

Beauty

at the gate



@BeautyattheGate



/BeautyattheGate

May 2016



**A Tale of
Business with
Liz Parry**

**May Offers:
Elemis,
HD Brows
& Nails**

Dealing
with
PCOS



**BATG Receptionist
Morgan Gets Her
Hands on Tom Hardy!**

**3D Lipo Creator
Row Cowley
Reveals All**

ELEMIS
DEFINED BY NATURE, LED BY SCIENCE

Elemis Company Profile

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

It's hard to believe that this issue marks the fact that it is exactly a year now since we launched the magazine. Looking back at our cover pages we have certainly been lucky with who we've been able to attract to the front page :)

It's been a real labour of love for me to create the magazine and very satisfying at how it's been received and how our clients really look forward each month to reading it. It certainly is a challenge coming up with new content each month but one we enjoy and will endeavor to continue with.

It's only been a few months since Pro Beauty in February but the nomination process has already started for next year's awards. It quite an extensive process for us to go through but well worth it as not only does it give us the opportunity of attending fantastic and glamorous nights but it allows us to measure ourselves against other like minded top quality salons.

We have now built very close links with Professional Beauty and Samantha has been approached a number of times now to provide articles, one of these was published recently on their blog whilst another will be in the next issue of their magazine.

Both Samantha and myself recently had the pleasure of visiting Elemis Head office and met with Head of Spa & Salon Harrison Gregory. We were treated like royalty as Harrison showed us the amazing plans that Elemis have in terms of moving into a more results driven skincare philosophy with their new Biotech Machine and range of products. We are delighted that we have been offered the chance to work with Harrison very closely and have negotiated the first steps, which will see us become a flagship salon of excellence for Elemis. It is going to be a very exciting time and Elemis certainly have the experience, knowledge and power to make a very big impact into providing our clients with great results.

3D Lipo has been an amazing success for us but it has impacted on the available slots we have over the next few weeks, we have addressed this though as it is important to us that we ensure our regular clients can book in for the treatments they want when they want them. It's also been a learning curve with 3D and certain contra-indications. The main one of these being thyroid issues. Although 3D can be carried out on clients with over or under-active thyroids we have taken the decision not to.

The main reason for this is that results, if any are actually seen, take far longer to happen. As this is such an expensive treatment and everything we do is built around providing results for clients we do not feel comfortable taking money for a treatment that may not yield any results at all. The other side of this is that 3D cannot say for certain what may happen if the treatment is carried out when a client has this and another underlying condition.

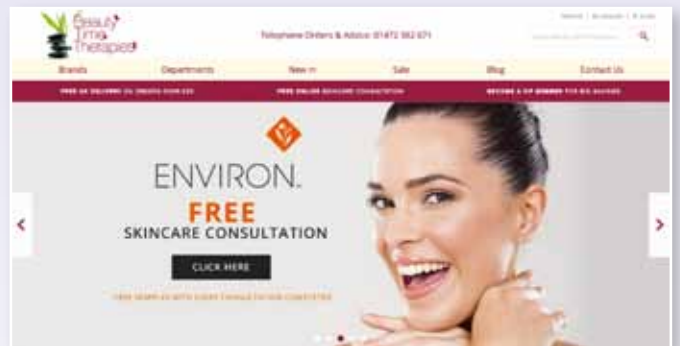
Elsewhere around the salon, Morgan has settled in well to her role on Reception and we get to know more about her opposite. We have a new Therapist just starting, Stacey who we know will be in demand for her massage techniques and we hope to add one more Therapist to the team over the next 4 weeks.

We are almost ready to launch our brand new salon website and our new retail website has gone live with a sleek responsive design. The retail site at www.beautytimetherapies.co.uk will allow clients to purchase products and have them delivered direct to the door. We will over the course of the next few months be bringing new brands to both the website and salon including new skincare and mineral make-up brands.

The Beauty Time Therapies website has been the silent hero in the salons success as it has helped us provide the salon with financial backing and stability allowing the salon to grow without the worry of any financial burden.



We are really please with the look of both, our new salon website looks very fresh, modern and easy to use. There will be an online blog with plenty of great articles along with voucher and booking processes. We recently had a photo shoot with Chris Waud and his photos feature heavily on the



new website and design. You can see a few of Chris's photos in the issue.

Also in this issue we have features on Environ Cleansers, PCOS and how it effects so many women and how we can help here at BATG. We also have a feature on Roy Cowley founder and creator of 3D Lipo.

Paul Beatty





The latest edition to the BATG team is Morgan Jagger who has brought a smile and a friendly welcome to our reception desk. We caught up with Morgan to find out a little bit more about the girl behind the smile.

How long have you worked at BATG?

I have worked at BATG for just over 2 months now.

What first attracted you to the salon?

I first saw the job advertised on Facebook and the role sounded amazing! Thought it would suit me, what girl wouldn't want to work around beauty treatments!

What's the best thing about working at BATG?

The girls, the atmosphere and helping to make our clients visit to the salon the best part of their day!

Where did you work previously?

I worked in a small hair salon and also ran my own mobile hair business.

What's your favourite treatment and why?

Lime and Ginger Salt Scrub as my skin feels absolutely amazing afterwards!

What's your favourite beauty product and why?

I have so many! But my favourite is definitely Bourjois Volume Glamour Maximising Mascara, No need to wear fakes with this!

What's your favourite perfume and why?

It has to be Fantasy by Britney Spears as it reminds me of holidays!



If you could choose anybody to treat at the salon who would it be and why? (not your mum or your boyfriend. Can be dead or alive!!)

Definitely Tom Hardy... Do I need a reason :)?



What do you do to relax?

Kick back in my PJ's sipping a hot chocolate and watching a chick flick!



What can't you get through the weekend without?

My phone... I like to keep up with the latest gossip.

What is your favourite pastime/hobby?

I love to weld. The feeling you get with an acetylene torch in your hands and sparks flying everywhere is amazing. I'm a member of The Welding Institute and am really looking forward to attending the Materials Technical Group Meeting 2016: Dissimilar Metal Welding - Challenges and Experience. It is being held in Cambridge this month.



What's your favourite holiday destination and why? (you don't have to have been there yet!)

New York, The atmosphere is breathtaking especially at night in Times Square or chilling out on an exotic beach with someone special watching the sun set.





For over 25 years, Elemis has been innovating skincare, growing a brand that bases its foundations in nature, science and aromatics. Describing itself as 'honestly British', the brand has created a portfolio of high-performance products and spa treatments from an understanding of lifestyle, individual requirements and ever changing concerns.

Elemis was founded in 1989 by Séan Harrington, Noella Gabriel and Oriele Frank. Séan, President of the company, is the driving force behind the business and its global expansion, while Noella, Managing Director, uses her knowledge and passion to create and develop each of the ranges, products and treatments. Oriele, Chief Marketing Officer, is responsible for the Elemis brand, from concept and packaging to design and visual merchandising. Together, they



have led Elemis to 200 beauty awards, and have become notable, respected individuals within the beauty industry.



The brand begins with the earth's natural resources, which are ethically sourced and extracted in a way that boosts their natural properties. They take pride in using the finest marine and plant ingredients, blending them with aromatics to form the foundation of the products before being developed through science.

Elemis has a 'Playground of Development', where all products undergo innovative techniques which are tested by Elemis Master and Elite Therapists, with results being fed back to the laboratory. Because of this, the whole process can take up to three years.

Through this technique, the brand has developed expansive ranges to suit all skin types and treat many common concerns, such as blemishes, oily skin, dehydration, sensitive skin and wrinkles, to name just a few. Also, there are bath and body products for cellulite, pregnancy, sporting muscle aches and de-stressing, as well as a specially formulated range for men.

Over the years, Elemis' products have gained numerous celebrity fans, including Victoria Beckham, Naomi Campbell and Kate Hudson, who shared her shower time products of choice for the 2015 Golden Globes on Instagram, and included the Elemis Pro-Collagen Marine Cream. Game of Thrones actress Natalie Dormer has also talked about her favourite Elemis product, Pro-Collagen Cleansing Balm, in Harpers Bazaar online, saying: "The best way to take my make-up off is with Elemis' cleansing balm. I rub it all over my face, then use a flannel to wipe off."

When it comes to spas and salons, Elemis is renowned for its treatments. They are developed to offer a unique experience to the client, incorporating skin, body and mind. In December 2015, Made in Chelsea star Rosie Fortescue wrote about visiting an Elemis spa for a pre-Christmas pamper in her column for The Evening Standard. She said: "My friend also set up a spa afternoon at Elemis Spa, which was unreal. It's the best idea for a group of girls and we had such a lovely time! I had the most incredibly deep tissue massage and facial that left my skin glowing." Travellers can also find Elemis on board selected cruise ships and at British Airways Travel Spas at London Heathrow and New York JFK.

Over 6.5 million people use Elemis every year, and this is down to the brand's attention to detail, clear visions, and dedication to the use of both science and nature. It is easy to see why Elemis has become a leading name within the global beauty industry.

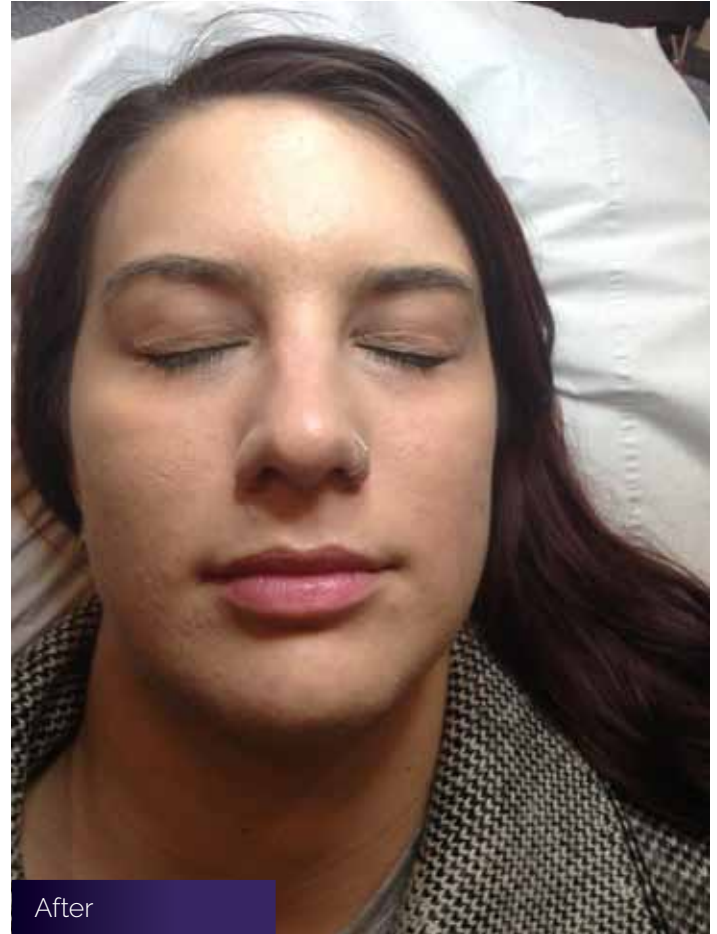
We offer the full range of Elemis treatments here at BATG with 8 brand trained Therapists. We are delighted to be able to bring a brand new treatment list from Elemis to the salon over the next few months. We are also very proud of the close links we have forged with Elemis which has seen us visit their head office recently to discuss future exclusive offers for our clients.

The first of these offers is 50 British Botanical Hand and Nail Butters which we are giving away free to all our clients who book in for any Elemis Facial during May courtesy of Elemis.



A CELEBRATION OF GREAT SKINCARE

25



Recently, Clare Shuttleworth of Cleethorpes, one of BATG's clients, came to the salon with the hopes of improving her skincare problems. Clare, who was experiencing acne, redness and scarring, felt she was "at the end of her tether" and underwent an in-depth skin analysis to identify the key problem areas. The result was a course of six Advanced Acne Facial treatments from Environ.

The Advanced Acne Facial specifically targets problematic skin with a series of highly active ingredients and the latest in LED Light Therapy technology. The BATG team used a combination of wash, prep and tone products, and an AVST Body Oil.

Clare spoke to us about the treatments she had been receiving.

Why did you come to Beauty at the Gate?

I came here first for a skin analysis by a lady from Environ, and she recommended some products for me to try. Then I came back to the salon for a different treatment and Sam recommended this course of facials.

What were your main skin concerns?

My main concern was the acne and scarring. I really felt like I was at the end of my tether, and I just thought "well, it can't get any worse!"

How did you find your first analysis? Where you surprised by the results?

The first analysis wasn't as bad as I had thought. I knew about my pores, the spots and breakouts so that wasn't a surprise, but I was surprised with the oil and sun damage results. I got a better insight to my skin and they were able to explain everything, so I felt better.

How have you found the Advanced Acne Facials?

The treatments have been great, and I started to notice a change after the first facial! I asked my partner too who agreed, and now my skin just keeps on getting better. And I have products to continue the treatments at home. I have been taking Skin Accumax to help my skin from the inside out too.

What differences have you noticed in your complexion?

The redness is not as prominent, and the texture of my skin is a lot smoother, and there is a lot less acne. I feel as though I have got my confidence back, it's nice to see a difference. I thought it would take a while before I started seeing a difference so I'm very happy.

And has anybody else noticed a change?

As well as my partner, family and friends have noticed which is really nice because I didn't know if it was just me being hopeful!

Finally, has the Advance Acne Facial treatment lived up to your expectations?

It is beyond what I thought it would be. I thought it would take many more facials before I'd see any difference.

And as you can see from the images, there has been a great improvement in the quality of Clare's skin within such a short space of time. Acne has been reduced, redness has calmed and Clare's overall complexion appears to be much smoother. Clare has now started on the next part of her journey, in addition to keeping up her homecare routine, Clare has now begun having Dermalux LED Phototherapy sessions, which will accelerate her body's own natural repair process and help to improve her skins overall health.



We recently introduced 3D Lipo to BATG and to say it has been a great success would be a bit of an understatement. We managed to grab some time with Roy Cowley the founder and managing Director of 3D- lipo Ltd who has a career in the Beauty/Aesthetics industry spanning over 25 years.

Roy is a true pioneer and inspirational figure within the industry and it is his philosophy that allows salons like ours to offer treatments like 3D that traditionally would not be available to us.

We are very grateful that he has allowed us to delve into not only his business but also in letting us find out more about the man himself.

I left school with one O level, and went to work full time for McDonalds at the age of 17. During this time, I worked my way up to become the youngest store manager in the UK by the age of 21. My time at McDonald's taught some valuable lessons that I still use in day to day business today. From here I went on

to work for sales in Kellogg's. At the age of 23 I then set up a beauty salon in my hometown of Leamington spa. Although I thoroughly enjoyed running this business, my passion was always to get into distribution/ manufacturing in the beauty industry.

How did you start out within the Beauty Industry?

At the beginning of my career, I focussed on distribution of new trends in the Beauty/ Aesthetics Industry. I have previously been responsible for the launch of well-known brands in the UK such as Crystal Clear and Bio therapeutic.

After identifying a clear gap in the market, I established my own manufacturing company, 3D-lipo Ltd, now specialising in the development of multi- technology platform devices which address a multitudes of indications for face and body and ensure best patient outcomes.

Did you have a vision or plan mapped out at that stage?

I have always had a clear vision with 3D-lipo. After several years working with Laser Lipolysis devices and understanding the frustrations and limitations of such machines, especially the exercise post treatment, I stumbled across new technologies that offered a ray of light.





The thought process from this point was to create a device that was fundamentally different. Every client's needs are different and there is no one fix for all. Many clinics now follow this approach and combine different technologies to match their client's indications and their clients keep coming back for more.

Body machines have nearly always followed a single level of treatment focusing on muscle, cellulite, fat or skin tightening. 3D set out to create a machine that offered technology to permanently remove fat in a more effective way to laser lipolysis but also treat cellulite and offer skin tightening.

Our next goal was to ensure that the specification for each of these technologies matched or surpassed the best of what was currently available individually.

Finally we wanted the price for our multi-platform system to be better than any of the single technology devices in order to bring treatment prices down for clients. The result of this was 3D-lipo, a three dimensional alternative to liposuction with technologies targeting fat removal, cellulite reduction and skin tightening for face and body.

Looking back did you ever expect to achieve so much?

The success that the brand has achieved has been phenomenal. 3D-lipo is now available in over 450 clinics in the UK, as well as over 200 clinics overseas due to the amazing results that can be achieved, the huge amount of press the treatment has received and its big celebrity following.

I have learnt that if you are passionate about your work and determined in what

you do, the success will follow. I set out to bring affordable, prescriptive treatments to the masses by finding a clear gap in the market. By promoting our unique differences and benefits the success of 3D-lipo has grown from strength to strength.

If you could go back in time and give a 20 year old Roy Cowley some advice what would it be?

I would tell myself to always stand behind excellence and to set yourself apart from the crowd. I believe that this is key, and providing great customer service is paramount. I would also advise that the key to success is activity, don't be afraid to go and get what you want! Hard work and determination pays off.

How does Roy Cowley Relax?

I can never completely switch off from work, however in my spare time I love to relax with my wife, and my lovely children. I have a son and two daughters who keep me busy!

Over the past 12 months I have been involved in a huge building project to build a new house, so I love spending family time enjoying our amazing new home, as well as going on holidays abroad (and the odd glass of red) when I can.

I am also a big scuba diver, my son and I enjoy diving in the Caribbean, and last year we even went diving with Bull Sharks! (not quite so relaxing!)

Favourite Holiday Destination?

Paxos in Greece is my favourite place in the world. I have been visiting this island since I was 11 years old. I love the Greek

waters, and my prized possession is my boat that I keep over in Greece. Boating has always been my passion and I love to share it with my family and friends, we always have a fantastic time with lots of fun and water sports! I love everything about Paxos, the food, the friendly people, the turquoise waters and amazing beaches. It's now home from home for me and my family, we visit every summer.



What is the future with 3D?

With 3D-lipo we always like to be one step ahead in bringing the latest multi-platform treatments to the market at an affordable price.

Due to the success of 3D-lipo, it's inevitable that we want to replicate the success by bringing a non-surgical alternative to the market for the face.

We have recently launched 3D-skinmed, a non- surgical device for the face incorporating the latest technologies for lifting, tightening and hydrating the skin.

This treatment has already proved to be extremely popular among clients and celebrities. The fact that this device is affordable and 3 dimensional means that the future brings these treatments to the majority of clients, not the minority.

DEALING WITH PCOS

PCOS (Polycystic Ovarian Syndrome) is becoming increasingly common, affecting 1 in 5 women in the UK and millions more around the world too. As well as potentially leading to fertility problems, PCOS symptoms can change a person's appearance, knocking their confidence and self-esteem. However, there are some beauty treatments available which can help to alleviate the worry of symptoms and side-effects.



What is PCOS?

Firstly, PCOS is a hormone related condition that affects the ovaries and the release of eggs. As well as releasing high levels of male hormones, it prevents the sacs from releasing eggs, leading to irregular or non-existent periods, and therefore, in some cases, difficulty getting pregnant. It is not known what causes PCOS, but many women experience symptoms, including:

- excessive hair growth on the face and body
- thinning hair and hair loss from the head
- weight gain
- oily skin and acne

These signs can be eased through a change in lifestyle – having a healthy, balanced diet and exercising regularly, for example – but many women find that beauty treatments can help too, specifically when dealing with hair growth and acne. Here at BATG we can certainly help with the following treatment options.

Waxing

Sufferers may find an increase in hair on the face, chest, back or buttocks, and turn to waxing as a solution. For example, Lycon Wax, used for Precision Waxing, only requires 1mm of growth, meaning you do not have to wait for slightly regrowth for your next appointment. Also, as the hair is pulled from the root of the follicle, there is a longer re-growth period, making managing this symptom a little easier.

Lycon Wax contains fine resins, natural ingredients and aromatherapy oils, and it is heated to a low temperature, which makes the treatment much more comfortable. The wax itself shrink wraps around the hair without sticking to the skin, which helps to prevent hair breakage, in-grown hairs, bruises and redness. Plus, it is safe to use on the chin and upper lip.

Laser Hair Removal

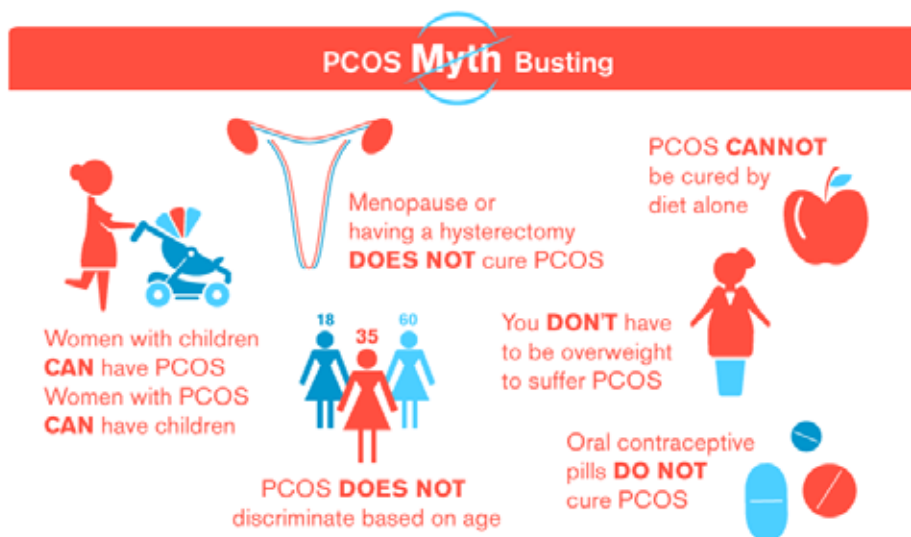
Some prefer to undergo laser hair removal treatments. This is not an instant fix like waxing, but after a minimum of six sessions, the hair follicles of the treated area can become permanently damaged, and significantly delay the regrowth of the hair (if any!) A consultation will be needed, and your therapist will be able to advise on the number of sessions required; this can sometimes be eight or more.

It works by targeting the pigment located in the hair follicle. The light from the laser is absorbed by the pigment, and this energy is converted to heat, which results in damage to the hair follicle. Those having the treatment may experience slight redness and a sensation that is similar to sunburn, which may last for a few hours, but generally, laser hair removal requires no recovery time.



Electrolysis

For those looking for a permanent solution, Electrolysis is an option. This technique uses a fine needle, which is inserted into the hair follicle at the surface of the skin, removing the hairs one by one. Because of this, the number of sessions will depend on the density and amounts



of hair growth, but your therapist will be able to advise on a suitable course of treatments.



Facials & LED Light Therapy

In April, the Chief Executive of charity Changing Faces spoke out about how acne is not taken seriously enough, despite the fact it can cause anxiety and stress in many people who have it; something you don't want to worry about when having to deal with PCOS. To help, facials that specifically target acne and problematic, oily skin are available.

The Advanced Acne Facial we offer here at BATG incorporates cleansing, exfoliation and toning to refine the skin and minimise bacteria growth.

A mini-peel is then used to brighten and rehydrate the skin, followed by a mask and serum to cool the skin and reduce redness. The final stage is blue light therapy using our award winning Dermalux machine. As you relax for around 10 minutes, the technology will attack bacteria, known as P. acnes, that grows deep inside skin pores. After a

for PCOS, symptoms can be reduced, helping confidence and happiness.

Of course, the first step is to speak to your Doctor and follow any advice given, and should you require treatments for excessive hair growth, acne and oily skin, book a consultation with your beauty therapist.

PCOS [is an endocrine disorder that] affects over 7 million women. That's more than the number of people diagnosed with breast cancer, rheumatoid arthritis, multiple sclerosis, and lupus combined.

- Louise Chang, MD



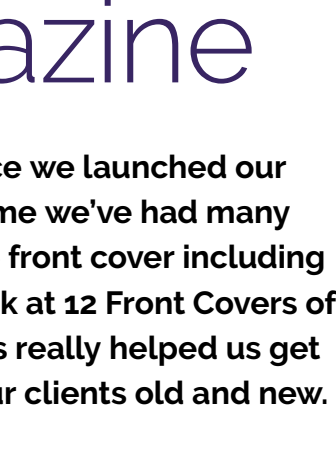
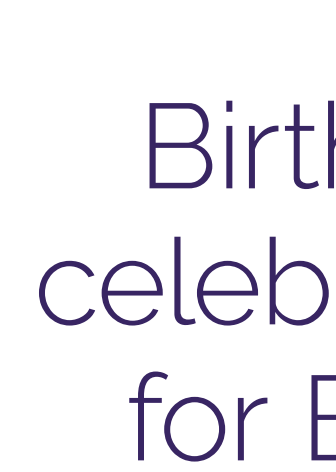
course of treatments, breakouts will reduce and complexion will become noticeably clearer.

When dealing with PCOS, it is important to make sure you treat symptoms from within the body too, by taking natural vitamins and supplements and by ensuring you eat healthily and exercise regularly. While there may not be a cure

For more information on Lycon Wax, Laser Hair Removal, Electrolysis, Advanced Acne Facials and Dermalux visit our website at www.beautyatthegate.co.uk or give us a call on 01472 289555.

10 Signs & Symptoms of POLYCYSTIC OVARY SYNDROME (PCOS)

- Irregular Periods** (Illustration: Calendar with a magnifying glass over a date)
- Absence of Menstruation** (Illustration: Woman in a red dress holding her stomach)
- Hair Thinning & Loss** (Illustration: Woman with thinning hair)
- Abnormal Skin Discoloration** (Illustration: Woman's shoulder with dark patches)
- Excessive Facial & Body Hair** (Illustration: Close-up of lips and chin with hair)
- High Blood Pressure** (Illustration: Blood pressure monitor)
- Stress** (Illustration: Woman holding her head in pain)
- Acne** (Illustration: Woman with acne on her face)
- Weight Gain** (Illustration: Woman on a scale)
- Depression** (Illustration: Woman sitting at a desk looking down)



Birthday celebrations for BATG magazine

It's been a year since we launched our magazine, in that time we've had many famous people on the front cover including ourselves, we look back at 12 Front Covers of the magazine that has really helped us get our message out to our clients old and new.



The Importance of Wearing a Sunscreen



Spring is here and the sun has been shining in North East Lincolnshire, and that means that it is time to start wearing sun cream - if you haven't already! A 2014 survey conducted by the British Association of Dermatologists found that 72% of people suffered sunburn within that year, a pretty shocking statistic considering the harm that excessive sun exposure can do to our skin.

This May, from 9th to 16th, sees the return of Sun Awareness Week. Its aim is to highlight the importance of protecting ourselves against sun damage, and the dangers that are associated with sunburn.

Jonathon Major of the British Association of Dermatologists said: "Almost three-quarters of people we surveyed admitted that they had been sunburned in the last year, which is shocking. This is a reflection of poor sun protection habits - people underestimate the damage that sunburn can do to their skin, and many think

that skin reddening is just a harmless part of the tanning process, rather than a sure sign that you have damaged your skin irreparably."

Not only does skin become, hot, red and sore, and very uncomfortable, but sunburn can lead to discolouration and premature ageing. Most importantly, damage caused by the sun's UVA and UVB rays can result in Melanoma, the most dangerous form of skin cancer - and those who repeatedly experience sunburn are more likely to develop it. The number of people suffering from skin cancer is increasing year on year, but yet, according to Cancer Research UK, 86% of melanoma cases are preventable.

To lower the risks of excessive sun exposure, make sure your skin is covered, that you keep in the shade during the hot midday hours, and that you are always using sun cream, even when you are simply relaxing in the garden. Many cosmetics and skincare products now contain



SPF, which is fantastic, but this protection may not be enough and may not protect against both UVA & UVB rays, particularly for those who have fair, sensitive skin. There are many sunscreen products available to us now in the forms of gels, sprays, creams and lotions, and the key is to look for not only the SPF number, but that it protects against both UVA & B rays.

How you apply the sun cream can affect its performance too. Use around two to three tablespoons of lotion to cover the whole of your body, and don't forget to apply sunscreen to the tops of your ears and the back of your neck - two areas that are commonly missed but very sensitive.

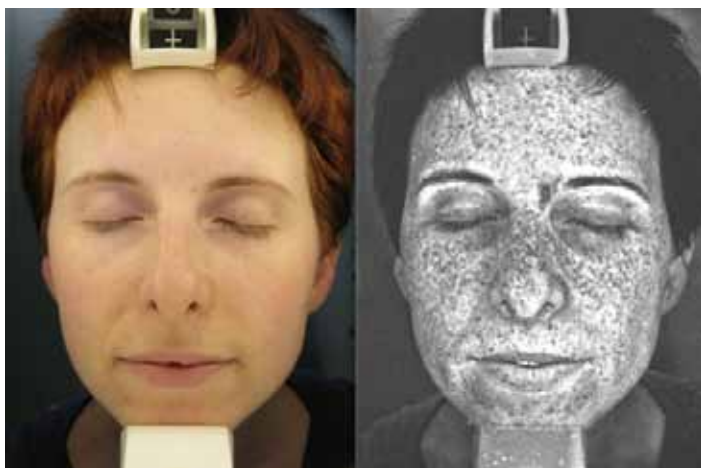
Gently pat the cream and smooth it into your skin rather than rubbing it in, doing this too harshly will not be effective. Even though protection begins as soon as the lotion is applied, it is best to use the products before you leave the house or hotel as it can take a few while for the sunscreen to

be absorbed. And, of course, keep re-applying sun cream throughout the day.

It is very easy to forget to apply sunscreen, particularly when you are busy having fun running in and out of the swimming pool or spending time by the barbecue, but protecting your skin is not only important for a strong, glowing complexion, it can help to keep your body healthy too.

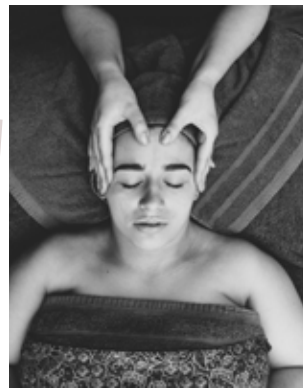


The sunscreen of choice here at BATG is Environ's Rad SPF 15 which protects against both types of the Sun's harmful rays. You can purchase it in salon for only £17.95.



BATG PHOTO-SHOOT

The girls at BATG recently had some fun on a photo-shoot with local photographer Chris Waud. With our new website about to launch it was important for us to ensure we had images that captured what BATG and The Room at the Gate were all about. We think Chris achieved this and managed to do it without the girls stress levels about having their photo's taken getting too high



Chris can be contacted on 07967119379 or via email at chris@thisisgophoto.com. You can see examples of his work at www.thisisgophoto.com.

When it comes to healthy skin, one of the most important aspects is cleansing. Removing excess dirt, oils and everyday impurities will help to maintain a complexion that is smooth, refreshed and glowing. However, it is important that you use a cleanser that is suitable for your skin type - a simple cleanse with a face wipe or a quick soapy wash may not be the best solution for everyone.

Environ has created a range of cleansers that specifically target various concerns, from redness and dry skin to oily skin and acne. Here's a quick round-up.



lonzyme C-Quence Cleanser

The lonzyme range has been developed to provide an overall skincare solution for more mature and pigmented skin with added vitamins, antioxidants and peptides to achieve smooth, youthful looking skin. The C-Quence Cleanser is gentle, using mild ingredients to remove make-up and impurities without stripping the complexion of its natural oils, helping to maintain the acid balance of your skin.



AVST Pre-Cleansing Oil

Vitamins A, C and E, and several antioxidants are incorporated into the AVST range following scientific research. This particular oil, to be used before your cleanser, aims to unclog your pores and remove excess oil and leftover make-

up from the skin's surface, helping to improve the appearance and texture of the complexion. It's ingredients are derived mainly from plants, ensuring a gentle cleanse.

The oil should be applied liberally to the face, adding just a few drops of water before washing away with the AVST Cleansing Lotion. The product is fantastic for removing eye make-up too.



AVST Cleansing Lotion

Following the AVST Pre-Cleansing Oil, you should use this product to enhance your cleansing routine. Massage this cleanser into your skin before washing it away with water, and you will find that your complexion feels clean and refreshed. Again, as this range uses plant extracts, it is gentle and can be used daily.



B-Active Sebuwash

For those with oily, blemish-prone skin, the B-Active range could be the solution. Sebuwash is a low foaming gel cleanser that contains tea tree oil, which is known to reduce the appearance of blemishes. It gives a deep clean within the pores, giving a more refined appearance.

Massage into damp skin, and remove with tepid water for the best results, followed by a toner and moisturiser. This product can be used morning and evening.



B-Active Sebuwash

Sebuwash is a pre-cleanser that has been designed to remove excess oils and impurities, in order to improve congested, problematic skin. It contains a pharmaceutical grade mineral oil that helps to reduce excessive shine caused by an oily complexion. When applying this, you should massage the pre-cleanser for around one to two minutes before removing with Sebuwash. Sebuwash can be used morning and/or evening, depending what is best for your skin type.



Interactive Cleansing Gel

A mild foaming face and body wash, particularly recommended for oily and problematic skin.

It is specifically formulated to thoroughly remove residual oils from the surface of the skin with a slight effervescent effect.



In March, the doors of Cleethorpes' Riverside re-opened as Tale of Two, a Dickensian-inspired craft bar and restaurant, following an extensive refurbishment and expansion. This is just one of the three local venues owned by award-winning business woman Liz Parry. We managed to grab some very rare spare moments with Liz to see if we could find out what makes this serial entrepreneur tick.

How long have you been in business now?

I have owned Abbys Bistro in Abbeygate for 12 years, and bought the Riverside in Cleethorpes in November 2014, followed by opening The Curious Cat in Grimsby last September. We have just re-branded and refurbished our Cleethorpes venue as Tale of Two, a craft bar and restaurant, in March.



And what is the best thing about what you do?

The best thing has to be meeting people. I am always meeting customers and other business people, no two days are ever the same. But I am also very lucky to have lovely staff and a great team who are passionate about the business.

Where do you draw your inspiration from?

I suppose it is a meeting of minds between me and my son, Lewis, who helps to run the company and manages The Curious Cat. The important thing for us is to offer great customer service in a nice environment, nothing too ostentatious, just quality and style. Grimsby is a nice place and it deserves to have nice restaurants and bars too.

Whenever we visit cities, we always keep our eyes out for things we might like. Lewis has a Degree in Fine Art from Sheffield, where we visit a lot. He is very good at visualising his ideas and bringing it to life. Using my eye for detail and colour, mixed with Lewis' creativity, we manage to come up with some really exciting ideas.

Which beauty products can't you live without?

I couldn't live without most things! I suppose I do like to have my foundation and eye liner. My favourite brands are Mac and Dior, and I use Decléor for my skincare.

What is your favourite perfume?

Amber by Prada, it's the only perfume I wear. I first smelled it on holiday in 2005, loved it and bought it, and I have worn it ever since.



What do you like to do to relax?

I like gardening and reading, usually historical novels. I enjoy meeting friends and socialising, and chilling out with a glass of wine.

What can't you get through the weekend without?

I like to have an easier day on Sundays to break the week up so I can relax and get ready for the next busy week.

Where is your favourite holiday destination?

We normally go on active holidays. I love skiing in France and I also love to go diving in the Caribbean, but I have to say for a relaxing weekend retreat, I adore Venice, it's my favourite city.



If you could invite any famous person to your venues, who would it be?

The Queen, quite simply because she is marvellous at moving with the times, and I adore her work ethic. The way she manages and markets the Royal Houses, and her attention to detail – she always matches! I love that she is a Granny, 'Gan-Gan' to George and Charlotte.



To reserve a table at Liz's venues, call Abbys Bistro (Abbeygate, Grimsby) on 01472 362944, Tale of Two (Alexandra Road, Cleethorpes) on 01472 600515, and The Curious Cat (Bethlehem Street, Grimsby) on 01472 289610. You will also find each restaurant and bar on Facebook.

Beauty at the Gate Price List

3D Lipo Cavitation + Skin Treatment

Single Session Large Area	£120.00
Course of 6 Sessions	£525.00
Single Session Medium Area	£75.00
Course of 6 Sessions	£330.00

3D Cryolipolysis (Fat Freezing)

Single Area	£150.00
2 Areas	£225.00
3D Radio Frequency	£60.00
Course of 6 Sessions	£270.00

3D Dermology

Single Session	£60.00
Course of 6 Sessions	£270.00

Pay as You Go Available on all 3D Treatments

Facials by Samantha Beatty

The Facial 90 mins	£65.00
.....	or £75.00 with Samantha
The Advanced Acne Facial 90 mins	£65.00
.....	or £75.00 with Samantha

Dermatude

Consultation 30 mins	£15.00
Facial 40 mins	£60.00
.....	Pay as You Go plan available

Dermalux LED PhotoTherapy

Single Session	£40.00
Single Session as Addition to any Facial	£25.00

Laser Hair Removal

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

Environ Facials

Environ Introduction 60 mins	£45.00
Precision Facial 30 mins	£30.00
Purifying Express 30 mins	£30.00
Active Vitamin Facial 60 mins	£51.00
Advanced Active Vitamin 80 mins	£59.00
Collagen Power Facial 60 mins	£59.00
Cool Peel 60 mins	£54.00
Hydroboost 60 mins	£55.00
Focus Frown 45 mins	£59.00

Pay as You Go Plans available

A-Lift Lifting & Firming Facials

Miracle Moments 30 mins	£30.00
Angelic Ritual 50 mins	£50.00
Pure Zenergise 75 mins	£59.00
Divine Indulgence 90 mins	£69.00
Course of 10 Angelic Ritual	£420.00
.....	Pay as You Go plan available

Elemis Facials

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

Elemis Body Treatments

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

HD Brows

Standard HD Brow Treatment 30 mins	£25.00
.....	
<i>Add £2 if with Pro-Stylist</i>	
Advanced HD Styling Treatment 45 mins	£35.00

LVL Lashes

Lift Volumise & Lengthen 55 mins	£40.00
--	---------------

Lycon Precision Waxing

Chin	£7.00
Upper Lip	£7.00

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

Electrolysis

15 mins	£20.00
30 mins	£30.00
45 mins	£35.00
60 mins	£40.00

Tinting

Brow	£9.00
Eyelash	£13.00
Brow & Eyelash	£17.00

Holistic Treatments

Hopi Ear Candling	£27.00
Indian Head Massage	£27.00

The Room at the Gate Nail Treatments

Gel Manicure	£28.00
Gel Pedicure	£30.00
Shellac Manicure	£22.00
Shellac Pedicure	£26.00
Zoya Organic Manicure	£23.00
Zoya Organic Pedicure	£27.00
Jessica Manicure	£22.00
Jessica Pedicure	£26.00

£2 surcharge for treatments carried out by Jemma

Nail Extras

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

May Offers

Also pre-bookable for June

ELEMIS
SKIN SPECIFIC FACIAL



Includes **FREE** Elemis Hand & Nail Butter Cream worth £18

only £40

hd
「BROWS」
OFFICIAL STYLIST



10% OFF HD BROWS

only £22.50

LASER HAIR REMOVAL
Remove unwanted hair safely, comfortably and permanently

Course of 6 treatments for 1/2 Leg Hair Removal

Using our LightSheer™ XC Laser Removal Machine



only £350
Save £555

Shellac™
Shellac is a breakthrough patent-pending UV3 technology that combines the ease of polish with the permanence of gels.



Manicure only £20 **Pedicure only £24**



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

