

Body Massage

Adapted to client's specific needs, using a combination of techniques to relax, re-energise and detoxify. Aromatherapy oils can be used to enhance the benefits of the treatment and extend the sense of wellbeing and relaxation.

The treatments below are most commonly requested, but can be modified to suit individual needs.

30 mins	Back, neck and shoulders	£28
60 mins	Full body	£45

NEW!! Monu Candle Massage

A luxurious back massage treatment with your choice of candle – Relax, Revive or Rejuvenate.. The shea butter candle melts to create a warm fragrant oil which is used for the massage, leaving muscles relaxed and skin nourished.



30 mins	Back, neck and shoulders	£30
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Reflexology

A treatment which induces deep relaxation and a sense of wellbeing. The Reflexologist works mainly on the feet and ankles using small finger and thumb pressures. Reflexology stimulates the body's healing energy, and can revitalise a tired body and mind.

45 mins	£35
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Indian Head Massage

Indian Head Massage takes place seated and either fully clothed, or wearing a sarong. The massage techniques target the upper back, shoulders, arms, neck and scalp, ending with soothing pressure point massage to the face.

Most clients find this a deeply relaxing and balancing treatment, which stimulates circulation in the areas worked and can assist with drainage of sinuses.

30 mins	£28
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Facials

MONU Express Facial

The perfect introduction to MONU Skincare products and advanced facial treatments. In this revitalising mini treatment, skin is deeply cleansed and exfoliated prior to application of a mask, which is followed by a hand massage.

30 mins	£28
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MONU Aromatic Facial

This signature MONU Facial includes a soothing massage to the face, neck and shoulders. Products are individually selected to suit the client's skin. Mask therapy and exfoliation are combined to promote skin radiance, accompanied by a complementary hand and arm massage.

60 mins	£40
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MONU Smoothing Algae Facial

A top of the range **line smoothing treatment** with a seaweed compress containing Marine Magnesium, to smooth, lift and energise the skin. This extremely effective partnership of active ingredients, combined with a superior treatment technique, imparts skin radiance, freshness and tone, not to mention an uplifting and memorable experience.

60 mins	£48
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MONU Soothing Oat Facial

This luxurious facial is based around a warming oak mask packed with 100% natural nutrients and proteins with **soothing anti-inflammatory** ingredients. This pampering and soothing treatment, combined with an exceptional relaxation massage, deeply nourishes, combats dryness and restores elasticity to the skin.

60 mins	£48
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MONU Active Collagen-Bio Facial

The focus for this intensive repairing treatment is the application of a 99% Collagen Veil which delivers a burst of moisture whilst plumping fine lines and wrinkles. This facial hydrates and replenishes vital moisture levels to rediscover that youthful look. Perfect for dehydrated and sun damaged skin.

60 mins	£50
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MONU+ Resurface and Peel

The Monu Resurface and Peel System has been formulated for a variety of skin types and will deal with many different concerns within the skin, from acne, scarring, pigmentation and age spots, to reducing wrinkle depth and increasing cell renewal, vitality and radiance.

Using a complex blend of **Glycolic Acid, Salicylic Acid, Papaya Enzymes, Citric Acids** and **Lactic Acid** to eliminate dead cells, resurface and exfoliate, smooth and refine, reduce the appearance of pores, reduce in-growing hairs and to encourage cell renewal. **Sodium Bicarbonate** to deep cleanse, purify and clear congested pores whilst helping to reduce irritation and **Vitamin C** which is a potent anti-oxidant, helps to correct skin tone, brighten and clear a dull complexion whilst revitalising and increase radiance.

45mins	£40
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Eye Treatments

(All new tinting clients require an allergy patch test at least 48 hours before treatment)

Lash Tint	£12
Brow Tint	£ 6
Lash and Brow Tint	£15
Brow Shape	£ 7
Brow Shape and Tint	£12
Brow Shape, Lash and Brow Tint	£18

Jessica Manicure and Pedicure

Luxurious professional products used to obtain beautiful, long lasting results.

Manicure and Pedicure	90 mins	£40
Prescription Manicure	45 mins	£22
Zen Spa Pedicure	45 mins	£24
File and Polish – Fingers or Toes	15 mins	£10
French Polish with any of above	add	£2

Jessica Geleration

Available in Jessica's top selling custom colours. Geleration is a gel polish, applied like polish but set in an LED lamp in seconds for a completely dry, shiny, smudge proof manicure, lasting up to 3 weeks. Geleration also provides a protective layer over nails to help them grow without breaking.

Manicure and Pedicure	90 mins	£40
Manicure or Pedicure	45 mins	£22
Removal + Reapplication	60 mins	£27
Removal	25 mins	£12
French Finish with any treatment		£2



Waxing

Using a warm to quickly and effectively remove unwanted hair, followed by soothing lotion to cool and refresh skin.

½ Leg	£15
½ Leg & Bikini	£18
¾ Leg	£18
Full Leg (inc. Bikini)	£25
Under Arm	£10
Bikini	£10
Fore Arm	£10
Back or Chest	£15
Back & Chest	£25

Spray Tanning – Sienna X

Have a beautiful golden tan in minutes. Excellent treatment pre-holiday, for special occasions, or if you just want to look glowing and healthy at any time the year.

Sienna X use gorgeous natural skin improving ingredients in their tanning products. The tan lasts for around 7 days before it starts to gradually fade.

Full Body Spray Tan	£25
Bring a Friend (2 tans at same appt)	£40



Tanning Parties - Please contact me for information and offers available on parties at the salon or at your home.

Refresh Client Care

If you have any questions, concerns or special requirements, please contact Lynette, who will be happy to help.

Appointments

Sessions are available daytime, evenings and weekends, but only by prior booking.

Gift Vouchers

Gift vouchers are available for any amount from £5.00.

Please leave a message!

If we are unable to answer the telephone, please do leave a message with your name and number - someone will get back to you as soon as possible.

Refresh

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For a professional and caring

approach contact

Lynette Cooper

at *Refresh*

