

Nutrimetics Facials

Nutrimetics the natural choice for nutritional cosmetics. Skin care, body care and make-up products.

Nutrimetics facials will revitalise whilst relaxing and refreshing your spirit.

Pick me up treatment (half hour)	£17
Basic facial (1 hour)	£25
Continental facial (1 1/4 hours)	£35
Hot towel therapy (1 hour)	£30
Detox and revitalising facial (1 hour)	£30
Deep cleanse and acne treatment (1/4 hours)	£35

Eye Treatments

Tinting gives extra definition and the appearance of longer, thicker lashes for 4-6 weeks.

Eyelash tint*	£8
Eyebrow tint *	£6
Eyelash / eyebrow tint	£12
Eyebrow shape*	£6
Eyebrow tidy	£4

* A sensitivity test is required 24 hours before first tint.

Hands and Feet

Manicure £14
Includes shaping of nails care and tidying of the cuticles, hand and arm massage and nail polish.

Nail Tidy £8
Shape, cuticle care and polish.

Pedicure £16
Treatment includes foot spa, scrub, cuticle work, foot and leg massage and nail polish.

Waxing

The temporary removal of unwanted hair using tea tree wax. Treatment leaves the skin smooth and hair-free for up to 4 weeks,

1/4 Leg	£10
1/2 Leg	£14
Full leg	£16
Full leg and bikini	£21
Underarm	£6
Bikini	£7
Upper lip or chin	£6
Eyebrows	£6
Arm wax	£8

Swedish Body Massage

A therapeutic massage which is a wonderful way to relax relieve stress and muscle tension. Gives a feeling of well being.

Full Body Massage (one and a half hours)	£35
Body Massage (1 hour) Back, Neck and Shoulders (30 minutes)	£25
Body Massage (half hour)	£15

Sports / Remedial Massage

Pre-sport, post-sport, ongoing training including injury prevention and corrective programmes. The treatment will involve deep tissue massage apart from post-sport massage

25 minutes	£20
45 minutes	£30

Aromatherapy Massage

Massage using essential oils from plants and herbs blended to suit individual needs. Treating a wide range of problems including insomnia, stress, fluid retention, muscle pains, headaches and much more.

Full Body plus Mini Facial (1/4 hours)	£35
Full Body (1 hour)	£28
Back, Neck and Shoulders (1/2 hour)	£16

Reflexology

An alternative therapy applied to feet through massage. Treats imbalances in the body, maintain good health and as a means of relaxation. Reduces stress.

Individual Treatment	£22
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Indian Head Massage

Massage through the clothes to the upper back, shoulders, upper arms, neck, face and scalp.

Individual Treatment	£15
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Make-Up

Cleanse and make-up	£25
Make-up lesson	£30
Bridal make-up (including preparation appointment)	£55
Extra person on day (each) Away from salon	£20
	£10

A consultation is required before the first treatment. This is a free service taking details of your medical history, lifestyle and general state of health.

Body Treatments

<i>Total Body Exfoliation</i>	£25
An exfoliating treatment that will result in refined soft skin.	
<i>Manual Cellulite Treatment</i>	£20
A deep tissue massage of the legs to help with cellulite and water retention.	
<i>Deep Cleansing Back Treatment</i>	£25
(including acne treatment, if appropriate).	

Personal Training

Improve your overall health and well-being with an individually designed training programme in the comfort of your own home.

Specialist areas:

- Body sculpting
- Flexibility
- Core strength, stability and conditioning
- Nutrition and weight management
- Sports conditioning
- Injury rehabilitation
- GP referrals

<i>1 hour session</i>	£25-30
<i>Train with a friend or partner</i>	£40

Please note that appointments missed or cancelled with less than 24 hours notice will be charged at *Full Rate*.

Nutrimetics Pamper Sessions

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A wonderful way of trying this unique, botanically derived range of skin care and cosmetics in the comfort of your home. With your friends and family relax, have fun and learn. These sessions are free of charge.

Choose from:

- Essential skincare
- Detox and revitalise
- Hot towel therapy
- Full glamour make-up
- Colour confidence make-up
- Anti-stress and relaxation
- Body care
- Hand care
- Turn back the clock
- Mind, body and soul
- Natural hair care
- Mens workshop
- Sun Care
- Christmas shopping

Lisa Marie Della



**Register
of Exercise
Professionals**



10% discount on prices to 3rd Age Club Members