

## Body Treatments

Body Massage	1 hour £34.00
Back and Shoulder Massage	1/2 hour £21.00

## Eyelash Tinting

Eyelash Tint (available in a variety of colours)	£9.00
Eyebrow Tint (available in a variety of colours)	£8.50

## Bride-to-be

Make-up for bridesmaids, mothers and mothers-in-law also available.

Consultation, trial make-up and make-up on the special day. £50.00

Home visits on Wedding Day, and Pamper Sessions also available on request.

Make-up and Cleanse	£30.00
Make-up Lesson	£35.00

## Manicure

<b>Full Manicure</b> Incorporating hand and arm massage.	£17.00
<b>French Manicure</b>	£19.00
<b>Mini Manicure</b> Shape and polish.	£9.00
<b>French Polish &amp; Shape</b>	£10.00
<b>Pedicure</b> Pamper those little feet with a foot spa, foot and leg massage.	£22.00
<b>French Polish/Pedicure</b>	£23.00
<b>Just Gel Polish</b> Long lasting manicure that can last up to 14 days.	
<b>Manicure and application</b>	£25.00
<b>Paraffin Wax Treatment</b> Excellent for dry skin on hands and feet.	£5.00

## Self Tan - Original St.Tropez

Fully Body - with body scrub	£42.00
Half Body - face, neck, arms and chest	£25.00
Legs	£24.00
Just application of St. Tropez	£30.00

## Waxing

Very hygienic, disposable natural strip sugar or peron riget vegetable wax.

Full Leg	£22.00
3/4 Leg	£19.00
1/2 Leg	£17.00
1/2 Leg and Bikini	£21.00
Bikini	£9.00
Under Arm	£9.00
Arm	£15.00
Forearm	£11.00
Upper Lip/Threading	£7.50
Upper Lip and Chin/Threading	£9.00
Brazilian (depending on area and time)	from £15.00
Eyelash & Eyebrow	£16.00
Eyebrow Shape/Threading	£9.00

## Special Packages

The perfect gift of pure indulgence. Choose a selection of treatments, tailored specifically for you.

Pamper parties for girls of all ages. Tailored exclusively to your daughters fancies! Ranging from mini manicures to eyebrow tidy to make-up lesson. Price on request.

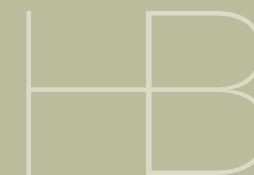
**Gift vouchers available. Please ask for details.**

## Opening Times

Monday 10.00 - 7.00	Tuesday 11.00 - 8.00
Wednesday 10.00 - 8.00	Thursday Closed
Friday 10.00 - 6.45	Saturday 8.30 - 2.30

Please note that you may be charged for failing to keep your appointment or late cancellation.

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# Beauty by Helen

Rediscover the beauty in you

## Hydrotherm Water Bed

All treatments performed on a warm hydrotherm water-filled cushion, assisting in perfect spinal alignment.

## Facial Menu

### Aroma-Essential

An intensive, customised aromatherapy treatment for total relaxation. **1 hour £35.00**

### Cold Marine Facial

Consisting of a soothing clay mask and creamy milk, this treatment is a haven of relaxation. Suitable for all types of sensitive skin. Decongests and visibly reduces redness, leaving a fresh luminous complexion (head massage included). **1 hour £37.00**

### Hydra-Moisture Source Facial

Perfect for all skin types, featuring Sève Marine®, will combat signs of dehydration leaving skin softer and with improved texture. **1 hour £40.00**

### Extreme Comfort Facial (or eyes only)

A specific treatment targeting dry/very dry skin. Using high performance ingredients, this treatment will help restore and preserve the hydro-lipidic barrier restoring comfort and radiance. **1 hour £37.00**

### Ultimate Oxygen Anti-Pollution Range

For asphyxiated and polluted skin and ideal for boosting a dull skin, leading to a bright, luminous complexion. **£37.00**

### Manual Holistic Non-Surgical Facial

This natural face-lift massage can improve complexion, remove toxins, prevent wrinkles and balance emotions. Perfect facial for the person who likes the hands-on approach for muscle lifting and relaxing. **1 hour £40.00**

All Thalgo products specific to your skin type are available to purchase. All facials inclusive of eyebrow shape.

## Anti-Aging Range

### Collagen Facial

A luxurious facial boosting natural collagen in the skin, helping to regenerate and repair. Plumping, hydrating and improving texture. **1 hour £47.00, course of 6 £250.00**

### Hyaluronic Smooth & Fill Facial

Using the latest technology, this anti-wrinkle facial is specifically designed to target specific problematic lines and wrinkles, leaving the skin plump and beautifully hydrated. **1 hour £47.00, course of 6 £250.00**

### Silicium Super-Lift Facial

Designed to combat the signs of ageing, loss of firmness and pronounced wrinkles (40+ specifically). A luxurious heat mask in combination with high performance anti-wrinkle products 'plumps and smooths' leaving your skin visibly firmer and radiantly dewy. **1 hour £47.00, course of 6 £250.00**

### Exceptional Facial

The ultimate in anti-ageing. Works on all the signs associated with aging by using extracts rich in natural algae hormones. Treats moisture deficiency, fine lines and wrinkles. Perfect during menopause, helping to improve texture, skin tone, dehydration and fragility. **1 hour £55, course of 6 £300.00**

### Micronized Marine Algae Treatment

100% natural algae powder with a very high concentration of minerals, vitamins, trace elements and proteins. Helps relieve muscular fatigue, sluggish circulation, aids detoxification and rebalances metabolism. Fantastic for soothing psoriasis, eczema and a great pick me up treatment.

**Facial £38.00. Body wrap £47.00**

## Holistic Treatments

A great way to aid relaxation, revitalise and re-balance the body in a natural way.

### Aromatherapy

Pure essential oils and aromatic plants blended in a carrier oil used in the aid of relaxing and maintaining vitality within the body, tailored to you specifically. **1 hour (consultation 15 mins) £36.00**

### Reflexology

A finger and thumb technique used on the feet, which corresponds to glands, organs and nerves in the body. Aids improvement to nerves and blood supply, relieving stress and tension, restoring balance and harmony. **Treatment 1 hour (consultation 15 mins) £33.00**

### Indian Head Massage

Neck, shoulder & head treatment. To relax and invigorate. For tension, emotional wellbeing and restoring balance. **Treatment 35-45 mins (consultation 15 mins) £24.00**

### Harmonising Body Treatment

The ultimate tailor-made holistic/beauty treatment. Incorporating lymphatic drainage, aromatherapy, acupuncture, magnet therapy and Ayurveda. Treating your body on the inside and on the outside. If you want to be relaxed and rejuvenated this is the treatment for you. Facial, head massage and full body massage. **1½ hours (consultation 30 mins) £65.00**

### Body Blitz

Invigorate the body with a combined manual/machine massage tailored to you for required expectation. Great for cellulite, puffy legs/body, aching limbs and stiffness. **1 hour £45, ½ hour legs only £22**

### Friction Massage

Stimulating the senses with this wonderfully invigorating massage. Brilliant for pre-holiday scrub or stubborn cellulite. The body is vigorously massaged using a friction technique with coconut oil, then a scrub with aromatherapy oils and finished with a body-firming lotion. **1 hour £45.00**

### Holistic Treatment Aftercare

Drink lots of water, avoid stimulants (tea, coffee, alcohol etc). Allow your body to re-balance itself (relaxation, rest, sleep). Eat a light meal.