



Beauty Moments

DAY SPA

www.beauty-moments.co.uk

020 8777 4343



We at Beauty Moments welcome you to enjoy and experience
therapeutic, beautifying and relaxing treatments
and hope that we can make your moments
with us memorable ones.

OPENING HOURS

Monday	Closed
Tuesday	9.30am – 8.00pm
Wednesday	9.30am – 8.00pm
Thursday	9.30am – 8.00pm
Friday	9.30am – 6.00pm
Saturday	9.30am – 5.30pm

2009

All treatment times are approximate guidelines

Telephone 020 8777 4343

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INFORMATION

All treatments carried out in peaceful environment ensuring complete client care.

All consultations are free and confidential.

The highest standard of hygiene is maintained at all times.

GIFT VOUCHERS

Enjoy the Beauty Moments experience yourself or surprise your friends & family with this luxurious gift of relaxation. With special gift packages designed to meet everyone's schedule and budget, it's easy to give the gift of pampering.

Gift Vouchers make wonderful presents – available for any amount, treatment or package.

They can be purchased from reception or by mail order.

Vouchers valid for 6 months only from the date of purchase.

RETAIL PRODUCTS

All skincare products are available for your homecare maintenance programme to ensure that your salon results are continued at home. We stock a complete range of specialist skincare by Thalgo, Environ, Oxy-peel, Nailtiques, OPI, Hand & Foot care, and nail products, St. Tropez tanning products, and exclusive make-up by Jane Iredale. We constantly review and update our range of services and products. Please visit us or call us for up-to-date information on these and to discuss your individual treatment requirements. Products can be purchased from reception or by mail order.

TREATMENT CONTRA-INDICATIONS

There are some contra-indications to some of our treatments. These include High/Low blood pressure, Circulatory Disorders, Epilepsy, Arthritis/Rheumatism, Diabetes, Pregnancy, Allergies and possibly other conditions where you are receiving medication or medical treatment. If you have any concerns please check with us (and where appropriate, with your doctor) prior to making your treatment appointments. If a treatment is found to be unsuitable, our therapist will recommend, where possible, an alternative treatment.

BOOKINGS

All treatments lasting more than an hour require a 50% deposit to secure the appointment.

All courses and packages must be paid for in advance. Courses of treatments are not transferable. No cash refunds. All prices are inclusive of V.A.T. and are subject to change without prior notice.

CANCELLATION POLICY

As a courtesy to other clients and our therapists, please give us 24 hour notice if you must cancel or change any treatments.

Cancellations within 24 hours will be charged 50% of the treatment cost.

Beauty Moments is a mobile phone free zone.

To respect the needs of other clients and to maintain the relaxing atmosphere of the salon, we request you to please turn off your mobile phones.

Smoking is not permitted on the premises.

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BEAUTY MOMENTS PACKAGES

These packages have been devised to offer complete care for your individual needs and concerns.

1. BEAUTY MOMENTS WEDDING

THE BRIDE – 4 hours(includes lunch) £157.50

- Aromatherapy essential facial • Make-up (with rehearsal)
- Marine Prelude Body wrap • Manicure

2. **BEAUTY MOMENTS DETOX – 2 hours 15 mins**£75.00

- Rebalancing Back Treatment • Rebalancing Facial

3. **HOLIDAY PREP – 3 hours 15 mins**£117.00

- Marine prelude body wrap • Pedicure • Oxygen Facial

4. **PREGNANCY TREAT – 2 hours 15 mins**£95.00

- Pregnancy pamper treatment • Hydra-Moisture Source Facial

5. **DAY OF BEAUTY – 4 hours 30 mins**(includes lunch) £132.00

- Pampering facial • Aromatherapy massage • Deluxe manicure • Deluxe pedicure

6. **THE SPECIAL OCCASION – 2 hours**£68.00

- Eyelash tint • Eyebrow tidy • Manicure • Make-up

7. **THE REFRESHER – 2 hours**£78.00

- Full body massage • Customised facial

8. **TEENAGER DAY OF BEAUTY – 2 hours 30 mins**£75.00

- Prescriptive facial • Manicure • Pedicure • Make-up

BROWS AND LASHES

New clients considering lash and brow tint will require a patch test to assess sensitivity at least 24 hours before treatment.

<i>Eyebrow tint – 15 mins</i>	£9.00
<i>Eyelash tint – 30 mins</i>	£12.50
<i>Eyebrow & eyelash tint – 35 mins</i>	£18.00
<i>Eyebrow tidy – 15 mins</i>	from £9.50
<i>Eyebrow shape – 15-30 mins</i>	£10.00 - £ 15.00





MAKE - UP

Jane Iredale – The skincare make-up

This make-up is based on a sophisticated blend of pure minerals and pigments. The range is anti-inflammatory, has an SPF and is preservative free. Known as “the skincare make-up” the products offer effective coverage for skin conditions like acne, rosacea and redness after chemical peel treatments, also used to cover bruising after cosmetic/ laser surgery. So effective, it is recommended by plastic surgeons, dermatologists and skincare professionals. Used by stars like Nicole Kidman, Victoria Beckham, Madonna and many others.



A professional application of make-up using shades and application techniques to compliment your requirements, whether for a special event, daytime or evening. Using Jane Iredale make-up.

Make-Up – 45 mins£30.00

For day or evening. Includes cleanse and make-up.

Make-Up Lesson – 1 hour£35.00

A professional guide on how to apply your make-up.

Bridal Make-Upfrom £57.00

Make-up with Rehearsal. Packages can also include treatments for other members of the bridal party.



DEPILATORY TREATMENTS

Ecolite Intense Pulse Light (IPL) uses advanced laser technology flashing out unwanted body or facial hairs in seconds. Destroys the hair at the root in a progressive way, long term hair reduction, safely, non-invasively, quickly, relatively without pain using a system far more advanced than laser and without any side effects. Long term hair reduction

ECOLITE HAIR REMOVAL FOR WOMEN AND MEN

WOMEN	MEN	PRICES	
TREATMENT AREA	TREATMENT AREA		
Full Face	Full Face	From £125.00	per session
Upper lip	–	£30.00	per session
Chin	Jawline	£40.00 / £60.00	per session
Cheeks / Side of Face	Cheeks / Side of Face	£50.00	per session
Neck (front & sides)	Neck (front & sides)	£55.00	per session
Underarms	–	£70.00	per session
Chest (except breasts)	Chest	£60.00	per session
Abdomen	–	£80.00	per session
Lower Back / Full Back	Lower Back / Full Back	£60.00 / £100.00	per session
Half arms / Full Arms	Half arms / Full Arms	£80.00 / £125.00	per session
Bikini / Extended Bikini		£50.00 / £70.00	per session
Half legs / Full Legs	Half legs / Full Legs	£150.00 / £250.00	per session



These prices are only an approximate guideline, they would vary depending on the time spent for the treatment.

A free consultation and free patch test is available (Please note this must be at least 24 hours before actual treatment)

Epil
Pro



EPIL - PRO – Superior alternative to Electrolysis

Non - invasive, pain free treatment using SOUND WAVES for permanent hair removal from face and body. Large areas treated and cleared in each session. No burning, scarring or pitting. Safe for diabetics and throughout pregnancy. Make-up can be applied within 10 minutes after treatment. Much faster end results than conventional electrolysis.

We recommend Epil-Pro Lotion for homecare for better results of treatment.

Up to 10 minutes	£12.50
15 minutes	£18.00
20 minutes	£23.50
30 minutes	£34.00
45 minutes	£50.00
1 hour	£60.00

WAXING

Using professional roll on waxing spa - a very gentle and effective method of hair removal.

Please avoid exercise or heat treatments before or after waxing.

Full arms – 30 mins	£17.00
Half arms – 20 mins	£13.50
Under arms – 15 minsfrom £10.00
Lip or chin – 15 minsfrom £8.00
Lip and chin – 20 mins	£15.50
Full arms plus under arms – 45 mins	£23.50
Full legs – 45 mins	£24.00
3/4 legs – 30 mins	£20.00
Half legs – 20 mins	£17.00
Bikini line – 15 minsfrom £9.50
High Bikini line – 20 minsfrom £12.00
Full legs plus bikini line – 1 hour	£30.00
Back Wax – 20 mins	£25.00

AFTER WAXING HOMECARE ADVICE (Next 24 - 48 hours)

- We advise that during this period while the skin is still sensitive, the following products are not used on freshly waxed skin:
 - ✗ Talcum Powder
 - ✗ Deodorants/Anti-Perspirants
 - ✗ Perfumes
 - ✗ Self Tanning products
 - ✗ Make up
- No hot baths, sunbed, exercise, sauna or any other heat treatments before or after waxing.
- Tight clothing e.g. hosiery should not be worn over the freshly waxed area.





NAIL TREATMENTS



NAILTIQUES

Nailtiques products are created for individual nail conditions requiring specific treatment. Each protein formula offers special ingredients which promote healthy nail growth by bonding the nail layers together and building a strong yet flexible foundation which is resistant to peeling, chipping and splitting, thus keeping your nails in tip-top condition all year round.



O·P·I



OPI

The ultimate manicure and pedicure service cleanses, renews and restores the spirit and mind as well as hands and feet. Treatments by OPI, an essential range of products, developed with natural botanical ingredients that transform ordinary manicures and pedicures into extraordinary spa services. A generation of products offering skin-smoothing treatment options that refresh and re-organise, while setting your hands and feet on a path to perfection.

Nailtiques Manicure – 45mins£23.00

Nailtiques Deluxe Manicure – 1 hour£28.00

Includes thermal mittens or paraffin wax

Nailtiques French Manicure – 1 hour £25.00
A beautiful natural look

Nailtiques Deluxe French Manicure – 1 hour £30.00

OPI - Nailtiques Pedicure – 1 hour £27.00

OPI - Nailtiques Deluxe Pedicure – 1 hour 15 mins £32.00
Includes thermal booties or paraffin wax

OPI - Nailtiques French Pedicure £29.00

OPI - Nailtiques Deluxe French Pedicure £34.00

File & Revarnish – 20 mins £15.00
(Hands or feet)

Thermal Paraffin Wax Treatment – 20 mins £15.00
(Hands or feet)

Ultimate moisturising paraffin treatment softens cuticles and deeply lubricates the skin to a soft and healthy appearance. The paraffin coating stimulates circulation, soothes and relaxes you in a simple luxurious treatment. Ideal for joint problems such as arthritis, rheumatism, tendonitis and swollen feet.

***Please note: Please wear open toe shoes for all pedicure treatments
Nailpolish can take up to an hour to dry thoroughly.***

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MASSAGE TREATMENTS

AROMATHERAPY TREATMENTS

Essential oils are the life force of the plants and that is why they have great therapeutic value. A complete body massage helps the lymphatic system to free body toxins and create a healthy and relaxed mind and body. Also very effective for treating stress, anxiety, depression, nervous tension, PMS and many other aches and pains.

Clinical Aromatherapy Massage – 1 hour£44.00

Full body including face

Aromatherapy Massage – 35 mins£31.00

For back, neck and shoulders

SWEDISH MASSAGE

Swedish Body Massage is a deep tissue massage, relieves tension and stiffness in muscles, leaving the body feeling relaxed and stress free, providing an overall feeling of well-being.

Full Body Massage – 55 mins£36.50

Full Body Massage – 1 hour£39.00

Including face

Back, Neck and Shoulder Massage - 25 mins£25.00

Foot and leg massage - 15 mins£12.00

HOT STONE MASSAGE WITH AROMATHERAPY

Full Body Massage – 55 mins£45.00

Back, Neck, Shoulder massage – 25 mins£31.00

A relaxing treatment for total well-being, Stone massage involves the application of water-heated basalt stones of varying sizes to key points of the body, giving a deep massage and creating sensations of comfort and warmth. The direct heat relaxes muscles, allowing manipulation of a greater intensity than with regular massage. Your invitation for deep relaxation.



INDIAN HEAD MASSAGE – 40 mins£34.00

Indian head massage has been practised in India for over a thousand years. Treatment includes consultation and massage of back, shoulders, neck, scalp and face. Relieves pains and stiffness, increases mobility, relief from tension headaches, eye strain, nasal congestion, increases energy levels, improves concentration, improves hair and skin conditions.



REFLEXOLOGY – 1 hour£36.00

Reflexology is a specialised foot massage used in ancient times by the Egyptians, Chinese and Indians. A treatment where gentle pressure is applied to points on the feet mirroring the body's organs. By working on these pressure points, one can release the toxins and restore free flow of energy to the whole body, thus calming and relaxing the mind and body - promotes feeling of well-being. For a wide range of acute and chronic conditions including PMS, sciatica, sinusitis, aches, fatigue, stress, etc...





AYURVEDA TREATMENTS

Ayurveda, the name given to the ancient Indian science of life, is said to have originated 4000 years ago and is believed to be the oldest health system known to man today. Rather than treating symptoms, it treats the whole person, working holistically. Massage is an important part of the Ayurvedic therapy working on the marma points, opening up 'energy' channels which are believed to cause an imbalance of blockage. At the core of Ayurvedic philosophy is the concept of the three 'doshas' – vata, pitta and kapha, the vital energies that make up the body type. Assessing the imbalance of these energies allows the practitioner to suggest the most appropriate treatment for body, mind and soul.

Shirodhara – ‘Third eye drip’ – 45 mins£50.00

A stress buster. Warm oils are gently poured in a slow dynamic movement over the forehead (third-eye) in a continuous, calm drip from a special vessel for about 20 minutes, followed by gentle massage of face and neck. Profoundly relaxing, this treatment switches off a chattering mind and induces rest.

Good for: sheer bliss and relaxation, sinusitis, chronic colds, insomnia, migraines and headaches.

Shirobhyanga – Head, Neck and Shoulder massage – 30 mins£30.00

A detoxifying upper body massage that has been used in India for years as 'home' therapy. The massage is relaxing and focuses on the marma points and leaves the head, neck and shoulder area rejuvenated.

Good for: stress, strain, migraines.

Shirodhara with Shirobhyanga – 1 hour 15 mins£70.00

THALGO BODY TREATMENTS

As specialists of Marine Spa therapies, Thalgo harness all the riches of the sea; proteins, amino acids, minerals and vitamins for all your slimming, firming, detox, and relaxation concerns and needs.

We recommend the body treatments to be taken as courses of 6-12 sessions for maximum results.

BODY WRAPS

Thalgo Marine Prelude – 1 hour 15 mins£53.50

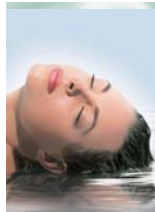
Ultra-exfoliation combining natural sea salts and marine mud offering all the benefits of relaxation and remineralisation. Eliminates dead skin cells, helps smooth skin roughness, refines skin texture, and invigorates the entire body by activating micro-circulation. Ideal treatment prior to other body treatments, holidays or just as one off treatment on its own.

Frigi Thalgo Bandage Wrap – 1 hour£47.50

Course of 6 sessions£261.00

A simple cold wrap treatment, highly effective in eliminating excess fluid from the hip and thigh area. Excellent for the treatment of cellulite, heavy hips and thighs and for the relief of tired and heavy legs.

1-2 sessions per week recommended.





Indocéane – 1 hour 30 mins£70.00

Indocéane is a complete ritual of vital relaxation and ultimate answer to those who are tense and stressed by their pace of life and their environment. Thalgo have crossed the seas and oceans in 4 steps, blending Mediterranean, Egyptian, Indian and Chinese influences to harness the serenity and relaxing powers of the Orient to create a relaxing marine treatment range.

LC24 Thalgomince Body Contour Wrap (Anit-cellulite) – 1 hour£53.50

Course of 12 sessions£588.50

An intensive treatment for the hip, thigh and buttock area. Incorporating Thalgomince LC24 with a specialised slimming massage, this treatment smoothes and re-shapes the body's contours. A complete salon and homecare programme that targets cellulite deposits all over the body.

Full treatment consists of 12 sessions at the rate of 2-3 sessions weekly. Continue salon treatment for maintenance at the rate of 1 session every 3 weeks.

Thalgo's Pregnancy Pamper Treatment – 1 hour£53.50

Course of 10 sessions£481.50

This skin conditioning body treatment helps to prepare the skin for pregnancy by enriching the upper layers of the epidermis with Marine extracts and Vitamin E. Treatment can be used throughout pregnancy (after 3 months) to improve the skin's natural elasticity and lessen the appearance of stretch marks.

Course - After 12 weeks of pregnancy - 1 treatment per week until full term



Rebalancing Back Treatment – 1 hour£39.00

The back is often neglected and therefore prone to congestion and blemishes. This treatment helps to stabilize, rebalance and purify the skin thus improving back appearance. A deeply relaxing back treatment.

Descomask Body Spritz – 45 mins£30.00

A top to toe exfoliation treatment to eliminate dead skin cells. Followed by an application of nourishing body cream to leave skin soft and smooth.

St. Tropez Self Tan Treatment

Ideal for anyone wishing to acquire an instant, healthy all over tanned appearance at any time of the year. A skin softening and smoothing exfoliation is followed by an application of moisturising milk and St. Tropez tanning lotion to achieve a safe natural golden colour without the sun. Ideal before holidays and to keep the tan throughout the year.

(Please wear dark loose clothing and open shoes before and after St. Tropez Tan treatment)

Face & Body – 1 hour 15 mins£45.00

Full Body – 1 hour£41.00

Half Body – 45 mins£30.00

Legs – 30 mins£22.00

St. Tropez Original Lotion Application

The Original St. Tropez lotion tan remains the tanning choice of the celebrities. Application is a relaxing, pampering hands on treatment that will last approximately 1 hour.



ST TROPEZ TREATMENT ADVICE FOR THE CLIENT

Preparation for Application

To ensure an even tan your skin must be clear of any previous self-tan application prior to your treatment. It is preferable not to apply any type of perfume, deodorant or aromatherapy oils, on the day of your treatment as these can affect results. Waxing or shaving should be completed at least 24 hours prior to the treatment. Wear dark loose fitting clothing, together with a dark coloured bra or preferably no bra at all. Please be aware that the guide colour can stain nylon and wool.

The Application

Application encompasses a full body exfoliation, moisturising of relevant areas and an application of St. Tropez to leave you a golden brown colour. Black paper tangas will be issued upon arrival. After the treatment it is advisable to wear these at home underneath loose fitting clothing.

Once Leaving the Salon

Your tan will begin to develop. Do not shower or bath for a minimum of 4 hours after the treatment. It is fine to leave the guide colour on overnight and shower in the morning. If a little colour does appear on your bed linnen, it is just a vegetable dye and will wash out of cotton. Do not take part in swimming or any activity, which may cause perspiration for at least 12 hours after the treatment.

Maintaining your tan

With correct aftercare your tan will last longer. Daily apply St. Tropez Body Moisturizer, a hydrating body lotion containing l-tyrosine. This ingredient activates the melanin in the skin ensuring the tan lasts the longest possible time. Exfoliate your skin with St. Tropez body polisher every 2 days to ensure your tan fades evenly. Do not rub but pat the skin dry after showering or bathing. Avoid swimming pools, as chlorine will bleach your tan.

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EYE TREATMENTS

The eye contours are a fragile, delicate, sensitive and highly vulnerable area. Due to the poor blood circulation and weak lymphatic system in this area, the eyes require special attention.

Collagen Velvet Eye Treatment – 45 mins£30.00

In-depth hydration to combat the apparition of dry wrinkles and attenuates skin sagging. Particularly recommended for the treatment of 'Crow's feet'. Not recommended in cases of bogginess around the eye caused by water retention.



Environ Ionzyme for eyes – 45 mins£30.00 – £35.00

The use of electrotherapy will enhance the penetration of active vitamins. A hugely powerful treatment to effectively smooth away lines, wrinkles and help reduce dark circles. It is also an excellent anti-ageing and conditioning treatment

CACI for Eyes (using micro current) – 30 mins£30.00

Award winning CACI helps to reduce puffiness, softens lines and wrinkles, improves blood circulation and lymphatic drainage around the delicate eye area thus improving the skin's texture and tone.

FACIAL TREATMENTS

THALGO FACIALS

The world leader in marine face and body care, THALGO laboratories have explored all the riches of the oceans to extract vital active ingredients, including the original medically patented Micronized Marine Algae. These mineral-rich extracts are known for their dramatic effect in revitalising, detoxifying, general firming, toning and healing.

Thalgo Prescription Facial – 30 mins£30.00
A customized treatment for all skin types. Excellent introductory treatment.

Aromatherapy Essential Face Care (for all skin types) – 1 hour£44.00
Combining the purest essential oils, plant extracts and a cool marine algae mask, this facial is the ultimate in relaxation. Softens expression lines and is totally tension-relieving for all skin types.





Oxygen Facial (for dull/stressed skin) – 1 hour£44.00

A purifying treatment for dull, lifeless, sallow, sluggish skin polluted by stress and negative lifestyles. This booster facial incorporates marine and plant proteins to reoxygenate and nourish the skin resulting in a natural healthy glow.



Rebalancing Facial (for oily/combo skin) – 1 hour£41.50

Combining pure natural seaweed, rich in minerals and vitamins with high potency marine extracts, this treatment stabilizes, deep cleanses and purifies. Its anti-bacterial effect is ideal for combination, oily and problem skin types, particularly good for eczema and psoriasis. Can be used on either face or back.



Cold Marine Facial (for sensitive/reactive skin) – 1 hour£45.50

A refreshing, soothing treatment for sensitivity, high colour and broken capillaries. Based on reviving marine and plant extracts, particularly suited to fragile, delicate skin, this treatment incorporates a cool mint mask to reduce redness, refine, tighten and relax tension lines. Perfect for sensitive skin prone to blotchiness.

Hydra-Moisture Source Facial (for dry/dehydrated skin) – 1 hour£46.00

A truly hydrating moisture treatment featuring active marine ingredients and vegetal milks combined with a unique mask to combat hydration, improve skin texture, and leave the skin feeling soft and radiant.

Pure Collagen Velvet Mask (anti-ageing and moisturising) – 1 hour£54.50

Intensive hydration for sun damaged skin, fine lines and wrinkles. With pure native soluble collagen, protein rich extracts and creams. This treatment softens and smoothes the skin and helps maintain moisture balance. The crème de la crème of anti-wrinkle facials.

Incorporating eyes, neck and lip area – 1 hour 30 mins£77.50

Pure Collagen Eye & Neck Treatment – 45 mins£39.50

Using pure native soluble collagen, this luxurious eye and neck treatment leaves the eye contour soft and smooth and plumps out fine lines and wrinkles. Not suited for puffy eyes.

Fundamental Wrinkle Control Facial (anti-ageing and plumping) – 1 hour£58.00

The latest high-tech facial with powerful anti-ageing properties to treat lines and wrinkles. Relax and rejuvenate with a specific massage to soften and smooth facial contours and benefit from the intensive 'Double Mask' a combination of wrinkle filling strips and gel mask which bathes the skin in antiageing ingredients. For ages 35 years+

Includes Anti-Ageing & Rejuvenating Hand Treatment





OXY-PEEL TREATMENTS – 1 hourfrom £50.00

Course of 6 Oxy-Peel treatments (taken weekly)from £275.00

Oxy-Peel treatments work on the principle of biological exfoliation gradually removing the blemished layers and / or disintegrating the cells, which are then replaced naturally by healthy skin. It is safe and effective.

It is a scientific solution to a wide spectrum of SKIN DISORDERS like ACNE, MATURE SKIN, BLOTCHY SKIN, SUPERFICIAL SCARS, HYPERPIGMENTATION, POST-ACNE PIGMENTATION, ROUGH AND UNEVEN SKIN TEXTURE, POOR COMPLEXION AND SLUGGISH SKIN, ENLARGED PORES AND COMEDOMES.

OXY-PEEL TREATMENTS DO NOT LEAVE THE SKIN RAW AND SORE, AND THERE IS NO NEED TO TAKE TIME OFF WORK. A TREATMENT COURSE OF 6 SESSIONS OR MORE ARE RECOMMENDED TO ACHIEVE MAXIMUM RESULTS. PLEASE NOTE THAT ACTIVE ACNE / SEVERE CASES MAY NEED MORE THAN ONE COURSE.

ENVIRON

Dr Des Fernandes, renowned South African Plastic Surgeon, has developed Environ, a fantastic range of products and treatments that can produce dramatic results. The range uses high concentrations of absorbable fresh vitamins A, C, E and Beta-Carotene to regenerate, re-hydrate and repair the skin. Great for reducing pigmentation, fine lines and scarring to protect against photo-damage and pollution or just to maintain a healthy glowing skin. All Environ treatments use the Ionzyme machine (Galvanic and Ultrasound currents) to enhance the vitamin penetration by 4000% and are suitable for all skin types.

An initial complimentary consultation prior to your first treatment.



ENVIRON Advanced Ionzyme Vitamin Facial – 1½ hours £68.50

The latest and most effective treatment tailored to achieve maximum results on Photo-damaged skins (wrinkles), Dry skins, Mature Skins, Pigmentation and Scarring.

Using only the freshest and most active forms of Vitamin A, C or Lactic Acid, this treatment results in the greatest penetration of active molecules through the skin to stimulate collagen production, hydrate, reduce pigmentation and scarring and normalise skin cells. The treatment is tailored to each individuals specific skin type and condition – suitable for all ages.

This treatment can be done as an intensive course for specific conditions where 12 to 24 treatments are recommended (once or twice a week) or it can be done as a monthly maintenance treatment.

Your trained Environ therapist will be able to advise what is best for your skin.

ENVIRON Manual Vitamin Facial – 1 hour £48.00

A relaxing hands-on (Manual facial) similar to the Environ Ionzyme Vitamin Facial but without the machine. Recommended for those who prefer hands-on treatments or for those clients who are contraindicated to electrical treatments.





ENVIRON Problem Skin (Acne) Treatment (Lactogel Peel) – 45 mins£38.50

A manual treatment specifically designed for problem skins using mild forms of lactic acid, which will work to:

- *control and remove the build up of dead cells on the surface of the skin*
- *reduce any inflammation*
- *destroy bacteria*
- *hydrate the skin*

A course of 6 is recommended – one per week



ENVIRON Anti-Ageing Lac-Pamgel Peel – 1 hour£46.00

For uneven skin tone, hyper pigmentation congested and photo aged skin. The Ionzyme machine is used to assist this lactic acid peel. An application of specially chosen vitamins are then used.

ENVIRON Masque Crystal Treatment - 30 mins£33.50

Course of 12 treatments (2 per week)£368.50

A course of 12 half hour treatments using the highest levels of vitamin C, which is essential for healthy collagen production and normalisation of melanocytes. An intensive treatment that will effectively combat and reduce the signs of photo-ageing, pigmentation and scarring by combining and enhancing the beneficial effect of electrotherapy. It is MANDATORY that all clients be using the Environ Proactive Creams for 3 weeks prior to this treatment. In some cases 2 x courses of 12 treatments may be required for maximum results. An initial treatment of Environ Active Vitamin Facial is recommended before course of masque crystal treatment.





NON SURGICAL FACE LIFT

The award winning CACI face lift re-educates facial muscles, tones and lifts facial contours, refines fine lines and wrinkles and stimulates cell renewal resulting in a healthier, more youthful appearance. Also used as a preventative treatment, visible results can be seen after one treatment. The CACI treatment programme consists of a course of deeply relaxing treatment sessions.

Single treatments – 1 hour£48.00

Course of 10 treatments£432.00

Super CACI – 90 mins£68.00

A monthly booster after a course of CACI or can alternate with CACI as a monthly maintenance programme.

CACI for Eyes (using micro current) – 30 mins£30.00

Award winning CACI helps to reduce puffiness, softens lines and wrinkles, improves blood circulation and lymphatic drainage around the delicate eye area thus improving the skin's texture and tone.



QUANTUM BODY TREATMENTS

SLIMMING AND TONING TREATMENTS

Up to 3 treatments per week

Combines faradic and galvanic slimming applications along with tightening and toning sagging body muscles.

30 minutes £27 per treatment
Course of 10 treatments £243 per course

CONTOUR TREATMENTS

Up to 3 treatments per week

Specific muscle enhancement for bust, abdomen and buttock areas and restores muscle strength.

30 minutes £31 per treatment
Course of 10 treatments £279 per course

CELLULITE TREATMENTS

Up to 3 treatments per week

Targets cellulite, fluid retention and stubborn fatty areas such as thighs and buttocks.

45 minutes	£36 per treatment
Course of 10 treatments	£324 per course

LYMPHATIC TREATMENTS

1 treatment per week

Specifically designed to stimulate lymphatic flow for general lymphatic drainage and for revitalising and slimming.

45 minutes	£36 per treatment
Course of 5 treatments	£162 per course

G-5 VIBRATORY MASSAGE / CELLULITE REDUCTION

Improves circulation, tone the skin, aids desquamation, improves nutrition to skin, relaxes muscles, and relieves muscular stiffness. Helps gradual breakdown of established fatty deposits or cellulite. A course of treatments is necessary to achieve maximum results.

30 minute treatment	£ 21.00
Course of 10 x 30 minute treatments	£189.00

MEN'S TREATMENTS

Ecolite Hair Removal for men (refer to page 7)

Epil Pro (refer to page 8)

WAXING

Eyebrow Tidy – 15 minsfrom £9.50

Chest Wax – 15 minsfrom £20.00

Back Wax – 20 minsfrom £25.00

Lower Back – 10 minsfrom £13.50

Shoulder and Neck – 10 minsfrom £13.50

(Aftercare waxing homecare advice next

24-48 hours refer to page 9)

NAIL TREATMENTS

Nailtiques Manicure – 25 mins£20.00

Nailtiques Deluxe Manicure – 40 mins£25.00

OPI/Nailtiques Pedicure – 30 mins£25.00

OPI/Nailtiques Deluxe Pedicure – 45 mins . . .£30.00

MASSAGE TREATMENTS

Aromatherapy Back, Neck & Shoulders – 35 mins .£31.00

Swedish Back, Neck & Shoulders – 25 mins£25.00

Hot Stone Back, Neck & Shoulders – 25 mins£31.00

Indian Head Massage – 40 mins£34.00

Reflexology (refer to page 13) – 1 hour£36.00

FACIAL TREATMENTS

Thalgo (refer to page 22)

Oxygen facial – 1 hour£44.50

Rebalancing facial – 1 hour£41.50

Oxypeel facial treatments – 1 hour£50.00

(refer to page 24)

Environ facial treatments – 1 hour 30 mins . .£68.50

(refer to page 25)

CACI – Non-surgical face lift – 1 hour£48.50

(refer to page 27)

TEENAGE TREATMENTS (13-16 YEARS OF AGE)

<i>Eyebrow shape / tidy – 15 mins</i>	£9.50
<i>Make-up – 30 mins</i>	£25.00
<i>Make-up lesson – 1 hour</i>	£29.00
<i>Nailtiques Manicure – 25 mins</i>	£20.00
<i>OPI Pedicure – 30 mins</i>	£22.00
<i>Back, Neck & Shoulder Massage – 25 mins</i>	£25.00
<i>Thalgo Prescription Facial – 30 mins</i>	£30.00
<i>Thalgo Oxygen Facial – 1 hour</i>	£44.00
<i>Oxypeel Treatment – 1 hour</i>	£50.00
<i>Teenage Day of Beauty – 2 hours 30 mins</i>	£75.00
• Prescriptive facial • Manicure • Pedicure • Make-up	





THE OSTEOCARE CLINIC

REGISTERED OSTEOPATHS



What is Osteopathy?

Osteopathy is a gentle effective natural therapy, used for over 100 years, which can help a wide range of problems.

Osteopathy can relieve symptoms associated with the following conditions:

- *Back pain & Sciatica*
- *Joint pain, muscular aches, pains & strains*
- *Whiplash*
- *Arthritis & mobility problems*
- *Repetitive strain injury (R.S.I.)*
- *Shoulder & neck pain, frozen shoulder, tennis/golfer's elbow*
- *Sports Injuries*
- *Asthma & respiratory problems*
- *Postural problems caused by pregnancy, driving or work*

www.theosteocareclinic.com

Telephone 020 8777 4343

What can you expect?

- *The highest standard of care, respect and professionalism.*
- *The highest levels of diagnosis, treatment and advice at all times.*
- *To be treated by safe, effective and ethical osteopaths at all times.*
- *A healthy, caring, comfortable and friendly environment.*
- *A commitment of lifelong learning from us for the benefit of all patients.*

At your first appointment a full and detailed medical history will be taken.

This is followed by an examination, for which you may be asked to remove some clothing and carry out some simple movements. At this point some clinical tests may also be carried out.

Once a diagnosis is made, treatment may begin. Osteopathic treatment consists of a range of techniques including soft tissue massage, gentle manipulation and articulation.

“Treating the cause, not just the symptoms”

At The Osteocare Clinic you can look forward to benefiting from our commitment to identify and treat the root cause of your symptoms, thereby greatly increasing the probability of effecting a change and rapid recovery in your well-being.

If you are unsure whether osteopathic treatment can help you, please call us for advice. We are more than happy to answer any queries you might have.

Mr. Trishul Vadi (O.A., B.Ost., M.I.C.O.) Principal Osteopath.

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How to find us

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