Environ Skin Care.

Active Vitamin Treatment 55 minutes (3 areas)

Packed with nourishing, anti-ageing ingredients, the Active Vitamin Treatment will leave your skin looking radiant and dewy. The freshest, most active forms of vitamin A, C and antioxidants are driven deep into the lower layers of the skin using sound waves and small electrical pulses. This scientific approach stimulates collagen to soften lines and improve elasticity, increase hydration and

The Active Vitamin Treatment is suitable for all skin types and is particularly effective at addressing sun damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring with noticeable differences after just one session.

Advanced Active Vitamin Treatment 85 minutes (10 areas)

£90

Collagen Power Facial

£65

This peptide-packed facial helps boost collagen, soften fine lines, and tightens lax skin, resulting in a more youthful appearance. Ideal for targeting mature or photo-damaged complexions.

This treatment uses gentle sound waves to drive a special nutrient-packed serum gently into the lower layers of the skin. The formula contains a unique combination of 3 peptide complexes which work in synergy to give skin a plumper, more radiant appearance.

Hydraboost Treatment

£90

The perfect antidote to dry, lacklustre skin, this intensive treatment deeply hydrates whilst plumping and firming the skin. This facial helps to reduce fine lines caused by dehydration and increase the plumpness of the dermis, resulting in moisturised, glowing skin.

The Frown Treatment 45 minutes

£65

£90

This highly effective treatment uses a special penta-peptide serum to target frown lines and achieve dramatic results. The unique combination of active ingredients is driven deep into the skin to soften lines and reduce muscle tension in the forehead helping to prevent new lines forming. The treatment targets the same chemical complexes as injectables without the associated risks.

Cool Peel

£65

This revolutionary approach to peeling achieves incredible results without damaging the skin. Low strength lactic acid is used to reduce the skin's pH and trigger the release of growth factors, which helps create tighter, smoother skin. It destroys bacteria, boosts hydration and removes the build up of dead skin cells, helping to decongest the surface and smooth its texture. The Cool Peel is ideal for clients with lines and wrinkles, uneven texture or problem skin, sun damage and rosacea.

Precision Treatment 30 minutes

£45

This time effective treatment targets specific areas of concern using unique skin care techniques that ensure effective results. This treatment is perfect for when your time is limited.

Purifying Treatment

£45

Created to purify, micro-exfoliate and re-hydrate your skin, this particular treatment assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin, leaving your skin feeling like new.



Pristine Microdermabrasion.

Microdermabrasion is based on a mechanical exfoliation thus giving you a smoother, fresher, softer, clearer and rejuvenated look after your very first treatment. Pristine treats and minimises the appearance of:

- Fine lines, wrinkles and crow's feet
- Ingrown hairs
- Acne and trauma scars
- Enlarged pores
- Sunspots
- Blackheads
- Uneven skin textures

Treatments start from just £29

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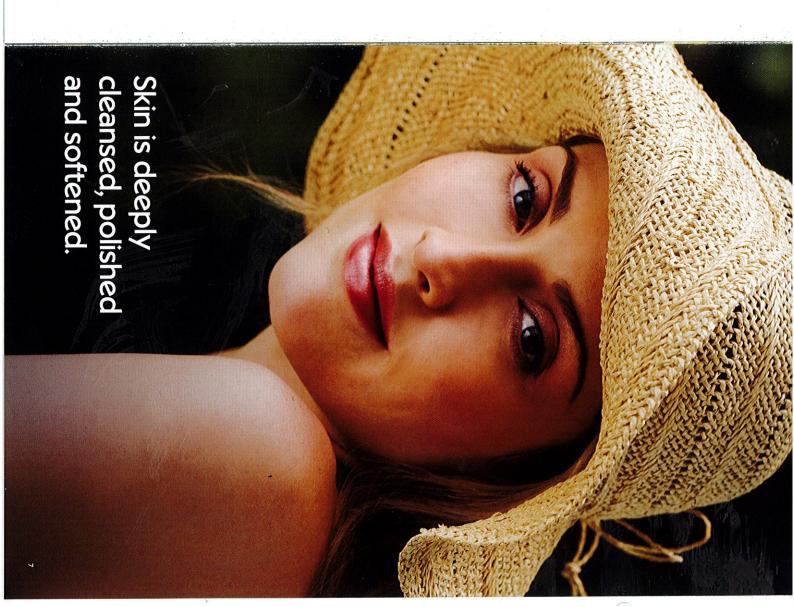
Microdermabrasion £70
45 minutes

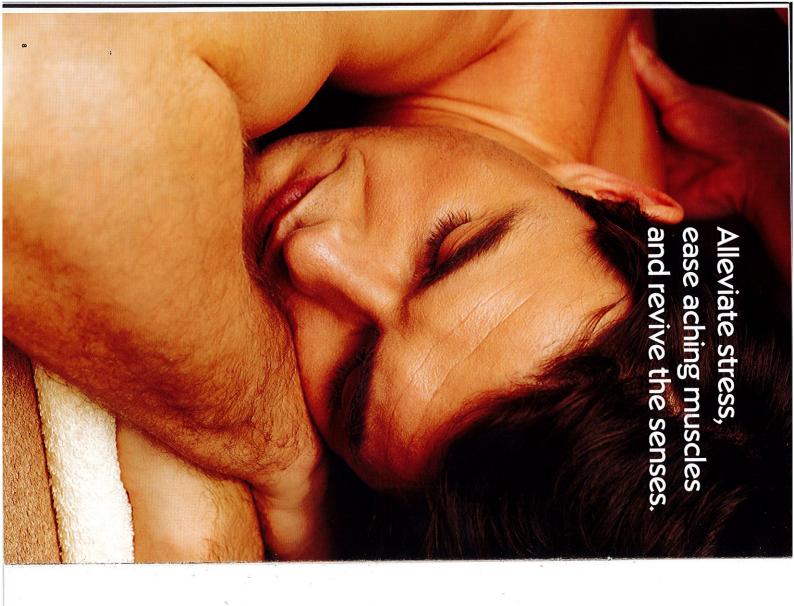
Microdermabrasion £45
30 minutes

Course of three Microdermabrasion £99
30 minutes each

(Courses valid for 3 months only)

All clients new to microdermabrasion must have an initial 15 minute skin analysis.





Body Treatments.

At the Beauty Suite, we use the finest cold pressed oils and pure essential oils. Synthetic free, natural scent and no added preservatives, chemicals or dispersant.

Swedish Massage

As the best known type of bodywork performed today, one of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by manipulating the muscles with long gliding strokes. Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility, whilst easing tension.

Swedish Massage	Swedish Massage	Swedish Massage	Swedish Massage
	40 minutes	50 minutes	85 minutes
£35	£45	£60	£90

25 minutes

Scalp Ritual

Richly scented essential oils are massaged into the hair, releasing tension, conditioning the scalp and leaving hair shiny, glossy and nourished.

Foot Kitual

£25

This treatment combines a foot exfoliation to relieve rough, dry feet and heels followed by a soothing foot and leg massage using a combination of suitably blended oils and a foot mask to nourish and smooth.

Body Polish

A relaxing all over exfoliation and layering of richly nourishing products, leaving the skin looking radiant and feeling wonderfully smooth.

£60

Naturally Thinking Pure Spa Aromatherapy Facials.

Using core fundamentals of natural ingredients and no synthetics, our natural aromatherapy facial care range is loving to your skin and naturally rejuvenating.

A relaxing facial based upon your specific skin type; lie back in comfort as we apply effective skincare products, using relaxing facial techniques that will leave your skin feeling fresh and energised.

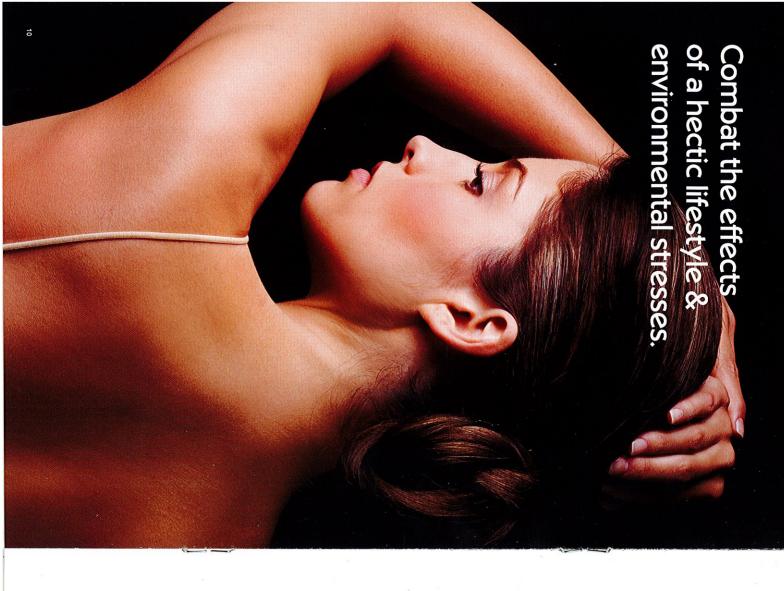
Simply choose how long you would like your facial:

Prescription Facial 25 minutes

Prescription Facial 50 minutes

£35

£60



Pregnancy.

Benefits of Prenatal Massage

reduces stress on weight bearing joints, wonderful complementary choice for prenatal during pregnancy, such as backache, stiff neck, promote overall wellness. Massage relieves care. It is a healthy way to reduce stress and Massage therapy during pregnancy is a In addition, massage for pregnant women leg cramps, headaches and oedema (or swelling) many of the normal discomforts experienced

> or anxiety caused by hormonal changes. better sleep and can help relieve depression helps to relax nervous tension which aids in encourages blood and lymph circulation,

J. Same

During The Prenatal Massage

are especially comfortable. care to ensure our pregnancy massage clients At the Beauty Suite, our therapists take extra

Relief of Everyday Symptoms

discuss with your therapist any everyday of benefits, and it's always a good idea to symptoms you'd like to see relieved I hose might include: Massage for pregnant women offers a number

Headaches can be relieved by massage In addition, maintaining optimal levels and muscle spasms. headaches by relaxing trigger points the chances of migraines or tension of stress relief through massage reduces focusing on the head, neck and shoulders.

25 minutes

- Muscle tension created by carrying the extra weight of a baby can be relieved oxygen and also increases the flow of areas. This provides more nutrient rich by encouraging blood flow to the affected and metabolic waste. lymphatic fluid, which sweeps away toxins
- Fatigue, backaches, leg cramps and swelling/oedema can all be relieved pregnant women. through various types of massage for
- The ordinary aches and pains of pregnancy are countered by the release of serotonin.

Scalp Ritual	Pregnancy Facial 50 minutes	Foot & Leg Ritual 25 minutes	Pregnancy Massage 50 minutes (from 2nd trimester)
£25	£65	£25	£60

Foot Ritual shiny, glossy and nourished. conditioning the scalp and leaving hair massaged into the hair, releasing tension, Richly scented essential oils are £25

25 minutes This treatment combines a foot exfoliatio
This treatment combines a foot exfoliation
to relieve rough, dry feet and heels
followed by a soothing foot and leg
massage using a combination of suitably

Body Polish and smooth. blended oils and a foot mask to nourish £30

|--|

leaving the skin looking radiant and layering of richly nourishing products A relaxing all over extoliation and feeling wonderfully smooth

Nail Bar.

Manicures/Pedicures

perfectly polished feet.		
your toe nails tended, leaving yo		application of cream & polish.
feet will be buffed and softened		cuticles, cuticle nourishment,
skin. The hard skin on the soles c		Nail file & shape, push back of
is suitable for those with problem		
will be smoothed away. This treat		30 minutes
Using a glycolic foot peel, your c	£25	Express Manicure/Pedicure
55 minutes		20 minutes
refrectly rollshed redicure	±20	THE & FOISh

£40

calluses atment m hard of your ou with and

cuticle work, massage, polish. Nail file & shape, exfoliation, soak, 45 minutes

Standard Manicure/Pedicure

£35

Jessica Geleration Nails

With the health of the natural nail in mind Jessica's Geleration Gel formula delivers a New technology, new technique! long lasting finish for up to 3 weeks.

- No trauma to the nails
- Dries in seconds
- Fume Free
- Gives longevity to Manicures
- Ideal for special occasions and holidays
- Can last up to 3 weeks
- Glides like a polish, performs like a gel

Geleration Manicure 45 minutes

£29

Cuticle work, file & shape, buff, application of gels, oil.

£29

application of gels, oil. Cuticle work, soak, file & shape, buff, 45 minutes Geleration Pedicure

Gel Removal

£15

Perfectly Polished Pedicure £45

> silkier, smoother and Hands are noticeably firmer than before.



Waxing.

Lycon Wax

Lycon Wax is a pain free hot wax taking the beauty industry by storm. Lycon is ideal for the most intimate and sensitive areas as well as coarser hair types.

Australian Body Care Wax

Australian Body care is perfect for all skin types. The main ingredient, tea tree, has antibacterial qualities, leaving the skin healed, soothed and smoothed.

WAXING WARM LYCO WAX HOT W	Upper lip £10	Chin £10	Upper lip & Chin £17	Eyebrow Wax £15	Underarms £16 £19	Full Arm £25	Half Arm £18	3/4 Arm £23	Full Leg £34	1/2 Leg £25	Standard Bikini £15 £20	Extended Bikini £25 £30	Brazilian £42	Hollywood £42	Chest Wax £30	Back Wax £35	Wax	Wax 1 Wax	
LYCON HOT WAX					£19						£20	£30	£42	£42					

For your eyes.

HD Brows 45-60 minutes

£45

Every HD Brows treatment is absolutely bespoke, as our therapists assess the shape of your face and colouring before creating a bespoke brow, tailored exclusively for you. Even if you have sparse areas, hope is not lost. Our expert stylists will work with you on a re-growth programme to achieve the perfect eyebrows for you.

LVL Lashes 45 minutes

£50

LVL stands for Length, Volume, and Lift. The stunning alternative to eyelash extensions! LVL has been designed to enhance your natural eyelashes by straightening them rather than curling to create the illusion of longer, thicker lashes. The treatment takes between 30 and 45 minutes depending on the length and quality of your natural lashes.

- No adhesive or lash extensions used
- No mascara needed
- Lasts up to 6 weeks
- Very low maintenance lash treatment

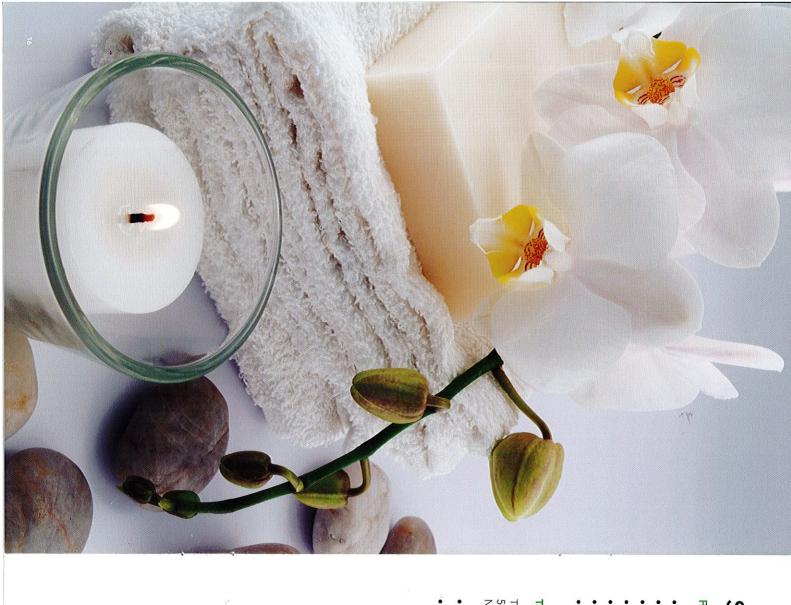
With LVL, your results are immediately visible, plus your fabulous new look will last up to 6 weeks. LVL can be a more cost effective, lower maintenance alternative to eyelash extensions.

Bright Eyes	Eyelash Tint	Eyebrow Tint	Eyebrow Shape
£38	£18	£12.50	£15

Patch test required for all treatments

Eyelash tint, eyebrow tint and shape.





Spa Packages.

Facilities include:

- Stunning 20 metre ozone pool
- Steam, sauna and plunge pool
- Fully equipped free weights gym
- Resistance and cardio suite
- Access to group exercise
- Squash Courts

Treatment Retreat

£70pp

Nuffield Health Moorgate facilities : 50 minute treatments and use of This package includes one of the following

- Prescription Facial
- Swedish Full Body Massage

Weekend Spa Escape

40 minute treatments : This package includes two of the following

- Prescription Facial
- Swedish 40 minute Massage
- Foot Ritual
- Scalp Ritual
- **Body Polish**

Valid Friday, Saturdays, Sundays and Bank holidays only.

(minimum 6 guests) The Twilight Spa Retreat

massage. A bespoke group exercise class will be created with the needs of the group taken building sessions. Each guest will receive a glass of bubbly upon arrival and a 50 minute such as a corporate day, hen event and team into account. This package is ideal for a group booking

Soprano Pain-Free Hair Removal.

Full legs; back and shoulders; chest and abdomen	Full arm; full pubic/designer bikini; lower leg; upper leg; back	3/4 arms; shoulders; extended bikini; bikini thong and underarms; buttocks; lower back	Upper arm; lower arm; lower face and front of neck; chest; abdomen; part buttocks; full neck; bikini thong	Bikini standard; upper lip & chin	Underarms; cheeks; front or back of neck	Hand and fingers; feet and toes; navel pubis line; buttock crease; chin; hairline; eyebrow and glabella; sideburns	Eyebrows; earlobes; glabella; nipple; upper lip	Female Laser Hair Removal
£290	£220	£155	£140	£120	£90	£80	£50	SINGLE
£1450	£1100	£775	£700	£600	£450	£400	£250	6 PACK

Quick and Effective For All Skin Types.

Full legs; back and shoulders; chest and abdomen	Fufl arm; lower leg; upper leg; back	Buttocks; 3/4 arms; lower back; shoulders; abdomen	Lower arm; beard; chest; upper arm	Upper lip & chin; part buttocks; full neck	Underarms; navel pubis line; front or back of neck	Hand and fingers; cheeks; feet and toes; buttock crease; hairline; eyebrow and glabella; sideburns	Eyebrows; earlobes; glabella; nipple; upper lip	Male Laser Hair Removal
£320	£260	£165	£155	£140	£90	£80	£50	SINGLE
£1600	£1300	£825	£775	£700	£450	£400	£250	6 PACK

In order to get the most from your session, we recommend you arrive at least 10 minutes before your appointment. This will give you time to book in, complete your preliminary consultation and relax before your treatment begins.

Please note that treatments are only available to persons over 18 years of age. Treatments times are approximate and include time for changing and consultation.

Cancellations

If you do need to cancel your appointment, please give us at least 24 hours notice. Wherever possible, we will attempt to reschedule your session for you. However, if you cancel less than 24 hours before your appointment, you will be required to pay a cancellation fee of 100% of the total treatment cost.

Medical Conditions

If you have any of the following conditions, please let us know when you are booking your treatments: cancer, high/low blood pressure, over active thyroid, seafood or nut allergy, asthma or if you are pregnant.

Late Arrivals

Depending on your arrival time we will determine how much of the service we are able to offer. We will do everything we can to accommodate late arrivals, but in some circumstances appointments may have to be rescheduled.

ookings

Please refer to the back page of this brochure for contact details and booking information.

Patch Tests

Patch Tests are required on certain services including eyelash lifting, eyelash tinting, brow tinting and laser hair removal. In most cases these are 24 or 48 hours in advance, but please ask for more information. In the rare instance that you may experience a reaction, we ask that you inform us within 24 hours.

Deposits

Specific services and treatments require a 100% deposit at the time of booking. If an appointment is cancelled without the required 24 hours minimum notice, the deposit becomes non refundable. Deposits are fully refundable where a cancellation takes place more than 24 hours prior to the appointment time. In addition, deposits are also required for the following services:

- All treatments and services over the value of £100
- Courses where a cancellation is made without 24 hours notice, the appointment will be non transferable
- Group bookings(+2 clients)
- Spa Packages

Gift vouchers

Vouchers are the perfect stress free gift for friends and family. You can either choose a specific treatment from our brochure or a gift value amount, leaving the recipient to choose whatever treatment they wish.

Vouchers are valid for a full six months and are available from the main reception.

For all group spa bookings, contact the Spa Manager on **0203 811 2436**.