



SLEEPING  
BEAUTY  
SALON LIMITED

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01463 572178

[sleepingbeautysalon.com](http://sleepingbeautysalon.com)



# ABOUT US

## OUR MISSION

**“To bring together a highly motivated and trained team of individuals who will go beyond the call of duty to provide our clients with an atmosphere of relaxation and a first class service, not only the first time, but every time.”**

Sleeping Beauty Salon is a small chain of salons across Scotland, founded in 1999. We believe it's the little things that make the difference; from our hand-made Aromatherapy Candles to our Signature range of treatments, we provide an experience that is just a little bit different.

We have a diverse range of treatments to beautify, relax and indulge and our amazing team are always available to advise on the best treatments and products to meet your needs.

We are honoured to have received several awards over the years and we strive to provide a service that is second to none.

For regular clients we have a loyalty scheme that is free to join and treats you to 3 points per £1 spent.

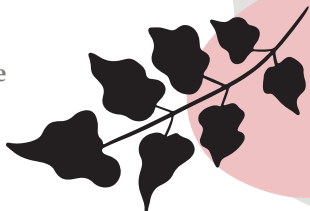
We advise new clients read our 'Useful Info' page at the end of this treatment menu before your first visit.

*“There is nothing sleepy about this salon with well-trained staff and a fantastic mix of treatments.”*

**Professional Beauty Awards**

*“Best Salon for a bright modern interior.”*

**Scottish Woman Magazine**



**PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS**



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## PLATINUM MEMBERSHIP

Members receive the discounted prices shown to the right of standard prices in this brochure, along with a host of other benefits such as exclusive invites to events, discounts on products purchased and much more. Since our Platinum Membership scheme started our members together have saved over £90,000!

New members purchase a 6 month or 12 month membership (prices below). After this has concluded members will be given the option to continue on a pay monthly basis.

These prices include £50 each month being credited to your account to spend on treatments/products along with your membership discounts. For more details ask a member of our team.

<b>1 YEAR MEMBERSHIP</b>	<b>£550.00</b>
<b>6 MONTH MEMBERSHIP</b>	<b>£285.00</b>





# FACIALS

LIST MEMBER

**SIGNATURE HYDRATE & GLOW FACIAL** 45.00 36.00

For that ultimate glow and hydration after one facial. Using our own Luxe bespoke natural and gentle facial products packed with anti-oxidants and vitamins. Includes a double cleanse, tone, exfoliation, treatment mask and moisturisation. (30 min).

**ELEMIS SUPERFOOD SKIN BOOST** 54.00 42.80

A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy. (30 min).

**ELEMIS PRO-GLOW RENEWAL** 83.00 66.77

For gorgeous glowing skin ELEMIS's signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking skin, lit from-within glow. (50 min).

**ELEMIS PRO-GLOW SMOOTH** 83.00 66.77

The HIIT workout for your skin! Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. (50 min).

**ELEMIS PRO-GLOW BRILLIANCE** 83.00 66.77

Your recipe for radiance! Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. (50 min).

**ELEMIS PRO-GLOW RESURFACE** 83.00 66.77

Resurfacing for stunningly smooth skin! Purify and brighten as the skins texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines and pigmentation. (50 min).

**ELEMIS PRO-GLOW GENIUS** 116.00 92.45

Your line-fighting superhero facial! Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking. (75 min).

**Courses of 6 facials are available. Buy 5 get 1 free.**

# ELEMIS BIOTEC FACIALS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

**LIST    MEMBER**

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**ELEMIS PRO-GLOW RENEWAL FACIAL +**                      90.00      71.90

For a Healthy, Gorgeous Glow! ELEMIS's signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced. (50 min).

**ELEMIS PRO-GLOW CRYO2 SCULPT FACIAL +**                      90.00      71.90

Freeze Time for A Fresh and Youthful You! An ELEMIS first, harnessing the power of sub-zero Cryotherapy, known to tighten. With a triple level approach to skin hydration, reveal a visibly lifted appearance and improve the look of deep-set lines, firmness and elasticity for instant skin smoothness. An age-defying facial experience like no other, skin feels energised and refreshed. (50 min).

**ELEMIS PRO-GLOW SMOOTH FACIAL +**                      90.00      71.90

The Ultimate HIIT Workout for Your Skin! Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity. (50 min).

**ELEMIS PRO-GLOW RESURFACE FACIAL +**                      90.00      71.90

Reveal Stunningly Smooth Skin! Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear. (50 min).

**ELEMIS PRO-GLOW BRILLIANCE FACIAL +**                      90.00      71.90

Your Recipe for Radiance! Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich superfoods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing. (50 min).

**THE ULTIMATE AGE-DEFYING EXPERIENCE**                      121.00      96.73

Harnessing the powerful benefits of all 6 ELEMIS BIOTEC technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment. (75 min).

**Courses of 6 facials are available. Buy 5 get 1 free.**



# IMAGE FACIALS



A physician-formulated skincare brand from America – for your healthiest skin ever. In an industry complicated by unnecessary chemicals, IMAGE Skincare is a clean line backed by clinical results. IMAGE knows skin inside and out: how to protect it, what makes it healthy, and what keeps it younger looking. Whatever the challenge – sun damage, acne, ageing, rosacea – IMAGE is dedicated to helping its customers Age Later.

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## LIST MEMBER

**ANTIOXIDANT FLASH FACIAL** 54.00 42.80  
This 30-minute speed treatment polishes away impurities and boosts radiance for clients on the go! This luxurious flash facial is designed to help you Age Later® the natural way, with certified organic ingredients and antioxidants. Perfect for all skin types. (25 min).

**GLOW GETTER FACIAL** 54.00 42.80  
Glowing skin is in - and this flash facial will deliver the radiance your clients are after. Harness the power of brightening botanicals, tranexamic acid, vitamin C and antioxidants to boost luminosity and improve skin clarity. Perfect for all skin types, this luxurious treatment will hydrate, soften and promote radiant, healthy-looking skin. (25 min).

## ENZYME PEELS

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**02 LIFT** 59.00 47.08  
This luxurious oxygenating peel treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin. Leaving it luminous, refreshed and rejuvenated. Exfoliation enzymes of papaya and pineapple combined with a unique “foam burst technology” effervescent oxygenating masque designed to create illuminated skin. (25 min).

**ORMEDIC LIFT ENZYME TREATMENT** 64.00 51.36  
A blend of pumpkin, pineapple, and mango fruit enzymes and peptides in an organic aloe vera gel base. This non-chemical peel rebalances, regenerates and restores skin while comfrey plant stem cells recharge your skins stem cells helping to maintain youthfulness of skin. (25 min).

**SIGNATURE FACELIFT ENZYME TREATMENT** 64.00 51.36  
Our signature results-driven treatment combines Vitamin C, hydroxy acids and enzymes to speed up cellular renewal. New technology of centella stem cells support rosacea, redness prone skin and botanical detoxifying and energising complexes give noticeable results in just one session. (25 min).

**Courses of 6 facials/peels are available. Buy 5 get 1 free.**





# IMAGE FACIALS

## CHEMICAL PEELS

**I PEEL | WRINKLE LIFT** 80.00 64.20

This powerful peel harnesses the proven anti-ageing effects of retinol and glycolic acid to reduce the appearance of fine lines, wrinkles, dullness and other signs of aging. (35 min).

**I PEEL | LIGHTENING LIFT** 80.00 64.20

This comprehensive peel combines active botanical brighteners, peptides and plant stem cell technology to create a dark spot-fighting treatment for luminous, even-toned skin. (35 min).

**I PEEL | ACNE LIFT** 80.00 64.20

An intensive treatment for mild to moderate acne. This peel exfoliates congested pores, calms aggravated skin and helps to fade the appearance of spots. (35 min).

**I PEEL | PERFECTION LIFT** 80.00 64.20

This multi-tasking peel reduces the look of fine lines, brings clarity to uneven skin tone and improves the appearance of blemishes. Ideal for aging skin and moderate to severe acne. (35 min).

**I PEEL | BETA LIFT** 80.00 64.20

This powerful BHA treatment contains a high concentration of salicylic acid to rapidly treat acne and visibly smooth the skin's appearance. (35 min).



## MICRODERMABRASION

Ever wondered how those famous faces stay looking so young? Microdermabrasion literally takes years off you by gently exfoliating the outer layers of the skin. Microdermabrasion treats a vast array of skin concerns, on both the face and body, using a safe and controlled method of skin resurfacing. The treatment provides immediate visible results for ageing skin, lines & wrinkles, open pores, scars, stretch marks and much, much more.

LIST MEMBER

### MINI FLASH MICRODERMABRASION

Great for those wanting to try Microdermabrasion or as a quick-fix to clean out pores. Includes cleansing, toning, microdermabrasion and moisturisation. (25 min).

**1 TREATMENT** 54.00 42.80

**COURSE of 6** 270.00 216.00

### BEAUTY FLASH MICRODERMABRASION

Maximise the results of your Microdermabrasion with a powerful hydrating mask to plump out and calm skin and leave you with a softer, radiant and more youthful appearance. (40 min).

**1 TREATMENT** 67.00 53.93

**COURSE of 6** 335.00 268.00



PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS



CACI

The CACI Ultra system incorporates 4 different technologies within one state-of-the-art treatment device, Microcurrent, Ultrasonic Peel, Hydratone and LED Light Therapy Photo Stimulation. Note that a course of 10-15 is required for best results. One treatment will have a visible result that will last up to 72 hours.

CACI Synergy is the latest and most advanced facial system that has been shown to reduce wrinkle depth by up to 75% and improve skin elasticity by up to 88%. Synergy is clinically proven to provide even faster, better and longer lasting results.

**LIST MEMBER**

**CACI SIGNATURE NON-SURGICAL FACIAL TONING**

This treatment uses microcurrent impulses to lift and tone and LED light therapy to improve skin elasticity and reduce the appearance of fine lines and wrinkles. Firms your face and gives your skin a more youthful, fresh appearance and glow. (55 min).

<b>ULTRA</b>	77.00	61.63
<b>SYNERGY</b>	88.00	70.19

**CACI SUPER NON-SURGICAL FACELIFT**

A longer session that allows our therapists to concentrate on your specific areas of concern. This ultimate anti-ageing facial, lifts, firms and tones to redefine facial contours, plumps out deep lines and wrinkles and intensively hydrates the skin. (70 min).

<b>ULTRA</b>	90.00	71.90
<b>SYNERGY</b>	101.00	80.46

**CACI SKIN PURIFYING**

This treatment tackles problematic skin and leaves your complexion looking smooth and radiantly healthy. A combination of red and blue LED light therapy, deep cleansing and skin exfoliation techniques are used to effectively brighten and even your skin tone. (45 min).

<b>ULTRA</b>	64.00	51.36
<b>SYNERGY</b>	75.00	59.92

**CACI SKIN CALM**

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 soothing gel mask to calm, reduce redness and rehydrate the skin. (30 min).

<b>ULTRA</b>	51.00	41.09
<b>SYNERGY</b>	62.00	49.65

**Courses are required for optimal results. Buy 8 get 2 free.**



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**CACI EYE REVIVE**

Lift and firm muscles around your eye area, particularly where you may tend to lose definition as you age. This treatment uses microcurrent to reduce puffiness and dark circles and soften the appearance of fine lines and wrinkles around your eyes. (30 min).

<b>ULTRA</b>	46.00	36.81
<b>SYNERGY</b>	57.00	45.37

**CACI JOWL LIFT**

Target muscle laxity around the jawline! This treatment will lift and firm your muscles and redefine facial contours to give a firmer, more toned appearance. Ideal for those wanting to improve the appearance of sagging jowls or who desire a more chiselled jawline (15 min).

<b>ULTRA</b>	32.00	25.68
<b>SYNERGY</b>	43.00	34.24

**CACI WRINKLE COMB**

Targets deep lines and wrinkles such as crow's feet and laughter lines. This treatment is a non-invasive, needle free. Alternative to collagen injections and dermal fillers that will instantly plump fine lines and wrinkles from the very first treatment. (15 min).

	32.00	25.68
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**CACI HYDRATONE**

The treatment is designed to deeply nourish, hydrate and firm the skin. Facial rollers emitting simultaneous microcurrent impulses are gently massaged over the hydro 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. (30 min).

<b>ULTRA</b>	51.00	41.09
<b>SYNERGY</b>	62.00	49.65

**CACI SYNERGY MICRO-TOUCH FACIAL**

Combines the muscle toning and lifting benefits of CACI's iconic microcurrent technology with hands-on treatment therapy using Electro Gloves. The treatment focuses on muscle lift, tension release, deep tissue relaxation and lymphatic drainage for more sculpted, toned, enhanced facial definition. (45 min).

	64.00	51.36
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**CACI SYNERGY ADVANCED TREATMENT**

Combined CACI's Signature Non Surgical Facial Toning with advanced skin exfoliation techniques to revitalise your skin, resulting in a brighter and smoother complexion. A combination of advanced technologies are used to plump fine lines and wrinkles, instantly lift and tone your face and firm your neck. (90 min).

	112.00	89.88
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**Courses are required for optimal results. Buy 8 get 2 free.**



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# BODY ENDERMOLOGIE



Endermologie is the only 100% natural and non-invasive mechanical skin stimulation technique that reactivates cell's metabolism and a clinically-proven method for reducing cellulite, reshaping body contours and improving overall skin fitness.

Endermologie is a patented, scientifically proven technique favoured all over the world by people wishing to improve the appearance of their face and body in a totally natural way, without the use of surgery, electrical currents, injections or chemicals. Results are achieved through the mechanical massage of the connective tissue that stimulates the slimming cells and reactivates the natural release of fat, even the most resistant to physical exercise and diet. Simultaneously, the mechanical action of the treatment head firms skin to give it back its firmness and tonicity.

Endermologie is the ultimate solution for smoothing cellulite, reducing localised, resistant, excess fat, post-pregnancy body reshaping, toning loose skin, reshaping and muscle stiffness. A course of 12 treatments, taken 2 to 3 times per week is required for best results. Results commonly start to be seen after the third treatment.

**AREAS:** Arms, Back, Waist, Stomach, Saddlebags, Buttocks, Thighs, Inner Thighs, Knees, Calves. Each area requires 10-15 minute session so a 40 minute session would treat up to 4 target areas.

	<u>LIST</u>	<u>MEMBER</u>
<b>10 MIN Targeted Session</b>	29.00	23.54
<b>COURSE of 12</b>	290.00	232.00
<b>20 MIN Targeted Session</b>	53.00	42.37
<b>COURSE of 12</b>	530.00	424.00
<b>30 MIN Targeted Session</b>	71.00	56.50
<b>COURSE of 12</b>	710.00	568.00
<b>40 MIN Targeted Session</b>	88.00	70.62
<b>COURSE of 12</b>	880.00	704.00



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# FACE ENDERMOLOGIE



Endermologie is a non-aggressive, 100% natural and effective anti-ageing cellular stimulation for men and women of all ages. This technique replenishes the skin and diminishes the signs of ageing, leaving your face looking radiant and rejuvenated. It is the only technique in the world capable of stimulating the natural production of hyaluronic acid by an increase of +80%\* without the use of injectable sources.

The skin is given a workout with motorised flaps that awaken the natural synthesis of essential rejuvenating substances. This cell stimulation then helps fibroblasts to boost their production of collagen (firmness), elastin (suppleness), and hyaluronic acid (volume and hydration) naturally present in our skin.

Endermologie is the ultimate solution for smoothing wrinkles & fine lines, reducing the appearance of dark circles and eye bags, improving skin radiance & firming skin.

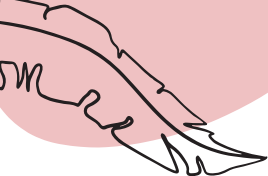
	<b>LIST</b>	<b>MEMBER</b>
<b>SKIN AWAKENING</b>	71.00	56.50
Unifies skin complexion, tightens pores and smoothes out face and neck wrinkles with a "new skin" effect. (40 min).		
<b>COURSE of 12</b>	710.00	568.00
<b>CELLULAR STIMULATION</b>	106.00	84.74
Drains toxins, lightens the complexion, refines skin texture while smoothing out fine lines and wrinkles on the face, neck and hands. (75 min).		
<b>COURSE of 12</b>	1060.00	848.00
<b>PERFECT EYES &amp; LIPS</b>	71.00	56.50
Smooths wrinkles around the eyes and mouth, lifts the eyelids to enhance the look and replumps the lips. (40 min).		
<b>COURSE of 12</b>	710.00	568.00

## ADD-ONS

<b>GLOW</b>	30.00	24.00
Gently exfoliates and reactivates microcirculation to even out the complexion and improve skin brightness. (20 min).		
<b>DETOX</b>	30.00	24.00
Drains toxins and "rexygenates" the skin for a purified, radiant complexion. (20 min).		
<b>DÉCOLLETÉ &amp; BUST</b>	30.00	24.00
Redensifies tissue, fills in wrinkles, and firms skin for a visibly smooth décolleté (20 min).		
<b>AGE-DEFY</b>	40.00	32.00
Harmonises face volumes, restores skin density while filling out wrinkles and fine lines from within. (30 min).		



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# COMCIT

COMCIT (Cryo Oxygen Microchannelling Collagen Induction Therapy) is the very latest in a rich history of award winning and industry revered skincare machines from Crystal Clear. It offers their simultaneous delivery of Cryo Oxygen whilst the unique Microchannelling Roller creates hundreds of microscopic channels in the skin's epidermal/dermal junction, allowing the topical infusion of powerful skin rejuvenation ingredients to be driven into the skin.

COMCIT works from the inside out, resulting in instantly smooth, fresh, firmer, plumper and more youthful skin, reduced lines and wrinkles, tauter and more rejuvenated skin and promotion of new collagen growth. Results are immediate and your skin will feel firmer from the very first treatment. For a totally rejuvenated skin we recommend a course of 6 treatments taken 2 weeks apart.

	LIST	MEMBER
<b>COMCIT including OXYGEN (50 min) COURSE of 6</b>	118.00 590.00	94.16 472.00
<b>COMCIT including MICRODERM (65 min) COURSE of 6</b>	128.00 640.00	102.72 512.00



**PLEASE NOTE THAT THESE SERVICES ARE NOT  
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# BODY TREATMENTS

LIST MEMBER

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**ELEMIS EXOTIC LIME & GINGER SALT GLOW** 62.00 49.22

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. (40 min).

**BLACK MUD BODY ENVELOPMENT** 86.00 68.48

This calming full body treatment nourishes the skin and relaxes aching muscles and joints. A full body exfoliation is followed by the application of Body Treatment Oil. We then envelop the body in warmed Dead Sea mud to soften, soothe and condition the skin with minerals from the lowest place on earth. Improves eczema / psoriasis and arthritic conditions. (60 min).

**TARGET AND TONE TREATMENT** 102.00 81.32

A powerful, results-driven treatment for people who are looking to firm and tone specific problem areas. Using seaweed to detoxify, menthol oil to lift and tone and a blend of carefully selected plant extracts including guarana, butcher's broom and horsetail to target pockets of cellulite which give the skin an uneven, dull appearance. Minerals from the Dead Sea leave the skin feeling soft to the touch with long lasting hydration giving an immediate improvement to its appearance. (60 min).



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# MASSAGE

LIST MEMBER

## RELAXING AROMATHERAPY MASSAGE

A soothing and deeply relaxing massage using our own aromatherapy oil blends. Available with your choice of either relaxing, revitalising or a detoxifying blend and in either light, medium or firm pressure to your own request.

<b>BACK, NECK &amp; SHOULDER</b> (30 min)	46.00	36.80
<b>BACK, NECK &amp; SHOULDER</b> (45 min)	58.00	46.40
<b>FULL BODY</b> (60 min)	70.00	55.64
<b>FULL BODY</b> (75 min)	82.00	65.60

## DEEP TISSUE MASSAGE

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Using our own aromatherapy oil with Clove, Black Pepper & Rosemary to warm, increase circulation and reduce pain in joints and muscles. Helps relax, recharge and re-energise, whilst tension melts away.

<b>BACK, NECK &amp; SHOULDER</b> (30 min)	50.00	40.00
<b>BACK, NECK &amp; SHOULDER</b> (45 min)	62.00	49.60
<b>FULL BODY</b> (60 min)	74.00	59.06
<b>FULL BODY</b> (75 min)	86.00	68.80

## SIGNATURE ROSE & JASMINE MASSAGE

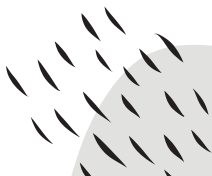
This blissful relaxation treatment incorporates our own Rose & Jasmine Massage Candles. It starts with a Welcome Foot Ritual before light body brushing after which the warm oils and natural butters from the massage candle are drizzled over the skin for your massage treatment, to melt away tension and delicately nourish the skin.

<b>BACK, NECK &amp; SHOULDER</b> (50 min)	64.00	51.36
<b>FULL BODY</b> (80 min)	96.00	77.04

## SIGNATURE GRAPEFRUIT & LIME MASSAGE

This brand new treatment incorporates a Welcome Foot Ritual and light body brushing followed by a massage using our zesty Bergamot, Grapefruit & Lime massage candle. The massage candle is drizzled over the skin to melt away tension and nourish the skin while the aromatherapy oils help clear your mind and boost energy levels.

<b>BACK, NECK &amp; SHOULDER</b> (50 min)	64.00	51.36
<b>FULL BODY</b> (80 min)	96.00	77.04





# MASSAGE

LIST MEMBER

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## HOT STONES MASSAGE

Our hot stones massage starts with a gentle body brushing followed by a soothing massage that quenches the skin, combined with smooth basalt stones that gently ease deep muscular tension and accumulated stresses from the body whilst soothing the mind and soul.

<b>BACK, NECK &amp; SHOULDER</b> (30 min)	50.00	40.00
<b>BACK, NECK &amp; SHOULDER</b> (45 min)	62.00	49.60
<b>FULL BODY</b> (60 min)	74.00	59.06
<b>FULL BODY</b> (75 min)	86.00	68.80

## INDIAN HEAD MASSAGE

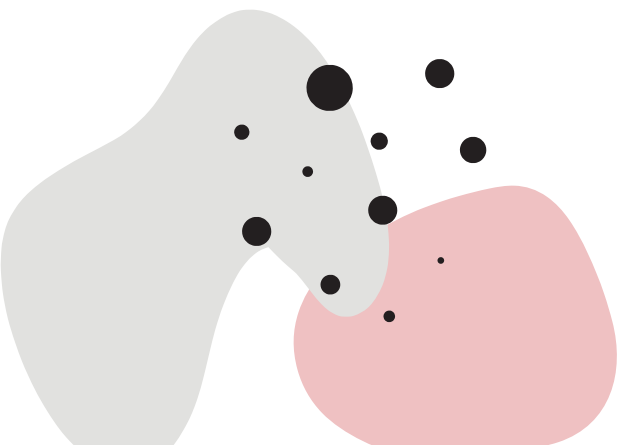
59.00 47.08

A treatment based on old Ayurvedic techniques involving work on the upper back, neck, shoulders, face and scalp. A variety of massage movements are used to relieve accumulated tension and stimulate circulation as well as to reduce stress and fatigue and improve mental clarity. (45 min).

### ADD-ONS

<b>PARAFFIN WAX BACK PACK</b>	19.00	14.98
<b>HEATED EYE MASK</b>	4.00	3.00
<b>PRESSURE POINT SCALP MASSAGE</b>	12.00	9.84
<b>DEEP TISSUE PRESSURE</b>	4.00	3.42

For pregnancy massage see the special Pregnancy section of the treatment menu.



# MADE FOR LIFE ORGANICS .

These wellness treatments are akin to a period of meditation, allowing the body to access the parasympathetic state. This period of time allows rejuvenation on all levels – mind, body and spirit - including a natural boost to immunity. The 100% certified organic well-being preparations bring you back to nature and enhance the re-connective experience through their familiar aromas and soothing textures.

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**LIST    MEMBER**

## **HAND ON HEART™ BACK, FACE & SCALP TREATMENT**

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese techniques rebalance and calm the upper body while the facial will replenish, nourish and revive the skin with 100% organic Made for Life products. (Suitable for all including people diagnosed and recovering from cancer).

(60 min)	74.00	59.06
(90 min)	98.00	78.75

## **CATCH THE BREATH® BACK AND HEAD TREATMENT**

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese techniques rebalance and calm the upper body. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and relaxation, and 100% certified organic Made for Life products. (Suitable for all including people diagnosed and recovering from cancer).

(30 min)	50.00	40.00
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## **SOOTHE & NURTURE™ ORGANIC FACIAL**

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst deeply relaxing face and scalp massage calms the mind and soothes the soul. (Suitable for all including people diagnosed and recovering from cancer).

(30 min)	50.00	40.00
(60 min)	74.00	59.06

## **SOFT TOUCH THERAPY**

An exceptionally relaxing sequence of touch tailored to your needs. Soothing touch to full body or part body will induce a deep sense of relaxation enabling you to switch off and enjoy the present moment. (Suitable for all including people diagnosed and recovering from cancer).

(30 min)	50.00	40.00
(60 min)	74.00	59.06







# PREGNANCY

These treatments have been specially selected as suitable and safe for during pregnancy. They can help restore moisture, ease the effects of water retention and increase circulation resulting in a more restful night's sleep. Other treatments may be adaptable so please ask us for further information.

**LIST    MEMBER**

## MADE FOR LIFE™ PREGNANCY PAMPERING

A soothing, relaxing back, neck & shoulder massage designed especially for mums-to-be using specialised positioning taking the strain off your lower back. Slow smooth massage techniques are used in this treatment to calm and alleviate any aches and pains, 100% organic oils help to prevent stretch marks. Recommended from 14 weeks.

<b>BACK, NECK &amp; SHOULDER</b> (30 min)	50.00	40.00
<b>FULL BODY</b> (60 min)	74.00	59.06
<b>FACE &amp; BODY</b> (90 min)	98.00	78.75

## SOOTHE & NURTURE™ ORGANIC FACIAL

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst deeply relaxing face and scalp massage calms the mind and soothes the soul.

(30 min)	50.00	40.00
(60 min)	74.00	59.06

## GOOD FOR THE SOLE PEDICURE

An effective and relaxing treatment for your feet. Refresh tired, aching feet (and soles) with a rosebud foot soak and exfoliation, followed by a soothing leg and foot massage with cooling peppermint, healing rosemary and Made for Life 100% organic oils. Care is taken to shape your nails and tidy your cuticles and nails are finished with your choice of colour. (55 min).

## GENTLE TOUCH MANICURE

A gentle and relaxing treatment for your hands and nails. Oils and balms are carefully applied to nourish and soothe your hands and arms. Includes a hand exfoliation, nail shaping, cuticle tidy, hydrating hand mask, hand massage and finished with your choice of colour. (50 min).



# REFLEXOLOGY

LIST MEMBER

## REFLEXOLOGY

59.00

47.08

A gentle therapeutic foot treatment incorporating pressure points that mirror the body's key systems. This is an ancient healing art bringing soothing relief in modern times. (45 min).

## LUXURY REFLEXOLOGY

70.00

55.64

A luxurious spa treatment with a calming hot stone foot soak to refresh tired feet before a foot and lower leg exfoliation. After your reflexology session, feet will be massaged with hot stones to leave you walking on air! (60 min).

## LAVENDER & STONE REFLEXOLOGY PEDICURE

96.00

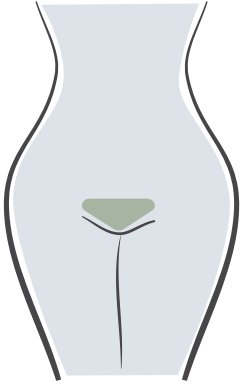
77.04

The most amazing pedicure, combining a Lavender Salt Scrub exfoliation, Hot Stone Lower Leg & Foot Massage, Reflexology and Pedicure (nail shaping, cuticle work, hard skin treatment and polish). 90 minutes of bliss! (90 min).



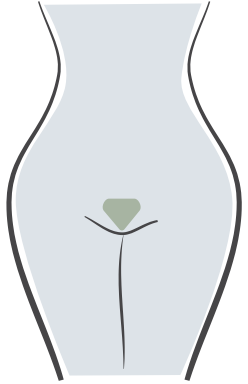
# WAXING

## BIKINI



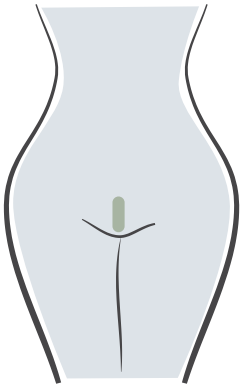
Basic bikini wax removes from the top and sides of bikini area following standard knicker line.

## G STRING BIKINI



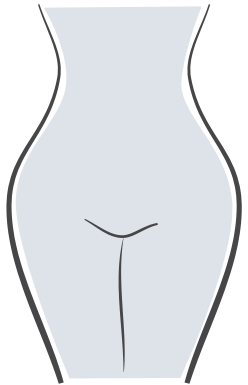
A high bikini wax that removes some hair underneath following the line of a g-string.

## PLAYBOY



All hair is removed underneath and right around the back. Leave a strip at the top as thick or as thin as you like.

## HOLLYWOOD



All hair is removed.

For further advice please contact a member of our team. We recommend Hot Wax for all bikini waxing, especially for sensitive skin or first time waxers.



# WAXING




Is it possible to have a beautiful waxing experience? We think so! Our aim is to make waxing treatments as natural and pleasant as possible. We offer free hygiene wipes for you to use before your wax and with no double dipping on bikini or underarms you can rest assured that we operate to the strictest hygiene standards. Body brushing and a soothing post-wax massage, ensure pain is a distant memory.

We have a choice of strip and hot waxes, using only the finest resins, natural ingredients and aromatherapy oils to deliver superior performance, removing stubborn hair as short as 1mm (1/16"). Hot waxes can be re-applied on just-waxed areas immediately without discomfort or irritation - excellent on the most sensitive areas such as underarms, face and bikini.

	STRIP WAX		HOT WAX	
	LIST	MEMBER	LIST	MEMBER
1) EYEBROW SHAPE	13.00	10.27	14.00	11.13
2) LIP	12.00	9.84	13.00	10.27
3) CHIN	13.00	10.27	13.00	10.70
4) LIP & CHIN	17.00	13.27	18.00	14.55
5) FACIAL	21.00	17.12	25.00	19.69
6) UNDERARM	18.00	14.55	20.00	16.26
7) FOREARM	25.00	19.69	-	-
8) 1/2 LEG	26.00	20.54	-	-
9) FULL LEG	37.00	29.96	-	-
10) BIKINI LINE	19.00	15.41	22.00	17.98
11) G-STRING BIKINI	26.00	20.54	32.00	25.68
12) PLAYBOY BIKINI	-	-	44.00	35.20
13) HOLLYWOOD BIKINI	-	-	45.00	36.00
14) MALE CHEST OR BACK	27.00	21.40	-	-
15) MALE BACK & CHEST	48.00	38.52	-	-

## WAX PACKAGES

1/2 LEG/BIKINI/UARM	54.00	43.20	58.00	46.40
FULL LEG/BIKINI/UARM	65.00	52.00	69.00	55.20
1/2 LEG/G-STRING/UARM	60.00	48.00	66.00	52.80
FULL LEG/G-STRING/UARM	70.00	56.00	77.00	61.60
1/2 LEG/PLAY/UARM	-	-	80.50	64.40
FULL LEG/PLAY/UARM	-	-	87.50	70.00
1/2 LEG/HOLLY/UARM	-	-	80.50	64.40
FULL LEG/HOLLY/UARM	-	-	87.50	70.00





### TOP TIP

A consultation and patch test (£20) is required in advance of your first IPL treatment and this is redeemable against your first full treatment.

### PERMANENT HAIR REDUCTION

A revolutionary, third-generation Intense Pulsed Light system that has been clinically proven to permanently reduce hair growth - quickly and efficiently eliminating hair from all parts of the body and face. Typically 6-12 treatments are required.

	LIST	MEMBERS	COURSE of 6	MEMBERS
FLASH/SPOT AREA	25.00	20.00	-	-
UPPER LIP	40.00	32.00	200.00	160.00
CHIN	60.00	48.00	300.00	240.00
FACE	120.00	96.00	600.00	480.00
BIKINI	90.00	72.00	450.00	360.00
G-STRING BIKINI	100.00	80.00	500.00	400.00
PLAYBOY	110.00	88.00	550.00	440.00
HOLLYWOOD	120.00	96.00	600.00	480.00
UNDERARMS	70.00	56.00	350.00	280.00
FULL LEG	295.00	236.00	1475.00	1180.00
LOWER LEG	195.00	156.00	975.00	780.00

### PHOTO REJUVENATION/VEIN & ROSACEA

IPL will rejuvenate your skin by stimulating deep collagen production. Your skin will appear smoother, plumper and lifted with uneven skin tone and skin texture greatly improved. Open pores will also be minimised. The treatment of red veins, age spots or other pigmentation, rosacea and scar tissue are all included in a rejuvenation session. Most people will need at least 6 treatments taken 6-8 weeks apart for effective long-term results.

	LIST	MEMBERS	COURSE of 6	MEMBERS
FLASH/SPOT AREA	25.00	20.00	-	-
FULL FACE	175.00	140.00	875.00	700.00
FULL FACE & NECK	225.00	180.00	1125.00	900.00
FULL FACE, NECK & CHEST	270.00	216.00	1350.00	1080.00
CHEEKS	70.00	56.00	350.00	280.00
NOSE	40.00	32.00	200.00	160.00
UPPER LIP	40.00	32.00	200.00	160.00
CHIN	60.00	48.00	300.00	240.00
FOREHEAD	80.00	64.00	400.00	320.00
CENTRE OF BROWS	30.00	24.00	150.00	120.00
CHEST	125.00	100.00	625.00	500.00
CROW'S FEET	80.00	64.00	400.00	320.00
LEGS (SUPERFICIAL VEINS)	50.00	40.00	250.00	200.00



PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS



# THREADING



Threading is a traditional method for hair removal practised widely in Asia and the Middle East and now becoming popular in the West. The treatment involves twisting and rolling a thread of pure cotton around the hairs to remove individual hairs from the follicle. Threading is gentler on the skin than waxing so is good for sensitive skin as it does not cause breakouts or excessive redness and is also good for clients with allergies or clients on skin thinning medications such as Roaccutane. Threading is very precise so fantastic for eyebrow shaping and the regrowth is finer, softer and smoother.

	LIST	MEMBER
<b>EYEBROWS</b> (20 min)	18.00	14.55
<b>LIP OR CHIN</b> (15 min)	15.00	11.98
<b>LIP &amp; CHIN</b> (20 min)	25.00	19.69
<b>LIP &amp; EYEBROW</b> (20 min)	25.00	19.69
<b>FULL FACE</b> (40 min)	48.00	38.52



## EPIL PRO

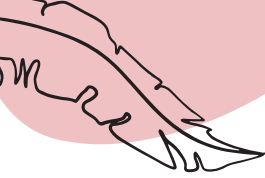
LERWICK SALON ONLY

Epil Pro is a permanent progressive hair removal system that is an effective and safe alternative to laser/IPL treatments on small areas. It is relatively pain-free and uses static energy and sound waves to destroy the papillary cells at the hair root and prevent regrowth. A free consultation is available in advance of your first treatment. Minimum treatment charge of £10.

<b>5 MINUTE SESSION</b>	12.00	9.60
<b>PRICE PER ADDITIONAL MINUTE</b>	1.60	1.28



PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS



# TANNING

LIST MEMBER

## ST TROPEZ ORIGINAL SPRAY TAN

This specially formulated UV-FREE treatment features a tan using a spray application in only 15 minutes. A trained St. Tropez professional sprays a fine mist of bronzing solution over your body resulting in an even, streakless, natural-looking tan. The results can last from 7-10 days with correct aftercare.

<b>FULL BODY SPRAY TAN</b> (20 min)	33.00	26.54
<b>COURSE of 5 TANS</b>	132.00	105.60

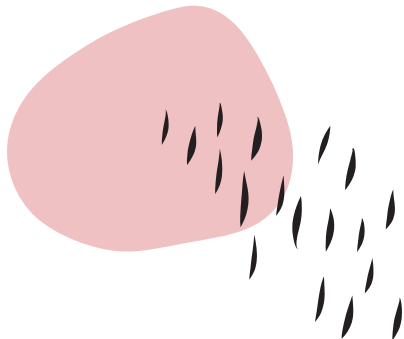
## ADD-ONS

<b>EXFOLIATION TREATMENT</b> (15 min)	25.00	20.00
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Prepare your skin for your Spray Tan with a Full Body Exfoliation using St. Tropez Body Polish. Recommended for dry skins.

## NOTE

We recommend you exfoliate the day before your tan with St. Tropez Body Polish to ensure an even application. Do not shave or wax in the 24 hours prior to tanning. Please wear dark/loose clothes and open-toed shoes when you come for your appointment to prevent staining. To ensure a flawless result skin should be free from self-tan, perfume, deodorant or aromatherapy oils. A patch test is recommended 24 hours before if you have sensitive skin.



**PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS**









# EYES



	LIST	MEMBER
<b>EYEBROW SHAPE</b>	13.00	10.70
<b>EYEBROW SHAPE &amp; TINT*</b>	24.00	18.83
<b>EYEBROW THREADING</b>	18.00	14.55
<b>EYEBROW REDESIGN*</b>	31.00	24.82
Brows out of control? Try our redesign including brow reshape, trim, tint & colour.		
<b>EYEBROW TINT*</b>	14.00	11.13
(Please note we only tint brows darker)		
<b>EYELASH TINT*</b>	18.00	14.12
<b>EYELASH/EYEBROW TINT*</b>	22.00	17.55
<b>EYE PACKAGE*</b>	35.00	28.25
Eyebrow Shape, Eyelash & Eyebrow Tint and Puffy Eye Pack with a complimentary hand & lower arm massage.		
<b>LASH LIFT*</b>	54.00	42.80
Add length, volume and lift to your natural lashes - without lash extensions. A completely natural, low maintenance treatment that lasts 6-12 weeks.		
<b>LASH LIFT WITH TINT*</b>	59.00	47.08

\*A patch test is required at least 24 hours before these treatments. For best results please arrive without mascara for all eyelash treatments.





## NOVALASH EXTENSIONS

These state-of-the-art lash extensions are individually bonded to each natural lash with physician-formulated, medical-grade adhesives. Since eyelashes define the eye's natural allure and beauty at the lashline, NovaLash Eyelash Extensions act to beautifully enhance the length, fullness and colour of natural lashes. NovaLash Eyelash Extensions can be worn indefinitely with monthly touch-ups, correlating to the natural lash lifecycle. The application of NovaLash Eyelash Extensions results in long, lush, lasting lashes for each wearer that are waterproof and oilproof. Avoid the use of eyemake up removers that contain solvent-like ingredients such as glycols and carbonates as they can reduce the wear time of your new lashes.

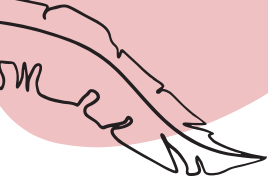
<b>NOVALASH CLASSIC*</b> (110 min)	110.00	88.00
<b>NOVALASH AMERICAN VOLUME*</b> (125 min)	128.00	102.72
<b>LASH MAINTENANCE*</b> (60 min)	55.00	44.00

Recommended every 4 weeks.

**\*A Novalash patch test (£10) is required at least 24 hours prior to these services. This is redeemable against your treatment.**



**PLEASE NOTE THAT THESE SERVICES ARE NOT AVAILABLE AT ALL LOCATIONS**



# MANICURE

Our manicures are carried out using Cuccio Limetta & Aloe products offering excellent hydration, antioxidants and natural protection. We use Nails by Mii gels which is a super shiny durable 'soak-off' gel polish and can be easily removed without damage to the natural nail. Ideal for busy people with busy hands.

	LIST	MEMBER
<b>LUXE MANICURE</b> (50 min) Includes a hand exfoliation, nail shape, cuticle soak & tidy, hand & arm massage, hand mask & heated mittens and polish or gel application. While you relax with the heated mittens we also treat you to a pressure point scalp massage!	51.00	40.66
<b>PARAFFIN CONDITIONING MANICURE</b> (60 min) For ultimate hydration. Includes the full Luxe Manicure but upgraded to include Paraffin Wax Hand Wraps instead of a hand mask. With polish or gel application.	64.00	51.36
<b>SIGNATURE MANICURE</b> (40 min) Includes a hand exfoliation, nail shape, cuticle soak & tidy, relaxing hand massage prior to polish or gel application.	45.00	36.38
<b>EXPRESS MANICURE</b> (30 min) Includes a nail shape, cuticle tidy and polish or gel application.	40.00	32.10
<b>MAINTENANCE MANICURE</b> (25 min) Includes a hand exfoliation, nail shape, cuticle soak & tidy, hand massage & nail buffing (no polish).	32.00	25.68
<b>FILE &amp; POLISH</b> (15 min)	20.00	16.00
<b>SIGNATURE HAND TREATMENT</b> (20 min) Includes a hand exfoliation, hand & arm massage using our Rose & Jasmine Massage Candle and thermal mittens. A lovely intensive treatment for dry hands & nails! With polish or gel application.	21.50	17.20
<b>IBX REPAIR</b> (15 min) Strengthen and repair your nails from within with the unique IBX nail treatment. IBX is a unique professional treatment which will deeply condition your nails and help prevent dryness, peeling and sensitivity. A course of treatments is recommended for best results. Also available as an add-on to any manicure. With polish or gel application.	16.00	12.84



### MANICURE & PEDICURE ADD-ONS

<b>IBX REPAIR</b>	10.00	8.00
<b>PARAFFIN WAX</b>	13.00	10.40
<b>FRENCH POLISH (N/A WITH GEL)</b>	4.00	3.20
<b>NATURAL NAIL REPAIR</b>	10.00	8.00
<b>GEL POLISH REMOVAL</b>	15 or 7.50 with redo	12 or 6.00 with redo
<b>GEL POLISH REPAIR</b>	3.00	2.40
<b>ROCKSTAR GLITTER</b>	4.00	3.20
<b>NAIL ART</b>	from 4.00	from 3.20



# PEDICURE

Our pedicures are carried out using Footlogix, the world's first and only Pediceutical® foot care line, offering innovative foot care products, that provide effective and transformational results to the skin and nails of the feet. We use Nails by Mii gels which is a super shiny durable 'soak-off' gel polish and can be easily removed without damage to the natural nail. Ideal for busy people with busy hands.

	<u>LIST</u>	<u>MEMBER</u>
<b>LUXE PEDICURE</b> (60 min) Includes a foot soak & exfoliation, toenail cut & shape, cuticle tidy, hard skin buff, foot & lower leg massage, foot mask & heated booties and polish or gel application. While you relax with the heated booties we also treat you to a hand & arm massage!	56.00	44.94
<b>PARAFFIN CONDITIONING PEDICURE</b> (65min) For ultimate hydration. Includes the full Luxe Pedicure but upgraded to include Paraffin Wax Foot Wraps instead of a foot mask.	70.00	55.64
<b>POWER PEDICURE</b> (40 min) Includes a foot soak & exfoliation, toenail cut & shape, cuticle tidy, hard skin buff, foot massage & polish or gel application.	51.00	40.66
<b>EXPRESS PEDICURE</b> (15 min) Includes a toenail shape, cuticle tidy and polish or gel application.	40.00	32.10
<b>MAINTENANCE PEDICURE</b> (35 min) Includes a foot soak & exfoliation, toenail cut & shape, cuticle tidy, hard skin buff, foot massage & nail buffing (no polish).	37.00	29.96
<b>TOENAIL FILE &amp; POLISH</b> (15 min)	19.00	15.41
<b>CALLUS PEEL</b> (25 min) A targeted foot treatment for visible results on hard skin and cracked heels. Includes callus peel, hard skin buff and moisturisation.	32.00	25.68
<b>FOOT SOAK, SCRUB &amp; RUB</b> (20 min) A treat for tired feet. Includes a detoxifying foot soak, skin polishing salt scrub and extended foot & lower leg massage.	21.00	17.12

## PEDICURE ADD-ONS

<b>CALLUS PEEL</b>	21.50	17.20
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**TOP TIP:** So that your polish remains scuff and chip free, please remember to allow 20-30 minutes extra time for your polish to dry and bring open-toed shoes/flip flops to wear after your pedicure.





# PAMPER PARTIES



For groups of 4 or more we offer pamper parties. These are a fabulous idea for a wide range of occasions including Birthdays, Hen Parties, Baby Showers, or a Girls Night In!

<b>GROUP SIZE</b>	<b>4-8 guests</b>	<b>9-12 guests</b>
1 TREATMENT PER GUEST	40.00 pp	37.50 pp
2 TREATMENTS PER GUEST	75.00 pp	70.00 pp

## **TREATMENT CHOICES**

EXPRESS MANICURE (30 min)

EXPRESS PEDICURE (30 min)

BACK, NECK & SHOULDER MASSAGE (30 min)

SIGNATURE HYDRATE & GLOW FACIAL (30 min)

TASTER REFLEXOLOGY (30 min)

TASTER INDIAN HEAD MASSAGE (30 min)

EYE PACKAGE (30 min) - Patch test required.

EYEBROW REDESIGN (25 min) - Patch test required.

Alternative treatments may be available on special request. Please contact us for further details. Prices for our Palace Hotel Spa & Radisson Blu Spa include use of the spa and vary so please contact us for more details.



# PACKAGES

	LIST	MEMBER
<b>BIRTHDAY BELLE</b>	40.00	32.10
Suitable for 6-15 year olds. We do, however, still require a parent or guardian to accompany anyone under 16 to the salon. Choose any 3 of our Little Miss Treatments, Little Miss Mani, Little Miss Pedi, Little Miss Facial, Little Miss Makeover. (45 min).		
<b>PICK &amp; MIX</b>	64.00	51.36
Choose 3 of our mini treatments to enjoy a customised hour of relaxation. Choose from Mini Manicure, Mini Pedicure, Mini Facial, Mini Massage or Eyebrow Shape. (60 min).		
<b>RELAXING RETREAT</b>	75.00	59.92
Our most popular gift package. Includes a traditional Relaxing Aromatherapy Back, Neck & Shoulder Massage, Mini Manicure & Mini Pedicure. (60 min).		
<b>ELEMIS TRANQUILLITY RITUAL</b>	85.00	68.00
Includes a Relaxing Aromatherapy Back, Neck & Shoulder Massage followed by a 30 minute Elemis Superfood Skin Boost prescribed to your skin. (60 min).		
<b>WELLBEING JOURNEY</b>	103.00	82.18
Includes a Relaxing Aromatherapy Back, Neck & Shoulder Massage using our own signature aromatherapy massage oils & Luxury Reflexology treatment. (105 min).		
<b>HOLISTIC ESCAPE</b>	125.00	100.00
A lovely relaxing pamper package with taster treatments of 3 of our most popular holistic therapies. Includes a 30 minute session of Hot Stones Massage, Reflexology and Signature Hydrate & Glow Facial. (90 min).		
<b>INNER GLOW</b>	290.00	232.00
Our most indulgent package has been upgraded and now includes an Elemis Lime & Ginger Salt Glow body exfoliation, Elemis Pro Glow facial chosen to meet your skin concerns, 60 minute Hot Stone Full Body Massage, and completed with a Luxe Pedicure & Luxe Manicure. The ultimate in luxury! (300 min).		

## PACKAGES FOR 2

<b>IT TAKES TWO</b> ( <i>Price is for 2</i> )	160.00	128.00
Escape with a friend. This package includes a Relaxing Aromatherapy Back, Neck & Shoulder Massage and a 30 minute Signature Hydrate & Glow Facial. (60 min).		
<b>TIME TOGETHER</b> ( <i>Price is for 2</i> )	235.00	188.32
It's twice the fun when you enjoy a package with a friend. Includes a Relaxing Aromatherapy Back, Neck & Shoulder Massage, Power Pedicure and Signature Hydrate & Glow Facial. Great for a birthday treat! (105 min).		

Spa Packages are also available at our Edinburgh & Inverness locations. Visit [www.sleepingbeautysalon.com](http://www.sleepingbeautysalon.com) for details. Please note that the above packages do not include use of the spa facilities.

## AWARDS

Winner of  
*"Inverness BID  
Wellbeing Business"*  
2023

Finalist in  
*"Professional Beauty  
Awards Large Salon  
of the Year"*  
2021

Winner of  
*"Herald Scottish  
Beauty Salon of  
the Year"*  
2016 & 2017 & 2018

Winner of  
*"Scratch Star UK  
Nail Salon of the  
Year"*  
2016

Finalist in  
*"Professional  
Beauty Awards  
Regional Salon of  
the Year"*  
2016 & 2017 & 2018

Winner of  
*"The Scottish Hair &  
Beauty Awards  
Beauty Salon of  
the Year for the  
North West"*  
2012

Winner of  
*"Lux Small Beauty  
Salon Chain of the  
Year - Scotland"*  
2015

Winner of  
*"Lux Best Unique  
Salon Environment  
- Scotland"*  
2015

## Information

Sleeping Beauty Salon Limited is registered in Scotland (SC330976) and registered for VAT and all our treatments and products include VAT at the current rate. Our prices are subject to change without prior notice.

## Consultations

We offer free consultations. If you would like advice regarding the suitability of our treatments or product recommendations please contact us to book with one of our therapists.

## Your Visit

We kindly request clients switch off mobiles and keep noise to a minimum whilst in the salon. The salon is not a suitable environment for children. Please arrive 10 minutes prior to the booked treatment time in order to register and complete a client record card. If your health has changed since your last visit to the salon it is important that you make this known to your therapist before your treatment so we can update your client record card.

## Latecomers & Cancellation Policy

We regret that it may be necessary to treat appointments as cancelled for clients arriving more than 15 minutes late but we will, whenever possible, adapt the treatment to the time available although the full cost will be incurred. Please give at least 4 hours' notice to cancel or change an appointment or you will be charged for the time reserved.

## Deposits

For treatments 60 minutes or longer a deposit or credit/debit card details will be required when booking. Non-attendance or late cancellation will result in this deposit being retained or a 50% charge being made on the card.

# LOCATIONS



**14 MARGARET STREET, INVERNESS, IV1 1LS**

Tel: 01463 217 985

[inverness@sleepingbeautysalon.com](mailto:inverness@sleepingbeautysalon.com)

**PALACE HOTEL SPA, INVERNESS, IV3 5NG**

Tel: 01463 217 986

[palace@sleepingbeautysalon.com](mailto:palace@sleepingbeautysalon.com)

**175 COMMERCIAL STREET, LERWICK, ZE1 0HX**

Tel: 01595 720 256

[lerwick@sleepingbeautysalon.com](mailto:lerwick@sleepingbeautysalon.com)

**4 ALVA STREET, EDINBURGH, EH2 4QG**

Tel: 01312 027 559

[edinburgh@sleepingbeautysalon.com](mailto:edinburgh@sleepingbeautysalon.com)

**RADISSON BLU, ROYAL MILE, EDINBURGH, EH1 1TH**

Tel: 01312 026 583

[radisson@sleepingbeautysalon.com](mailto:radisson@sleepingbeautysalon.com)

**7 GRANISH WAY, AVIEMORE, PH22 1UQ**

Tel: 01479 816 347

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