

Manicures & Pedicures

Luxury			
Manicure	(inc. Massage)	(1hr)	£20
Pedicure	(inc. Massage)	(1hr)	£20
Mani/Pedi	(inc. Massage)	(2hrs)	£37

Deluxe			
Manicure	With Masque	(1.5hr)	£25
Pedicure	With Masque	(1.5hr)	£25
Mani/Pedi	With Masque	(3hrs)	£45

Elite			
Manicure	With Paraffin	(1.5hr)	£30
Pedicure	With Paraffin	(1.5hr)	£30
Mani/Pedi	With Paraffin	(3hrs)	£55

***O.P.I polish included as standard.**
Add £7 for Gel Polish finish per treatment (15mins)

Nail Treatments

Shape & O.P.I Polish			
Hands	(30 Mins)		£12
Feet inc Foot Spa	(30 Mins)		£15
Hands & Feet	(60 Mins)		£23

Gel Polish			
Hands*	(45-60 Mins)		£15
Feet*(includes Foot Spa)	(45-60 Mins)		£18
Hands and Feet (includes Foot Spa)	(1.5hrs)		£28

***French Manicure design add £3 each or both for £5**

Removal			
Gel Polish Removal (Hands or Feet)* (25 mins)			£7
Gel Polish Removal (Hands & Feet)* (40 mins)			£12

***Removal free with re-application of Gel polish**

Acrylic and Sculpture Gels

Express Acrylic Nails	(60-90 Mins)		£20
French/Clear Tips	(2 hrs)		£30
Patterned Tips	(2 hrs)		£35
Sculpted Tips (tips/ forms)	(2.5 hr)		£35

Acrylic Overlay on natural nail	(1hr)		£20
Acrylic/Gel Infills	(1.5hrs)		£15
Acrylic/Gel Removals & Mini Manicure (45-60 mins)			£20

***Add £7 for Gel Polish finish per treatment (15mins)**
*** Removal half price when having a new set of nails on.**

Nail Art (by hand)	1 Colour		£1 Per Nail
	2-4 Colours		£2 Per Nail
Part Nail Gems/Transfers/Caviar/Glitter dip			£2 Per Nail



NEW FOR 2018
100% Remi Human Hair
Extensions From £99

Book your FREE consultation TODAY!

Full Body ION Detox (45mins) £15

Hands or feet are placed in a warm salt bath with an ION array in the centre and within 30 minutes of relaxing, the clear water will change colour as your toxins are released from your body.

An initial course of 6 treatments is recommended, followed by a monthly maintenance appointment to keep build up at bay.

Benefits Include: -Improved Immune System -Reduced Stress
 -Improved Sleep -Cleanses the Liver & Kidneys -Improved bowel function
 -Increase in circulation -Relaxation & Contentment e.t.c

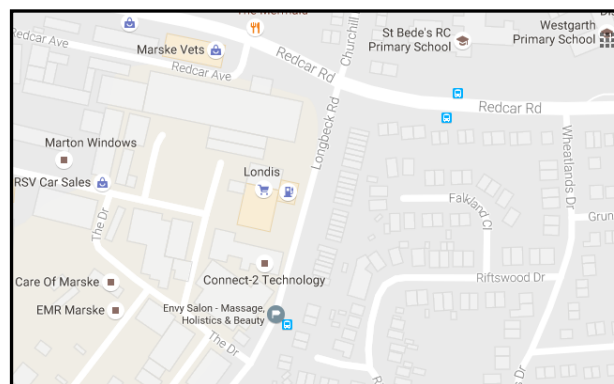


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Treatment Menu 2018



Therapeutic Massage, Holistics & Beauty

*Body Balancing
from the Outside In.*

Holistic Health & Massage

Swedish Massage

30 Mins £20 60 Mins £30 90 Mins £40

An invigorating stress relieving massage that aids sufferers of tension knots and nodules, whilst providing deep relaxation.

Deep Tissue Massage

30 Mins £20 60 Mins £30 90 Mins £40

Ideal for clients wanting a deeper massage particularly helpful with chronic conditions and pain. Includes trigger points, palpation, neuro-muscular and hands free techniques.

Aromatherapy Massage

30 Mins £20-25 60 Mins £30-35 90 Mins £40-45

A pre-blend or prescription blend of essential oils, individually suited to each clients personal needs in this deeply relaxing massage.

Pregnancy & Postnatal Massage

Side Lying Position 60 Mins £30 90 Mins £40

Deeply relaxing & rejuvenating, helping to work out all the aches & pains that pregnancy brings, whilst being supported in a side lying position. Abdomen not massaged. Ideal to buy as a course as pregnancy progresses. Gift vouchers available.

Lava Shells Massage 60 Mins £35 90 Mins £48

The 'Relax'. Heated Lava Shells are used on the back, arms and legs to make this relaxing massage sensational for those with tight muscles that need warming and soothing.

Indian Head Massage 45-60 Mins £25

A de-stressing massage that includes the back, neck, shoulder, scalp and face areas, on top of or under clothes, with or without oil in hair to suit the clients preference.

Hopi Ear Candling 30 Mins £15

This relaxing treatment is a great alternative to syringing for many people and is also recommended for those who suffer with ear pressure from flying, hay fever or sinuses.

Usui Reiki 45-60 Mins £20 with Crystals £30

This powerful healing treatment restores flow to the body's energy centres and is used to relax, reduce stress levels and blood pressure and can help with emotional healing.

Reflexology 45-60 Mins £25

Ideal for those with internal organ issues that cannot be massaged directly, this soothing treatment is performed on the feet or hands to restore flow to the body's systems.

Facials



Mini Facial (30 Mins) £20

Deep Cleanse, Scrub, Mask, Tone Moisturise

Maxi Lift Facial (60 Mins) £35

Using six specialised techniques following this facial, the muscle tone is rejuvenated and the skin tightened.

Anti-Aging Facials (60 Mins) £30

Deep cleanse, steam off with hot towel, exfoliate, face mask, steam off with hot towel, tone, massage with Natural Elements aromatherapy oil.

***Luxury Facial** Lavender, Geranium & Patchouli

***Holistic Facial** Orange, Grapefruit & Patchouli

***Balancing Facial** Grapefruit Lavender and Tea Tree

***Revital Facial** Jojoba, Neroli, Sandalwood & Rose



Facials For people prone to;

Eczema, Psoriasis & Dermatitis £35

A mild SLES free body treatment containing coconut oil, lavender and tea tree to cleanse sensitive skin without drying.

Rosacea & Rosacea Acne £35

Designed to soothe and calm the pores using our specially formulated Rosacea range, which helps maintain a healthy collagen structure.

Spots and Acne £35

A light, non-oily treatment to combat over-active sebaceous glands. Very effective against spots and other related problems.

Back Facial (Spots and Acne) £40

For those who suffer with spots congestion on their backs, this relaxing treatment using products specifically designed for acne and includes a massage.



100% Remi Human Hair Extensions From £99

Spray Tanning

Full Body (30 Mins) £15

Half Body Top/Bottom (15 Mins) £10

Ear Piercing from £20

Anti-Cellulite Wrap (30 Mins) £35

Using all natural, specifically ingredients, this amazing wrap shrinks fat cells, which are then massaged to drain them, leaving you smoother skin, fat loss and even inch loss with no dehydrating.

Lashes

False Strip Lashes (15 Mins) £7

Party Lashes (30 Mins) £15

Clusters of eyelashes placed on top of your own lashes with eyelash adhesive. Lasts 24-72 hours.

Semi-Permanent Lashes

Specialised eyelash hairs individually attached to each of your own lashes with sensitive semi-permanent glue. Lasts up to 4 weeks

Light Set 35 lashes/eye (60 Mins) £25

Medium Set 50 lashes/eye (60 Mins) £30

Heavy Set 70 lashes/eye (90 Mins) £35

Infills (approximately every 2/3 weeks)

Light £10 Medium £15 Heavy £20

Please Note; If lashes are very sparse when coming for infills a full set may be required instead at your therapists discretion.

Hair & Make Up Packages

Henna Tattoo (Per Side) from (60 Mins) £10

Hair Pin Up (45 Mins) £15

Professional Make Up (45 Mins) £15

Hair Pin Up, Gel Nails & Make Up (60 Mins) £40

Waxing & Tints

Eyebrow (15 Mins) £6

Upper & Lower Lip (15 Mins) £6 each

Chin (10 Mins) £5

Underarms (15 Mins) £8

Bikini (15 Mins) £10

Forearms (15 Mins) £10

Half Leg (30 Mins) £10

Full Leg (60 Mins) £20

Chest (20 Mins) £10

Torso (30 Mins) £15

Back (& Shoulders) (30 Mins) £15

Nose & Ear (10 Mins) £5

A skin test is required at least 24 hour prior to tint or glue

Eyelash Tinting (15 Mins) £6

Eyebrow Tinting (15 Mins) £6

Eyebrow Extensions (30 Mins) £25

Eyebrow Extensions Infills (20 Mins) From £10

Specialised, individual synthetic brow hairs placed onto the brow with skin glue, to form natural looking eyebrows that last up to 2 weeks before infills

Wax/Tint Saver Packages

Eye Pack #1 (30 Mins) £10

Eyebrow Wax & Tint (30 Mins) £15

Eye Pack #2 (30 Mins) £15

Brow Wax & Tint, Lash Tint (30 Mins) £14

Wax Pack #1 (Face) (30 Mins) £14

Brow/Lip/Chin Wax (30 Mins) £14

Wax Pack #2 (Body) (60 Mins) £20

Half Leg/Underarms/Bikini Wax (90 Mins) £36

Man Pack Chest/Torso/Back Wax (90 Mins) £36