



@BeautyattheGate



/BeautyattheGate

Winter 2016

# Beauty

## at the gate



**Knockout  
Festive Nails**

New Year  
New High-End  
Skincare  
Brand

**Get Ready for those  
Xmas Parties!**

# Holly Willoughby

**Find out who wants to  
transform Breakfast TV Star!**

# Man at the Gate

**Almost There!**



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***Another year is coming to an end here at BATG and what a year it has been. Sometimes you get so caught up in what you are doing that you have very little time to reflect on what you've done or achieved.***

*Top of the list of achievements this year is of course our Professional Beauty and Babcac UK Salon of the Year Awards along with reaching the finals at the English Hair & Beauty and Professional Beauty Regional Awards, next year on this front is going to be just as exciting having already reached the finals in London for Professional Beauty 2017.*



*We've seen valued members of staff go in Megan to have her first little one and more recently Lucy who is off on her travels. We of course wish them both all the best but look forward to them both returning at some point. We've had plenty of new arrivals too in Mel and Sophie on the Therapist front and Pip on reception. You can read more about Mel opposite.*



*We launched 3D Lipo to great success at the salon along with Youngblood and the amazing BIOTEC range of facials which, although we knew would be well received, we've been blown away by clients reactions and the support we have had from Elemis and the UK Head of Salon's, Harrison Gregory has been pivotal in making it such a success.*



*Youngblood make-up also made its way into the salon and we can now officially announce that we are replacing Environ Skincare with a more advanced brand in Dermaquest. There is a number of reasons that we have taken the decision to move away from Environ, some of which we cannot at this stage disclose but we feel that we have taken many of our clients as far as we can with Environ and we need to invest our time into something more concentrated and advanced.*

*Dermaquest contains all the active ingredients that Environ does but in higher concentrations. It is a truly prescriptive cosmeceutical brand and as such will be launched in a very structured and staged manner starting only with Samantha.*

*Samantha will initially be performing a series of facials and resurfacing treatments, a few of the girls will then follow suit once they and Samantha are both confident in their delivery of the treatments in terms of the consultation process, knowledge and aftercare advice. We will then later in the year also offer high-end peels.*

*The biggest change of course is having taken on another unit up here at Lancaster Gate and the launch of Man at the Gate. It is something we are really excited and passionate about and it's going to be an interesting challenge. We hope to also add Sports Massage and more holistic treatments to our treatment menu.*

*I'd like to thank all our amazing girls for all their hard effort this year and it just leaves me to wish all of our clients a very merry Christmas and a great New Year, thank you for your support and we look forward to looking after you in 2017.*

*Paul Beatty*

# Man at the Gate



#### How long have you worked at Beauty at the Gate?

Since May 2016

#### What's the best thing about working at beauty at the gate?

The fact that working here has re-ignited my passion for beauty and I love the variety of treatments on offer, every day is different and I love the team of girls we have here, I felt instantly welcome and we are like one big family.

#### What first attracted you to beauty at the gate?

When I was at college, this is the salon that everyone talks about, I liked how different it was from other salons in our area and how in a short time it was already known as the best salon in our area. I knew I wanted to work here.

#### Where did you train?

Grimsby institute for level 2 and 3 beauty therapy but I love going on brand training and learning more and more new skills.

#### What made you want to become a therapist?

I have always been such a girly girl, and what better place to work than a salon with all of these amazing treatments and getting to make someone's day better by giving them a treatment.

#### Where did you work previously?

I've only had one other job in Beauty at a small salon in Market Rasen.

#### What would you like to achieve as a therapist?

My goal is to just keep expanding my knowledge and to keep getting better and better within the beauty industry.

#### What's your favourite treatment and why?

My favourite treatment is LVL lash lift, I love that it makes such a big difference straight away, opens up the eyes and gives a mascara look without any makeup on.



#### Favourite beauty product and why?

I love to try new products all of the time from makeup to skincare. My favourite product that I always go back to is the pro collagen cleansing balm, I love the luxury smell and that it is so easy to use and gives my skin an instant glow.



#### Fave perfume and why?

I have so many different perfumes and am always finding new ones to add to my collection. My favourite of them all is couture couture by juicy couture, it smells so sweet and lasts all day.

#### If you could choose anybody to do a treatment on who would it be and why?

Holly Willoughby, she is gorgeous and seems so normal and bubbly so would love to get her in for a pedicure and a chat and enhance her eyes with an LVL lash lift ready for 'This Morning'.

#### What do you do to relax?

I love nothing more than having a nice hot bubble bath, a hot chocolate and watching a girly rom com movie, my favourite is anything with Channing Tatum in



#### Hobbies outside of work?

I have a share in a small pig farm and we breed a variety of pigs including Pietrains, Oxford Sandy & Black but you can't beat a good old Tamworth. I've been a member of the National Pig Association since I was 12.

I'm looking forward to going to the North Riding Pig Discussion Group in January where the guest speakers will be talking about pig production and genetics, which will be fascinating.

I'm also hoping to do well next year at the 2017 National Pig Awards with Terry who is a Gloucester Old Spot.



#### What can't you get through the weekend without?

I can't get through the weekend without spending money, I am a self proclaimed shopaholic so whenever I have a free weekend I love to go to a city and splurge at a shopping centre.

#### What is your favourite holiday destination?

I wouldn't say I have a favourite destination the world is such a big place there is too many locations to explore to stick to just one, I am lucky enough to have been some lovely places over the years, I love going on long weekend city breaks but also love to chill out by the pool with a cocktail on a sunny relaxation holiday.

I have recently been to Venice and had a romantic ride on a gondola. I have a long weekend in Bruges to look forward to next and am hoping to get to New York and Vegas in the near future.



# Introducing Dermaquest Advanced Skincare

**We are delighted to be bringing a new highly advanced skincare brand to BATG in 2017. Dermaquest Skincare has been at the forefront of aesthetic skincare since 1990.**

When we realized that we needed to bring our clients a more concentrated series of treatments and products we launched into overdrive in terms of research and gaining feedback from individuals and aesthetic clinics alike. One brand that kept getting our attention was Dermaquest.

**We decided on Dermaquest for a number of reasons including:**

#### Superior Ingredients

DermaQuest's ingredients and formulas address complex skincare concerns at a cellular level, ensuring results you can count on.

#### Layering Technology

No single product meets every skincare need. Since multiple products are often needed to achieve treatment goals, Dermaquest uses specific layering sequences to achieve maximum effectiveness and absorption of their products.

#### Advanced Delivery Systems

Even the most remarkable products are useless if they cannot penetrate the skin. Dermaquest employ and develop the most effective delivery systems for maximum absorption, ensuring client satisfaction.

**Initially Samantha will be launching the following treatments:**

#### Facials

**C-Infusion** – Age prevention facial that targets skin that is beginning to show signs of aging. Restores a vibrant glow, smoothing out rough textured skin leaving it soft and hydrated.

**Peptide Vitality** – Aimed at clients who are more concerned with managing the aging process. This facial helps to re-energise and strengthen tired skin whilst soothing irritated skin. Will increase hydration levels whilst firming and lifting lines and wrinkles.

**Derma Clear** – A deep cleansing facial for acne, oily and congested skin. Dissolves blackheads, unclogs pores, prevents oil build-up and helps to prevent future breakouts.

**SkinBrite** – Specifically targeting hyper-pigmentation, uneven skin tone and dull, lifeless skin. Containing high levels of peptides, Vitamin A & C this facial gently exfoliates whilst deeply hydrating the skin.

#### Resurfacing Treatments

**Pumpkin Resurfacer** – Feeds the skin with essential minerals and vitamins. Helps to subdue persistent acne conditions. Improves sun damage, exfoliates and hydrates.

**Power Peptide Resurfacer** – This powerful resurfacer helps to revive lifeless and dull skin, it will immediately plump out lines and wrinkles whilst brightening and offering extreme hydration.

**Glycolic Acid Resurfacer** – For thick and rough textured skin, uses advanced stem cell technology that will transform tired skin and reduce enlarged pores and the appearance of lines and wrinkles.





**Salicylic Acid Resurfacer** – Take your anti-acne ambitions to the next level and stop acne causing oil in its tracks. Dissolves oil & build-up, reduces inflammation and addresses acne breakouts directly.

The facials will be priced at £56 whilst the resurfacing treatments £64.

Dermaquest's list of active ingredients alongside the concentration levels is not only impressive but industry leading these include:

**Hyaluronic Acid (HA)** - An essential hydrator for everyone's skin! Each molecule of hyaluronic acid can hold 1,000 times its molecular weight in moisture. It is known for its hydrating properties along with its natural delivery into the skin.

**Skin Brighteners** - Each formula is uniquely created with many different tyrosinase inhibitors to stop the melanogenesis process in multiple steps giving you the most illuminating skin tone results.

**Plant Stem Cells** - Advancements with stem cell technology have continued to provide more powerful and effective marine derived and botanical plant stem cells in the skin care market. DermaQuest combines the latest generation of plant stem cells to reduce pigmentation, fine lines, and protect the skin from environmental damages.

**Peptides** -Made up of essential amino acids, these active ingredients are small yet powerful to drastically change the skin!

**Vitamin C**- Is one of the most essential nutrients for the body and is a key component to maintaining healthy glowing skin. Vitamin C is an active ingredient that brightens and tightens the skin.

**AHA/BHA**- Alpha Hydroxy Acids and Beta Hydroxy Acids have been around for many years and continue their strong stride in being very effective performance ingredients to treat a wide array of concerns.

**Minerals** - DermaQuest brings you the highest grade micronized minerals in all of our sun protection products. Zinc and Titanium are utilized for their superior UV ray protection and pro-longed broad spectrum coverage.

**Antioxidants** -Powerful antioxidants generate healthy cell renewal and acts as a cellular bodyguard for our skin. Essential for all skin types they protect our skin from free radical damage that our skin encounters on a daily basis.

**Enzymes** - These gentle enzymes act on the skin to digest the dead surface skin cells. Papaya-Pineapple and Pumpkin Enzymes provide gentle yet visible results to reveal a more youthful glow.

**We are delighted to be starting our journey with Dermaquest and are looking forward to bringing you advanced skincare results along with more advanced peels in 2017.**



# GET THE LOOK FOR VALENTINE'S DAY

We just love the coverage and finish that mineral make-up can achieve. It's so easy to blend, build and apply, which makes it ideal for creating dramatic, romantic looks as well as the more natural, 'barely-there' finish. As Valentine's Day is quickly approaching, here are two looks using only mineral make-up by Youngblood Cosmetic's Director of Make-up Artistry and Education, Philip L. Luque, which we think are perfect for Valentine's.



## Dark & Dramatic

Demi Lovato's combination of dark smokey eyes with a rich, deep shade on the lips is so glamorous and super sultry. Philip created a very similar look using classic mineral products to mattify and produce a flawless base, as well as rich jewel tones with a pop of blue gel eye-liner for the Wow Factor – a big trend for Winter 2016/2017.



## Fun & Flirty

If this bold, striking look isn't quite your style, then Philip has a sweet, fun and flirty look for you to try. A flawless base with classic eye make up and a bold, bright lip suits Emma Stone down to the ground, and it's so easy to recreate with Youngblood's cosmetics.

### Eyes:

Pressed individual Eyeshadow in Platinum and Sapphire  
Incredible Wear Gel Liner in Midnight-Sea  
Outrageous Lashes Mineral Lengthening Mascara in Blackout

### Brows:

Dark Artiste Palette

### Lips:

Lip Liner Pencil in Plum  
Lipstick in Cranberry

### Face:

Anti-Shine Mattifier  
Loose Mineral Foundation  
Ultimate Concealer  
Loose Mineral Rice Setting Powder  
Luminous Crème Blush in Champagne Life  
Luminous Crème Blush in Luxe

### Eyes:

Pressed Mineral Eyeshadow Quad in Eternity  
Incredible Wear Gel Liner in Espresso  
Outrageous Lashes Mineral Lengthening Mascara in Blackout

### Brows:

Brow Artiste Sculpting Pencil

### Lips:

Lip Liner Pencil in Malt  
Lipstick in Spicy  
Lipgloss in Coral Kiss

### Face:

Anti-Shine Mattifier  
Mineral Radiance Crème Powder Foundation  
Ultimate Concealer  
Luminous Crème Blush in Champagne Life  
Pressed Mineral Blush in Sugar Plum



Your eye masks are removed to make way for the Hydra Active Soothing Gel Mask, which again cools and calms the skin to even out skin tone, minimise discoloration and restore vitality. Then, a Galvanic Current is used across your whole face to target fine lines, dullness, ageing, sensitivity and blemishes. The current helps to re-energise and rejuvenate the skin's cells, minimising the signs of ageing caused by stress and tiredness.

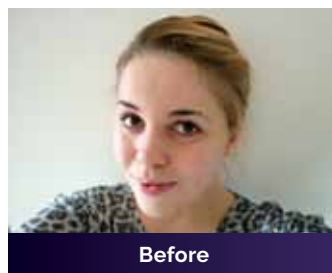
**Ever since Elemis BIOTEC launched at Beauty at the Gate back in September, our clients just can't get enough! In this range of innovative, high-performance facials, there is one treatment in particular that they have fallen in love with - Elemis BIOTEC Radiance Renew.**

Radiance Renew has been designed to target dull, tired and stressed skin by using a combination of advanced bio-electric technology and Skin Lift Touch therapy. It is a calming, relaxing treatment, with Elemis' products - known for their wonderful scents - working alongside electric currents and ultrasonic peels to leave you with a complexion that is hydrated, brightened and revitalised.

To begin, your skin is cleansed using Pro-Radiance Cream Cleanser and BIOTEC Skin Energising Cleanser, which works with the two technologies to achieve the best possible results. This is followed by an appropriate toner for your skin type before the first technology, an ultrasonic peel, is used. Vibrational energy provides a real deep cleanse to draw impurities to the surface and gently exfoliate, leaving your skin feeling tingly and refreshed.

Next, your therapist will apply an Amino Active Mask, a peel mask, and Radiance Activator, a product that is rich in antioxidants, hyaluronic acid and peptides and is used throughout the facial. This treatment-only product (sorry, it's not for sale!) boosts radiance by plumping the skin, which leaves it looking smooth, even and glowing.

The next step is to hydrate and soothe the skin. A Hydra Active Soothing Gel Eye Mask is applied to help reduce dark circles under the eyes; it feels thick, cool and extremely calming to the skin. While this is working its magic, your therapist will massage the muscles around the collarbone, shoulders and neck in a Pro-Collagen Lifting Treatment with fragrant oils.



Before



After

Finally, the last products are applied, BIOTEC Skin Energising Day Cream and Pro-Radiance Illuminating Eye Balm. The result is skin that is glowing, more vibrant and, overall, healthier. You can see radiance in your complexion instantly and will find that the effects last in the days and weeks after your treatment.

Our therapists recommend that you complete a series of six treatments to maintain the long-lasting effects. As our Elemis Specialist, Lelia Fiastru (who joined us for one week in September) said: "It's all about re-educating the skin, brightening the skin, and encouraging collagen production."

You can see the immediate results local blogger Lindsay Cowie saw after her recent treatment at the salon. You can find the whole range of Elemis BIOTEC facials at Beauty at the Gate, each with their own targetted areas - Line Eraser, Firm-A-Lift, Anti-Pigment Brightener, Skin Resurfacer, Blemish Control and Sensitive Skin Soother. Give us a call to book your treatment.



# LOOKING FORWARD TO 2017

To say 2016 was an incredible year would be a little bit of an understatement. The year has flown by and it's only when you sit down and take a look back do you realise just what has happened at the salon and what we as a team have achieved.



We have an incredibly busy 2017 to look forward to. In February, we will once again be heading back to London for the Professional Beauty Awards 2017 as Beauty at the Gate is a finalist in the Beauty Salon of the Year category!

We are also aiming to add to the BABTAC award we picked up last year and are really going to push ourselves by trying to pick up awards in more than one category.



We will have a host of new treatments to look forward to, including sports and injury massage along with the return of Reflexology and more holistic treatments for our clients.

We'll also be introducing another new brand to the salon. DermaQuest is a professional skincare brand with a range of advanced and highly active facials and resurfacers. These certainly will elevate the knowledge and expertise of the girls at the salon who are going to reach the standard required to carry these out.



We will be developing our relationship with Elemis even further, the Spa Bus will return to the salon in the spring and there will be lots of exclusive offers for our clients throughout the year.

# Man at the Gate

And last, but certainly not least, is our biggest expansion to date – Man at the Gate!

2017 will see our men-only salon open in a new unit next door to Room at the Gate, and already we have had lots of excitement about this new venture.

We feel as though men in the area will appreciate having their own space to go, and we have a great treatment list ready, which includes facials, laser hair removal and 3D-lipo, plus more.

The new unit is almost finished and along with the Men's side there is a big surprise for all our current clients too.

.....  
***We can't wait to see you all  
back at the salon in 2017!***  
.....



# WINTER SKINCARE

Now that winter is here, it's time to embrace cosy knitwear, indulge in creamy hot chocolates, and switch up your skincare. Blasts of cold weather, indoor heating, indulgent get-togethers and the stress of the season's festivities can cause unwanted blemishes and a dry complexion, but making a few simple changes to your daily routine can help to keep your skin looking and feeling healthy.

## Moisturise

Rehydration is essential in the winter. Being exposed to harsh weather may leave your skin feeling dry and looking dull, so using a rich, nourishing moisturiser can really help to repair and protect the skin's cells.



**We love: Dermaquest B5 Hydrating Serum**  
RRP £61.00  
**OFFER £48.00**

Shower your skin in this intensive and lightweight hydrating serum, delivering immediate, luminous moisture, essential for all skin types. Through liposome technology, our serum actually penetrates the skin's many layers, providing instant and taut

moisture; a covetable staple for professional and home care alike.



**We love: Elemis Superfood Facial Oil**  
RRP £45.00  
**OFFER £39.95**

Oils can work wonders for oily, blemish-prone skin, and this oil with a blend of highly concentrated plant-based superfoods deeply nourishes and hydrates whilst working to balance your natural oil production. Our best selling product at the salon during November with over 50 clients purchasing this product that feels absolutely amazing and smells divine.

## Exfoliate

Exfoliating not only helps to remove dead skin cells, leaving a brighter, more radiant complexion, but it enables the skin to absorb products more efficiently. In winter, gentle exfoliation will be much kinder to skin.



**We love: Elemis Gentle Rose Exfoliator**  
RRP £30.00  
**OFFER £24.95**

Rose has wonderful calming properties, and added Jojoba and Cucumber extracts means this exfoliator is great for soothing and nourishing as well as washing away dead skin cells and built-up impurities.



**We love: Dermaquest Algae Polishing Scrub**  
**ONLY £25.00**

This cooling scrub uses jojoba beads to remove excess skin cells through gentle exfoliating, leaving the skin smooth and prepped for advanced treatment products. Deeply hydrating, this scrub primes the skin for water absorption while relaxing algae extract soothes inflammation.

## Cleanse

When it comes to cleansing in the winter months, opt for a cream cleanser which is much softer on the skin, helping to remove impurities and make-up without being harsh on the skin's natural oils.



**We love: Dermaquest Peptide Glyco Cleanser**  
**ONLY £29.00**

Keep signs of ageing at bay with this creamy Glycolic Acid based cleanser, boasting the unparalleled power of peptides. Exfoliating and pore refining, this cleanser leaves your skin pristine and all aglow: silky smooth and richly radiant.



**We love: Elemis BIOTEC Skin Energising Cleanser**  
RRP £39.50  
**OFFER £34.95**

The BIOTEC range of treatments and skincare has been developed to repair and re-energise the skin's cells, preparing the skin for optimum performance. Use with the BIOTEC Day Cream for a complete, balanced routine.

# LOOK BACK AT 2016



Elemis training day



Spa bus



3D Lipo launch event



New BATG website



Relaxed client



Pro Beauty winners



Mollie & Sophie Shellac training



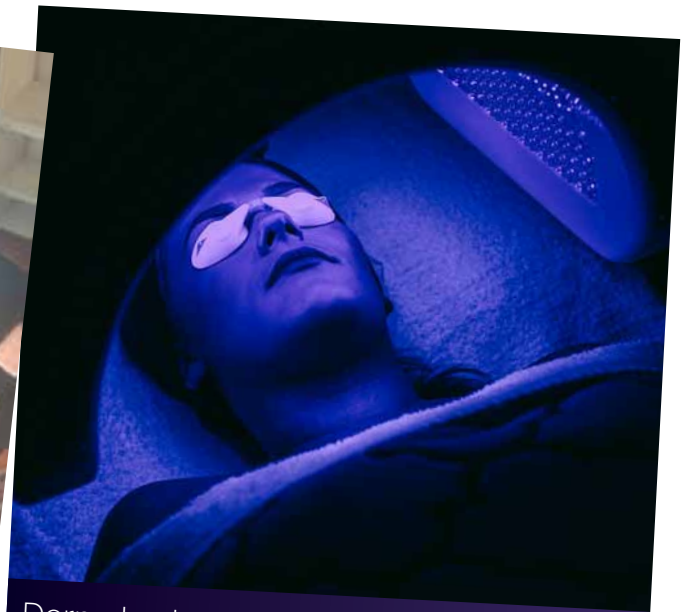
Megan baby



BABTAC 2016



Happy clients



Dermalux launch



Baby shower



Jemma's wedding

One of the new treatments we will be bringing to the salon in 2017 is sports & injury massage.

We will be bringing in a specialist therapist to not only look at this area but to expand with other body treatments and pregnancy massage.



Sports massage involves employing a number of techniques to treat clients including:

**Deep Tissue:** Helps to maintain mobility and re-align deeper layers of muscle.

**Effleurage:** Strokes to warm up soft muscle tissue.

**Petrissage:** Applied deeper pressure to compress underlying muscles, reducing tension and mobilizing muscles.

**Frictions:** Directed pressure to manipulate soft tissue, targeting scar tissue and influencing its repair.



**Trigger Pointing:** Helps to reduce pain, increase soft tissue mobility, improves circulation and aids relaxation.

We will be able to help with a multitude of conditions like Sciatica, Sprains and Strains, Low Back Pain, Tennis Elbow and Whiplash Injuries.



A really good massage can benefit everyone and there are a number of reasons to come and try a massage at the salon:

- Stress Relief
- Boost Immunity
- Reduce Anxiety
- Manage Low Back Pain
- Reduce Muscle Tension
- Enhance Exercise Performance
- Relieve Tension Headaches
- Better Sleep
- Ease Symptoms of Depression
- Improve Cardiovascular Health
- Reduce Pain of Osteoarthritis
- Decrease Stress in Cancer Patients
- Decrease Rheumatoid Arthritis Pain
- Promote Relaxation
- Lower Blood Pressure
- Help Chronic Neck Pain
- Increase Range of Motion
- Decrease Migraine Frequency
- Reduce Chemotherapy Nausea
- Aid Recovery
- Increase Blood Circulation
- Reduce Muscle Spasms
- Rehabilitation from Injuries
- Reduce Stress

Do you suffer from muscular discomfort, tension, aches, or a sports injury?



Massage can help you feel human again.



**In October, it was announced that Sea View Street in Cleethorpes had been named as a finalist in The GB High Street awards 2016! We've loved seeing the campaign in action, so we spoke to one of the street's retailers, Anna Darnell of Abode, to find out all about her interiors boutique and what beauty products she just can't live without.**



**Tell us a little bit about Abode.** Abode is now in its 8th year. I chose to open a home interiors store as I felt there was a need locally for something different. I've always loved buying for my home, and I feel well chosen accessories and interior finishes are what make a house a home. I focus on neutral tones and classic styles to enable our customers to easily add our collection to their abode!

**And what is the best thing about what you do?**

We have wonderful customers who return time and time again. It's a huge compliment to hear positive feedback about our store, stock and staff.

**The GB High St awards campaign was very exciting, how has it helped Sea View Street?**

The GB High St campaign has been amazing. The support has been overwhelming and customers have been voting daily. People have been stopping me in the street to tell me they have voted, it's lovely that the community has got behind the street and can see the benefits. The positive media it has created has reminded people how great the Sea View Quarter is and has definitely increased footfall. I feel winning would have a positive impact on the whole resort.



**Which beauty products can't you live without?**

This sounds simple but my can't-live-without product is Vaseline. I've constantly got a tin with me, I use it as a lip gloss but also as a cheek highlighter.

**What is your favourite perfume?**

My partner recently bought Gucci Bamboo for me and it's lovely, my current favourite.



**How do you like to do to relax?**

Life's been pretty crazy recently so I don't relax much, but when I do I chill at home with my family. My little boy is two so time with him is precious.



**Where is your favourite holiday destination?**

The place I've visited most is Ibiza. It's a firm favourite as it has catered for me throughout my life, great party destination with friends, short flight for long weekends and lovely family holidays.

If you could invite any celebrity to shop and socialise in Sea View Street, who would it be and why?



If I could invite any celebrity down the street it would be Fearne Cotton. She has a huge following on social media and I can imagine her liking to shop in independent quirky shops. She could then spread the word how amazing Cleethorpes is to her huge audience! I am passionate about supporting independent businesses as they are crucial to our local economy.

**To find out more about Abode, visit their website at [www.giftsfromabode.co.uk](http://www.giftsfromabode.co.uk).**

# GET READY FOR CHRISTMAS AT BATG



**The countdown is on to party season! Time to get together with friends and family and to celebrate the end of the working year with colleagues. For us, indulging in pre-party pampering is all part of the fun!**

## Facials

We know that winter weather, festive indulgence and hectic times leading up to Christmas can cause unwanted stresses on the skin, so, in the days before your party, treat yourself to a facial.

*Your therapist will recommend a treatment suited to your skin type, from firming ageing skin and hydrating a dry, dull complexion to reducing the sight of blemishes. Through quality products and facial techniques, whether technology based like A-Lift or Elemis BIOTEC or massage focussed like Elemis Touch, your skin will be refreshed and left with a healthy, dewy glow.*



## Eyebrows

The shape of your brows can really enhance your facial features, and our treatment of choice to get that perfect shape is HD Brows. This seven-step system encompasses all the key features which will help to define your natural arches in a style that suits you.

*After a consultation to determine your face shape and colouring, the first step is to tint, followed by waxing, threading, tweezing and trimming to achieve the desired shape. Finally, a soothing lotion is applied to calm redness and a brow pencil to give a full, even finish.*



## Eye Lashes

Big, bold lashes are a must for party season, and LVL Lashes are a quick and easy way to add volume and length, allowing you to enhance your make-up with very little effort. The treatment is simple; to begin, silicone shields are placed around your lashes and a gel formula is applied which gently lengthens and straightens your lashes – no perming, no uncomfortable rods and no lash extensions.

*The result is lashes that are visibly longer and thicker without the need for mascara - for six weeks! However, when it is time to apply your party make-up, a light stroke of mascara will only enhance your new wow lashes.*

## Make-Up

Whether you choose dark, smoky eyes, bold red lips with a classic eyeliner or a fun, flirty look with sparkles and highlights, glamour is the one Christmastime make-up look that never goes out of style.



## Get the Look:

### Youngblood Crushed Mineral Eyeshadow

These loose powders, made from 100% pure minerals, are available in Shimmer, Satin and Matte finishes, and they give incredible colour. For a Christmas smoky eye, we love Coco or Azurite.



### Youngblood Lipstick

These luxury lipsticks are a Youngblood favourite, and you are spoiled for choice when it comes to shades! The collection of reds vary from Pinky Dragon Fruit to the deep coffee tones of Bistro.



### Youngblood Illuminate Highlighting Palette

This new product from Youngblood contains six lightweight, oil-free and easy to blend cream highlighters, perfect for contouring, strobing and adding radiance.



# NEW YEAR NEW YOU!

Now the New Year is just around the corner, it's time to get excited about all the opportunities ahead of us! Here's our top five treatments that will have you relaxed, recharged and ready to tackle 2017, helping you to feel brand new for the New Year.



## Detox Wraps & Salt Scrubs

What an incredible way to start your New Year health kick! Treatments that not only detoxify and deep cleanse, but leave you feeling so calm and thoroughly nourished.

Perhaps a Salt Scrub is just what you need, with fragranced salt gently scrubbing away dead skin cells followed by intensely moisturising body oils. Then, there is a range of detox wraps to choose from, each with a carefully crafted combination of products, essential oils and massage techniques that create your own wonderful cocoon in a foil wrap. And what's more, these treatments include a relaxing foot massage or a de-stressing pressure point face and scalp massage too.



## Massage

Christmas time can really take a toll on your body. With all the shopping, family visits, keeping the kids

entertained and dancing New Year's Eve away, it's no wonder that your body begins to feel tired.

Your therapist will work through the tension in your back, shoulders, arms and legs with essential oils that not only have wonderful scents, but have the ability to re-energise, relax or de-stress too. Various levels of pressure are applied to reach those stubborn knots and ease tension away.

A relaxing deep tissue will do just the trick or if you can take it why not try something a bit more full on with our new sports and injury massage Therapist Katrina.

## Facial

Many people find that winter weather can leave their complexion dry, dull and blemished. There are some fantastic products available for your daily routines at home, which can help in alleviating the signs of stress, but treating yourself to a tailored facial can really kickstart the repairing process.

A combination of the latest technology and time-tested massage techniques, along with professional products, will help to draw out impurities and encourage the regeneration of new skin cells, leaving you with a revitalised complexion for the New Year. Keep it up by booking a course of treatments to achieve the best possible results – what a brilliant New Year's resolution to make!

## 3D-lipo

It is so easy to over indulge at Christmas, there are just so many delicious festive foods to enjoy! Not to mention the Christmas tipples and New Year's Eve celebratory drinks. 3D-lipomed is a non-invasive fat loss and cellulite reduction treatment that can help to lose those unwanted inches you may have gained over the holidays.

There are four technologies - cavitation, duo cryolipolysis, focus fractional radio frequency and 3D-dermology radio frequency – which provide a complete approach to fat loss, body contouring and skin tightening. Coleen Rooney, Amy Childs and Patsy Kensit are all big fans of the treatment, and the BATG clients absolutely love it too!



## Hopi Ear Candling or Indian Head Massage

If winter has left you with irritation in the ears and sinuses, or with a build-up of excessive wax, then Hopi Ear Candling could be a solution. This holistic treatment uses candles, which are made from natural materials, to help equalise pressure in the head caused by sinusitis, rhinitis, glue ear, colds, flu, headaches and migraine. As the candle burns, you will hear a sizzling sound and feel a warming sensation, releasing blockages in a gentle, calming way.

Indian head massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue, and aids in the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of stress and tension.

# AMAZING ELEMIS CHRISTMAS GIFT SETS

Wonders of Frangipani Collection - Combining five of the brand's nourishing formulas, the kit works in tandem to cleanse, soften and revitalise, whilst infusing skin with a unique blend of Frangipani and Tahitian Coconut Oil.



**SAVE  
£66**

Contains Exclusive Gift Bag, Full Size Shower Cream, Body Cream, Salt Glow, Body Oil & Hand & Nail Cream. **Save £66 ONLY £89**

.....  
**The Perfect Gentleman - Shake up your routine with these revitalizing skincare. Invigorating skincare specially formulated for men.**



**SAVE  
£33**

Contains Full Size Ice-Cool Shave Gel, Daily Moisture Boost & Revitalise Me Shower Gel. **Save £33 ONLY £45**

Love Frangipani - An exquisitely scented luxury shower and body cream duo for an indulgent sensory experience.



**SAVE  
£20**

Contains Full Size Frangipani Body & Shower Cream. **Save £20 ONLY £32.50**

.....  
**Treasures of the Sea - Reveal smoother skin and brighter eyes with this trio of Pro-Collagen treasures. Clinically proven formulations containing the hero ingredient Padina Pavonica, from the depths of the sea.**



**SAVE  
£45**

Contains 30ml Pro-Collagen Marine Cream, 15ml Pro-Collagen Advanced Eye Treatment & 15ml Pro-Collagen Marine Mask. **Save £45 ONLY £68**



Skin Energy Secrets - Switch your skin back on with this innovative BIOTEC Energising Skincare System. Scientifically proven to re-boot skin's performance for a thriving, vibrant and freshly revived complexion.



Contains 8ml Energising Night Cream, Full Size Energising Cleanser & Day Cream  
**Save £58 ONLY £89**

Frangipani Glow Candle – ELEMIS's much-loved Frangipani aromatic complemented by notes of Ylang Ylang and Vanilla to warm and soothe. Illuminate and infuse your home with ELEMIS aromatics.

**ONLY £27.50**



**ONLY £27.50**



**Free £10 Gift Voucher With Every Purchase!**



# FESTIVE ART NAILS

**Winter is here, but that doesn't mean you have to hide your nails behind a pair of gloves! Christmas and New Year is the perfect time to experiment with colours, sparkles and seasonal nail art, especially with all the festive get-togethers and New Year's Eve parties lined up.**

Over on Instagram there are some incredible nail bloggers, and we've picked just a few of our favourites for your festive nail inspiration.

The Nailasaurus, aka @thesammersaurus on Instagram, has nailed (see what we did there!) the knitted Christmas jumper pattern. Sammy uses red and icy-blue shades for the intricate stitch details over a white polish, a wonderful winter look.



We love @britnails' combination of rich blue glitter polish with the delicate white of the snowflakes. This design has us hoping for a snowy Christmas Eve night!



@copycatclaws has taken a classic candy cane-inspired pattern and made it look effortlessly classy. Use a deep festive red for the nail and add white stripes to the tips with a very subtle line of silver glitter - just because it's Christmas!



Blue has to have been the nail trend of 2016, and this shade is the perfect polish to see the year out in style! @ifeelpolished showcases Remy by Zoya, a metallic indigo with fine flecks of gold and green glitter.



Black and gold is a dream combination for New Year's Eve, and we love this beautiful design as seen on @copycatclaws' Instagram. A stamping plate has been used to create the intricate French tip detail over a nude nail.



Sometimes a classic, simple nail is all you need, and satin polish leaves an elegant finish without the need for a top coat. Leah by Zoya, as modelled by @ifeelpolished, has a subtle hint of lavender, a cool shade for the winter months.



And for Valentine's Day...

If glossy nails are your thing, go all out with a romantic, shimmering burgundy. Glitter polishes, when teamed with a quality top coat leave a brilliant shine, just like these nails by The Nailasaurus.



One Nail to Rule Them All has created a lovely bridal-inspired look using a super pale nude polish and a fine gold glitter gradient. Glitter has certainly made a comeback, and we don't think it's going anywhere soon!



# Beauty at the Gate Price List

## 3D Lipo Cavitation + Skin Treatment

Single Session Large Area .....	<b>£110.00</b>
Course of 6 Sessions .....	<b>£500.00</b>
Single Session Medium Area .....	<b>£70.00</b>
Course of 6 Sessions .....	<b>£320.00</b>

## 3D Cryolipolysis (Fat Freezing)

Single Area .....	<b>£100.00</b>
2 Areas .....	<b>£150.00</b>

## 3D Radio Frequency

Single Session .....	<b>£60.00</b>
Course of 6 Sessions .....	<b>£270.00</b>

## 3D Dermology

Single Session .....	<b>£60.00</b>
Course of 6 Sessions .....	<b>£270.00</b>

Pay as You Go Available on all 3D Treatments

## Advanced Dermaquest Skincare (Samantha Only)

Dermaquest Facials .....	<b>£56.00</b>
Dermaquest Resurfacers.....	<b>£64.00</b>

## BATG Facials

The Facial 90 mins .....	<b>£65.00</b>
The Advanced Acne Facial 90 mins .....	<b>£65.00</b>

## Dermatude

Consultation 30 mins .....	<b>£15.00</b>
Facial 40 mins .....	<b>£60.00</b>
.....	<b>Pay as You Go plan available</b>

## Dermalux LED PhotoTherapy

Single Session.....	<b>£35.00</b>
Single Session as Addition to any Facial .....	<b>£25.00</b>

## Laser Hair Removal

Consultation 30 mins .....	<b>£15.00</b>
<i>(Redeemable against a course of 6 treatments)</i>	
Chin .....	<b>£35.00</b>
Upper Lip .....	<b>£35.00</b>
Upper Lip & chin .....	<b>£60.00</b>
Sideburns .....	<b>£35.00</b>
Neck .....	<b>£35.00</b>
Hand & Fingers .....	<b>£40.00</b>
Underarms .....	<b>£50.00</b>
½ Arm .....	<b>£60.00</b>
Full Arm .....	<b>£90.00</b>
½ Leg .....	<b>£90.00</b>
Full Leg .....	<b>£150.00</b>
Buttock Crease .....	<b>£40.00</b>
Buttocks .....	<b>£75.00</b>
Bikini .....	<b>£50.00</b>
Californian .....	<b>£60.00</b>
G-String .....	<b>£70.00</b>
Hollywood/Brazilian .....	<b>£90.00</b>
Full Leg & Bikini .....	<b>£175.00</b>

## A-Lift Lifting & Firming Facials

Miracle Moments 30 mins .....	<b>£30.00</b>
Angelic Ritual 50 mins .....	<b>£52.00</b>
Pure Zenergise 75 mins .....	<b>£59.00</b>
Youthful Enlightenment .....	<b>£59.00</b>
Divine Indulgence 90 mins .....	<b>£69.00</b>
Course of 10 Angelic Ritual .....	<b>£420.00</b>
.....	<b>Pay as You Go plan available</b>

## ELEMIS BIOTEC Facials

Line Eraser 60 mins .....	<b>£59.00</b>
Firm A-Lift 60 mins .....	<b>£59.00</b>
Anti-Pigment Brightener 60 mins .....	<b>£59.00</b>
Skin Resurfacer 60 mins .....	<b>£59.00</b>
Radiance Renew 60 mins .....	<b>£59.00</b>
Blemish Control 60 mins .....	<b>£59.00</b>
Sensitive Skin Soother 60 mins .....	<b>£59.00</b>

## ELEMIS Touch Facials

### Skin Solutions

Superfood Pro Radiance .....	<b>£49.00</b>
Anti Blemish Mattify & Calm .....	<b>£49.00</b>
Sensitive Skin Soother .....	<b>£49.00</b>

### Anti-Ageing

Pro-Collagen Defy .....	<b>£49.00</b>
Dynamic Resurfacing Facial .....	<b>£49.00</b>

## ELEMIS Body Treatments

Freestyle Deep Tissue Back Massage .....	<b>£27.00</b>
Freestyle Full Body Massage .....	<b>£40.00</b>
Intensely Cleansing Salt Scrub .....	<b>£34.00</b>
Body Nectar Nourishing Wrap .....	<b>£42.00</b>
Musclease Aroma Wrap .....	<b>£55.00</b>
Cellutox Aroma Wrap .....	<b>£55.00</b>

## HD Brows

Standard HD Brow Treatment 30 mins .....	<b>£25.00</b>
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*Add £2 if with Pro-Stylist)*

## LVL Lashes

Lift Volumise & Lengthen 55 mins ...	<b>£40.00</b>
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## Lycon Precision Waxing

Chin .....	<b>£8.00</b>
Upper Lip .....	<b>£8.00</b>
Upper Lip & Chin .....	<b>£13.00</b>
Eyebrow Shape .....	<b>£12.00</b>
Upper Lip, Eyebrows & Chin .....	<b>£19.00</b>
Underarm .....	<b>£10.00</b>
½ Arm .....	<b>£12.00</b>
Full Arm .....	<b>£17.00</b>
½ Leg .....	<b>£16.00</b>

Full Leg .....	<b>£23.00</b>
Bikini .....	<b>£10.00</b>
Full Leg & Bikini .....	<b>£26.00</b>
Californian .....	<b>£17.00</b>
Full Leg & Californian .....	<b>£33.00</b>
G-String .....	<b>£22.00</b>
Brazilian/Hollywood .....	<b>£33.00</b>

## Electrolysis

15 mins .....	<b>£20.00</b>
30 mins .....	<b>£30.00</b>
45 mins .....	<b>£35.00</b>
60 mins .....	<b>£40.00</b>

## Tinting

Brow .....	<b>£9.00</b>
Eyelash .....	<b>£13.00</b>
Brow & Eyelash .....	<b>£17.00</b>

## Holistic Treatments

Hopi Ear Candling .....	<b>£27.00</b>
Indian Head Massage .....	<b>£27.00</b>

## The Room at the Gate Nail Treatments

Gel Manicure .....	<b>£28.00</b>
Gel Pedicure .....	<b>£30.00</b>
Shellac Manicure .....	<b>£22.00</b>
Shellac Pedicure .....	<b>£26.00</b>
Zoya Organic Manicure .....	<b>£23.00</b>
Zoya Organic Pedicure .....	<b>£27.00</b>
Jessica Manicure .....	<b>£22.00</b>
Jessica Pedicure .....	<b>£26.00</b>

*£2 surcharge for treatments carried out by Jemma*

## Nail Extras

File & Polish .....	<b>£15.00</b>
Shellac Removal .....	<b>£7.00</b>
Gel Removal .....	<b>£10.00</b>
Removal with Re-Application .....	<b>£5.00</b>
French Polish .....	<b>£5.00</b>
Effects/Glitter up to 2 Nails .....	<b>£3.00</b>
Effects Glitter more than 2 Nails .....	<b>£6.00</b>
Nail Art from .....	<b>£5.00</b>
Repairs from .....	<b>£5.00</b>
IBX Initial Treatment .....	<b>£16.00</b>
IBX Maintenance .....	<b>£11.00</b>

# Christmas Giveaway

## at Beauty at the Gate 2016

Throughout December, every client that visits the salon will receive a little goody bag with samples, our latest magazine and two £10 vouchers to use at Beauty at the Gate and Man at the Gate!



### Opening Hours

<b>Monday - Friday</b>	9:15am – 8:45pm
<b>Saturday</b>	9:15am – 5:00pm
<b>Sunday</b>	11:00am – 4:00pm

We are open 7 days a week. Because we know how busy life can be. We're there for you when you need us, which is usually outside of office hours, when you're not working and the shops are closed. We know how hard it is trying to fit in some 'me' time so we offer appointments every weekday up to 8:45pm, on Saturdays to 5:00pm and we even open on Sunday between 11am and 4:00pm. Telephone: 01472 289555

