

## MASSAGE AND WELL-BEING

We offer a range of expert massage techniques for stress reduction and total body relaxation to suit individual needs.

BACK, NECK AND SHOULDERS (30 mins).....	£31.50
FULL BODY (60 mins).....	£49.50
HEAD, NECK AND SHOULDERS (15 mins).....	£20.75
TOTAL BODY WELLNESS (60 mins).....	£49.50

Includes back treatment with oils and mask, massage of back, backs of legs and scalp for total body relaxation.

AYURVEDIC FACIAL (60 mins).....	£58.00
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A unique concept that has been likened to a facial and Indian head massage combined in one therapy treatment. A journey of oriental bliss is based on the ancient Ayurvedic principle.

PURE INDULGENCE (90 mins) .....	£71.50
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This is a very special 90 min treatment. The quintessential combination - experience a back, neck and shoulders massage and an essential facial. Simply relax!

HOPi EAR CANDLES (30 mins) .....	£29.50
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A holistic approach to ear suffering – can help relieve sinus problems, headaches, catarh and clogged ears. A soothing treatment which includes a pressure point massage to face and ears.

REIKI (45 mins).....	£35.50
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A Japanese healing treatment that will help to still the mind, calm emotions and heal the body – bringing inner peace.

HOT STONE MASSAGE (45 mins).....	£42.50
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Luxurious treatment on back and back of legs using heated stones which are bathed in warm oils and massaged over the skin to melt away knots, tension and stress.

INDIAN HEAD MASSAGE (30 mins).....	£31.50
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An ancient Indian Head Massage treatment for the shoulders, head & scalp, which helps to relieve sinus blockages, headaches and stress.

REFLEXOLOGY (45 mins).....	£34.50
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A specialised ancient healing art working on the reflex points of the feet to stimulate circulation, detoxicate, relax and restore the free flow of energy to the whole body.

YUMMY MUMMY PREGNANCY MASSAGE (1 hour).....	£48.50
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Using specific pre-natal massage techniques, this treatment works to relieve tired muscles, ease cramps, increase circulation and send you to a relaxed state of blissful calm.

## SPECIAL PACKAGES

PICK ME UP PAMPER (2 hours)(Saving £15).....	£78.50
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Dermalogica Pro skin 30  
Back, neck and shoulder massage  
Deluxe Manicure.

LUXURY PAMPER (4 hours) (Saving £21.50) .....	£145.00
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Includes Dermalogica Pro skin 60 Essential,  
Eyebrow Shape, Full Body Massage, refreshment,  
Express Colour Manicure and Luxury spa Pedicure.

## EAR PIERCING

(Complete with 24 carat gold plated studs and aftercare lotion) ....£25.00

## LITTLE WOMEN UNDER 16'S

Mini manicure .....	£12.75	Eyebrow shape/trim.....	£8.75
Half leg wax .....	£14.75	Clear Start teen facial.....	£26.50
Under arm.....	£8.75	Half leg & Underarm.....	£20.75
Bikini wax.....	£8.75	Full leg Bikini	
Half leg, Bikini		& Underarm .....	£26.50
& Underarm .....	£22.75		

Please note - All treatments 90 mins and over will require a £10 deposit at the time of booking.

Do visit our 'walk in' nail bar on the ground floor in Bradbeers (perfumery department)

## OPENING TIMES

Monday .....	9.00am to 5.15pm
Tuesday .....	9.00am to 5.15pm
Wednesday .....	9.00am to 5.15pm
Thursday .....	9.00am to 8.00pm
Friday.....	9.00am to 5.15pm
Saturday .....	9.00am to 4.00pm

Gift vouchers available



All prices include VAT.

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# Treatment Price List

Suzanne Portman

## DERMALOGICA SKIN TREATMENTS

Our treatments are carefully designed and tailored to meet your individual requirements using therapeutic and pioneering Dermalogica products.

### PRO SKIN 30 EXPRESS (30 mins) .....£30.50

Our customised treatment on your time! Targeting your key skin concerns for maximum impact in minimum time. This treatments is a firm favourite with those who have just 30 minutes and want visible results.

### PRO SKIN 60 ESSENTIAL (60 mins).....£53.00

The ultimate treatment, different every time. Customised with advanced product, technique and technology in a soothing environment. The ideal choice for those that want a comprehensive experience to address all skin concerns and achieve healthy, glowing skin.

### PRO SKIN 60 AGE SMART (60 mins) .....£58.00

For prematurely ageing and mature skin. This treatment delivers immediate results using Age Smart range of products with vitamins and hydroxy acid exfoliation to resurface and re-texture the skin.

### PRO POWER PEEL (30 mins) .....£61.00

Dermalogica's stongest and fastest peel. This peel uses three different acids to rejuvenate and refresh, helping to achieve the healthiest of skins.

### PRO POWER PEEL (60 mins) .....£106.00

This highly effective customised 60 minute treatment combines the benefits of our 'Pro Power 30' with additional advanced techniques plus technologies. Peel results are dramatically enhanced by incorporating powerful ion active serums, a personalised mask plus relaxing massage to ensure you achieve your healthiest skin ever. This treatment includes a treatment kit to take home.

Dermalogica peels are safe and effective and performed by one of our trained 'expert' professionals. A patch test is required 24 hours before.

## ADVANCED FACIALS

### DIAMOND PEEL MICRODERMABRASION

The most advanced microdermabrasion using diamond grain. The treatment allows you to treat lines, wrinkles, dull dehydrated skin, sun damaged skin, acne scarring and congested acne prone skin.

#### SKIN SMOOTHIE

30 mins.....	£41.50
Course of 5.....	£166.00
Course of 10.....	£332.00

#### SUPER SKIN SMOOTHIE

60 mins.....	£57.50
Course of 5.....	£230.00
Course of 10.....	£460.00

#### DERMAPLANING

45 mins.....	£50.00
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A gentle non invasive form of exfoliation that removes the top layer of dead skin cells and fine facial hair. This encourages skin to regenerate skin cells leaving the complexion smoother, softer and brighter, giving a flawless finish when applying makeup (contrary to popular belief, vellus hair will not grow back thicker or darker, it will grow back at the same rate.)

## CACI NON SURGICAL FACE LIFT

The award winning CACI microcurrent system is the most publicised salon treatment system available. Individual treatment will give results but for optimum results a course of 10 is recommended.

60 mins.....	£55.00
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Course of 5 (Saving £27.50).....	£247.50
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Course of 10 (Saving £55).....	£495.00
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## CACI ULTIMATE ANTI AGEING FACE LIFT

This comprehensive treatment is the elite in anti ageing incorporating microdermabrasion, hydratone mask, microcurrent face lift and wrinkle comb. The treatment targets deep lines and wrinkles and hydrates the skin.

(90 mins).....	£80.00
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Course of 5 (Saving £40).....	£360.00
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Course of 10 (Saving £80).....	£720.00
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## CACI JOWL LIFT

The CACI jowl lift has been designed with quad probe applicators which offer double the lifting action of other CACI treatments for enhanced results. This treatment has been developed specifically to target muscle laxity round the jawline often caused by ageing.

30 mins.....	£26.50
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Course of 10 recommended 2 times weekly (Saving £26.50) ..	£238.50
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Added on to any other CACI treatment 15 mins.....	£15.75
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## CACI EYE REVIVE

The CACI Eye Revive treatment uses microcurrent to gently lift and tone sagging muscles around the eye area, whilst serum filled rollers and a deeply nourishing eye mask reduce fine lines, dark circles and puffiness.

45 mins.....	£41.00
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Course of 10 (Saving £41).....	£369.00
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## CACI EYE REVIVE AND JOWL LIFT

A rejuvenating treatment which targets the jaw line and eye area

60 mins.....	£56.00
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Course of 5 (Saving £28).....	£252.00
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Course of 10 (Saving £56).....	£504.00
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## EYE CARE

A sensitivity test is compulsory 24hrs prior to tinting and eyelash lifting.

Eyelash Tint.....	£16.25	Eyebrow Tint/Shape.....	£16.75
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Eyebrow Tint.....	£11.75	Eyebrow Shape.....	£11.75
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Eyelash/Eyebrow Tint.....	£21.75	Eyelash/Eyebrow Tint/Shape.....	£26.50
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#### LASH LIFT

This is an exciting technique that gives you longer and fuller looking lashes without the need for extensions. Your own lashes are given a natural lift from the root and a colour boost is added, creating a beautiful 'open eyed' effect and a more youthful appearance that is completely natural.

(lasts up to 8 weeks) (60 mins).....	£38.50
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#### FAB BROWS

This treatment consists of tinting, waxing, trimming, shaping and powder to create your perfect eyebrow shape.

(30 mins).....	£21.00
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## TANNING

Using Sienna X evenly applied by a therapist to complement your existing skin shade. Includes exfoliation (60 mins).....£36.50

## HAIR REMOVAL

#### WAXING

Half leg.....	£18.75	Full leg & Brazilian/	
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Half leg & Bikini.....	£24.75	Hollywood.....	£45.75
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Half leg, Bikini &		Bikini.....	£12.75
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Underarm.....	£31.50	Brazilian/Hollywood.....	£22.50
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Half leg & Brazilian/		Underarm.....	£12.75
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Hollywood.....	£36.00	Forearm.....	£15.75
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Full leg.....	£28.50	Lip or Chin.....	£11.75
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Full leg & Bikini.....	£31.50	Lip & Chin.....	£14.75
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Full leg, Bikini		Chest or Back.....	£23.75
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& Underarm.....	£34.50	Chest & Back.....	£34.50
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## ELECTROLYSIS (Progressively permanent hair removal)

Free consultation

Minimum charge.....	£14.75
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15 minutes.....	£18.75
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30 minutes.....	£26.50
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REDVEIN/SKINTAG REMOVAL (15 mins).....	£30.50
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## HAND AND FOOT CARE

EXPRESS COLOUR MANICURE/PEDICURE (30 mins).....	£15.75
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Nail shape is tidied followed with the colour of your choice.

DELUXE MANICURE (1 hour).....	£31.50
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Includes cuticle work, scrub, massage, reshape and polish.

LUXURY SPA MANICURE (1 hour 15 mins).....	£36.50
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Incorporating scrubs, masks, heated mitts, cuticle work, re-shape, polish and a luxurious hand and arm massage. The ultimate 'Hand Facial'.

DELUXE PEDICURE (1 hour).....	£31.50
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This treatment includes a refreshing foot bath, cuticle work, removal of rough skin, exfoliation and foot massage, followed with your choice of polish.

LUXURY SPA PEDICURE (1 hour 15 mins).....	£36.50
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Target indulgence for the feet, lower legs and toe nails. The application of stimulating scrubs, masks, heated boots, cuticle work, re-shape, polish and cream make you feel like you are walking on air

Add on Shellac to any Hand and Foot Care treatment.....	£8.00
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## NAIL ENHANCEMENTS

Full Set (tips).....	£41.50
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Infills.....	£26.50
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Full Set overlay.....	£31.50
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Full Set soak off and re apply.....	£51.50
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Single nail repair.....	£5.25 per nail
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Shellac on top of acrylic/silk.....	£10.00
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Soak off with mini manicure.....	£31.50
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Shellac removal from acrylic/silk.....	£5.75
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## SHELLAC

No chipping, no smudging, no kidding. A thin, flexible LED gel polish that dries in zero time giving you a flawless, mirror finish for up to 14 days. Includes cuticle work and nail shape.

Shellac file and apply.....	£26.50
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Shellac soak off only (15 mins).....	£10.75
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Shellac soak off and reapply.....	£31.50
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Shellac removal with any other nail treatment.....	£5.75
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Nail art.....	from £5.50
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