

## MASSAGE AND WELL-BEING

We offer a range of expert massage techniques for stress reduction and total body relaxation to suit individual needs.

<b>BACK, NECK AND SHOULDERS</b> (30 mins).....	28.00
<b>FULL BODY</b> (1 hour).....	44.00
<b>HEAD, NECK AND SHOULDERS</b> (15 mins).....	18.00
<b>TOTAL BODY WELLNESS</b> (1 hour).....	44.00
Includes back treatment with oils and mask, massage of back, backs of legs and scalp for total body relaxation.	
<b>HOPI EAR CANDLES</b> (30 mins).....	25.00
An holistic approach to ear suffering – can help relieve sinus problems, headaches, catarh and clogged ears. A soothing treatment which includes a pressure point massage to face and ears.	
<b>REIKI</b> (45 mins).....	30.00
A Japanese healing treatment that will help to still the mind, calm emotions and heal the body – bringing inner peace.	
<b>HOT STONE MASSAGE</b> (45 mins).....	38.00
Luxurious treatment using heated stones which are bathed in warm oils and massaged over the skin to melt away knots, tension and stress.	
<b>INDIAN HEAD MASSAGE</b> (30 mins).....	28.00
A blissful treatment performed through clothing to release tension to neck, shoulders, scalp and face, whilst sitting comfortably in the chair.	
<b>REFLEXOLOGY</b> (45 mins).....	30.00
A specialised ancient healing art working on the reflex points of the feet to stimulate circulation, detoxicate, relax and restore the free flow of energy to the whole body.	
<b>YUMMY MUMMY PREGNANCY MASSAGE</b> (1 hour).....	44.00
Using specific pre-natal massage techniques, this treatment works to relieve tired muscles, ease cramps, increase circulation and send you to a relaxed state of blissful calm.	

## SPECIAL PACKAGES

<b>PICK ME UP PAMPER</b> (2 hours).....	72.00
Dermalogica Express Face Treatment Back, neck and shoulder massage Deluxe Manicure.	
<b>LUXURY PAMPER</b> (4 hours).....	120.00
Includes Dermalogica Essential Face Treatment, Eyebrow Shape, Full Body Massage, refreshment, Express Colour Manicure and Luxury spa Pedicure.	

### Gift vouchers available

All prices include VAT. VAT registration no. 794945464

### OPENING TIMES

Monday .....	9 – 5.15
Tuesday .....	9 – 5.15
Wednesday .....	9 – 5.15
Thursday .....	9 – 8
Friday .....	9 – 5.15
Saturday .....	9 – 4



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### Little Women Under 16's

Mini manicure.....	12.00	Eyebrow shape\trim.....	6.00
½ leg wax.....	12.00	Express facial.....	22.00
Under arm.....	6.00	Bikini wax.....	6.00

## FACIALS

Our facials are carefully designed and tailored to meet your individual requirements using therapeutic and pioneering Dermalogica products.

### DERMALOGICA ESSENTIAL FACE TREATMENT (60 mins) ... 43.00

A heavenly tailor made treatment consisting of cleanse, steam, exfoliate, face and shoulder massage, followed by a mask, hot steam towels, tone and moisturise to ease the mind and spirit.

### AGE SMART ANTI-AGEING FACIAL (60 mins)..... 48.00

This facial really is the ultimate in skin therapy for prematurely ageing and mature skin that delivers immediate results using potent vitamins and hydroxy acid exfoliation to resurface and re-texture the skin.

### DERMALOGICA EXPRESS FACE TREATMENT (30 mins) ... 28.00

This treatment is designed to introduce the product range to you. To include cleanse, exfoliation, mask and moisturise.

### CHROMA WHITE FACIAL (60 mins)..... 48.00

This treatment balances areas of uneven pigmentation leaving a brighter skin tone and reducing the appearance of dark areas, sun and age spots. A home care routine in conjunction with this treatment will protect against further development of hyper pigmentation.

### MEDI BAC CLEARING FACIAL (60 mins)..... 48.00

Deep cleansing and purifying treatment designed to target current blemishes and prevent future breakouts, whilst also addressing everyday needs of adult skin.

## ADVANCED FACIALS

### Oxygen Therapy

Oxygen Therapy replenishes lost oxygen and visibly plumps lines and wrinkles while firming the skin around the eyes, face and neck.

**All oxygen treatments include a complementary diamond peel microdermabrasion treatment.**

### EXPRESS 02

30 mins..... 45.00

Course of 5.....180.00

Course of 10.....360.00

### OXYGEN THERAPY

60 mins..... 60.00

Course of 5.....240.00

Course of 10.....480.00

### Diamond Peel Microdermabrasion

The most advanced microdermabrasion! Using diamond grain.

The treatment allows you to treat lines, wrinkles, dull dehydrated skin, sun damaged skin and acne scarring congested acne prone skin. Using a controlled method of skin resurfacing, by gently exfoliating the outer layers of the skin, the treatment increases new collagen and elastin formation to visibly rejuvenate and firm the skin. Results are visible immediately.

### SKIN SMOOTHIE

30 mins..... 40.00

Course of 5.....160.00

Course of 10.....320.00

### SUPER SKIN SMOOTHIE

60 mins..... 55.00

Course of 5.....220.00

Course of 10.....440.00

### Caci Non Surgical Face Lift (1 hour)

Award winning Caci Micro Current System is the most publicised salon treatment system available. Using specific facial techniques the Caci treatment works to restore and re-define facial muscles reducing lines and wrinkles.

For best results a course of 10 treatments is recommended.

Course of 10 paid in advance.....365.00

Cost per Caci face treatment (1 hour)..... 43.00

FREE trial session..... FREE

## EYE CARE

(We recommend sensitivity testing 24 hours prior to tinting and eyelash extensions)

Eyelash Tint ..... 15.00

Eyebrow Tint\Shape..... 15.50

Eyebrow Tint ..... 10.00

Eyebrow Shape..... 10.50

Eyelash/Eyebrow Tint..... 20.50

### Eyelash Perming

includes free eyelash tint (60 mins) ..... 33.00

### Eyelash Extensions

#### NOUVEAU LASHES – EXPRESS LASHES

Apply (30 mins)..... 30.00

Removal (15 mins) ..... 10.00

Remove & Reapply (45 mins) ..... 35.00

State-of-the-art, semi-permanent eyelash extension treatment to lengthen lashes and define eyes for up to 14 days.

## EAR PIERCING

(Complete with 24 carat gold plated studs)..... 15.00

## TANNING

Using fake bake gold evenly applied by a therapist to complement your existing skin shade. Includes exfoliation (60 mins)..... 32.00

## MAKE-UP

FULL FACE MAKE-UP (45 minutes)..... 30.00

FULL FACE MAKE-UP AND LESSON (1 hour) ..... 35.00

### FULL WEDDING MAKE-UP

(includes free consultation and one free trial Make-up)..... 55.00

## HAIR REMOVAL

### Waxing

Half leg ..... 16.00 Under arm..... 10.00

Half leg and bikini ..... 22.00 Bikini..... 10-14.00

Three Quarters leg ..... 22.00 Brazilian/Hollywood .. 15-21.00

Half leg, bikini and Forearm..... 13.00

under arm ..... 28.00 Lip or chin ..... 9.00

Full leg and bikini ..... 27.00 Lip and chin ..... 12.00

Full leg, bikini & under arm. 31.00 Chest or back..... 22.00

Full leg ..... 25.00 Chest and back..... 32.00

### Electrolysis (Progressively permanent hair removal)

Free consultation

Minimum charge ..... 12.00

15 minutes ..... 16.00

30 minutes ..... 22.00

### Redvein/Skintag Removal

(15 mins)..... 25.00

### Transdermal Electrolysis

A galvanic current passes through electrode pads to create progressive permanent hair removal (up to 30 minutes) ..... 22.00

## HAND AND FOOT CARE

EXPRESS COLOUR MANICURE/PEDICURE (30 mins)..... 16.00

Nail shape is tidied followed with the colour of your choice.

DELUXE MANICURE (1 hour)..... 26.00

Includes cuticle work, scrub, massage, reshape and polish.

LUXURY SPA MANICURE (1 hour 15 mins)..... 31.00

Incorporating scrubs, masks, heated mitts and a luxurious hand and arm massage. The ultimate 'Hand Facial'.

DELUXE PEDICURE (1 hour) ..... 26.00

This treatment includes a refreshing foot bath, cuticle work, removal of rough skin, exfoliation and foot massage, followed with your choice of polish.

LUXURY SPA PEDICURE (1 hour 15 mins)..... 31.00

Pure indulgence for the feet, lower legs and toe nails.

The application of stimulating scrubs, masks, heated boots and cream make you feel like your walking on air.

MINX FILE & APPLY (1 hour)..... 30.00

Extend fashion to your toes! A flexible film that does not smudge or chip. Available in plain colours and amazing patterns. Includes cuticle work and nail shape.

With Deluxe Pedicure (1 hour 15 mins) ..... 40.00

SHELLAC FILE & APPLY (1 hour) ..... 30.00

No chipping, no smudging, no kidding. A thin, flexible UV gel polish that dries in zero time giving you a flawless, mirror finish for up to 14 days. Includes cuticle work and nail shape.

With Deluxe Manicure (1 hour 15 mins) ..... 40.00