

# First VacuLine and pollen massage machines available in Doughiska

BY MAGDALENA SZULC

Jolanta Czerwinska, a Polish beautician, has recently opened a beauty salon called Bodyline Health and Beauty Studio in Galway's Doughiska. The qualified beautician proudly presents two machines, now available to all customers, that are nowhere else to be found

in Galway.

VacuLine is a pressure treadmill used for reducing fat tissue and cellulite (in many cases getting rid of it completely). The pressure therapy is computerised and does wonders to modelling the figure. There are three levels you can choose from — light, medium, and hard, as well as the manual one. The

machine helps stimulate microcirculation and regulates metabolism. The recommended cycle is 10 to 12 sessions, where each session last half an hour.

Rollen massage machine relieves muscle tension, improves blood supply both locally and in the whole body, and favourably influences metabolism of the fat tissue and metabolism in

the area of skin, hypodermis, and muscles. When using this machine regularly you can expect nice forming of the figure, degradation of fat, and muscle firming.

A wide range of facials is offered in Bodyline Studio along with basic treatments like waxing, eye treatments, make-up, manicure, and pedicure. Jolanta also offers body

treatments like cinnamon body wrapping that reduces fat tissue and cellulite. The treatment lasts one hour during which a client is covered in nicely-scented cream and wrapped up in foil. Chocolate body wrapping gives similar results and relaxes the whole body. Who could say no to that?

Slim-care is a treatment where ampoules are inserted into the body with ultrasound. There is also a wide selection of professional cosmetics and beauty products for purchase to make it easier for customers to continue their treatments at home.

Ultrasonic peeling and microdermabrasion are among the other treatments offered by Jolanta. Microdermabrasion is used to remove sun-damaged skin and to remove or lessen scars, wrinkles, and dark spots on the skin. The procedure is painless and non-surgical. Microdermabrasion can also be used for treatment of acne, but must be repeated periodically to be effective.

Various massages are also available, like hot stone massage, lymphatic

drainage which is an all-over relaxing body massage, and an aromatherapy Indian head massage, including massaging of head, neck, and shoulders resulting in deep relaxation.

Jolanta Czerwinska, the owner, is a qualified, certified, beautician constantly improving her knowledge despite displaying already vast experience. She is currently attending Mayoralty College in Galway where she is enjoying doing a one-year course in beauty therapy. Since its foundation 18 years ago, Mayoralty College has established a reputation as a centre of learning excellence. Its students are offered internationally recognised diplomas in a professional, friendly, atmosphere. Located in the heart of Galway, it is housed in a very prestigious building that used to be the home of the mayors of Galway. Now completely renovated and modernised, it has custom-built classrooms and state of the art facilities which are constantly updated for maximum comfort of students.

One of the reasons

Jolanta is taking this course is because she wishes to find out how Irish beauticians are trained and what expectations her Irish customers might have so she is able to satisfy these. Back in Poland, apart from running her own beauty salon, she used to train beauty therapists as a representative of the German company Charlotte Meentzen and Italian Gerard's. These two, along with Slovenian Afrodita and Polish Norel, are professional products brands she uses in the salon.

Jolanta is open to all customers. Every client is provided with an individual series of treatments, according to her needs and expectations. Discounts are available on customised packages and gift vouchers are also available. Visit Bodyline Studio located in Unit 4, Doughiska Road, beside the Polish supermarket. Opening hours are 10am to 8pm Tuesday to Saturday and 12am to 6pm on Sundays. The salon is open late by appointment. Contact Jolanta on (085) 117 1599 or e-mail bodylinestudio@onet.eu



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