

TRIED & TESTED

This month, Niamh tried out the Chocolate Dream body wrap with facial in Oasis Beauty Day Spa & Skincare Clinic, Smithfield, Dublin 7; oasisbeauty.ie

Chocoholics, I've found your absolute dream treatment. Although, to be honest, even if you haven't particularly got a sweet tooth, you'll love this. Oasis Beauty Day Spa & Skincare Clinic, a hidden gem off Smithfield Square, piqued my curiosity with their 'Chocolate Dream Body Wrap with Mini Facial' and I certainly wasn't disappointed with the novel experience.

First up, my spa therapist, the lovely Asta, banishes dry skin all over my body with a full scrub, which leaves me feeling silky smooth all over. I shower and dry myself off, before lying back down on the heated bed. Asta then performs an amazing massage with aroma oil, expertly kneading all the tension out of my back and shoulders. A chocolate body masque is then applied, and I'm wrapped in plastic and towels to allow for extra absorption.

While that works its magic, I am treated to an express facial, with extra attention applied to the nose area, as this is where my skin is most dry – I should exfoliate there at least once a week, I'm advised. Afterwards, my skin was glowing, so I'll be listening to whatever Asta told me!

Finally, a moisturising chocolate body balm is applied, to ensure the delicious scent lingers for the rest of the day, and a mug of hot chocolate is served in the relaxation room. What a treat! €105