

**Finishing Touch Beauty Lounge
Opening Times,
Treatments & Prices**

Monday - Closed

Tuesday - 9.30am-3.00pm

Wednesday - 9.30am-3.00pm

Thursday - 9.30am-7.00pm

Friday - 10.00am-4.00pm

Saturday - 9.00am-3.00pm

These times may vary during busy times.

N.B. For appointments outside of the above times with a Sports Masseur/the Personal Trainer, please do not hesitate to contact us, as appointments are available outside of the aforementioned hours.

Contact Julie on:

Tel: 01724 277122

Mobile: 07951 865673

For all beauty treatments

Contact Emma on:

Mobile: 07793 891803

For Swedish/Sports Massage & Personal Training (weight loss & nutritional advice also)



Contact Daniel on:

Mobile:

For Sports Massage, Hot Stone Massage, Indian Head Massage, Comfort Touch Massage and Reiki (Universal Energy)

Please note;

Clients will incur a charge for half the cost of their treatments if 24 hours prior notice is not given for appointment cancellations for all beauty treatments and massage.

Clients will incur a charge for the full cost of their personal training appointment if 24 hours notice is not given for appointment cancellations.

Treatment Descriptions

Manicure

In this hand and nail treatment, the nails will be shaped, cuticle soaked and tidied. Hand cream will then be massaged into the hands and the chosen nail polish added, leaving your hands and nails looking fantastic.

Express Manicure

Nails will be filed, hand cream applied and nails polished. Great for a last minute night out or for those busy clients who are in a hurry.

Ultimate Manicure

This luxurious hand and nail treatment includes a gentle exfoliation, nourishing hand masque and a hand treatment that will help to rejuvenate the skin and make your hands look younger. The cuticles will be tidied leaving your hands and nails looking immaculate and perfectly polished.

Bio-Sculpture Overlays

A gel overlay which is perfectly safe to the natural nail is applied to your nails leaving the nails stronger. A colour that does not chip is applied and will be totally dry on completion.

Spa Pedicure

A comforting foot treatment starting with a luxurious foot soak to soothe aching feet. A gentle foot scrub, cuticles tidied, hard skin gently softened, and a reviving foot massage to give instant relief and relax your feet. Finished off with perfectly polished toes. Gel can be applied instead of polish if you wish, for a winter pedicure, allowing you to put on your socks and shoes after the treatment.

Express Pedicure

Nails will be cut and filed, cuticles tidied and polish applied.

Dip Acrylic Nail Extensions

An acrylic system that does not need excessive buffing and filing making it safer for the natural nail.

Silk Wrap

Silk can be applied to the nail for added strength or additional length to the nail. A broken nail can sometimes be saved using this method.

Sculptures with Silk

Sculptures with the added strength of silk can be added to lengthen the nail.

The Essential Facial

This luxury treatment combines skin conditioning aromatherapy oils which are pre-blended to treat different skin types. The skin will be left restored and rejuvenated. A relaxing neck and shoulder massage is also included to compliment this treatment.

The Intensive Facial

The intensive boosters and masques used in this treatment will offer longer lasting results. The intense masks and boosters help with anti-ageing and help to treat many types of skin problems such as:-

Oily skin/Acne

Dehydrated skin

Premature ageing

Pigmentation

Express Facial

A great introduction to Eve Taylor products and excellent for clients with busy schedules. A perfect way to boost skin that feels dull and lifeless.

Enzyme Peel

The enzymes in this peel work to gradually resurface the skin, giving skin with an uneven feel a smooth refined texture.

iCon Ultralift

Specialised treatments specifically designed to restore muscle tone and regenerate the skin's surface. Rewind the ageing process and look as young as you feel with uplifting and preventative treatments. Turn back the years without surgery or injections. Using relaxing pulses to stimulate face muscles as well as to enhance a vast array of skin tones. A visible difference is evident after the very first treatment, however to achieve optimum results it is recommended to have a tailor made course of sessions, followed by a monthly maintenance programme.

Eye Contour Mask

The eye contour mask works to minimise dark circles and reduce puffiness under the eyes. An eye drainage massage is also given with this treatment.

Experience pure relaxation and indulgence with this range of body therapies: -

Massage

Be it just back, neck and shoulders, or full body. Sooth, ease and relax tired, aching muscles. A great stress reliever.

Deep Mechanical Massage

This can be added to a massage to eliminate toxins helping to break down the effects of cellulite.

iCon Ultralift

Specialised treatments specifically designed to restore muscle tone and regenerate skin surface. Using relaxing pulses to stimulate body muscles, as well as to enhance a vast array of skin tones. To achieve optimum results it is recommended to have a tailor made course of sessions, followed by a monthly maintenance programme.

Oriental Body Therapy

A truly uplifting and refreshing treatment. Your skin is deeply cleansed and polished to perfection. Oriental polish is used to exfoliate your body. It is then removed with an exfoliating mitt and sponges. An oriental masque is then applied and left to detoxify the tissues and remove superficial toxins - especially effective on conditions such as cellulite. To end the treatment an oriental lotion is massaged into your skin improving circulation and eliminating toxins from the cells. Overall this treatment improves the skin condition and helps to reduce cellulite.

Hopi Ear Candling

Hopi can help with a number of ailments such as; excessive ear wax, sinusitis, itchy ears, hay fever, vertigo and problems when diving or flying as well as many others.

Possible benefits could be:-

Improved hearing

Improved mental clarity

Regulation of ear pressure

Better lymphatic drainage

Restoration of sense of smell and taste

Tinting

Eyelash & Brow Tint

This gentle tint will leave your eyes bright and defined.

Perming

This eye treatment will curl your eyelashes leaving them looking glamorous.

***A patch test is required for tinting and perming 24hours before your treatment.**

Waxing

Using the PHD waxing system you can be assured that every step has been taken to make your waxing treatment safe and hygienic. No possibility of cross contamination as the wax is applied with a new applicator for each client and delivered from a tube.

St Tropez Tanning

A perfect, natural looking tan in just ten minutes. Fast drying allowing you to leave the salon with a healthy glow. You will shower the tan off some hours later and be left with beautifully sun-kissed skin.

Packages

Pure Relaxation

Starting with the Ultimate Manicure leaving your hands feeling fantastic and then perfectly polish nails, moving into the treatment room where you will enjoy a relaxing Back Massage and an Essential Facial with a Neck and Shoulder Massage. You will leave the salon feeling relaxed and rejuvenated.

Half Day Pamper

Consists of a Manicure, Spa Pedicure, Express Facial and a Lash & Brow tint. A wonderful package for that feeling of being truly pampered.

Pre-Holiday

Half leg, under arm, bikini and eyebrow Wax and Eyelash Tint, Manicure and Pedicure.

Holiday 2

Oriental Body Therapy, Manicure and Pedicure.

Teen

Express Facial, Express Manicure and Eyebrow Wax.

PRICES

PhD Waxing

Full Leg	(45 mins)	£22
Half Leg	(25 mins)	£14
Bikini	(15 mins)	£10
Under Arm	(15 mins)	£6
Forearm	(20 mins)	£7
Upper Lip	(15 mins)	£3
Chin	(15 mins)	£5
Eyebrows	(15 mins)	£6
Back	(25 mins)	£15
Chest	(25 mins)	£15
Combo	(45 mins)	£25

Eyes

Eyelash Tint	(20 mins)	£8
Eyebrow Tint	(15 mins)	£4
Lash & Brow	(20 mins)	£12
Eyelash Ext.	(30 mins)	£15
Eyelash Perm	(60 mins)	£30

Face

*iCon lift	(75 mins)	£45
*Ultralift	(10 mins)	£15
*Refine & Lift	(45 mins)	£35
* Eye & brow Lift	(30 mins)	£25
*Sleek Cheeks	(30 mins)	£25
*Neck & décollete rejuvenate	(30 mins)	£25

*(for optimum results enquire about a tailor made course for the iCon uLtralift treatments)

Face

Essential Facial	(50 mins)	£30
Intensive Facial	(75 mins)	£40
Express Facial	(25 mins)	£20
Eye Contour Mask	(20 mins)	£15
iCon desincrustation	(45 mins)	£35
Iontophoresis (if mask is required)	(45 mins)	£35

Body

*iCon Breast lift and tone	(30 mins)	£25
*Abdomen Tone	(45 mins)	£35
*Anti-cellulite for legs, tums & bums	(45 mins)	£35
*Derriere & thigh lift	(30 mins)	£25
*Batwing tone	(20 mins)	£20
Back, neck & shoulder massage	(25 mins)	£17
Full Body Swedish Massage	(60 mins)	£25 (introductory price)
Sports Massage	(60 mins)	£25 (introductory price)
Oriental Body Therapy	(60 mins)	£30
Hopi Ear Candling	(30 mins)	£17

***(for optimum results enquire about a tailor made course for the iCon uLtralift treatments)**

St Tropez Spray Tanning

Full Body	(15 mins)	£23
Half Body	(10 mins)	£12
Face and Neck	(10 mins)	£7
Face, neck, arms & shoulders	(10 mins)	£9

Artdeco

Make-up application	(30 mins)	£15
---------------------	-----------	-----

Packages

Pure Relaxation	(180 mins)	£60
½ Day Pamper	(180 mins)	£60
Pre-Holiday	(120 mins)	£65
Holiday 2	(140 mins)	£50
Teenage	(50 mins)	£18

Nails

Bio Sculpture Gel Overlays	(60 mins)	£30
Bio Gel Pedicure	(60 mins)	£22
Bio Sculptured Extensions	(90 mins)	£40
Acrylic Nail Extensions	(60 mins)	£30
Silk Wraps Each Nail Repair	(10 mins)	£2

Hands & Feet

Ultimate Manicure	(50 mins)	£20
Manicure	(30 mins)	£12
Express Manicure	(15 mins)	£7
Pedicure	(50 mins)	£16
Express Pedicure	(20 mins)	£8
Paraffin Wax	(15 mins)	£6

Massage Therapist

Specialising in: -

Swedish Massage 1 hour introductory price £25

Swedish massage uses firm but gentle pressure to promote relaxation, ease muscle tension and create other health benefits.

Sports Massage 1 hour introductory price £25

Treatments are tailored specifically to treat your injuries. Common examples include repetitive strain, trips and falls, and sports injuries. Also general aches, pains and stiffness.

Hot Stone Massage 1 hour £35

The body is massaged using specially heated volcanic stones. The heat penetrates to the very deepest muscles of the body to create an unparalleled state of relaxation. Perfect for muscular conditioning or simply luxury pampering.

Indian Head Massage ½ hour £15

This treatment is performed fully clothed in a chair, ideal for people on the go. The head, face, neck and shoulders will be treated. A must have treatment for those who suffer headaches and migraines. Great for those who spend hours working on a computer.

Comfort Touch Massage 1 hour £25

A truly relaxing, uplifting full body massage. Great for unwinding and de-stressing. Go on...treat yourself.

Reiki (Universal Energy) 1 hour £25

A natural form of healing energy to balance and energise the body. Aids both mental and physical stress. Clients who are chronically and terminally ill can be treated with Reiki.

**Book 6 treatments and only pay for 5
(Payment to be made in full and treatments taken over a 90 day period)**

Personal Trainer



It's so much easier with a Personal Trainer by your side to guide you in the right direction and assist you in making the correct choices in terms of your training and/or diet. Imagine having your own expert to motivate you, monitor your progress and ensure you're focussing on the right exercises. A Personal Trainer won't just help your fitness, they will help you reach your goals so much faster and have fun whilst you're at it

One to one training, with continued lifestyle analysis, health checks, nutrition & weight management:-

Pay as you go

£30/hour (payable upon booking)

Block booking of:

3-5 £29/hour (full amount payable on booking)

10 £28/hour (full amount payable on booking)

12 £27/hour (full amount payable on booking)

Small Groups (up to 8) training only

£40/hour split between all individuals (full amount payable on booking)

Nutritional Advice/Diet and Weight Management

Do you eat well on a regular basis? If the answer is no, you are not alone. All too many people today practice poor nutrition, and this can lead to weight problems and a host of other, serious medical conditions. The good news is that as an Advance Personal Trainer with qualifications in Weight Management, I can help you make some important dietary changes that will make a big difference.



Initial Consultation (approx 1 hour) to include full Lifestyle Assessment

£30

Follow-up Consultations (approx. 20 mins) to include body measurements and weigh

£10