



SLEEPING  
BEAUTY  
SALON LIMITED

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01463 572178

[sleepingbeautysalon.com](http://sleepingbeautysalon.com)



# ABOUT US

## OUR MISSION

**“To bring together a highly motivated and trained team of individuals who will go beyond the call of duty to provide our clients with an atmosphere of relaxation and a first class service, not only the first time, but every time.”**

Sleeping Beauty Salon is a small chain of salons across Scotland, founded in 1999. We believe it's the little things that make the difference; from our hand-made Aromatherapy Candles to our Signature range of treatments, we provide an experience that is just a little bit different.

We have a diverse range of treatments to beautify, relax and indulge and our amazing team are always available to advise on the best treatments and products to meet your needs.

We are honoured to have received several awards over the years and we strive to provide a service that is second to none.

For regular clients we have a loyalty scheme that is free to join and treats you to 3 points per £1 spent.

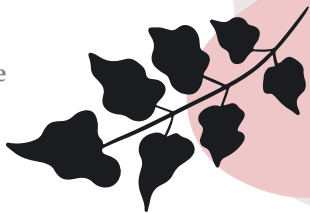
We advise new clients read our 'Useful Info' page at the end of this treatment menu before your first visit.

*“There is nothing sleepy about this salon with well-trained staff and a fantastic mix of treatments.”*

**Professional Beauty Awards**

*“Best Salon for a bright modern interior.”*

**Scottish Woman Magazine**



**PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS**



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## PLATINUM MEMBERSHIP

Members receive the discounted prices shown to the right of standard prices in this brochure, along with a host of other benefits such as exclusive invites to events, discounts on products purchased and much more. Since our Platinum Membership scheme started our members together have saved over £70,000!

New members purchase a 6 month or 12 month membership (prices below). After this has concluded members will be given the option to continue on a pay monthly basis.

These prices include £50 each month being credited to your account to spend on treatments/products along with your membership discounts. For more details ask a member of our team.

**1 YEAR MEMBERSHIP**                      **£550.00**

**6 MONTH MEMBERSHIP**                **£285.00**





# ELEMIS FACIALS

“Where the science of nature meets the science of skin”

## LIST MEMBER

**ELEMIS TASTER FACIAL** 38.50 30.80

The perfect way to experience the Elemis range. This treatment will give a quick pick-me-up for dull, lifeless skin. (30 min).

**SUPERFOOD PRO-RADIANCE** 68.00 54.40

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health. (60 min).

**PEPTIDE 24/7 SKIN SYNC** 68.00 54.40

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to Elemis, are combined with specialist massage techniques to replenish skin with a well-rested glow. (60 min).

**DYNAMIC RESURFACING PRECISION PEEL** 68.00 54.40

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin. (60 min).

**SENSITIVE SKIN SOOTHER** 68.00 54.40

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm. (60 min).

**ANTI-BLEMISH MATTIFY AND CALM** 68.00 54.40

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin. (60 min).

**PRO-COLLAGEN AGE DEFY** 73.50 58.80

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine-charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. (60 min).

**PRO-DEFINITION LIFT AND CONTOUR** 73.50 58.80

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect. (60 min).

# ELEMIS BIOTEC FACIALS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

**LIST MEMBER**

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## **BIOTEC SKIN RESURFACER** 73.50 58.80

This revolutionary clinically proven facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. (60 min).

## **BIOTEC RADIANCE RENEW** 73.50 58.80

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin. (60 min).

## **BIOTEC PEPTIDE 24/7 SKIN SYNC** 73.50 58.80

Inspired by the body's miraculous inner clock and formulated to support tired complexions, our skin renewing 24/7 Skin Sync facial has been designed to target the look of tired skin and help you achieve a well-rested glow. (60 min).

## **BIOTEC BLEMISH CONTROL** 73.50 58.80

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion. (60 min).

## **BIOTEC SENSITIVE SKIN SOOTHER** 73.50 58.80

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin. (60 min).

## **BIOTEC LINE ERASER** 78.50 62.80

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines. (60 min).

## **BIOTEC FIRM-a-LIFT** 78.50 62.80

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted. (60 min).

## **BIOTEC EYE TREATMENT** 42.00 33.60

A specialist eye treatment to gently stimulate and tighten the delicate eye area, without disturbing fragile skin. (30 min).

**Courses of Biotec treatments are available. Contact us for more details.**



# IMAGE FACIALS



A physician-formulated skincare brand from America – for your healthiest skin ever. In an industry complicated by unnecessary chemicals, IMAGE Skincare is a clean line backed by clinical results. IMAGE knows skin inside and out: how to protect it, what makes it healthy, and what keeps it younger looking. Whatever the challenge – sun damage, acne, ageing, rosacea – IMAGE is dedicated to helping its customers Age Later.

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## LIST MEMBER

**SIGNATURE ANTIOXIDANT FACIAL** 85.00 68.00  
A brand-new facial experience!! Includes a mini back, neck & shoulder massage and a deep-cleansing and rejuvenating facial including steam & extractions. This treatment visibly brightens and tightens the skin with Vitamin C, soothing botanicals, power peptides and hyaluronic acid. It delivers vital hydration, visibly plumping the appearance of fine lines and wrinkles. (75 min).

### ENZYME PEELS

**02 LIFT** 55.00 44.00  
This luxurious oxygenating peel treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin. Leaving it luminous, refreshed and rejuvenated. Exfoliation enzymes of papaya and pineapple combined with a unique “foam burst technology” effervescent oxygenating masque designed to create illuminated skin. (25 min).

**ORMEDIC LIFT ENZYME TREATMENT** 55.00 44.00  
A blend of pumpkin, pineapple, and mango fruit enzymes and peptides in an organic aloe vera gel base. This non-chemical peel rebalances, regenerates and restores skin while comfrey plant stem cells recharge your skins stem cells helping to maintain youthfulness of skin. (25 min).

**SIGNATURE FACELIFT ENZYME TREATMENT** 55.00 44.00  
Our signature results-driven treatment combines Vitamin C, hydroxy acids and enzymes to speed up cellular renewal. New technology of centella stem cells support rosacea, redness prone skin and botanical detoxifying and energising complexes give noticeable results in just one session. (25 min).

**Courses of 6 enzyme peels are available for £275.**

### CHEMICAL PEELS

**I PEEL | WRINKLE LIFT** 75.00 60.00  
This powerful peel harnesses the proven anti-ageing effects of retinol and glycolic acid to reduce the appearance of fine lines, wrinkles, dullness and other signs of aging. (40 min).

**I PEEL | LIGHTENING LIFT** 75.00 60.00  
This comprehensive peel combines active botanical brighteners, peptides and plant stem cell technology to create a dark spot-fighting treatment for luminous, even-toned skin. (40 min).



# IMAGE FACIALS

**I PEEL | ACNE LIFT** 75.00 60.00

An intensive treatment for mild to moderate acne. This peel exfoliates congested pores, calms aggravated skin and helps to fade the appearance of spots. (40 min).

**I PEEL | PERFECTION LIFT** 75.00 60.00

This multi-tasking peel reduces the look of fine lines, brings clarity to uneven skin tone and improves the appearance of blemishes. Ideal for aging skin and moderate to severe acne. (40 min).

**I PEEL | BETA LIFT** 75.00 60.00

This powerful BHA treatment contains a high concentration of salicylic acid to rapidly treat acne and visibly smooth the skin's appearance. (40 min).

**Courses of 6 peels are available for £375.**



## MICRODERMABRASION

Ever wondered how those famous faces stay looking so young? Microdermabrasion literally takes years off you by gently exfoliating the outer layers of the skin. Microdermabrasion treats a vast array of skin concerns, on both the face and body, using a safe and controlled method of skin resurfacing. The treatment provides immediate visible results for ageing skin, lines & wrinkles, open pores, scars, stretch marks and much, much more. You'll see the difference after just one treatment, for more problematic skin concerns, however, a course of 6-10 may be recommended. With regular treatments, the skin increases its collagen and elastin formation, to give you a naturally firmer and more rejuvenated look.

**LIST MEMBER**

### MINI FLASH MICRODERMABRASION

Great for those wanting to try Microdermabrasion or as a quick-fix to clean out pores. Includes cleansing, toning, microdermabrasion and moisturisation. (25 min).

**1 TREATMENT** 44.00 35.20  
**COURSE of 6** 220.00 176.00

### BEAUTY FLASH MICRODERMABRASION

Maximise the results of your Microdermabrasion with a powerful hydrating mask to plump out and calm skin and leave you with a softer, radiant and more youthful appearance. (40 min).

**1 TREATMENT** 55.00 44.00  
**COURSE of 6** 275.00 220.00

### DELUXE MICRODERMABRASION

Includes Beauty Flash and a relaxing Face, Neck, Upper Back & Shoulder Massage with a Collagen Firming Eye Treatment. (75 min).

**1 TREATMENT** 80.00 64.00  
**COURSE of 6** 400.00 320.00



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CACI

The most advanced non-surgical treatment system. The CACI Ultra system incorporates 4 different technologies within one state-of-the-art treatment device, Microcurrent, Ultrasonic Peel, Hydratone and LED Light Therapy Photo Stimulation. Note that a course of 10-15 is required for best results. One treatment will have a visible result that will last up to 72 hours.

**LIST MEMBER**

**CACI NON-SURGICAL FACELIFT**

The electrical energy from this non-surgical facelift stimulates and re-educates the muscles to either relax or contract. Consequently, muscle tone is improved, facial contours are re-defined and lines and wrinkles are softened and smoothed. (55 min).

<b>1 TREATMENT</b>	63.00	50.40
<b>COURSE of 10</b>	535.50	428.40

**CACI SUPER NON-SURGICAL FACELIFT**

A longer session that allows our therapists to concentrate on your specific areas of concern. This ultimate anti-ageing facial, lifts, firms and tones to redefine facial contours, plumps out deep lines and wrinkles and intensively hydrates the skin. (70 min).

<b>1 TREATMENT</b>	73.00	58.40
<b>COURSE of 10</b>	620.50	496.40

**CACI EYE REVIVE**

Concentrating on the eye area this treatment lifts and tones the eyes which reduces drooping or hooded eyelids. Intense hydration and repair of the skin leaves the eyes bright, lifted and smooth. (30 min).

<b>1 TREATMENT</b>	37.50	30.00
<b>COURSE OF 10</b>	318.75	255.00

**CACI JOWL LIFT**

The CACI Jowl Lift facial has been developed to target loose muscles around the jaw line and improve the appearance of sagging jowls by using the Quad Probes which have been specifically developed to target the muscles around the jaw line. (20 min).

<b>1 TREATMENT</b>	31.50	25.20
<b>COURSE of 10</b>	267.75	214.20

**WRINKLE COMB**

The Wrinkle Comb combines LED photo stimulation with high frequency electrical stimulation to effectively plump out and soften deep lines, wrinkles, blemishes and stretch marks. The Wrinkle Comb provides the first non-invasive needle-free alternative to collagen injections/dermal fillers. (15 min).

<b>1 TREATMENT</b>	26.50	21.20
<b>COURSE of 4</b>	79.50	63.60



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**CACI HYDRATONE**

Intensive skin hydration and face firming treatment. Using a mask infused with powerful hydrating properties (Collagen, Hyaluronic Acid, Vitamin E and C). De-hydrated and sun damaged skin is immediately quenched, whilst deep lines and wrinkles are plumped out. The face will be left with a remarkably softer, radiant and more youthful appearance. (30 min).

<b>1 TREATMENT</b>	42.00	33.60
<b>COURSE of 10</b>	357.00	285.60

**CACI ULTIMATE**

The ultimate anti-ageing treatment! Includes Skin Peeling, Wrinkle Comb, CACI Non-surgical Facelift & Hydratone. (90 min).

<b>1 TREATMENT</b>	90.00	72.00
<b>COURSE of 10</b>	765.00	612.00

**CACI SKIN PEELING**

A crystal-free and chemical-free skin resurfacing procedure, to achieve a clearer smoother complexion. It works by gently removing the superficial layer of skin. This deep exfoliation is used with red and blue light therapy to brighten and rejuvenate tired, lacklustre, ageing skin. (45 min).

<b>1 TREATMENT</b>	60.00	48.00
<b>COURSE of 6</b>	300.00	240.00

**CACI ACNE TREATMENT**

An intensive skin hydration treatment to calm inflamed acne which includes the CACI gel mask infused with powerful hydrating properties such as Vitamin E, Hyaluronic Acid and Collagen. LED phototherapy is used to improve blood flow and stimulate lymphatic drainage. (30 min).

<b>1 TREATMENT</b>	37.50	30.00
<b>COURSE of 6</b>	187.50	150.00

**CACI ELECTRO-CELLULITE MASSAGER**

The Electro Cellulite Massager (ECM) combines the therapeutic benefits of massage with the effectiveness of micro-current therapy. The treatment utilises conductive rollers, electrically charged with micro-current. These rollers are designed to pivot to the body contours, targeting specific problem areas and helping to break down fatty deposits, tone and reduce inches. (35 min).

<b>1 TREATMENT</b>	42.00	33.60
<b>COURSE of 10</b>	357.00	285.60

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# BODY ENDERMOLOGIE



Endermologie is the only 100% natural and non-invasive mechanical skin stimulation technique that reactivates cell's metabolism and a clinically-proven method for reducing cellulite, reshaping body contours and improving overall skin fitness.

Endermologie is a patented, scientifically proven technique favoured all over the world by people wishing to improve the appearance of their face and body in a totally natural way, without the use of surgery, electrical currents, injections or chemicals. Results are achieved through the mechanical massage of the connective tissue that stimulates the slimming cells and reactivates the natural release of fat, even the most resistant to physical exercise and diet. Simultaneously, the mechanical action of the treatment head firms' skin to give it back its firmness and tonicity.

Endermologie is the ultimate solution for smoothing cellulite, reducing localised, resistant, excess fat, post-pregnancy body reshaping, toning loose skin, reshaping and muscle stiffness. A course of 12 treatments, taken 2 to 3 times per week is required for best results. Results commonly start to be seen after the third treatment.

**AREAS:** Arms, Back, Waist, Stomach, Saddlebags, Buttocks, Thighs, Inner Thighs, Knees, Calves. Each area requires 10-15 minute session so a 40 minute session would treat up to 4 target areas.

	<u>LIST</u>	<u>MEMBER</u>
<b>10 MIN Targeted Session</b>	25.00	20.00
<b>COURSE of 12</b>	250.00	200.00
<b>20 MIN Targeted Session</b>	45.00	36.00
<b>COURSE of 12</b>	450.00	360.00
<b>30 MIN Targeted Session</b>	60.00	48.00
<b>COURSE of 12</b>	600.00	480.00
<b>40 MIN Targeted Session</b>	75.00	60.00
<b>COURSE of 12</b>	750.00	600.00



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# FACE ENDERMOLOGIE



Endermologie is a non-aggressive, 100% natural and effective anti-ageing cellular stimulation for men and women of all ages. This technique replenishes the skin and diminishes the signs of ageing, leaving your face looking radiant and rejuvenated. It is the only technique in the world capable of stimulating the natural production of hyaluronic acid by an increase of +80%\* without the use of injectable sources.

The skin is given a workout with motorised flaps that awaken the natural synthesis of essential rejuvenating substances. This cell stimulation then helps fibroblasts to boost their production of collagen (firmness), elastin (suppleness), and hyaluronic acid (volume and hydration) naturally present in our skin.

Endermologie is the ultimate solution for smoothing wrinkles & fine lines, reducing the appearance of dark circles and eye bags, improving skin radiance & firming skin.

	<u>LIST</u>	<u>MEMBER</u>
<b>SKIN AWAKENING</b>	60.00	48.00
Unifies skin complexion, tightens pores and smoothes out face and neck wrinkles with a "new skin" effect. (40 min).		
<b>COURSE of 12</b>	600.00	480.00
<b>CELLULAR STIMULATION</b>	90.00	72.00
Drains toxins, lightens the complexion, refines skin texture while smoothing out fine lines and wrinkles on the face, neck and hands. (75 min).		
<b>COURSE of 12</b>	900.00	720.00
<b>PERFECT EYES &amp; LIPS</b>	60.00	48.00
Smooths wrinkles around the eyes and mouth, lifts the eyelids to enhance the look and replumps the lips. (40 min).		
<b>COURSE of 12</b>	600.00	480.00

## ADD-ONS

<b>GLOW</b>	27.50	22.00
Gently exfoliates and reactivates microcirculation to even out the complexion and improve skin brightness. (20 min).		
<b>DETOX</b>	27.50	22.00
Drains toxins and "rexygenates" the skin for a purified, radiant complexion. (20 min).		
<b>DÉCOLLETÉ &amp; BUST</b>	27.50	22.00
Redensifies tissue, fills in wrinkles, and firms skin for a visibly smooth décolleté (20 min).		
<b>AGE-DEFY</b>	37.50	30.00
Harmonizes face volumes, restores skin density while filling out wrinkles and fine lines from within. (30 min).		



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# COMCIT

COMCIT (Cryo Oxygen Microchannelling Collagen Induction Therapy) is the very latest in a rich history of award winning and industry revered skincare machines from Crystal Clear. It offers their simultaneous delivery of Cryo Oxygen whilst the unique Microchannelling Roller creates hundreds of microscopic channels in the skin's epidermal/dermal junction, allowing the topical infusion of powerful skin rejuvenation ingredients to be driven into the skin.

COMCIT works from the inside out, resulting in instantly smooth, fresh, firmer, plumper and more youthful skin, reduced lines and wrinkles, tauter and more rejuvenated skin and promotion of new collagen growth. Results are immediate and your skin will feel firmer from the very first treatment. For a total rejuvenated skin we recommend a course of 6 treatments taken 2 weeks apart.

	LIST	MEMBER
<b>COMCIT including OXYGEN (50 min) COURSE of 6</b>	95.00 475.00	76.00 380.00
<b>COMCIT including MICRODERM (65 min) COURSE of 6</b>	105.00 525.00	84.00 420.00



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# BODY TREATMENTS



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**LIST    MEMBER**

**ELEMIS EXOTIC LIME & GINGER SALT GLOW**      50.00      40.00  
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. (40 min).

**SLEEPING BEAUTY SIGNATURE SALT GLOW**      50.00      40.00  
Using our natural Aromatherapy Salt Scrub with Himalayan salts and skin conditioning oils, skin will be buffed smooth, followed by a liberal application of our body soufflé's to leave skin feeling moisturised, smooth and soft. (40 min).

**BLACK MUD BODY ENVELOPMENT**      60.00      48.00  
This calming full body treatment nourishes the skin and relaxes aching muscles and joints. A full body exfoliation is followed by the application of Body Treatment Oil. We then envelop the body in warmed Dead Sea mud to soften, soothe and condition the skin with minerals from the lowest place on earth. Improves eczema / psoriasis and arthritic conditions. (60 min).

**TARGET AND TONE TREATMENT**      60.00      48.00  
A powerful, results-driven treatment for people who are looking to firm and tone specific problem areas. Using seaweed to detoxify, menthol oil to lift and tone and a blend of carefully selected plant extracts including guarana, butcher's broom and horsetail to target pockets of cellulite which give the skin an uneven, dull appearance. Minerals from the Dead Sea leave the skin feeling soft to the touch with long lasting hydration giving an immediate improvement to its appearance. (60 min).

**UNIVERSAL CONTOUR WRAP**       95.00      76.00  
The Universal Contour Wrap is one of the world's leading inch-loss treatments and clients on average will lose 10-14 inches from their first treatment. The wrap doesn't just deliver exceptional inch loss; the unique clay formula and special wrapping techniques also tighten and tone your body whilst exfoliating and cleansing the skin. Whilst wrapped for an hour you will also receive a complimentary relaxing Elemis Taster Facial adapted to your skin. (120 min).

**COURSE of 3**      235.00      188.00



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# MASSAGE

LIST MEMBER

## RELAXING AROMATHERAPY MASSAGE

A soothing and deeply relaxing massage using our own aromatherapy oil blends. Available with your choice of either relaxing, revitalising or a detoxifying blend and in either light, medium or firm pressure to your own request.

<b>BACK, NECK &amp; SHOULDER</b> (30 min)	38.00	30.40
<b>BACK, NECK &amp; SHOULDER</b> (45 min)	48.00	38.40
<b>FULL BODY</b> (60 min)	58.00	46.40
<b>FULL BODY</b> (75 min)	68.00	54.40
<b>FULL BODY</b> (90 min)	78.00	62.40

## DEEP TISSUE MASSAGE

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Using our own aromatherapy oil with Clove, Black Pepper & Rosemary to warm, increase circulation and reduce pain in joints and muscles. Helps relax, recharge and re-energise, whilst tension melts away.

<b>BACK, NECK &amp; SHOULDER</b> (30 min)	42.00	33.60
<b>BACK, NECK &amp; SHOULDER</b> (45 min)	52.00	41.60
<b>FULL BODY</b> (60 min)	62.00	49.60
<b>FULL BODY</b> (75 min)	72.00	57.60
<b>FULL BODY</b> (90 min)	82.00	65.60

## SIGNATURE ROSE & JASMINE MASSAGE

This blissful relaxation treatment incorporates our own Rose & Jasmine Massage Candles. It starts with a Welcome Foot Ritual before light body brushing after which the warm oils and natural butters from the massage candle are drizzled over the skin for your massage treatment, to melt away tension and delicately nourish the skin.

<b>BACK, NECK &amp; SHOULDER</b> (50 min)	52.50	42.00
<b>FULL BODY</b> (80 min)	77.50	62.00
<b>FULL BODY</b> (100 min)	87.50	70.00

## SIGNATURE GRAPEFRUIT & LIME MASSAGE

This brand new treatment incorporates a welcome foot ritual and light body brushing followed by a massage using our zesty Bergamot, Grapefruit & Lime massage candle. The massage candle is drizzled over the skin to melt away tension and nourish the skin while the aromatherapy oils help clear your mind and boost energy levels.

<b>BACK, NECK &amp; SHOULDER</b> (50 min)	52.50	42.00
<b>FULL BODY</b> (80 min)	77.50	62.00
<b>FULL BODY</b> (100 min)	87.50	70.00





# MASSAGE

LIST MEMBER

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## HOT STONES MASSAGE

Our hot stones massage starts with a gentle body brushing followed by a soothing massage that quenches the skin, combined with smooth basalt stones that gently ease deep muscular tension and accumulated stresses from the body whilst soothing the mind and soul.

<b>BACK, NECK &amp; SHOULDER</b> (30 min)	42.00	33.60
<b>BACK, NECK &amp; SHOULDER</b> (45 min)	52.00	41.60
<b>FULL BODY</b> (60 min)	62.00	49.60
<b>FULL BODY</b> (75 min)	72.00	57.60
<b>FULL BODY</b> (90 min)	82.00	65.60

## THAI STYLE MASSAGE

Our signature Thai Style massage starts with a Thai foot soak while the fragrant herbs and spices permeate the air refreshing and uplifting the senses. A gentle body brushing follows before an exotic oil of Ylang Ylang, Nutmeg, Lime and Coconut is drizzled and massaged into the skin, warming, toning and strengthening. Using heated herbal compresses containing 17 traditional Thai herbs for a fantastic traditional yet modern massage.

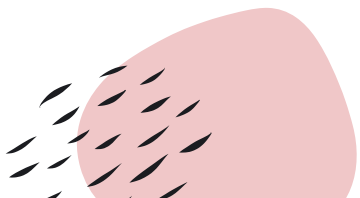
<b>BACK, NECK &amp; SHOULDER</b> (30 min)	45.00	36.00
<b>BACK, NECK &amp; SHOULDER</b> (45 min)	55.00	44.00
<b>FULL BODY</b> (60 min)	75.00	60.00
<b>FULL BODY</b> (75 min)	85.00	68.00
<b>FULL BODY</b> (90 min)	95.00	76.00

## INDIAN HEAD MASSAGE

A treatment based on old Ayurvedic techniques involving work on the upper back, neck, shoulders, face and scalp. A variety of massage movements are used to relieve accumulated tension and stimulate circulation as well as to reduce stress and fatigue and improve mental clarity. (45 min).

### ADD-ONS

<b>PARAFFIN WAX BACK PACK</b>	15.00	12.00
<b>HEATED EYE MASK</b>	3.00	2.40
<b>PRESSURE POINT SCALP MASSAGE</b>	10.00	8.00
<b>DEEP TISSUE PRESSURE</b>	4.00	3.20



# MADE FOR LIFE ORGANICS

These wellness treatments are akin to a period of meditation, allowing the body to access the parasympathetic state. This period of time allows rejuvenation on all levels – mind, body and spirit - including a natural boost to immunity. The 100% certified organic well-being preparations bring you back to nature and enhance the re-connective experience through their familiar aromas and soothing textures.

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**LIST    MEMBER**

## **HAND ON HEART™ BACK, FACE & SCALP TREATMENT**

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese techniques rebalance and calm the upper body while the facial will replenish, nourish and revive the skin with 100% organic Made for Life products. (Suitable for all including people diagnosed and recovering from cancer).

(60 min)	60.00	48.00
(90 min)	80.00	64.00

## **CATCH THE BREATH® BACK AND HEAD TREATMENT**

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese techniques rebalance and calm the upper body. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and relaxation, and 100% certified organic Made for Life products. (Suitable for all including people diagnosed and recovering from cancer).

(30 min)	40.00	32.00
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## **SOOTHE & NURTURE™ ORGANIC FACIAL**

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst deeply relaxing face and scalp massage calms the mind and soothes the soul. (Suitable for all including people diagnosed and recovering from cancer).

(30 min)	40.00	32.00
(60 min)	60.00	48.00

## **SOFT TOUCH THERAPY**

An exceptionally relaxing sequence of touch tailored to your needs. Soothing touch to full body or part body will induce a deep sense of relaxation enabling you to switch off and enjoy the present moment. (Suitable for all including people diagnosed and recovering from cancer).

(30 min)	40.00	32.00
(60 min)	60.00	48.00







# PREGNANCY

These treatments have been specially selected as suitable and safe for during pregnancy. They can help restore moisture, ease the effects of water retention and increase circulation resulting in a more restful night's sleep. Other treatments may be adaptable so please ask us for further information.

LIST   MEMBER

## MADE FOR LIFE™ PREGNANCY PAMPERING

A soothing, relaxing back, neck & shoulder massage designed especially for mums-to-be using specialised positioning taking the strain off your lower back. Slow smooth massage techniques are used in this treatment to calm and alleviate any aches and pains, 100% organic oils help to prevent stretch marks. Recommended from 14 weeks.

<b>BACK, NECK &amp; SHOULDER</b> (30 min)	40.00	32.00
<b>FULL BODY</b> (60 min)	60.00	48.00
<b>FACE &amp; BODY</b> (90 min)	80.00	64.00

<b>MINI MUM-TO-BE FACIAL</b> (30 min)	38.50	30.80
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Certain products with highly concentrated essential oils or acids are not recommended during pregnancy so this facial uses specially selected Elemis products that have been certified as safe during this special time. Includes double cleansing, exfoliation, treatment mask, face, neck & shoulder massage and moisturisation. (30 min).

<b>GOOD FOR THE SOLE PEDICURE</b>	47.00	37.60
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An effective and relaxing treatment for your feet. Refresh tired, aching feet (and soles) with a rosebud foot soak and exfoliation, followed by a soothing leg and foot massage with cooling peppermint, healing rosemary and Made for Life 100% organic oils. Care is taken to shape your nails and tidy your cuticles and nails are finished with your choice of colour. (60 min).

<b>GENTLE TOUCH MANICURE</b>	42.00	33.60
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A gentle and relaxing treatment for your hands and nails. Oils and balms are carefully applied to nourish and soothe your hands and arms. Includes a hand exfoliation, nail shaping, cuticle tidy, hydrating hand mask, hand massage and finished with your choice of colour. (50 min).



# REFLEXOLOGY

LIST MEMBER

## REFLEXOLOGY

48.00

38.40

A gentle therapeutic foot treatment incorporating pressure points that mirror the body's key systems. This is an ancient healing art bringing soothing relief in modern times. (45 min).

## LUXURY REFLEXOLOGY

58.00

46.40

A luxurious spa treatment with a calming hot stone foot soak to refresh tired feet before a foot and lower leg exfoliation. After your reflexology session, feet will be massaged with hot stones to leave you walking on air! (60 min).

## LAVENDER & STONE REFLEXOLOGY PEDICURE

72.50

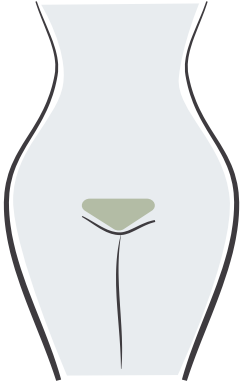
58.00

The most amazing pedicure, combining a Lavender Salt Scrub exfoliation, Hot Stone Lower Leg & Foot Massage, Reflexology and Pedicure (nail shaping, cuticle work, hard skin treatment and polish). 90 minutes of bliss! (90 min).



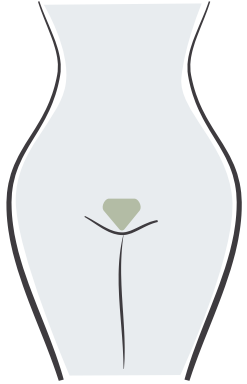
# WAXING

## BIKINI



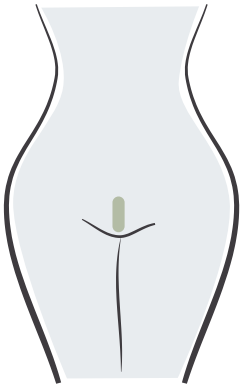
Basic bikini wax removes from the top and sides of bikini area following standard knicker line.

## G STRING BIKINI



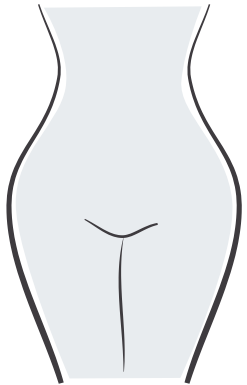
A high bikini wax that removes some hair underneath following the line of a g-string.

## PLAYBOY



All hair is removed underneath and right around the back. Leave a strip at the top as thick or as thin as you like.

## HOLLYWOOD



All hair is removed.

For further advice please contact a member of our team. We recommend Hot Wax for all bikini waxing, especially for sensitive skin or first time waxers.



# WAXING



Is it possible to have a beautiful waxing experience? We think so! Our aim is to make waxing treatments as natural and pleasant as possible. We offer free hygiene wipes for you to use before your wax and with no double dipping on bikini or underarms you can rest assured that we operate to the strictest hygiene standards. Body brushing and a soothing post-wax massage, ensure pain is a distant memory.

We have a choice of strip and hot waxes, using only the finest resins, natural ingredients and aromatherapy oils to deliver superior performance, removing stubborn hair as short as 1mm (1/16"). Hot waxes can be re-applied on just-waxed areas immediately without discomfort or irritation - excellent on the most sensitive areas such as underarms, face and bikini.

	STRIP WAX		HOT WAX	
	LIST	MEMBER	LIST	MEMBER
1) EYEBROW TIDY	11.00	8.80	11.50	9.20
2) EYEBROW RESHAPE	13.00	10.40	14.00	11.20
3) LIP	10.00	8.00	10.50	8.40
4) CHIN	10.50	8.40	11.00	8.80
5) LIP & CHIN	13.50	10.80	14.50	11.60
6) FACIAL	18.00	14.40	20.00	16.00
8) UNDERARM	15.00	12.00	16.50	13.20
9) FOREARM	20.00	16.00	-	-
10) 1/2 LEG	21.00	16.80	-	-
11) FULL LEG	32.50	26.00	-	-
12) BIKINI LINE	16.00	12.80	19.00	15.20
13) G-STRING BIKINI	21.00	16.80	26.50	21.20
14) PLAYBOY BIKINI	-	-	40.00	32.00
15) HOLLYWOOD BIKINI	-	-	41.00	32.80

## WAX PACKAGES

1/2 LEG/BIKINI/UARM	48.50	37.20	50.50	40.40
FULL LEG/BIKINI/UARM	57.50	46.00	60.00	48.00
1/2 LEG/G-STRING/UARM	51.00	40.80	57.50	46.00
FULL LEG/G-STRING/UARM	61.50	49.20	67.50	54.00
1/2 LEG/PLAY/UARM	-	-	70.00	56.00
FULL LEG/PLAY/UARM	-	-	80.00	64.00
1/2 LEG/HOLLY/UARM	-	-	70.00	56.00
FULL LEG/HOLLY/UARM	-	-	80.00	64.00



### TOP TIP

A consultation and patch test (£20) is required in advance of your first IPL treatment and this is redeemable against your first full treatment.

### PERMANENT HAIR REDUCTION

A revolutionary, third-generation Intense Pulsed Light system that has been clinically proven to permanently reduce hair growth - quickly and efficiently eliminating hair from all parts of the body and face. Typically 6-12 treatments are required.

	LIST	MEMBERS	COURSE of 6	MEMBERS
FLASH/SPOT AREA	25.00	20.00	-	-
UPPER LIP	40.00	32.00	200.00	160.00
CHIN	60.00	48.00	300.00	240.00
FACE	120.00	96.00	600.00	480.00
BIKINI	90.00	72.00	450.00	360.00
G-STRING BIKINI	100.00	80.00	500.00	400.00
PLAYBOY	110.00	88.00	550.00	440.00
HOLLYWOOD	120.00	96.00	600.00	480.00
UNDERARMS	70.00	56.00	350.00	280.00
FULL LEG	295.00	236.00	1475.00	1180.00
LOWER LEG	195.00	156.00	975.00	780.00

### PHOTO REJUVENATION/VEIN & ROSACEA

IPL will rejuvenate your skin by stimulating deep collagen production. Your skin will appear smoother, plumper and lifted with uneven skin tone and skin texture greatly improved. Open pores will also be minimised. The treatment of red veins, age spots or other pigmentation, rosacea and scar tissue are all included in a rejuvenation session. Most people will need at least 6 treatments taken 6-8 weeks apart for effective long-term results.

	LIST	MEMBERS	COURSE of 6	MEMBERS
FLASH/SPOT AREA	25.00	20.00	-	-
FULL FACE	175.00	140.00	875.00	700.00
FULL FACE & NECK	225.00	180.00	1125.00	900.00
FULL FACE, NECK & CHEST	270.00	216.00	1350.00	1080.00
CHEEKS	70.00	56.00	350.00	280.00
NOSE	40.00	32.00	200.00	160.00
UPPER LIP	40.00	32.00	200.00	160.00
CHIN	60.00	48.00	300.00	240.00
FOREHEAD	80.00	64.00	400.00	320.00
CENTRE OF BROWS	30.00	24.00	150.00	120.00
CHEST	125.00	100.00	625.00	500.00
CROW'S FEET	80.00	64.00	400.00	320.00
LEGS (SUPERFICIAL VEINS)	50.00	40.00	250.00	200.00



PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS



# THREADING



Threading is a traditional method for hair removal practised widely in Asia and the Middle East and now becoming popular in the West. The treatment involves twisting and rolling a thread of pure cotton around the hairs to remove individual hairs from the follicle. Threading is gentler on the skin than waxing so is good for sensitive skin as it does not cause breakouts or excessive redness and is also good for clients with allergies or clients on skin thinning medications such as Roaccutane. Threading is very precise so fantastic for eyebrow shaping and the regrowth is finer, softer and smoother.

	LIST	MEMBER
<b>EYEBROWS</b> (20 min)	15.00	12.00
<b>LIP OR CHIN</b> (15 min)	12.00	9.60
<b>LIP &amp; CHIN</b> (20 min)	20.00	16.00
<b>LIP &amp; EYEBROW</b> (20 min)	20.00	16.00
<b>FULL FACE</b> (40 min)	40.00	32.00



## EPIL PRO

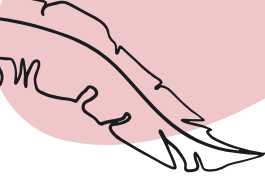
LERWICK SALON ONLY

Epil Pro is a permanent progressive hair removal system that is an effective and safe alternative to laser/IPL treatments on small areas. It is relatively pain-free and uses static energy and sound waves to destroy the papillary cells at the hair root and prevent regrowth. A free consultation is available in advance of your first treatment. Minimum treatment charge of £10.

<b>5 MINUTE SESSION</b>	10.00	8.00
<b>PRICE PER ADDITIONAL MINUTE</b>	1.50	1.20



PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS



# TANNING

LIST MEMBER

## ST TROPEZ ORIGINAL SPRAY TAN

This specially formulated UV-FREE treatment features a tan using a spray application in only 15 minutes. A trained St. Tropez professional sprays a fine mist of bronzing solution over your body resulting in an even, streakless, natural-looking tan. The results can last from 7-10 days with correct aftercare.

<b>FULL BODY SPRAY TAN</b> (20 min)	27.00	21.60
<b>1/2 BODY SPRAY TAN</b> (15 min)	25.00	20.00
<b>COURSE of 5 TANS</b>	108.00	86.40

## ST. TROPEZ EXPRESS SPRAY TAN 29.00 23.20

A tan with intelligent shade technology, perfect for last minute special occasions. Choose how dark you want to go. Leave on for 1 hour for a light sunkissed glow, 2 hours for a medium golden glow and 3 hours for a deep dark bronze tan. Lasts 5-7 days with correct aftercare.

## ST. TROPEZ DARK SPRAY TAN 29.00 23.20

Looking for a deep, bronzed tan? Try the new dark spray tan which contains a ground breaking patented ingredient, Vegetan Premium, designed to mimic the skin's natural melanin, ensuring a dark tan which still looks natural. Results last 7-10 days with correct aftercare.

## ADD-ONS

### EXFOLIATION TREATMENT (15 min) 15.00 12.00

Prepare your skin for your Spray Tan with a Full Body Exfoliation using St. Tropez Body Polish. Recommended for dry skins.

## NOTE

We recommend you exfoliate the day before your tan with St. Tropez Body Polish to ensure an even application. Do not shave or wax in the 24 hours prior to tanning. Please wear dark/loose clothes and open-toed shoes when you come for your appointment to prevent staining. To ensure a flawless result skin should be free from self-tan, perfume, deodorant or aromatherapy oils. A patch test is recommended 24 hours before if you have sensitive skin.



**PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS**









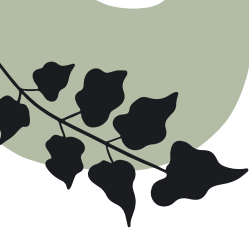
# EYES



	LIST	MEMBER
<b>EYEBROW TIDY</b>	11.00	8.80
<b>EYEBROW RESHAPE</b>	13.00	10.40
<b>EYEBROW SHAPE &amp; TINT*</b>	20.00	16.00
<b>EYEBROW THREADING</b>	15.00	12.00
<b>EYEBROW REDESIGN*</b>	25.00	20.00
Brows out of control? Try our redesign including brow reshape, trim, tint & colour.		
<b>EYEBROW TINT*</b>	12.00	9.60
(Please note we only tint brows darker)		
<b>EYELASH TINT*</b>	14.50	11.60
<b>EYELASH/EYEBROW TINT*</b>	18.00	14.40
<b>EYE PACKAGE*</b>	30.00	24.00
Eyebrow Shape, Eyelash & Eyebrow Tint and Puffy Eye Pack with a complimentary hand & lower arm massage.		
<b>LASH LIFT*</b>	50.00	40.00
Add length, volume and lift to your natural lashes - without lash extensions. A completely natural, low maintenance treatment that lasts 6-12 weeks.		
<b>LASH LIFT WITH TINT*</b>	55.00	44.00
<b>PARTY LASHES</b>	20.00	16.00
Cluster lashes available in 3 different lengths. Will last 3-5 days with correct aftercare.		

**\*A patch test is required at least 24 hours before these treatments. For best results please arrive without mascara for all eyelash treatments.**





## NOVALASH EXTENSIONS

These state-of-the-art lash extensions are individually bonded to each natural lash with physician-formulated, medical-grade adhesives. Since eyelashes define the eye's natural allure and beauty at the lashline, NovaLash Eyelash Extensions act to beautifully enhance the length, fullness and colour of natural lashes. NovaLash Eyelash Extensions can be worn indefinitely with monthly touch-ups, correlating to the natural lash lifecycle. The application of NovaLash Eyelash Extensions results in long, lush, lasting lashes for each wearer that are waterproof and oilproof. Avoid the use of eyemake up removers that contain solvent-like ingredients such as glycols and carbonates as they can reduce the wear time of your new lashes.

<b>NOVALASH CLASSIC*</b> (110 min)	90.00	72.00
<b>NOVALASH AMERICAN VOLUME*</b> (125 min)	110.00	88.00
<b>LASH MAINTENANCE*</b> (60 min)	45.00	36.00

Recommended every 4 weeks.

**\*A Novalash patch test (£10) is required at least 24 hours prior to these services. This is redeemable against your treatment.**



**PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS**



# MANICURE

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## LIST    MEMBER

<b>LUXE MANICURE</b> (50 min)	42.00	33.60
Using our own aromatherapy products, this treatment starts with a skin conditioning salt scrub, cuticle soak, nail shaping and cuticle tidy. Then hands will be coated in our intense hydrating treatment and thermal mittens. Whilst the treatment works its magic you will be treated to a pressure point scalp massage before your hands and lower arms are massaged and finally nails are polished or buffed to a high shine.		
<b>LUXE MANICURE WITH GEL</b> (60 min)	47.00	37.60
<b>PARAFFIN CONDITIONING MANICURE</b> (60 min)	50.00	40.00
For ultimate hydration! Includes a salt scrub hand exfoliation, cuticle soak, nail shaping, cuticle tidy, hand & lower arm massage and paraffin wax wraps. While cocooned in the heated mittens you will be treated to a pressure point scalp massage! Nails are buffed or polished to finish.		
<b>PARAFFIN MANICURE WITH GEL</b> (70 min)	55.00	44.00
<b>SIGNATURE MANICURE</b> (35 min)	32.00	25.60
Includes a salt scrub to gently exfoliate, nail file and shape and cuticle soak and tidy. Followed by a relaxing hand massage prior to polish application.		
<b>SIGNATURE MANICURE WITH GEL</b> (45 min)	37.00	29.60
<b>EXPRESS MANICURE</b> (25 min)	30.00	24.00
Nails are shaped, cuticles tidied, hands moisturised and nails buffed or polished.		
<b>EXPRESS MANICURE WITH GEL</b> (30 min)	35.00	28.00
<b>MINI MANICURE</b> (15 min)	16.00	12.80
A quick shape, tidy and polish.		
<b>SIGNATURE HAND TREATMENT</b> (20 min)	18.50	14.80
Our lovely pampering hydrating hand treatment has been upgraded! Includes a salt scrub exfoliation, hand & lower arm massage using our Rose & Jasmine Massage candle and thermal mittens. A lovely intensive treatment for dry hands & nails!		
<b>IBX REPAIR</b> (15 min)	15.00	12.00
Strengthen and repair your nails from within with the unique IBX nail treatment. IBX is a unique professional treatment which will deeply condition your nails and help prevent dryness, peeling and sensitivity. A course of treatments is recommended for best results. Also available as an add-on to any manicure.		



**ADD-ONS**

<b>IBX REPAIR</b>	8.00	6.40
<b>PARAFFIN WAX</b>	12.00	9.60
<b>FRENCH POLISH (N/A WITH GEL)</b>	4.00	3.20
<b>NATURAL NAIL REPAIR</b>	8.00	6.40
<b>GEL POLISH REMOVAL</b>	10.00	8.00
<b>ROCKSTAR GLITTER</b>	4.00	3.20
<b>NAIL ART</b>	from 4.00	from 3.20



# PEDICURE

LIST MEMBER

**LUXE PEDICURE (60 min)** 47.00 37.60

Using our own aromatherapy products, this treatment starts with a dead sea salt & rose petal foot soak and skin conditioning salt scrub, toe nail cut and cuticle tidy. Hard skin is then buffed and calluses smoothed prior to application of our intense hydrating treatment and thermal booties. Whilst the treatment works its magic you will be treated to a hand & lower arm massage before an extended foot massage and finally nails are polished or buffed to a high shine.

**LUXE PEDICURE WITH GEL (70 min)** 52.00 41.60

**PARAFFIN CONDITIONING PEDICURE (70 min)** 55.00 44.00

For ultimate hydration! Includes a foot soak & salt scrub exfoliation, nail cut, cuticle tidy, callus treatment, foot & lower leg massage and paraffin wax wraps. While cocooned in the heated booties you will be treated to a hand & lower arm massage! Nails are buffed or polished to finish.

**PARAFFIN CONDITIONING PEDICURE (70 min)** 60.00 48.00

**POWER PEDICURE (40 min)** 37.00 29.60

Our brand new Power Pedicure bridges the gap between Medi and Pedi. Perfect for those with dry skin or nails using Footlogix, groundbreaking Dermal Infusion Technology, along with its scientific formulation, enables active ingredients to penetrate faster and deeper into troubled skin of the feet. Our Power Pedicure includes foot soak, exfoliation, hard skin treatment, nail shaping, cuticle work, buffing, massage and polish application.

**POWER PEDICURE WITH GEL (50 min)** 42.00 33.60

**MINI PEDICURE (15 min)** 16.00 12.80

For those wanting a simple colour change. Toenails will be cut and shaped, feet moisturised and nails painted.

**MINI PEDICURE WITH GEL (30 min)** 35.00 28.00

**CALLUS PEEL (25 min)** 26.50 21.20

A targeted foot treatment for visible results on hard skin and cracked heels. Includes callus peel, hard skin buff and moisturisation.

**FOOT SOAK, SCRUB & RUB (20 min)** 18.50 14.80

A treat for tired feet. Includes a detoxifying foot soak, skin polishing salt scrub and extended foot & lower leg massage.

## ADD-ONS

**CALLUS PEEL** 20.00 16.00

**FRENCH POLISH (N/A WITH GEL)** 4.00 3.20

**ROCKSTAR GLITTER** 4.00 3.20

**PARAFFIN WAX** 12.00 9.60



**TOP TIP:** So that your polish remains scuff and chip free, please remember to allow 20-30 minutes extra time for your polish to dry and bring open-toed shoes/flip flops to wear after your pedicure.







# MALE GROOMING

	LIST	MEMBER
<b>HIGH PERFORMANCE ENERGISER FACIAL</b>	68.00	54.40
The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax. (60 min).		
<b>BIOTEC SUPER-CHARGER FOR MEN</b>	73.50	58.80
The facial to de-stress, de-age and de-fatigue the male complexion whilst activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution. (60 min).		
<b>DEEP TISSUE BACK MASSAGE</b>	42.00	33.60
An invigorating and deep pressure treatment that works on releasing muscular tension and knots. Using our sports massage blend with Clove, Black Pepper & Rosemary to warm, increase circulation and reduce pain in joints and muscles. (30 min).		
<b>TOTAL TIME OUT FOR MEN</b>	95.00	76.00
The ultimate skin and body therapy for men. The High Performance Energiser Facial combined with the dynamic and immediate tension-relief of a Back, Neck & Shoulder Deep Tissue Massage. Achieve the ultimate goal of Total Time Out! (90 min).		
<b>MAINTENANCE MANICURE</b>	27.50	22.00
Includes nail shaping & buffing, cuticle soak & tidy and hand exfoliation & massage. (25 min).		
<b>MAINTENANCE PEDICURE</b>	30.00	24.00
Includes foot soak & scrub, nail shaping, hard skin buff & foot and lower leg massage. (35 min).		
<b>CALLUS PEEL</b>	26.50	21.20
A targeted foot treatment for visible results on hard skin and cracked heels. Includes callus peel, hard skin buff and moisturisation. (25 min).		
<b>WAXING</b>		
<b>EYEBROW TIDY</b>	11.00	8.80
<b>BACK</b>	25.00	20.00
<b>CHEST</b>	25.00	20.00
<b>BACK &amp; CHEST</b>	45.00	36.00

We have specially selected the most popular male treatments but other treatments from our menu may be available. Please ask for details.



# MAKE-UP

Mii offers effortless application and unrivalled expertise to reveal your natural beauty. The collection also includes a mineral make-up line infused with precious gemstones. With Mii, make-up is easy to choose, easy to use and easy to understand; for the confidence to create a look that is uniquely, completely, unmistakably you.

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	<u>LIST</u>	<u>MEMBER</u>
<b>SPECIAL OCCASION MAKEOVER</b>	32.00	25.60
Let us do all the work! Relax while we create a picture perfect make-up for your special occasion. Suitable for those looking for a natural look (40 min).		
<b>MAKE-UP WITH LASHES</b>	40.00	32.00
Looking for a more dramatic or evening make-up? Book in for our 1 hour appointment which includes reusable strip lashes so our make-up artist can create your desired look. (60 min)		
<b>MAKE UP LESSON</b>	75.00	60.00
A valuable step-by-step lesson in application and make-up styles to show you how to re-create your new day-to-evening looks. Includes cleansing, priming and skin colour analysis to determine the perfect match for skin colour and type. Emphasis is placed on adaptation for your own lifestyle and routine at home, A colour chart will be provided to help you recreate the look at home. (60 min).		
<b>WEDDINGS</b>		
Take some stress out of organising your big day and let us make you look and feel fantastic! Our costs include a consultation and full make-up application at the salon on your wedding day. We are happy to travel up to 25 miles from the salon although we do charge extra to cover our time and travelling costs. We only charge one call-out fee per wedding party. Please contact us for an individual quotation.		
<b>TRIAL &amp; BRIDAL MAKE UP</b>	80.00	64.00
<b>BRIDAL MAKE UP (NO TRIAL)</b>	40.00	32.00
<b>BRIDESMAID TRIAL &amp; MAKE UP</b>	75.00	60.00
<b>BRIDESMAID MAKE UP (NO TRIAL)</b>	40.00	32.00



# PAMPER PARTIES



For groups of 4 or more we offer pamper parties. These are a fabulous idea for a wide range of occasions including Birthdays, Hen Parties, Baby Showers, or a Girls Night In!

<b>GROUP SIZE</b>	<b>4-8 guests</b>	<b>9-12 guests</b>
1 TREATMENT PER GUEST	33 pp	30 pp
2 TREATMENTS PER GUEST	60 pp	55 pp

## TREATMENT CHOICES

EXPRESS MANICURE (30 min)

EXPRESS PEDICURE (30 min)

BACK, NECK & SHOULDER MASSAGE (30 min)

ELEMIS TASTER FACIAL (30 min)

TASTER REFLEXOLOGY (30 min)

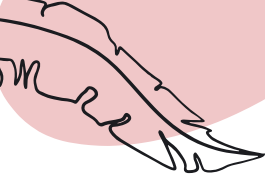
TASTER INDIAN HEAD MASSAGE (30 min)

EYE PACKAGE (30 min) - Patch test required.

EYEBROW REDESIGN (25 min) - Patch test required.

SPECIAL OCCASION MAKEOVER (30 min)

Alternative treatments may be available on special request. Please contact us for further details. Prices for our Palace Hotel Spa & Radisson Blu Spa include use of the spa and vary so please contact us for more details.



# PACKAGES

**BIRTHDAY BELLE** 30.00 24.00

Suitable for 6-15 year olds. We do, however, still require a parent or guardian to accompany anyone under 16 to the salon. Choose any 3 of our Little Miss Treatments, Little Miss Mani, Little Miss Pedi, Little Miss Facial, Little Miss Makeover. (45 min).

**PICK & MIX** 50.00 40.00

Choose 3 of our mini treatments to enjoy a customised hour of relaxation. Choose from Mini Manicure, Mini Pedicure, Mini Facial, Mini Massage, Eyebrow Shape, Party Lashes or Mini Makeover. (60 min).

**RELAXING RETREAT** 60.00 48.00

Our most popular gift package. Includes a traditional Relaxing Back, Neck & Shoulder Massage, Mini Manicure & Mini Pedicure. (60 min).

**TRANQUILLITY RITUAL** 65.00 52.00

Includes a Relaxing Back, Neck & Shoulder Massage followed by a 30 minute Elemis Taster Facial prescribed to your skin. (60 min).

**WELLBEING JOURNEY – NEW** 95.00 76.00

Includes a Aromatherapy Back, Neck & Shoulder Massage using our own signature aromatherapy massage oils & Luxury Reflexology treatment. (105 min).

**HOLISTIC ESCAPE** 100.00 90.00

A lovely relaxing pamper package with taster treatments of 3 of our most popular holistic therapies. Includes a 30 minute session of Hot Stones Massage, Reflexology and Elemis Taster Facial. (90 min).

**SHEER BLISS** 210.00 189.00

Our most indulgent treatment package starts with a prescribed 60 minute Elemis Facial followed by a Hot Stones Full Body Massage. Next your feet & hands will be treated to our nourishing Luxe Pedicure & Luxe Manicure before a Makeover to leave you feeling on top of the world. The ultimate in luxury! (330 min).

## PACKAGES FOR 2

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**IT TAKES TWO** 125.00 100.00

Escape with a friend. This package includes a Relaxing Back, Neck & Shoulder Massage and a 30 minute Elemis Taster Facial. (60 min). Prices are for 2.

**TIME TOGETHER** 185.00 166.50

It's twice the fun when you enjoy a package with a friend. Includes a Relaxing Back, Neck & Shoulder Massage, Spa Pedicure and Makeover. Great for a birthday treat! (105 min). Prices are for 2.

**Spa Packages are also available at our Edinburgh & Inverness locations. Visit [www.sleepingbeautysalon.com](http://www.sleepingbeautysalon.com) for details. Please note that the above packages do not include use of the spa facilities.**







# USEFUL INFO



## AWARDS

### Finalist in

*“Professional Beauty Awards Large Salon of the Year”*  
2021

### Winner of

*“Herald Scottish Beauty Salon of the Year”*  
2016 & 2017 & 2018

### Winner of

*“Scratch Star UK Nail Salon of the Year”*  
2016

### Finalist in

*“Professional Beauty Awards Regional Salon of the Year”*  
2016 & 2017 & 2018

### Winner of

*“The Scottish Hair & Beauty Awards Beauty Salon of the Year for the North West”*  
2012

### Winner of

*“Lux Small Beauty Salon Chain of the Year - Scotland”*  
2015

### Winner of

*“Lux Best Unique Salon Environment - Scotland”*  
2015

## Information

Sleeping Beauty Salon Limited is registered in Scotland (SC330976) and registered for VAT and all our treatments and products include VAT at the current rate. Our prices are subject to change without prior notice.

## Consultations

We offer free consultations. If you would like advice regarding the suitability of our treatments or product recommendations please contact us to book with one of our therapists.

## Your Visit

We kindly request clients switch off mobiles and keep noise to a minimum whilst in the salon. The salon is not a suitable environment for children. Please arrive 10 minutes prior to the booked treatment time in order to register and complete a client record card. If your health has changed since your last visit to the salon it is important that you make this known to your therapist before your treatment so we can update your client record card.

## Latecomers & Cancellation Policy

We regret that it may be necessary to treat appointments as cancelled for clients arriving more than 15 minutes late but we will, whenever possible, adapt the treatment to the time available although the full cost will be incurred. Please give at least 4 hours' notice to cancel or change an appointment or you will be charged for the time reserved.

## Deposits

For treatments 60 minutes or longer a deposit or credit/debit card details will be required when booking. Non-attendance or late cancellation will result in this deposit being retained or a 50% charge being made on the card.

# LOCATIONS



**14 MARGARET STREET, INVERNESS, IV1 1LS**

Tel: 01463 217 985

[inverness@sleepingbeautysalon.com](mailto:inverness@sleepingbeautysalon.com)

**PALACE HOTEL SPA, INVERNESS, IV3 5NG**

Tel: 01463 217 986

[palace@sleepingbeautysalon.com](mailto:palace@sleepingbeautysalon.com)

**175 COMMERCIAL STREET, LERWICK, ZE1 0HX**

Tel: 01595 720 256

[lerwick@sleepingbeautysalon.com](mailto:lerwick@sleepingbeautysalon.com)

**6 WILLIAM STREET, EDINBURGH, EH3 7NH**

Tel: 01312 027 559

[edinburgh@sleepingbeautysalon.com](mailto:edinburgh@sleepingbeautysalon.com)

**RADISSON COLLECTION, 1 GEORGE IV BRIDGE,  
EDINBURGH, EH1 1AD**

Tel: 01313 142 009

[rcollection@sleepingbeautysalon.com](mailto:rcollection@sleepingbeautysalon.com)

**RADISSON BLU, ROYAL MILE, EDINBURGH, EH1 1TH**

Tel: 01312 026 583

[melrose@sleepingbeautysalon.com](mailto:melrose@sleepingbeautysalon.com)

**7 GRANISH WAY, AVIEMORE, PH22 1UQ**

Tel: 01479 816 347

[aviemore@sleepingbeautysalon.com](mailto:aviemore@sleepingbeautysalon.com)

**22 HIGH STREET, FORT WILLIAM, PH33 6AT**

Tel: 01397 710000

[fortwilliam@sleepingbeautysalon.com](mailto:fortwilliam@sleepingbeautysalon.com)

## **HEAD OFFICE**

Tel: 01463 830799

[info@sleepingbeautysalon.com](mailto:info@sleepingbeautysalon.com)

For location maps visit  
[www.sleepingbeautysalon.com](http://www.sleepingbeautysalon.com)

