

## BODY TREATMENTS

Very beneficial to your general health, as well as promoting feel good factor.

### Anti Stress Back Treatment

55mins

£33.00

Skin care treatment for your back using professional salon products from Algologie. A super relaxing facial for your back that leaves the skin polished and glowing.

### Body Beautiful

1hr 25mins

£48.00

An invigorating body brushing followed by a relaxing full body massage. Leaves your skin super soft and fully revitalised.

### Body Scrub

25mins

£20.00

Aids circulation and is known to be an excellent exfoliant - removing any dead skin cells.

### Cocoa Bean Body Wrap

1hr 25mins

£46.00

Using pure cocoa to release relaxing endomorphines and moisturise the skin. Leaves the skin nourished and the senses heightened.

### Foot and Leg Revival

55mins

£33.00

A leg and foot massage using an invigorating gel which contains grapefruit and menthol to aid circulation and relieve fatigue.

### Universal Contour Wrap

2hrs

£70.00

### Course of 3

£160.00

A wrapping process that 'contours' the body which results in better 'shaping' through cleansing, toning, and tightening of the skin and soft tissue, leaving the skin feeling soft and supple.

A study from University of Westminster proved Universal Contour Wrap Classic achieves instant and sustained inch loss on 100% of all women tested on.



Ask about our money back inch loss guarantee!

### BOBY TREATMENTS - MAMA MIO

Mama Mio Mama's Touch is a special programme of skin salvation, indulgent treatments designed to relax, comfort and nourish.

Shrink to Fit	1hr 15mins	£65.00
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Specifically designed to restore the elasticity of the skin, aid water retention and reduce the appearance of cellulite.

Tummy Tone Up	1hr	£50.00
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A radically active treatment to help tone and tighten slack skin following weight loss or pregnancy.

### ELECTROLYSIS

Effective when used on the following areas: upper lip, chin, face, underarm, bikini line (fine hair only), stomach, breasts.

5mins	£9.50	10mins	£17.00
15mins	£20.00	20mins	£25.00

### EYE TREATMENTS

You will require a patch test 24 hrs prior to taking your first perming or tinting treatment.

Eyelash Perming	£30.00
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Curled eyelashes will enhance the appearance of the eyes and will normally last between 4-5 weeks.

Eyelash Perming with Eyelash Tinting	£36.00
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Eyebrow Tinting (Savings with Eyelash Tint)	£9.00
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Eyebrow Tinting and Tidy	£13.50
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Eyebrow Tidy	£9.00
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Eyelash Tinting	£13.00
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Eyelash, Eyebrow Tinting and Eyebrow Tidy	£24.50
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Eyelash Tinting and Eyebrow Tidy	£18.00
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## MANICURES AND PEDICURES

Everyone's nails are completely different and Naitiques therapeutic nail care treats your particular needs. Regular treatments will keep your nails tidy, help with growth, strength, condition and improve overall appearance.

Naitiques Manicure	45mins	£21.00
Add French Polish		£4.00

Includes shaping of nails, nail soak, cuticle tidy, hand & arm massage, application of treatment formula followed by colour polish.

Naitiques Pedicure	55mins	£24.00
Add French Polish		£4.00

Includes removal of dead skin, foot soak, filing of nails, cuticle tidy, foot and lower leg massage finishing with a colour polish.

Add Hot Mitts or Booties		£6.00
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Soften cuticles and help improve circulation. Great for people with arthritic, circulatory and joint problems. Especially good for dry skin.

Luxury Manicure	1hr 10mins	£29.00
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This aromatherapy spa treatment features a soothing soak, exfoliation using natural sea salt and a deeply regenerating, dermal softening mask. Combined with massage using nourishing body butter, transforming the ordinary professional manicure into an extraordinary spa experience.

Luxury Pedicure	1hr 10mins	£30.00
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Complete foot heaven! Includes a foot scrub to reduce dry skin and stimulate circulation, followed by a foot mask and foot massage using luxury aromatherapy spa products which transforms the ordinary professional pedicure into an extraordinary spa experience.

Nail Paint and Tidy	25mins	£15.00
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Nails are professionally shaped followed with a colour polish of your choice.

## FACIAL SKIN CARE

Using a range of products from Algologie. A proven natural anti-ageing range that contain the benefits of algae, the finest active ingredients that have been thoroughly tested and sourced from around the world and lightly fragranced with the purest of essential oils.

### Facial Consultation

1hr 25mins

£37.00

For first timers! A professionally trained therapist will analyse your skin and offer the correct facial for your particular skin type. One consultation allowed per person.

### Eye and Lip Treatment

£22.00

### When Booked with a Facial

£12.00

A de-stressing and soothing treatment with a pressure point massage for tired, sore eyes. Can be taken on its own or combined with a facial.

### Express Facial

25mins

£21.00

Uses seaweed and essential oils such as lavender and cypress to help revitalise the skin, leaving it fresh and revitalised. Uses plant chlorophyll to flush out impurities and tighten open pores.

### Detoxifying Facial

55mins

£32.00

For combination skin. This treatment will flush out impurities, increase circulation and decongest clogged pores. You will benefit from the seaweed and aromatherapy oils which detoxify the skin and infuse nutrients to balance the skin.

Increase effectiveness by adding steam to assist with deeper cleansing, exfoliation & hydration £5.00

### Revitalising Facial

55mins

£32.00

For dull/tired skin. This once a month boost for your skin will oxygenate, firm, tone and nourish, leaving it feeling supple and looking healthy. Contains all of the elements that the skin requires to stay healthy.

Clarifying Facial

1hr 15mins

£36.00

For pigmented skin. Will give skin clarity and radiance in one treatment, lightens and decongests given a uniform appearance. Skin is brightened and is left feeling soft, supple and radiant. Helps with post-acne scarring.

Intensive A.H.A treatment

45mins

£42.00

Course of 4

£160.00

For all skins. This intensive facial will refine and purify the skin. Using natural fruit acids to rebalance the skin. It helps to smooth wrinkles and fine lines and reduces brown marks.

Cocoa Anti Ageing Facial

1hr 10mins

£39.00

Luxury range - for over 30's. The cocoa contains magnesium and antioxidants which help to slow the ageing process. Vitamin A helps with skin regeneration and firming, leaving it hydrated and fresh whilst the mind is relaxed.

Grape Divine Facial

1hr 10mins

£42.00

Luxury range - for ageing/dehydrated/stressed skin. Combines the active ingredients from the humble grape with matrixyl to protect from premature ageing and induce a botox like effect. Will help to smooth lines and wrinkles, hydrate dry skin and improve the skins appearance.

**SPECIALIST SKIN CARE**

Ultra Pro Facial

1hr 15mins

£42.00

Using an innovative combination of facial equipment to deep cleanse, exfoliate, refresh and hydrate the skin. Resulting in a radiant and glowing complexion. Can be tailor made for all skin types.

Non Surgical Facelift

1hr 15mins

£42.00

This "non surgical facelift" is used by many celebrities and has had superb press coverage during recent years. The microcurrent helps to reduce the visible signs of ageing.

## MASSAGE

Massage is used to maintain physical health as well as inducing relaxation. It helps to alleviate the build up of stress and tension in the muscles from every day use. We use two massage techniques.

### Massage (Aromatherapy)

Full Body	1hr (minimum hands on)	£39.00
Back	35mins	£25.00

Using essential oils with a carrier oil. Lighter than the Swedish, aromatherapy massage is used to treat specific conditions and to relax.

### Massage (Swedish)

Full Body	1hr (minimum hands on)	£38.00
Back and Leg	50mins	£31.00
Back	35mins	£24.00

The main purpose of Swedish massage is to increase oxygen flow to the muscles and aid the body to remove the build up of toxins. A deep pressure massage which relieves tension and stress.

## ST TROPEZ SPRAY TANNING

From St Tropez Tan. Tanning should not be carried out on the same day as waxing treatments.

Spray Tanning Full Body	30mins	£29.00
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You will be amazed by the fantastic results. A seamless all over body tan using a specialist airbrush applicator that takes just 15 minutes (30mins includes drying).

Spray Tanning Half Body	30mins	£20.00
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Professional application to half body by fully trained therapist. Can be applied either from the waist up or the waist down.

### ST TROPEZ ORIGINAL TANNING

Giving an all over professional tan using top rated products. Tanning should not be carried out on the same day as waxing treatments.

Original Tanning Full Body	70mins	£44.00
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Professional application by a St Tropez certified therapist. Includes preparation, exfoliant and tanning application by hand to face, neck, shoulders, back, chest, stomach, arms and legs.

Original Tanning Half Body	30mins	£26.00
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Professional application by a St Tropez certified therapist. Includes preparation, exfoliant and tanning application by hand. Can be applied either from the waist up or the waist down.

### TEEN TREATS

Teen to go Package	1hr 30mins	£50.00
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Mini facial, mini manicure and mini pedicure. These treatments are cut down versions of the ladies treatments with the correct products being used for teenage skin.

Make Up Starter Lesson	55mins	£30.00
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This lesson will show you how to apply make up correctly and will demonstrate which colours will suit your skin tones.

Skin Care Consultation	1hr	£30.00
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Do you want to take better care of your skin? This is a great treatment that will teach you which products to use and how to use them. Using products specifically designed for teenage skin.

## WAXING

Helps to eliminate stubble growth over time and will leave your skin feeling naturally smooth. Lasts for up to 6 weeks.

Full Leg	£23.00
Full Leg and Bikini	£29.00
Full Leg and Brazilian	£40.00
Full Leg and Hollywood	£44.00
Half Leg	£15.00
Three Quarter Leg	£17.50
Bikini	£8.75
High Bikini	£15.00
Brazilian	£23.00
Hollywood	£27.00
Full Arm	£15.00
Half Arm	£11.00
Lip or Chin	£6.50
Lip and Chin	£10.00
Lip, Chin and Eyebrow	£16.00
Jaw/Cheeks	£10.00
Underarm	£8.75
Eyebrow	£9.00
Waxing Combo Saver	£14.00

The combo saver is aimed at regular clients coming for maintenance waxing every 3-6 weeks.

Can include any of 2 of the following areas: \*chin, standard bikini, underarm, \*lip, eyebrow.

\*Combination of lip and chin is available for £10.00

## PAMPERING PACKAGES

A special soothing experience for clients who wish to get away from the real world and completely de-stress. Very popular as gifts and are ideal to send to a friend or loved one in the form of a gift voucher to the value of your chosen treatment..

Pamper Package	4hrs	£110.00
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The ultimate in pamper treatments. A relaxing aromatherapy full body massage with a luxury facial treatment, revitalising pedicure - finishing with a soothing manicure. Includes a light lunch.

Victoria's Vitality	1hr 50mins	£65.00
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Full body aromatherapy massage combined with a facial treatment. Pure bliss! Upgrade to a facial from our luxury range for an extra £5.00.

Delightfully Detoxifying	1hr 50mins	£70.00
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Detoxifying facial and cocoa bean body wrap. Delightful detox session for those seeking that little bit extra.

Radiantly Revitalised	2hr 10mins	£75.00
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Revitalising facial to help dull tired skin. Body brushing to help stimulate circulation and liven you up - finishing with a Swedish full body massage. Will lift your mind, body and spirit.

Holiday Special	1hr 55mins	£55.00
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This is the perfect treatment when you want to look your absolute best. Consists of a Nailtiques manicure, Nailtiques pedicure, eyelash tint and eyebrow tidy.

Mother and Daughter	1hr 55mins	£65.00 each
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Experience some all over pampering with a relaxing back massage, facial and nail paint and tidy. Upgrade to a facial from our luxury range for an extra £5.00 each.

## MAMA MIO PREGNANCY PAMPERING

The treatments are all individually created to alleviate the main issues of discomfort in pregnancy - increasing skin elasticity, nourishing parched skin, relieving itchy bellies, rejuvenating heavy legs, assisting circulation and reducing water retention.

Lighten Up	30mins	£23.00
With Nail File and Polish		£30.00

Created to help when your legs feel tired and swollen, this is a lower leg treatment all about reducing water retention and increasing circulation.

Free-Loader	50mins	£35.00
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There are specific muscles in your lower back that compensate for the weight of your growing bump - this treatment is designed to ease the strain and help your back relax.

The Yummy Tummy	1hr 15mins	£50.00
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This combination treatment begins with the layering of a concentrated serum mask to the abdomen to soothe and hydrate skin. Whilst the products are taking effect on the tensed skin of the belly you will benefit from a soothing face, scalp and upper body massage which is sheer heaven to ease pregnancy related headaches, aches, pains and tension.

Mellow Mama	65mins	£45.00
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Take a moment to dream of baby during this blissful full body massage. The pregnancy safe Gravida fragrance is combined with specific pre-natal massage movements to relax, renew and rejuvenate.

4th Trimester Healing Hour	65mins	£45.00
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Up to four months after baby, your body is still behaving as though it is pregnant - this treatment helps alleviate the issues of water retention, stimulating circulation and relaxing muscles and nerves. New motherhood can be exhausting and sometimes it is you who needs the mothering.

## WEDDING MAKE UP

All bridal make-up application is carried out by the salon owner - Victoria.

Victoria now has over 12 years experience in the field of wedding make up. She uses the professional make up range "Karaja", along with some of the best make up artist tricks of the trade!

Other treatments are available for your special day. Speak to Victoria during your free consultation or ask our salon manager.

### 10 Minute Consultation

£FREE

Victoria is available for a free 10 minute consultation to assess your needs.

### Brides Make Up and Trial

£105.00

Professional make up application on your wedding day either at the salon or on a mobile basis at your premises, providing you are within the Bristol area.

Includes a one hour trial, at least one month prior to your wedding day, carried out in the beauty salon.

### Additional Person

£27.00

Perfect for mother of the bride and the bridesmaids. Additional wedding make-up for family members and friends may only be taken if wedding make-up is being provided to the bride. Does not include trial.

### Additional Trials

£33.00

Additional trials for family members and friends may only be taken if wedding make-up is being provided to the bride.

A 50% deposit is required to secure any wedding make-up trial(s). This is to be paid at the time of booking. Final payment is due on the day of your make-up trial.

For full terms visit our website or ask in store.

## HOLISTIC TREATMENTS

Holistic therapies do not just have physical benefits - they help the mental, emotional and the spiritual well being of a person. Holistic treatments are also deeply relaxing.

### Hot Stone Massage

Basalt stones are heated and applied to the body in totally unique, and super relaxing ways thus harmonising, restoring and rejuvenating the body at its deepest level.

Full Body	1hr 10mins	£60.00
Back and Leg	50mins	£40.00

### Aromatherapy

Using essential oils with a carrier oil. Lighter than the Swedish, aromatherapy massage is used to treat specific conditions and to relax.

Full Body	1hr (minimum hands on)	£39.00
Back	35mins	£25.00

Indian Head Massage	30mins	£25.00
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Helps to balance the 3 vital energies in the body and helps to improve health. A treatment consists of massaging the upper back, neck, scalp and face. You will receive a minimum of 30 minutes "hands on" time.

Reflexology	1hr	£35.00
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A unique massaging method is used by the reflexologist on the feet to bring the patient back to an optimal balance of mental and physical well being. You will receive a minimum of 60 minutes "hands on" time.

Reiki	1hr	£35.00
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Reiki is a safe, gentle, non-intrusive, hands on energy healing technique. It can help balance and harmonise mind, body and spirit.

## MEN'S PAMPER PACKAGES

A combination of our most popular Men's treatments that also make fantastic gifts.

Just for Him	1hr 50mins	£52.00
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Back and leg massage followed by a foot soak and pedicure.

Refresh and Rejuvenate	1hr 35mins	£55.00
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A revitalising body scrub followed by a Swedish full body massage using seaweed based products to refresh your skin.

Ultimate Unwind	1hr 50mins	£65.00
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Combines a Swedish full body massage with a detoxifying facial to unclog pores and freshen the skin. A dreamy package to completely refresh and revitalise. Upgrade to a facial from our luxury range for an extra £5.00.

Male 'Groom'ing	2hrs 15mins	£75.00
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A super relaxing 'facial for your back' followed by a Swedish back massage, detoxifying facial, eyebrow groom and nail tidy for hands and feet.

Travellers Choice	1hr	£40.00
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Choose between back and shoulder or chest and shoulder wax and combine with a nail tidy for hands and feet.

## MEN'S WAXING

Back or Chest	£20.00
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Back or Chest and Shoulders	£23.00
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Back, Chest and Shoulders	£37.00
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Full Arm	£15.50
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Eyebrow	£09.00
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Please note: Most of our treatments can also be tailored for men. Suitable facials are Detoxifying facial, AHA facial and Grape divine facial.

## SPECIALIST TREATMENTS

The treatments listed below are carried out by Dr Mike Leonard, a former graduate of Bristol University Medical School, with some 30 years experience in a number of key disciplines, including a period of dedicated training in Women's Health.

### BOTOXT

Provides unparalleled treatment for frown lines, forehead lines and periorbital lines (crow's feet), as well as having a large number of specific clinical indications including migraine treatment and excessive underarm sweating.

One area	£200.00
Any two areas	£270.00
All three areas	£320.00

#### Treatment areas offered:

- >> Frown lines - (glabellar region)
- >> Horizontal forehead lines
- >> Periorbital laughter lines (crows feet)

Frequency of treatment: Every 3 months during the first year, thereafter maintenance treatment every 6 months.

### RESTYLANE

Loss of fullness can be restored by dermal injections of Restylane at the site of lines and wrinkles, as well as into lips for added definition, fullness and sensuousness. Certain types of Restylane can be used to enhance facial contours eg. cheek enhancement, and tend to last longer in situ (due to the larger size of the gel particles).

0.5ml	£200.00
1.0ml	£270.00

#### Frequency of treatment:

- >> Lines and wrinkles away from the mouth - 6-9months
- >> Lines and wrinkles close to the mouth - 6 months
- >> Lip enhancement - 6 months