

# FACE & BODY

by  
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## Facials

### Neal's Yard Nourishing Facial

This facial is a skin treatment designed to rejuvenate and nourish your skin to help it appear healthy and bright. It is great for all ages and skin types as it will be tailored for you. It is also a great introduction for anyone looking to start a better skincare routine

- 50 mins ..... £40

### The Natural Face Lift

Individually tailored to meet your changing skin requirements, this personalised Neal's Yard Organic treatment will leave your skin glowing! I will ensure your skin receives the best treatment to help with your concerns whilst still being deeply relaxing and natural.

- 70 mins ..... £55

### Back, Face & Scalp Treatment

This classic back, face and scalp treatment is the perfect relaxing treat! Starting on your back the treatment begins with dry skin brushing then a gentle body polish followed by a hot stone back massage all of which soothes muscles and relieves stress. You'll then experience a personalised Neal's Yard Organic facial and soothing scalp massage making this the perfect experience.

- 90 mins ..... £75

### A-Lift-age reversal

A-Lift is an age-reversal treatment that combines 2 currents; nano-current to re-energise cells in the face and body and micro-current to lift and firm the facial muscles. This treatment has an immediate effect in improving the skin's condition by reducing fine lines and wrinkles. It is the perfect treatment for anyone looking for a non-invasive anti-ageing facial.

(A course of treatments may be recommended)

- Express (30 mins) ..... £25
- Anti-ageing (70 mins) ..... £55

## Massage

### Therapeutic massage

Based on Swedish techniques combining acupressure, lymph drainage and varied degrees of pressure to suit your needs, this massage relieves stress, enhances relaxation and gives you a great sense of wellbeing. A choice of Neal's Yard Organic oil is available.

- 30 mins ..... £35
- 60 mins ..... £55
- 90 mins ..... £75

### Inner Calm

Relax your mind, release tension and nourish your skin with this holistic, restorative massage. Includes: foot ritual, inhalations, dry skin brushing, full body pre-blended aromatherapy and scalp massages.

- 90 mins ..... £75



## Specialist Skin Treatments

LED light therapy is great in every single facial to calm any areas of irritation and brighten the skin. Used consistently over time, LED is thought to penetrate the skin to help fight acne causing bacteria, plump the skin and reduce wrinkles.

### LED Add on

Boost any facial treatment with LED light therapy. This is the perfect add on after radio frequency, dermaplain, peels and mesotherapy as it will increase collagen production, promote skin healing and reduce fine lines/wrinkles.

- 20 mins.....£25

### Pure LED

This pain-free and skin rejuvenating treatment is the perfect way to relax. Snuggle up and drift away whilst the lamp does its work.

- 40 mins.....£35
- course of 10, 2-3 times a week.....£300

### Dermaplaining

The must-have treatment for an instantly smoother and more radiant complexion. Dermaplaining eliminates vellus hair (peach fuzz) and dead skin cells which aids product absorption and efficiency resulting in better makeup application and the skin looking brighter and firmer.

- Express (30 mins).....£45
- Luxury (60 mins).....£70

### Clinicare AHA/BHA chemical peels

Clinicare superficial peels contain a mixture of Glycolic, Lactic & Salicylic acids to remove the upper layer of the epidermis encouraging the regeneration and rejuvenation of skin cells. This results in the improved appearance of your skin with fewer lines, a brighter complexion, better skin tone and a more youthful appearance. The Clinicare peels come in 3 targeted ranges:

**GLOW** - great for hyperpigmentation, age spots, sun damage & dull tired skin, fine lines, wrinkles and ageing skin.

**PURE** - works on acne skin, inflammatory & non-inflammatory acne, rough texture, wrinkle and enlarged pores.

**REFRESH** - helps fight skin ageing, rough texture, fine lines, wrinkles, dull and sallow skin.

- Express (30 minutes).....£40
- Luxury (60 minutes).....£65

### Micro-needling CST

This treatment, also known as Dermaroller or Skinpen, uses natural powers of healing to tighten and firm your skin. This is achieved by using small needles to cause trauma to the skin, stimulating the generation of collagen production for smoother, firmer and more toned skin. The best suited Clinicare mesotherapy cocktail will be selected for your treatment.

- 60 mins.....£100
- Course of 6.....£540

### Skin Tightening- Radio Frequency

Radio Frequency uses the latest technology to instantly tighten and firm the skin encouraging collagen and elastin natural production. Radio Frequency is great as a stand-alone treatment but can also be combined with dermaplaining, LED and micro-needling to give incredible results.

- 45 mins.....£55
- Combination facial.....£75+



## Beauty Essentials

### Waxing

- Full leg.....£25
- 1/2 leg.....£15
- Bikini.....£15
- Brazilian/  
Hollywood.....£25
- Full leg & Bikini.....£35
- Arm.....£15
- Underarm.....£10
- Top lip.....£10
- Chin.....£10
- Eyebrows.....£10

### Eye Treatments

- Eyelash tint.....£15
- Eyebrow tint.....£10
- Eyebrow shape.....£10
- Eyelash tint, eyebrow tint and shape.....£30
- LVL Lash lift.....£40

### Spray Tanning

- Full body spray tan.....£25

## Treatments at Home

As much as clients love coming to my treatment room, I think that it can be really relaxing to have the spa brought to you. Whether you want to relax with a massage before going to bed or have a get together with friends, the following treatments could be just what you need. I will provide all the equipment and products needed for the treatments but if you would like to supply your own towels that would be fantastic and kind to the environment.

(Minimum treatment time is 60 minutes)

### Treatments available

### Massage

- Therapeutic massage 60 mins.....£55
- Therapeutic massage 90 mins.....£75
- Inner Calm 90 mins.....£75

### Facials

- Neal's Yard Nourishing Facial 50 mins.....£40
- The Natural Face Lift 70 mins.....£55
- Back, Face & Scalp Treatment 60 mins.....£45
- Back, Face & Scalp Treatment 90 mins.....£75

### Spa Party

Enjoy a fabulous spa party at home relaxing with your friends and family. Experience any of:

- Neal's Yard Organic Facial
  - Back, face and scalp massage
  - Cleansing back treatment
  - Energising foot and leg treatment
  - Pressure point foot massage
- 30 mins (available for groups of 4 or more).....£30

### Moroccan Spray Tan

Enriched with Argan oil and Vitamin E, Moroccan tan helps soften and moisturise the skin, producing a wonderful bronze tan that leaves skin soft and silky. With several shades of tan to choose from you can be certain that you will get the perfect colour blend for your skin tone.....£25