



RELAXATION CENTRE

Price List January 2010

Tel: 01276 33324

313 Yorktown Road, Sandhurst, Berkshire GU47 0QA
mail@relaxationcentresandhurst.co.uk www.relaxationcentresandhurst.co.uk

Facials

Overwork, stress, emotional shocks, pollution, rapid changes in temperature, are all part of our everyday life. The skin suffers as a result of these attacks and their negative effects accumulate causing a rapid increase in free radicals, the skin becomes highly sensitive and easily irritated, fine lines appear and the skin ages rapidly as it has more and more difficulty in breathing.



This established range originated from France is based on Thalassotherapy and Thermalism - thermal gymnastics.

Due to its technical nature, THALAC provides exclusive face treatment methods offering surprising results, using a wide choice of efficient and pleasing products inspired by active natural ingredients based on marine, plant and thermal extracts are perfectly tolerated by even the most sensitive of skins. The range is available for home use to further enhance your treatment.

Thalac Bioxydermie - 1 Hour **

£39.50

This facial stimulates cellular respiration and regeneration restoring radiance and vitality to the complexion. The nature of the sea based products, soothes and calms any irritations and redness whilst relaxing and de-stressing the skin. The skin is cleansed, toned and exfoliated to remove dead skin cells. The face and neck is then oxygenated and gently massaged to penetrate deep into the skin. A hydro mask is then applied, stimulating the skin's micro circulation whilst reinforcing the skin's natural defence system.

Best for: All Skin Types.

Thalac Express - 30 Minutes

£25.00

As above without the oxygenating and massage.

Best for: Those on a tight time schedule.

Thalac Ionique Anti-Ageing - 1 Hour **

£48.00

This facial activates and revitalises the metabolism of the skin cells, helps to renew the cells in the surface layers of the skin, moisturises, increases blood and lymph circulation whilst helping to reduce lines. The skin is cleansed, toned and exfoliated to remove dead skin cells. An emulsion is applied to the face and neck to break down the protective barrier of the skin, allowing the active elements of the regenerating Serum to penetrate deeply and effectively. A gel mask containing 21 trace elements is applied to strengthen the skin cells before the final rubberised seaweed mask firms and tones the skin. The treatment is completed with a day cream to moisturise and protect.

Best for: All skin types, anti-ageing.

Thalac Vitamin C - 1 Hour **

£48.00

Following cleanse, tone and exfoliating, the face and neck is massaged with a wonderfully fragrant moisturising Serum to relax and soothe. A rubberised Vitamin C Modelling Mask is applied in a thin layer to the face and neck. This mask has an immediate tightening action whilst revitalising and moisturising the skin. The Algae Extracts within it moisturise and refresh. The treatment is completed with the moisturiser according to skin type. The skin will become energised and glowing.

Best for: All skin types, sun damaged skin, smokers, anti-ageing, recuperation, dull or tired skin.

Facials

Thalac Lip & Eye Treatment - 30 Minutes

£25.00

A great relaxing treatment for these two areas using ingredients selected to delay the premature ageing of the fragile skin around the lips and eyes. The treatment helps eyes lined with age, dark circles, puffiness and the slackening of the eyelids, whilst on the lips it will aid hydration of the top layers of the skin reducing fine lines and slackening of the corners of the mouth.

Best for: Anti-ageing, puffiness around eyes, dark circles. Slackening of corners of the mouth.

Skin Yoga Facial - 60 Minutes **

£46.00

Innovative ingredients stimulating the cellular respiration and Asian plant extracts, which have strengthening and balancing effects on the skin. Skin Yoga combines relaxation with soothing care. A fabulous foam mask experience is part of this relaxing facial.

Best for: All skin types.

Fleece Facials- 1 Hour **

£46.00

Your skin is thoroughly cleansed and exfoliated followed by a collagen masks being applied to your skin to nourish for approximately 30 minutes. Appropriate moisturisers and eye cream are applied to finish. A great facial for results with little therapist intervention.

Wheat germ - Best for: Devitalised, irritated skin.

Algae-Bio Matrix - Best for: Mature, oily, irritated skin.

Vitamin C - Best for: Mature, sun damaged, smokers, recuperating.

Caviar - Best for: All skin types, mature.

** A face and shoulder massage is part of this treatment which further aids your relaxation. Whilst your mask/fleece is on you can chose a nail buff, nail paint, hand or head massage, or of course you may just relax.

Emulsion Fluide cleansing milk all skins 200ml	£12.30
Lotion Marine toner for all skins 200ml	£12.30
Eau Demaquillant 2 in 1 cleanser/toner 200ml	£16.95
Demaquillant Yeux et Levres lip/eye cleanser 200ml	£20.50
Actif Rides Caviar day cream for mature skins 50ml	£22.60
Crème Anti-Age Calcium for very dry skin 50ml (Ideal during menopause)	£42.00



Our therapists can advise you on the best treatment plan for your own specific areas of concern or requirements. We offer flexible approach to enable you to tailor your facial to suit your budget and obtain results, just chat with your therapist.

We offer free skin care consultation appointments.

Non-Surgical Face Lift

Our lift life therapy uses a combination of micro & macro currents through an exclusive alternating polarity system from skinforlife, which helps to tone, lift and re-educate the muscles back to their original position. The face has over thirty muscles that lie directly below, and are connected to, the surface of the skin. When muscles are stimulated they either shorten or lengthen. Firmness is re-established through the non-surgical lifting procedure by correcting the sagging muscle, which in turn corrects the sag of the skin. The treatment also stimulates blood circulation, collagen production and elastin, whilst improving the muscle tone and counteracting dryness. In addition this system allows manual manipulation with gloves to literally let your therapist take control of your muscles and sculpt where attention is required. An initial course of 12 is ideal at 2 treatments a week with one or two treatments a month to maintain your muscle tone. Results can be seen from your first treatment.

We now offer two versions to suit different budgets - Standard and Deluxe, both are the same fabulous machine, however the deluxe includes a variety of lifting tools to further enhance your lift and finishes with a mask.

Let us treat you to a FREE 15 minute Eye lift to prove how fantastic this machine truly is.

Best for: Diminishing fine lines and wrinkles, skin firming, expression lines, firming the neck, anti-ageing, lifting; jowls, eyelids, double chins and improving muscle tone in face.

Standard Single Treatment or Maintenance - 45 Minutes	£38.00
Course of 6	£215.00
Course of 12	£400.00

Deluxe Single Treatment or Maintenance - 75 Minutes	£48.00
Course of 6	£260.00
Course of 12	£500.00

Oxygen Facial - 30 Minutes	£33.00
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Using a micro oxygen infusion system combined with oxygen concentrate this facial gives fantastic results by using active ingredients that convert various peroxides and free radicals into oxygen and water to enhance and correct the skin.

Best for: Anti-ageing, pigmentation, sun damage, acne, loosening blackheads, hormonal break-outs, rosacea.

LED Light Therapy - 30 Minutes	£30.00
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A relaxing and effective facial through massage with a hand held light to increase blood circulation and cell growth to strengthen and rejuvenate the skin through light therapy.

Best for: Stimulating collagen and elastin production, anti-ageing, tired skin, Treating ACNE.

Uplifting Facial - 60 Minutes	£45.00
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A full facial with gentle pressure movements using aromatic oils to help enhance your skin tone. This treatment invigorates and refreshes facial contours by lifting the facial muscles back to where they should be. It can also relieve the ace of stress, sometimes caused by grinding your teeth or going through a stressful period where we tend to tense our face and neck without knowing.

Best for: Anti-ageing, relaxation, stress reduction

Anti-Ageing Treatments

Micro-Dermabrasion

Our skin has two main layers. The top layer acts as a barrier to the environment and comprises of dead skin cells on top of another layer of cells that are going through the process of maturing. During micro-dermabrasion the top layer of skin is gently removed by light abrasion with a unique four hole jet (aids comfort) of micro fine crystals and vacuum revealing a younger softer and more radiant skin. Your therapist can control the strength of abrasion to ensure your comfort whilst concentrating on your specific areas of concern. Immediate results and smoothing will be felt.

Organic Micro-Dermabrasion is an additional option or maybe chosen alone for sensitive skin. The 100% natural organic grains are even finer than the standard crystals and 'polish' the surface of the skin leaving your skin even smoother.

Micro-dermabrasion can be used on the body to reduce pigmentation, scarring and stretch marks. Ideally an initial course of 6 to 12 treatments, at one a week, will give best results when treating skin issues by reducing the top layer of skin safely and effectively followed by a monthly maintenance treatment, but single treatments will give a positive immediate effect.

Best for: Anti-ageing, smoothing fine lines and wrinkles, pigmentation, acne scarring, stretch marks, collagen and elastin production.

NB. Please leave a minimum of 2 weeks before going on holiday after a treatment.

Basic Skin Resurfacing - 20 Minutes

£35.00

Skin preparation prior to two passes of the face and neck with micro crystals. Nourishment and protection serums to finish.

Combined Skin Resurfacing & Polish - 30 Minutes

£45.00

Skin preparation prior to two passes of the face and neck with micro crystals followed by 2 passes of organic crystals to polish the new skin. Nourishment and protection serums to finish.

Organic Skin Polish - 20 Minutes

£40.00

Skin preparation prior to three passes of the face and neck with organic micro crystals. Nourishment and protection serums to finish.

Any Micro-Dermabrasion Treatments - Course of 6

Includes a FREE take home Renewal Peel to enhance your skin between treatments

Any Micro-Dermabrasion Treatments - Course of 12

Includes FREE skinforlife products to take home and use to further enhance treatments.

One of each; Cleanser, Renewal Peel and Serum appropriate to your skin's requirements.

The Full Works - 1 Hour 20 Minutes

£75.00

An advanced and technical facial to aid anti-ageing. Skin preparation prior to two passes of the face and neck with micro crystals followed by 2 passes of organic crystals to polish the new skin. Next your skin is treated to a burst of oxygen followed by a face massage using the red light therapy to stimulate collagen and elastin production. Relax with a rubberised tightening and lifting mask before nourishment and protection serums are applied to finish.

Best for: Instant tightening and firming results.

The Ultimate Quick Fix - 1 Hour

£62.00

Skin preparation prior to two passes of the face and neck with micro crystals to smooth followed by our non-surgical face lift using the latest technology to lift and sculpt whilst firming your muscles and skin. Nourishment and protection serums are applied to finish.

Best for: Instant more youthful and refreshed look.

Optional Extras

You may **add** the following treatments to any facial or anti-ageing treatments we provide to enhance your skin's condition. As we obviously provide skin preparation and finishing with every

facial, it is the opportunity to save time and money by enhancing your chosen treatment.

Basic Dermabrasion	£25.00
Organic Dermabrasion	£30.00
Combined Dermabrasion	£35.00
Oxygen Treatment	£15.00
Non-Surgical Face Lift	£30.00
LED Light Therapy	£15.00
Moisture Boosting Mask	£8.00
Rubberised Mask	£15.00

Products available to purchase to compliment and enhance your facials

Cleanse

Gentle Cleanser 180ml	£15.35
Gentle Milk 180ml	£15.25
Salicylic 180ml	£17.55

Exfoliate

Renewal Peel 7.5% lactic 30ml	£19.75
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Balance

Instant Soothing Toner 180ml	£15.35
Salicylic Toner 180ml	£15.90

Mask

Revitalising Mint 60ml	£17.00
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Eyes

Advanced Eye treatment 15ml	£32.95
Moisturise, Hydrate & Protect	
VitaA Regenerate & Adv Retinol 30ml	£39.55
VitaC Peptide 30ml	£27.45
Vital Recovery Concentrate 48ml	£28.55
Lysozyme Antibac 30ml	£17.55
Moisture Booster & Hyaluronic acid 60ml	£48.35
Ultra Performing Complex 48ml	£38.45
Anhydrous Barrier SPF20 60ml	£27.45
Skin Shield SPF25 60ml	£17.00



{ **lifesustainingsystem™** }
advance the level of your skin care treatments

{ pure science }

Body Treatments

Body Contour Wrap - 1 Hour 45 Minutes (€110 Course of 3) €40.00

An inch loss treatment using a unique blend of essential oils in an Aloe Vera based gel. The Body Contour Wrap uses a combination of specialist bandaging techniques and Body Contour Gel to improve clients skin tone, texture and help reduce cellulite. The treatment can be offered as a course giving longer lasting results or a single treatment for a special occasion.

Best for: Special day/night out for feel good factor or fitting into that special outfit.

Nue Fusion Toning System - 1 Hour per session (€320 Course of 10) €38.00

A unique combination and continual shifts in frequency through gel adhesive pads placed on the body, optimizes body contouring and lifting. Thus changing the body shape, by destabilizing fat cells and ridding the fat through the lymphatic system.

It can also maximize muscle strength, through individualized frequencies to shorten the z-line to the muscle, which encourage ATP response. (Adenosine Tri Phosphate). By doing this type of activity you are also encouraging blood circulation for better cellular metabolism and lymphatic drainage to remove waste by-product, such as Lactic acid. This gives the body not only visual benefits but health benefits for long lasting results. **NB.** Your own personal gel pads will be required if you are having a course or you wish to have your own if you are having a few sessions. These are from €2 per pair dependent on the area being treated as the size and quantity required will vary.

Best for: Gym dodgers, those requiring to target specific areas eg stomach, rehabilitation and lymphatic drainage.

Citrus Body Scrub & Moisturise - 45 Minutes €35.00

A thorough all over body scrub using a blended dead sea salt and sugar scrub with lemon and lime to cleanse and stimulate. A rich orange blended moisturiser is then massaged into the skin to re-hydrate and leave you feeling refreshed and revitalised. Please bring spare underwear.

Best for: Special night out, holiday or tan preparation, treating cellulite, skin toning, anti-aging.

Back or Chest Treatment with Dermabrasion - 45 Minutes €50.00

Skin preparation prior to two passes of the shoulders, back or chest with micro crystals. A mask is then applied to treat the area before finishing with appropriate nourishment for the skin and protection serums to finish.

Best for: Special night out, holiday preparation, skin toning, anti-aging, congested back.

Massage & Alternative Treatments

Massage

Massage is a way to relieve mental and physical stress from work or home, a time to relax and forget about all the other things around you. Massage is a great stress-busting method whilst rewarding for your physical body and also your health. It improves health by acting directly on the body's muscular, nervous, circulatory and immune systems.

Best for: Aiding relaxation, releasing tense muscles, reducing stress, relieving physical discomfort or pain, improving circulation and immune system functionality, relaxing the mind, improving blood flow and increasing the overall feeling of well-being.

Back, Neck and Shoulders - 30 minutes £28.00

Full Body - 1 hour £38.00



Aromatherapy Massage

Aromatherapy is a holistic treatment, restoring balance to mind and body, as well as its specific use in treating a wide range of symptoms. Essential oils are pure, concentrated plant extracts obtained specifically for their fragrance and therapeutic value and blended with base oil to create a tailored oil to suit your personal requirements. It can be comforting and soothing or stimulating and energising, helping to let go of toxins from the body.

Best for: Reducing stress, relaxation, well-being.

Back, Neck and Shoulders - 30 minutes £36.00

BNS with Hot Stones - 45 minutes £45.00

Full Body - 1 hour £46.00

Full Body with Hot Stones - 1 ½ Hour £65.00



Hot Stone Massage

Hot stone massage is a fabulously relaxing and intense massage that uses smooth, heated volcanic stones. It is a deeply soothing, relaxing form of massage using a combination of hands warmed from the stones and volcanic stones which are then placed around the body as they cool. The added heat helps release tight muscles as the heat penetrates deeper into the muscle tissue.

Best for: Deep muscle and relaxation.

Back, Neck and Shoulder - 30 minutes £36.00

Full Body - 1 Hour £46.00



Pregnancy Massage - 30 minutes £30.00

A gentle massage to relieve those aches and revitalise those tired muscles whilst pregnant. Your therapist will massage the areas that need attention eg: legs, back, bump, shoulders.



Massage Information

Please note our times are approximate for your actual massage, we automatically add an additional 15 minutes on to enable you to undress/dress and relax.

To further tailor your massage, please advise at time of booking if you will require a deeper massage to enable us to allocate the appropriate therapist.

Lymphatic Drainage Massage - from 30 Minutes from £28.00

Lymphatic drainage massage uses very light pressure combined with soft pumping movements in the direction of the lymph nodes to boost the immune system. As well as helping the body ward off illness, treatment can assist general feelings of health and vitality. It also has a positive physical effect, improving the appearance of the skin and reducing puffiness caused by water retention or poor circulation.

Best for: Those suffering regularly from colds, flu, fluid retention or low energy levels.

Indian Head Massage - 30 Minutes £27.00

Massage of the scalp, face, neck and shoulders to relieve accumulated tension, stress, stimulate circulation, soothe and re-balance the flow of energy to produce a feeling of peace, tranquillity and mental clarity through a variety of massage movements. It is also used to aid the condition and health of the hair, particularly when combined with the use of natural oils. Please request at time of booking should you wish oils to be used.

Best for: Reducing stress, pre-exams, relaxation.

Reflexology - 1 Hour £34.00

In the feet, there are reflex areas corresponding to all the parts of the body and these areas are arranged in such a way as to form a map of the body. It is thought that illness occurs when energy channels' in the body are blocked, causing damage to one area or another. Reflexology is aimed at freeing these blocks, allowing energy to flow freely again and so to heal the damage. Reflexology does not claim to cure, but numerous different disorders appear to respond well to this natural therapy.

Best for: Relieving migraines, sinus problems, hormonal imbalances, breathing difficulties, digestive problems, circulatory problems, back problems, tension, stress and of course relaxation.

Reiki - 45 Minutes £30.00

Reiki practitioners believe that everyone has the ability to connect to their own healing energy and use it for the purposes of strengthening the Ki (or life energy) of others. Reiki is the vital life energy which flows through all living things and which can be activated for the purpose of healing. The Reiki therapist channels the Ki through their hands to the recipient, activating the body's natural ability to heal itself. When a person's Ki is strong and flowing freely, the body and mind are in a positive state of health. However, the vital energy may become weak or blocked, and this may lead to symptoms on a physical or emotional level.

Best for: Reducing stress, relaxation, healing, alleviating depression.

Hopi Ear Candles - 45 Minutes £31.00

A relaxing treatment for adults and children. Ideal when that cold just won't go or your head feels blocked. A lit ear candle, impregnated with essential oils, is held in your ear and burned down giving a relaxing warmth in your ear. On completion of both ears being treated you can relax further and enjoy a facial lymphatic drainage which helps to further clear the sinuses.

Best for: Sinusitis, rhinitis, snoring, excessive earwax, re-occurring earache and tinnitus, headaches, those who fly or dive regularly.



Manicures & Pedicures

French Finish extra £1.50 Gems 20p each

Finger Nail or Toe Paint - 15 minutes £10.00

Purely a nail paint on your already shaped nails to give a professional finish to your nails.

MiniManicure - 30 Minutes £18.00

Hand exfoliation and moisturise followed by a shape and buff of your nails. Nails are treated with the appropriate base coat and painted in your choice from a wide selection of single colours.

Best for: Those with tidy, normal cuticles and healthy nails.

Full Manicure - 50 Minutes £28.00

Hand exfoliation, nails are shaped and buffed, cuticles soaked, tidied and nourished before a hand massage is given. Nails are treated with the appropriate base coat and painted in your choice from a wide selection of single colours.

Best for: Neglected cuticles or problematic natural nails eg splitting, weak, peeling.

Deluxe Manicure with Paraffin Wax - 1 Hour £34.00

Hand exfoliation, nails are shaped and buffed, cuticles soaked, tidied and nourished before your hands are encased in a mask and paraffin wax to deeply nourish and moisturise. A hand massage is given before your nails are treated with the appropriate base coat and painted in your choice of single colour.

Best for: Neglected cuticles or problematic natural nails eg splitting, weak, peeling and dry hands.

Mini Pedicure - 30 Minutes £20.00

Foot exfoliation and moisturise followed by a trim and file before your toenails are treated with the appropriate base coat and painted from a wide selection of single colours.

Best for: Those with tidy cuticles, healthy nails, soft feet.

Full Pedicure - 60 Minutes £31.00

Foot soak, exfoliation, hard skin reduced, cuticles tended, toenail trim and file. A foot massage is given before your nails are treated with the appropriate base coat and painted in your choice of single colour.

Best for: Hard skin on balls of feet and/or heels, neglected cuticles, relaxation.

Deluxe Manicure with Paraffin Wax - 1 Hour 15min £39.00

Foot soak, exfoliation, hard skin reduced, cuticles tended, toenail trim and file. A foot mask is applied before being encased in paraffin wax to deeply nourish and moisturise your feet. A foot massage is given before your nails are treated with the appropriate base coat and painted in your choice of single colour.

Best for: Hard skin on balls of feet and/or heels, neglected cuticles, dry feet, relaxation.

Callous Peel - 30 Minutes from £22.00

A skin softener patch is applied to the area to be treated, heels or balls of feet (£35 for both), wrapped and left to work for 10 minutes. The treated skin is then scraped away before a foot file is used to further remove calloused skin. A special moisturising cream is massaged in to complete your treatment.

Best for: Excessive hard skin on balls of feet and/or heels, cracked heels.

Add Callous Peel treatment to another pedicure £16.00

Gel Nails

Your natural nail condition is our priority that is why we only use a top quality gel which is as natural as possible with no filing on your natural nail even when we apply tips. Acetone is not used to soak off our gel nor do we use metal drills which can terribly damage your nails.



We will only recommend the correct solution for your nails to suit their condition and your lifestyle. NB Gel nails are a long term option. Our nails may be dearer than your high street nail bars, but we do care about your nail condition and long term you will save money as our infills are less frequent with our reliable gel, usually around 4-6 weeks.

Best for: Bitten, weak or ridged nails or those wishing to have lovely nails with minimal effort.

Full set with tips - natural, painted or french finish	£45.00
Gel to natural nail	£36.00
Blend and finish (every 2-3 weeks no gel applied)	£20.00
Full infill - natural, painted or french finish (every 3-6 weeks)	£34.00

Includes one tip during infill if required

Repairs at infill appointment per tip	£2.00
Repairs at separate appointment	from £5.00

Gel removal with nail care & paint £20.00
It is imperative that your gel is removed correctly as damage to the nail bed may occur if the gel is picked off as it can remove the natural nail with it. Nails will be treated with a protein and painted. Only available on gel put on by ourselves.

Eye Treatments

Eye Lash Tint *	£16.00
Eye Lash and Eyebrow Tint *	£19.00
Eyebrow Tint *	£9.00
Eyebrow Wax	£9.00
Eyebrow Tweezer	£12.00
Eyebrow Tint and Wax *	£14.00
Eye lash Tint, Eyebrow Tint and Wax *	£25.00

Eyelash Extensions Semi Permanent - up to 30 lashes per eye £65.00
Semi-permanent lash extensions that give longer, thicker, very natural looking lashes. Soft and curved, just like natural lashes and are applied individually for a striking and defined result. *

Eyelash Infills - up to 20 Lashes per eye from £33.00

Keep your lashes full or further enhance fullness with a fill every 2-4 weeks

* Patch test required 24 hours PRIOR to 1st appointment.

Ladies Waxing

Waxing is a very effective method of hair removal because it removes hair completely from the root, so hair grows back slower and finer in contrast to shaving, when you can feel hair growing back the next day. For best results waxing should be carried out every 4 weeks with regular exfoliation and moisturising between treatments. Please ensure your hair is at least 5mm long for best results.

Avoid sunbeds, saunas, swimming and hot showers for 24 hours after waxing treatments.

½ Leg (€2 off when with your choice of bikini Wax)	£16.00
¾ Leg (€3 off when with your choice of bikini Wax)	£20.00
Full Leg (€5 off when with your choice of bikini Wax)	£25.00
Underarm	£9.00
Forearm	£12.00
Full Arm	£20.00
Eyebrows (€3 off with another wax)	£9.00
Lip	£7.00
Lip & Eyebrows	£13.00
Chin	£7.00
Chin & Eyebrows	£13.00
Lip & Chin	£12.00
Lip, Chin & Eyebrows	£18.00
Standard Bikini (1)	£9.00
Extended Bikini (2)	£12.00
G-String Bikini (3)	£16.00
Brazillian Bikini (4)	£20.00
Hollywood Bikini (5)	£32.00
Bikini Trim with clippers after a wax	£2.00

Waxing for girls 15 and under - Parent in attendance

½ Leg Wax	£10.00
Underarm	£6.00
Eyebrows	£6.00
Monobrow only (only available with another wax or parents wax)	£2.00



Male Waxing & Treatments

All our male intimate waxing is done by trained professionals using Perron Rigot wax, offering a high level of comfort as the wax literally shrink wraps around the hairs. All our prices are flexible and depend on the amount of hair to be removed and should be used as a guide only. Your therapist can advise you at your appointment of the exact cost dependant on how much hair you wish to be removed. We can wax any hairs away, just ask if it is not listed, legs, arms, toes even

Preparation for Intimate Waxing

Please shower before your appointment and, if possible, gently exfoliate the areas you are having waxed for a few days beforehand. This helps to remove any dead skin cells and lifts the hair for better results. Do not shave or use hair removal creams on the area for at least 3 weeks prior to your appointment, as hair needs to be a minimum of 5mm long in order to wax successfully. If you are already getting waxed on a regular basis you will need to leave at least 4 weeks between treatments.

Ears	£6.00
Nostrils	£6.00
Chest	£15.00
Back	£18.00
Shoulders	£15.00
Standard Speedo	£10.00
Brazillian	from £35.00
Hollywood (Back, Sack n Crack)	from £50.00
Buttocks	£20.00
Clipping of body hair is also available	from £10.00

Home care kit is provided with all intimate waxing.

You should not sunbathe or exercise for 24 hours after your appointment.

Gents Manicure - 30 Minutes £20.00
Hand exfoliation and moisturise followed by a file and buff before your cuticles are tended to.

Gents Pedicure - 45 Minutes £30.00
Foot Soak, exfoliation, hard skin reduced, cuticles tended, toenail trim and file. A foot massage is given before a refreshing mask is applied.
Best for: Hard skin on balls of feet and/or heels, neglected cuticles, relaxation.

Add Callous Peel treatment £16.00

All of our facial, anti-ageing treatments and relaxing massage treatments are available to our male clients too.

Hypnotherapy - 1 Hour

from £50.00

Relaxation of the mind is achieved through the spoken word allowing you to free your mind of stress, worries and concerns. You are always in control and the therapist can not make you do anything you do not wish to. Hypnotherapy is purely relaxation of the mind. The more sessions you have the more deeply relaxed you will become at each session.

Self-hypnosis can be achieved by some people, to enable you to use the technique at home.

Best for: Relaxation, reducing stress and clearing a cluttered mind.

One Hour Stop Smoking

£ POA

Using a combination of over 14 techniques you could stop smoking in just one session. This

technique has a very high success rate leaving you free of that old habit, relaxed and calm. In the unlikely event that you should need a back-up there is no further charge.

NLP - Neuro Linguistic Programming & Time Line

from £50.00

NLP is a fast, effective and fun way to change the way you think and act. We learn how to react or constantly run the same thought processes in certain situations by repeatedly doing the same thing eg phobias, putting yourself down. Imagine how much better your life could be without these negative traits?

What if you could feel neutral about a few foods that in turn could help you lose those extra pounds because you no longer crave them? Another fabulous NLP technique can enable you to do just that. Why keep hold of negative thoughts and memories from the past when you can neutralise them?

Best for: Phobias, increasing confidence, exam nerves, eating disorders, eliminating negativity.

A free consultation is available to you to discuss your requirements.

Weight Loss Programmes

All About W8

The programmes are VLCD (Very Low Calorie Diet) using a combination of mealpaks and conventional foods there are 4 varieties of programme to suit your lifestyle. Clients can lose 3-4 stone in 12 weeks.

Best for: Those with a BMI of over 25, yo-yo dieters, those needing quick results.

W8 for Life

Using a combination of mealpaks and conventional foods to suit your lifestyle.

Best for: Those with a BMI over 22, youths needing to slim down, people with health restrictions.



Go online and discover more

www.allaboutw8.co.uk/camberley



Girlie Days

How would you like to have exclusive use of the salon with 2 therapists, enjoy beauty treatments all day, whilst relaxing and spending time with friends or family with lunch and refreshments provided? That is essentially what you get with a 'Girlie Day' at the Relaxation Centre between 10am and 5:30pm.

You can look through the price list and select a range of treatments, add them to your wish list and leave us to ensure you get as many treatments in as possible for you all in the time available. Previous groups have enjoyed over £800 worth of treatments between them during their day!

An ideal number of ladies is between 2-6. Obviously the more people the less treatments each. We charge £10 extra per person wishing to have dermabrasion. Some treatments may be restricted due to the particular specialisms of the available therapists, but we can advise you of this when booking which alternative therapies are available to you. Hypnotherapy, NLP, Semi-permanent eyelashes and W8 are not included in this package.

Best for: Hen day, works do, family get together, birthday, no excuse day of pampering!

One price for the whole of your party

£425

Promotions

Each month we have a promotion offering a treatment to you at exceptional value. This can be seen online or advertised in the salon. However, if you go online and register your details it will be emailed to you each month. Should you not have time to enjoy the promotion during that particular month you can purchase it as a pre-paid treatment to be taken within 6 months.

In addition, registered clients will be able to take advantage of appointment filling offers when they are available.

Gift Vouchers

Need a gift? What better than a gift of time and relaxation for a friend or loved one.

We offer vouchers for a specified value, treatment, combination of treatments or monthly promotion.

If you are not able to come into the salon we can take payment over the phone and post the gift voucher directly to you or the recipient.

General Booking Information

If you need to cancel your appointment for any reason we request 24 hours notice. In the event you need to cancel less than 24 hours before, or you miss your appointment, 50% of the treatment cost will be required before your next appointment is carried out.

A deposit may be required to book appointments exceeding 2 hours duration.

Please ensure your mobile phone is on silent or switched off whilst in the salon.

All time listed are approximate times and may include client preparation.

If you need to bring your child into the salon, we will endeavour to book your appointment during our quieter times but please remember other clients may be there to relax so children will be expected to sit quietly whilst your treatment is carried out.

There are some medical conditions that may mean that some treatments are not suitable for you eg pregnancy, cancer, diabetes. If you have a medical condition please do ask a therapist for guidance before your appointment to ensure we help select the right treatments for you.

As we do not have a dedicated receptionist to keep your costs down, it is necessary for us to use our answer-phone when we are all busy with clients or of course when we are closed.

PLEASE do leave a message, we will ring you back as promptly as we can.

Thank you

We look forward to welcoming you

..... SOON