ask all clients to respect this guideline, however short their stay will be. All our treatments are suitable for men and women. You may be requested to bring a spare change of underwear for after your treatment. If you have any medical conditions you feel we should know about, please inform your therapist on arrival. We hope you enjoy your experience with us, but please let us know if we can do anything to make your treatment more comfortable.



Contact Details

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Opening Hours

Mon-Fri 10am-9pm

Sat 10am-4pm

Evenings & Saturdays by appointment only