



@BeautyattheGate

@manatthegate



/BeautyattheGate

Summer 2020

Beauty & Man at the Gate

We're Back!

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

ZOYA

YOUNGBLOOD
MINERAL COSMETICS

LYCON
precision waxing

Shellac

LVJ
LASHES

IBX

Medik8
SKINCARE BIOTECHNOLOGY

DERMAQUEST

A-LIFT

ELEMIS
DEFIANT BY NATURE. LED BY SCIENCE.

BROWS
HIGH DEFINITION BROWS

JESSICA

It's so good to be back!

Wow, that was a crazy few months wasn't it? The day we closed the salon door for the last time in March, I don't think anyone could have predicted the rollercoaster we were about to embark on.

Being classed as part of the hospitality sector, like most small businesses across the country, we held our breath every time Boris would come on for another update.

Our main concern was to make sure all of our girls were taken care of. The announcement of the furlough scheme and the grants for businesses were a lifeline as it took a huge amount of pressure off and meant we were able to provide some level of security for our team, ensuring they had jobs once lockdown was over.

If you joined us over in our Facebook lockdown group you may have had an insight in to what the team were up to while we were away. As many of them discovered a new found love of baking (if we could get our hand on the flour) we launched The Great BATG Bake Off and were so pleased when so many of you took the time to send us pictures of your bakes. We all kept in close contact too with regular Zoom meetings.

I've been working on my own baking skills, with varying degrees of success and think I'm definitely built for beauty not baking! Orders have been placed for many different cakes and bakes and now we are back it's going to be hard to resist the tempting treats that might appear.

We know you have been missing your visits to us here and I can fully sympathise. Although I can obviously do some of the treatments myself, nothing beats a bit of pampering from my girls.

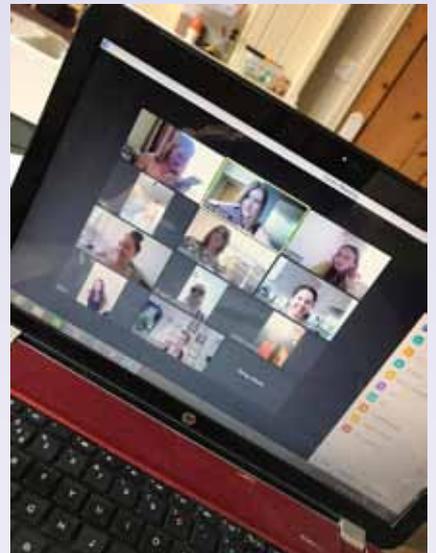
You will see throughout this edition of the magazine lots of quotes, pictures and stories about our team and the treatments we offer as we wanted to showcase the best of what we do through your eyes, our clients.

You will also find some more information about the changes we have made about the way in which the salon currently works and we have explained some of the thought processes behind these. We hope that you can appreciate everything we are doing is to keep both you and our girls safe as we all try and adjust to the new normal.

As always, we don't stop and we are looking to the future and lockdown has given me time to think about the salon and reflect on where we are heading. Rest assured you can expect us to come back bigger and better than before! A little bump in the road won't set us back, just readjust our journey slightly.

So all that's left to say is welcome back, we missed you and we can't wait to get cracking!

Sam



The Room at the Gate is five!



It is now five years since we opened our New York loft inspired nail room here at The Gate and wow have we've created some amazing designs for our clients in that time, almost 1,500 manicures and pedicures in the last six months alone!

Spoilt for choice, you can choose from over 200, yes 200 different colours across various different brands: choose a traditional polish from Jessica or organic brand Zoya, Shellac or gels from Bio, Gelish, CND or Artistic.

And we don't just offer standard colours, we can come up with some creative nail art bespoke to you, just ask!

And if that wasn't enough, you can relax with a free glass of prosecco or wine whilst watching your favourite TV show or listening to the latest chart hits or chilled tunes. With the luxury touches you've come to expect from us, The Room at The Gate really will provide you with something you have never experienced from a nail bar before.



Shellac or Gel?

Choosing a manicure you'll still love to see on your fingertips two weeks after your appointment comes with a list of choices that are personal to you: nail design or solid colour? Round or square nail shape? And the most often asked question we get: shellac nails vs. a gel manicure, what's the difference?

They're both used by top nail artists and they're both known for low-chip, long-lasting quality.

The shellac nails vs. gel nails debate first comes down to the formula used for their similarly shiny, durable looks. Shellac nails are a patented form

of polish from Creative Nail Design (CND). Shellac polishes mix two types of nail coating: gel (for durability and nail protection) and traditional nail polish (for colour and shine).

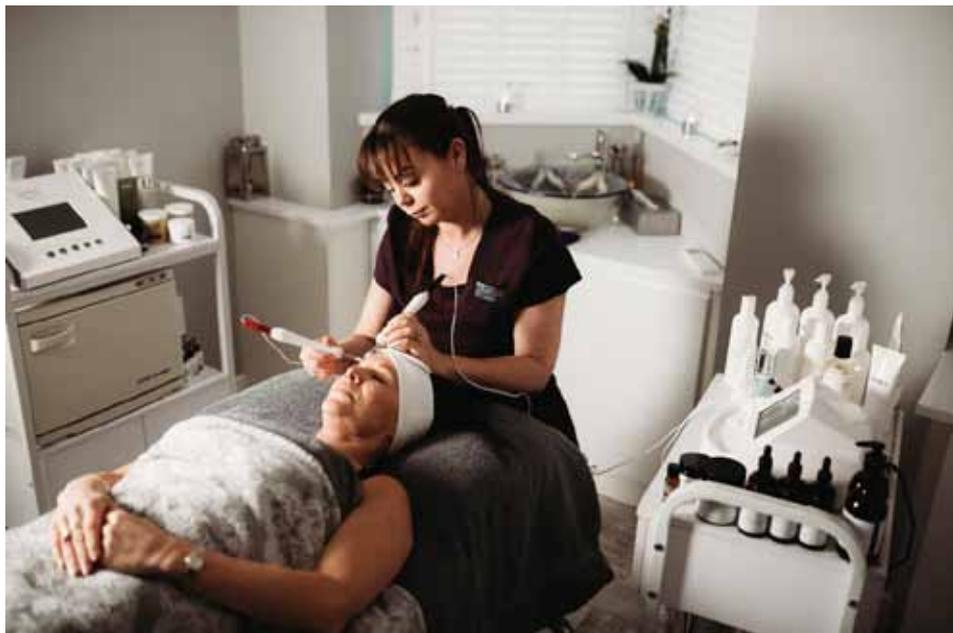


On the other hand, gel nails are made with—you guessed it—liquid gel. It's not exclusive to one polish brand. Gel polishes are made with a mix of acrylic monomers and oligomers that harden under UV light to create a hard, glossy coat.

If you're looking for a long-lasting manicure, you can't go wrong with either shellac or gel nails. Both manicure variations last between 10 and 14 days. But shellac nails are partially made with standard polish, so they're more vulnerable to chipping than gel nails.



Shellac nails and gel manicures have quite rightly earned their shared reputation for long-lasting nail colour and are both firm favourites here at The Gate. Choosing between the two pretty much comes down to precisely how often you'd like to switch up your nail design. We'll let you be the judge on which is best for you but as always, we are happy to give your help and advice when choosing your treatment.



Fast becoming one of our most sort after facials, A-Lift is a new age-reversal treatment that uses unique nano-current technology to re-energise cells in the face. It's not hard to see why with immediate results and long lasting effects, it's like airbrushing the signs of ageing away. Non invasive and pain free, A-Lift is revolutionising the way we think of beauty.

Our skin cells are like batteries. They produce lots of energy (known as ATP) which causes the skin to regenerate and stay looking healthy and supple, exactly what we want. As you get older, the power in those cells decreases, meaning that your ATP levels are lower. As a result, your skin starts to lose its

youthfulness and the muscles in the face, neck and jaw start to sag.

When a cell does not function properly it does not generate sufficient electricity for the pump to work, a bit like a torch battery that only has enough energy to make the bulb glow rather than give off a bright beam of light.

In effect, nano/micro-current therapy is able to jump start the cell by giving it the amount of energy needed to start functioning at the correct level. A-Lift automatically monitors, reprograms and adjusts its output frequency 16 times a second to mimic your skins unique frequency and therefore, boost the levels of your cells regeneration batteries.

A truly results driven facial, the first step of the treatment is drainage using the electrostimulation to help drain the lymphatic system. This is followed by stimulation to kick start the collagen within your skin and elastin amongst other things. Finally, the skin is lifted by the electro-stimulation, this is aimed at smoothing out wrinkles.

Although results are noticeable after just one session, we recommend a course of treatments to see dramatic, long lasting results.

We offer a range of four different A-Lift facials here at The Gate but for the ultimate experience we would recommend Divine Indulgence: what we call the "red carpet" treatment. This is ideal prior to an event such as a wedding, holiday, ball, you name it, whatever the occasion, when you need to look sensational, this is the treatment for you.

We include everything that is in the Angelic Ritual (The signature A-lift facial giving you A-mazing results), but we then add an indulgent massage, kick things up a notch with an anti-ageing lifting mask and go the extra mile with extending the cell regeneration treatment to the hands, 90 minutes of pure bliss!

Lucy's client Isabel visited us from Louth to undergo a course of 10 A-Lift treatments.

"Many thanks to the lovely Lucy for the amazing A-Lift facials. I am on session six out of a course of ten and I can really notice a vast improvement. My skin is smoother, softer and plumped up. It has been especially beneficial in minimising my pores and the lines around my lips. I'm looking forward to the rest of my treatments and can thoroughly recommend it."



Welcome to Dermaplaning. Derma-what we hear you ask? Let us introduce you to one of the most effective, dermatologist-backed treatments for dealing with some of the most annoying skin issues like dullness, wrinkles, and breakouts.

Dermaplaning attacks the biggest culprit of poor skin: the layers upon layers of dead skin cells just sitting on your face right now.



It is essentially a method of exfoliation that consists of using a scalpel to gently scrape off the top layer of dulling, dead skin cells in order to reveal a smoother, brighter complexion: who doesn't want that?

Not only that, but it also allows for greater penetration of your skincare products and creates a flawless canvas for makeup to glide on smoothly.

Although it may sound scary using a scalpel on your face, it's no more risky than when men shave, Dermaplaning is the more thorough, pain-free, skin-safe version.

To see dermaplaning in action, head over to either our Facebook or Instagram pages.

Dermaplaning in action: take five years off your face.

Jenny, aka The Accidental Hipster Mum, an award winning blogger from Grimsby talks about her experience with Dermaplaning at The Gate.

"Before I had the Dermaplaning done, I was noticing that my skin wasn't looking how I wanted it

to. It was looking quite dull and I thought I was looking quite a bit older. I was getting what looked like fine lines around my eyes and my forehead which seemed to go when I moisturised them but as the day went on they would start to creep back. It was like dry skin that I couldn't keep moisturised, not that it was flaky, it was just dehydrated skin and it looked a bit dull, a bit grey.

"It really got me down because when I was in my 20's I used to go out without any foundation and I know I can't hope for something like that in my 30's, but my skin was bright and dewy and I just used to put some moisturiser and eye make up on and go out and I used to just look like I had clear bright skin.

"After having Dermaplaning done my skin was a lot brighter. It was dewy, there were no lines.



"I've been keeping to my skincare routine but it's the same routine I had before the treatment so I think that it is working better because there is no layer of dead skin. I used to exfoliate before I had the treatment but obviously it's not quite enough.

"And that peach fuzz that covers your skin, I was getting more of that as soon as I hit 30 and I'm only 32,

I was getting so much more and it was obvious. When I put powder on it used to look powdery on the side of my face.

"Since I've had the Dermaplaning the little peach fuzz has gone but it makes my make-up look so much better. I can wear just a BB cream. It just looks dewy and brighter.

"I do think it has taken about five years off my skin's age which puts me back in my 20's! Time travel isn't possible but if time travel was skincare related I think the Dermaplaning probably did it!"

Supercharge your Dermaplaning treatment

For the ultimate Dermaplaning experience we recommend the advanced hour long treatment that has the added bonus of Lightfusion.

Lightfusion uses state of the art LEDs to deliver specific wavelengths of light to energise skin cells and encourage fibroblast activity, helping promote collagen and elastin that are essential for the fight against the ageing process making it the perfect partner for Dermaplaning.



It leaves your skin visibly plumper and more radiant after just one treatment, simultaneously stimulating cellular processes beneath the surface of the skin to create a healthy, long-lasting effect.



The new normal: beauty in a post lockdown world

Firstly, welcome back: we cannot express how pleased we are to see you! As is to be expected, the way in which beauty salons across the country are allowed to work has changed but rest assured, we are still putting your experience at the heart of everything we do and we hope that you understand the changes that we have made are to create a safe environment for both you and our team.

We have close links with the governing bodies within the beauty industry so we were in the privileged position of being able to contribute to the government's guidelines for re-opening. We feel we have gone above and beyond those expectations to ensure everyone is safe and to give you confidence in visiting us here at The Gate. We have put a great deal of time and thought in to how we adjust to the new normal and we hope that is reflected in how you will see the salon running currently.

We have the reputation of going above and beyond for our clients and this is exactly how we have approached our re-opening to ensure that your visit is still as enjoyable and relaxing as always while keeping both you and our girls as safe as possible.

Before we began this process, we surveyed our clients to find out what their concerns and thoughts were around visiting us again. 450 of you responded and we have woven your feedback in to our plan.



The first change we have introduced is the way in which our therapists work. We have split the girls in to two teams and are asking people where possible to use the same therapist. We appreciate your understanding with this as it gives us the most flexibility possible under the current guidelines.

We are very lucky in that the design and layout of the salon gives us space to play with, meaning that we can section off our treatment rooms, giving you the peace of mind that you shouldn't come in to contact with other people on your visit, just your therapist. You will also notice that we have drastically limited your contact with the surroundings, door handles etc.

As part of this, you will see we are not currently using our reception area and you may have entered the salon through a different door. Rest assured, although you might not see them, Pip and Paula are beavering away in the background keeping everything running smoothly as usual!

You may notice that the rooms now have a more striped back atmosphere than you may be used to, this is to support us in continually cleaning the areas, keeping you and our team safe.

As always, we want to make your visit here as easy as possible for you, so we've taken the stress out of thinking about what you might need to bring. 95% of those who responded to our survey said they would be happy to wear some sort of PPE, we will provide

you with a disposable face mask and your own individual, prepacked soap for handwashing every time you come to The Gate. The soap is then yours to take home should you wish.

Your therapist will also be wearing a re-usable fabric mask with filter at all times. Depending on your treatment, their PPE may also include disposable gloves, visors or a plastic gown. 98% of you were not concerned that your visit would be a bit more clinical and we're afraid that the PPE does form part of this, however, where we can, we will still be dimming the lights, lighting a Vitage candle and having our music playing to create a relaxing atmosphere so you can close

your eyes and drift away!

You will have been asked to pre-pay for your treatment today and you will be aware that we have temporarily introduced a minimum spend for your visit. These were not easy decisions to make, but we hope you will appreciate the extra measures we are taking to keep everyone safe and how this impacts upon us as a business, for example needing more time to ensure rooms are thoroughly cleaned between clients as well as making sure that we are able to continue to support our fantastic team of therapists while the country recovers. Providing job security for our girls has been our number one priority while we have been closed and that remains our focus as we find our way in the new normal. We are grateful for your understanding.

Although our treatment menu is currently a slimmed down version of what we normally offer, we think you will agree it's still pretty sizable and covers most bases! Rest assured, as soon as we are able, we will be reintroducing not only your old favourites, but also some new treatments too.

So, with all of this in mind, we hope you will continue to enjoy your visits with us here at The Gate as we come out of what has been a very uncertain period for us all. We hope we can play our part in getting everyone back on their feet, finding that headspace and taking time to relax and recover as we have done over the last six and a half years. It's good to be back!



We've all heard of liposuction: surgery, pain, discomfort, long recovery time. But what if we told you you can achieve inch loss results without having to go under the knife?

Many of us will have tried to shift a few stubborn pounds at some point in our lives - but sometimes hitting the gym and watching what you eat just doesn't seem to cut it.

3D-Lipo is a powerful, non-surgical approach to rival liposuction that can help to reduce body fat by destroying fat cells.

The 3D treatment involves four different options and methods for destroying fat cells and improving the appearance of problem areas - Cavitation, Cryolipolysis for fat reduction, Radio Frequency for skin tightening and Dermology for cellulite reduction, all available here at The Gate.

Treatments often combine a mixture of all four approaches to create a bespoke treatment tailored to the areas that you wish to address.

We invite anyone who is thinking about 3D Lipo to join us for a consultation to discuss your goals and to explain the treatment further.

Want to lose 35cm from your middle?

Courtney from New Waltham, had an eight session course of 3D Lipo at The Gate and lost a combined total of over 35cm from around her mid-section!

Courtney gained weight after starting a new job and having less time which left her reaching for convenience food. Like



most of us, she felt tired after a long day and rather than hitting the gym like she used to, she wanted to relax and enjoy nice food.

Courtney used her treatments to kick start her new healthy regime and boost her results.

"I could see amazing results from the start, especially seeing the picture from before. When I look back at the photos, my waist looks completely different now. I can't believe it. It's gone so much better than I had even imagined. I really do look a lot different to when I started the treatments.

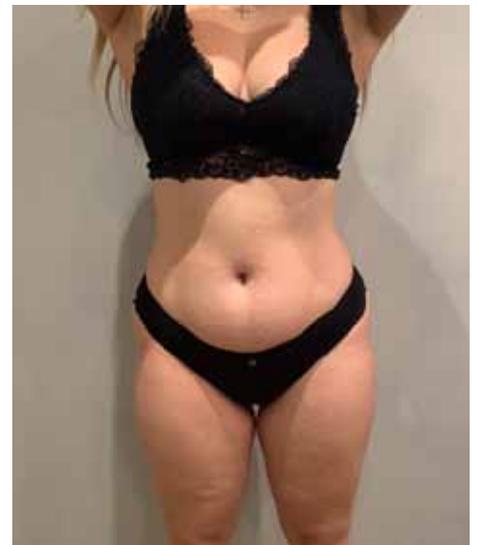


Before

"My clothes are definitely fitting better, around my waist my clothes are falling off!

"I am quite a confident person but I do think it's given me more confidence and I can now wear tighter clothes rather than covering myself up. It's given me the confidence to wear something more fitted and figure hugging.

"It's like have it done, get on with whatever you had planned next rather than if you had actual surgical lipo you'd be bed bound for weeks. You're in and you're out and you can get on with whatever you want to do which is great.



After



Before



After

"My wellbeing has been a lot better, in general I've felt a lot better. Because my body has changed shape I feel happier in myself.

"It's always hard getting back in to the gym and eating healthy but it does push you, you think no excuses, just do it. When there are those times when you most don't want to go, it's more of a reason, that extra boost.

"From my results, I would say that it does work. Inch lose wise and the tightening, you will see a difference. You can't just rely on the treatment itself, but as a whole, with the lifestyle changes, it's great if you want to get motivated and lose the inches. I have lost weight as well but it's definitely the 3D Lipo that's helped me lose the inches."

Sophie's client Charlotte from Grimsby lost an impressive 23 cm from her stomach area. Using a combination of the different treatments within 3D Lipo across eight sessions, Charlotte lost an impressive amount from around her middle.



1: -6.5cm 2: -4.5cm 3: -4cm 4: -8.5cm

Results after eight 3D Lipo sessions with Sophie at The Gate



Before



After

Belly busting 3D Lipo

3D Lipo can be extremely effective in targeting the dreaded "beer belly".

We can tailor your treatment to specifically target stubborn areas of fat such as the stomach to really hone the results you want to achieve.

Dan wanted to trim down his stomach and with the help of 3D Lipo he lost a total of 13cm from across his mid-section.



Before



After





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) exposes the entire body to extreme temperatures as low as -140°C in order to promote recovery, performance, wellness, beauty, and weight loss benefits.

When the right cryotherapy equipment is used, the science of subjecting the entire human body to extreme cold temperatures to stimulate the healing of its circulatory, nervous, and energy systems is a powerful remedial technology. According to scientific and medical research, the optimum efficiency of WBC procedures is achieved once the body is exposed to temperatures between -120°C and -140°C , reducing the skin's temperature to approximately 5°C .

These non-invasive, short, and extremely cold bursts evoke physiological reactions that prompt healing and recovery including sports rehabilitation, and medical functions.

Additionally, the controlled cold environment has been proven to trigger an analgesic reaction in the brain leading to positive mood states and thus acting as an antidepressant and sleep repairer.

The Cryo chamber really does offer something for everyone.

Why cryotherapy?

- Rapid recovery
- Target pain
- Supercharge performance
- Health and wellbeing
- Fight the signs of ageing

Cryotherapy the perfect addition to your training routine

David, a Sales Man from Grimsby, booked in for a course of ten treatments in our Cryotherapy chamber to help support his training and fitness programme. Here we catch up with him during his course to see what he thinks of the treatment.

What made you want to try cryotherapy?

The Grimsby Town players regularly use the cryo chamber both before and after their training and games. Those guys have to train a fair few times a week and this helps aid their recovery. And after doing my own research in to the benefits, I thought



brilliant, I'm not getting any younger and that will help me speed up my recovery because when I train I do two days on one day off. So to aid and speed up my recovery and the benefits it's going to give me I thought great.

What sort of training do you do?

I weight train at the gym in Stallingbrough, at Muscle Flex. Matthew Tofton trains me. I love it, I enjoy it, it's great. I train, get my headphones on and work out, then I come home, get my suit on and I'm ready for work and then that's me done until the next day.



Do you think you are recovering faster after cryo? Is cryo helping to improve your performance?

I think how I train two days on, one day off, I think having that off day in addition to the treatment I'm having definitely impacts and improves my performance at the gym. Because by training five, six, seven days a week, anyone can train for an hour but you have to recover to give yourself time to grow and recover from the sessions that you've had to then go hard again. Having this sort of treatment certainly speeds up that side of things for me so I'm happy with it.

What would you say to someone who was thinking about trying cryotherapy?

Definitely, absolutely, definitely go for it. Do some research, but on my fourth visit now I can't speak highly enough of it. I think it's great, you come out feeling fantastic. You're full of beans, full of energy, I couldn't stop talking. It's like wow, you're a fast forward version of yourself, you're full of energy. But yes, for people who are thinking is this treatment for me, definitely try it.

Would you recommend cryotherapy at the Gate?

I would definitely recommend it to people if they are thinking about it. I can see why there might be some apprehension of it, because around here it's something new, so there aren't many people out there who have tried it but if I can help promote the benefits of the treatment to people then great. You've got your more standard methods of treatment like massage, breaking down and maintenance, but this sort of treatment, I don't think there is anyone else out there doing anything like this.

I would like to come every day!

I'm a definite convert. Speak to the people here at The Gate, they have all the knowledge and can explain the benefits to you. Do a bit of research, there is a list as long as your arm as to the benefits that you can get from it.

Personally speaking, I can't speak highly enough of it, it's great, when you come out, you feel fantastic, you feel alive and just ready to go again, it's just a pity I have to wait a week for the next session!



Recover like the professionals: Grimsby Town FC

Some footballers favour an ice bath to help their recovery: cryotherapy is a more advanced efficient form of ice therapy. 20 minutes in an ice bath or 3 minutes in the whole body chamber?

It's not hard to see why the Grimsby Town Football Club players are regular visitors to use the chamber both before and after games.

Charles Vernam signed for Town on a two-year deal in July 2018 and has been using the chamber, along with his team mates, since it opened last year.

"I use cryotherapy at Man at The Gate to help my body recover from the stresses of a 90 minute football game and help prepare for the next game. When I've

used the cryotherapy it gives me an immediate feeling of being refreshed and over the next hours it helps to alleviate any soreness in my muscles and joints.

"I've felt the benefits in my performances and my ability to play matches and train on a more regular basis without feeling a build up of soreness."





So, you've decided it's finally time to try a bikini wax, welcome to the club: waxing is one of the most popular treatments here at The Gate!

Here are a few things you need to know about intimate waxing...

1. No one is judging your downstairs

First thing's first, don't be nervous about the way anything looks down there. We see all sizes and colours on a weekly basis. Our job is to make you look and feel better about it. It's a bikini wax, not an audition to be a pubic-hair model.

2. It's not really as bad as you're expecting it to be.

If you're a newbie and anticipating pain levels to rival childbirth, know that a bikini wax certainly isn't as relaxing as some of our other treatments, but it's likely going to go better than you think. We often find that for first-time waxers especially, the buildup of anticipation before you get in the room is the worst part. We are professionally trained to be as efficient as possible to minimise your discomfort. Normally it results in a sharp intake of breath but it definitely gets easier the more you have it done.

3. Everyone is doing it

Would it surprise you to know that waxing is actually one of the most popular treatments here at The Gate? All of our girls are fully trained in Lycon Precision Waxing for both Men and Women so rest assured you can have your favourite therapist.

4. Do I need to let my hair grow or should I shave?

The Lycon wax that we use here at The Gate can remove hair from 1mm! So if you have recently shaved it shouldn't be long before we can

wax. On the other hand it also doesn't matter if your hair is a lot longer, a lot of clients get embarrassed about their growth if it's been a while between appointments (can anyone say lockdown?!) but don't worry, we've seen it all before.

5. How does the wax actually work?

The wax literally shrinks and wraps around the hair and does not stick to the skin. When the wax is removed it pulls from the very root of the hair follicle, removing the dermal-papilla. This will prevent hair breakage, in-grown hairs, bruises and redness and the painful sting associated with strip waxing, therefore leading to softer smoother skin for longer.

Here at the Gate we use three different methods for waxing, Lycojet Wax, Hot Wax & Strip Waxing methods with Hot Wax being used on more sensitive areas for more advanced waxing treatments.

6. Californian, Brazillian, Hollywood, nice holiday destinations but what do they actually mean?

So, Californian, also called Extended Bikini wax, is a high leg bikini wax, removing hair on the bikini line and the inner thigh. This is suitable for high-cut underwear or swimwear. Moving up to the G-string, also called a Thong wax. This is a very tight bikini wax which leaves a thin strip of hair (2-3 finger width) from the front of the bikini on to the lips (labia). All hair from the bum is removed. Brazillian is the removal of hair from the front, back & area in between leaving only a thin strip at the front and finally if you want the full monty the Hollywood is the total removal of all hair.



"I would highly recommend visiting Beauty at the Gate for your next treatment. This was only my third Brazilian wax, first one at BATG and Lucy couldn't have put me any more at ease! I was very impressed by the facilities and friendly, welcoming customer service. Thanks again!"
Emily: intimate wax with Lucy

"I felt very nervous going into the salon today due to previous experiences elsewhere. However, the lovely ladies at BATG were lovely and made me feel very comfortable and relaxed. I would definitely recommend to others and will book with them again."
Berwick: intimate wax with Saff

"I have been having treatments with Keely for a few months now she is very professional yet kind and has that personal touch it's like having a treatment with a friend. I feel relaxed even during such an intimate treatment she makes me feel comfy she is a credit to yourselves at BATG I wouldn't go to anyone else now."
Jade: intimate wax with Keeley

"Lovely and friendly, made me feel very comfortable for my first experience. Very happy with results. Will definitely be back for more treatments."
Angela: intimate wax with Sophie

"Had a few treatments done today with Sophie & very happy as always. Lovely surroundings, very relaxing & made to feel so welcome. Would 100% recommend"
Tracey: intimate wax with Sophie also eyebrows and upper lip wax

"Very nice experience and pain free. Lucy very nice and friendly, I will definitely use her again and again."
Alona Quinn intimate wax with Lucy



If you are looking to take the next step in your skincare journey then let us introduce you to Robyn. Achieve a more youthful, radiant complexion, with our injectable treatments here at The Gate.

We have now been offering injectables for over a year and since Robyn joined the BATG team back in September her monthly aesthetics clinics have become extremely popular, booking up as soon as new dates are released.

"Answered all my questions any worries I had, I was reassured." – Julie



Lips

We understand that for some, the thought of advanced aesthetics treatments may be a bit daunting which is why before any treatments are carried out, we offer a free consultation with Robyn who will talk you through everything in detail and answer any questions you may have.

"Very professional and puts me at ease. It's taken me a while to go ahead with Botox

and I'm very pleased with the results. I've booked in for my next treatment." - Suzanne

As you will have come to expect from our treatments here at The Gate, we only offer the best and when looking for an aesthetics practitioner to join the salon this was no exception! With over five years' experience, after qualifying as an Operating Department Practitioner from Sheffield Hallam University in 2015 Robyn began working as an Aesthetic Practitioner at Elements MediSpa in Doncaster, offering some of the most advanced aesthetics treatments currently available. She has completed training with the prestigious Dr Zac Alley of Dermamedical as well as many other advanced courses.



Non surgical nose job

"Robyn explained the treatment from start to finish, and was very clear about what to expect and also downtime." - Debbie

Robyn prides herself on education and learning in order to offer our clients both what they want and what is suitable for them. She strives to offer clients comfortable aesthetic treatments that enhance their natural features rather than change them.

"Robyn was really informative and put my mind at ease!" – Kitty



1ml filler for marionette lines

Robyn offers a wide variety of injectable treatments from the more standard fillers and botox that you have probably heard of to the revolutionary Profillo, the latest and most advanced treatment in skincare.



Profillo before



Profillo after



Profillo before



Profillo After

Essentially a moisturiser that is injected in two different sessions a month apart, Profillo is the latest and most effective technology for treating skin laxity, volume loss and general skin ageing.

Profillo is 100 per cent synthetic hyaluronic acid (an ingredient you will find in many of our skincare ranges such as the Medik8 Hydr8

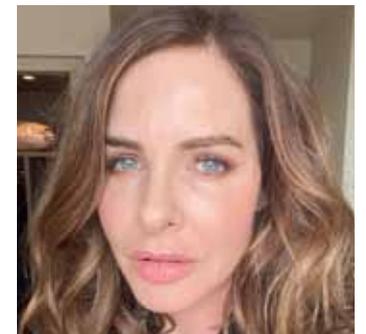
B5) injected by a tiny needle. It rehydrates and re-textures crepey skin in a way that no topical lotion could ever do. Because of the unique way that Profillo rejuvenates the whole of the skin on the face and neck rather than adding projection to just one area (like dermal filler) the treatment is suitable for almost everyone.



Before Profillo



Two hours after



After two treatments

For more details about any of the injectable treatments on offer, please visit our website at www.aestheticsatthegate.co.uk

We love connecting with you both in and out of the salon and social media is such a great way to see what you are all getting up to.

Sharing your reviews, transformations and results with us always brings a smile and in turn we love sharing these with everyone else.

We also get a buzz when the big beauty brands recognise our work. We have been featured on the grids and stories of Medik8, Hello Henna, Nouveau Lashes, Skinbrands and HD Brows to name a few as well as industry leaders such as the British Association of Beauty Therapy and Cosmetology (BABTAC).

Facebook and Instagram were also crucial to us during lockdown to make sure we were still there to support our clients, sharing what the team were up to and answering your questions and queries. We hope you enjoyed joining us in our BATG lockdown group, giving you an insight in to the girl's lives during the shutdown.

If you don't already follow us on Facebook or Instagram, please do make sure to give us a like to be the first to see all the latest news from the salon as well as getting first dibs on any late availability we may have.



Sharing your stories

Just before lockdown, BATG client Jade got in touch with us via Facebook and shared her incredible transformation pictures with us.

"Just wanted to thank you for helping me with my skin. After using the dermalux I've seen a huge difference and the photos (from left to right) are: the day before my first session, after 3 sessions and then after 6. I'll be leaving you all a lovely review and will be in contact in a few weeks to see what products will help me with the blemishes maintaining my improved skin. Thanks again! Xx"

Results and feedback like this are exactly what we do this for. Our main goal is always to help you to achieve the best possible results from every treatment that we offer and we like to think that in Jade's case that is exactly what we have done.

Dermalux uses a combination of different light wave to accelerate the skin's own natural repair processes to help with a number of conditions, in Jade's case this was breakouts however it can also benefit people with skin damage, sunburn, ageing, pigmentation, psoriasis and overall skin health.

Thank you Jade for sharing this with us and we look forward to helping you continue on your skin care journey.



Instagram

@beautyatthegate
@manatthegate



Facebook

www.facebook.com/beautyatthegate
www.facebook.com/manatthegate



Not that you need an excuse to book yourself in for a massage...but here are the top 5 clinically proven health benefits of massage treatments. Have a read through them, then book a treatment for yourself!

1. Boost Immune System

Many studies have linked massages to improved functioning of the immune system. In one study, massage was shown to improve production of white blood cells which fight against disease. The same study was repeated with a focus on how massage effects hormone levels and it showed that people who had Swedish massage twice a week had decreased levels of the stress hormone cortisol and more oxytocin, the trust hormone. Who doesn't want to be less stressed and more trusting?

"Such a lovely massage, targeted my needs perfectly. Explained everything and listened to every word I said. So relaxing, just what I needed thank you x"

Laura, Deep Tissue Back Massage with Aimee.

2. Improves Well-Being

Now this one is probably not breaking news but it's worth remembering. A relaxing massage can reduce anxiety, stress and depression. Massage has been proven to reduce levels of the stress hormones improving your overall feeling of well being and can reduce blood pressure. Massage can also increase levels of the neurotransmitters serotonin and dopamine, which is great for people suffering from depression.

"Really enjoyed the back massage I had. Eased a lot of the tension I had, felt very relaxed throughout, and felt great afterwards."

James, Deep Tissue Back Massage with Sophie.

3. Reduces Inflammation

Taken up a new fitness regime during lockdown? Studies show that massage greatly relieves sore muscles after physical exercise. Just 10 minutes of massage can reduce inflammation and help your body recover more quickly.

"I really felt like Lisa listened to my needs and responded appropriately- felt a little tender afterwards but fabulous the following morning which was exactly what I needed."

Angela, Elemis Freestyle Massage with Lisa.



4. Reduces Pain

Back pain: it's a pain in the neck – literally. As you may have guessed, Swedish massage or deep tissue massage can help alleviate chronic lower back pain. After receiving one massage a week for 10 weeks, one out of three patients were relieved of pain compared to one in 25 given 'usual care'.

"Once again Lisa was very welcoming on arrival. I had another deep tissue back massage as occasionally my back is in pieces. Lisa is very professional and after my massage I felt as if I was 20 again and trust me I'm not ha ha."

Steven, Deep Tissue Back Massage with Lisa



5. Improve Sleep

Do you lay awake watching the hours on the clock tick by? Even insomniacs may find it easier to get a good night's rest after a massage treatment. Some people even fall asleep while they are being massaged! Many studies have addressed this phenomenon and accredited it to massage's effect on delta waves, which are the brain waves associated with deep sleep.

"Thank you Saffron...The massage was fabulous, I felt so much better afterwards, all my neck and shoulder aches and pains had gone and I slept so much better last night too. I'm looking forward to my next appointment."

Ali, Elemis Freestyle Massage with Saff.

For the ultimate relaxation session, why not combine your massage with a facial like Barbara: *"Following my usual regular neck and back massage for therapeutic reasons, I topped it off with a facial for purely spoiling myself reasons. And was it worth it. The extra massages that went with it were so relaxing and my face feels great. I could have stayed on that couch all day!"*

We offer a range of different massages including deep tissue, hot stone, Swedish, aromatherapy, Indian head and pregnancy so there really is something for everyone!



Usually working behind the scenes, Emmi, a mother of two from Louth, looks after our marketing. When she found out we offer laser tattoo removal she told us she had been considering it for a while and had a chat with Keeley to find out more about the process before booking in for her first session.

Tell us about your tattoo

I decided to get a tattoo when I was 18, it was my own little piece of rebellion as I was such a goody two shoes at school (probably still am) but my mum just laughed when I told her I had done it! I went away to Blackpool for the weekend with a friend after finishing my A-levels and after a bit of a boozy lunch I decided that it was in fact a good idea.

The tattoo is a Chinese symbol, if I remember rightly it was meant to mean friendship but I've googled that and it looks nothing like what I have so who knows what it actually says!

What made you think about getting it removed?

I've been thinking about it on and off for years, I've never been that attached to it and it feels a bit naff now I'm in my 30's with two kids.

If you've been thinking of having it removed for a long time, what made you decide to finally go ahead?

I've always been very nervous about it as I thought it would be super painful and I am a proper wimp. But then when Keeley said I could use numbing cream and it would literally take about 10 seconds to do I decided I'd give it a go. I'd always been worried

I would go for one session, it would hurt too much and then I'd be left with it looking even worse.

Emmi's tattoo is on the inside of her right hip, just below her underwear line and measures about 4cm in length. She was supplied with numbing cream that she applied to the area about half an hour before the treatment.

How did you get on in your first session?

I can't lie, I was really nervous as although Keeley had explained the treatment thoroughly and I'd seen videos of the laser in action I was still not 100% sure what to expect, but she put me at ease and was very much a calming influence on me which I needed.



After her first treatment



During treatment

Did it hurt?

It honestly didn't hurt as much as I was expecting. Friends I had spoken to who have had it done elsewhere said it was much much worse than the pain of having a tattoo done in the first place but with the cream I didn't think that was the case.

How long did the treatment take?

I honestly couldn't believe how quick it was, Keeley started on the lowest setting for the first section but it wasn't reacting much so she turned the machine up slightly and the whole lasering time was 13 seconds...If I had known how quick it was I would have had it done years ago and wouldn't have hesitated.

How did it feel afterwards?

Keeley covered the area with cotton wool soaked in aloe vera and told me to leave it on for the rest of the day. She explained all the most common side effects and I was a bit concerned given where it sits as my underwear catches on it but other than a bit of a stinging sensation that afternoon it was fine.

What would you say to someone thinking of having laser tattoo removal?

Personally for me it was not the horrific experience that I had built up in my head. Yes it did hurt a bit (it is a laser on your skin after all) but it was absolutely not what I had expected and it literally lasted seconds which I think anyone could manage. I wish I had done it sooner and not put it off for so long.

Emmi had her second session six weeks later: is important that clients have a good break, around six weeks, in between each session to ensure that the skin has chance to heal. It can take anything up to 6-8 sessions for the tattoo to be removed depending on the ink, size and age of the tattoo.

If you have been thinking about laser tattoo removal, why not book in for a consultation to discuss the process and how we can help you with your tattoo. Prices vary depending on the size of your tattoo but start at £45 per session for a small area similar to Emmi's.

Looking to get a cover-up? We can also fade your existing tattoo sufficiently enough to allow for a new cover tattoo.



It became clear that once we had closed our doors due to lockdown that we still had a role to play in helping the wider community.

Clients were getting in touch asking how they could help and from that #thankyoufromBATG was born.

The idea was simple really, that we wanted to be able to give back to all those who were helping us through the ongoing crisis once things got back to normal.

We asked people to donate online and for every £10 donated we added a further £5 all to a pot to reward frontline staff once we re-opened.

We were blown away by the response and we raised £565 in the first 24 hours, one client even donated £100!! Over the coming days we were not only featured in the local press and on the radio, but other salons across the country started to run their own versions, inspired by our success.

Alongside this, we soon realised that there were other

people out there who deserved to be rewarded for going above and beyond to help others and so we launched the second part of our #thankyoufromBATG campaign: everyday lockdown heroes. We asked people to nominate anyone who they thought deserved a little treat from us and got together over £2,000 worth of products to send to people in the post from brands including Medik8, Vitage and Elemis.

We received hundreds of nominations and gave away products every other day, over 50 people received a treat from us here at The Gate, you can see some of our winner's stories on the next few pages. It was so heart-warming to read everyone's messages and hear about all the fantastic work that people were doing to help.

By the end of lockdown we had managed to over raise over £1200 to treat our frontline workers, we plan to do this with a dedicated NHS Day. Thank you to each and every one of you who donated and thank you to each and every one of you who kept us safe during the pandemic.

Emily McCullagh



Nominated by Natalie Brooks, not only is Emily a fabulous head teacher, but she was just outstanding in the time of crisis.

"She supported all the school staff, parents and our wonderful children. She made sure that the children of key workers were well looked after and that the school remained a happy place for them to enjoy."

Katie Pee



Nominated by her fiancé James Hutson, Katie is a nurse on the front line, but she was placed into isolation by her work as she was considered high

risk. Not one to give up, she has worked from home doing as much as she could for her patients in the community with calls and arranging medication.

"She's was gutted she couldn't actually be out there doing her normal job, but she stepped up amazingly to lead her fellow colleagues from home."

Daisy Ward



Nominated by her mum Jackie, Daisy is a keyworker working with children as well as raising two lovely boys of her own.

"I know the last few weeks must have been very trying for her on her own, working from home when possible, while home schooling her boys and taking them into school when work has required it."

Emma Bryan



Emma was nominated by her friend Natalie Brown for her amazingly selfless act during lockdown.

"Emma took care of my 6 year old daughter for two months, who is asthmatic and had to isolate for 12 weeks, whilst I continued to work at the hospital. I couldn't be more grateful and thankful to this lady for keeping my daughter happy and safe and inviting her into their family home. Thank you Emma x"

Michelle Drinkell



Michelle was nominated by both Janet Shepherd and Wan Da for the work she does as a ward manager at Diana Princess of Wales

Hospital, supporting her team and going above and beyond in a job she only recently started.

Julie Portlock



Nominated by Jayne Morris, Julie looks after key workers children, trying to explain to toddlers about 2 meter rule, good luck with that one Julie!

"When a child was crying Julie was putting herself up there to comfort them and trying to stay safe herself."

Hazel Marie Walker



Nominated by Jemma Walker, Hazel is a nurse and mum to two young children.

"She is the best friend, an amazing sister in law, a fab nurse, a brilliant mummy and wife and the most caring person ever."

Carla Turner



Nominated by her friend Natalie Jade, Carla is a nurse as well a mum.

"She still worked during this awful time as well as looking after her own small children."

Georgia Wood



Nominated by Nicola Parker, Georgia was going to work every day at Screw Fix selling the essentials people needed.

"Although worried about working, she still bounces out with that huge smile and her loud character."

Rachael Stead



Nominated by her mum, Diane Ellis, Rachael is a specialist research nurse.

"She usually works in cancer but is currently working her socks off six days a week on the new corona virus trial to try to find a cure. She always goes over and above for her patients giving love, care and reassurance to them all."

Sophie Warman



Nominated by Louise Hooper, Sophie helps to rehabilitate patients on their long road to recovery.

"She was working throughout all of this and unfortunately fell ill herself. She always go the extra mile!!"

Victoria Plum



Nominated by Tanya Attack, Victoria is a nurse in the local community working very long hours on the front line.

"Her children like many others on the frontline had to continue to go to school as her husband is also a key worker."

Natasha Harriyanto



Nominated by Tandi Harriyanto, Natasha is an A&E Nurse at Diana Princess of Wales Hospital, working very long shifts to support the NHS.

"She is beautiful inside and out and always puts everyone before herself."

Jodie Etherington



Nominated by Emma Lee, Jodie is a dedicated nurse while also raising twins at home.

"We've been friends since playgroup even though she told me I couldn't play in the Wendy house one day. She is the most loyal friend ever and I can rely on her 100%. She was still working when she really shouldn't have been, putting everyone else before herself."

Angela Jones



Nominated by her sister in law Tina Jones, Angela who is a qualified seamstress was asked to make scrubs and masks for the NHS.

"Not only did she source all of the materials but she has also raised a considerable amount of money to do so."

Rashelle Dawson



Nominated by Stacey Cattell, Stacey is a local pharmacist.

"Many forget that pharmacists do fantastic work in the community to assist medical staff as well as the elderly /vulnerable, putting themselves at risk daily to ensure patients continue to have the medicines they need."

Alex Frost



Nominated by Steph White, Alex works with older adults.

"Alex makes sure they are able to get home safely from hospital while also looking after her two children at home."

Rowena Skye



Rowena, a police officer, was nominated by Stacey Louise:

"Working around the clock to keep people safe, a lot of young people will sadly still go missing during this time, be exploited by gangs and enter into a world that's so sad and scary often feeling that there is no way out. Put this on top of attempted murders, suicides, robberies & calls from the vulnerable who can't leave their homes and you have one of my best friends serving the community every single day."

Sarah Legg



Sarah, a nurse, was nominated by Stephanie Wilford.

"Sarah went the extra mile by doing her everyday job without even knowing how amazing she is. Sarah works as a nurse at our hospital in one of the most intense wards there is. She continued to work hard to treat and support our community during those worrying times."

Emma May



Emma is a student nurse and was nominated by Sammy Pearson

"Due to vulnerable family members at home, she made the painful decision to move out and live by herself temporarily to keep her family safe including her two little girls, she is so brave and selfless."

Jamie Leann Pridgeon



Jamie, who works in the Intensive Care Unit at Grimsby Hospital, was nominated by her husband Neil and friends Adam and Emma.

"She was working in full PPE on during the crisis. All the staff in her team work hard and I'm immensely proud of her." - Neil.

Irene Flarty



Nominated by her niece Stacey, Irene is a carer.

"Irene offered to move in to help support and look after vulnerable people that she works with."

Naomi Brooker



Nominated by Andy Cross, Naomi runs a local nursery.

"Naomi looked after our children at Little Ducklings so myself and my wife (a midwife) could go to work. We have six children and she opened some days just for them purely to allow my wife to work!"

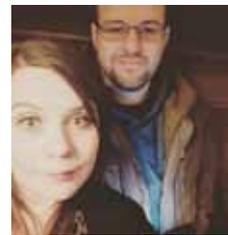
Jayne Chalk



Nominated by Sue Oxborough Jolly, Jayne works at Grimsby Hospital.

"I met this lady many years ago when I was poorly and she was my ambulance driver. She has since changed jobs and now works in the hospital. She has a heart of gold and even raised money to buy me a wheel chair. She goes above and beyond to help people."

Mia Sheppard Pinder



Nominated by Jennifer Green, Mia works in a local supermarket.

"Mia continued to go to work in ASDA and her partner was also a key worker in the food industry while also looking after three young children at home."

Nikki Spence



Nominated by Rachael Adams, Nikki is a social work team manager.

"I know she has spent many sleepless nights worrying and working out how she can keep her team of social workers safe whilst still protecting vulnerable children and looking after her own family."

Chloe Weaver



Chloe works for Royal Mail and was nominated by Deanna Weavers.

"Chloe went out every day working hard for Royal Mail, handling hundreds of parcels and letters from across the world to ensure people got their important deliveries."

Lynn Leeman



Nominated by Lacey Goodwin, Lynn works in Lidl.

"Working her backside of in Lidl to make sure all hours were covered, being part of an amazing team at Ladysmith Road 'feeding the nation'. Not just a Lidl worker, but an amazing Granny Lynn too making sure I had baby milk."

Jordana Snowden



Jordana was nominated by her sister Beth for her determination to continue to work at the Rainforest Children's Ward at Grimsby Hospital.

"Jordana received a letter saying she was high risk and should quarantine due to a previous illness. Instead of going into isolation, she went out of her way to get a doctor's note to prove she was fit enough for work so she could be there for others."

Karen Horne



Karen, a local midwife, was nominated by Stephanie Coulbeck.

"Karen was working like crazy coordinating all the community midwife care in the local area and supporting the midwives. She had a lot of changes to make to clinics and the way her team worked to make things safe."

Jade Leanne Woolsey



Jade was nominated by Charlotte Kid for her work as a Physio.

"She went back to work on in-patient wards rather than her usual community role to help those patients most in need."

Teresa Brewitt



Our very first everyday lockdown hero winner, Teresa was nominated by not one, not two, but three people for her fantastic work as a childcare manager.

"Teresa did an amazing job coordinating the care of key worker children while still try to help her staff stay safe."

Emma Beveridge



Emma was nominated by Stephanie McClean for making sure key worker children were looked after in her role as a head teacher.

"Emma made sure all children were safely looked after so key workers could go out to work whilst also ensuring the safety of her staff...all while having a smile on her face."

Mollie Sheppard



Mollie was nominated by her best friend Rosie.

"Mollie is a carer who works ridiculously long hours and always puts others first before herself."

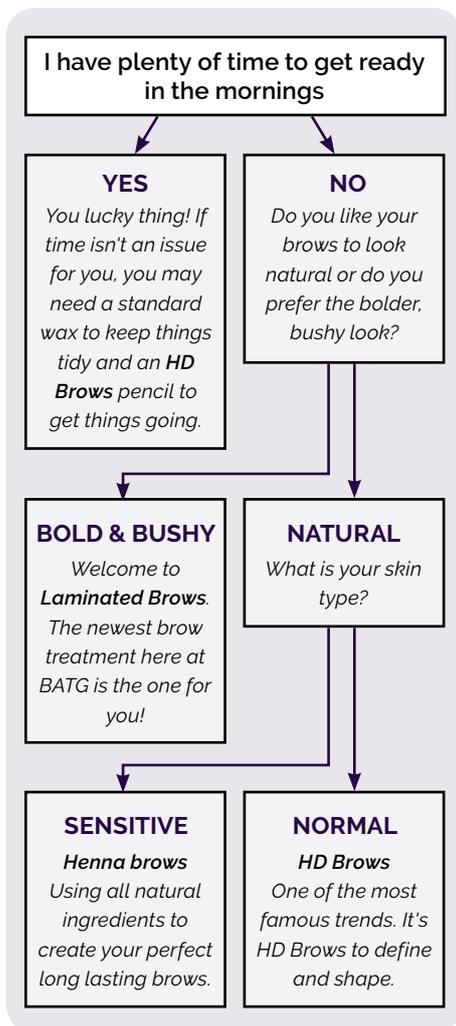
THANK YOU



Which brows are right for me?

Eyebrows are a vital part of your personality. Not only do they frame your face, over 70% of your facial expressions depend on them! That's why the right brow shape and colour can take years off you.

Take our little quiz to help you to decide which brow treatment will suit you and your lifestyle or speak to any of our therapists who can recommend the right treatment for you based on your individual needs.



Brow wax

If you are looking for a general tidy up to keep those brows in check then this is the treatment for you. A basic wax to shape your brows into the perfect look for your face.

HD Brows

Let's take it up a notch. You've probably heard of HD Brows but what actually does it involve? HD Brows involve a high precision procedure that will transform your brow into a perfectly shaped eyebrow, dramatically enhancing your facial features. This isn't just shaping and tidying – the HD Brows procedure is eyebrow artistry!

HD Brows is a seven step eyebrow shaping treatment that focuses on shape and design. It involves a combination of techniques, including tinting, waxing and threading, using specialist HD Brow products.

Brow shapes are tailored to the individual as they have to suit your look and personality. Your brows can be made dark or light, thick or thin, sharp or soft.

Henna Brows

Looking for a more natural approach to your brows? Introduced to the salon last year, Henna Brows use all natural, vegan ingredients as a more natural alternative to more traditional tinting methods making it perfect for those with more sensitive skin.

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, making it great for those short on time.

The way the henna is applied to the skin also means we are able to create different looks with the dye and tailor this to each individual, making it a truly bespoke colour for you.

HiBrow Lamination

The pursuit of thick, bushy eyebrows is an arduous one, particularly for those lacking in that department, but HiBrow Lamination is the treatment you have been searching for. Brow lamination is a process of restructuring the brow hairs to keep them in a desired shape.

It's the perfect treatment for anyone whose hairs are irregular in direction, have any gaps in between said hairs, or who want that groomed, brushed-up look. It helps give the appearance of slightly fuller brows and the hairs that

are there can be styled to cover any sparse areas. Not only that, the effects can last up to eight weeks.

Most notably, it's a great alternative to microblading and works on the skin rather than the hairs. Instead, lamination helps to add colour and definition to brows without any after-effects that take time to heal.

Don't forget your lashes: Lift, Volumise & Lengthen for stunning results

A stunning alternative to lash extensions, LVL is a revolutionary treatment that provides you with longer, fuller looking lashes without the need for lash extensions or harsh perming techniques.

LVL uses an innovative technique to gently lift and straighten your own natural lashes, giving you a thicker and more voluminous look.

The fabulous LVL gel formulation straightens the lash rather than curls it. The result? Stunning length, volume and lift for your natural eyelashes. This low-maintenance and long-lasting treatment (up-to six weeks) gives you immediate and very visible results meaning you won't have to reach for the mascara every day!

Create the ultimate look with your choice of brows and LVL Lashes

Upgrade any of our brow treatments to include an LVL Lash Lift as part of our Eye Spectacular for ultimate impact.

Men's Brows

Think brows are just for girls? Think again! Men can be a little unsure when it comes to getting their brows done. However, our therapists are brow experts and they understand that men's brows are totally different to women's.

Man at the Gate offers male eyebrow shaping using the HD Brows seven step high definition treatment - a 'manscaping must' according to our growing number of male clients.

HD Brows for men can work regardless of how perfected or undone you want to have them. A subtle tidy up of unruly brows is totally achievable. You can even skip the tint for a more natural look and keep hair removal to a minimum giving you well maintained but not overdone.



While the term chemical peel might sound slightly scary, they are actually a seriously effective skincare solution to a whole host of common concerns.

The ultimate skin do-over's, they exfoliate deeper than any face scrub while simultaneously getting to the core of all your skincare concerns safely and efficiently. In fact, they are often gentler than physical scrubs which can be abrasive, particularly if you suffer from skin sensitivity.

Regular exfoliation (ridding your face of the build-up of dead skin cells, stubborn grime and excess oil) is essential for a clear and radiant appearance, and peels go one step further than a scrub, cleanse or acid-based toner. They maintain healthy skin by boosting cell renewal while also maximising the benefits of your other skincare products.

Here at The Gate we offer a number of different levels of peels starting with the Dermaquest Sweet Resurfacing Collection, moving on to the more advanced Medik8 Peels.

Local beauty blogger, Toria Cook (Toria Talks Beauty) has been visiting The Gate for peels to address her skin concerns, particularly acne:

I first started having Medik8 peels as treatment for acne about a year ago. I've suffered from hormonal acne for over 10 years and have tried pretty much every treatment going! Nothing worked and I was starting to get really fed up with it.

My acne was always around my jawline and chin. Most of the spots were deep under my skin and wouldn't come to a head. They were very painful and would take weeks

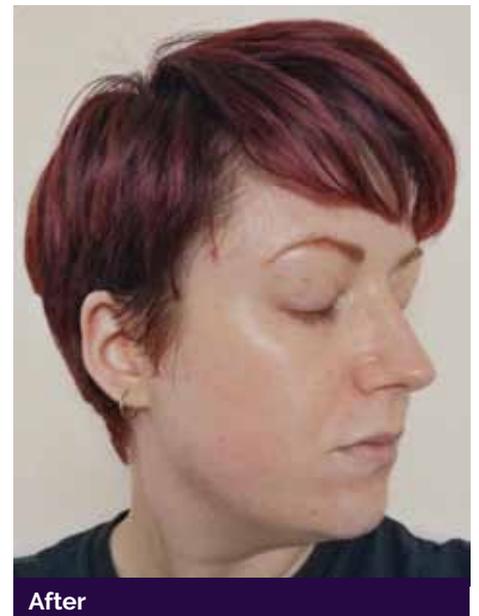
to heal. I'd then be left with red pigmentation marks which would then take months to fade.

I'm a beauty blogger in my spare time so had spent ages researching acne treatments. I'd heard that peels were a great option so decided to give them a try.

After a detailed consultation with Sam at Beauty at the Gate, she recommended that I have a course of three Medik8 Beta-Peels at two week intervals to really kickstart the treatment. The Beta-Peel is specifically designed for acne prone skin.

The results from them were amazing! My acne was greatly reduced and the pigmentation was faded. I've then continued to have a peel every month to continue the treatment, as well as sticking to a good skincare routine at home.

The difference in my skin is unbelievable! I still get an occasional spot but they're never as big and painful as they used to be and any pigmentation clears up quickly. Having regular Medik8 peels has made such a difference to my skin and my confidence!



Wanting surgical grade results without touching the injectables? Investing in your skin with CO2 Fractional Laser Resurfacing.

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.

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.

Karen Goulden, our very own Keeley's mum, underwent a course of three CO2 laser facials and was impressed with the results...



What made you decide you would like to have the CO2 facial in the first place?

Basically to try and help with my lines and wrinkles and puffiness around my eyes. I hate my eyes, absolutely hate them and this was the next thing before thinking about something more drastic. I think once your confidence is built you think differently about how you look.

Have you tried anything in the past to try and address the concerns you have?

Just creams but I've not felt that they have done the job, or they do for a short period but don't give me the result I want for long enough. I felt this was a bit of an in-between step before looking at surgery or injectables.

So with a daughter who works at BATG is that how you found out about the treatment?

Karen: I'm always talking to Keeley about it!

It's a confidence thing as well and I think as you get older you notice it more, even putting make up on doesn't really make that much difference, well to me, the make-up sits where it shouldn't do.

Keeley: Mum has always had a lot of what we would call hands on facials, but because she wants more drastic results it's not quite going to have enough impact, and in the nicest possible way, some of the lines that she really hates are deeper and the hands on facials aren't really going to do a huge amount to address those.

So every time I went round and she was like "oh I hate this" I told her she needed CO2, that's the only thing before having injectable that she hasn't tried.

How would you describe the treatment itself?

It's sort of a tingling, it's definitely not painful. Some of it was a little bit stronger in places than other, in more sensitive areas but overall it was alright.

What did you think after your first session, did you see results?

I didn't really notice until Keeley showed me the before and after pictures. I think sometimes looking at yourself everyday you don't really notice until you see it next to each other and then I was amazed, it was really good. Although my skin did feel a lot smoother instantly, actually looking in the mirror and I think my make-up went on much better.

What would you say to someone else who was thinking of having CO2 but wasn't quite sure?

I'd definitely recommend it if you want to see more drastic results, more than a normal facial. If you're serious about your skin and really have a concern that bothers you, like the thing that bothers me the most is the deep lines on my face and the skin around my eyes. And to build your own confidence, if you want to see something more noticeable then I would go for this rather than the more standard facials.

I just wish I was 24 again like Keeley!

Really you don't think about these things when you are younger, especially when I was younger, I mean it's a massive thing now, creams and looking after your skin, but sun protection just wasn't even heard of when we were kids, we just played out all day long with nothing, but parents these days cover their kids in sun cream, you just didn't do that and now you are seeing the results of that when you are older, so it's nice to let younger people know that they need to make sure they look after their skin.

I think if you are unsure, you're not going to know until you try it so just go for it, because once you've had your first session you are definitely going to want a course.

Julie from New Waltham is a Deputy Manager at a local child care setting and has been visiting the Gate for a few years now. The week before lockdown, Julie has her first CO2 treatment.



"I have a facial every month with Keeley and she mentioned last year that this would be a good treatment for me. I usually have A-Lift or dermaplaning and I have had peels before and I've had a couple of the Dermaquest resurfacing facials so a variety of treatments.

"Keeley showed me some photographs of her mum and the results just looked amazing. I'm always concerned about under my eyes and my neck is getting a bit crepey.

"I'm a little bit nervous of injectables, I don't think I need them at this stage (although I may change my mind in a few years!) so CO2 is a good next step for me.

"We've been doing A-Lift for a while but this will hopefully make more of a difference deeper in to the skin, especially around my eye area."

Beauty at the Gate Price List: Post Lockdown Restrictions

Facial Treatments

Medik8: 40-60 mins + Consultation

- Prescriptive Facial **£54.00**
- Prescriptive Peel..... **£65.00**

A-Lift: 50-90 mins + Consultation

- Angelic Ritual..... **£52.00**
- Pure Zenergise **£62.00**
- Youthful Enlightenment..... **£62.00**
- Divine Indulgence **£72.00**

Elemis Biotech: 60 mins + Consultation

- Prescriptive Facial **£59.00**

Dermaquest Advanced Facials:

40 mins + Consultation

- Bespoke Prescriptive Facial **£55.00**
- Bespoke Prescriptive Peel..... **£70.00**

Vitagen Anti-Oxidant Facials:

60 mins + Consultation

- Bespoke Facial **£49.00**

Dermaplaning:

- Standard 45 mins **£49.00**
- Advanced with Lightfusion
75 mins..... **£65.00**

Dermalux LED PhotoTherapy:

20 mins + Consultation

- Single Facial Session..... **£25.00**
- Add Dermalux or Lightfusion
Mask to Any Facial **£15.00**

Laser Hair Removal

Cost per session

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

- Chin **£35.00**
- Upper Lip **£35.00**
- Sideburns..... **£35.00**
- Neck..... **£35.00**
- Underarms **£49.00**
- ½ Arm **£49.00**
- Full Arm..... **£80.00**
- ½ Leg..... **£80.00**
- Full Leg **£125.00**
- Bikini..... **£50.00**
- Californian..... **£55.00**
- G-String **£65.00**
- Hollywood/Brazilian **£80.00**

Book and pay for a course of 6 treatments for the price of 5. Direct Debit Payment plans available

Laser Tattoo Removal

Cost per session

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

- Small Area..... **£35.00**
- Medium Area **£45.00**
- Large Area **£60.00**

Book and pay for a course of 6 treatments for the price of 5. Direct Debit Payment plans available

3-D Lipo

Cost per session

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

- Bespoke Treatment Medium Area **£50.00**
- Bespoke Treatment Large Area **£70.00**
- Cryo (Fat Freezing) Single Area **£50.00**
- Cryo (Fat Freezing) 2 Areas..... **£75.00**

Book and pay for a course of 6 treatments for the price of 5. Direct Debit Payment plans available

Body & Massage Treatments

- Arctic Chamber Cryo-Therapy
30 mins including consultation **£35.00**
- Deep Tissue Back Massage
30 mins **£30.00**
- Deep Tissue Full Body Massage
60 mins..... **£42.50**
- Hot Stone Massage 30 mins..... **£30.00**
- 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**
- Pregnancy Massage 75 mins..... **£55.00**
- BATG Full Body Treatment..... **£60.00**

Holistic Treatments:

- Reflexology 60 mins **£40.00**
- Indian Head Massage 30 mins..... **£30.00**
- Hopi Ear Candling 30 mins **£30.00**

Lycon Precision Hot/Strip Waxing

- Chin Hot Wax..... **£11.00**
- Upper Lip Hot Wax..... **£11.00**
- Upper Lip & Chin Hot Wax **£16.00**
- Eyebrows HD Cream Wax **£17.00**

Upper Lip, Chin & Eyebrows

- Hot Wax & HD Cream Wax..... **£27.50**
- ½ Arm Strip Wax **£18.50**
- Full Arm Strip Wax..... **£23.50**
- Lower ½ Leg Strip Wax **£20.00**
- Upper ½ Leg Strip Wax..... **£23.50**
- Full Leg Strip Wax..... **£29.50**
- Bikini Hot Wax **£17.00**
- Full Leg & Bikini Hot & Strip Wax... **£34.50**
- Californian Hot Wax **£24.50**
- G-String Hot Wax..... **£29.50**
- Hollywood/Brazilian Hot Wax..... **£37.50**

Electrolysis

- 15 mins **£30.00**
- 30 mins..... **£40.00**
- 45 mins **£50.00**
- 60 mins..... **£60.00**

Brow & Lash Treatments

- Henna Brows **£28.50**
- HD Brows **£28.50**
- LVL Lashes **£35.00**
- Brow Lamination **£40.00**
- Brow Tint **£11.00**
- Eyelash Tint..... **£16.00**
- Brow and Lash Tint..... **£22.00**

Nail Treatments

- Shellac Manicure **£26.50**
- Shellac Pedicure **£32.00**
- Gel Manicure..... **£31.00**
- Gel Pedicure **£35.00**
- Natural Polish Manicure **£26.00**
- Natural Polish Pedicure..... **£30.00**
- Shellac Removal Ours Only..... **£9.00**
- Gel Removal Ours Only **£12.00**
- Removal with Re-Application **£7.50**
- French Polish **£7.50**
- Effects/Glitter..... **from £3.50**
- Nail Art..... **from £5.00**
- Repairs **from £5.00**
- IBX Initial Treatment **£19.00**
- IBX Maintenance **£16.50**

Man at the Gate Price List: Post Lockdown Restrictions

Facial Treatments

Medik8: 40-60 mins + Consultation

- Prescriptive Facial **£54.00**
- Prescriptive Peel..... **£65.00**

A-Lift: 50-90 mins + Consultation

- Angelic Ritual..... **£52.00**
- Pure Zenergise **£62.00**
- Youthful Enlightenment..... **£62.00**
- Divine Indulgence..... **£72.00**

Elemis Biotec: 60 mins + Consultation

- Supercharge Prescriptive Facial **£59.00**

Dermalux LED PhotoTherapy: 20 mins + Consultation

- Single Facial Session..... **£25.00**
- Add Dermalux or Lightfusion Mask to Any Facial **£15.00**

Laser Hair Removal

Cost per session

- Consultation (Redeemable against treatment)..... **£20.00**
- Neck..... **£35.00**
- Chest..... **£60.00**
- ½ Leg..... **£80.00**
- Full Leg **£125.00**
- ½ Back **£60.00**
- Full Back..... **£100.00**
- Torso **£100.00**

Book and pay for a course of 6 treatments for the price of 5. Direct Debit Payment plans available

3-D Lipo

Cost per session

- Consultation (Redeemable against treatment)..... **£20.00**
- Belly Busting Cavitation **£60.00**

Book and pay for a course of 6 treatments for the price of 5.

Laser Tattoo Removal

Cost per session

- Consultation (Redeemable against treatment)..... **£20.00**
- Small Area..... **£35.00**
- Medium Area **£45.00**
- Large Area **£60.00**

Book and pay for a course of 6 treatments for the price of 5. Direct Debit Payment plans available

Body & Massage Treatments

- Artic Chamber Cryo-Therapy 30 mins including consultation **£35.00**
- Deep Tissue Back Massage 30 mins..... **£30.00**
- Deep Tissue Full Body Massage 60 mins..... **£42.50**
- Hot Stone Massage 30 mins..... **£30.00**
- 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**

Lycon Precision Hot/Strip Waxing

- Ears Hot Wax **£11.00**
- Nostrils Hot Wax **£11.00**
- Ears & Nostrils Hot Wax **£16.00**
- Eyebrows HD Cream Wax **£17.00**
- Eyebrow, Ears & Nostrils Hot & HD Cream Wax..... **£24.50**
- ½ Back Strip Wax..... **£27.50**
- Full Back Strip Wax **£37.50**
- Chest Strip Wax..... **£27.50**
- Torso Strip Wax..... **£37.50**

Nail Treatments

- Luxury Manicure **£19.50**
- Luxury Pedicure **£24.50**



Beauty at ^{The} Gate

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 ^{The} Gate

The Room at ^{The} 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

