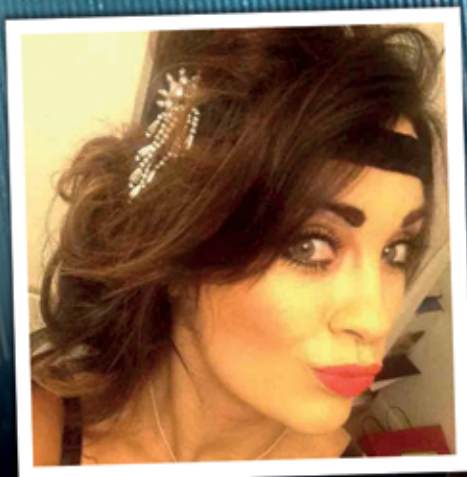


# Beauty

## at the gate



**Visit Cleethorpes  
Ambassador  
Sophie Wignall  
Tells All!**

**The Power  
of Vitamin A &  
Aromatherapy!**

**Get the  
Michelle Keegan  
Look with LVL Lashes**

BABTAC & CIBTAC  
**2016 AWARDS**  
*Finalist*

**Another Big  
Awards Night  
in London for BATG**



**The Hidden Dangers of  
Acrylics & Nail Bars**

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

*We were absolutely delighted to have been told recently that we were in the finals for 2 more National Awards. The British Association of Beauty Therapy and Cosmetology are the largest professional body within our industry, they provide insurance and training for 1000's of salons and therapists across the UK.*

*We are in the finals for Best UK Salon and Social Media Marketing. It's pleasing that the marketing side has been recognized as it does form an important part of the salon and the way we run the business. We already knew we were in the semifinals but had to wait until after a mystery shop to find out we had made the finals. Once again it was our Keeley who had the mystery shop and once again she did us proud by providing a treatment worthy of making the final 6. Mollie also played a big part on the day, meeting and greeting and taking care of the judge.*

*The standard of the finalists is extremely high, we already know one of them Hazelwood Beauty who were actually in our category for the Professional Beauty Awards. You can read more about the finalists in this issue. The awards night takes place on Sunday the 12th of June, unfortunately as it was such short notice between the announcement of the finalists and the awards night itself it isn't possible for us all to go so just myself and Sam will make the journey down.*

*Its been extremely busy in the salon over the last few weeks and we are getting booked up now approx. 4 weeks in advance so we do advise everyone to book in as early as possible. We are looking at options to try and bring this down and are still looking to take on more therapists and we will have some very exciting expansion news over the coming months.*

*Last month saw Megan leave to go on maternity leave, she had only been gone just over a week before she was taking into hospital to give birth to little Harriet.*

*Some of our clients are now really starting to see the benefits of their 3D lipo treatments with some fantastic inch loss results. I myself have even seen the benefits that 3D Lipo can bring losing 2 waist sizes after 5 Cavitation treatments. From next month we will have 5 3D Lipo trained girls at the salon so we will have more availability for 3D courses.*

*Inside this months issue we look at LVL lashes, the dangers of going to speed nail bars and what acrylics can do to your long term nail health along with a spotlight on Sophie Wignall a driving force behind Visit Cleethorpes.*

*Paul Beatty*



# Aromatherapy Massage

**One of the most important aspects of creating a warm, relaxing environment for beauty treatments is the fragrance. Having the right scents not only in the room but in the products themselves can be calming, helping you to unwind and thoroughly enjoy your experience.**

The 6th to 12th June is Aromatherapy Week, established by the International Federation of Aromatherapists (IFA) to raise awareness of aromatherapy and its natural ability to improve wellbeing. Aromatherapy is the use of aromatic and essential oils for healing, creating soothing combinations of fragrance to ease stress and tensions within the mind and body. It has been used throughout history, from the ancient Egyptians to Chemists in the early 20th century, which was when the name aromatherapy was introduced.

There are many essential oils, each a highly concentrated natural plant extract with their own individual healing properties. Whilst some people prefer to inhale the scents, allowing the fragrance to move around the body, aromatic oils can also be massaged into the skin and absorbed through the body.

This is why, when you have a massage, you are offered a selection of oils, so you can pick the product which will be most suited to your needs. For example, Elemis' range of massage treatments allows you to choose between formulas specially created for stress release, tension release, relaxation or detox.

To free tension in muscles and stressed joints, try Muscle Melt with Elemis' Musclease body oil. Its key ingredients are Rosemary Leaf Oil, which is stimulating, invigorating and rich in antioxidants, Maritime Pine, which improves the overall appearance of skin, and Sea Fennel thanks to its anti-inflammatory qualities. A wonderful massage therapy for those into fitness and with an active lifestyle.

Elemis' Cellutox oil was developed to nourish and detoxify, used within the

Spirit Reviver treatment which is perfect for early morning energising. In addition to Sea Fennel, Lemon Peel Essential Oil is used, which is an uplifting fragrance with anti-septic properties, and Juniper Oil, which is renowned for being cleansing and detoxifying.

One of the most popular oils, particularly here at Beauty at the Gate, is the award-winning Frangipani Monoi. Frangipani is an exotic flower that deep cleanses and rejuvenates, whilst Monoi Oil (from Gardenia) and Coconut Oil make the product deeply moisturising and gives it a super sweet scent. This particular combination is used in the Chakra Balancing massage.

For the ultimate relaxation, try Elemis' De-Stress oil, designed to soothe the mind and melt tension. Of course, Lavender is a key ingredient thanks to its sedative properties and sweet fragrance, but Camomile and Almond Oil are also combined to calm the skin. This is the oil to use before bedtime to unwind and relax the mind.

**It has been suggested that just one massage treatment per week can be as effective as an hour's stretching, and with the added benefits of aromatic oils, you can enjoy your treatment to the fullest, knowing your mind and body is ready to unwind. If you are yet to try an Elemis body massage, Aromatherapy Week is the perfect excuse; give us a call on 01472 289555 to book your treatment.**



Sea Fennel



Rosemary



Lavender



Chamomile



Frangipani

## ELEMIS

### Award-winning body oils





**The British Association of Beauty Therapy & Cosmetology is the leading membership organisation for professionals working in the beauty, hair, holistic and sports therapy industries. BABTAC's objective to raise standards and ensure the on going wellbeing of the beauty industry is reflected in the quality of its members who are all fully verified.**

Established in 1977 by a group of dedicated professionals, BABTAC continues to be governed by a Council of Industry Professionals. The BABTAC & CIBTAC Annual Awards is one of the most prestigious events of the year in the beauty, hair and holistic calendar. Open to over 12 thousand members, the awards see a spectrum of talent showcased each and every year. Known for it's rigorous trade tests and standards of high quality, entering the awards is a must for all therapists/salons looking to progress their career or business.

This year is set to be the biggest and best awards ceremony yet with over 90 finalists hoping to pick up awards spread over 21 categories and will be held in London with a James Bond Theme on June 12th. The venue for the 2016 Awards will be The Hurlingham Club, Putney.

Awards now play an important part of the salon and how we approach things here at BATG. They give us an ideal opportunity to see how we measure against some of the best salons in the UK and to ascertain

whether or not we are going in the right direction in terms of how we see the salon progressing and the type of service and treatments we want to provide.

Professional Beauty and BABTAC are important to us in that they are both judged by Industry experts and involve mystery shops coming to the salon to physically experience what we have to offer. The standard therefore is extremely high and that is why it is so satisfying to do well, it is of course a great night out and experience for those attending.

We have been fortunate to having been selected for the finals in 2 different categories, Best UK Salon (Medium Sized) and Best Social Media Marketing, the latter is really nice as marketing is a very important part of how we run the business.

**The finalists in the Best Salon category with us are:**

#### **Aspen Spa**



#### **Hazelwood**



#### **The Beauty Lounge Salcombe**



#### **The Foot Health Clinic**



#### **Victoria Rose Beauty Salon Bristol**





**LVL Lashes has become one of the most popular treatments here at the salon, favoured by those of you who love a full lashed look. LVL enhances your natural lashes to make the most of your natural beauty and really make your eyes pop without the use of extensions or perming. It's a revolutionary natural lash treatment that's taking the beauty industry by storm. Wake up with fantastic looking lashes – LVL adds natural Length, Volume and Lift so you could be saying goodbye to mascara for good!**

Unlike a traditional lash perm, LVL Lashes straightens your natural lashes at the root, lifting the lash and creating the illusion of longer, thicker lashes. Your lashes will be tinted to create the effect of mascara so you're lash perfect as soon as you wake up.

There's no need for harsh chemical which are used in perming or extensions that are attached to the lash with adhesive, both of which can leave you with sparse or damaged lashes. LVL is a truly modern way to enhance your natural lashes safely

without causing lasting damage. Using an innovative technique to gently lift and straighten the lashes, silicone shields are used instead of rods, these are far more comfortable during the treatment and much kinder to your lashes. Another key difference is that the LVL formulation actually straightens the lash rather than curling it, resulting in a superior lift, added volume and longer looking lashes.

The treatment takes just 50 minutes and can last up to 6 weeks - you don't even need to wear mascara with this fantastic lash enhancing treatment.

The results are immediate and after care is minimal, just avoid getting your lashes wet and no steam or heat for 24 hours following treatment, no further maintenance is needed.

All our therapists are trained to the highest level with Nouveau Lashes so you can be safe in the knowledge that you and your lashes are in the best hands possible.

LVL is loved by celebrities and professional make-up artists alike:



*"LVL is one of the quickest ways to brighten and lift your entire face"*

**Lisa Eldridge – Celebrity Make-Up Artist**



Please note a patch tint test is required 48 hours before your appointment. We provide a patch test postal service so you don't have to visit the salon prior to your appointment where time permits.



# Acrylics vs Gels, and the Dangers of Budget Nail Bars

**Over the past few years, the nail industry has continued to grow and grow. British women are said to spend £450 a year on their nails, and for the first time ever, nail polishes are outselling lipsticks. It's a trend that many celebrities are jumping on with the likes of Kate Moss and Rita Ora collaborating with high street brands to create signature colours and lines.**

In fact, nail bars are one of the few business types to increase in branch numbers throughout the recession as many town and city centres across the country saw salons pop up and fill vacant retail spaces. With such a great boom happening, it is important to be aware of the concerns that derive

from 'budget shops' and some of their practices.

A main worry that has caught the attention of the national media is the use of MMA, which was investigated by BBC Inside Out in January 2015. Methyl Methacrylate, or MMA as it is more commonly known, is a strong chemical glue that is banned in the USA but yet is still legal here in the UK. Typically, it is used to repair bone structures in operations such as knee or hip replacements, but some nail bars are using MMA for acrylic nail extensions and overlays as it is considerably cheaper than the safer option, Ethyl Methacrylate (EMA). This is despite the fact that it can cause permanent

damage to the nails and severe allergic reactions.

The report found that one budget shop, which was visited at random, used MMA even though the nail technician stated that it wasn't in their products, and eight out of nine budget shops that were tested in the area were found to be using the chemical. There are concerns that consumers are being misled, or that inexperienced technicians may not be aware of the products they are using.

When it comes to nail treatments, we find that people have a lot of questions about the materials, process and aftercare, so here is a quick guide on the difference between acrylics and, our preference at Beauty at the Gate, gels.



Acrylic nails are the traditional form of extension, and have been popular since the 1970s. They are suited to women who have their hands in water or cleaning products on a regular basis as they are less porous than other overlay materials. The process involves combining liquid acrylic monomers and an acrylic powder to form the substance, which is then moulded to the shape of the nail. This needs to be done quickly as the acrylic begins to harden almost instantly. When applied correctly and carefully, acrylics are long-lasting and durable, however they are known to damage the nail bed, causing nails to become weak and brittle as they are unable to breathe beneath the extension. Applying acrylics does involve more chemicals and fumes (those odours are strong!), and they can look more artificial than other treatments, which is why alternative forms of extensions are becoming more and more popular, such as gels.



Gels are seen as a safer, more gentle alternative to acrylics, and are suitable for most lifestyles and everyday activities. They are a great solution for those who have weaker, more brittle nails too as the nails are able to breathe beneath the extension, allowing them to grow and become stronger. Once the gel has been applied, the technician has more time to perfect the desired shape as the overlay doesn't cure until the fingertips are placed beneath a dedicated UV lamp. And because gel is applied and sealed in thin layers, the result is a strong but flexible nail. Although gels are not as durable as acrylics, they are loved for their natural look and glossy appearance.

To help keep your natural nails in the best possible condition, it is always best to visit an experienced nail technician to ensure that the preparation, application and removal of the extensions is done correctly.

Jemma, Beauty at the Gate's resident nail technician, said: "If the preparation of the nail is done poorly, then that is what can cause damage. Filing is the most important part as this is where you take the layers of the nail down."

Once the overlays have been applied, Jemma recommends using an oil two to three times a day, to wear gloves when doing any washing, gardening or chores, and that nails should always be removed by a professional technician to prevent any further damage – do not pick those nails, however tempting it may be!

"Really, most nails should be replaced every two to three weeks. Most people go about 10 days, but I've seen people leave it for about six weeks, I don't recommend that!"

**Jemma is a qualified nail technician with experience and knowledge in Nail Art, Jessica Manicures, Jessica Pedicures, OPI and Minx, and is a Shellac Master Painter. To book your gels appointment with Jemma, give us a call on 01472 289555.**



# THE POWER OF VITAMIN A ON THE SKIN

**Our skin goes through a lot in a single day, from sun damage and air pollutants to irritants and break outs, and yet it is one of the most significant parts of the body. Taking care of our skin can be simple when we ensure to give it the nutrients and protection it needs, most notably Vitamin A.**

Vitamin A is essential for radiant, youthful looking skin. Also known as retinol, it is the only known molecule that is able to keep our complexion healthy and looking its best whilst providing anti-ageing benefits too. It boosts cell renewal, helps to repair and produce new skin cells, regulates the activity of oil glands and defends against UV damage to the skin – not to mention supports the immune system and your vision.

However, most people do not receive the required daily amount that is needed to protect exposed areas of skin, and this can cause problems that are enhanced by ageing and sun damage. This is why Vitamin A needs to be replenished, and luckily there are two very easy ways to do this – through your diet and in your skincare.

Many healthy foods are rich in Vitamin A and beta-carotene, which is converted into Vitamin A in the body. The NHS suggests that women need 0.6mg of Vitamin A per day, and a handful of Dandelion Greens can give 100% of your daily requirement. A handful of Romaine Lettuce gives 80% of your needed dose, and just one cup of Cantaloupe Melon provides more than enough Vitamin A. Apricots are rich in beta-carotene, and other foods such as Butternut Squash, Spinach, Kale, Carrots and Sweet Potatoes are effective sources of the vitamin.

But, Vitamin A can also be incorporated into your skincare routine to be absorbed directly by the skin; this philosophy has formed the basis of



Environ, whose products have been scientifically developed to use Vitamin A as a key active ingredient.

Environ's AVST range combines Vitamin A with anti-oxidants and Vitamins C and E, creating a full collection of cleansers, toners, gels, oils and moisturisers that are gentle enough to be used daily. These products contain varying levels of vitamins, forming the Environ Step Up System.

This system gradually introduces more vitamins into your skincare routine, from product to product, to help you become more comfortable with the increased amounts. You begin with a lower concentration, labelled with the number one, and move up to the next step when required until you reach the top level. This gradual build will help to improve the overall health and appearance of your skin; Environ say that "once you have reached the top level, your skin should look and feel the best it can be."

Environ has also established a range of facials that follows this science,

which you can experience at Beauty at the Gate. Your therapist will be able to advise on the most suitable treatments and products for you during an initial consultation. BATG client Lisa Crossland from Louth, pictured, had a course of Environ facials along with home care with Vitamin A Based products had amazing results in just a few months.



**ENVIRON.**  
SCIENTIFIC SKINCARE THAT REALLY MAKES A DIFFERENCE. OUTSTANDING RESULTS FOR ALL SKIN TYPES AND ALL AGES

A black and white close-up photograph of a woman's face, focusing on her eyes and nose, with a soft, natural expression. The Environ logo, a stylized orange diamond shape, is positioned above the brand name.





**Sophie Wignall is a busy lady, playing a key role in Visit Cleethorpes and Tourism North East Lincolnshire, helping to grow the local tourism economy and attracting visitors to the area to enjoy, experience and explore the resort. We had a quick chat with Sophie about Cleethorpes' exciting year and her beauty and relaxation favourites.**



### **Tell us a little bit about Visit Cleethorpes.**

Visit Cleethorpes is the champion brand for marketing our area to locals and visitors coming to the area, bringing together all the local hotspots, businesses, entertainment, events, places to stay, visit, eat and drink and shop, and hidden gems. We're currently undertaking work around extending the season and creating an improved night time economy - it's our time to shout about what's great in North East Lincolnshire when they Visit Cleethorpes.

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

I'm so passionate about my job! I love the diversity of my role. I manage the operations at the Grimsby Fishing Heritage Centre, Cleethorpes Discovery Centre, Meridian Showground

and Tourism and Events, and the responsibilities are so varied. From dealing with staff dynamics, business progression and development, to exhibitions, activities, education, events, marketing, social media, and sustainable growth with a dual role to making a difference in the community - and much more! The best part of my job is making North East Lincolnshire a great place to live, work, invest and visit, and working in a fast-paced, challenging and busy environment makes my job even more enjoyable. Days are never quite the same!



### **What are the highlights in the Cleethorpes Calendar for 2016?**

We are thrilled and excited this year. North East Lincolnshire is going places and we're really stamping the area on the map, not just on a local level but on a national and international level too! We are proud to host and celebrate National Armed Forces Day, Cleethorpes Colour Run, the Scooter Rally, Cleethorpes Carnival, DONG Energy Great Grimsby 10k and family fun days in People's Park, as well as Beach Soccer, Cleethorpes Fake Festival, Grimsby Heritage Fayre, Summer Family Fun on the beach, Cleethorpes Rocks, Neon Fun Run and the Cleethorpes Winter Wonderland, to name a few!

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

My Jan Marina skincare products, Chanel mascara and eyeliner, Mac eye shadows and Bobbi Brown lipsticks.

### **What is your favourite perfume?**

Coco Mademoiselle by Chanel and Paco Rabanne, Olympea.



### **What do you like to do to relax?**

Collagen Wave facials for pure relaxation and chill. To switch off and unwind from daily work tasks and manic routine life, I enjoy personal training, cycling and boxing. Badminton is the best anecdote for some relaxation!

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

Socialising with friends and family, and spending quality time with my partner. Oh and a glass of fizz! Followed closely by some form of outdoor activity, walking and cycling.

### **Where is your favourite holiday destination?**

Anywhere hot and exotic! If I had to choose one place it would be Mexico for its scenery, culture, beaches and night life, although I have recently returned from Barcelona and have fallen in love with this city! It had a wide diversity of culture coupled with a beautiful beaches. The food, drink and nightlife was exceptional, and we experienced flamenco dancing too! I will certainly be frequenting Barcelona for a long weekend city break more often!



**We are proud of our resort and we're sure you'll agree! For more information and to find out what's on, follow the Visit Cleethorpes social media pages and go to [visitcleethorpes.co.uk](http://visitcleethorpes.co.uk).**

# LASER HAIR REMOVAL



**Since introducing laser hair removal in May 2015 we've had some great results and fantastic feedback from clients who are undergoing treatment.**

It's become common for our clients to see results after the first few sessions, with less hair growth after just two or three treatments.

We've been getting really positive feedback from clients undergoing the treatment with reports of better than expected results. Our therapist Melissa explains what you can expect from laser hair removal. "The treatment is really quick – quicker than a wax. My clients are seeing a difference even after the first treatment but you need to have between six to eight sessions for it to work properly. Hair growth reduces or tends to become patchy after the first couple of sessions, it's fine to shave between treatments so you don't have to walk round with unwanted hair in-between sessions whilst you're having the course. I've had great feedback from all the ladies I'm treating – it's literally life changing! It can make a huge difference to self-confidence especially for ladies who have facial hair."

The treatment itself can be slightly uncomfortable – Melissa describes it as feeling like being pinged with an elastic band. You may experience some redness in the treated area which will fade within 24 hours and become less with each

treatment. Mineral makeup can be applied to cover any redness.

Laser hair removal works on just about any treatment area of the face and body where hair removal is needed – face, underarms, arms, legs and bikini line. Not every hair or skin type can be treated with the laser - we carry out a 30 minute initial consultation to determine if the treatment will work on your hair/skin type.

A few of our clients who have been having treatments have been kind enough to let us know their thoughts on how their treatments have been going.

Rosie Warne from Grimsby told us "I had previously been having electrolysis which although effective does take a long time in terms of treatments as it only targets single hair follicles. I've had about 5 laser treatments with Sam so far and expect to have another 2 or 3.

The results have been better than I expected and I'm very happy with the treatment. There is a lot less hair growth now. The treatment itself does leave me with a little redness for up to 24 hours. It feels like an elastic band snapping on your skin but it hurts less each time I have it done. I just wish it was a little bit cheaper so I could get more areas treated."



Adele Maroney from New Waltham told us "I've had 3 treatments so far and I couldn't believe that I saw results after the very first treatment. It's slightly uncomfortable but the treatment is so quick and any redness I get subsides after a few hours.

It's made me feel a lot more confident and I can't believe how quick the process is and the results I'm seeing after only 3 treatments."

Sue Parkington from Cleethorpes told us "I'm half way through a course of 6 treatments and regrowth has been vastly reduced. The laser produces a slight stinging sensation but only in seconds in each area so I find it bearable.

I'm very happy so far and am looking forward to finishing the course. Melissa is lovely and makes the treatment pleasant and comfortable, I would recommend having laser Hair removal at BATG."

# Beauty at the Gate Price List

## 3D Lipo Cavitation + Skin Treatment

Single Session Large Area .....	<b>£120.00</b>
Course of 6 Sessions .....	<b>£525.00</b>
Single Session Medium Area .....	<b>£75.00</b>
Course of 6 Sessions .....	<b>£330.00</b>

## 3D Cryolipolysis (Fat Freezing)

Single Area .....	<b>£150.00</b>
2 Areas .....	<b>£225.00</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

## Facials by Samantha Beatty

The Facial 90 mins .....	<b>£65.00</b>
..... or <b>£75.00 with Samantha</b>	
The Advanced Acne Facial 90 mins .....	<b>£65.00</b>
..... or <b>£75.00 with Samantha</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>

## Environ Facials

Active Vitamin Facial 60 mins .....	<b>£51.00</b>
Advanced Active Vitamin 80 mins .....	<b>£59.00</b>
Collagen Power Facial 60 mins .....	<b>£59.00</b>
Cool Peel 60 mins .....	<b>£54.00</b>
Hydroboost 60 mins .....	<b>£55.00</b>
Focus Frown 45 mins .....	<b>£59.00</b>

Pay as You Go Plans available

## A-Lift Lifting & Firming Facials

Miracle Moments 30 mins .....	<b>£30.00</b>
Angelic Ritual 50 mins .....	<b>£50.00</b>
Pure Zenergise 75 mins .....	<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 Facials

Skin Specific 60 mins .....	<b>£46.00</b>
Modern Skin 60 mins .....	<b>£46.00</b>
SOS Purifying 60 mins .....	<b>£46.00</b>
Oxygen SkinCalm 60 mins .....	<b>£46.00</b>
Pro-Collagen Quartz Lift 60 mins .....	<b>£51.00</b>
Tri-Enzyme Resurfacing 60 mins .....	<b>£51.00</b>
Visible Brilliance 60 mins .....	<b>£51.00</b>
Face & Body Sensation 60 mins .....	<b>£55.00</b>

## Elemis Body Treatments

Back Massage 30 mins .....	<b>£27.00</b>
Full Body Massage 60 mins .....	<b>£40.00</b>
Exotic Lime Salt Scrub 30 mins .....	<b>£32.00</b>
Frangipani Wrap 45 mins .....	<b>£42.00</b>
Coconut Rub & Milk Wrap 45 mins .....	<b>£42.00</b>
Musclese Aroma Wrap 75 mins .....	<b>£55.00</b>
Cellutox Aroma Wrap 75 mins .....	<b>£55.00</b>
Body Sculpting & Colon Therapy 60 mins .....	<b>£50.00</b>

## HD Brows

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

Advanced HD Styling Treatment 45 mins .....	<b>£35.00</b>
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## LVL Lashes

Lift Volumise & Lengthen 55 mins .....	<b>£35.00</b>
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## Lyon Precision Waxing

Chin .....	<b>£7.00</b>
Upper Lip .....	<b>£7.00</b>

Upper Lip & Chin .....	<b>£12.00</b>
Eyebrow Shape .....	<b>£11.00</b>
Upper Lip, Eyebrows & Chin .....	<b>£18.00</b>
Underarm .....	<b>£9.00</b>
½ Arm .....	<b>£11.00</b>
Full Arm .....	<b>£16.00</b>
½ Leg .....	<b>£15.00</b>
Full Leg .....	<b>£22.00</b>
Bikini .....	<b>£9.00</b>
Full Leg & Bikini .....	<b>£25.00</b>
Californian .....	<b>£16.00</b>
Full Leg & Californian .....	<b>£32.00</b>
G-String .....	<b>£21.00</b>
Brazilian/Hollywood .....	<b>£32.00</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>



## 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

