



ESSENTIAL BEAUTY

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 provide a sanctuary of relaxation whilst bringing to you 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**



PRICING

Prices are for Senior Therapists.

Download our booking app to see price variations with different therapists.

CANCELLATIONS

- **Your time is Essential when you book with us and is reserved especially for you.**
- **If you cannot make you appointment we respectfully ask that you give us 1 working day's notice, allowing us to offer your time to another guest.**
- **If we receive less than 24 hours notice treatments will be charged in full for time reserved.**

ENVIRON

ESSENTIAL TREATMENTS

60 minutes £79

90 minutes £99

Environ's pioneering Dual Electro-Sonic Technology sets the benchmark for Professional Skincare Treatments. Low frequency Sonophoresis together with pulsed Iontophoresis in combination with Environ's Professional Skincare formulations, helps deliver more of what skin needs, where it needs it most - making a real lasting difference, for life.

Essential Youth Reset

Help soften the appearance of fine lines, sun-damage and sagging skin with this peptide and vitamin-packed treatment for a more youthful appearance.

Essential Moisture Boost

Help reduce the appearance of fine lines caused by dehydration and promote a more moisturised glow with this intensive treatment featuring hyaluronic acid as the key ingredient.

Essential Comfort Calm

Help sooth and comfort sensitive and irritated skin with this treatment which combines powerful ingredients to leave the skin feeling restored with a healthy-looking radiance.

Essential Radiance Reveal

Help target the signs of sun-damage and pigmentation with this treatment which boosts the skin with the correct combination of ingredients for an even-toned, radiant-looking appearance.

COOL PEEL® TREATMENTS Cool Peel 45 minutes £68

Environ's unique Cool Peel Technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes to safely and effectively help refine, revive and brighten the appearance of skin. Experience a real, lasting difference through beautiful science.

YOUTH RENEW COOL PEEL

This cool peel treatment assists to reduce the appearance of premature ageing, fine lines, sun damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

MOISTURE BOOST COOL PEEL

Designed to gently peel the skin's surface and revitalise dry, tired-looking skin to a healthy glow. Suitable to do all year round with no visible peeling or downtime.

DEEP CLEANSING COOL PEEL

This unique method of deep cleansing the skin is gentle yet effective in helping to purify and control the appearance of congestion and breakouts, leaving the skin looking clear, healthy and refreshed.

BRIGHT RECOVERY COOL PEEL

This gentle lactic acid cool peel assists to reduce the appearance of premature ageing, fine lines and uneven skin tone as a result of excessive sun exposure.

BLEMISH CONTROL COOL PEEL

This powerful cool peel treatment assists to improve the appearance of blemish-prone, distressed skin helping to unclog pores and remove surface impurities related to problematic skin conditions.

VIBRANT-C MICRO PEEL

A concentrated vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy-looking, evenly toned appearance as well as improved skin texture. An excellent choice for sun-damaged, pigmented and ageing concerns.

FOCUS-ON TREATMENTS

30 minutes £53

Specially developed to target specific areas using Environ's revolutionary Dual Electro-Sonic DF Technology, ensuring that your primary skincare concerns are directly addressed. Perfect for when time is limited.

FOCUS-ON FILLER

This innovative, intense and non-invasive treatment helps to smooth the look of facial lines and restore a rejuvenated, plumped youthfulness to the skin's appearance.

FOCUS-ON FROWN

The iconic peptide blend in this treatment assists to reduce the appearance of expression and frown lines on the forehead as well as eyes, leaving skin looking more smooth and relaxed.

FOCUS-ON EYE

Combining powerful peptide complexes with hyaluronic acid, this intense treatment promotes a refreshed, hydrated and youthful-looking eye area.

FOCUS-ON TEXTURE

An intensive combination of the three Environ Technologies; Dual Electro-Sonic, Cool Peel and Micro-Needling which assists to improve the appearance of mild scarring, revealing smoother, evenly-textured skin.

FOCUS-ON EVEN TONE

The powerful combination of vitamin A, C and AHA's assists to improve the appearance of pigmentation irregularities for a more even-toned and brighter-looking skin.



ENVIRON™

DERMALOGICA

Signature Treatment Pro Skin 30 £53 Pro Skin 60 £79

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.**

Advanced Pro Power 60 £84

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 IonActive Serum™, 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.

For advanced results

Add-on 30 minute Dermalux light therapy treatment

£16

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.



The logo features a stylized 'dE' in dark blue, where the 'E' is composed of three horizontal bars. Below this, the word 'dermalogica' is written in a lowercase, sans-serif font, followed by a registered trademark symbol. Underneath that, the word 'EXPERT' is written in a large, bold, uppercase, sans-serif font.

CACI

CACI Signature Non-Surgical Facial Toning 60 minutes £78

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 6 £440 Course of 12 £840

CACI Ultra Radiance

45 minutes £68

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.

Course of 6 £385 Course of 12 £735

CACI Ultra Non-Surgical Face Toning

90 minutes £105

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.

Course of 6 £590 Course of 12 £1100

CACI Skin Calm

30 minutes £53

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 soothe, calm, reduce redness and rehydrate your skin.

Course of 6 £300

Course of 12 £570



EXPRESS TREATMENTS

CACI Wrinkle Revolution

30 minutes £53

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.

Course of 6 £300

Course of 12 £570

CACI Lip Booster

15-20 minutes £27

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.

Course of 6 £150

Course of 12 £295

CACI Skin Confidence £53

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.

Course of 6 £290

Course of 12 £580

CACI Hydratone £45

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. 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 £53

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.

Course of 6 £290

Course of 12 £580

CACI Electro Cellulite Massage £50

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.

Course of 6 £275

Course of 12 £550

CACI Jowl Lift £48

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.

Course of 6 £275

Course of 12 £550

CACI Hand Rejuvenation £35

This advanced conditioning anti-ageing hand treatment uses silver fibre microcurrent gloves in conjunction with CACI's Rejuvenating Hand Mask to smooth lines and wrinkles, firm skin, improve elasticity, boost circulation and brighten skin tone leaving your hands hydrated with youthful appearance. Fantastic to add on to manicure services.

CACI Micro-Touch Facial

45 minutes £64

The Micro-Touch Facial combines the muscle toning and lifting benefits of CACI's iconic microcurrent technology with hands-on treatment therapy using the Electro Gloves. The treatment focuses on muscle lift, tension release, deep tissue relaxation, and lymphatic drainage for more sculpted, toned, enhanced facial definition

CACI Signature Facial and Jowl Lift

90 minutes £105

Course of 6 £580

Course of 12 £1155

DERMAFORCE

What is 3D Dermaforce?

Areas that can be improved



LOOSE AND
SAGGING SKIN



FINE LINES
AND WRINKLES



SUN DAMAGE/
PIGMENTATION



STRETCH
MARKS



PITTED SKIN/
SKIN TEXTURE

3D Dermaforce is the non-invasive Microneedling/RF treatment that significantly rejuvenates and repairs your skin. The controlled application of tiny needles into the skin triggers your body to produce new collagen and elastin. This, combined with the radio frequency energy, results in refreshed, tightened and plumper skin. It's a fantastic treatment for those looking to improve their skin's appearance, including reducing lines and wrinkles, stretch marks and pigmentation with no downtime and optimal results after three treatments.

Popular skin concerns that we can target with 3D Dermaforce

- Fine lines and wrinkles
- Irregular skin texture
- Pigmentation and uneven skin tone
- Brightening
- Loose skin
- Stretch marks

FAQs

How does it work? 3D Dermaforce is an advanced method of skin rejuvenation that stimulates the body's natural healing

DERMAFORCE

process to encourage collagen and elastin production. During the 3D Dermaforce treatment, the fine needles create tiny holes in the skin and deliver bi-polar radiofrequency energy through the lower portion of the needle. The gold-plated, insulated needles help to protect the skin's surface and dermal layer. The addition of the radiofrequency heats the collagen fibres in the dermis to between 55-65°C, helping to stimulate the body's natural healing process. Collagen fibres are contracted, stimulating fibroblast activity, resulting in new and healthy collagen cells.

Which areas can be treated? 3D Dermaforce can treat most areas of the body, but the most popular areas include the face, neck, abdomen and skin above the knees.

What results will I see? Although results can be seen after one treatment, a course of three is typically recommended for optimal results.

Prices	1 TREATMENT	COURSE OF 3
Full Face	£315	£840
Brow Lifting	£155	£420
Crow's Feet	£155	£420
Nasolabial Fold	£155	£420
Neck & Décolleté	£210	£565
Marionette Lines	£155	£420
Jowls and Jawline	£210	£565
Abdomen	£365	£980

 **Dermaforce**
ADVANCED RADIOFREQUENCY MICRONEEDLING

3D HYDRO₂ FACIAL

What is a 3D HydroO₂ facial?

3D HydroO₂ facial combines the benefits of two of the most sought-after facials on the UK market along with five other result-driven technologies to give you glowing, brighter and more youthful-looking skin. This treatment provides the complete facial solution to target an array of universal skin concerns, including dehydration, ageing, loose skin, dull complexion and congestion.

By utilising seven different technologies of our device, we can offer a complete prescriptive approach to all of your needs ensuring fantastic results. 3D HydroO₂ facial provides hydration, oxygenation, anti-ageing, brightening, skin tightening and improved congestion resulting in glowing, brighter, more youthful-looking skin.



HYDROPEEL/
DEEP CLEANSE



EXFOLIATION



OXYGENATION



SKIN LIFTING



SKIN TIGHTENING



HYDRATION



FIRE AND ICE

The seven steps of 3D HydroO₂ facial

3D HYDRO₂ FACIAL

- **Hydropeel/Deep Cleanse** Using a vacuum tip, skin is drawn onto the handpiece to infuse specialist AHA and BHA solutions providing a deep cleanse and hydration while aiding extraction.
- **Exfoliation** - Provides deep exfoliation by buffing the skin using an exfoliation capsule containing active ingredients, which results in clearer, hydrated and brighter skin..
- **Step 3 - Oxygenation** This step encourages maximum absorption allowing intense skin hydration. Applying oxygen to the skin with this method will help increase cell metabolism.
- **Step 4 - Skin lifting** Here we're using electroporation which increases the absorbency of the cell for product penetration. This, in turn, revitalises and wakes up dull and lifeless skin.
- **Step 5 - Skin tightening** Using a warm applicator and radio frequency technology, we're increasing collagen production, which is ideal for skin tightening on more mature skin.
- **Step 6 - Hydration** The ultrasound technology used in this step aids the product infusion and increases hydration in the deeper layer of the skin.
- **Step 7 - Fire and ice** This step incorporates heat to open pores, increase blood supply, aid product infusion and strengthen the skin. The cold applicator used in this step decreases the blood supply, tightens skin, and seals the infused products.

Which HydroO2 Facial?

Time Defence Facial Anti Ageing - Best for targeting fine lines, wrinkles, and damaged skin. Results include reduced fine lines and wrinkles, firmer skin, and a glowing complexion.

3D HYDRO₂ FACIAL

Brightening facial - Best for treating sun-damaged skin and dull complexion. Results are a glowing complexion and a reduction in sun damage and pigmentation.

Clear skin facial (congestion) - Best for treating congested skin and redness. Also suitable for younger skin. Results are a smoother complexion and a reduction in congestion and redness.

FAQs

How many treatments are recommended? - We recommend a course of 8 weekly treatments with the results being visible following the second treatment. These will continue to improve throughout the duration of the course. Maintenance treatments may be recommended by your 3D-HydroO₂ facial specialist to ensure long-lasting results.

Prices	1 TREATMENT	COURSE OF 8 WEEKLY TREATMENTS
30 mins	£69	£495
60 mins	£99	£710
90 mins	£136	£925



Hydro₂facial

THE ULTIMATE #FIVESTARFACIAL

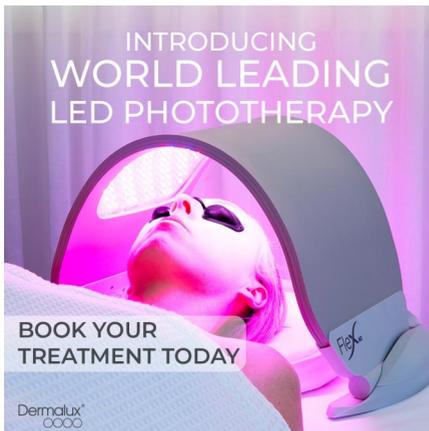
DERMALUX

Dermalux LED Phototherapy £35 **Add on to any other facial £16**

Dermalux LED is a non invasive treatment that uses clinically proven therapeutic light energy to trigger the skins natural rejuvenation and repair processes. Dermalux uses unique combinations of clinically proven blue, red and near infrared wavelength to boost collagen production, increase hydration, calm redness and irritation and blitz blemish causing bacteria. Skin cells that are energised function better and can bring you up to 200% faster, accelerating regeneration and repair.

Get ready to Glow!

A treatment course offers cumulative benefits and can be targeted to specific skin concerns for the face and body.



Home courses available - 5 day program £160

Additional deposit may be required.

DERMAPLANING

Delux Dermaplaning Facial

75 minutes £90

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 (if home needling device purchased) advanced mask treatment and Dermalux LED light therapy. Leaving you with a glowing smooth skin, allowing deeper absorption of skincare products and creating a flawless base for makeup.

Basic Dermaplaning treatment

30 mins £48

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



Dermalux[®]
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MICROBLADING



What is Microblading?

This is by far the most requested treatment in permanent cosmetics. Microblading is a method used to create super realistic hair stroke brows. It involves using a disposable hand-tool with super fine needles to deposit pigment within the upper dermis layer of the skin to create the illusion of brow hair. Microblading can dramatically correct or fully reconstruct lost eyebrow and is excellent for those wanting to enhance their brows or who have little to no eyebrows, thinning brows from age or over tweezing

You will need 3 appointments for microblading CONSULTATION

We will talk you through the procedure and aftercare, discuss your brow shape, design and colour. Complete a comprehensive consultation form and lastly, carry out a patch test.

TREATMENT DAY

Achieve your fabulous new brows.

TOUCH-UP SESSION

Your touch up session is when we refine your brows to ensure it looks perfect and retains the colour for the whole year!

Consultation and patch test £25

Initial treatment and 6 week follow up top-up £350

Top up colour boost £200

(Recommended between 12-18 months)

ADVANCED VPL

PULSED LIGHT SKIN THERAPY

Skin Rejuvenation

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.



ENERGIST 
SPECIALISTS IN LIGHT TREATMENT SYSTEMS

CRYOTHERAPY TREATMENTS

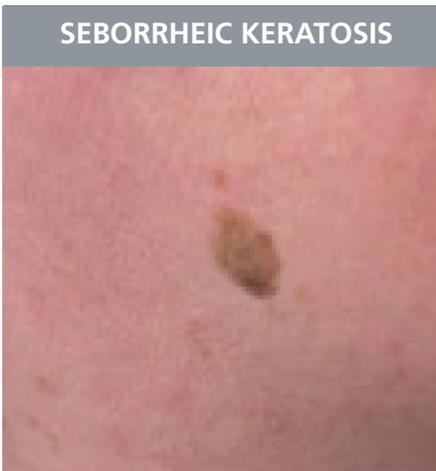
Prices start from £58 for 2-4 lesions

What is Cryotherapy?

Cryotherapy or Cryosurgery 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).



BEFORE TREATMENT



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

CryoPen®



BEFORE



AFTER

3D LIPO-ULTIMATE

Designed by medical professionals to create a complete non-surgical choice for treating fat reduction, cellulite and skin tightening, the ultimatepro combines four advanced treatments to offer you a completely bespoke approach.



3D-lipomed is a revolutionary liposuction procedure that targets specific areas of fat and cellulite without surgery, with those having the treatment experiencing a difference instantly.

3D-Lipo Ultimatepro is a powerful, non-surgical approach to rival liposuction that can help to reduce body fat by destroying fat cells.

The 3D treatment involves four different options and methods for destroying fat cells and improving the appearance of problem areas - **Cavitation** and **Cryolipolysis** for fat reduction, **Radio Frequency** for skin tightening and **Shockwave Therapy** for cellulite reduction. Treatments often combine a mixture of all four approaches to create a bespoke treatment tailored to the areas that you wish to address.

Lose inches - Reduce Cellulite - Tighten skin

30 minute consultation redeemable against treatment £25

Cryo Fat Freeze

Cryo 1 cup small area	£60 per session
Cryo 2 cup small area	£80 per session
Cryo 1 cup medium area	£75 per session
Cryo 2 cup medium area	£125 per session
Shockwave add-on to cryo area	£25

3D Lipo Ultimatepro

Combining fat melting, cellulite and skin tightening.

Bespoke Medium area **30 minutes £75** per session
Course of 8 £540

Bespoke Large area **60 minutes £110** per session
Course of 8 £750

Shockwave - Cellulite

30 minutes £65
Course of 8 £480
60 minutes £110
Course of 8 £760

Radio Frequency - skin tightening

Small area (up to 20 minutes) **£45** **Course of 8 £320**
Medium area (up to 40 minutes) **£75** **Course of 8 £540**
Large area (up to 60 minutes) **£110** **Course of 8 £750**

SIGNATURE TREATMENTS

Bum Lift **£625**

A celebrity favourite using a combination of non-surgical technologies to target stubborn fat, rid cellulite and enhance, lift and tone the buttocks for a firmer, more toned, youthful bottom. Treatment package (based on a course of 8 treatments).

Thigh Gap £125

This is 3D cryo to target stubborn fat in this area finishing with shockwave. One off treatment.

Bingo Wings £625

A bespoke program starting with Cryo to target stubborn fat, followed by 7 weekly sessions to tighten and tone the loose skin in the area. Treatment package (based on a course of 8 treatments).

5 Point Power Lift £875

A celebrity favourite Targeting the stubborn fat on the 'love handles' abdomen and inner thighs, a bespoke non-surgical combination treatment will be devised to banish the fat effectively in all of these areas. Treatment package (based on a course of 8 treatments).

THE TECHNOLOGIES EXPLAINED

Fat Freezing

Areas that can be improved

Cryolipolysis, often called 'Fat Freezing' is a non-surgical procedure that uses cold temperature to reduce fat deposits in certain body areas. This treatment is designed for people that struggle to reduce stubborn fat deposits and is not intended for people who are obese or significantly overweight.

How does it work? When the fat cells are exposed to a fat-freezing temperature, they undergo crystallisation and localised cell death. The freezing and crystallisation process causes the cell to become damaged and shrink, resulting in the cells sending out distress signals. These signals are answered by macrophages,

which ingest damaged and shrunken cells and take them through the body's natural waste removal system called the lymph system. About 20 to 40% of fat cells in the treated area die naturally and dissolve over the week, with results showing after approximately four months.

We combine Cryolipolysis with Shockwave therapy to enhance and accelerate results as it promotes faster elimination and breakdown of the damaged fat cells.

What areas can we treat? We can treat many body areas, including beneath the chin (double chin), abdomen, thighs, love handles or back fat. This will be discussed during your consultation to ensure you receive the best results possible.

FAQs

How many treatments will I need? Fat freezing is a one-off treatment which lasts between 45 and 60 minutes, depending on the area size and how many areas are being treated.

If more than one treatment is required, this can be carried out between 6 weeks and three months later, depending on whether or not shockwave therapy is incorporate into the treatment.

What does the treatment feel like? At first, you will feel suction from the vacuum as the skin is pulled upwards into the applicator head, which may feel slightly uncomfortable. The area will then feel cold as the departure drops below -5 degrees. You may experience stinging, and some numbness and most people get used to this sensation within a few minutes and can relax during the rest of their treatment.

Are there any side effects? Although this is a non-invasive treatment, you may experience some side effects such as discomfort in the treated area for 2 to 3 days, localised numbness for up to 2 months and bruising that can occur and last up to 10 days.

3D LIPO-ULTIMATE

Ultra sound cavitation for Fat reduction

Areas that can be improved



Our non-surgical fat reduction treatments are a popular alternative to liposuction. This treatment is carried out using an ultrasound technology called cavitation. A low-frequency ultrasound is used to produce a strong wave that disintegrates the fat membranes into a liquid state.

This liquid is broken down into two elements. One is oil, one is water and both are processed by the body's natural mechanisms. The oil content is picked up by the lymphatic system and is taken through the body, through the lymph system and then excreted. The water content is absorbed by the blood and utilised as energy within the body.

Treatments such as fat freezing are ideal for those with small pockets of fat. However, this type of fat reduction treatment is perfect for those wanting to see overall inch loss. Cavitation is best for treating the abdomen, thighs and muffin top area and a course of 8 treatments are recommended.

To achieve the best results, we advise that cavitation is combined with our other technologies such as radio frequency skin tightening or fat melting, along with shockwave therapy to help the body to expel the disintegrated. However, our therapists will advise the

3D LIPO-ULTIMATE

best treatment plan for you based on your requirements and expectations.

What can I expect during the treatment? A handpiece gently glides over the treatment area, delivering ultrasound waves into the body. A warm sensation can be felt as a result of the handpiece massaging the area it is a comfortable experience. The average session duration of cavitation lasts around 30-40 minutes but this can vary depending on the size of the treatment area.



lipo-ultimatepro

THE NEXT GENERATION IN NON-SURGICAL BODY SCULPTING

3D LIPO-ULTIMATE

3D Shockwave for Cellulite & Skin tightening

Areas that can be improved



For Cellulite

Sound waves stimulate the microcirculation within the fat layer, increasing the metabolic function of the area and increasing cellular membrane permeability. Free fatty acids and glycerol are released from the fat cells and sit in the intercellular space. Lymphatic movement and increased blood supply remove these waste products from the body.

For skin tightening

Sound waves stimulate blood and lymphatic circulation within the area. They also stimulate the connective tissue and septa mobility, giving the skin a firmer tone and reducing the dimples within the skin.

FAQs

How many treatments will I need? A course of treatment is typically 8 – 10 individual 30 minute sessions.

What results can I expect? Results are seen as quickly as 2 weeks after starting the course. If you exercise and increase your water intake you may see even better results.

How will it feel? The treatment itself is quite noisy, making a

3D LIPO-ULTIMATE

loud knocking sound. 3D-Shockwave is a comfortable treatment and feels like a tapotement massage.

Shockwave is recommended in conjunction with other procedures. We will advise you in your consultation to discuss your treatment goals.



3D LIPO-ULTIMATE

3D Radio Frequency Skin Tightening

Areas that can be improved



3D-Body RF technology is a fantastic treatment for both skin tightening and cellulite reduction. The 3D-Body RF energy selectively increases the temperature of the fat cells, by doing so simultaneously in deep and superficial layers of fat. This increases the metabolism and release of liquid fat from fat cells.

Normal cells can support 60 degrees but fat cells start to be melted at 41 degrees. After the treatment and release of liquid fat, the fat cells shrink in size, and skin is restored closer to its original form, reducing or eliminating the appearance of cellulite.

FAQs

How many treatments will I need? 8-10

What results can I expect? Results can be seen as soon as after your first treatment, however a course of treatments are recommended as results are further improved after each treatment.

Can I combine with other 3D procedures? Many people who have 3D-Body RF choose to combine it with other procedures. Typically, this treatment can be combined with 3D-cavitation, to devise a treatment course to target fat removal, cellulite and skin tightening for an all-round package. However, 3D-Body RF can be performed as a standalone course depending on personal targets.

3D LIPO-ULTIMATE

We will advise that you in your consultation to discuss your treatment goals.

How will it feel? 3D-Body RF is a relaxing treatment. First of all, an ultrasound gel will be placed onto the skin, this acts as a conductor for the 3D-Body RF energy. A handpiece with metal probes will be placed onto the skin and moved in gentle circular motions around the skin. You will hear a slight beeping noise coming from the machine, the handpiece will get warmer and warmer, building heat until it reaches 40 degrees. Your therapist will use an infrared thermometer to measure the heat of the skin. Once temperature has built up to 40 degrees, your therapist will continue to maintain the heat, continuing treatment on the area for 2 - 4 minutes, before moving onto the next area.



lipo-ultimatepro

THE NEXT GENERATION IN NON-SURGICAL BODY SCULPTING

LVL Enhance Lashes £53

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 £21

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



HD Browsculpt £48

The perfect treatment to give a fuller, fluffy brow, tame unruly brows, or hide gaps, lasts up to 6 weeks. This 2 step lamination procedure tames even the most unruly brows. We then finish with the HD touch, tinting and designing the shape.

Patch test required 48hrs before if you have not had your brows done with us within the last 3 months

HD Brows £40

Maintenance £30

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 custom-blended 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 £14.75

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

Patch test required.

Brow Wax £15

Combo Lash / Brow Tint and Shape £42

Patch test required.



「HIGH 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 £50

With Gel £54

OPI Pro Spa Signature Pedicure

With Polish £60

With Gel £63

Add on Hot Stone Pedicure add £7

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 £31.50

With Gel £39.50

Add Gel removal to your treatment add £9.95

Add on moisturising mask and hot mitt treatment add £8.50

Foot Health Practitioner Treatments From £35 for 30 minutes

Full Foot Health Care to include any concerns plus a full pampering pedicure and polish £80 add £5 for gel

Any of the following conditions may be addressed: Corns, Calouses, Verrucae, Hard Skin, Ingrown Toenails, Thick Nails.



Environ HAND & FOOT VITAMIN WRAP with hot mitts £8.50

This treatment is a perfect add on to manicure & pedicure treatments to help soften, smooth and revive the appearance of dry, sun damaged skin on hands and rough and dry skin on feet and heels.

The intelligent combination of AHA's and essential vitamins A, C and E assists to promote nourishment to reveal healthier, more even-toned and youthful-looking skin.

CACI Hand rejuvenation £35

This advanced conditioning anti-ageing hand treatment uses silver fibre microcurrent gloves in conjunction with CACI's Rejuvenating Hand Mask to smooth lines and wrinkles, firm skin, improve elasticity, boost circulation and brighten skin tone leaving your hands hydrated with youthful appearance. Fantastic to add on to manicure services.

Swedish Massage

Full Body £68

Back £39.50

Escape the stress of everyday life with a tailor-made massage to suit you, using warmed aromatherapy oils.

Stress Therapy £50

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 £69

Back £40

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 £75

Back £50

Lava Shell massage is a type of heat treatment that uses tiger-striped 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.

Lava Mama Pregnancy Massage £68

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 £58

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.

Mineral Body Polish £50

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 £52.50

Think of a facial for your back! Cleanse, exfoliate, massage and moisturise!

Essential 3-in-1 Body Bliss

90 minutes £125

An indulgent 3-in-1 face and body treatment starting with a body polish and shower. Followed by a 30 minute Dermalogica facial and finishing with a relaxing massage.



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 **£385**

Lower Leg **£220**

Upper Leg from **£230**

Low Bikini **£115**

High Bikini from **£140**

Underarm **£115**

Top Lip **£58**

Chin from **£65**

Lower Jaw and Neck from **£140**

Middle Brow **£35**

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	£27.00
20 minutes	£33.00
30 minutes	£41.00

LYCON Waxing

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



Full Leg wax	£41.00
3/4 Leg	£33.50
1/2 leg	£26.50
Low Bikini	£16.50
High Bikini	£22.00
G-String	£27.70
Brazilian	£38.50
Full Intimate Hollywood	£57.50
Underarms	£16.75
Forearms	£19.50
Top Lip	£9.95
Chin	from £11.00
Chin and Neck	£22.00

FOR MEN

Chest	from £25 to £48
Back	from £25 to £48
Nasal Hair	£6.50

Ear Piercing

EAR PIERCING £25 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, 9ct & 14ct white and yellow gold and titanium earrings are available. Prices of earrings vary starting from £25. Includes aftercare solution.



inverness[®]
Safe & Gentle Ear Piercing





ESSENTIAL BEAUTY

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