



@BeautyattheGate

@manatthegate



/BeautyattheGate

Summer 2019

# Beauty & Man at the Gate

Win Free treatments with #MYBATG



Brand New DermaQuest Facials

SCIENCE



## Cryo Arctic

The **FUTURE** of Beauty and Health Treatments



**Holly Smith**  
**Candle Maker**  
**Extraordinaire.**



**Smear 4 a Smile –**  
Another 50+ women enjoy free treatments

### BATG reach another National Awards Final

01472 289 555 Open 7 days a week Monday-Friday 9:15 - 8:45 Saturday 9:15 - 5:00 Sunday 11:00 - 4:00



**Once again, here at Beauty and Man at the Gate it's been a case of new faces, new treatments, award ceremonies and lots of fun and happy times for both staff and clients alike.**

We've welcomed Daisy, Mollie B and Aimee to the salon, all of the girls have slotted in seamlessly and are now enjoying the benefits of adding new skills to their repertoires and building their own client lists. It can be quite daunting joining the salon and adapting to the way that we work but they have done fantastically well. We are also loving Mollie's cakes around the salon.

We've also seen the return of Becky who now heads our Sports & Rehabilitation department. Becky's experience and passion for her work shines through, her advice to clients has been invaluable and she is looking forward to the next big treatment launch that she will oversee and run. Speaking of which, we have from time to time had some amazing treatment launches but the launch of our CryoTherapy treatments with our Cryo Arctic chamber is probably as big as it gets. Used by elite sportsmen, women and teams all over the world it will elevate the rejuvenation and recovery we can offer clients along with helping to treat weight issues, insomnia, arthritis pain and issues like fibromyalgia.

You can read more details within this issue but I don't think we've ever been so excited about something so new. It is also the only chamber that we know of within Lincolnshire, indeed the nearest one we know of is in Leeds used by Leeds United players and Leeds Rugby League players and champion boxers.

Also in this issue you can read about our Smile 4 a Smear campaign in which we once again gave away free facials and massages to ladies going to have a smear test, it's something we feel really passionate about and something we are very proud of. We had a great night out at the UK National finals for Professional Beauty's Large Salon of the Year, although we did not come out winners it was great once again to be part of the finals after missing out the year before. Hopefully we may be a bit more fortunate this September after having made BABTAC's Large Salon of the Year final 4, up against some truly outstanding salons.

It's been a very satisfying time for me personally this year to see Samantha, Pip & Paula more or less take complete control of everything to do with the salon as I've taken a step back to concentrate on my own business and with the relaunch of the salon consultation software that I built for the salon but is now being used in salons around the country. They've had to learn on their feet but I'm very proud of the way they have taken on the extra workload and not batted an eyelid about it. It's very much their salon now and the fact that we have made another National Awards Finals shows just how well they have done.

Paul Beatty





#### How long have you worked at BATG?

Since February 2019

#### What first attracted you to BATG?

I was definitely drawn by the high standards and professionalism of BATG and having seen them in various magazines for their awards success I knew it was somewhere I wanted to work.

#### What's the best thing about working at BATG?

Having come from the spa industry I was definitely drawn to the spa like feel to BATG, it's such a calm, relaxing environment to work in.

#### Where did you train as a therapist?

The Yorkshire College of Beauty, Leeds

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

I've always struggled with my own skin and my confidence was massively affected by it, once I started using professional products and seeing the difference it made I wanted to have the knowledge to be able to help others to feel the same way.

#### Where did you work previously?

After finishing my qualifications, I worked at Eden Hall Day Spa, Newark as both a Therapist and then a Senior Therapist before moving to Evergreen Spa at Kenwick Park as Assistant Spa Manager.

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

To be able to continue developing my skills and knowledge and work towards learning more advanced treatments.

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

I love having treatments and getting pampered in general, I'm definitely known for falling asleep within minutes of getting on the bed no matter what I'm having done.

#### What's your favourite beauty product and why?

It has to be Elemis Pro Collagen Cleansing Balm, there's nothing better than taking your make up off at the end of the day and I love how this feels on the skin.

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

I always tend to go for something more floral, especially in summer, my favourite being the Marc Jacobs Daisy range at the minute.

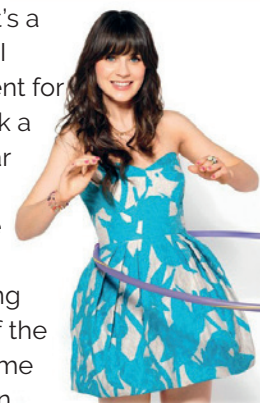
#### If you could choose anybody to treat who would it be and why?

Ryan Reynolds is more than welcome to come into the salon for a treatment, I love his dry sense of humour and he's fairly easy on the eye!



#### Do you have any hobbies?

I enjoy hula hooping, it's a really exciting activity. I discovered I had a talent for it when as a child I took a wheel of my mum's car without telling her. I've performed all over the world representing the UK and love nothing more than showing off the skill to people, so ask me next time you've got an appointment and I'll give you a quick demonstration.



#### What do you do to relax?

I've always had a passion for horses, so much so I studied Equine Business before I went to study Beauty Therapy. Although I no longer have my own horses I still have friends that do, there's nothing better than a nice ride out and natter in the countryside.

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

Chocolate Ice Cream, more specifically Ben & Jerry's Phish Food.



#### What's your favourite holiday destination and why?

I love travel and going to new places but Italy is definitely a favourite for me, I really enjoy the history and architecture but absolutely love the food!







If you are looking for the very latest in cutting edge technology within the beauty industry then CO2 Fractional Laser Resurfacing is the treatment for you, giving you the next generation of skin treatment. Find out everything you need to know about this revolutionary treatment [here](#).

The top five things you need to know about CO2 Fractional Laser Resurfacing.

### 1. What conditions can CO2 Fractional Laser Resurfacing treat?

Fractional Carbon Dioxide (CO2) laser skin re-surfacing is known for being effective in treating both superficial and deep skin problems, such as acne scarring, wrinkles and pigmentation. The laser can be used on any part of the body, not just the face, treating these concerns on the entire body:

- Age (sun) spots
- Dark circles under the eye
- Dry, dull skin
- Fine lines
- Freckles
- Hand rejuvenation (age spots, loose skin, and lines)
- Melasma
- Redness and flushing
- Scars
- Stretch marks
- Wrinkles

### 2. How does the laser work?

Our 3D aesthetics laser skin resurfacing technology uses a special fractional scanning delivery system, which combines CO2 skin resurfacing and collagen rejuvenation in a single laser.

The laser targets damaged skin to break it down whilst leaving the remaining skin intact. This encourages healing and collagen stimulation to replace damaged skin and leave you with fresh, glowing, healthy skin. The laser can target the skin to not only improve the appearance of pores on the outer layer of your skin, but also work deep into the dermis to smooth and reduce the appearance of acne scars and wrinkles.



Before



After

### 3. Is it safe?

Yes. You will have a thorough skin assessment and consultation prior to treatment and we will perform a patch-test to assess your skin's response to the laser.

To ensure you are as comfortable as possible we numb the area being treated using local anaesthetic. As with all treatments here at Beauty and Man at The Gate, you are 100 per cent in control of your session and if you feel uncomfortable at any time we can stop. We will also provide you will aftercare products to soothe and protect the skin.

### 4. How long before I see results?

Usually only one treatment is required to see a dramatic improvement but some clients may need a series of treatments to produce the most satisfying results, but once the treatment series is complete, results are long-lasting. Follow-up treatments may be done after one month. Discounts are available on courses of treatments.

### 5. How do I know CO2 Fractional Laser Resurfacing is for me?

Ideal candidates for CO2 Resurfacing are in their 30's or older with skin damaged skin by exposure to the sun, age spots, fine lines, wrinkles, discoloration, rough skin texture, acne scars, and other skin imperfections. It is ideal for anyone seeking younger looking skin without the long downtime associated with conventional resurfacing procedures.

We provide a full consultation to discuss the resurfacing process in depth and the individual benefits you can hope to see before any treatments are performed giving you the opportunity to decide if it is the right course of action for you.

**Great skin doesn't happen by chance, it happens by appointment. Book your CO2 consultation.**



# Hello Henna Brows



**Say goodbye to that brow pencil and say Hello Henna Brows! The latest in brow treatments that lasts longer, contains no chemicals and achieves the look you want. Salon owner and trained Brow Specialist, Sam Beatty, talks to us about Hello Henna Brows.**

## **So, what exactly are Henna Brows?**

Henna brows are a new alternative to more traditional tinting methods that have been developed to give clients an alternative option when considering their brow needs.

## **What is the henna?**

Hello Henna Brows use entirely plant based ingredients making it a safe and gentle dying process, in fact it's an entirely vegan and organic product! The plant base makes it a perfect treatment for people with sensitive skin or who may be allergic to the hydrogen peroxide or ammonia that is normally found in the more traditional dyes. It's a great alternative for those looking for a more natural treatment that avoids putting chemicals on to their skin (the dye is only mixed with water).

## **Will it achieve the right look for me?**

Everyone has different ideas of how they want their brows to look which is why we stock five different colour shades to find the right style for each of our clients. The way in which the dye is applied can be varied

to help achieve the look you are wanting. For example, it's painted on and patted in to skin until it dries, so it can be patted on lighter at the bulb of the brows, make it denser in the middle and stronger at the tail to give an ombre look. As with most things that we offer here at Beauty at the Gate, it can be completely tailored to you.

## **How long does it last?**

Unlike traditional tints that might only last a day or two on the skin, Hello Henna will usually last up to two weeks on the skin, with the tint to the hair lasting up to four weeks.

## **Why should I not just tint my brows or go for microblading?**

I would say that Hello Henna bridges the gap between these other popular treatments. Henna provides a stronger colour than a more traditional tint as it grips the hairs in your brow better than the chemical based tinting options. It also grips the skin as well as the hair to give a bolder, more defined look than you might expect from microblading.

## **How long does it take?**

The Henna dye does take a little longer to develop than the chemical based dyes, needing to stay on your skin for around 15-20 minutes, but the whole treatment is usually done within half an hour and can be combined with an eyebrow shape afterwards.

## **I had a Henna tattoo on holiday once and it turned my skin orange, is this the same thing?!**

Absolutely not, it will simply fade from your skin! Our henna dye is ethically sourced for India. It's an organic, vegan friendly product which has been tested extensively by Hello Henna, who are one of the leading specialist in the country for this treatment.

## **Ok, you've got us all wanting to say hello to henna, how do we book?**

You can either book online or call the salon on (01472) 258999 or visit us of Facebook or Instagram and pop us a message. Everyone but Mollie is now trained in Hello Henna Brows so if you would like a particular therapist please just ask.

Please bear in mind, as with any form of tinting, we do require a tint test just to make sure you aren't allergic to any of the ingredients.





#MyBATG

Let's  
get social

#MyBATG

## Share your #myBATG pictures with us and win!

It's always fantastic to see our clients loving the time they spend here at Beauty and Man at The Gate, it makes everything we do worthwhile, and now we want to give you a little something extra for getting in on the act online!

Simply connect with us socially on either Facebook or Instagram and share your pictures with the hashtag #myBATG to show us how you are enjoying the Salon.

We want to see it all, relaxing while you wait, your own before and after pictures, your freshly painted nails, your glowing skin after a facial, you looking super chilled after a massage, basically anything and everything you can think of connected to the salon.

And it doesn't need to be right here in the building, maybe you want to show us your amazing skincare collection or the results of one of our aesthetic treatments. Basically, anything goes as long as you include #myBATG.

And of course we want to reward your efforts. Everyone who posts using the hashtag will be entered in to a draw to win some fantastic prizes, it might be a treatment here at The Gate or some lovely goodies for you to use in your own home.

We will also have a #myBATG hall of fame where the best pictures will be displayed right here at The Gate.

So, get creative, get tagging and get winning...we can't wait to see what you come up with!



Instagram @beautyatthegate

@manatthegate



Facebook Search Beauty at The Gate







# Smear for a smile

Throughout May and June we gave women across Lincolnshire the opportunity to come in to the salon for a free massage or facial. What did they have to do in return? Simply go along to their surgery and have their smear test.

Now many ladies may cross their legs at the mere mention of the word, but there is no denying that this simple test saves lives. According to Jo's Cervical Cancer Trust, a whopping 83% of deaths from cervical cancer could be prevented if all eligible women attended their screening. Sounds like a no brainer doesn't it? But the sad fact is that one in four women do not attend these potentially lifesaving appointments.

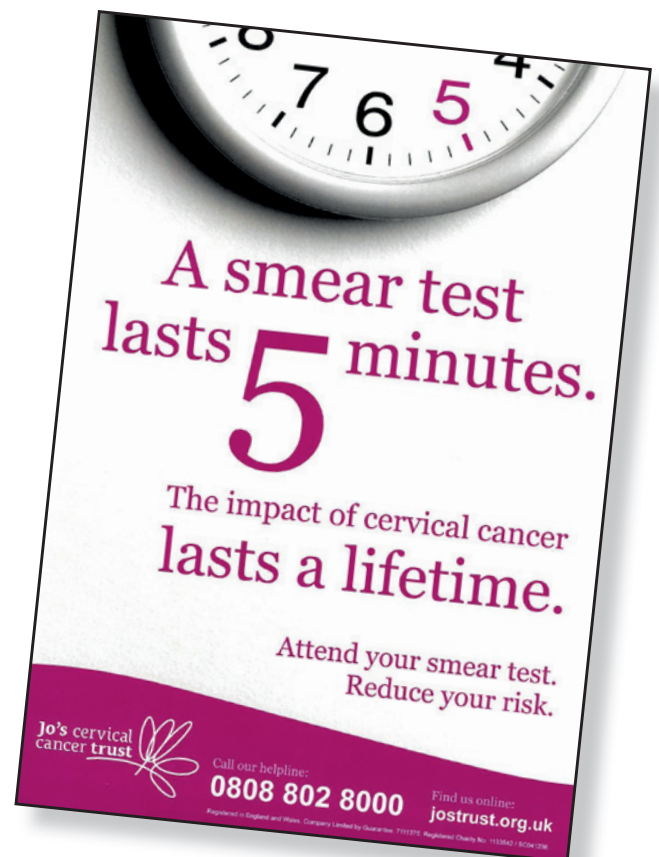
Jo's trust found 81% of women delayed or didn't go for their cervical screening due to embarrassment, 71% said they felt scared at the prospect of going, while 75% said the screening make them feel vulnerable.

We understand, a smear test isn't going to be the highlight of anyone's day, but it's a lifesaving appointment that every woman should keep in their diary so we wanted to do our bit to help.

Having seen another salon in the UK run a similar offer, we felt that we were in a position to try and encourage as many women as possible to have their screening.

You may remember last year we ran our Fannies for Facials campaign, with over 50 women taking up the offer, but more importantly having their test. We wanted to up our game this year so gave women the option of either a facial or a massage to help encourage those who might not have been so keen to go along and attend their screening.

We were overwhelmed with your support, with over 12,000 people engaging with the campaign on Facebook and 67 women coming in to the salon for their free treatments. That's 67 women who have placed their health first and got checked.



**Please don't let fear or embarrassment put you off, don't be too busy, don't worry about what the nurse thinks, she has seen it all before. Please book your smear tests.**

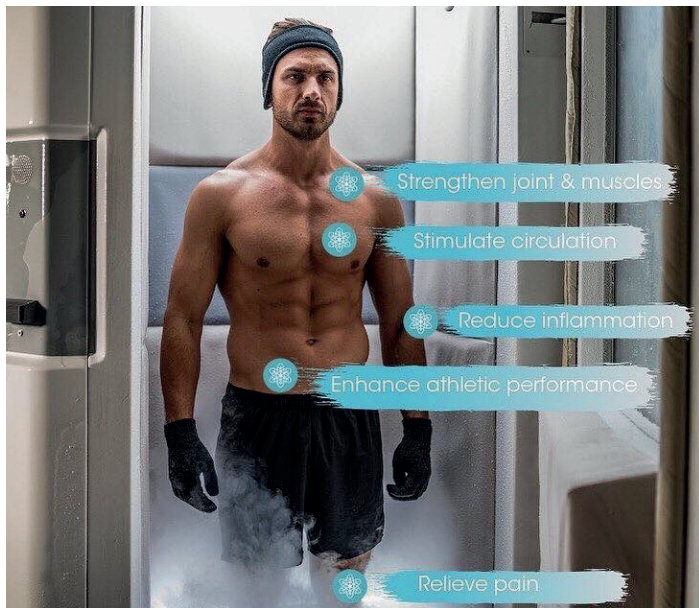


Here at Beauty at the Gate we are always pushing the boundaries to bring you the latest and best treatments on the market. Putting your trust in us to always be at the forefront of both beauty and health means we have developed a reputation for offering far more than your standard salon. We are able to bring you cutting edge innovations, offering the most advanced technology to support your wellbeing and this latest arrival here at the Gate is nothing short of revolutionary.

Welcome to the future of anti-ageing and rehabilitation with Cryotherapy.

### The big chill - What is Cryotherapy?

Literally meaning 'cold therapy', Cryotherapy is a technique where the body is exposed to extremely cold temperatures with the treatment once reserved for sporting champions and Hollywood film stars (Ronaldo, Usain Bolt, Daniel Craig and Jennifer Aniston are all cryo fans) now available right here in North East Lincolnshire. At its heart, Cryotherapy is the science of exposing the body to sub-zero temperatures in order to stimulate both physical and mental health benefits. Whole body cryotherapy (WBC) is a three minute treatment that exposes the entire body to extreme temperatures as low as  $-140^{\circ}\text{C}$  in order to promote recovery, performance, wellness, beauty, and weight loss benefits.



### Science fiction? No, it's science fact.

The extreme temperature reduces inflammation in the body by boosting an anti-inflammatory chemical called norepinephrine. Cryotherapy also boosts blood circulation throughout the body which results in a higher metabolic and caloric burn rate. The treatment also increases the level of endorphins which can elevate mood and reduce stress.

And of course the treatment offers a host of beauty benefits too; Cryotherapy increases collagen production, which in turn tightens the skin, and brings forth a youthful glow.

With such a long list of benefits, Cryotherapy is a fast and healthy process that accelerates the body's natural recovery while improving overall wellbeing and energising the body, getting you the results you want.







**Emma Hyndman**

**Why °CRYO Arctic?**

Whenever we introduce a new treatment, rest assured we always do our research to bring you the very best technology on offer. We are only interested in working with brands that embody the same values as us, always putting the client experience at the heart of everything we do.

The °CRYO Arctic is designed to deliver the easiest, safest, and most effective whole-body cryotherapy treatments in the industry. It is the coldest and most effective cold body chamber on the market making it a perfect fit for us.

Safety is always of course paramount, which is why the safety of the chamber was a key consideration. With °CRYO Arctic you never come in to contact with the nitrogen that is used to lower the temperature, it is filtered out through the system meaning you will only ever be breathing air while in the chamber.

Reaching temperatures of -140°C / -220°F, the °CRYO Arctic is the only machine on the market that accurately measures the chamber's temperature, giving you optimum results from your treatments.



**Actor and Producer Kevin Hart after a °CRYO Arctic treatment**

**Rapid recovery**

- Speed up injury recovery process.
- Releases neurotransmitter reducing pain sensitivity.
- Boosts flow of nutrient-rich blood.
- Cool your pain
- Anti-inflammatory effect of the chamber targets pain associated with medical conditions such as arthritis and fibromyalgia.
- Supercharge your performance & fitness
- Train harder, longer, and recover quicker
- Oxygen is pushed through the body to reduce inflammation, relieve pain and recover muscles.
- Freeze and rewind the clock | beauty & anti aging
- Reducing the signs of aging such as wrinkles and fine lines, tightening the skin and reducing cellulite.
- Stimulates collagen production in deeper layers resulting in a smoother, firmer and more youthful look.
- Boost your health & wellness
- Battle insomnia inducing deeper sleep.
- Reduces stress and anxiety, and improve the immune system and organ function.
- Weight Loss
- Promotes natural loss of weight through stimulation of blood flow, boosting delivery of oxygenated blood, leading to increased metabolic rate.



**Professional Boxer Josh Warrington**



**BREATHABLE AIR VAPOURS**



**°CRYO SCIENCE**





**Holly's House is a small independent handmade candle company based in North East Lincolnshire, solely run by Holly Smith. All of her candles are hand crafted using clean burning soy wax, cotton core wicks and carefully selected fragrances to bring you a little something extra for your home. We caught up with Holly to find out all about how she got started with Holly's House.**

**Tell us about Holly's House, and how you started the business.**

It actually began in part by accident when, eight years ago my puppy broke her leg and it ended up costing me a fortune in vets bills. This ate my Christmas savings which meant I couldn't afford to buy presents, so I made candles. Everyone loved them so on New Year's Eve I started a Facebook page. Then about three years ago I rebranded and it just exploded.

**Where did your love candles come from?**

I had always spent a fortune on candles for myself and the science behind how they are made intrigued me. I did some research, experimented for a while and once I made a few realised I was actually quite good at it. . If you're creative with the marketing and branding and social media then it all fits in. I was never very academic but I am a creative person you are what you do: it's a lifestyle.

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

I do like Dermalogica facecream, it's my guilty pleasure, but generally I believe in the basics, clean your skin well (I use Dove soap), don't wear too much make up and always use sunscreen.

**What is your favourite perfume?**

Jo Malone, again I'm not a big one for products but I always seem to choose the expensive ones!



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

Walking the dogs, I still have the one who broke her leg and started it all!

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

My family. My daughter Nell is ten and she drives everything I do. The whole business is geared around me being at home when I need to, being able to do the school run. It does mean some early mornings and late nights but it's all worth it to be able to have the time with her.

**Where is your favourite holiday destination?**

Thailand. The beaches, the weather, the people, the food. I love everything about it.



**If you could have dinner with any celebrities, which would it be and why?**

Steven Fry. I just find him so intriguing, probably far too intelligent to have a conversation with me but I just find him so interesting!



**Why should people shop local?**

It's all about supporting the local economy, it's what makes the world go round. All my family are self-employed. People look after people. It's also mean you can help others and give them a leg up, it's not what you know, it's who you know.

**What advice would you give to other people looking to start their own business?**

Do your homework. Find out what else is available that is similar in the local area. Find your unique selling point, you can't just copy someone else. Set yourself out from the rest. For example I do a lot of scents that other people don't do. Always be different, a bit quirky. Play to your strengths and don't be afraid to ask for help if you need it.

**What's your favourite treatment at a salon?**

A facial without a shadow of a doubt. I do also have my nails done every few weeks as I like to have my toes painted all year round.

**You will find a small range of Holly's House candles here at Beauty and Man at The Gate. Her full collection can be found online at [www.hollyshouseuk.co.uk](http://www.hollyshouseuk.co.uk)**





**I've never particularly invested in my skin, I've had my ups and downs with it, but on the whole I would say I have what you would call normal skin, if a little sensitive to certain products with the odd breakout now and again. So when I got the opportunity to try the new range of DermaQuest Facials, available exclusively at Beauty at The Gate in North East Lincolnshire, I jumped at the chance.**

After an initial chat about my skin type, we decided on the Sweet Chill treatment. This is the original facial from the range featuring a 3D Stem Cell Mask. Using plant stem cells, skin is retextured, reducing fine lines, wrinkles and enlarged pores leaving it more even, bright and glowing. It's a good all-rounder for those looking to lighten and brighten their skin, leaving it firmer and tighter. It also has anti-aging properties to help prevent any early signs (from the ages of 25+). It helps to rejuvenate dull, tired skin, which as a busy working mum of two small children can only ever be a bonus!

All the facials in the DermaQuest range are what are called non-prep treatment so you can have the treatment on the day without any prior patch test. I started to get slightly panicky when words like Stem Cells and Glycolic Acid were being banded around, concerned about what on earth was going on my face. But I needn't have worried, all the DermaQuest products are plant based. Glycolic Acid is an AHA (Alpha Hydroxy Acid) which derives from Sugarcane and works as an exfoliant on the skin's surface to help retexture. This hydrates the skin and stimulates cell turnover, increases collagen and elastin, while reducing fine lines, wrinkles, photo damage and releases comedones. The solution used in Sweet Chill contains 30% Glycolic Acid, Lactic Acid, Lilac Plant Stem Cell and

Green Leaf Tea Extract. Sounds fancy, still with me?

The Stem Cell mask contains performance ingredients including Papyrus Plant Stem Cell, Liquid Ice, Marine Water MicroAlge and Acemella Oleracea Extract. This powerful mask promotes the skin's own regeneration abilities resulting in a brightened complexion that is deeply nourished. This builds on further hydration and increase in collagen which will in turn soften the skin. Stem Cells work to replenish the skin of vital nutrients to leave it feeling revitalised. So, science lesson over with, time for the treatment.

The Sweet Chill Facial starts with a double cleanse to prepare your skin for treatment. As someone who uses the dreaded make up remover wipes (I have been shown the error of my ways!) I would not say I am a regular cleanser. So once the various cleansing lotions had been applied I'm not sure my skin had ever felt so squeaky clean.

Next comes the Glycolic Acid Resurfacer. I have to admit I was a little apprehensive when I was told I might have some sensation on my face and braced myself as it was gently brushed on to my skin, however I didn't need to worry as when asked to rate the sensation from 1-10 (10 being you can massively feel what's going on on there!) I settled on a 5 with the feeling wearing off within about 30 seconds to only be left with a bit of a tingle just above my eyebrows.

Next up was the Stem Cell 3D mask to smooth, nourish and deeply hydrate the skin. This is where the "chill" part of the facial comes in, I could physically feel the mask as it worked, with a pleasant cooling feeling on my skin.

After the mask came a range of aftercare products. First the Advanced B5 Serum containing 40% Hyaluronic Acid, then the Stem Cell Rebuilding Complex to repair the skin post treatment. Finally a layer of sunscreen was applied using SheerZinc SPF 30 for added environmental protection.

So the results. My skin felt amazing, like brand new! I was somewhat red directly following the treatment, I think my skin was probably shocked at getting more attention in 45 minutes than I had probably shown it in the last year. But the

following morning, the results were clear to see. My skin physically felt smoother and tighter, which I'm not going to lie, I didn't think was actually possible. Every time I walked past a mirror or window I took a sneaky glance as I couldn't get over how fresh faced I looked. I often end up applying copious amounts of concealer to hide the inevitable dark circles under my eyes that come with two kids, but even these looked like I was getting my full 8 hours a night. Other mums in the playground even commented on how well I looked ("thanks, I've had a facial don't you know").

My skin was smoother, brighter, definitely rejuvenated. It's safe to say, my first facial definitely won't be my last.



Beauty at The Gate is the only place in North East Lincolnshire where you will find the Sweet Chill treatment, one of six new DermaQuest Facials available at our Award Winning Salon. Other options include the Sweet Hydrate with Hydrating Gel Mask to help rehydrate dull, sensitive, stressed skin. The Sweet Clear with a DermaClear Mask to help clear oily, congested skin or for those prone to acne. The Sweet Lift with Firming Enzyme Mask for a mini facelift, combating loss of elasticity and the signs of ageing. The Sweet Radiance with Sea Infusion Mask, this is a lightening and brightening treatment, giving an instant glow and is perfect for that special occasion. And finally the Sweet Enhance with Mini Pumpkin Mask for combination skin prone to breakouts to retexture and enhance dull, tired skin.

Facials can also be combined with LightFusion. By combining LightFusion with our results driven facials you can really achieve out of this world results, younger fresher looking skin. LightFusion can be added to any of our DermaQuest facials.

**These brand new innovative facials start from ONLY £50**



# LOVE

## MAKES EVERYTHING PERFECT

Together we'll create the perfect wedding, the one you always imagined.



## Wedding prep at The Gate

**The countdown to your wedding is on and your big day is finally on the calendar. Now's the time to figure out when you need to schedule all those treatments that can help you on your wedding prep journey, along with a million other details to ensure you look your best on the big day.**

Here at Beauty and Man at The Gate we have a whole range of treatments that will help you both get camera ready and have you looking your very best for those all-important photos that will last a lifetime.

Generally we like to meet with couples approximately six to seven months before the big day to give us plenty of time to decide what the best treatment package is for you as some of the courses can run over a period of months. In an initial

consultation we will work with you to discuss your requirements and concerns and agree on the right package to get the results you are looking for within your timeframe and budget.

This will take around 45 minutes which is longer than our normal consultations as we will be discussing a whole range of treatment options as well as any products that you might want to get started with as part of a home care package.

It may seem a bit early to start to think about these things, but as anyone planning a wedding knows, these things take time! Also, some of our more advanced treatments such as the 3D Lipo Cryo Fat Freezing give the best results after a course of treatment spread over a longer period of time.

So sit back and let us take the hassle out of at least one area of your planning with our new bespoke wedding packages, getting you both ready from head to toe for the biggest day of your lives.





### Package 1:

## Wedding Groundwork

*Timescale:* The date is on the calendar, things are falling in to place nicely and it's time to start thinking more about the overall results you want to achieve: two – three months before the wedding.

### Brides

Everything included in "It's Under Control" as well as:

*Months before the wedding:*  
Six DermaQuest Facials every two weeks

*One week before the wedding:*  
Elemis Full Body Scrub and Back Massage OR Elemis Body Treatment or Wrap

**Worth £590.00 – ONLY £450.00**

### Package 2:

## It's Under Control

*Timescale:* It's all getting a bit real now. Everything is coming together and the excitement is building: the week before the wedding.

### Brides

Everything included in "The Countdown Has Begun" as well as:

*Two or three days before:*  
LVL Lashes

*One week before:*  
Final DermaQuest Resurfaced Facial

*Two months before:*  
Three DermaQuest Resurfaced Facials every two weeks

**Worth £421.00 – ONLY £340.00**

### Grooms

Everything included in "The Countdown Has Begun" as well as:

*One week before:*  
Final DermaQuest Resurfaced Facial

*One month before:*  
Eyebrow, Nose & Ear Wax | Back Wax

*Two months before:*  
Three DermaQuest Resurfaced Facials every two weeks

**Worth £378.00 – ONLY £310.00**

### Package 3:

## The Countdown Has Begun

*Timescale:* It's finally here! All that planning has paid off and now it's time to sit back and enjoy those last minute treats to get you to the alter: just before the big day.

### Brides

*The day before:*  
Shellac or Gel Manicure and Pedicure | A lift or dermaplaning facial

*Two or three days before:*  
Full leg wax | Underarms wax | Bikini wax | Eyebrow wax & tint

**Plus a 10% discount on any products purchased**

**Worth £181.50 – ONLY £150.00**

### Grooms

*The day before:*  
Elemis Super Charge Facial | Elemis Deep Tissue Back Massage

*Two or three days before:*  
Manicure | Pedicure | Eyebrow, Nose and Ear Wax

**Plus a 10% discount on any products purchased**

**Worth £148.00 – ONLY £120.00**

**If you know someone getting married why not treat them to one of these packages as a wedding gift, to purchase one of these packages simply call the salon on 01472 289 555.**

## Optional extras As well as the above packages we can also offer:

### 3D Lipo

Using cavitation, duo cryolipolysis, focus fractional radio frequency and 3D-dermology radio frequency, 3D-lipomed offers a complete approach to getting rid of fat and tightening skin. To see the best results from 3D Lipo we recommend starting a course of treatment up to six months before the wedding.

**Cryo 1 area (tummy, chin)**

**Normally £60.00 – ONLY £40.00**

**Cryo 2 area (legs, arms, back fat, hips)**

**Normally £90.00 – ONLY £60.00**

Cavitation large area course of six **normally £460.00** for Brides and **£420.00** for Grooms (does not include the radio frequency skin tightening).

**ONLY £380.00 for Brides and £350.00 for Grooms**

### Elemis Target Tone & Tighten

This body treatment targets cellulite and skin tone on hips thighs abdomen and the back of arms with a deep cleansing, massage sculpting and invigorating scrub. The result is airbrushed skin that feels toned and refreshed.

**60 mins normally £49.00 – ONLY £40.00**



## Like a Hot List of the best products in the salon

### Elemis Frangipani Scrub

Mineral rich salts and hibiscus cleanse and exfoliate, whilst an infusion of exotic Tahitian Monoi Oil and Frangipani Flowers seal in moisture. Skin is left delicately fragranced.



### Vitage Illuminating Tanning Drops

Transform your everyday moisturiser with these highly concentrated, gradual, self tanning drops. Vitage® Illuminating Tanning Drops allows you to create a flawless, even, radiant and natural-looking glow with the added benefits of your every-day face and body moisturiser. Tan takes 2-4 hours to develop. Perfect for use on the face and body.



### Revitalash Advanced

This unique formulation protects against breakage and brittleness to improve flexibility, moisture and shine for dramatic-looking eyelashes. Contains a powerful cosmetic anti-microbial system allowing for repeated use with a single applicator. The innovative brush design provides simple and efficient application of the product, the ingredients of which having been rigorously tested with excellent safety profiles. Daily use provides instantaneous benefits.

### Medik8 Daily Radiance Vitamin C SPF 30

Rejuvenate skin with Daily Radiance Vitamin C. This vitamin C cream is hydrating and has a light, cashmere texture. Absorbing easily into the skin, it provides potent antioxidant protection plus a broad spectrum SPF 30. This nourishing vitamin C cream smoothes existing fine lines and wrinkles with its collagen increasing properties. Containing hyaluronic acid and glycerin to keep the skin hydrated, skin is left radiant with an even complexion.



### Brush on Block

Fast, effective UV protection. Brush on Block® was specifically created for everyday use as even in winter the skin can be damaged by UV rays. It can be applied all over the body and is suitable for even the most sensitive of skins. Incredibly easy to re-apply and store. No fuss, no discomfort, just great protection.



# SHOP LOCAL AT THE GATE



Always looking to give our clients something more and enhance your visits to us here at the Salon, we are trying something new: Shop Local at The Gate. We are offering local businesses the opportunity to hold a pop up shop here at The Gate to showcase local talent and products while giving you that little extra shopping opportunity.

Choosing to shop with a local businesses instead of the larger chain stores means you are supporting the local economy as well as helping independent business in the area.

Our first featured business at the Salon will be Home by Me, run by Rachael Astbury. Home by Me offers a range of beautiful handpicked gifts for you and your home.

Rachael lives in Holton-Le-Clay with her husband and two Labradors Bailey and Marley. She set up her online business due to always struggling to find the time to go out and search for anything for her home.

Rachael says; "Having a nice home is always important to me especially with affordable key pieces such as a heart on your wall to make a statement or a nice jug with some gorgeous bright flowers in. I have often helped friends and family to design their own homes and that's where the idea came from to set up Home by Me."

Rachel will be holding her Pop-Up stall in the salon on Saturday September the 7th, pop along to say hello and look at the wonderful products she makes. You can see more from Home by Me online at [www.homebyme.uk.com](http://www.homebyme.uk.com).

Also coming soon to the salon are a range of candles from the wonderful Holly Smith of Holly's House, watch out on social media for more info on dates.

As well as the pop up shop we hope to stock a range of items from local independent suppliers to give you the chance to pick up those little extras, gifts of maybe just a treat for yourself all while supporting other independent businesses in the area. We are also looking for artwork from local artists to display within the salon which clients may like to purchase.



**Would you like to see your products or artwork featured here in the Salon as part of Shop Local at the Gate?**

**If you would like the opportunity to hold a pop up shop here at The Gate please get in touch!**

shop local  
**AT THE GATE**





**There are some things we all just find it a little bit tricky to talk about. We get it, no-one likes to be embarrassed. Women feel shame about issues that they cannot control, but some are actually more common than you think. With one in three women in the UK suffering from some form of incontinence maybe it's about time we all started opening up and realising that this isn't something you have to put up with any more.**

We all lead busy lives, juggling our responsibilities, be it work, family or social commitments. So, it can be discouraging and overwhelming for women when biological vaginal challenges disrupt our busy days. Add in to that the stigma that is sometime associated with these conditions and we all just get on with it and cope the best we can. Well we think you deserve better and you shouldn't have to live with anything you aren't happy with which is why we have introduced 3D-Vjuve here at Beauty at The Gate.

Life events such as childbirth, weight fluctuation and hormonal changes (often due to menopause) may overstretch and damage vaginal tissue and the pelvic floor as well as alter the tone of the vaginal wall. These changes can lead to urinary incontinence, vaginal atrophy, dryness and cause recurring infections all of which have a potential effect on your quality of life and self-confidence. Any women suffering from these indications would benefit from the 3D-Vjuve treatment.

So what is it all about? Here comes the science part. The 3D-Vjuve CO2 laser delivers superficial energy into vaginal skin which creates tiny dots of damaged tissue on the mucosal tissue inside the vaginal canal. Sounds fancy doesn't it? But basically the resulting bodily response

stimulates new collagen production improving the thickness of the vaginal lining. The result is a significant reduction in symptoms, improved control of urination and long term continence in addition to vaginal tightening. 3D-Vjuve offers total vaginal rejuvenation so as well as the vaginal wall/cavity, we can also treat the outside labia.

To carry out your treatment, a probe is inserted into the vagina, which will deliver the energy, during which you will feel a slight warming sensation, the probe is then slowly and carefully pulled out, delivering the energy at different depths of the vaginal wall. This process is then repeated three times.



**3D Vjuve**  
Vaginal Rejuvenation

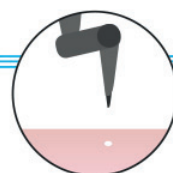
**"In the rapidly evolving market of Vaginal Rejuvenation, fractional resurfacing using CO<sub>2</sub> laser remains the gold standard in treatment choice in terms of safety, patient comfort and efficacy. The remarkable results offered to patients who undergo this quick clinic-based treatment proves to be rewarding for the practitioner, and life-changing for the patient."**

**Dr Kannan Athreya**  
3D-Vjuve Brand Ambassador

## 3D-Vjuve

Vaginal Rejuvenation

**Advanced** technology at an **affordable** price...



**1**  
Fractional CO<sub>2</sub> laser for vaginal tightening

**2**  
Fractional CO<sub>2</sub> laser for vulva and facial skin rejuvenation

**3**  
CO<sub>2</sub> micro applicator for minor skin lesions



3D-Vjuve can help tighten, decrease dryness and decrease or eliminate stress incontinence (like from running, sneezing, coughing). This non-invasive treatment can help women have better sex, play sports and live their lives again without having to constantly geotarget a bathroom. Any there is no need to worry as it is pain free and there is no down time associated with the 3D-Vjuve meaning you can carry on with your day as soon as the appointment (usually lasting around 30 minutes) is over.



Wave bye bye to pads

3D-VJUVE  
VAGINAL  
REJUVENATION



It is fast acting too, results are noticeable both internally and externally from approximately two weeks following your first treatment. Results will be improved throughout the course of treatments, with three sessions typically recommended.



Discover the joy of your first time **all over again...**

3D-Vjuve  
Vaginal Rejuvenation




**One woman who is not embarrassed to talk about incontinence is Real Housewives of Cheshire star Tanya Bardsley who is blowing the lid off this hush hush topic.**

The reality star and mum of four, who appeared on ITV's Loose Women last year admits that since giving birth she has experienced problems with running, jumping and even horse riding.

Last year Tanya - who has been on the show since it began in 2015 - couldn't deal with the problem anymore and contacted 3D-Lipo about their new vaginal rejuvenation machine, the 3D-Vjuve.

Tanya has found a new lease of life since her treatment.

Tanya said: "This machine is a god send. I really wanted to have the procedure as I have had four children and every time I laughed, coughed, sneezed or ran, I would wee myself a little bit. The final straw came when I took my youngest to a trampoline party and I had to leave as I weed myself so bad it was down to my knees. I was mortified."

She added: "The procedure has been life-changing for me and I would like ladies to know there is a treatment out there for them and they no longer have to suffer in silence."

**We will be offering these life changing treatments at Aesthetics at the Gate from September, keep an eye out on Social Media for more info and launch dates.**



# Beauty at the Gate Price List

## Facial Treatments

<b>BATG Facials</b> 90 mins including consultation	
The Facial .....	<b>£70.00</b>
<b>Dermatude</b> 40 mins including consultation	
Skin Needling Facial.....	<b>£55.00</b>
<b>Medik8</b>	
Prescriptive Facial.....	<b>£49.00</b>
Prescriptive Chemical Peel.....	<b>£64.00</b>
up to 40 mins including consultation	
LightFusion Addition .....	<b>£15.00</b>

## Vitage/LightFusion Anti-Oxidant

<b>Facials</b> 30 - 70 mins including consultation	
LightFusion Bespoke Facial.....	<b>£30.00</b>
Vitage Bespoke Facial.....	<b>£40.00</b>
SkinFusion Bespoke Facial.....	<b>£55.00</b>

## A-Lift 50 to 90 mins including consultation

Angelic Ritual.....	<b>£49.00</b>
Pure Zenergise .....	<b>£59.00</b>
Youthful Enlightenment.....	<b>£59.00</b>
Divine Indulgence .....	<b>£69.00</b>

## Elemis Biotech 60 mins including consultation

Line Eraser .....	<b>£54.00</b>
Firm-A-Lift.....	<b>£54.00</b>
Anti-Pigmentation.....	<b>£54.00</b>
Skin Resurfacer .....	<b>£54.00</b>
Radiance Renew .....	<b>£54.00</b>
Blemish Control.....	<b>£54.00</b>
Sensitive Skin.....	<b>£54.00</b>

## Elemis Touch Facials

60 mins including consultation	
Superfood Pro-Radiance .....	<b>£42.00</b>
Anti-Blemish & Cam.....	<b>£42.00</b>
Sensitive Skin Soother .....	<b>£42.00</b>
Pro-Collagen Age Defy .....	<b>£42.00</b>
Dynamic Resurfacer .....	<b>£42.00</b>
LightFusion Addition .....	<b>£15.00</b>

## Dermalux LED PhotoTherapy

Single Session.....	<b>£30.00</b>
Addition to any Facial.....	<b>£20.00</b>

## DermaQuest

Bespoke Facial 40 mins.....	<b>£50.00</b>
With light therapy 50 mins.....	<b>£60.00</b>

## Laser Hair Removal

	<i>Cost per Session</i>
Consultation 30mins .....	<b>£20.00</b>
(Redeemable against treatment)	
Chin .....	<b>£37.50</b>
Upper Lip .....	<b>£37.50</b>
Sideburns.....	<b>£37.50</b>
Neck .....	<b>£37.50</b>
Underarms.....	<b>£55.00</b>
½ Arm .....	<b>£55.00</b>
Full Arm .....	<b>£90.00</b>
Lower ½ Leg.....	<b>£90.00</b>
Upper ½ Leg .....	<b>£100.00</b>
Full Leg.....	<b>£150.00</b>
Bikini .....	<b>£55.00</b>
Californian .....	<b>£65.00</b>
G-String .....	<b>£75.00</b>
Hollywood/Brazilian.....	<b>£90.00</b>

Book and pay for a course of 6 Sessions, Pay for ONLY 5 - Book more than 1 area 20% discount

## Laser Tattoo Removal

	<i>Cost per Session</i>
Consultation 30mins .....	<b>£20.00</b>
(Redeemable against treatment)	
Small Area .....	<b>£45.00</b>
Medium Area.....	<b>£70.00</b>
Large Area.....	<b>£90.00</b>

Book and pay for a course of 6 Sessions, Pay for ONLY 5

## 3D-Lipo Treatments

	<i>Cost per Session</i>
Cavitation Medium Area.....	<b>£55.00</b>
Cavitation Large Area .....	<b>£80.00</b>
Cryolipolysis Single Area .....	<b>£60.00</b>
Cryolipolysis 2 Areas .....	<b>£90.00</b>
Radiofrequency.....	<b>£55.00</b>
Dermology.....	<b>£55.00</b>

## The Clinic

Consultation 30mins .....	<b>£25.00</b>
(Redeemable against treatment)	

## Sports/Therapeutic Massage

45 mins.....	<b>£35.00</b>
60 mins .....	<b>£45.00</b>
75 mins.....	<b>£55.00</b>
90 mins .....	<b>£65.00</b>

## Arctic Chamber Cryo-Therapy

Beginner Session .....	<b>£35.00</b>
Intermediate .....	<b>£40.00</b>
Advanced .....	<b>£45.00</b>

## Jennifer Young Beauty Despite Cancer Treatments

Glowing Facial.....	<b>£39.00</b>
Indulgent Massage 30 mins .....	<b>£30.00</b>
Indulgent Massage 60 mins.....	<b>£40.00</b>
Balanced Body & Mind 60 mins.....	<b>£40.00</b>
Top to Toe 90 mins.....	<b>£75.00</b>

## Massage, Body & Holistic Treatments

Elemis Deep Tissue Massage 30 mins .....	<b>£30.00</b>
Elemis Deep Tissue Massage 60 mins .....	<b>£42.50</b>
Deeper than Deep Hot Stone Massage 30 mins .....	<b>£30.00</b>
Deeper than Deep Hot Stone Massage 60 mins .....	<b>£42.50</b>
Elemis Intense Cleansing Salt Scrub 30 mins .....	<b>£39.00</b>
Elemis Body Nectar Nourishing Wrap 60 mins .....	<b>£49.00</b>
Elemis Hot Mineral Body Boost 60 mins .....	<b>£49.00</b>
Elemis Targeted Toning Tightener 60 mins .....	<b>£49.00</b>
Elemis Garden of England Rose Restore 60 mins .....	<b>£49.00</b>
Elemis Power Poultis 60 mins.....	<b>£49.00</b>
Elemis Thousand Flower Detox Wrap 60 mins .....	<b>£49.00</b>

Book a Body & Massage Treatment together for 25% off

Pregnancy Massage 75 mins.....	<b>£55.00</b>
Swedish Massage 30 mins .....	<b>£30.00</b>
Swedish Massage 60 mins.....	<b>£42.50</b>
Aromatherapy Massage 60 mins.....	<b>£42.50</b>
Reflexology 60 mins.....	<b>£40.00</b>
Indian Head Massage 30 mins.....	<b>£30.00</b>
Hopi Ear Candling 30 mins .....	<b>£30.00</b>

## Lycon Precision Strip/Hot Waxing

Chin Hot Wax.....	<b>£10.00</b>
Upper Lip Hot Wax.....	<b>£10.00</b>
Upper Lip & Chin Hot Wax.....	<b>£15.00</b>
Eyebrows HD Cream Wax.....	<b>£15.00</b>
Upper Lip, Eyebrows & Chin Hot Wax & HD Cream Wax.....	<b>£25.00</b>
½ Arm Strip Wax.....	<b>£17.00</b>
Full Arm Strip Wax.....	<b>£22.00</b>
Lower ½ Leg Strip Wax .....	<b>£19.00</b>
Upper Half Strip Wax.....	<b>£22.00</b>
Full Leg Strip Wax.....	<b>£28.00</b>
Bikini Hot Wax.....	<b>£15.00</b>
Full Leg & Bikini Hot & Strip Wax .....	<b>£32.50</b>
Californian Hot Wax .....	<b>£22.50</b>
G-String Hot Wax.....	<b>£27.00</b>
Hollywood/Brazilian Hot Wax.....	<b>£36.00</b>

## Electrolysis

15 mins Session.....	<b>£30.00</b>
30 mins Session .....	<b>£40.00</b>
45 mins Session .....	<b>£50.00</b>
60 mins Session.....	<b>£60.00</b>

## Brow And Lash Treatments

HD Brows .....	<b>£27.50</b>
Henna Brows.....	<b>£27.50</b>
LVL Lashes.....	<b>£37.50</b>
Brow Tint.....	<b>£10.00</b>
Eyelash Tint.....	<b>£15.00</b>
Brow & Lash Tint.....	<b>£20.00</b>

## The Room at the Gate Nail Treatments

Gel Manicure .....	<b>£29.00</b>
Gel Pedicure .....	<b>£33.00</b>
Shellac Manicure .....	<b>£25.00</b>
Shellac Pedicure .....	<b>£29.00</b>
Zoya Organic Manicure .....	<b>£25.00</b>
Zoya Organic Pedicure .....	<b>£29.00</b>
Jessica Manicure.....	<b>£25.00</b>
Jessica Pedicure.....	<b>£29.00</b>
File & Polish.....	<b>£15.00</b>
Shellac Removal (Ours Only) .....	<b>£9.00</b>
Gel Removal (Ours Only) .....	<b>£12.00</b>
Removal with Re-Application.....	<b>£6.50</b>
French Polish .....	<b>£6.50</b>
Effects/Glitter up to 2 nails.....	<b>£3.50</b>
Effects/Glitter more than 2 nails ..	<b>£6.50</b>
Nail Art from.....	<b>£5.00</b>
Repairs from .....	<b>£5.00</b>
IBX Initial Treatment.....	<b>£19.00</b>
IBX Maintenance .....	<b>£14.00</b>

# Man at the Gate Price List

## Facial Treatments

### Medik8

Prescriptive Facial.....**£49.00**  
*60 mins including consultation*

Prescriptive Chemical Peel.....**£64.00**  
*up to 40 mins including consultation*

LightFusion Addition.....**£15.00**

### Vitage/LightFusion Anti-Oxidant Facials

*30 - 70 mins including consultation*

LightFusion Bespoke Facial.....**£30.00**

Vitage Bespoke Facial.....**£40.00**

SkinFusion Bespoke Facial.....**£55.00**

### Elemis Biotec – 60 mins

Supercharge.....**£54.00**

### Elemis Touch Facial – 60 mins

High Performance.....**£42.00**

### Dermalux LED PhotoTherapy

Single Session.....**£30.00**

Addition to any Facial.....**£20.00**

## Laser Hair Removal

*Cost per Session*

Consultation 30mins.....**£20.00**  
*(Redeemable against treatment)*

Neck.....**£45.00**

Chest.....**£70.00**

Lower ½ Leg.....**£90.00**

Upper ½ Leg.....**£100.00**

Full Leg.....**£150.00**

½ Back.....**£70.00**

Full Back.....**£120.00**

Torso.....**£120.00**

Book and pay for a course of 6 Sessions,  
Pay for ONLY 5..... - Book more than 1 area  
20% discount

## 3D-Lipo Treatments

*Cost per Session*

Cavitation Belly Buster.....**£70.00**

## Laser Tattoo Removal

*Cost per Session*

Consultation 30mins.....**£20.00**  
*(Redeemable against treatment)*

Small Area.....**£45.00**

Medium Area.....**£70.00**

Large Area.....**£90.00**

Book and pay for a course of 6 Sessions,  
Pay for ONLY 5

## The Clinic

Consultation 30mins.....**£25.00**  
*(Redeemable against treatment)*

### Sports/Therapeutic Massage

45 mins.....**£35.00**

60 mins.....**£45.00**

75 mins.....**£55.00**

90 mins.....**£65.00**

### Arctic Chamber Cryo-Therapy

Beginner Session.....**£35.00**

Intermediate.....**£40.00**

Advanced.....**£45.00**

## Massage, Body & Holistic Treatments

Elemis Deep Tissue Massage  
30 mins.....**£30.00**

Elemis Deep Tissue Massage  
60 mins.....**£42.50**

Deeper than Deep Hot Stone Massage  
30 mins.....**£30.00**

Deeper than Deep Hot Stone Massage  
60 mins.....**£42.50**

Swedish Massage 30 mins.....**£30.00**

Swedish Massage 60 mins.....**£42.50**

Aromatherapy Massage 60 mins.....**£42.50**

Reflexology 60 mins.....**£40.00**

Indian Head Massage.....**£30.00**

Hopi Ear Candling.....**£30.00**

## Jennifer Young Beauty Despite Cancer Treatments

Glowing Facial.....**£39.00**

Indulgent Massage 30 mins.....**£30.00**

Indulgent Massage 60 mins.....**£45.00**

Balanced Body & Mind 60 mins.....**£45.00**

Top to Toe 90 mins.....**£75.00**

## Lycan Precision Strip/Hot Waxing

Ears Hot Wax.....**£10.00**

Nostrils Hot Wax.....**£10.00**

Ears & Nostrils Hot Wax.....**£15.00**

Eyebrows HD Cream Wax.....**£15.00**

Ears, Nostrils & Eyebrows

Hot Wax & HD Cream Wax.....**£22.00**

½ Back Strip Wax.....**£27.50**

Chest Strip Wax.....**£27.50**

Full Back Strip Wax.....**£37.50**

Torso Strip Wax.....**£37.50**

## Brow And Lash Treatments

HD Brows.....**£25.00**

LVL Lashes.....**£40.00**

Brow Tint.....**£10.00**

Eyelash Tint.....**£15.00**

Brow & Lash Tint.....**£20.00**

## Nail Treatments

Luxury Manicure.....**£18.00**

Luxury Pedicure.....**£24.00**





# Beauty at Gate<sup>The</sup>

## Exclusive VIP skincare membership

- 1 Free 45 minute facial including consultation
- Exclusive VIP Membership Card
- Free Skincare Information Pack & Samples
- Exclusive News & Offers
- 10% off ALL Retail Products for 12 months
- 10% off ALL Facials for 12 months



**ONLY £49.95**

Beauty at Gate

The Room at Gate

Man at the Gate

### Opening Hours

**Monday - Friday** 9:15am – 8:45pm

**Saturday** 9:15am – 5:00pm

**Sunday** 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

