

# CLASSIC FACIALS



## Treatment Advice

### Pre Treatment Advice

- Book a free consultation if you're unsure which facial to choose
- The skin changes season to season so what is best for your skin may change
- It is good to take a few moments to unwind before a facial so wherever possible arrive a few minutes early and take a seat in our relaxation area
- Wear some comfortable clothing, we want you to feel relaxed
- Avoid washing your hair before a treatment if you can, we don't mind if it's not completely clean and (if you let us) we're going to work the scalp area anyway
- Aim to arrive with little to no eye make up on so we are able to focus longer on treating the skin rather than removing the make-up

### What to Expect During Treatment

- Your therapist will take you through to the room and give you some privacy to get settled
- You will be asked to remove your top, push down any straps (so we can work the shoulder area too) and get comfortable under a blanket/towel/sheet depending on the season
- All facials include a cleanse, exfoliation of some kind (either with a manual scrub or an enzyme peel), a face mask, an element of massage (the duration and areas massaged depends on how long the facial is) and facial cream/serum/SPF.
- The benefits of a facial include: overall relaxation, improving wellbeing, reducing stress, regulates breathing to relieve tension, calming of the mind, soothing a headache or head tension and promoting a good nights sleep as well as the physical benefits of improving skin tone, reducing the appearance of blemishes/fine lines/pigmentation/dry patches, toning for facial muscles, rejuvenating and improving skin health.

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated and increase the benefits
- Drive home with the window slightly open to ensure you get enough fresh air and don't feel light headed
- Try not to touch the skin as it has already been deep cleansed and stimulated during the facial
- You may experience erythema, which is redness to the area due to an increase in circulation. This is completely normal and a good sign that the treatment is working. Erythema usually subsides very quickly once the treatment has ended
- Do not apply make-up or perfume for six hours, to allow products to absorb fully
- Apply a face mask up to twice weekly and exfoliate the face with a specific facial exfoliator every 5-7 days. Body exfoliators are too harsh and may damage the skin.
- Use facial exercises to help improve muscle tone, relieve muscle tension, lift the contours and reduce the appearance of lines.
- There is no pressure to purchase anything, but we are always on hand to offer advice and guidance if you feel your routine at home could benefit from our assistance

If you have any questions, please do not hesitate to ask  
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# ELECTRICAL FACIALS



## Treatment Advice

### Pre Treatment Advice

- Book a free consultation if you're unsure which facial to choose
- The skin changes season to season so what is best for your skin may change
- It is good to take a few moments to unwind before a facial so wherever possible arrive a few minutes early and take a seat in our relaxation area
- Wear some comfortable clothing, we want you to feel relaxed
- Avoid exfoliation to the area for 5 days prior to treatment
- Carry out any hair removal at least 24 hours before treatment
- Aim to arrive with little to no eye make up on so we are able to focus longer on treating the skin rather than removing the make-up

### What to Expect During Treatment

- Your therapist will take you through to the room and give you some privacy to get settled
- You will be asked to remove your top, push down any straps (so we can work the shoulder area too) and get comfortable under a blanket/towel/sheet depending on the season
- We always carry out a skin consultation prior to the treatment to ensure suitability.
- The treatment includes cleanse, preparation, machine time, followed by serum/eye cream and moisturiser.
- It depends which elements of the skin revival facial we select (the therapist and client choose together during consultation) as to what order the treatment is performed and whether there is massage or mask involved.
- For example, the Skin Yoga Lifting is a firm lifting massage using the gloves, while the Microcurrent or Galvanic instead follow a full face routine with probes, so there is no massage involved.
- Select from Ultrasonic Peeling, Direct High Frequency, Galvanic Desincrustation, Galvanic Iontophoresis, Microcurrent, Skin Yoga Lifting, Ultrasound and LED Mask. There is an electrical facial to treat all skin concerns and we tailor your skin needs.
- If you opt for the LED Mask, you will feel a slight warmth and see a bright light as the LED gets to work, but we stay with you throughout to ensure you are comfortable

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated and increase the benefits
- Drive home with the window slightly open to ensure you get enough fresh air and don't feel light headed
- Try not to touch the skin as it has already been deep cleansed and stimulated during the facial. Avoid heat treatments (sauna, steam, hot tub) for 48 hours
- Erythema (redness) is completely normal and a good sign that the treatment is working. Erythema usually subsides very quickly once the treatment has ended
- Do not apply make-up or perfume for six hours, to allow products to absorb fully
- There is minimal downtime, so you can return to your day immediately.
- Wait a minimum of 72 hours before exfoliating, then exfoliate weekly thereafter
- There is no pressure to purchase anything, but we are always on hand to offer advice and guidance if you feel your routine at home could benefit from our assistance

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# MICRODERMABRASION



## Treatment Advice

### Pre Treatment Advice

- This treatment is available for face and body
- Wear some comfortable clothing, we want you to feel relaxed
- Avoid exfoliation to the area for 5 days prior to treatment
- Carry out any hair removal at least 24 hours before treatment
- For face treatment, aim to arrive with little to no eye make up on so we are able to focus longer on treating the skin rather than removing the make-up

### What to Expect During Treatment

- For face, you will be asked to remove your top, push down any straps (so we can work the shoulder area too) and get comfortable under a blanket/towel/sheet depending on the season. For body you will be instructed depending on the area
- A mini version is available for face or body, which consists of a cleanse to prep the area, microdermabrasion treatment and moisturiser to finish
- A full microdermabrasion facial includes cleanse, prep, microdermabrasion treatment, face mask, neck and shoulder massage, serum and moisturiser with SPF
- The crystals feel slightly scratchy on the skin but pressure and flow is adjusted to maintain comfort throughout the treatment. You shouldn't feel any pain and we want you to be able to relax, so we work at a level to suit you.
- Each customer has a new disposable tip for the machine attachment, so it is safe and hygienic.
- It can treat a whole range of skin irritations including blemishes, acne scarring, uneven skin tone, dry patches, dull skin tones, thickened skin, sun damaged areas, fine lines and wrinkles and stretch marks

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated and increase the benefits
- Drive home with the window slightly open to ensure you get enough fresh air and don't feel light headed
- Try not to touch the skin as it has already been deep cleansed and stimulated during the facial
- Erythema (redness) is completely normal and a good sign that the treatment is working. Erythema usually subsides very quickly once the treatment has ended
- Do not apply make-up or perfume for six hours, to allow products to absorb fully
- There is minimal downtime, so you can return to your day immediately.
- It is possible you will experience a small amount of visible skin peeling on areas of dryness (for example the base of the nose) over the next few days but it shouldn't be noticeable to anybody else.
- Please note that although every care is taken to avoid it, hyperpigmentation may occur and could cause temporary or potentially permanent adverse effects. Please speak to your therapist about any concerns during the consultation.
- Always wear SPF daily, even on a day the sun is not visible through clouds. We apply an SPF before you leave the treatment room
- There is no pressure to purchase anything, but we are always on hand to offer advice and guidance if you feel your routine at home could benefit from our assistance

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# SKIN PEEL



## Treatment Advice

### Pre Treatment Advice

- Avoid exfoliation to the area for 5 days prior to treatment
- If you use Retinols, avoid using for 72 hours prior to treatment
- Carry out any hair removal at least 24 hours before treatment
- Aim to arrive with little to no eye make up on so we are able to focus longer on treating the skin rather than removing the make-up

### What to Expect During Treatment

- You will be asked to remove your top, push down any straps (so we can work the shoulder area too) and get comfortable under a blanket/towel/sheet depending on the season. For body you will be instructed depending on the area
- The peel follows strict protocol to suit the clinical nature, including cleanse, prep, peel application, neutraliser, cooling mask, moisturiser, SPF
- We also add a shoulder and neck massage while the mask is on
- It will not hurt and should not sting or itch, but you are likely to feel a warmth, with a possible tingle on any blemishes you may have.
- We treat each skin individually, only applying what we can see your skin is comfortable with and never leave you during a treatment.
- The peel is an intensified facial treatment to bring maximum results with minimal irritation.
- It can treat a whole range of skin irritations including blemishes, acne scarring, uneven skin tone, dry patches, dull skin tones, thickened skin, sun damaged areas, fine lines and wrinkles.

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated and increase the benefits
- Drive home with the window slightly open to ensure you get enough fresh air and don't feel light headed
- Do not touch the skin or apply make up for at least 6 hours
- Erythema (redness) is completely normal and a good sign that the treatment is working. Erythema usually subsides very quickly once the treatment has ended
- There is minimal downtime, so you can return to your day immediately.
- This peel is non-invasive with minimal downtime, so you can return to your day immediately. It is possible you will experience a small amount of visible skin peeling on areas of dryness (for example the base of the nose) over the next few days. Lower strength peels should not peel to the point where they are noticeable to anybody else but higher strength may cause more visible peeling, This will be discussed with your therapist before you move up to the higher strengths.
- Please note that although every care is taken to avoid it, hyperpigmentation may occur and could cause temporary or potentially permanent adverse effects. Please speak to your therapist about any concerns during the consultation.
- Always wear SPF daily, even on a day the sun is not visible through clouds. We apply an SPF before you leave the treatment room
- There is no pressure to purchase anything, but we are always on hand to offer advice and guidance if you feel your routine at home could benefit from our assistance

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# MICRONEEDLING



## Treatment Advice

### Pre Treatment Advice

- Microneedling is also known as Collagen Induction Therapy, our system is the medical grade Collagen Pin device. Book a free consultation prior to treatment.
- Avoid hair removal or exfoliation on the area for at least 48 hours before your microneedling treatment and 48 hours post treatment too
- Please highlight your concerns such as pigmentation, ageing lines, acne scarring, to the therapist so they know which areas to focus on.
- It is a more invasive treatment than our other facials and although downtime is minimal, you are likely to experience redness afterwards
- Ensure you don't have to rush off anywhere straight afterwards and consider booking the appointment on a day when you won't be exposed to pollution and excessive sunlight afterwards.

### What to Expect During Treatment

- The skin is fully cleansed and prepped prior to treatment
- You will feel scratches as the PIN itself consists of 36 micro needles that create micro channels of controlled injury to the skin, which in turn stimulates the skins collagen production for healthier, younger looking skin.
- A 'pass' is made around the face, which simply means a full lap of the face is completed. After this pass your skin is assessed and areas of concern may receive a second pass
- We apply enriching formulas and serums to push into the skin as the pin gets to work
- SPF is applied before treatment is completed and you must continue to use SPF daily following the treatment
- Most patients see a result after just one treatment. Individual results will depend on individual skin health but most see a difference 1-2 weeks after the first treatment. You can expect to see plumper, brighter, healthier looking skin within a couple of days and the visible signs of repair and regeneration continue for two to six weeks following the treatment. We recommend a course of three treatments, spaced 4-8 weeks apart).

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated
- Try not to touch the skin as it has already been deep stimulated during the treatment
- You will likely experience erythema, which is redness to the area due to an increase in circulation. This is completely normal and a good sign that the treatment is working. Your skin will feel warm and possibly give a similar effect to when the face has been in the sun (redness, warmth, slight tingling is possible, slight tightness is possible)
- There may be some minimal swelling, but this will resolve quickly
- You may experience some peeling to 'problem' areas such as the forehead area, around the nose area or congested areas with blemishes or dry skin. This is an excellent sign of healing and skin rejuvenation and will last 2-5 days.
- Do not apply make-up or perfume for 24 hours
- Avoid any heat treatments, saunas, steam and hot tubs for 72 hours
- Sunbeds should be avoided completely
- Always wear SPF daily, even on a day the sun is not visible through clouds.

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# CRYOPEN



## Treatment Advice

### Pre Treatment Advice

- Book your essential consultation with the therapist. Consultation and visual assessment are essential prior to treatment but if the lesion is suitable you can have treatment on the same day.
- Your therapist will require you to sign a consent form specifically for Cryopen
- Your therapist will need to take a photo of the lesion before treatment commences.
- Avoid booking at a time when the area may be exposed to sunlight (a facial or arm lesion especially shouldn't be treated in the height of Summer or just before a sun holiday).
- Winter is the ideal time for facial lesions to be treated for this reason

### What to Expect During Treatment

Cryopen delivers Nitrus Oxide (N<sub>2</sub>O) directly to the lesion and not the healthy surrounding tissue. There will be a pain sensation similar to the feeling of a ballpoint pen being pushed onto the skin when the N<sub>2</sub>O reaches the bottom of the lesion.

Your therapist will prep the area and select the right applicator tip to suit the size and shape of your lesion. The applicator is held as close as possible to the lesion and moved quickly towards and away from the area. Depending on the lesion size and depth, the treatment could be 1 to 30 seconds in the first freeze cycle.

After the first freeze cycle, the tissue will be allowed to thaw for about thirty seconds. For body (and some face) lesions, a second freeze cycle will be administered and the tissue will freeze faster than during the first cycle.

### After Treatment Homecare Advice

- There may be a light residual stinging for a few minutes after treatment
- Occasionally a blister might form and persist for a few hours
- Keep the lesion out of the sun (always but especially for the 48 hours after treatment)
- Try not to touch the area as it has already been stimulated during treatment and you do not want to risk infecting the lesion
- Do not apply make-up or perfume to the lesion area until it has completely healed
- Avoid any heat treatments, saunas, steam and hot tubs for 72 hours
- Sunbeds should be avoided completely
- You can return to normal activity after treatment but protect the area from damage or abrasion. Swimming and showering is not a problem.
- Book a follow up session (included in the price) for 2-4 weeks after the initial treatment, at the advice of your therapist. Any further top ups after this follow up will be chargeable.
- Other low risk but possible side effects include pigment changes, nerve damage, shards of frozen ice may contact healthy skin (although we do protect the surrounding skin), hair follicle damage. Please discuss any concerns with your therapist.

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# FACIAL HAIR REMOVAL AND EYELASH/BROW TINTING



## Treatment Advice

### Pre Treatment Advice

- For females - eyelash and brow tinting, eyebrow, upper lip, chin, sides of face (or full face on request) available as waxing or threading, nose wax as hot wax
- For males - eyebrow wax or thread, nose and ears hot waxing
- Do not tweeze, trim or use other methods of hair removal prior to the treatment.
- Ensure the skin is clean and dry, free from creams or make up, as these could form a barrier to the wax and reduce results
- Please be aware if you have fake tan on the wax will remove it. The tan may also create an orange hue to the eyebrow tint, so please tan at least 48 hours before or wait 48 hours after treatment
- If you are looking to achieve a complete reshape for your brows, please leave them as long as possible so we have something to work with
- A patch test is required for all tinting. Your eye health is an absolute priority and we are therefore strict on this policy. If you have not received a patch test from us for the service in the last six months we will need to carry out a new test.
- Please arrive at your appointment with no eye make-up on. The tinting treatment is most effective on dry lashes and will provide better results if we do not need to use makeup remover immediately beforehand

### What to Expect During Treatment

- Your therapist will take you into the room and help you get settled on the bed
- Tinting is carried out before hair removal to avoid the risk of tint sitting in open pores and potentially staining a freckle effect
- We will assess the direction of hair growth and apply wax accordingly in sections, before stretching the skin to remove
- With threading, it is the loop in the thread that twists and pulls the hair from the root.
- You will be shown where to hold or what facial expressions to pull to assist the treatment along with minimal discomfort.
- The treatment may feel slightly uncomfortable in sensitive areas, but the sensation is momentary and the whole treatment is over fairly quickly.
- After the treatment, we apply a soothing after wax oil to the area to soothe the skin
- You will be shown in the mirror and given an opportunity to check for any strays or request any changes to your brow shape

### After Treatment Homecare Advice

- Avoid perfumed products or make up on the area for the remainder of the day
- Try to avoid touching the area as this could lead to irritation or infection
- Erythema (redness) subsides quickly after treatment and the soothing after wax will reduce it immediately. If erythema persists, apply a cold compress to the area
- After eyelash tint, your eyes have been closed for some time. It may take a moment for your eyes to refocus to the light, so please take your time before getting down from the couch
- The brow tint tends to fade sooner than a lash tint due to daily cleansing, more direct sun exposure, sweat and so on, recommended every 2-4 weeks and lashes every 4-6 weeks

If you have any questions, please do not hesitate to ask

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# LASH LIFT



## Treatment Advice

### Pre Treatment Advice

- The eyes are a sensitive area so we need to carry out a patch test at least 24 hours before the treatment commences and takes just a minute or so to carry out.
- Your eye health is an absolute priority and we are therefore strict on this policy. If you have not received a patch test from us for the service in the last six months we will need to carry out a new test.
- Please arrive at your appointment with no eye make-up on. The treatment is most effective on dry lashes and will provide better results if we do not need to use makeup remover immediately beforehand
- The treatment is perfect for holidays because it is low maintenance
- We are unable to provide a lash lift or tint on anyone under 16. Under 18s require an adult present for the treatment

### What to Expect During Treatment

- Your therapist will take you into the room and help you get settled on the bed
- The treatment is fairly relaxing, and all that is required from you is to lay down with your eyes closed and relax. We can cover you with a blanket to keep you warm and enjoy the heated bed in the cooler months.
- If you can keep your eyes closed and still, you will achieve the best possible results. - We apply a shield to the eyelids and temporarily stick the lashes back on to them. This is the part that takes the most time and will make or break the treatment, so we really take our time making sure your lashes look perfect.
- Then, we apply the specialist products to set the lashes in place before unsticking them and removing the shields
- The treatment includes an eyelash tint and altogether takes approximately 50 minutes from start to finish.

### After Treatment Homecare Advice

- After your eyes have been closed for some time, it will take a moment for them to refocus so take a moment to sit up and refocus before getting off the bed
- We provide cold compress to rinse the eyes in case they are feeling at all gritty or blurry from being closed for so long. If after you get home you feel they need a rinse, simply apply cool water to cotton wool, squeeze the excess water and gently rub or blink onto the lashes
- It is fine to wear eye make up after the treatment but you will find you probably won't need to day to day and will maybe only want to for a special occasion or night out
- Remove any post-sleep criss crossing of the lashes by gently combing them through and you'll find they bounce back into shape
- The lift will eventually grow out with your own lash cycle after approx. 10-12 weeks. We wouldn't recommend another lift sooner than this but you may have an eyelash tint in between to keep the results looking noticeable and bring the deep colour back

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# BODY WAXING



## Treatment Advice

### Pre Treatment Advice

- For females - legs, underarm, arms, lower back, standard bikini, high leg bikini and intimate waxing. Please help us allocate the correct time by letting us know if you'd like half leg or full leg and which style of bikini wax. Facial waxing also available.
- For males - back or chest waxing, plus facial eyebrow, nose and ear waxing
- Wear loose clothing to reduce irritation post treatment
- Do not shave or use other methods of hair removal prior to the treatment.
- The hair should ideally be the length of a grain of rice.
- Ensure the skin is clean and dry, free from lotions and deodorants as these could form a barrier to the wax and reduce results
- Please be aware if you have fake tan on the wax will remove it

### What to Expect During Treatment

- Your therapist will take you into the room and give you some privacy to get settled. If this is your first wax here, they will explain the process
- You may be asked to help stretch and support the skin. This is to reduce any potential discomfort for you
- We will assess the direction of hair growth and apply wax accordingly in sections
- Our warm wax is a tea tree creme wax to reduce the risk of ingrown hairs and irritation. This wax is used on the majority of the body, applied in a thin layer with a spatula and is removed using a wax strip. The process is repeated in sections until the area is clear
- Our hot wax is a specialised non-strip wax for intimate areas. This is applied in a thick layer, left to dry and then removed. This wax is kinder on intimate areas as it causes less irritation to delicate skin
- Both waxes pull the hair from the root, leaving a smooth finish. The treatment may feel slightly uncomfortable but the sensation is momentary and the whole treatment is over fairly quickly.
- After the treatment, we apply an after wax lotion to soothe the skin and you are left in private to get dressed.
- Please note if this is your first wax on this area or if the hairs are too short, you may find only up to 80% of hairs are removed if some are too short to grip to the wax. We always do our best to clear the area, but depending on previous methods of hair removal it may take a couple of regular wax visits to synchronise hair growth.

### After Treatment Homecare Advice

- Avoid perfumed products on the area
- Try to avoid touching the area as this could lead to irritation or infection
- Avoid other hair removal between visits and gently exfoliate weekly to release any ingrown hairs
- Erythema (redness) from increased circulation to the follicles subsides quickly after treatment and is completely normal
- Avoid hot showers, baths, swimming, hot tub, sauna, sunbed or fake tans for a minimum of 24 hours following treatment

If you have any questions, please do not hesitate to ask

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# SPRAY TAN



## Treatment Advice

### Pre Treatment Advice

- Carry out any hair removal (waxing, shaving, tweezing) a minimum of 24 hours before treatment.
- WHY? If it is carried out too soon before treatment, the follicles will be raised and the tan may grip to the hair follicle and appear patchy/freckle-like
- Exfoliate with a scrub or mitts the day before your appointment and moisturise all over
- WHY? To remove dead skin cells and allow for a smoother, longer lasting tan
- On the morning of your tan, shower but do not moisturise
- WHY? The moisturiser will act as a barrier and leave a patchy finish
- No deodorant on the day of your tan
- WHY? It could discolour the tan in this area. If you forget to remove deodorant before arrival, please let your therapist know
- Wear dark coloured, loose, comfortable clothing to your appointment
- WHY? Although it should wash out, we advise against wearing white as certain fabrics may stain. We advise against tight fitting clothing as the stitching or elastic may cause a gathering of pigment

### What to Expect During Treatment

- Your therapist will help you select the best colour to suit your skin and prepare the area for you
- You will be sprayed by the therapist while you stand in the cubicle
- You have the option of paper knickers or your own underwear or swimwear, we want you to be comfortable
- We will show you how to stand and what to do to achieve the perfect tan
- The mist will feel cool on the skin but will only take around 10-12 minutes to complete
- Following the treatment, the therapist checks for even coverage and apply warm air to help dry the tan

### After Treatment Homecare Advice

- Immediately after the treatment a guide colour will be visible but your actual tan develops underneath
- Your therapist will advise you how long to keep the guide colour on before showering. As a rough guide we recommend 6-8 hours but this can vary with skin type
- If you feel nervous or only want a subtle glow you may rinse sooner. If you want the deepest possible colour you could sleep with the guide colour on overnight
- While the guide colour is on, you must avoid activity that will make you perspire, avoid other beauty treatments, avoid touching the skin for risk of staining the hands
- WHY? It can lead to streaks in the tan
- Avoid swimming/ hot tub for at least 24 hours
- WHY? If you swim too soon, the chlorine could bleach the tan
- When it is time to rinse, let the water run clear before applying any shower gel to ensure it is all off
- Prolong the life of your tan by moisturising daily and gently buffing to exfoliate every other day
- WHY? So the tan fades evenly and to ensure it doesn't stick to dry areas such as elbows and ankles

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# MASSAGE THERAPY



## Treatment Advice

### Pre Treatment Advice

- Massage for the back, neck and shoulder, scalp, full body, upper body, legs or feet
- Ask us if you are unsure which massage to choose
- We offer Swedish Massage for relaxing, therapeutic and general wellbeing
- We offer Bespoke Fusion Deep Tissue for firmer pressure and to target areas of concern with a bespoke routine and varied techniques for you
- Try to arrive hydrated so the muscles are more responsive to treatment
- Wear some comfortable clothing, we want you to feel relaxed when you leave
- Avoid washing your hair before a treatment if you can, we don't mind if it's not completely clean and we may go into the scalp area anyway
- We don't mind if you haven't exfoliated/ removed hair/ moisturised/ had a pedicure! Just come as you are and enjoy

### What to Expect During Treatment

- Your therapist will take you through to the room and give you some privacy to get settled, after telling you what clothing to remove, where to lay and where to leave your belongings
- We will ask some questions about preference of pressure any particular aches and pains and so on, so we can give you the best experience
- Our oil of choice is grapeseed oil to provide perfect glide and a light, non-greasy, hydrating texture. It is also a safe, nut free oil to use on everyone
- Our beds are heated to keep you warm throughout treatment. As you relax, your body temperature can drop. If you're feeling too warm, we'll happily turn the temperature down. We are also happy to adjust the pressure of the massage mid treatment.
- Privacy and dignity are a priority, so you will never feel exposed. We only uncover the limb or area we are working on and recover before moving to the next area. When turning over (full body massage), you will be protected with a towel for privacy.
- Massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, boosting circulation, improvement in digestive health and aiding the removal of toxins from the body.

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated and increase the benefits
- Drive home with the window slightly open to ensure you get enough fresh air and don't feel light headed
- Keep warm and try to relax for the rest of the day, avoiding strenuous exercise
- Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin
- Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage to avoid feelings of lethargy and strain to the digestive system during detoxification
- You may experience erythema, which is a redness to the area due to an increase in circulation. This is completely normal and a good sign that the massage is working. Erythema usually subsides very quickly once the treatment has ended

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# BODY SOS TREATMENT



## Treatment Advice

### Pre Treatment Advice

- Designed by us as our unique signature salon treatment
- The treatment includes snippets of our favourite treatments - for a top to toe massage treat, including body exfoliation, massage, facial and head massage
- Try to arrive hydrated so the muscles are more responsive to treatment
- Wear some comfortable clothing, we want you to feel relaxed when you leave
- Avoid washing your hair before a treatment if you can, we don't mind if it's not completely clean and (if you let us) we will go into the scalp area anyway
- We don't mind if you haven't exfoliated/ removed hair/ moisturised/ had a pedicure! Just come as you are and enjoy

### What to Expect During Treatment

- Your therapist will take you through to the room and give you some privacy to get settled, after telling you what clothing to remove, where to lay and where to leave your belongings
- We will ask some questions about preference of pressure, any particular aches and pains, questions about your skin and so on, so we can give you the best experience
- Our oil of choice is grapeseed oil to provide perfect glide and a light, non-greasy, hydrating texture. It is also a safe, nut free oil to use on everyone
- Our beds are heated to keep you warm throughout treatment. As you relax, your body temperature can drop. If you're feeling too warm, we'll happily turn the temperature down. We are also happy to adjust the pressure of the massage mid treatment.
- Privacy and dignity are a priority, so you will never feel exposed. We only uncover the limb or area we are working on and recover before moving to the next area. When turning over, you will be protected with a towel for privacy.
- We begin with the full body exfoliation and massage and complete the treatment with the facial, shoulder, neck and scalp massage

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated and increase the benefits
- Drive home with the window slightly open to ensure you get enough fresh air and don't feel light headed
- Keep warm and try to relax for the rest of the day, avoiding strenuous exercise
- Wait as long as possible before showering (preferably overnight) so the oils and creams can work to hydrate the skin and give the maximum benefits of the treatment
- Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage to avoid feelings of lethargy and strain to the digestive system during detoxification
- You may experience erythema, which is a redness to the area due to an increase in circulation. This is completely normal and a good sign that the massage is working. Erythema usually subsides very quickly once the treatment has ended
- Aim to moisturise the skin after each shower or bath to maintain skin condition
- Exfoliate and use a face mask weekly to maintain skin health
- Use an SPF daily, even on a seemingly dull day, to protect the skin from environmental stressors as well as providing sun protection

If you have any questions, please do not hesitate to ask

WhatsApp 07570 493774

# HOT STONES MASSAGE



## Treatment Advice

### Pre Treatment Advice

- Book your Hot Stones between October and March, as this is a Winter treatment and not ideal for the warmer months. Available as a Back Massage or Full Body Massage
- Try to arrive hydrated so the muscles are more responsive to treatment
- Wear some comfortable clothing, we want you to feel relaxed when you leave
- Avoid washing your hair before a treatment if you can, we don't mind if it's not completely clean and (if you let us) we will go into the scalp area anyway
- We don't mind if you haven't exfoliated/ removed hair/ moisturised/ had a pedicure! Just come as you are and enjoy

### What to Expect During Treatment

- Your therapist will take you through to the room and give you some privacy to get settled, after telling you what clothing to remove, where to lay and where to leave your belongings
- We will ask some questions about preference of pressure, any particular aches and pains, so we can give you the best experience
- Our oil of choice is grapeseed oil to provide perfect glide and a light, non-greasy, hydrating texture. It is also a safe, nut free oil to use on everyone
- Our beds are heated to keep you warm throughout treatment. As you relax, your body temperature can drop. If you're feeling too warm, we'll happily turn the temperature down. We are also happy to adjust the pressure of the massage mid treatment.
- Privacy and dignity are a priority, so you will never feel exposed. We only uncover the limb or area we are working on and recover before moving to the next area. When turning over, you will be protected with a towel for modesty.
- We use 'placement' stones, which are applied to the body on certain areas (for example along the spine) to warm the muscles in preparation for massage. In addition to this we work with 'working' stones, which means holding the stones in our hands to massage the body.
- The stones will not burn you because we test them and they have to be comfortable enough for a therapist to hold for a long period.
- Hot Stones are used because one stroke with the stones provides the same warming and relaxing benefits as repeating the stroke ten times with just our hands.

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated and increase the benefits
- Drive home with the window slightly open to ensure you get enough fresh air and don't feel light headed
- Keep warm and try to relax for the rest of the day, avoiding strenuous exercise
- Wait as long as possible before showering (preferably overnight) so the oils and creams can work to hydrate the skin and give the maximum benefits of the treatment
- Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage to avoid feelings of lethargy and strain to the digestive system during detoxification
- Erythema (redness) is completely normal and a good sign that the massage is working. Erythema usually subsides very quickly once the treatment has ended

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# PREGNANCY MASSAGE



## Treatment Advice

### Pre Treatment Advice

- Choose from back massage, full body massage or the face and body treatment
- We also offer a New Mum face and body treatment, which is an especially adapted version of our Signature Body SOS Treatment
- Maternity treatments are available in the second and third trimester, right up until (or past) your due date
- Before arriving for your treatment, ensure you have eaten a light meal to curb any nausea.
- Feel free to bring snacks with you just in case you begin to feel unwell.
- Wear some comfortable clothing, we want you to feel relaxed.
- On arrival at the salon, take a visit to the ladies room but don't worry, if you need to use the toilet during treatment we have a robe ready for you at any point.
- Avoid washing your hair before a treatment if you can, we don't mind if it's not completely clean and (if you let us) we will go into the scalp area anyway
- We don't mind if you haven't exfoliated/ removed hair/ moisturised/ had a pedicure! Just come as you are and enjoy

### What to Expect During Treatment

- Your therapist will take you through to the room and give you some privacy to get settled, after telling you what clothing to remove, where to lay and where to leave your belongings
- We will ask some questions about symptoms you've experienced and how you are feeling, so we can give you the best experience
- If you're used to having body massages pre - pregnancy, this is a completely different experience. The pregnancy massage is about nurture and care, with a more gentle approach to ease tension without causing any stress to your or the baby
- We position the bed to ensure the treatment is comfortable throughout with extra support pillows and you will never be asked to lay flat on your back
- Our therapists are trained and well experienced in pregnancy massage and understand the body changes and symptoms you may be experiencing
- Our oil of choice is grapeseed oil to provide perfect glide and a light, non-greasy, hydrating texture. It is also a safe, nut free oil to use on everyone
- Privacy, comfort and modesty are a priority, so you will never feel exposed.

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated and reduce the chance of nausea
- Drive home with the window slightly open to ensure you get enough fresh air and don't feel light headed
- Eat only light meals for the remainder of the day, to avoid feeling lethargic or put strain on your digestive system
- Keep warm and try to relax for the rest of the day, avoiding strenuous exercise
- Wait as long as possible before showering (preferably overnight) so the oils can work to hydrate the skin and give the maximum benefits of the treatment
- Aim to moisturise the skin after each shower or bath to maintain skin condition

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# REFLEXOLOGY



## Treatment Advice

### Pre Treatment Advice

- Pressure Point Therapy to the feet, choose from an express or full treatment
- Try to arrive hydrated so the body is more responsive to treatment
- Wear some comfortable clothing, we want you to feel relaxed
- If you have a particular ailment you would like us to focus on, we are more than happy to do this. We will still create an all round treatment for overall wellness and tailor it to focus on this part of the correlating area of the foot
- We don't mind if you haven't exfoliated/ removed hair/ moisturised/ had a pedicure! Just come as you are and enjoy

### What to Expect During Treatment

- Your therapist will take you through to the room and help you get settled, in a semi reclined position with plenty of support to the feet and knees and a cosy blanket
- We will ask some questions about preference of pressure, and any areas of concern before doing a visual foot examination and preparation for treatment. This is so we can give you the best experience
- We use specialised reflexology balms with various essential oils and related benefits. You can choose a scent you like or we will select the best for your needs
- Our beds are heated to keep you warm throughout treatment. As you relax, your body temperature can drop. If you're feeling too warm, we'll happily turn the temperature down.
- Reflexology applies pressure point therapy to the feet to help the body restore an equilibrium from imbalances. Throughout the treatment we may find an area of discomfort or varying textures, in which case we will make a note to discuss at the end.
- You are welcome to ask questions throughout the treatment, or simply relax and enjoy the treatment, saving any questions for the end. We really don't mind either way.
- The treatment itself includes some relaxation stretches, followed by a routine on each foot which covers the 'whole body' on the foot map, a recap over any problem areas and areas of concern and finally a foot massage to finish.

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated and increase the benefits
- Drive home with the window slightly open to ensure you get enough fresh air and don't feel light headed
- Keep warm and try to relax for the rest of the day, avoiding strenuous exercise
- Wait as long as possible before showering (preferably overnight) so the balm can work to give the maximum benefits of the treatment
- Avoid alcohol and rich foods where possible, instead opting for a light meal following a reflexology treatment, to avoid feelings of lethargy and strain to the digestive system during detoxification
- It is possible you will feel sleepy or have a slight headache as the body works hard to find a balance. This is known as the healing crisis, where the body has to react in order to heal and you may feel some negative symptoms temporarily. Overall this is a great sign that the treatment is working and symptoms will subside quickly.

If you have any questions, please do not hesitate to ask

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# THAI FOOT MASSAGE



## Treatment Advice

### Pre Treatment Advice

- A must try - an energising foot and leg treatment that is surprisingly relaxing
- Boosts circulation, aids lymphatic drainage and works on providing head to toe benefits to the body and mind
- Try to arrive hydrated so the body is more responsive to treatment
- Wear some comfortable clothing, we want you to feel relaxed
- We don't mind if you haven't exfoliated/ removed hair/ moisturised/ had a pedicure! Just come as you are and enjoy

### What to Expect During Treatment

- Your therapist will take you through to the room and help you get settled, in a semi reclined position with plenty of support to the feet and knees and a cosy blanket
- We use a specialised foot balm to boost circulation and boost the overall feeling of wellbeing
- Our beds are heated to keep you warm throughout treatment. As you relax, your body temperature can drop. If you're feeling too warm, we'll happily turn the temperature down.
- Thai Foot Massage is an ancient healing therapy to the foot and lower leg. It is based on the idea that energy lines run through the body and that blockages or imbalances in these lines can prevent energy flowing freely within the body.
- It works to stimulate these energy lines and move it to leave you feeling refreshed, revitalised and relaxed all at once. We incorporate important stages of manual massage, stretching, lymphatic drainage, reflexology techniques and a unique wooden pressure point stick to deliver treatment to the foot, ankle and lower leg
- Reasons to try Thai Foot Massage: To boost circulation in the legs and feet, to boost energy flow around the whole body, to revitalise and refresh the body and mind, to relax and reduce mental strain and fatigue, to reduce muscle tension, to improve flexibility, to boost energy flow, to provide grounding for the body

### After Treatment Homecare Advice

- Drink plenty of water to remain hydrated and increase the benefits
- Drive home with the window slightly open to ensure you get enough fresh air and don't feel light headed
- Keep warm and try to relax for the rest of the day, avoiding strenuous exercise
- Wait as long as possible before showering (preferably overnight) so the balm can work to give the maximum benefits of the treatment
- Avoid alcohol and rich foods where possible, instead opting for a light meal following treatment, to avoid feelings of lethargy and strain to the digestive system during detoxification
- It is possible you will feel sleepy or have a slight headache as the body works hard to find a balance. This is known as the healing crisis, where the body has to react in order to heal and you may feel some negative symptoms temporarily. Overall this is a great sign that the treatment is working and symptoms will subside quickly.

If you have any questions, please do not hesitate to ask

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# MANICURE AND GEL POLISH HANDS



## Treatment Advice

### Pre Treatment Advice

- The only thing required before a manicure really is to leave your nails alone as much as possible. If they are usually short and you wish to grow them, keep them hydrated with nail oil and resist the temptation to file them yourself beforehand.
- If you have a particular outfit or colour in mind, it may be an idea to bring the clothing with you to colour match the nails.
- We are regrettably unable to remove gel polish that has not been applied by us, or acrylic or hard gels
- Our gel polish removal is free with a redo

### What to Expect During Treatment

- Hand treatments are carried out in the privacy of your own treatment room
- Depending on which service you select, the manicures range from a simple file and paint to a full treatment to soften the cuticles, nourish the nails and hydrate the hands and arms.
- Manicures include an optional polish with Vinylux; two coats of colour and an application of top coat. The base coat is built into each colour so there is no separate base coat application. The colour sets in 8.5 minutes.
- The gel polish treatment includes a full preparation of the nails and cuticles before application of the gel polish in the Halo colour of your choice. At the end of the application a nourishing oil is applied. The nails are completely set and smudge proof immediately, so there is no drying time.
- It is difficult to determine how long the gel polish will last and will depend on the homecare carried out. On average, it lasts between 5-14 days.
- Even amongst our team of staff we have some who have up to ten days wear and others who are lucky to get three days. The results will greatly depend on the natural structure and condition of the nail, how naturally oily the nail plate is, the level of chemicals used, the amount of hand washes they experience in a typical day and so on.
- Please bear this in mind when planning your manicure for a special occasion. We cannot guarantee the longevity of a gel polish on hands, but you can help it last longer by massaging a nail oil in daily.

### After Treatment Homecare Advice

- Apply solar oil daily to keep the nails nourished and improve lasting power of the polish (both Vinylux and Gel)
- Take care to avoid acetone based products as this will remove the colour
- Use gloves when cleaning to protect the nails
- Take care not to use your nails as tools (for example to lift a ring pull on a tin)
- If you chip the gel polish nail or see it beginning to lift, please do not pick or pull as this could cause trauma to your nail. Instead, smooth over gently with a file or pop in for a repair
- Take care when on holiday as some insect repellent products or sun protection may contain ingredients which affect the colour and condition of the polish.

If you have any questions, please do not hesitate to ask  
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# PEDICURE AND GEL POLISH TOES



## Treatment Advice

### Pre Treatment Advice

- Try to resist cutting your toenails before treatment, we will do that for you and ensure they are cut safely and neatly

If you are having a pedicure with normal polish, remember to bring your flip flops or to allow plenty of drying time after the treatment

- We are regrettably unable to remove gel polish that has not been applied by us, or acrylic or hard gels
- Our gel polish removal is free with a redo

### What to Expect During Treatment

- Pedicure treatments are carried out in the privacy of your own treatment room
- Depending on which service you select, the pedicures range from a simple file and paint to a full treatment to soften and reduce hard skin from the soles and nourish the feet and lower legs.

- All pedicures include toenail cut, file and buff and the full pedicures all include cuticle treatment. The service includes a polish with Vinylux, which involves two coats of colour and an application of top coat. The colour sets in 8.5 minutes.

- Gel Polish is available as a standalone toenail treatment or as a full pedicure. The gel toes are completely set and smudge proof immediately, so footwear can be put back on

- The Footlogix treatment is also available as a standalone pedicure with no treatment to the toenails; feet are soaked, scrubbed, callus and hard skin removal with the Footlogix system, hydrate and massage

- We also offer toenail cutting services as a standalone treatment; cut, file and smooth

### After Treatment Homecare Advice

- Apply solar oil regularly to keep the nails nourished, maintain the cuticles and prolong the life of your polish (both Vinylux and gel polish)

- You will normally find the colour on toes lasts much longer than fingers, because toenails grow at a much slower pace and there will be less wear and tear from washing, hand sanitiser and use of cleaning chemicals/food preparation/typing etc.

- We recommend a pedicure every 4-6 weeks to keep up with hard skin and toenail growth

- Take care when on holiday as some insect repellent products or sun protection may contain ingredients which affect the colour and condition of the polish.

- Use a foot file between appointments to smooth hard skin on the soles, especially during flip flop season

- Apply a foot cream regularly to hydrate the feet, followed by a pair of socks to allow the cream to soak in and not transfer to the floors

- If you catch a nail, gently smooth over with a file but try to avoid cutting the toenail too short as this could cause discomfort.

- After swimming, bathing or showering, be sure to dry the feet and toes carefully, to avoid the risk of an infection.

If you have any questions, please do not hesitate to ask  
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