

LOVING RUNNING: HOW TO GET FIT FAST

# IMAGE

JUNE 2010  
€4.25 (£3.50)

EXCLUSIVE  
€20,000  
Peter Mark  
giveaway

## ▼ VEDAS BEAUTY, DUBLIN

**THE VIBE** Day spas in Ireland are often just extensions of beauty salons or the paltry afterthought of a leisure centre, but not so with Dun Laoghaire's Vedas Beauty. A purpose-built pamper palace, with posh timber finishes, cocoon-like treatment rooms and colossal windows overlooking Dublin Bay in the relaxation suite, every last detail of this urban oasis has been thought through, from inception to perfection. So cool and chic is the Vedas offering, Ali Hewson (aka Mrs Bono) chose it as one of three exclusive spas worldwide to proffer her Nude Skincare treatments. Superior massage, facials and body treatments are overseen by a crack team of therapists, and tanning, nails, waxing, threading, make-up application and a lash bar are also part of the remit. Further nice touches include the private dining room, where you can lunch with the girls in robes and slippers whilst gazing out at the boats on the marina before completing the day with a stint in the infrared sauna (it works wonders on skin problems and burns a few hundred calories a session to boot) **FINE POINTS** Aromatherapy Associates, Nude Skincare and the exclusive French Biologique Recherche range of products are used in treatments. Exercise classes will be launched this autumn in the fitness studio upstairs. **DETAILS** Full-day packages including two treatments and lunch, from €215. Vedas Beauty, The Sanctuary, 19 Lower George's Street, Dun Laoghaire, Co Dublin, 01 214 0222; [www.vedasbeauty.ie](http://www.vedasbeauty.ie).



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