

VIVA

FOR YOU

Your Treatments



Re-discover your senses... rest your mind.

WELCOME

Walk into our Viva experience and indulge in complete sensory heaven, where there is time for reflection, restoration and enlightenment.

Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

GIFT VOUCHERS AND DERMALOGICA AND OPI PRODUCTS ARE AVAILABLE FROM THE VIVA SALON

Are you constantly in search of an elusive gift that is different, unique and, above all, an experience unlike any other, whilst on holiday? Make an impression with the ultimate therapy gift voucher or arrange a therapy consultation where one of our team will advise on a range of OPI nail, Dermalogica face and body products, all of which can be purchased from the Viva Salon.

The Face

DERMALOGICA

SKIN TREATMENTS

Say goodbye to cookie-cutter treatments! Dermalogica's Skin Treatment is 100% customized to your skin's needs with a thorough zone-by-zone Face Mapping analysis, making it one treatment... that's different every time! Think of it as your personal routine, created especially for your skin's needs, right on the spot.

Our Skin Treatments are fully inclusive to deliver your skin's best health, and involve a combination of professional double cleansing, exfoliation, high frequency or Galvanic modalities, extractions (as needed), masque, toner and skin protection.

Skin treatments are available for the face or back.
60 mins €68

REGULAR FACIAL

This facial includes a perfect blend of cleansing, toning, mini massage, customized mask and moisturizing. Suitable for teenagers.
30 mins €42

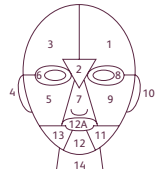
MICROZONE®

Get on-the-spot solutions with MicroZone® treatments. Our expert skin therapists will analyze your skin, then perform a zone-specific treatment designed to solve your skin problem in about 20 minutes. MicroZone® treatments are just the quick fix for troubled skin and they are the ideal maintenance service between Dermalogica Skin Treatments.
20 mins €25

FACE MAPPING SKIN ANALYSIS

Our Face Mapping® analysis takes all the guesswork out of getting results. Not only will your Dermalogica Skin Therapist diagnose your skin's concerns, she'll prescribe a no-nonsense home care and treatment regimen to deliver your optimum skin health in your 14 unique zones.

Complimentary



DERMALOGICA

TOUCH THERAPIES

While no one knows your skin better than your Dermalogica Skin Therapist, only you know how you feel. That's why you can customize any Dermalogica Skin Treatment with your choice of Touch Therapies. Fifteen minutes of extra attention where you need it most.

- stress relief: back
- aroma-point: face
- deep tissue: face and shoulder
- reflex point: feet
- nap time: all over

15 mins €13

The Body

BODY HYDRO THERAPY

An ultra-soothing, hydrating treatment personalised with aromatherapy oils. A natural, aloe-based pack is used as a swaddle to infuse the skin with moisture and warmth.

30 mins €28

POWER RECOVERY THERAPY

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of Wheat Protein and Honey act as hydrators while Wasabi, Ginger and White Tea stimulate blood circulation to promote healthier skin. Customised essential oil blends to offer therapeutic benefits, while rich Kukui Nut, Olive and Grape Seed oils smooth and provide antioxidant protection.

30 mins €29

MUD MASSAGE THERAPY

A unique and exotic treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturizing power of natural oils.

Customized essential oils provide therapeutic and skin benefits while skin is purged of toxins. Olive and Grape Seed oils protect, smooth and condition while fortifying skin with antioxidants, and a unique blend of Asian herbs stimulate circulation. Your skin is smooth, soothed and protected.

Enjoy this treatment as part of a full hour massage therapy for increased skin benefits.

60 mins €56

DEEP THERMAL THERAPY

Inspired by the practices of Thai Therapy of the 14th century, this thermal body therapy treatment consists of skin-benefiting ingredients and the power of heat to detoxify, remineralise, de-stress, exfoliate and relax. Natural earth clays draw out impurities while Ginger and White Tea stimulate circulation and smooth skin. The deep manipulations along pressure points of the body relieve aching muscle tissue and work to rebalance the body.

60 mins €56

Hands & Feet

MANICURE BY OPI

Turn back the clock and have younger looking hands with a Viva manicure. First, a scrub helping to buff away dull skin leaving the skin ready to drink in a moisturizing soak – a luxuriously silky emollient and mineral rich hand bath. The ultimate finale is a silky, soothing massage and finishing butter that protects with SPF 15 sunscreen while enveloping the skin in a veil of velvet. Finish with a treatment polish and an application of colour or French style lacquer.

30 mins €28

PEDICURE BY OPI

Refresh and re-energize your feet with a Viva pedicure. Firstly a 'Soak', which cleanses detoxifies and softens feet and whitens the nails. Next a 'Soften'. This removes hard skin and cuticle with its callus softener. Then a relaxing massage to help rejuvenate you and your feet. Finish with an application of colour.

30 mins €32

MINI-CURE BY OPI

A 'quick fix' nail shape and a choice of this season's lacquers to finish.

20 mins €18

FRENCH POLISH FINISH

This can be combined with any of the above services.

Additional €8

REFLEXOLOGY

After a day in the ski boots, treat your feet to the natural healing art of reflexology (healing zone therapy). Using pressure points on the feet, your Viva therapist will massage your feet using reflexology techniques to relieve tension, improve circulation and helps promote a general sense of wellbeing and good health.

30 mins €28

Massages

HOT STONE THERAPY MASSAGE

Hot stone therapy offers a complete therapy system. It has both physical and psychological effects on the body. This treatment uses hot marble stones to eliminate toxins that cause muscle aches and pains. The experience starts with the placement of hot stones along the body chakras. The body is then massaged with the hot stones, concentrating on areas of tension for total relaxation and rehabilitation. The body is left feeling both relaxed and the mind energized. A truly heavenly treatment
60 mins €59

SWEDISH, DEEP TISSUE OR AROMATHERAPY MASSAGE

60 mins €56
45 mins €42
30 mins €28

HOPÍ EAR CANDLES

The candles are made from natural beeswax, honey extracts, sage, St Johns Wort, chamomile, beta-carotene and organically grown flax. The candles are lit and then placed gently in the ear. They work on a chimney principle, drawing any impurities to the surface for removal. This induces a pleasant feeling of warmth, effective for clearing the ear and also acting as a relaxing therapy to ease away the stresses of our Western culture. A number of problems relating to the ear, sinus and neck areas are aided, when combined with our scalp and neck massage.
45 mins €35

INDIAN HEAD MASSAGE

Based on the Ayurvedic system of healing which has been practised in India for over a thousand years, this holistic massage works on your body and spirit, calming and relaxing your whole being, leaving you feeling energized and revitalized. It aids healing, releases stress and tension from muscles, plus increases joint mobility and flexibility in the neck and shoulders. It is an ideal treatment for headaches, stress, migraines, sinusitis, insomnia and fatigue.
45 mins €39

Waxing

SILKY SMOOTH WAXING

Full leg	60 mins	€28
Three-quarter leg	45 mins	€20
Half leg	30 mins	€17
Under arm	15 mins	€16
Bikini	15 mins	€16
Lip and chin	15 mins	€9
Eyebrow	15 mins	€9

EYES

Eyebrow shape	15 mins	€9
Eyebrow tint	30 mins	€14
Eyelash tint	30 mins	€16

For any further waxing requirements please do not hesitate to ask your Viva therapist.

Please note that some treatments are available in selected resorts only.