

# Pedicure

A Pedicure is a therapeutic treatment for your feet that removes dead skin, softens hard skin and shapes and treats your toenails. A good foot treatment is heaven, but pedicure techniques can vary from the type of polish to massage so it's important to find the right pedicure for you. Pedicures are a great way to ensure you look after your feet!

A regular pedicure can support chiropody if you suffer from foot problems, this may prevent you from needing further treatment it can also help your posture – you naturally walk more comfortably on cared-for feet.

Pedicures can also soothe and relax you when combined with other treatments. Once your pedicurist has massaged several softening and soothing creams into your feet, you may feel you are walking on air!



<b>Basic Pedicure</b>	<b>Normal colour</b>	<b>Gel colour</b>
	£35	£47

A standard toes nails makeover – your feet are filed, shaped, your cuticles are cleaned, treat with massage cream, an lastly you get your toes nails painted with the colour of your choice. Simple, and great if you're pressed for time.

<b>Icedancer Pedicure</b>	<b>£45</b>	<b>£60</b>
---------------------------	------------	------------

Herbal mineral bath soak, gentle exfoliation with natural Liquid Body Lufra, calf massage with Icedancer Leg Gel followed by Sole Solution heel treatment and finished off with hydrating Baobab Body Butter.

<b>Firewalk Pedicure</b>	<b>£45</b>	<b>£60</b>
--------------------------	------------	------------

Herbal mineral bath soak, gentle exfoliation using a blend of Grapeful Body Bar and Liquid Body Lufra topping off with the Revitalizing Leg Gel massage and towel wrap, followed by Sole Solution heel treatment and finished off with hydrating Baobab Body Butter



## NEW NAILS & BEAUTY

# Sabon Treatments

# Manicure

	<b>Normal colour</b>	<b>Gel colour</b>
<b>Basic Manicure</b>	£15 / £22	£35

A standard nail makeover – your nails are filed, shaped, your cuticles are cleaned, treated with massage cream, and lastly you get your nails painted with the colour of your choice.

Simple, and great if you're pressed for time.

<b>Icedancer Manicure</b>	<b>£30</b>	<b>£45</b>
---------------------------	------------	------------

Herbal mineral bath soak, gentle exfoliation with natural Liquid Body Lufra, followed by Revitalising Ice Dancer Gel massage and hot towel wrap. Finish off with hydrating Baobab body butter

<b>Renewal manicure</b>	<b>£40</b>	<b>£50</b>
-------------------------	------------	------------

Gentle exfoliation to reduce sun damage and age lines. Masque and Baobab butter will improve elasticity and moisture with a blend of peptides and hydrolic acid. Leaves hands radiant and looking youthful. We will focus on helping you more relax with add on service:

Shoulder massage with Hot Wrap only **£15**



As we age, our neck and hands are the first places to show signs of aging, therefore taking care of our hands with the right treatment is vital for the longevity of our youthful appearance.

A Manicure is a beauty treatment which uses special tools, creams, waxes and / or massage techniques to leave your nails and hands healthy and looking good.

During your manicure you will also enjoy a complete exfoliation of hands and forearms followed by a soothing and hydrating mask treatment with hot towel removal and a relaxing hand and arm massage. All manicures include cuticle care, filing and finishing polish of choice.



# Facial Treatments

## Anti-Aging Facial Galvanic Spa Treatment

As we age, our skin gets thinner and dryer. It loses collagen, which gives it a thick, plump appearance, and elastic, which makes it snap back quickly. The time it takes for healthy young cells to migrate to the topmost layer slows down, which makes skin duller looking. And our faces are more exposed to the elements and results in appearance of lines and creases from all the facial expressions we make.

The secret to such youthful looking skin lies in Nu Skin's innovative science. The device utilises a self-adjusting galvanic current often seen in professional spas to help deliver anti-ageing ingredients to the skin. The secrets to radiant, youthful-looking skin lies at your fingertips – and unlocking them has never been simpler.



£75

- Skin looks younger and revitalised.
- Decrease appearance of fine lines and wrinkles.
- Reduce visible signs of skin ageing and smooth cellulite.
- Strengthen and fortify thin and lifeless hair.



## Ying & Yang Detox Mask Treatment

Whether it's deep within yourself, in the wellbeing of your skin, or the world around you, balance is beautiful, and it's something we all pursue. The soothing ritual of the Epoch Yin and Yang Mask can help you find it. Take a moment for yourself, let your mind wander and relax while this special mask detoxifies and nourishes your facial skin for that lit-from-within glow – leaving you perfectly balanced, both inside and out.

- A blend of kaolin and charcoal powder (absorbent agents) detoxifies skin for a fresh and luminous appearance
- Jasmine sambac scent promotes inner harmony and the feeling of relaxation for a glowing, lit-from-within complexion
- Reveals softer and smoother looking skin
- Leaves skin looking healthier, brighter, fresh, and luminous
- Leaves skin feeling soothed, soft, and balanced

£45

## Creamy Hydrating Masque Treatment

Ideally formulated for all skin types.

There's no better feeling than slipping into a warm bath at the end of the day; that refreshing wave of water and the life-giving moisture that it brings to your skin. Nutrient-rich Creamy Hydrating Masque tries to capture that feeling. This nourishing face mask, born of botanical extracts, helps your skin stay dewy and radiant. Its powerful formula works to bind moisture to the skin, reducing dryness and leaving it with a healthy glow.

£40



- A unique formula with botanical extracts helps your skin navigate its tough, urban environment
- Helps lock moisture into the skin to reduce the chance of dryness
- Promotes a dewy, radiant and plump appearance
- Supports the resiliency of skin and works to improve its tone and texture by helping to maintain its natural moisture levels



## Face Lift Masque

This gentle product is temporarily smooth and tone the skin on your face and neck which may have lost some of its firmness. Your skin's texture will also benefit from the toning effects of Face Lift mask treatment giving you a smoother and younger look, muscle toning, strengthening and relaxation.

£55

## Renew Skin Cells – Marines Mud Mask Treatment

A simple and natural way to softer, smoother toned skin and renew skin cells. Revitalising clay mask with sea botanicals draws out dirt and impurities from the skin. Contains extremely fine mud particles and leaves skin feeling fresh, renewed and healthy-looking. Deposited in a remote estuary in British Columbia, this fine clay absorbs dead cells, excess oil and other impurities.

£45

