

HAND AND NAIL TREATMENTS

Manicures and pedicures using the Naittiques range of Prescriptive Nail products, CND Vinylux week-long polish or CND Shellac™ and CND Shellac Luxe™ for a 14-day mirror finish colour with zero dry time.

All our Shellac™ treatments include a FREE removal service.

Prescriptive Manicure **£26**
(With Shellac™ or Shellac Luxe™ Polish – from £36)

The treatment is modified to your personal hand and nail condition. Includes thorough cuticle and nail treatment, a hand and arm massage, plus a CND Vinylux™ colour polish or Naittiques treatment protein of your choice.

Mini Manicure **£17.50**

This maintenance treatment includes an application of a Naittiques Prescriptive Protein Formula to improve your nail condition – perfect for those trying to grow their nails or just looking for professional help in improving their condition.

Luxury Manicure **£36**
(With Shellac™ or Shellac Luxe™ Polish – from £46)

As per our Prescriptive Manicure plus a thorough exfoliation and deep moisturising treatment using heated mitts. Perfect for those with painful joints or hands that need a lot of TLC!

Shellac™ or Shellac Luxe™ Gel Polish Application for fingers or toes (includes professional removal) **from £25**

Nail Paint with CND Vinylux™ **£11**

Prescriptive Pedicure **£31**
(With Shellac™ or Shellac Luxe™ Polish – from £41)

(please bring open-toed shoes if opting for CND Vinylux™ Polish) Using the amazing Microplane Footfile™ to tackle hard skin. Includes a leg and foot massage, thorough cuticle work and toe nail paint with CND Vinylux™.

Luxury Pedicure **£41**
(With Shellac™ or Shellac Luxe™ Polish – from £51)

(please bring open-toed shoes if opting for CND Vinylux™ Polish) As per our Prescriptive Pedicure plus a thorough exfoliation, nourishing mask and deep moisturising treatment using heated boots. Fantastic for those with aching feet, poor circulation or feet in need of some serious attention!

BEAUTY PACKAGES

Our Beauty Packages combine some of our most popular face and body treatments and provide the perfect way to take time out, relax, unwind and experience moments of pure Bliss.....

Pre-Holiday Essentials **£55**

Just the ticket for your pre-holiday requirements! Includes ½ leg wax, bikini wax, mini pedicure including nail paint, eyebrow shape and an eyelash tint. (Patch test required prior to first eyelash tint treatment)

Serenity **£42**

Relax and unwind with our Serenity Beauty Package which includes a choice of our Guinot Petite Facial or Temple Spa Good to Go Facial plus a relaxing Back, Neck & Shoulder massage.

Harmony **£65**

Let us soothe you with our Harmony Beauty Package which includes a choice of our Guinot Essential Facial or Temple Spa Skin Therapy Facial, a mini manicure and a mini pedicure including colour polish of your choice.

Tranquility **£97**

Pure relaxation awaits with our Tranquility Beauty Package which includes our Guinot Aromatic Facial or Temple Spa Relax & Restore Facial, a Back, Neck & Shoulder massage and a Prescriptive Pedicure.

Heavenly **£159**

Indulge your senses with our all-encompassing Heavenly Beauty Package which includes our Guinot Aromatic Facial or Temple Spa Relax & Restore Facial, a Full Body Massage, Luxury Manicure and Luxury Pedicure. Heaven on Earth!

CANCELLATION POLICY

While we understand that sometimes cancellations are unavoidable, we do ask for a minimum of 24 hours' notice if you need to cancel (48 hours if your treatment is over £30.00).

If appropriate notice is not given, we will charge you the full cost of your treatment and we reserve the right to request a deposit, which we will keep if appropriate notice is not given. Salon minimum charge is £5. Payment is accepted by cash, credit or debit card.



treatment menu

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GUINOT FACIAL TREATMENTS

Introduce your skin to the benefits of professional skincare with Guinot-trained skincare experts. Over 40 years ago, Guinot introduced the first machine-based facial which uses galvanic, high-frequency technology, known as the award-winning Hydradermie Cellular Energy. Guinot has since led the way in treatment innovations and continually adapts and develops their formulas to ensure they provide only the best results. With outstanding clinical trial results, you will definitely see a difference in your skin.

Hydradermie² Youth -The Complexion Rejuvenating Treatment £70
 NEW for 2019, Guinot's revolutionary treatment achieves immediate results and provides an alternative to aesthetic medicine. Using dynamic ionisation and thermal energy, this unique treatment encourages the cellular energy in the skin to beautifully enhance and spectacularly rejuvenate the complexion. With bespoke variations to suit your skin type and concerns, exceptional, visible and clinically proven results can be achieved after just one treatment.

Hydradermie² Youth Age Logic - The Anti-Ageing Star Treatment £85
 Clinically proven to improve wrinkle depth by up to 49.5%, this specially designed anti-ageing Hydradermie² facial focuses on the eyes, face and neck to target signs of ageing.

Hydradermie² Lift - The Instant Lifting Treatment £70
 Hydradermie Lift brings revolutionary youthfulness and renewed tone by stimulating the muscles and providing a massage that lifts the facial features. In the same way that body muscles are "sculpted" at a gym, this treatment adds a spectacular "lift effect" to your face after just a few sessions.

Hydradermie² Lift Express - The Express Treatment £47.50
 For those who are in a hurry and need quick results, this treatment includes skin cleansing and muscle stimulation restoring a youthful tone to the complexion.

Course of 8 £335
Course of 12 £475

Hydradermie² Lift Deluxe - The Ultimate Lifting Treatment £110
 Combining the Hydradermie² Age Logic and the Hydradermie² Lift, this will leave your skin looking fresh and radiant. Experience an immediate lift through stimulation of the muscles, lifting the face, adding firmness and leaving an overall younger appearance.

Hydraclean - The Deep Cleansing Facial £33
 Designed to deep cleanse, this 30 minute treatment uses a unique combination of hands on massage or brightening mask and the Thermoclean patented heated device to rid the skin of impurities, while warming and relaxing the skin, leaving it instantly brighter, clearer and more radiant.

Hydradermie² Eye Logic - The Instant Eye Repair Treatment
 This unique treatment targets signs of ageing and tiredness around the delicate eye area, including fine lines, wrinkles, puffiness and dark circles, using an expert combination of machine technology, a specific hands-on massage and a specially designed eye mask soaked in a concentrated skin repair serum for maximum effectiveness. 87.5% of volunteers found their wrinkles and fine lines to be diminished and smoothed away*.
 *Consumer trial results tested on a panel of 8 subjects

£48 or £30 if added to another treatment
Age Summum - The Ultimate Anti-Ageing Treatment £75
 The pinnacle of anti-ageing treatments, this uses pure Vitamin C, Hyaluronic Acid and Pro-Collagen to target the signs of ageing. Active ingredients are penetrated into the skin using the exclusive Age Summum anti-ageing facial massage, smoothing fine lines and wrinkles and restoring youthful radiance.

Hydra Peeling - The Radiance Peeling Treatment £70
 This is a skin rejuvenating treatment with two peeling options that are adjusted and prescribed based on the client's beauty goals and skin sensitivity. A revolutionary treatment, it enables clients with even sensitive skin to benefit from an enhanced cellular regeneration peel and is a unique alternative to aesthetic medicine, erasing visible signs of ageing, brightening skin tone and diminishing dark spots.

Lift Summum - The Instant Definition Treatment £70
 NEW for 2019, this innovative firming facial achieves instant results across all areas of concern: face, neck and décolleté. Involving a unique combination of lifting manoeuvres suited to each of these areas, a wrinkle eraser and a specific face and décolleté mask, this provides instant definition and a long-lasting lifting effect from the first treatment. Boost results of regular Hydradermie Lift facials or alternate with Age Summum treatments for incredible results.

Aromatic - The Beauty Treatment with Essential Oils £50
 Powered by essential oils, this luxurious treatment uses carefully selected plant concentrates to bring natural beauty to your skin. The bespoke treatment method combines aromatherapy with unique massage techniques to fill your skin with energy, plus an aromatic mask to restore natural radiance.

ADVANCED COSMETIC PROCEDURES

Prices start from £50
 Ideal for the removal or treatment of thread veins, skin tags, moles, seborrheic warts, plane warts, verrucas, millia, blood spots, pigmentation marks and other imperfections. A full free of charge consultation is required prior to treatment to ensure suitability for treatment and discuss cost and length of treatment required. Please contact us to discuss your requirements further.

MEDITERRANEAN SPA TREATMENTS

Our Mediterranean Spa Treatments are the perfect blend of sophistication and relaxation combined with Mediterranean passion and soul. Using the finest ingredients, our luxurious results-driven skincare and spa experiences are the ultimate way to recreate a spa wherever you are, not just in the salon, and most importantly to live, breathe and love who you are.

Champagne & Truffles £60
 True indulgence awaits with this super-luxe facial. Black summer truffles, champagne extract, strawberry plant stem cells, gold and silk peptides, precious gems and a patented vitamin complex work in perfect harmony to leave your skin glowing with health and happiness.

Relax & Restore £50
 Calm and relax both your mind and skin with this indulgent aromatic sleep-enhancing facial. Drift away with a soothing blend of Mediterranean essential oils. A wonderful treatment for when you need to wind down and have a moment of peace and quiet.

Pregnancy Pampering £75
 A wonderfully nurturing whole-body experience starting with a specially adapted full body massage with your choice of treatment oil and moving onto a balancing and brightening facial treatment. Slow, smooth massage techniques will alleviate aches and pains and banish signs of fatigue or imbalance. Enjoy your well-earned rest.

Get Up & Glow £50
 Give dull skin the brush-off with this energising treatment. Starting with dry body brushing to invigorate the skin and improve circulation, your body and face will then be buffed and polished with almost edible oat, fruit and sugar scrub treatments. Finally, an application of a luxurious body oil or indulgent moisturiser will leave you glowing and ready for anything. Prepare to bare!

EYE TREATMENTS

Brow Reshape **£10.50**
 Brow Tidy **£8.50**
 Brow Tint* **£7.50**
 Brow Shape and Tint* **£14**
 Eyelash Tint* **£11**
 Brow Shape and Lash Tint* **£17.50**
 Brow Shape, Eyelash and Eyebrow Tint* **£23**
 *Patch test required 48 hours prior to first treatment

MASSAGE & BODY TREATMENTS

Full Body Massage – Deep Tissue or Aromatherapy £49.50
 Using Swedish body massage techniques and aromatherapy oils to ease tension, muscular aches and pains and stress from head to toe (75 minutes).
Back, Neck & Shoulder Massage £27
 Relaxes the body and relieves pain and tension in the head, neck, shoulders and back caused by lifestyle, stress, postural and muscular problems (30 minutes).

GUINOT TECHNI-SLIMMING & TECHNI-FIRMING MANUAL BODY TREATMENTS

Achieve visible results from the very first treatment: using in-depth massage combined with carefully formulated serums and a unique body wrap technique, the appearance of cellulite is visibly reduced and skin's firmness restored.

Techni-Slimming - The Ultimate Slimming Treatment £65
 With key actives of Caffeine and IsoSlim Complex, this unique treatment combats stubborn cellulite, inhibits new fat forming in the targeted area and refines and smooths the silhouette.

Techni-Firming - The Ultimate Firming Treatment £65
 Designed to firm the body and tone the skin using key actives of Crelastin B to improve skin's elasticity and Alaria Esculenta to fight against skin's slacking.

WAXING

Full Leg (inc. Bikini Line) **£29**
 ¾ Leg **£21.50**
 Bikini Wax from **£15**
 Underarm **£9 - £22**
 Forearm **£8.50**
 Lip Wax **£6**
 Lip and Chin **£8.50**
 Back Wax (Men) from **£14**
 Chest Wax (Men) from **£6**
 £8.50 **£15 - £25**
£10 - £20

ELECTROLYSIS (for permanent hair removal)

5 minutes **£8**
 10 minutes **£10**
 15 minutes **£15**
 20 minutes **£20**

