

Our Aim

Our Aim is to provide a skilled, professional service in skincare, face, body & beauty treatments from the very basics to advanced anti-ageing.

Essential Health & Beauty is one of the longest-standing beauty businesses in Ryedale. Established in 1988 by Nicola Atkinson and taking on the name of Essential with the move to the current premises in 2003. We aim to pro-

vide a sanctuary of relaxation whilst bringing to you \tag{the best and latest techniques and philosophies.

Our friendly, dedicated therapists have been trained to the highest standards and are here to provide you with a warm welcome and professional service at all times. Whilst tailoring your visit to meet with your needs, we believe your treatments should be as individual as you.

We offer a fantastic range of treatments from advanced anti-ageing to relaxing and therapeutic holistic therapies, available to ladies, gents and teenagers. We will help you decide upon the best treatments just for you. Always here ready with a warm welcome. Whether you want a quiet visit on your own or a day out with friends, we look forward to welcoming you.

We feel time out just for you is... Essential



ENVIRON

ESSENTIAL TREATMENTS

With pioneering electro-sonic technology

60 minutes £63

90 minutes £92

Essential Youth Reset

Reveals firmer, younger and vibrant looking skin

Essential Moisture Boost

Reveals hydrated, plumper and smoother looking skin

Essential Comfort Calm

Reveals soothed, healthy and comfortable looking skin

Essential Radiance Reveal

Reveals flawless, brighter and even-toned looking skin

PEELS

Intelligent skin renewal technology

Cool Peel 45 £55

Cool Peel 60 £70

Youth Renew Cool Peel

Ideal to improve the appearance of sun damaged and ageing skin

Moisture Boost Cool Peel

Ideal to improve the appearance of dry and dull skin

Deep Cleansing Cool Peel

Ideal to improve the appearance of congested and oily skin

Bright Recovery Cool Peel

Ideal to improve the appearance of dull and sun damaged skin

Blemish Control Cool Peel

Ideal to improve the appearance of break-out prone skin

Vibrant-C Micro Peel

Ideal to improve the appearance of pigmented and sun damaged skin

ENVIRON

FOCUS-ON TREATMENTS

With pioneering electro-sonic technology

30 minutes £48

Focus-On Frown Treatment

Targets the appearance of expression and frown lines

Focus-On Eye Treatment

Targets the appearance of wrinkles and dehydration

Focus-On Texture Treatment

Targets the appearance of scarring and blemishes

Focus-On Even Tone Treatment

Targets the appearance of pigmented marks

Focus-On Body Profile (face and body)

Targets the appearance of profile irregularities -Environ recommends a course of professional treatments for optimal results.



DERMALOGICA

Express Skin Solver

10 minutes £17

Pressed for time?

Fix skin concerns fast with our 10-minute express-seated treatment. Using professional-grade products, this treatment is ideal for a quick skincare pick-me-up to give your complexion a boost of radiance. Perfect before a special event or if you just want to give your skin an instant glow.

Signature Treatment Pro Skin 30 £43 Pro Skin 60 £63

Looking for a high impact treatment?

Our intensive facial is designed by our Dermalogica expert status therapists specifically for you and your most pressing skin concern. This bespoke treatment combines professional exfoliation and deep serum treatment with results-intensifying technology, such as Ultrasonic and Microcurrent, to provide you with visible results fast. Experience brighter and healthier skin.

Pro Power 30 £58

Looking for a professional peel experience?
Our all-new Pro Power Peel redefines the peel experience.
Our strongest and fastest peel yet, the Pro Power Peel collection features a full suite of peel products, including Alpha Hydroxy Acids (AHAs) and Beta Hydroxy Acids (BHAs). In this express 30-minute treatment, your skin therapist will create a customised peel to instantly rejuvenate and refresh your skin. With a unique system of three different acids for a deep exfoliation personalised to you, it is ideal to target lines and wrinkles, uneven pigmentation or breakouts. Patch test required.

DERMALOGICA

Advanced Pro Power 60 £79

Want to experience a truly transformative treatment? This effective and customised 60-minute treatment combines the benefits of our Pro Power Peel 30 treatment with additional advanced techniques and technologies. Peel results are dramatically enhanced by a supplementary deep treatment process incorporating powerful lonActive SerumTM, a customised masque and relaxing massage to ensure your skin is left clear, smooth and glowing. You've never had a peel treatment like this before. Patch test required.



CACI

CACI Signature Non-Surgical Facial Toning £61

This treatment is a non-invasive facial, using microcurrent impulses. This will lift and tone your facial muscles and neck area, whilst improving skin elasticity and reduces the appearance of fine lines and wrinkles. Firms your face and gives your skin a more youthful, fresh appearance and glow. **Course of 10 £557**

CACI Ultra Radiance £53

Designed to brighten and even your skin tone, this facial will leave your skin looking smooth and radiantly healthy. Ultrasonic peeling is used to revitalise and deeply cleanse your skin, leaving brighter, smoother complexion. CACI's unique wrinkle comb will then target fine lines and wrinkles providing a non-invasive alternative to collagen injections, with LED light therapy to help heal the skin and trigger tissue repair.

CACI Ultra £90

This Facial combines the CACI Signature treatment with the CACI Ultra Radiance treatment.

This treatment uses microcurrent impulses, which will lift and tone facial muscles and neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. Ultrasonic peeling is used to revitalise and deeply cleanse your skin, leaving a brighter, smoother complexion. CACI's unique wrinkle comb will then target fine lines and wrinkles alongside LED light therapy to heal the skin and trigger tissue repair. To complete this facial, ultrasound is used to penetrate rich moisturising gel into your skin, which will deliver a surge of intense hydration to rejuvenate your skin.

CACI

CACI Skin Calm £42

Targets skin prone to breakouts and irritation. This treatment uses LED light therapy that is renowned for its anti-bacterial and anti-inflammatory healing properties combined with a gel mask to sooth, calm, reduce redness and rehydrate your skin.

EXPRESS TREATMENTS

CACI Wrinkle Revolution £42

Targets deep lines and wrinkles, such as crow's feet and laughter lines. This treatment is non-invasive, needle free alternative to collagen injections and dermal fillers that will instantly plump fine lines and wrinkles from the very first treatment.

CACI Lip Booster £16

Enhance your pout. Designed to give you fuller, plumper lips and soften top lip lines. This quick fix treatment will have you pout party ready in no time.

CACI Skin Confidence £42

Designed to soften and refine the appearance of stretch marks and scarring, this treatment uses advanced skin exfoliation techniques together with the regenerating effects of microcurrent stimulation and LED light therapy to trigger tissue repair and healing.

CACI Hydratone £39

This treatment is designed to deeply nourish, hydrate and firm the skin. Facial rollers emitting microcurrent impulses are gently massaged over hydrating gel facial mask.

CACI

The rejuvenating energy transmitted through the rollers provides immediate and intensive hydration and helps to restore skin firmness, soften fine lines and rejuvenate your skin. Ideal for the treatment of dehydrated or sun damaged skin.

Express treatments can be performed as either stand alone or as an add on to any of our other treatments.

ADVANCED TREATMENTS

CACI Eye revive £42

Course of 10 £378

Soften the appearance of fine lines and wrinkles around the eyes CACI microcurrent rollers work together with a deeply nourishing eye mask to lift hooded eyelids, reduce puffiness and dark circles.

CACI Electro Cellulite Massage £42 Course of 10 £378

Give an instant lift, shape and tone to your buttocks and thigh area. This treatment improves the appearance of cellulite and breaks down fatty deposits. It stimulates circulation and lymphatic drainage, which will help to flush toxins away giving a smoother and tighter, dimple free appearance. This treatment is ideal for pre-holiday body blitz.

CACI Jowl Lift £39

Course of 10 £357

Developed to specifically target muscle laxity around the jawline. Designed to lift and firm the muscles and refine facial contours and give a firmer, more toned appearance.



DERMAFORCE

Introducing the 3D Dermaforce, an advanced cutting-edge treatment combining Microneedling and RF (radio frequency) technology to effectively treat a large number of facial and body concerns, with amazing results!

Microneedling/RF is the latest innovative solution for the ultimate, 'non-surgical skin rejuvenation'. It stimulates the body's natural healing process to encourage collagen production in the dermis – resulting in rejuvenated and tightened skin. It is a minimally invasive treatment that greatly reduces fine lines, wrinkles and lifts skin.

Benefits of Dermaforce

Pitted Skin - as a result of acne is a common concern for many clients. By delivering the microneedling and RF energy, it allows you to target both the deep dermis and epidermis to deliver fantastic results.

Stretch Marks - are often very difficult to treat and effective treatment options are limited. Dermaforce can effectively treat stretch marks and reducing their appearance by stimulating the bodies natural collagen production.

Lines and Wrinkles - Microneedling/RF stimulates the body's natural healing process to encourage collagen production of the dermis resulting in anti-ageing and skin tightening. For clients



LOOSE AND SAGGING SKIN



FINE LINES AND WRINKLES



SUN DAMAGE/



STRETCH MARKS



PITTED SKIN/ SKIN TEXTURE

DERMAFORCE

with concerns about the appearance of pores on the face, this treatment is also fantastic to smooth the skin, reducing the appearance of pores on the skin.

Loose or Sagging Skin - This treatment is ideal for targeting areas of the body with loose or sagging skin and can target a wide variety of areas. Examples include hooded eye lids, jowls and neck, above the knees or the abdomen.

Sun Damaged Skin - By stimulating the body's natural healing process to encourage collage production, this treatment can effectively improve the appearance of dark spots and pigmentation which may be caused as a result of sun damage.

Skin Rejuvenation - This is perfect for overall skin rejuvenation to improve the appearance of dull skin, causing a lightening and brightening effect.

	1 TREATMENT	COURSE OF 3
Full Face	£300	£800
Brow Lifting	£150	£400
Crow's Feet	£150	£400
Nasolabial Fold	£150	£400
Neck & Décolleté	£200	£500
Marionette Lines	£150	£400
Jowls and Jawline	£200	£530
Abdomen	£350	£900

Although results can be seen following a one-off treatment, a course of 3 treatments is typically recommended for optimal results

3D HIFU

A powerful, sleek dual combination platform for skin lifting and targeted fat reduction using the latest clinically proven HIFU Technology to treat both face & body concerns, actively endorsed by renowned surgeons as a safe alternative to going under the knife. 3D HIFU uses High Intensity Focused Ultrasound, the latest safe and effective non-surgical technology for treating both face and body concerns. 3D HIFU Face is the latest non-surgical facelift treatment to both lift and tighten loose or sagging skin on the face and neck while 3D HIFU Body is used to target and reduce specific areas of fat.

Non-Surgical Face Lifting

- Results in the formation of new collagen to lift and tighten the skin
- Skin rejuvenation
- Brow and jowl line lifting
- Can treat both the face and neck
- One off treatment
- Safe alternative to surgery
- Results develop over 2-3 months and last for up to 24 months.





3D HIFU

Treatment area introductory prices

-	•
 Full face and neck 	£600
• Eye lift	£300
Lower jawline	£300
Neck lift	£300

Non-Surgical Fat Reduction

Targeted fat reduction and body sculpting

- Suitable for treating stubborn pockets of fat
- Can treat the abdomen, flanks, hips, thighs and buttocks
- Doesn't harm the skin or surrounding tissues
- One off treatment per area
- Safe alternative to surgery
- Results visible from 2-4 months post treatment.

Treatment areas

- Stomach
- Inner/outer thighs
- Buttocks
- Upper arms (Bingo wings).

Prices starting from £300





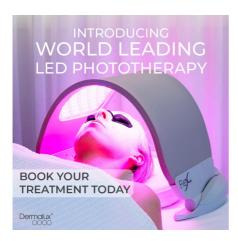
DERMALUX

Dermalux Light Therapy Facial £40 Add on to any other facial £15

Get ready to Glow!

Dermalux uses unique combination of clinically proven Blue, Red and Near infrared wavelengths to boost collagen production, increase hydration, calm redness and irritation and blitz blemish causing bacteria. The benefits continue even after the treatment has finished. Lie back and relax for 30 minutes.

Home courses available - 5 day program £160 additional deposit may be required.







DERMAPLANING

Dermaplaning immediately rejuvenates the skin by removing vellus hair and the outer-most layer of dead skin, minimising the appearance of fine lines, wrinkles and acne scars.

Treatment includes gentle peel, micro needling and Dermalux LED treatment leaving you with glowing skin.

What removing this layer of dead skin and peach fuzz does is basically give you the smoothest skin you have ever had, allowing deeper absorption of skincare, creating a flawless base for makeup and giving a 'glass-like' appearance.

Basic Dermaplaning treatment Delux dermaplaning Facial

30 mins **£40** 75 minutes **£80**

This treatment includes a deep cleanse, gentle mandellic acid peel, Hyalauronic mask and Dermalux LED light therapy to leave your skin smooth, bright and red carpet ready.





ADVANCED VPL

PULSED LIGHT SKIN THERAPY

Skin Rejuvination Full Face £138 Full Face and Neck £187 Mouth / Eyes £61

Sun damage and the effects of time can leave your skin looking tired and prematurely aged, resulting in skin imperfections. VPL offers a safe, fast and effective non-surgical solution for a wide variety of conditions such as: sun and age spots, thread veins, spider naevi, cherry spots, rosacea, fine lines, wrinkles and acne. Significant results can be seen after a regular course of treatments.

Any 2 combination facials receive 10% discount on second treatment.





CRYOTHERAPY TREATMENTS

From £45 up to 60 minutes £160

What is Cryotherapy?

Cryotherapy or Cryosugery is a highly effective and safe procedure that is used to freeze and destroy benign skin lesions. It uses liquified nitrous oxide to destroy the tissue by freezing the cell fluid which in turn forms ice shards that rupture the cell membrane in turn destroying the cell and the lesion.

Cryotherapy is beneficial as it is quicker than other treatments and patients can be in and out in seconds. It requires no anaesthesia and has minimal scarring. There are no limitations on activities (except protecting the area from damage or abrasion) and patients can return to normal activities after treatment(s).







AFTER TREATMENT

CRYOTHERAPY TREATMENTS

The **CryoPen** is a unique pen-like device allowing for more targeted treatments, meaning no healthy tissue will be affected during treatments.

Cosmetic procedures such as skin tags, milia and cherry angiomas are no longer being treated by many doctors on the NHS. With the **CryoPen** you can now have these treatments in the beauty salon:

- Warts
- Skin Tags
- Milia
- Cherry Angioma
- Viral Verruca
- Solar Lentigo
- Age Spots









AFTFR

BEFORE

Lashes

Nouveau Extend £58

Infills from £27

Individual eyelash extensions to thicken and lengthen your own lashes. Soft and curved, they are designed just like natural lashes and are applied individually to each lash, for a striking and defined effect. Infills are recommended after two/three weeks.

Nouveau SVS Natural £69 Full £74



Extra volume £84

SVS Lashes offer a variety of styles to give the option of volume lash extensions that create either natural volume or a fuller more glamorous look. These lightweight easy wearing lashes last for six to eight weeks with optional infill and maintenance after two to three weeks.

LVL Enhance Lashes £51

A completely natural, low maintenance treatment with amazing before and after results. This treatment is designed to give your own lashes a lift, creating the illusion of more length and volume. The added colour boost gives you a beautiful open eye effect. LVL - Length, Volume, Lift. Patch test required.

Eyelash Tint £19

Add depth and colour to your natural lashes, lasting up to 4 weeks. Patch test required.



Brows

HD Brows £37 Maintenance £27

A bespoke eyebrow treatment that is totally tailored to you - it's so much more than a standard eyebrow tint and wax; our expertly trained stylist combine our unique design formula with customblended colour, hair removal and make up application to create brows that suit you. Our stylists work with you to create your perfect look. Patch test required.

Brow Tint £11

Add depth and definition to your brows, lasts 2-3 weeks. Patch test required.

Brow Wax £11

Combo Lash/Brow Tint and Shape £37
Patch test required.



THIGH DEFINITION,



Hands & Feet

We use OPI the #1 Global Salon brand, providing unparalleled moisture and anti-ageing effects, with white tea extracts that help prevent breakdown of collagen and elastin resulting in younger looking hands and feet. Say hello to healthy hands and nails with this range and start your ProSpa journey today.

Essential Pro Spa Signature Manicure

Cuticle care, filing and shaping, exfoliation and massage.

With Polish £38

With Gel £44

OPI Pro Spa Signature Pedicure

With Polish £48

With Gel £54

Add on Hot Stone Pedicure add £6

Hot-stone massage can reduce fatigue and increase energy levels, as well as help you relax and soothe your nerves. The heat from the stones can relieve muscle tension and encourages circulation. The heat from the rocks enhances your skin's ability to absorb oils during the massage.

Express Treatments

Cuticles must be tidy to have a file and polish

With Polish £23.50 With Gel £30.50

Add Gel removal to your treatment add £9.50

Add on moisturising mask and hot mitt treatment add £6.50

Foot Health Practitioner Treatments From £25

Full Medical Pedicure to include any concerns plus a full pampering pedicure and polish From £60

Any of the following conditions may be addressed: Corns, Calouses, Verrucae, Hard Skin, Ingrown Toenails, Fungal Nail Problems.

Massage

Swedish Massage Full Body £54.50 Back £29 Escape the stress of everyday life with a tailor-made massage to suit you, using warmed aromatherapy oils.

Stress Therapy £39

Concentrating on the main the areas of tension build up, head, neck, back, shoulders and face. Our specialist stress busting moves and techniques will leave you totally relaxed and refreshed.

Hot Stone Massage Full Body £53 Back £37

Hot stone massage is a speciality treatment where smooth heated Basalt Stones are used as an extension of the therapists hands. The heat is deeply relaxing and the stones deliver a deeper massage relieving stress and tension and helping to loosen tight muscles.

Lava Shell

Thermal Massage Full Body £61 Back £39

Lava Shell massage is a type of heat treatment that uses tigerstriped clam shells as a massage tool. The clams have been harvested for food in the Philippines for hundreds of years. The shells used to be thrown away, but are now being recycled and used for Lava Shell Massage.

Feel your body warm and de-stress as these warm shells are moved over your body, removing tension, knots and stress, leaving a feeling of total tranquility.

Massage

Lava Mama Pregnancy Massage £63

Lava Mama is a treatment for mums to be, using the famous Lava Shells with our very own coconut butter oil. The treatment also aims to improve energy levels, assisting circulation and alleviating puffiness and fluid built-up, particularly in the legs and ankles.

Until now, the high heat from Lava Shells would have been contradicted for use during pregnancy, however the new bespoke ante-natal and post-natal treatments use a gentle heat, counterbalanced with cool shells to maintain the client's core temperature without any risks.

Reflexology £47

Research has shown that the reflex zones of the feet effect the levels of stress, wellness and energy in the body. Relax whilst you enjoy a mineral salt scrub and deeply relaxing pressure point foot massage.

Hopi Ear Candle £37

Quite different from conventional wax candles, a Hopi Ear Candle is actually a cotton tube impregnated with beeswax, honey and therapeutic oils, that is painlessly inserted into the ear to draw out impurities and relieve pressure in the head and sinuses.

Spa Treatments

Mineral Body Polish £42

This wonderful mineral salt scrub polishes skin to a soft glow while providing essential nourishment and hydration to the skin. Invigorating and relaxing at the same time.

Back Purification £48

De-stress your muscles and cleanse the skin of impurities with this relaxing back treatment. Your hardest to to reach parts will be cleansed, polished, hydrated and refreshed.

Essential 3-in-1 Body Bliss £104

An indulgent 3-in-1 face and body treatment starting with the mineral body polish and shower. Warm oils are then generously applied as you are treated to a relaxing massage. Then once cocooned in a soothing wrap enjoy a mini facial and scalp massage to complete your top-to-toe treat.

Hair Removal

Variable Pulsed Light Hair Removal (VPL)

Pioneering Variable Pulsed Light technology. This quick, effective and safe treatment offers unsurpassed and long-lasting hair removal.

Pulses of red light are absorbed by melanin, the pigment found in hair. The absorption process heats the hair, damaging the follicle, along with its ability to regenerate. Hundreds of hair follicles are damaged with each pulse. Hairs treated will fall out naturally over a period of one to two weeks. Due to hair growth stages, several treatments will be required.

Consultation and patch test	£28
Full Leg	from £363
Lower Leg	£209
Upper Leg	from £220
Low Bikini	£110
High Bikini	from £132
Underarm	£110
Top Lip	£55
Chin	from £61
Lower Jaw and Neck	from £110
Middle Brow	£33

Other areas available, price on request.

All VPL prices may vary up or down according to the size of the area being treated, this will be confirmed at consultation.

Electrolysis

If you're tired of waxing, plucking or shaving, electrolysis is the choice for you. Electrolysis is a safe and effective method of permanent hair removal that's been used for over a century. Electrolysis is an effective and proven method of removing hair and unwanted skin conditions including skin tags and milia.

Minimum charge	£20
20 minutes	£24
30 minutes	£30

LYCON Waxing

Hot or warm wax may be used according to suitability and best results.



Full Intimate Hollywood Underarms £13 **Forearms** £15 **Top Lip** f8 Chin from £9 **Chin and Neck** f16

Chest from £21 to £48 **FOR MEN** Back from £21 to £48

Ear Piercing

EAR PIERCING £15 plus earring cost

We use the Inverness advanced piercing system which is the safest, most sterile system available. A wide range of jeweller's quality, gold plate, 9 and 14ct white and yellow gold earrings are available. Prices of earring vary. Includes aftercare solution.











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