



therapie

Clinical Nutrition

A great sense of youth & vitality

Invasive cosmetic procedures are no longer necessary in order to achieve a beautiful and younger appearance, the perfect body or flawless skin. Anu therapie offer you the most advanced non-surgical cosmetic procedures in a relaxing and soothing environment.

We cater for the individual that wants to combat the signs of aging, without the risks or costs associated with plastic surgery. We use the highest quality products and technologies available. We use only the latest; state-of-the-art FDA approved lasers and injectable enhancement procedures.

Anu Therapie is at the forefront of non-surgical cosmetic procedures with experienced staff that are innovative leaders in non-invasive cosmetic treatments to enhance your appearance.

TERMS & CONDITIONS

- Clients should arrive early for their scheduled appointment otherwise late arrivals will encroach on your treatment time, as treatments must end on time.
- Appointments longer than two hours require credit card details to secure booking. 24 hour cancellation notice is required for all appointments. We regret that if this is not given that 50% of treatment cost will be charged for appointments over two hours.
- Prices are subject to change without prior notice.
- The management do not accept responsibility for the loss of goods or jewellery on the premises.
- Mobile phones must be switched off during treatments.
- For health & safety children are not allowed in treatment rooms.
- Management reserves the right to refuse treatment.
- Gift vouchers are strictly valid for one year from date of purchase, they are non-transferable and non refundable.

St. Tropez Tanning

Relax in a temperature controlled booth, while a therapist sprays two even coats of tan in less than 5 minutes.

Full Body	€45.00
Upper Body	€33.00
Exfoliation and shower	€15 extra

Eye Treatment

Eyebrow Tweeze/Waxing	€9.50
Eyebrow Tint	€9.00
Eyelash Tint (patch test req.)	€14.00

Diathermy

Skin Tags	€45.00
Milia (White heads)	€40.00

The Gift of Youth & Vitality

What better way to show you care than with the gift of youth & vitality. Give a gift voucher from Anu & someone you love can choose from our range of treatments or products. We can help you to put together a few special gift ideas, to make the most of the Anu experience.

For appointments please call: 041 980 3666

We recommend booking appointments at least one week in advance, to ensure availability. If you are running late, please phone ahead and we will try to either accommodate or re-schedule your appointment.

- Gratuities are greatly appreciated & left to your discretion.
- Your recommendation is our best reward.

TRAINING & QUALIFICATIONS

Staff at Anu Therapie have undergone rigorous training in all aspects of clinic treatments.

Laser Technicians have BTEC internationally recognised laser & IPL qualifications.

Opening Hours

Monday	9.30 - 6.00pm
Tuesday	9.30 - 6.00pm
Wednesday	9.30 - 9.00pm
Thursday	9.30 - 9.00pm
Friday	9.30 - 9.00pm
Saturday	9.30 - 6.00pm

Proprietor

Sharon Gilmartin C.I.B.T.A.C. C.I.D.E.S.C.O. M.I.B.P.A. B.T.E.C.



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Anu Therapie Ltd, 2&3 Fair Street,
Drogheda, Co. Louth
Telephone 041 980 3666
email info@anutherapie.com
web www.anutherapie.com
Visit our website and become a VIP to avail of special offers

Medical Microdermabrasion (Diamond Tome)	
Deep exfoliation of skin, reduces pigmentation marks, wrinkles, fine lines and acne scarring.	
One Treatment	€85
Non-Surgical Facelift	
The facial muscles are stimulated, resulting in firmer contours and definition of features such as eyes, cheekbones and jaw line.	
One Treatment	€55
Limelight Treatment	
Treats brown sunspots & uneven pigmentation. Reduces skin redness & small broken capillaries. Monthly interval recommended.	
Full face	€350
Half face	€175
Sun spot treatment from	€100
Chest / Upper back	€450
Pearl Laser Resurfacing	
Peel away the years, with Pearl, which renews your skin surface & minimises fine lines & superficial wrinkles, uneven texture, brown discolouration & acne pockmarks, in one or two treatments. Gives your skin a healthy pearl-like glow of youth.	
1 treatment	€1000
Laser Hair Reduction	
Using NdYAG laser and Prowave pulsed light systems for safe, fast permanent hair reduction. Individual quotation on consultation.	
Consultation and Patch test	Free

Laser Genesis	
Reduces fine lines, minimises pore size, & uneven skin texture, reduces redness. Dramatically clears rosacea.	
Full Face Rejuvenation	€300
Cheeks & Nose	€150
Localised Area	€150
N Lite Laser for Acne	
N Lite reacts with porphyrin, a natural occurring substance in the skin, which releases oxygen in the pores, killing off acne bacteria. It stimulates the wound healing process leading to rapid healing of acne lesions leading dermatologist Dr Tony Chu conducted a clinical trial & the report was published in the medical Lancet, stating that N Lite laser is the latest breakthrough in the treatment of acne. One treatment.	€150
Nlite Laser Wart Removal	€100
Nlite Laser Eye Rejuvenation	
For dark circles & tired looking eyes. Have brighter eyes instantly.	€100
Laser for Face & Leg veins	
Cutera ND Yag offers a clinically proven and effective treatment to remove broken veins, large or small from face or legs.	
One treatment	€150

Titan	
Clinically proven to tighten skin on the face, neck & jowls. Using state-of-the-art infrared technology.	
Sides of the face	€900
Brow lift, full forehead	€350
CELLULITE Endermologie	
Reduces cellulite, but also tones, sculpts, contours and detoxifies the body.	
Session (35 mins)	€75
Cellactor (AWT)	
Acoustic Wave Therapy is used medically to break up kidney stones, & now used cosmetically to break up cellulite. It also improves skin quality & muscle tone. 10 sessions recommended.	
8 areas	€150
6 areas	€130
4 areas	€100
Backs of both thighs are 2 areas, buttocks are 2 areas, inner thighs are 2 areas, and outer thighs are 2 more areas.	
Injectables	
Botox 1 area	€260
Botox 2 areas	€460
Botox 3 areas	€560
Restylane 0.5ml	€295
Restylane 1.0 ml	€570

Visia Computerised Skin Analysis	
Computerised digital analysis scans your skin to assess underlying skin conditions beneath the skins surface, not visible to the naked eye. It assesses wrinkles, spots, texture, pores & sundamage. It helps us to customise a skincare programme for you.	Free
IS Clinical Red Carpet Facial	
Known in Hollywood as the BEST! This intensive clinical treatment is designed to resurface the skin, thereby reducing fine lines and wrinkles, & deep cleansing blocked pores. Precise combinations of two professional treatment masks are complemented by serums and creams, with aromas of warm cinnamon spice and cool peppermint. (This facial can not be performed if you are currently using any type of retinols, Retin-A or accutane).	
60mins	€120
IS Clinical Gentlemens Refresher Facial	
This deeply cleansing therapeutic facial is designed specifically for the skin-care needs of men, addressing ingrown hairs and razor burn. Deep pore cleansing clears the skin. 30mins	€80
IS Clinical Microdermabrasion Facial	
This combination of IS Clinical products integrated with microdermabrasion enhances overall procedure results. This IS clinical microdermabrasion leaves skin refreshed, glowing, smooth & hydrated. 60 mins	€150
IS Clinical Fire & Ice Facial	
A quick & effective way to keep skin healthy & hydrated all year long. A great results oriented treatment, which is great for all skin types. It decongests pores, minimises lines & brightens complexion. 30 mins	€80

When attitude is paramount, it is uplifting to know that the IS Cancer Care Programme offers a vital sense of hope & relief for those challenged with the effects of cancer treatments. Quality of life issues, like skincare concerns, are valid & real. Every individual deserves to know that there are treatments available to help address their changing skin. IS clinical skincare offers a solution.	
IS Clinical Harmony Cancer Care Facial	
A soothing & revitalising facial helps create vibrant healthy skin, incorporating powerful antioxidants, essential vitamins & penetrating hydrators restores skin. It addresses important issues such as acne, chaffing, uneven complexion, burns and scar tissue. IS cancer care provides skincare solutions for patients undergoing chemotherapy or radiation treatments. 60mins	€120
Glycolic Facial Peels	
Glycolic acid works by dissolving the dry, rough uppermost layer of skin, leaving it looking smoother & younger, by reducing fine lines. Excellent for deep cleansing & clearing oily acne skin conditions. Dramatically fades Pigmentation. (6 recommended) One Peel	€80
Peel with Steam & Extraction	€100
Prescriptive Skin Master Facial	
A gentle ultrasound peel brightens your skin leaving it more vibrant & smooth. Individually selected serums are deeply penetrated into your skin using ultrasound which leaves your skin feeling nourished, supple & hydrated for much longer than a standard facial. A results based treatment, incorporating a relaxing massage, great for all skin types. 1 hr 15 mins	€85
Dermalogica Facial	
Your treatment will be customised using a combination of Dermalogica's unique botanical mixers to suit your skin type. 1hr 15min	€65

Revitalising Eye Treatment	
Hydrates & firms delicate eye area. Reduces dark circles. Diminishes fine lines immediately.	€35
Well-Being Massage	
Pamper your body from head to toe with an invigorating therapeutic massage. Personally selected oils are applied to your body, indulging every sense and leaving you uplifted and energised.	
Full Body Massage 1hr	€65
Full Body 1hr 15mins	€75
Back Massage	€33
Neck & Shoulders	€33
Dead Sea Salt Scrub	
Containing pure Dead Sea Salts. Salt brushing exfoliates your body naturally. This is an invigorating treatment to stimulate circulation, release retained fluid, firm and rejuvenate the skin. Increases circulation. Removes underlying toxins, nourishes & invigorates your skin. 30mins	€40
Dead Sea Mud Wrap	
Your body is buffed with exfoliating salts & then gently removed with warm mitts. A luxurious warm mud, rich in 21 minerals from the Dead Sea is layered on your body enveloping it with rich nutrients, relieving dry skin conditions including psoriasis & eczema. A heavenly hydrating body lotion leaves skin silky soft. 1hr 30 mins	€95
Inch Loss Wraps	
Lose up to 6 inches with a single wrap. A detoxifying ginger & eucalyptus gel is massaged in before you are firmly cocooned in bandages to firm the body. Full Contour Wrap (1hr 30mins)	€65
Half Contour Wrap (1hr 30mins)	€55

Waxing	
Waxing is recommended every 4-6 weeks, depending on the rate of hair growth.	
Lip Wax	€10.00
Chin Wax	€10.00
Lip & Chin Wax	€17.50
Half Leg Wax	€20.00
3/4 Leg Wax	€32.00
Full Leg Wax (incl bikini)	€45.00
Upper Leg and Bikini	€32.00
Bikini Line Wax	€15.00
Bikini Line High Wax	€25.00
Californian Very High Wax	€35.00
Arm Wax	€20.00
Under Arm Wax	€15.00
Abdomen	€10.00
Back Wax	€35.00
Chest Wax	€35.00
Full Back and Shoulder Wax	€60.00
Half Back and Shoulder Wax	€45.00
Electrolysis (Aplis)	
10 min	€23.00
15 min	€28.00
Nails	
Nail File and Paint	€15.00
Nail File and French Paint	€17.00
Paraffin Hand / Foot Treatment	€25.00

Raw Earth Pedicure	
Relax with fizzing mineral soak to cleanse, followed by warming raw-sugar scrub. Cuticle therapy is followed by a gentle foot massage, finishing with a satin moisturiser. A soothing & hydrating earthy pedicure while your back in gently kneaded with built in roller massage. 45mins	€45
With French Paint	€48.50
Medi Pedi	
Our raw earth pedicure is customised with a callus peel mask to dissolve away rough dry calluses on your feet	€70
Spa Pedicure	
Pamper your weary feet with a relaxing 60 minute spa pedicure to revitalise tired feet and bring them back to life! Enjoy a foot and leg massage and cuticle therapy to restore beautiful feet, all whilst your back is massaged with built in massage 60mins	€60
Solar Manicure	
For soft silky hands & healthy nails. Cuticles and nails are restored with the benefits of almond based solar oil. Nails are painted with your choice of nail enamel. 30 mins	€27.50
With French Paint	€30

Spa Manicure	
Pampering & relaxing, while improving circulation. Intensely nourishing treatment with deep exfoliation & hand to elbow massage. Dry neglected hands & nails are treated with solar oil & shea butter therapy, finishing with an enamel of your choice. 45 mins	€45
With French Paint	€48.50
Mini Beauty Treatment	
Mini Facial, Solar Manicure, Paraffin Hand Treatment, Eyelash Tint and Eyebrow Trim. 1hr 30min	€115.00
Pure Indulgence Beauty Treatment	
Pres. Skin Master Facial, Aromatherapy Back Massage, Revitalising Eye Treatment, Solar Manicure, Dead Sea Mud Wrap. (3hrs 15mins)	€255.00
Delux Spa Beauty Day	
Spa pedicure, Spa manicure, Full body massage, Prescriptive skin master facial, Revitalising eye treatment. 4hrs 30mins	€280.00
Make-up	
Using NUA pure mineral make up	
Make-over	€30.00
Private make-up session 1hr	€60.00