

BEAUTY *Chez Soi*

TREATMENT LIST

Here at Beauty Chez Soi we pride ourselves in making you feel welcome and comfortable. Our friendly, exceptionally qualified therapists can advise and guide you when making your choice of treatments, from everyday maintenance to true indulgence.

All facials include a hand and arm massage.



Beauty Chez Soi Signature Facial

We have combined a customised Guinot facial for your skin type with a 20 minute back, neck and shoulder massage for that ultimate relaxation and pampering.

1 hour – **£49 .00**

Hydradermie Treatments

The Guinot Hydradermie facial is the most advanced beauty salon treatment for maintaining a balanced, healthy complexion. It deep cleanses, oxygenates and regenerates the skin. Regular Hydradermie treatments offer immediate and lasting results: they improve hydration in dry skin, reduce sebum levels in oily skin and reduce average wrinkle depth in lined skin. The facial uses the Hydradermie machine (unique to Guinot), manual massage and bespoke plant-based extracts to restore the skin's natural beauty. After analysing your skin, we customise the products used to treat normal, dry, sensitive, oily, mature or hyperpigmented skin. Once the skin is gently cleansed and exfoliated, we carefully select gels and use a mild galvanic current to help the active ingredients penetrate deep into the skin to remove impurities and toxins. High frequency action is then used to oxygenate and boost cells before a relaxing massage and customised mask. A touch of moisturiser for the eye contour, face and neck concludes your treatment.

Hydradermie Facial – a superior facial with an international reputation
A monthly Hydradermie facial will keep your skin in optimum condition. We will advise the best treatment to suit your skin type: dehydrated, mature, oily, sensitive or pigmented.

1 hour 15 minutes – **£50.00** | Course of 6 – **£250.00 (£41.00 each)**

Hydradermie Plus Facial – a deluxe facial treatment
A Hydradermie facial with added firming and toning serums to revitalise the skin, focusing on the face, eye area, neck and décolleté. Includes the luxurious Serenity Massage (unique to Guinot) with relaxing essential oils.

1 hour 30 minutes – **£70.00** | Course of 3 – **£175.00 (£58.33 each)**

Hydradermie Lift Facial – the ultimate lifting treatment
This fantastic facial uses a stimulating micro current to treat both the skin and the facial muscles for an immediate 'lifting' effect. It firms and defines the facial contour and boosts radiance. Available in Express and Deluxe formats, it may also be combined with other Guinot facials.

Express: 30 mins – **£40.00** | Course of 6 – **£200.00 (£33.33 each)**

Hydradermie Lift incl. massage & mask:

1 hour – **£55.00** | Course of 6 – **£275.00 (£45.83 each)**

Hydradermie Lift Deluxe:

1 hour 45 mins – **£75.00** | Course of 6 - **£375.00 (£62.50 each)**

Hydradermie Lift Yeux

The complete anti-ageing treatment for the delicate eye area. The treatment firms the eye contour, smoothes away fine lines and reduces puffiness.

1 hour – **£45.00** | Course of 6 – **£225.00 (£37.50 each)**

HOLISTIC FACIAL TREATMENTS

The hands-on touch for the ultimate comfort and care.

Aromatic Facial – a blissful aromatherapy facial

Relax and unwind with a tension-reducing massage and a customised combination of plant extracts and essential oils to suit your skin's needs. This utterly relaxing facial balances the skin, softens fine lines, restores radiance, lifts your senses and instils an overall feeling of well-being.

1 hour – **£45.00**

Liftosome Facial – the perfect treatment before a special occasion

The Liftosome facial has been specifically developed to treat the problems associated with mature skins. Based on the use of orange extract, ginseng and collagen this stimulating thermal facial regenerates and energises, leaving the skin firmed and radiant. We recommend a course of two treatments over successive weeks.

1 hour – **£50.00** | Course of 2 – **£85.00**

MD Formulations

MD Formulations products are made with Glycolic Acid and pH balanced to be gentle. Glycolic Acid is a form of Alpha Hydroxy Acid and is found naturally in sugar cane. This product and other specialised ingredients help exfoliate dead skin cells and increase moisturisation of your skin. As the dry outer skin layer is exfoliated, fine lines and wrinkles become less noticeable, skin tones become balanced, and younger, healthier, smoother-looking skin is revealed.

MD Formulations can be used at home in conjunction with your usual skin products or for outstanding results the extensive range can be used alone. For ultimate results we recommend the salon treatments, which offer stronger peels and of course give you relaxation and pampering in our tranquil surroundings.

Glycolic Peel

A treatment to deeply exfoliate the skin. Increases skin's natural ability to hold moisturiser and is proven to stimulate collagen production. Skin becomes younger and brighter. Ideal for sun-damaged, acne, problem skin or even normal skin that needs a boost.

30 minutes without massage and mask – **£38.00**

Course of 6 – **£190.00 (£31.66 each)**

1 hour with massage and mask – **£53.00**

Alpha Beta Peel (Only when recommended by our therapists)

An enhanced rejuvenating treatment which swiftly and deeply removes dead skin build-up creating optimum skin health very quickly. This powerful treatment allows the skin to shine with a new found radiance. Ideal for dry, mature, sun damaged and problem prone skins. Skins with uneven tone and discolouration will see remarkable results.

30 minutes – **£43.50**

Course of 4 & 2 Glycolic Peels at the beginning – **£212.00**

1 hour with massage and mask – **£58.00**

Illuminating Facial

Calms and brightens all skin types. Especially effective for the treatment of pigmentation and uneven skin tone. Gentle extracts of Mulberry and Vitamin C rebalance the skin tone whilst a unique blend of antioxidants help combat the signs of ageing and imperfections.

1 hour – **£49.00**

Clearing Facial

Clears and clarifies skin impurities to leave the skin feeling clean and refreshed. A unique anti-bacterial action helps diminish breakouts and imperfections whilst Rosemary calms inflammation. A relaxing yet deep cleansing facial, ideal for problem prone skin.

1 hour – **£49.00**

Age Control Facial

This ultimate 'anti-ageing' facial utilises high potency Vitamin A to repair and renew damaged skin. By working beneath the skin's surface this powerful mask diminishes the appearance of fine lines, wrinkles and uneven pigmentation. The skin glows with vitality and youth.

1 hour – **£49.00**

Rosacea Management Facial

Specially designed to encourage rapid healing and skin regeneration, the acne/blemish treatment acts as a decongestant to problem skins. The results leave sensitive, irritated skin looking and feeling fresh with a balanced complexion.

1 hour – **£49.00**

Bare Escentuals Pure Mineral Make-up

i.d. Bare Escentuals Make-up is the only make-up in the world that is 100% pure using micronised minerals with nothing added, no preservatives, oil, fragrance and other chemicals that cause skin problems. It has a wonderful unique velvet finish and will last you the whole day, in fact it is so pure you can sleep with it on.

Make-up lesson (1 hour) – **£45.00**

Make-up for that special occasion (45 minutes) – **£35.00**

Bridal make-up includes trial session and make-up on ‘the day’ – **£80.00**

We retail the entire range so no need to hunt around in the shops for a colour match, you can take your chosen colour product home with you.

Bridal Visiting Service

Let one of our professional make-up therapists add a calm and tranquil start to your special day, in the comfort of your own home, let us soothe your stresses and make you a picture of serenity. Having had a trial run in the salon at least two weeks before, sit back and let us do the rest. Your personalised make-up is applied whilst tension is released from your neck and shoulders with our warming neck cushion, to leave you looking and feeling your best.

Trial/rehearsal in salon – **£40.00** | Home visit (incl. free lipstick) – **£120.00**

In addition:

Mother of the bride (30 minutes) – **£40.00**

Adult bridesmaids (30 minutes) – **£40.00**

Flower girl enhancement – **Free**

Nail painting (15 minutes) – **£15.00**



BODY TREATMENTS

Body Polisher

For luminous, flawless skin all over. A zingy full body exfoliation treatment that revitalises the skin, leaving it beautifully soft and smooth.

30 minutes – **£29.00**

Aromatic Body

A heavenly body treatment. Relax and unwind with your choice of:

1. Aromatic Body Minceur – massage with detoxing essential oils and a mineral clay mask to smooth and firm the body; or
2. Aromatic Body Bien Etre – full body exfoliation with kiwi sugar scrub, followed by a complete body massage including the back, with relaxing essential oils to soften skin and relax you.

1 hour 15 minutes – **£58.00**

Aromatic Spa

Either treatment may be combined with Guinot Aromatic Facial for a complete face and body package.

2 hours 15 minutes – **£89.00**

Pregnancy Pampering Treatment

A mini facial and full body exfoliation with lots of luxurious massage on ankles, feet, legs and lower back. Sure to soothe and revitalise expectant mums!

1 hour 30 minutes – **£69.00**

The Universal Contour Wrap

An excellent way to achieve lasting inch loss by exfoliating and cleansing your skin, detoxifying your body, leaving you feeling totally rejuvenated. Bandages soaked in a mineral rich sea clay solution, act like a giant poultice to extract accumulated toxins from deep beneath the skin. Excellent for anyone on a diet as a great start to a slimming plan, a refreshing detox, after pregnancy or weight loss to firm and tighten the skin, an ideal preparation for a holiday or that special occasion. The average client loses between 10 and 14 inches on their first full treatment. A course of three wraps should result in a total loss of at least 25 inches, which may mean the client will have dropped a whole dress size. This is only if the client has not put on any weight between the treatments.

Full body wrap: 2 hours 30 minutes – **£69.50**

Course of 3 – **£173.00 (£57.00 each)**

The wrap needs to stay on for 45 minutes – one hour. During this time we allow you to just relax. But why not treat yourself to an additional treatment. It is important that you follow your homecare and drink plenty of water after your treatment to continue to cleanse and flush your system.

*Please bring spare underwear and a pair of socks with you.

Swedish Massage

Full body: 1 hour – **£45.00**

Back, neck and shoulder: 30 minutes – **£28.50**

Aromatherapy Massage

Full body: 1 hour – **£51.00**

Back, neck and shoulder: 30 minutes – **£37.00**

Indian Head Massage

45 minutes – **£40.00**

Stone Therapy Massage

Stones have been around as long as the earth. Let us take you on a truly embracing, healing and unforgettable journey using the gifts of mother earth – the stones. Hot stone massage therapy is a powerful thermodynamic massage using a personal blend of essential oils together with ancient basalt stones. The heat from the stones increases circulation and generates activity at various levels; blood, rich in oxygen, is boosted; lymph flow is stimulated assisting in detoxification and thereby boosting immunology; tired, sore and aching muscles are relaxed with improvement in flexibility and strength; tensions held at the deepest level are released and dissipated.

Back, neck and shoulder: 45 minutes – **£39.00**

Full body: 1 hour 15 minutes – **£60.00**



Thai Style Massage

This Massage incorporates herbal heat compresses to give a fantastic modern yet traditional heat treatment that smoothes and alleviates muscle tension. The combination of traditional Thai compresses in conjunction with massage engenders a powerful body purifying and detoxifying treatment. The herbs used are renowned for their invigorating effects and soothing of general aches and pains.

Back, neck and shoulder: 45 minutes – **£41.00**

Full body: 1 hour 15 minutes – **£57.00**

G5 Treatment

This gyratory massage machine helps break down fatty deposits and cellulite, giving the skin a much firmer appearance. Also ideal for deep penetration to ease the suffering of a tense back, neck and shoulders.

30 minutes – **£24.00** | Course of 10 – **£204.00 (£20.40 each)**

St Tropez Tanning

This treatment includes a body peel to remove dead skin cells, followed by moisturising milk and St. Tropez tanning lotion to achieve a safe natural golden colour without the sun.

1 hour – **£42.50**

St Tropez Air

Applied by a therapist through an air brush gun, to give a sunless, streakless, natural golden tan.

15 minutes – **£25.50** | Top up (within 5 days) – **£15.00**

HANDS AND FEET CARE

Prescriptive Jessica Manicure – **£25.50**

Deluxe Jessica Manicure (incl. Mitts) – **£31.50**

Prescriptive Jessica Pedicure – **£30.00**

Deluxe Jessica Pedicure (incl. Booties) – **£36.50**

File and paint: 30 mins – **£15.00**

*For Pedicures please remember to wear open toe shoes.

For Manicures please allow 15 minutes drying time for polish.

Bio Gel Nail Extensions

Bio Gel nails are an Organic Product that can be applied over natural hand or toe nails in either a permanent French or colour finish. It can also be applied on an extension to give your hands the immediate length you are looking for. They are durable, flexible and don't chip, you can even wear nail polish over the top and still have a lovely finish underneath. Unlike other systems, Bio-Gel does not have harmful chemicals or strong odours which harm you and your nails.

	Semi Experienced Therapist	Fully Experienced Therapist
Full set French or Colour Extensions	£46.00	£50.00
Full set French or Colour Overlays on natural nails	£36.00	£40.00
Full set French or Colour Infills	£26.50	£31.00
Colour Change Infills	£35.50	£37.50
Removal of a full set	£16.00	£16.00
Single Nail Repair	£8.00	£9.00
Single Nail Repair with an Infill	£2.00	£2.50
Nail Paint over gel	£8.00	£8.00

Shellac Polish

On like polish, wears like gel, off in minutes, no drying time.

Or

Minx

Flexible, non-chip, non-smudge, many hot designs, no drying time.

New set – **£25.00 (incl. soak off old set)**

including a mini manicure or pedicure – **£35.00**

including a full manicure or pedicure – **£45.00**

Soak off – **£10.00**

EYES

Eyelash tinting – **£15.25** | Eyebrow tinting – **£10.00**

Eyelash and Eyebrow tinting – **£22.50** | Eyebrow Re-shape – **£10.00**

*If you have not had tinting within our salon, a skin test will be required 24 hours prior.

Nouveau Contour Lash Extensions

Using state-of-the-art techniques, we apply one lash at a time onto your existing lashes to give you beautiful, lush lashes that will look and feel completely natural. You don't have to compromise – you can shower, exercise, swim and sleep without a care in the world.

Full set 1 hour 30 minutes – **£85.00**

Maintenance 2 weekly intervals – **£35.00**

Express lashes – **£45.00 (extra £5.00 colour)**

LVL Lash Enhancement

For adding length, volume and lift to your natural lashes. Instead of curling the ends of the lashes as a classic perm would, this completely new technique lifts the eyelashes from the roots, giving the impression of more length and opening of the eyes. This treatment includes a free eyelash tint.

45 minutes – **£45.00**

1 hour 15 minutes with eyelash tint (for better results) – **£55.00**

Semi Permanent Cosmetics

Semi-permanent Cosmetics is simply a method of implanting pigment into the dermal layer of the skin. The results look just like perfectly applied make-up which can range from subtle, to crisp and very defined, as each colour is custom-blended to the client's requirements for areas to be treated. Administered by Bridgette Softley an international specialist and recognised trainer for 10 years. Also she has appeared frequently on the popular T.V. series '10 years Younger'.

Consultation redeemable against first treatment – **£50.00**

Areas that can be treated include:

Eyebrow (Hair stroke effect) – **£495.00**

Eyelash enhancement – **£495.00**

Shaded eye liner in designer fashion colours (thin) – **£595.00**

Shaded eye liner in designer fashion colours (thick) – **£595.00**

Lip blush – **£595.00**

All of the above listed prices include one retouch procedure within three months of the initial procedure.

Retouch procedure for lips after one year – **£250.00**

Retouch procedure for brows or eyes after one year – **£250.00**

Ethos Medical Partnership

Offering all of the following by a visiting expert practitioner trained to the highest standard with full professional indemnity. Whether you are coming to us for what we politely term 'age management' or you would like to sculpt and enhance your features we can offer you a solution for today and the future. For more information ask for a leaflet explaining the treatments in more detail.

Hyperhydrosis (excess sweating) – from **£650.00**

Relaxing Lines (prescription only wrinkle reducer)

1 area – **£240.00** | 2 areas – **£320.00** | 3 areas – **£370.00**

Extra areas – **£50.00**

Dermal Fillers for Lines

Face – **£360.00**

Lip enhancement – **£385.00**

Cheek enhancement – **£700.00**

Medical Skin Peel Treatments – from **£290.00**

Thread Vein – (per half hour) **£220.00**

Discounts

2 different treatments/syringes – **£30.00 off**

3 different treatments/syringes – **£50.00 off**

Wax Depilatory

Full leg – **£26.50**

Full leg and bikini – **£31.00**

Half leg – **£17.50**

Half leg and bikini – **£24.50**

Brazilian – **£25.00**

Underarm – **£12.00**

Lip or Chin – **£10.00**

Eyebrows – **£10.00**

Three quarter leg – **£22.00**

Three quarter leg and bikini – **£28.50**

Bikini – **£12.00**

Extended Bikini – **£18.00**

Hollywood – **£31.00**

Arms – **£18.00**

Lip and Chin – **£15.00**

*No heat treatments within 24 hours of waxing.

Electrolysis

A permanent, effective and less painful method of hair removal, using a combination of galvanic and diathermy (blend). Sterile disposable needles are used for all treatments.

15 minutes (Minimum) – **£16.50** | 30 minutes – **£28.70**

45 minutes – **£35.00** | Courses of 6 can be bought for the price of 5

Ear Piercing

Using a wide range of different styles of earrings, pre-packed and sterile. Clients under 16 years old will need a parental guardian present.

£23.00

Hopi Ear Candles

This holistic, aromatic, relaxing treatment is used successfully for many problems, such as migraines, sinusitis, headaches and as a calming therapy for stress and detoxifying. Ideal before and after flying.

First appointment, including consultation – **£31.00**

Subsequent session – **£28.00**

MEN'S GROOMING

Aromatic Facial

A blissful aromatherapy facial. Relax and unwind with a tension reducing massage and a customised combination of plant extracts and essential oils to suit your skin's needs. This utterly relaxing facial balances the skin, softens fine lines, restores radiance, lifts your senses and instils an overall feeling of well-being.

1 hour – **£49.00**

Optimising Facial

Give your grooming and style the competitive edge it deserves with MD Formulations Facial. Designed specifically for men's skin, this deep cleansing treatment effectively clears clogged pores, removes dull dead skin cells, reduces ingrowing hairs and relaxes irritated skin conditions. Skin will feel invigorated and look renewed.

1 hour – **£49.50**

Back Wax – £22.00

Men's Manicure – £21.50

Men's Pedicure – £26.50

SPECIAL PACKAGES

For that special present...

Wedding Package

Liftsome Facial
Eyebrow shape
Trial Make-up
Manicure
Make-up on the day
Nail polish on the day

1st visit: 2 hours 45 minutes

2nd visit: 1 hour

£135.00 (saving of £35.00)

Groom's Package/MOT for men

Optimising Facial
Swedish full body massage
Back wax or manicure

2 hours 30 minutes – **£102.00 (saving of £19.00)**

Mums to be (after 12 weeks only)

Aromatic Facial
Swedish full body massage
Pedicure

3 hours – **£105.00 (saving of £19.50)**

Top to Toe

Aromatic Facial
Manicure
Eyebrow shape
Pedicure

2 hours 30 minutes – **£93.00 (saving of £17.50)**

Pamper Day

Aromatic Facial
Eyebrow shape
Deluxe Manicure
Deluxe Pedicure
Swedish Full Body Massage

4 hours 15 minutes – **£146.00 (saving of £26.50)**

Ultimate Indulgence

Liftsome Facial
Eyebrow shape
Deluxe Manicure
Deluxe Pedicure
Body Polish with a full body massage
Light lunch included

5 hours 30 minutes – **£165.00 (saving of £41.50)**



Gift vouchers available
(to be used within six months of purchase)

Gift Vouchers are transferable
but not refundable.

Courses of any 5 of the same
treatments paid in advance will
entail a free extra treatment.

Courses are not transferable
or refundable.

Complimentary beverages
are offered to all clients.

Treatments for both men
and women.

Please give us at least 24 hours
notice of cancellation otherwise
a fee of 50% will be charged.

In order to provide our clients
with a peaceful, private experience,
please turn mobile phones off.

Opening hours

Monday	Closed
Tuesday	9am – 8pm
Wednesday	9am – 5:30pm
Thursday	9am – 9pm
Friday	9am – 6pm
Saturday	9am – 5pm
Sunday	Closed

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