



ESCAPE

HAND & FOOT CARE

Choice of Shellac, OPI or Vinylux

File & Polish Fingers or toes	20 mins	£10.00
Manicure Soak, cuticle work, massage and finish	45 mins	£25.00
Luxury Manicure Includes paraffin hand wax, shellac finish £5 extra	60 mins	£35.00
CND Shellac Manicure	45 mins	£20.00
CND Shellac Pedicure	45 mins	£20.00
CND Shellac Removal	10 mins	£10.00
Footlogix Pedicure Soak, cuticle work, exfoliation, massage and finish with colour of your choice 20 mins reflexology can be added for extra £10	60 mins	£25.00
Luxury Pedicure Includes paraffin foot wax, shellac finish £5 extra	75 mins	£35.00
Paraffin Hand & Foot Wax	30 mins	£15.00

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HAIR REMOVAL

Full Leg Inc Bikini	£28.00	Upper Lip	£8.00
Full Leg	£22.00	Chin	£8.00
Half Leg	£15.00	Lip & Chin	£12.00
Bikini Line	£10.00	Back Wax	£25.00
Underarm	£10.00	Chest Wax	£20.00
Eyebrow wax	£10.00		

LASH & BROW TREATMENTS

Patch test required

Eyelash Tint Lasts 5-6 weeks	£15.00
Eyebrow Tint & Tidy	£13.00
Eyelash/Brow Tint & Tidy	£22.00
Eyelash Lift	£30.00
Party/Weekend Lashes	£20.00

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HOLISTIC THERAPIES

Full Body Swedish Massage	60 mins	£35.00
Back/Neck Massage	30 mins	£25.00
Indian Head Massage Head/neck/face massaged	30 mins	£25.00
Reiki Hands on healing	60 mins	£35.00
Hopi Ear Candles Aromatic Candles helpful for the following: <ul style="list-style-type: none">• Sinusitis• Hay fever• Headaches• Tinnitus• Catarrh• May help to loosen excessive ear wax	45 mins	£25.00
Clinical Reflexology First session allow extra 10 mins for consultation) Reflexology is a relaxing, complementary therapy that aims to optimise both physical and emotional health. It works by stimulating specific points on the feet called reflex points.	60 mins	£35.00
Fertility/Pregnancy Reflexology - £5 extra to inc Foot Painting Having problems trying to conceive? Tailored reflexology treatments for those helping to conceive.	60 mins	£40.00
Baby/Toddler Reflexology To demonstrate and teach mother/father specific points	30 mins	£20.00

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ENVIRON FACIALS

Precision Facials

This time effective treatment targets specific areas of concern using unique skin care techniques that ensure effective results. This is perfect for when your time is limited.

30 mins

£30.00

Purifying Treatment

Created to purify, micro exfoliate and re-hydrate your skin, this particular treatment assists with the treatment of acne, scarring and deep congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin, leaving your skin feeling like new.

30 mins

£25.00

Active Vitamin Facial

Environs signature facial, the active vitamin treatment uses gentle electrical pulses and sound waves to greatly enhance the penetration of powerful nutrients. Skin is left nourished, supple and radiant.

60 mins

£45.00

Hydro Boost

The perfect antidote to dry, lack lustre skin. Based on Hyaluronic Acid which holds 100 times its own weight in water. It helps to reduce fine lines caused by dehydration and increases the plumpness of the skin.

60 mins

£45.00

The Frown Treatment

This highly effective treatment uses a special Penta-Peptide serum to target frown lines. This unique combination of active ingredients is driven deep into the skin with gentle pulses and sound waves to help soften lines and reduce muscle tension in the forehead.

60 mins

£45.00

Cool Peel Treatment - Course of 6 for better results

Ideal for photo damaged, problem skin and excessive redness. The strength of the peel can be varied which enables to create a bespoke treatment. This innovative approach uses levels of Lactic Acid, which achieve measurable results while caring for the epidermis.

60 mins

£45.00

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TEMPLE SPA FACIALS

Bespoke Prescription Aromatherapy Facials

30 mins

£25.00

A totally bespoke facial designed to suit your personal skin type and your concerns. Analyse, prescribe and then tailor a gorgeous facial which will deliver amazing results. To begin with your skin will be deeply cleansed and exfoliated followed by a bespoke treatment mask and a prescribed moisture treatment. Whilst you drift off your treatment is completed with a choice of a tension relieving hand and arm massage. You will feel amazing and your skin will look so good.

60 mins

£35.00

Purification - For oily, congested and blemished skin

60 mins

£30.00

The perfect facial to spring-clean your face. This glorious Treatment begins with an effective cleanse, followed by a stimulating and detoxifying face massage. Your skin is then exfoliated and a layer of Purification Mud Mask is applied to vacuum out congested and blocked pores, rebalanced and re-mineralise. Your complexion is left looking brighter, clearer and full of vitality.

Mediterranean - Calming facial for sensitive skin

60 mins

£30.00

A de-sensitising and ultra-soothing facial packed with fresh ingredients, Mediterranean essential oils and vitamin boosters. Designed to soothe, calm and de-stress a sensitive and stressed skin. Following a deep, yet tender cleanse your skin is gently exfoliated following a relaxing face massage and an application of a unique mask. A truly soothing and calming facial to restore your skins natural equilibrium, radiance and glow.

Age Defying - Repose Aromatherapy Facial for all skin types

60 mins

£30.00

This indulgent aromatherapy facial is infused with a Mediterranean blend of 40 essential oils, will soothe, calm and hydrate your skin whilst having a relaxing action on the mind and body so you can switch off and recharge. This divine treatment concentrates on releasing tension and stress caused by day living.

There's nothing like stress for ageing the skin and there's nothing like relaxation for soothing it. Pure Bliss!

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ESCAPE

TEMPLE SPA FACIALS

Quenched & Drenched Rehydrating facial for thirsty skin

60 mins

£30.00

This facial is the ultimate in anti-ageing. This lavish experience is a must for a dehydrated, dull or devitalised skin, leaving your skin looking radiant & fresh. Powerful ingredients and techniques to help fight the ageing process and loss of elasticity in the skin. Skin is then exfoliated and treated to a double layer hydrating and cooling mask including an application of the award- winning Temple Spa Quench Hydrating Mask.

The results are outstanding; skin looks plumper, firmer, hydrated, visibly smoother and wonderfully soft.

Champagne & Truffles Deluxe Treatment The Crème de la crème of facials

60 mins

£50.00

This stunning treatment is just the thing if you are looking for a serious celebration for your skin. A hydrating and brightening alginate mask to iron out fine lines and wrinkles, finished with an application of the multiple Award-Winning SKIN TRUFFLE. Your skin will be visibly plumper, firmer, radiant and glowing. And if all that's not enough you'll be treated to a shoulder & neck massage. Simply irresistible result. You will receive a flute of a bubbly and a delicious handmade truffle as you admire your new complexion!

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BODY SCRUB

The Outer Glow - Face & Body exfoliation

45 mins

£40.00

What a treat! Top-to-toe buffing and polishing. Using our unique, Award Winning Mediterranean SUGAR BUFF Scrub, we exfoliate and polish your body and gently buff away dead skin cells on your face with the BREAKFAST SMOOTHIE. Showed off, this invigorating and refreshing all over treatment leaves the skin soft as silk, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!

ACNE CLINIC

Drop in clinic Mondays between: 3.30pm-5.00pm

This is a free consultation and advice on acne. No matter what your sex, age, or skin type acne can affect you. 92% of people with acne have felt depressed 14% have felt suicidal.

- Acne is a hormonal imbalance
- Acne can affect any age
- Acne needs an individualised and integrated approach
- Lifestyle and diet do not cause acne, but all have an influence on acne.
- Squeezing should be avoided at all costs

Whether you suffer with blackheads, spots under the skin, inflamed acne (papule) or pustules this is a perfect time to call in and have a confidential, friendly chat and receive advice on how to manage and treat your skin.

DBS checked

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