



THE
NAIL & BEAUTY
SALON

TREATMENT LIST



Full Set of Sculptured Nail Extensions

Applied using a liquid and powder or gel formula to extend the nail and give a pink/white (french) or natural finish. They can be worn with or without polish or a gel topcoat for that glass like shine.

Full Set of Overlays

This system is good for those that have the desired nail length. Overlays strengthen the natural nail and enhance the nails with a permanent colour, pink/white or natural appearance.

Infills and Reshape

Due to nail growth, this is required every 2-3 weeks to fill the exposed gap by the cuticle and correct the length and shape of the nail.

Infills, Backfills and Reshape

As the infill and reshape, but also includes the backfill where the tip line is repositioned and whitened.

Nail Enhancement Tidy

A lovely treatment for between infills. The nail is shortened, thinned and then varnished making your nails look perfect again.

Enhancement Removal

The removal of a set of nails. When this process is not followed by a new set, a mini manicure is carried out to leave your nails in the best possible condition.

Finish Gel Topcoat

An ultra high gloss shine for a glass-like finish.

Colour Gel Topcoat

An ultra high gloss colour finish to avoid chipping.

Gel Toes

Gel overlays on your toes to enhance the nails with permanent colour, pink/white or natural appearance. This lasts for weeks.

Decorative Rhinestones

A decorative extra to the nail to add more glitz and glamour.

Nail Repairs

Should you damage, break or lose a nail we will assist by replacing it.

Gelish & Mani Q

A new soak off polish which sets in seconds under an LED lamp. This miracle nail colour will help your nails grow long & strong. No more leaving the salon with wet nails! It will last 3 or more weeks with no chipping, and an ultra-shine finish. Gelish can be soaked off in 5 mins leaving a healthy nail with no damage.

MINX Nails

MINX nail wraps are heat activated and moulded onto your nail bed. There is NO drying time, no chemicals, no chipping, safe and easy removal and they last over 6 weeks on toes and 1-2 weeks on the hands. MINX are highly fashionable and are available in a variety of solid colors and fun patterns. Available MINX will be presented upon appointment. We are also able to order in the wraps of your choice.

Mini Jessica Manicure (30 mins)

The cuticles are treated and the nails are shaped and polished.

Prescriptive Jessica Manicure (45 mins)

The hands are sanitized then exfoliated. Phenomen Oil, Nourish Cuticle Cream and Hand & Body Emulsion are applied and the hands/wrists massaged to work the products in. The nails are soaked and the cuticles treated. The nails are shaped to required length. A diagnosis of the nails takes place and is treated with specialist base coats. A colour of your choice is then applied.

Luxury Jessica Manicure (1hr)

In addition to the Prescriptive Manicure, Hand Cleanse is used after sanitizing. Le Remidi - 'a facial for the hands' is also performed to help premature ageing. The arm is massaged all the way up to the elbow and heated mittens are applied. Liposomes are also applied to firm and condition the skin.

Le Remedi Hand Facial (25 mins)

Treat your hands to a luxury cleanse, exfoliation and mask envelopment. This prevents premature ageing and significantly reduces sign already evident. Enriched with vitamin A to aid cell renewal, aloe vera and chamomile to soothe, macadamia nut oil to soften and vitamin E, red seaweed and wheat protein to moisturise and condition. Feel the tension melt away with a hand massage.

French Polish Supplements

A French Polish can be incorporated into a manicure or pedicure treatment to enhance the finished look of the nails.

Dashing Diva

This is a french wrap manicure. A thin, flexible white plastic application designed to mimic polish in French manicures. Non chipping, fast drying, non smudging, perfect smile lines and a simple application.



Classic Jessica Zenspa Pedicure (1hr)

The feet are sanitized, exfoliated and the dead skin removed. The feet are then intensely moisturized with your choice of Pampered Souffle and then massaged to stimulate cellular repair and aid absorption. The cuticles are treated and the nails are filed and polished.

Luxury Jessica Zenspa Pedicure (1hr 30 mins)

In addition to the Classic Zenspa Pedicure, the feet are treated with a relaxing massage up to the knee and then placed into heated booties for pure indulgence. Heel Balm and Foot Mask is also applied to the feet and ankles which will help break down dead skin and also boosts cellular repair.

Twinkle Toes

Otherwise known as Rockstar Toes!

One base coat of gel and two coats of glitter of your choice, finished with glass like gel top coat - these will last for weeks!

Callus Peel

Don't just dream about pretty feet as we can either remove calluses or layers of dead skin from your feet using this simple four step system. We firstly wrap a skin softening patch around the problem areas to soften the skin. A special scraper is then used to peel off the dead skin callus, followed by polishing the remaining keratin and the treatment is finally completed by applying moisturizing cream. It is a highly recommended procedure to have immediate before a pedicure. Results are seen and felt after the first treatment but to start we would recommend a short course of three about 2-3 weeks apart.



Mini-Facial (25 mins)

Relax and unwind while we cleanse, exfoliate and tone your face. This is followed by a prescribed mask and moisturiser.

Hydradermie² (1hr 15 mins)

An exclusive treatment using Galvanic and High Frequency. Double Ionisation penetrates the active ingredients deep into the skin for optimal results. Customised for each skin type with Rehydrating, Regenerating and Deep Cleansing effects.

Hydradermie² Age Logic (1hr 45 mins)

Specially designed anti-aging Hydradermie² facial concentrating on the eyes, face and neck. It includes cleansing, exfoliating, galvanic, high frequency, serenity massage and mask. Specialised serums are applied to the eye and neck area to nourish and firm, thereby helping to prevent wrinkles.

Hydradermie² with Lift Express (1hr 45 mins)

This treatment incorporates both the *Hydradermie²* with the *Lift Express*. A lifting treatment that also tones the skin and firms the face from deep down by muscle stimulation. At the end of the treatment your face looks smoother, firmer and visibly younger.

Hydradermie² Lift Express (1hr)

High-tech lifting treatment. This 'work out' for the face and neck creates a lifting effect by toning the complexion, smoothing wrinkles and lifting the facial contours. Ideal for clients who want a quick treatment. It includes cleansing, exfoliating, lymphatic drainage and muscle stimulation.

Hydradermie² Lift (1hr 15 mins)

Uses lymph drainage and a safe effective microcurrent to eliminate toxins, improve skin tone and work on the underlying muscle structure to 'lift' and firm the face, eye area and neck. Hydradermie² Lift is suitable for all skin types. The treatment includes cleansing,

exfoliating, lymphatic drainage, muscle stimulation, massage and mask.

Hydradermie² Lift Ultra (1hr 30 mins)

This treatment blends the *Liftosome* and *Lift Express* treatments. The ultimate facial, your skin feels the benefits of orange extracts, ginseng and collagen used in the *Liftosome*, followed by the rejuvenating lifting effect from the *Lift Express*.

Hydradermie² Lift Deluxe (2hrs 15 mins)

This incorporates the *Lift Express* and the *Hydradermie² Age Logic*. A complete deluxe treatment facial lifting, firming and deeply cleansing to give a total luxury treatment.

Hydradermie² Lift Yeux (1hr)

This version of the treatment specifically targets the area around the eyes to reduce signs of ageing, fatigue and puffiness. It rehydrates and regenerates, as well as 'lifting' the eyelids and smoothing fine lines, to restore a relaxed rejuvenated look to the whole eye area.

Beaute Neuve (1hr)

A facial treatment based on the use of fruit acids and fruit enzymes, amino acids (proteins) and vitamins. These provide a renewing effect on the skin. This treatment is suitable for all skin types and all ages.

Liftosome Facial (1hr)

The *liftosome* facial has been specifically developed to treat the problems associated with 30+ skins. Using a high concentrate of Vitamin C, the treatment will strengthen elasticity and firmness whilst stimulating cellular regeneration.

Aromatic Facial (1hr)

A holistic treatment based on the use of essential oils and plant extracts. These ingredients in combination with a specialised massage routine promote feelings of relaxation and well being.

Body Exfoliation (25 mins)

The body is exfoliated to leave your skin wonderfully smooth, looking/feeling healthy and radiant.

Hydradermie² Bust Treatment (1hr)

A firming treatment toning and hydrating the elastic tissue that supports the bust. This improves overall appearance resulting in firmer more youthful looking breasts, whilst offering the same beneficial effects of the Hydradermie² treatment.

Hydradermie² Back Treatment (1hr)

A relaxing back treatment that deeply cleanses, rehydrates and gently moisturises the skin. The treatment improves the texture and condition of the back leaving the skin glowing. It is especially helpful for acne sufferers, temporary skin problems and hydrating the cumulative effects of exercising and washing routines.

Absolue Minceur (1hr 15 mins)

A relaxing, slimming and firming body treatment with visible results from the first treatment. Absolue Minceur gel is applied to reduce any orange peel effect and for smoothing the skin. Essential oils are used to drain and absorbing clay to draw off excess water and toxins. This is then rounded off with massage to enhance the effects of the active ingredients.

Body Bien-Être (1hr 30 mins)

This is a luxury treatment for a very sleek and spoilt feeling. It involves an invigorating body scrub, a gentle cleanse, followed by a relaxing back, neck and shoulder massage. The Bien-Être tones and rehydrates the skin leaving a natural radiance.

Pregnancy Pampering Treatment (2hrs)

Full body exfoliation and luxury massage combined with a facial using plant based products. The treatment focuses on areas of the body that are affected by discomfort from pregnancy such as the lower back, legs, ankles and feet. Designed to pamper, revitalise and soothe expectant mothers.

Aromatic Body (1hr 15 mins)

A natural treatment with essential oils, clay, sugar cane and kiwi extract. A combination of slimming, skin softening and relaxing treatments combining the energy of essential oils and the expert techniques of your therapist. A moment of pure pleasure and effective slimming.

Techi Spa (1hr 30 mins)

An advanced treatment to help eliminate cellulite. The process combines three body contouring actions to fight cellulite, firm/tone the body and attain a more slender figure.



MASSAGE RELAX AND UNWIND

We offer massage with either a base oil, blended aromatherapy essential oils or if you prefer we can burn the essential oil of your choice whilst your treatment is in progress. The nostrils are attached to a part of the brain called the limbic system. The limbic system controls emotions and influences the nervous system and hormones. When you inhale essential oil molecules, messages are transmitted to the limbic system and affect heart rate, stress level, blood pressure, breathing, memory, digestion, and the immune system.

Massage is particularly suited to conditions involving stress or improving emotionally-related conditions. A treatment can aid in combatting stress-related conditions such as insomnia, headache, digestive disorders, premenstrual syndrome or back pain.

Your therapist will either follow a routine or for increased benefits, the massage can be tailored to focus on any points of stress, knots or specific areas you wish time to be spent on.



Face and Scalp Massage (25 mins)

The face has over fifteen muscles and when continuous stress tightens these muscles it attributes to tension in the head region. This treatment establishes harmony of mind and body. It can help to reduce conditions such as stress, anxiety, tiredness, skin problems, sinus and headaches.

Foot Massage (25 mins)

Foot massage is one of the most unbelievably relaxing treats that you can have. This is an ideal treatment to release blockages in the systems of the body and is ideal for stress relief, aches and pains, fatigue and much more. *Combine it with an Exfoliation or Mask.*

Back, Neck and Shoulder Massage (from 25 mins)

This massage is designed to alleviate stress and tension in those hard to reach areas. Ideal for those who may not experience regular massage as the key areas of tension are addressed. Various techniques are used to perform both a relaxing and effective treatment to leave you destressed.

Body Massage (from 55 mins)

Unique hand movements are used on the skin to promote relaxation, healing and total well being. The main techniques involve stroking, kneading, rubbing or pressing on the body. A good way to relax and have a feeling of balance and calm, as well as setting yourself up for a peaceful night of sleep.

WAXING

We offer a range of waxing to help you look and feel your best.

Face

Eyebrow
Lip or Chin
Lip and Chin

Arm

Underarm
Full Arm
Full Arm Inc Underarm
Half Arm

Body

Back
Bikini
Brazilian
Hollywood

Leg

Full Leg
Half Leg
Full Leg Inc Bikini
Half Leg Inc Bikini
Upper Leg

HOLISTIC TREATMENTS

Indian Head Massage (45 mins)

Based on the ayurvedic system of healing which has been practiced in India for over 1000 years. A range of different massage movements are used to relieve the muscles and tissues of the head, face, neck and shoulders. Very good for fatigue, tension, headaches, insomnia, stress or sinusitis.

Reiki (30 or 60 mins)

A wonderful way to relax and heal the body on a physical, emotional and spiritual level. You will leave with a calm mind, after being assisted with any stress, injury, illness or negative emotions. Whatever your reason for coming to Reiki, we can help in the way that is right for you.

THREADING HAIR REMOVAL

Eyebrows, Lip, Chin or Knuckles

This is an ancient method of hair removal originating in the East. In more recent times it has gained popularity in Western countries. We use a pure, thin, twisted cotton thread which is rolled over your areas of focus plucking the hair at the follicle level. It is a preferred hair removal technique as unlike tweezing, eyebrow threading removes one clean line of hair all at once, making it much quicker and easier to shape and train the brows.



FAKE BAKE SPRAY TANNING



Full or Half Body

With the risk of sun beds becoming more evident, Fake Bake gives an instant sun-kissed colour and develops into a long lasting sunless fake tan guaranteeing longer lasting more natural-looking results. We have different tanning products which allow us to personalise the treatment to your skin type.

Lash Perfect Semi-Permanent Eyelashes

Lashes are made thicker and longer through professional application of individual synthetic eyelashes to your own. Perfect for daily wear or for an active lifestyle. Waterproof, durable and resistant to extremes of temperature. Semi-permanent, lasting up to 12 weeks depending on the lifecycle of your own lashes and maintenance.

Full Set (2 hrs)

70-100 lashes applied to each eye to ensure the ultimate fuller effect

Half Set (1 hr)

30-50 lashes applied intermittently along each lash line to give the appearance of thicker and slightly longer lashes

Lash Flicks (45 mins)

10-30 lashes applied to each lash line, concentrating at the outer corners to give a flick effect

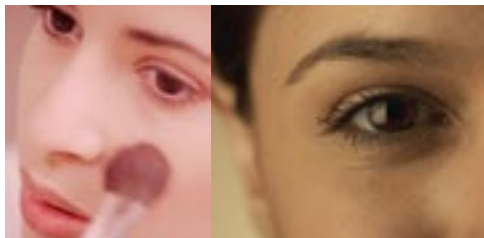
La La Lashes (Party Lashes)

They are the latest innovation from the pioneers of the eyelash industry, Lash Perfect. A stunning variety of natural and high-fashion strip lashes, they come in vibrant colours, daring shapes and sizes bringing couture to the beauty industry like never before. From the choice of natural looking lashes to show-stopping strips at affordable prices, beauty has never been more accessible. Ideal for a party, night out or weekend, these long and thick false eyelashes are perfect for any endearing eyes. If you look after them, they can be re-applied for future use.

How to make those 'windows to the soul' look their best

Eyelash Tinting
Eyebrow Tinting
Eyebrow Shaping

Our professionally trained make-up artists will create the mood especially for you based on either hot trends or personalising your own ideas. Our aim is to bring out the girl inside, showing you how to look and feel your best. We deliver an exclusive one-to-one experience unlike anywhere else as we can accentuate your best features without altering your individual style. We also cater for weddings and other occasions, offering a complete makeup service.





SPECIAL PACKAGES

Double Lash

Two eyelash tints within 10 days.
Longer lasting & more intense effect

The Eyes

Eyebrow Wax/Shape, Eyebrow Tint
Eyelash Tint

Nail & Beauty Brows

Sanitise, Tint, Wax, Threading,
Tweezing, Cleansing & Pencilling

Total Gelish or ManiQ

On the fingers and also on the toes

Ultimate Foot

Callus Peel, Luxury Jessica Pedicure
& Foot Massage

Indulgent Pamper Package

Luxury Jessica Manicure, Luxury
Jessica Pedicure, Body Massage &
Guinot Hydradermie Facial

WEDDING TREATMENTS

We are experienced at tailor making
treatment packages to help enhance
your special day.

CHILDREN'S PARTIES

We can cater for up to 20 young ladies
to be pampered with a **mini miss
manicure and/or pedicure**. Please
contact us for more details.



Cancellation Policy

Cancellations are accepted up to 24hrs prior to the start of your appointment without incurring a charge. Without this notification you are charged 50% of the treatment price.

As courtesy to others we would be extremely grateful if mobile phones could be switched off or placed on silent.

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