



Pregnancy Menu

Nue Blue Eriu has created this unique package for you to enjoy throughout your pregnancy to make you feel extra special and help you through those "difficult" days! We custom blend for all therapies using aromatherapy oils, and customise treatments to cater for your individual needs.

Back Massage

This treatment is designed to give the mum to be relief from any strain, discomfort or pain in the lower back, shoulders and neck. This treatment is great for relieving tension in the back. Our therapists can apply a pressure suitable to you at your request. Essential oils used in this massage are sweet almond, jojoba, lemon, lavender and chamomile all from the Ervaviva mother and baby range exclusive to Nue Blue Eriu and Nue Blue Eriu Distribution.

Duration: 30min Cost: €50

Indian Head Massage

This is an ancient Indian therapy that works on the upper back, arms, neck, head and face. It relieves the build up of tension whilst also working on energy levels. It also calms the mind, promotes relaxation and relieves emotional and mental stress. Oils used are rosewater and grapefruit.

Indian Head Massage 30min. Cost: €55
Indian Head Massage with Oils 30min. Cost: €65

NUE BLUE ERIU

Indian Head Massage and Ear Candles/Lymphatic Drainage 1hr 15 min Cost: €89

Odema Leg and Foot Massage

For relief from aching feet and swollen ankles due to fluid retention. The legs are soaked in a water basin with rose petals essential oils of grapefruit, patchouli and ginger. This will be followed by a draining

massage to help eliminate toxins and reduce stress and tension in this area. Oils used are grapefruit, patchouli and ginger.

Duration: 45min Cost: €80

Alqvimia Facial

This heavenly facial born in the Spanish Pyrenees blends science with aromatherapy, botany, natural cosmetics, perfumery and alchemy. The products used in this facial are dead sea salts, rosewater, anti-aging serum, jojoba oil, dead sea mud mask and hot towels. All ingredients are naturally grown and hand picked to keep their properties intact. This will revive tired lackluster skin.

Duration: 1hr Cost: €95

Other Treatments

ALL WAXING TREATMENTS AVAILABLE

Buff Spa - Manicures and Pedicures

Make-up application

Tinting and Eyebrow Shaping

Gifts

Gifts are available for mum and baby from the Ervaviva range, Institut Esthederm Range and Alqvimia Range all exclusive to Nue Blue Eriu.

Essential Oil directory

All oils used during pregnancy treatments here at Nue Blue Eriu are safe to use and are blended by our store aromatherapist.

SWEET ALMOND OIL - This great moisturiser is suitable for all skin types, helps relieve irritation, inflammation and itching, and is very lubricating

JOJOBA -This is an excellent moisturizer that increases the skin's suppleness. It is excellent for dry and mature skins, as well as inflamed conditions

LEMON – Safe throughout pregnancy as an eliminative oil as it has a powerful effect on the eliminative organs

CHAMOMILE – An antiseptic that is extremely good for the skin and very gentle. Also this oil has a powerful effect on the elimination process

ROSEWATER – Most hydrating of all essential oils, as this is diluted, it is not as potent as rose oil and so safe to use throughout pregnancy

GRAPEFRUIT – To stimulate lymphatic drainage and eliminate toxins from the body

PATCHOULI – Effective anti-bacterial properties

GINGER – Helps relieve dreaded heartburn that is present during most pregnancies

Booking and Customer Service

NUE BLUE ERIU,

7 South William Street, Dublin 2

T 01 672 5776 E therapy@nueblueeriu.com

Opening Hours:

Monday, Friday and Saturday: 10.00am to 6.00pm
Tuesday to Thursday 10.00am to 8.00pm

NUE BLUE ERIU,

CHQ Building, Custom House Quay, Docklands, Dublin 1.

T 01 - 6360180 E reception.sws@nueblueeriu.com

Opening Hours:

Monday to Friday 10.00am to 7.00pm
Saturday 10.am to 6.pm

New and Improved On Line Booking available from December 2008

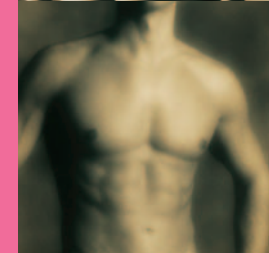
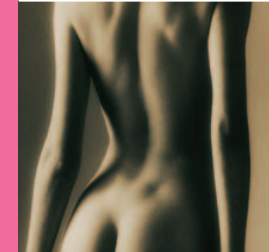
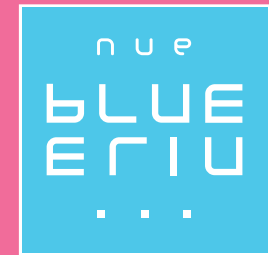


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THERAPY MENU