
Hand Care

Luxury Manicure 60 mins £28
Cleanse, exfoliation of hands, file, cuticle work, hand massage, aloe vera paraffin wax treatment for rehydration.

Pampered Hands 40 mins £16
Cleanse, file, cuticle work, hand massage, polish of your choice from OPI.

Sophisticated Hands 20 mins £12
File and polish of your choice from OPI.

Classy Hands 25 mins £14
File and french polish with a choice of colour finish.

Healthy Hands 25 mins £12
File, cuticle work, hand massage, base coat suitable to nail type.

Clarins Nourishing Hands 30 mins £18
Cleanse, exfoliation of hands, hand and lower arm massage, nourishing mask, moisturise.

Bio Sculpture Nail & Gel Maintenance

10 Natural clear overlays	45 mins	£27
10 French/colour overlays	60 mins	£30
10 Artificial tips with clear overlay	120 mins	£37
10 Artificial tips with french/colour overlay	180 mins	£40
1 Natural nail repair with silk	15 mins	£5
1 Tip repair/replacement	15 mins	£7
1 Sculptured nail repair/replacement	15 mins	£9
In fills clear	45 mins	£21
In fills colour	60 mins	£24
Soak off before gel for non client	15 mins	£20

Foot Care

Luxury Pedicure 60 mins £28
Cleanse, exfoliating of feet, file, cuticle work, foot massage, aloe vera paraffin wax treatment for rehydration.

Pampered Feet 40 mins £18
Cleanse, hard skin removal, file, cuticle work, polish of your choice from OPI.

Holistic Therapies

Indian Head Massage 30 mins £20
Massage incorporating back, neck, shoulders, arms, head and face. Helps the body unwind.

Reflexology (Western or Taiwanese Reflexology) 60 mins £35
30 mins £25
Stimulates pressure points on feet to balance the body. The Western style is a soft-touch method for balancing body systems which includes a state of relaxation. The Taiwanese style is a deep pressure method incorporating deep pressure in the reflexes of the feet.

Hopi Ear Candling 45 mins £30
Very beneficial for sufferers of ear, nose and throat problems; eases sinus problems, blocked ears etc. Facial massage follows. If you suffer the impact of painful ears during air travel, this is especially beneficial.

Back/Neck/Shoulder Massage 30 mins £25
Tension-release massage using pressure points to get rid of all the stress that life brings us.

Full Body Massage 60 mins £35
Stress-relieving massage to tackle all those 'knotty' areas.

Traditional Chinese Massage Cupping 45 mins £35
Form of acupuncture but without the needles. Stimulates the immune system and is beneficial for sufferers of back pain, respiratory conditions and digestive problems. This is a deep-tissue massage. If you have a problem with light muscles across the shoulder area, this treatment will bring relief. Cup markings will remain on the body for a few days.

Pregnancy Massage 30 mins £25
Before baby arrives enjoy this relaxing massage to ease muscle tension around the lower back. Only suitable for ladies over four months pregnant.

'Hot Stones' Massage (full body massage) 75 mins £45
'Hot Stone' therapy combines massage with the use of smooth, heated basalt stones; the warmth penetrates the body muscles enabling total relaxation. A total 'meltdown' massage.

Trendy Feet 20 mins £12
Shape and polish with OPI.

Healthy Feet 25 mins £12
File, cuticle work, foot massage, base coat for nail type.

Clarins Foot Energiser 30 mins £18
Cleanse, exfoliate, hard skin removal, massage, nourishing mask, moisturise.

Make-Up

Day/Evening 45 mins £30
Bridal (2 sessions) 60 mins £50

Waxing with Tea Tree

1/2 Leg	20 mins	£12
1/4 Leg	30 mins	£20
Full Leg/Bikini	45 mins	£25
Bikini Line	15 mins	£10
Under Arm	15 mins	£10
Upper Lip/chin or tummy	10 mins	£7
Eyebrows	10 mins	£8
Back	30 mins	£20
Shoulders	15 mins	£8
Chest	30 mins	£20

Cancellation policy
Failure to attend will result in full amount being charged. Payment should be made by either cash or cheque. 10% discount for OAP.

Also catering for:

Weekend Pamper Parties Hen Parties Spa Days

held at local hotel venues or in the comfort of your own home

enquiries@beautiful-u.org
www.beautiful-u.org

'Hot Stones' Massage (back, neck and shoulders) 45 mins £35

Back Exfoliation 30 mins £25
A 'back facial' using an aromatic salt scrub followed by a gentle massage using aromatherapy oils.

Facial Care

Guinot Anti-ageing Facial 60 mins £35
Cleanse, exfoliate, face massage, extra-firming mask, head and shoulder massage, tone and extra-firming day cream.

Guinot Hydradermie 60 mins £35
– ionization for deep cleansing
– oxygenation for energizing cells
– lifting massage with mask to boost skin to leave complexion balanced, healthy and glowing
– detoxifying for elimination toxins vanish tension and re-establish proper drainage
– muscle stimulation and facial massage.

Guinot Re-hydrating Facial 60 mins £35
Cleanse, exfoliate, face massage with orchid blue oil, thirst-quenching mask, head and shoulder massage, tone and moisture-quenching moisturiser.

Guinot Re-balancing Facial 60 mins £35
Cleanse, exfoliate, face massage with lotus oil, aromatic plant mask, head and shoulder massage, tone and multi-active day moisturiser.

Mini Facial (Dermologica or Guinot) 40 mins £22
Cleanse, exfoliate, face massage, mask suitable for skin type, tone and moisturise.

Express Facial (Dermologica or Guinot) 20 mins £12
Cleanse, exfoliate, tone and moisturise.

Luxury Facial (Dermologica or Guinot) 60 mins £32
Cleanse, exfoliate, face massage, mask suitable for skin type, head and shoulder massage, tone and moisturise.

Beauty & Holistic Therapies

from

Beautiful-U

For all appointments telephone

0118 9306111

07769 797114 or

07718 750581

Price List – Sept 2007

Our Therapists are fully qualified and insured

Stress-Buster Facial for Men 30 mins £20
Cleanse, exfoliate, mask, head massage, tone and moisturise.

Eye Treatments

Eyelash Tinting 20 mins £10
(Patch test required 24 hours prior to treatment)
(brown, black or blue/black)

Eyebrow Shape (with tweezers) 20 mins £7

Eyebrow Tinting (brown, black or blue/black) 10 mins £7

Eyelash Enhancement 4 mins per lash £1.50 each

Eyelash Extensions Extensions by Novalash 90 mins £60

Body Care

Aromatic Back Treatment 30 mins £25
Cleanse, exfoliate, back and neck massage with relax oil, aromatic plant mask, tone and moisturise.

Soft Touch Aromatherapy Massage 30 mins £25
A nice and relaxing pampering treatment.

St Tropez Tanning

Full Body Treatment with Cream 60 mins £35

Legs, Arms, Chest or Face with Cream (no exfoliation) 30 mins £18