

WAXING - using the hygienic clean & easy system

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|--|-------------|
| Half Leg | £14.00 |
| Full Leg. | £20.00 |
| Three quarter Leg | £17.00 |
| Bikini | £10.00 |
| Underarm | £10.00 |
| Bikini / underarm with leg wax | £7.50 |
| Bikini Plus | £17.00 |
| Forearm | £10.00 |
| Lip | £8.00 |
| Lip & Chin. | £12.00 |
| Eyebrow | £10.00 |
| Back or Chest | from £17.00 |

EYES

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|-----------------------------|--------|
| Eyeshadow Tint. | £12.00 |
| Eyebrow Tint | £6.50 |
| Lash & Brow Tint | £15.00 |
| Eyebrow Reshaping | £12.00 |

NB. Clients MUST have a skin sensitivity test prior to tinting treatments.

HANDS AND FEET

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|--|-------------------|
| Manicure (60 minutes) | £22.50 |
| Express Manicure. | £15.00 |
| Pedicure (60 minutes) | £25.50 |
| - open toed shoes please! | |
| Express Pedicure | £18.00 |
| Shellac Finish with one of the above nail treatments. | additional £10.00 |

SIENNA X SPRAY TANNING

| | |
|------------------------------|--------|
| Full Body. | £20.00 |
| Legs or Upper Body | £15.00 |



JO AND MELISSA

Jo is highly qualified with more than twenty five years experience in the health and beauty industry, both as a therapist and a lecturer. Melissa graduated from The London College of Fashion in 1989 and has been working with Jo since 2003 as Senior Therapist and nail specialist!

Our passion is advanced skin care and we are excited to be working with a NATURAL high quality, effective product range which cares for the skin and the environment.

We look forward to welcoming you to the salon.

Relaxation for body & soul with the best that nature has to offer.....

Pure Skindulgence!

- GIFT VOUCHERS AVAILABLE -
ideal for men and women,
a perfect gift for any occasion.

- PAMPER PACKAGES AVAILABLE -
tailored to your individual needs

Clients are kindly requested to give a minimum of 24 hours notice if they wish to cancel an appointment, otherwise a charge may have to be levied.

**10 Eastgate Square, Chichester
West Sussex, PO19 1JH**

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JO HAMMOND

H.Dip, City & Guilds, IIST, IHHHT

Skin Care Therapy

Health and beauty with a difference....



*....treatments
individually
tailored to suit
changing client
needs*



**CRYSTAL CLEAR
SKINCARE**

Approved salon
microdermabrasion

**ANNEMARIE
BÖRLIND**

NATURAL BEAUTY

Sienna_x

Facial Treatments

ANNEMARIE BORLIND

Effective, natural skin care

Professional skin care with natural, organic ingredients, valuable herbal extracts, pure essential and the very best cold pressed botanical oils.

These products successfully combine selected natural ingredients with the latest technology for optimal performance and visible results.

HYDRO BALANCE (60 minutes) **£37.00**

A deep cleansing facial for congested, blemished skins, enlarged pores, blackheads, acne and smokers skin.

VITAL LIFTING (75 minutes) **£42.00**

Ideal for mature skin in need of regeneration and rejuvenation. Anti-ageing ceramides refine fine lines and wrinkles whilst relaxing pressure point massage will help decongest and re-energise leaving a firmer more youthful complexion.

CALMING (60 minutes) **£37.00**

A naturally soothing facial treatment incorporating gentle exfoliation and calming massage to care for even the most sensitive skins.

REGENERATION (60 minutes) **£37.00**

A nourishing treatment ideal for skins over 30 showing the first signs of ageing.

NATURAL LIFT FACE MASSAGE **£40.00** 'Face Lift without surgery' (45 minutes)

A combination of highly effective techniques drawn from Japanese & Indian face massage, Acupressure & Facial Reflexology. This advanced method of facial massage not only treats lines, wrinkles & puffiness but also balances the whole body.

NATURAL LIFT FACE MASSAGE **£45.00** (60 minutes)

As above but with added deep cleanse and exfoliating face peel.

ULTRA VISAGE FACIAL (75 minutes) **£50.00** 'Non-Surgical Face Lift'

A preventative and corrective treatment for all ages utilising microcurrent for facial contour lifting and smoothing fine lines and wrinkles in the face and neck. Combining this with a deep chemical cleanse and penetration of active ingredients, this offers the ultimate in facial care.

(Courses and special offers available)



Microdermabrasion

Crystal Clear Microdermabrasion treatment for women and men offers a safe and controlled method of skin resurfacing by gently exfoliating the outer layers of skin. An excellent solution to fine lines, sun damage, pigmentation, open pores, blackheads, blemish scars and acne scars.

Crystal Clear Beauty Flash Treatment

30 minutes. £35.00

Crystal Clear MDA Treatment

40 minutes. £45.00

Crystal Clear Deluxe Facial

60 minutes. £55.00

For advice on your choice of facial please feel free to ask.

All clients are welcome to a consultation and complimentary skin analysis without obligation.

BODY TONING

Body Toning for firming contours and strengthening muscles

Part Body £30.00
(course of 10 - £270)

Full Body £40.00
(course of 10 - £360)

Spa Professional Body Treatments

PURIFYING BACK TREATMENT **£30.00**

A deep cleansing scrub with steam application to decongest and purify followed by a relaxing massage to relieve tension and rehydrate.

BODY BLITZ **£40.00**

Total body exfoliation to remove dry skin and detoxify with full body massage to soften the skin, relax stressed muscles and soothe the mind.

AROMA OIL MASSAGE (75 minutes) **£45.00**

A choice of the finest preblended oils for body balancing, calming or regenerating. A heavenly treatment incorporating body, face and scalp to uplift the senses and pamper the body.

FULL BODY MASSAGE **£38.00**

Swedish massage to ease tension, relax the body and destress the mind.

BACK, NECK & SHOULDER MASSAGE **£22.00**

BACK & LEG MASSAGE **£25.00**

INDIAN HEAD MASSAGE **£30.00**

Ancient massage techniques to the back, neck, upper arms, face and head to encourage energy flow, revitalise the body and yet invoke total relaxation and calm.... The ultimate in time out!

HYDROTHERM MASSAGE

Heavenly massage on warm water filled units allowing for perfect spinal alignment and client comfort. Ideal for back pain, muscle soreness, pregnancy and those just wanting a new experience in massage therapy.

Full Body. **£40.00**

Back Neck and Shoulders **£24.00**

HOT STONE FULL BODY MASSAGE **£55.00**

Holistic massage using hot basalt stones to create a deep, relaxing and healing treatment. One and a half hours of the ultimate time out experience!

HOPI EAR CANDLES **£32.50**

A gentle non-invasive treatment with effective relaxing, drainage massage. Excellent for excessive earwax, sinus problems, headaches, migraines, tinnitus and snoring.