

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 well being and relaxation.

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

30 mins	Back, neck and shoulders	£28
45 mins	Back, lower legs and feet	£37
60 mins	Full body	£45

Reflexology

A treatment which induces deep relaxation and a sense of well being. The Reflexologist works only 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 (provided). 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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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.

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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Facials cont.

RENU Express Facial

The **RENU Express** is an ideal introduction to the **RENU** anti-ageing range. Also great as a fortnightly treatment or as a quick "top-up" alternative to the **RENU Lift Facial**

40 mins	£30
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RENU Lift Facial

The ultimate relaxing and high performance treatment. This signature facial commences with the "relaxation touch", a warming and comforting beginning to the **RENU Lift** which offers all the relaxing benefits associated with the tried and trusted **MONU Skincare** treatment protocols, with the added benefit of new anti-ageing formulations found in the **RENU** skincare range.

For dry, sensitive or dehydrated skin a deeply nourishing treatment mask is applied which provides 100% natural nutrients and proteins which have soothing anti-inflammatory ingredients.

For slack or devitalized skin a seaweed based mask is used to lift and relax the epidermis using minerals and trace elements.

1 hour 15 mins	£55
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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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Jessica Manicure and Pedicure

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

File and Polish – Fingers or Toes	15 mins	£ 8
Mini-Mani	30 mins	£15
Mini-Pedi	30 mins	£18
Prescription Manicure	45 mins	£22
Zen Spa Pedicure	45 mins	£24

French Polish with any of above add £2.50

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 or Pedicure	45 mins	£22
Manicure & Pedicure	90 mins	£40
Removal	25 mins	£12
Removal + Reapplication	60 mins	£28
French Finish with any treatment		£ 2.50
Rock Star glitter finish manicure/pedicure		£27
Gel Polish added to any other nail service		£5

UV Gel or Acrylic Nails

Using NSI products to create beautiful, long lasting, artificial nails. The long treatment times are a result of proper consultation, followed with good preparation of the nails and cuticles. All filing and shaping of the nails is done manually. No electric files are used on the nails or cuticles.

Natural Extensions	2 hours	£40
French Extensions	2 ½ hours	£45
Overlay (fingers/toes)	60 mins	£35
Hollywood Toes (French)	1¼ hours	£35
Colour gel/polish on top	15 mins	£ 5
Infiles Gel or Acrylic	1¼ hours	from £25
Repairs/Replacement	per nail	from £ 3

Waxing

Using a Cream Wax with Aloe Vera and Organic Lavender essential oil, 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
Lip or Chin	£ 6
Brows	£ 6
Back or Chest	£15
Back & Chest	£25

Discounts given for multiple waxing treatments.

Eye Treatments

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

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

Refresh Client Care

It is a priority that clients visiting the salon feel comfortable and at ease, with a good understanding of what is involved with each of their treatments. This is why all appointments include a free pre-treatment consultation. This ensures the treatment is suitable, and allows time for an explanation of the process.

If you have any questions before booking an appointment or coming into the salon, do feel free to call Lynette, who will be happy to advise.

Appointments

Treatments are by appointment only via telephone, text or e-mail. Sessions are available daytime, evenings and weekends by prior arrangement.

Gift Vouchers

Gift vouchers are available for any amount from £5.00.

Please leave a message!

As this is a dedicated home salon there is no receptionist, so an answering machine is in use much of the day and evening, but please leave your name and number and you will receive a call back as soon as possible.

Refresh

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For a professional and caring
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at *Refresh*

