

Welcome to Haven Health & Beauty

A true Haven in the Centre of Galway City, a place of retreat, peace, pampering, tranquility and indulgence where our purpose is to renew, relax and revive each customer. We have chosen only the best result orientated products so you leave looking pampered and feeling fabulous!

MURAD FACIALS

Murad Skincare range is formulated by Dr. Howard Murad in his Medical Spa in Los Angeles. These dermatological treatments are guaranteed to improve the appearance of your skin. Whether your concern is ageing or acne, cellulite or pigmentation, redness or stretch marks, every single Murad treatment has a combination of anti-oxidant, anti-inflammatory and hydrating ingredients to give you visible results and radiant, younger looking skin.

Age Reform (Anti Aging) AHA

If you want to reduce the appearance of lines and wrinkles and deeply exfoliate your skin, this facial is for you. AHA's and anti-oxidants regenerate skin cell renewal to reveal fresher, smoother and younger looking skin. Also, fabulous for skin with old scarring or all ages that needs exfoliation. 1 HOUR 15 MINS - €90.00

Environmental Shield

Discover a radiant complexion with this luxurious face and hand treatment. Pure Vitamin C, with Vitamins A and E help to brighten the skin, lighten pigmentation and reduce the appearance of fine lines & wrinkles. 1 HOUR 15 MINS - €85.00

Acne Treatment

A clarifying enzyme facial that can reduce blemishes and oiliness whilst brightening the skin. Skin will look clearer and less congested. 1 HOUR 15 MINS - €85.00

Resurgence Renewal Facial

Are you starting to notice deeper lines and wrinkles? Noticing a loss of firmness in your skin? Then try the Murad Facial. With ingredients including papaya and pineapple, this luxurious facial puts the youthful bloom back into your skin. The resurgence facial will also intensively hydrate your skin to plump out wrinkles while lifting and firming slackened skin. Includes Eye Renewal Facial. 1 HOUR 15 MINS - €85.00

Redness Therapy

If your skin is prone to redness, broken capillaries and sensitivity, then this calming facial will help soothe and cool your skin. Great for post holidays, skin prone to cold weather damage and hot, flushed skins. 1 HOUR 15 MINS - €85.00

Sensational Eyes Treatment

To ease the signs of aging and soothe stressed skin around the delicate eye area, puffiness and dark circles this luxurious treatment adds an eye opening dimension to any professional facial or simply as a fantastic pick me up treatment any time. 30 MINS - €40.00

FOR HIM

MURAD MAN FACIAL

Excellent as a series or a one off facial, designed particularly for men, using the Murad Man Skincare products. Has both a cleansing and anti-aging effect, great for weather beaten skin or just skin that needs a brighter, more clarified complexion. Excellent for shave/rashes/burns. 1 HOUR 15 MINS - €80.00

PURCHASE A COURSE OF 5 FACIAL TREATMENTS AND GET THE 6TH TREATMENT FREE!

MURAD BODY TREATMENTS

Firm & Tone Body Treatment

In just 45 mins you could visibly improve the appearance of your body. Whether its your thighs, bottom, tummy, bust or upper arms that need firming and toning, this treatment can help lift and firm, whilst visibly improving the appearance of your skin. 45 MINS - €60.00

Clarifying Back Treatment

This fantastic facial for your back clears clogged pores to reduce 'acne' breakouts. Exfoliating enzymes dissolve dead skin cell debris, leaving skin cleansed, smooth and healthy. Also includes massage and cleansing masque. Essential for any time your back is exposed: brides, debutantes, holidays or special occasions. 45 MINS - €60.00

Hot Stone Therapy Massage

Hot stone is an ancient healing therapy which has been recently discovered. It is a manual form of massage using smooth heated and cooled stones to relieve muscle stiffness and soreness and induce relaxation. FULL BODY - 1 HOUR 15 MINS €90.00
BACK - 40 MINS €55.00

GET FRESH BODY

Look Better Naked

A complete body treatment designed to leave the skin purified and rejuvenated and feeling soft and smooth featuring an exfoliation Salt Scrub Souffle, Mineral Body Masque, Hot Steam Towels and finished with a luxurious Massage with a rich body butter and dry body oil. FULL BODY - 1 HOUR 15 MINS €85.00
HALF BODY - 40 MINS €55.00

Swedish Massage

The manipulation of the soft tissues of the body, it improves circulation, prevents and treats muscle pain and spasm, reduces tension and anxiety, calms the nervous system and promotes a sense of relaxation and well-being. FULL BODY - 1 HOUR €75.00 | BACK - 30 MINS €50.00

Indian Head Massage

Unwind and de-stress with a relaxing Indian head massage. Indian head massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue, and aids in the elimination of accumulated toxins and waste products. 30 MINS - €40.00

REFLEXOLOGY

Reflexology is a theory and therapy that uses the feet as a map of the whole body. By manipulating and applying pressure to certain parts of the feet, the whole body can be returned and brought back into balance. A highly effective treatment in helping clients with fatigue, depression, stress and stress related illnesses plus much more. 1 HOUR - €50.00 | COURSE OF 6 - €250.00

HAND & FOOT TREATMENTS

Get Fresh Spa Manicure

A customised nourishing and hydrating manicure experience. Delivering a 24 hour moisture protection, this treatment combines natural oils, tropical nut butters and antioxidant botanicals to restore moisture balance for hands and cuticles. 40 MINS - €30.00

Deluxe Get Fresh Spa Manicure

Benefit from the additional moisturising and hydrating effects of luxurious peach paraffin wax incorporated into the luxurious Spa Manicure. 50 MINS - €40.00

Get Fresh Relief for Tattered Tootsies Spa Pedicure

While relaxing in a luxury massage chair, one can enjoy a luxurious lemongrass, sloughing, buffing and moisturising foot treatment guaranteed to produce results after one treatment.

45 MINS - €45.00

Nail File, Moisturising Treatment and Polish 20 MINS - €15.00
(FRENCH POLISH €3.00 EXTRA)

PLEASE WEAR OPEN TOE SANDALS IF POSSIBLE FOR FOOT TREATMENTS.
NOTE: MANICURE & PEDICURE INCLUDES FILE AND POLISH.

BEAUTY TREATMENTS

EYE TREATMENTS

Eye Lash Tint	€12.00
Eye Brow Tint	€8.00
Eye Brow Wax/Tweeze	€10.00
Eye Lash Tint & Eye Brow Tint	€17.00
Eye Lash Tint, Eye Brow Tint & Brow Shape	€27.00
False Eyelashes	€25.00

WAXING

Full Leg Wax	€30.00
Full Leg & Bikini	€38.00
3/4 Leg Wax	€25.00
3/4 Leg Wax & Bikini	€33.00
1/2 Leg Wax	€16.00
1/2 Leg Wax & Bikini	€24.00
Bikini Line	€15.00
Abdomen	€8.00
Underarm	€15.00
Back	€20.00
Chest	€20.00
Brow	€10.00
Lip	€10.00
Chin	€10.00
Californian	€30.00
Brazilian	€45.00
Hollywood	€50.00

TANNING TREATMENTS with St Tropez Zen

Full Body Spray Tan	€40.00
Upper Body Spray Tan	€25.00

PROFESSIONAL MAKE UP APPLICATION

Make up application	€30.00
Make up lesson	€40.00
Bridal trial and Wedding Day Application	€70.00

PAMPER PACKAGES

Holiday Package €130.00

Look Better Naked Body Exfoliation, Full Spray Tan & File & Polish.

Haven Pamper Package €187.00

Dr Murad Facial, Full Body Massage, Manicure & Pedicure

Pick Me Up Package €108.00

Dr Murad Facial, Lash Tint, Brow Tint, Brow Shape, File & Polish

Delux Pamper Package €165.00

Dr Murad Facial, Sensational Eye Treatment, Deluxe Spa Manicure, Deluxe Spa Pedicure

Mother to Be Package €165.00

Head, neck and shoulder massage, Dr Murad Facial, Get Fresh Spa Manicure and Get Fresh Spa Pedicure

Debutant Packages and Bridesmaid Packages €145.00

Full Body Spray Tan, Lash Tint, Brow Shape, Manicure, Pedicure, Make-up Application

Bridal Packages

We custom make each Bridal Package individual to your specific needs. Visit the Beauty Suite and your therapist will be there to discuss your specific requirements, where we will compile a package together and you can benefit from a 15% discount on all treatments in preparation for your BIG DAY!!!

21st Century Man - The Perfect Gift

Mens Murad Facial & Hot Stone Back Massage €125.00

FOR THAT SPECIAL OCCASION

Gift Sets, Gift Vouchers and Pamper Packages are available by request! Gift vouchers apply to treatments only, are not transferable and are valid for 6 months.

OPENING HOURS

Monday - Wednesday: 10.00 am to 6.00pm
Thursday & Friday: 9.00am to 7.00 | Saturday 9.30am to 5.00pm
(Late opening by request).

- Students receive a 10% discount on Mon/Tues/Wed. (I.D. required).
- Payment: We require details of credit card/laser/debit to guarantee your booking. Payment to be made in full on completion of treatment.
- Cancellation Policy: Please give 24 hours notice of any cancellation. Failure to comply will result in you being charged the full amount

Proprietress: Loretta Forde, (ITEC, CIBTAC, CIDESCO)
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HEALTH & BEAUTY

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