

Beauty at the gate



**Amazing Non-Invasive
Facelift Treatment
Launches at Salon!**

**Christmas is Coming
- Fantastic Gift Sets
Now In Stock!**

November Offers

**Facials, Facelifts,
Back Massage
& Waxing!**

Blake Lively

**BATG Therapist Hannah wants
the Gossip from US TV star**



**Sweet Squared Co-Owner
Samantha Sweet Tells Us
What She Can't Live without!**



**Beautiful Skin Starts From Within –
Focus on ANP Skin Supplements**

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

News at the Gate

November sees the launch of our latest anti-ageing facial – Dermatude Meta Therapy – described as the UK's most high tech facial, this is for those of you who are serious about skin rejuvenation in a natural way, without the use of injectables. Book in during November with Samantha and save £100 on a course of eight. Melissa will also be training in Dermatude this month, make sure you book early for the busy Xmas and New Year period, your skin will thank you for it!

Megan and Melissa both attended a training course on the Advanced Nutrition Programme so will be giving specialist advice on this fantastic range of supplements designed to boost your skincare regime resulting in healthy, glowing skin from the inside out.

Our favourite brow treatment, HD Brows, have just announced that they'll be known as High Definition from February. The fantastic brow perfecting treatment remains the same, Phew!



DERMATUDE
THE FACELIFT ALTERNATIVE



「HIGH DEFINITION」

It's that time of year again...Elemis Christmas box sets have arrived at the salon! Choose from the gorgeous Forever Frangipani, Glorious Glow or Enriching Futures for girls and in the men's corner there's a choice of the Adventurer or Clean Man set. Don't leave it too late as we expect these gorgeous gift sets to sell out especially as some include free BATG vouchers!!



Editorial

Welcome to the November bulletin. We'll be getting to know a bit more about Hannah who has been part of the BATG team for just over a year. Hannah is a true professional and has built up a loyal clientele, having recently trained in laser hair removal she is thoroughly enjoying mastering a new treatment and has been achieving excellent results.

This month our brand focus feature is on Advanced Nutrition Programme, the range of advanced supplements to boost your skincare regime. Beautiful skin starts from within and the range is one of the highest quality supplement ranges available. We're big fans of ANP here at BATG and share their philosophy that great skin starts with great nutrition.

Our latest anti-ageing treatment Dermatude, launches at the salon this month. Take advantage of our fantastic offer on a course of six treatments for £270, a saving of £90. You'll be amazed at the results! Find out how it works on pages 8 & 9.

We managed to catch up with Samantha Sweet of Sweet Squared, distributor of CND Shellac, who told us the five things she can't get through life without and her personal favourite nail colour shade from this season's stunning Aurora Holiday collection. Find out more about Samantha and CND Shellac on pages 12 & 13.

We also had a chat with Nouveau Beauty's Education Specialist and Trainer, Kelly Wilson, who tells us what it's like working for one of the UK's top beauty training academies on page 14.

Don't forget, you can now pre-book our offers two months in advance as long as you book in the month the offer comes out. November's offers are Active Vitamin Facial, £40, a saving of £9, Elemis Back Massage £20, usually £25, and L'Oréal Hollywood/Brazilian Intimate Wax, £26, down from the usual price of £30.

Fiona Durkin - Editor



Q & A with Beauty at the Gate therapist Hannah

How long have you worked at Beauty at the Gate?

Since September 2014

What first attracted you to Beauty at the Gate?

Everybody was talking about it on Facebook and it was so popular that I did some research to find out more. I liked how different it was from other salons and the fantastic treatments they offered

What's the best thing about working at Beauty at the Gate?

I love the variety of treatments and the fact that every day is so different. The team is great with a broad range of different talents, it means we bounce off each other's enthusiasm

Where did you train as a therapist?

Grimsby Institute for my NVQ in Beauty Therapy but within the industry things are forever changing with new treatments coming out all the time. Training is on-going within the salon.

What made you want to become a therapist?

Originally my passion was in make-up. It wasn't until I started beauty that I realised how much I preferred it.

Where did you work previously?

I worked in a Hand Picked Hotel and Spa in Guernsey.

What would you like to achieve as a therapist?

As a therapist my ultimate goal is to specialise in one particular area and become recognised as being the best at it.

What's your favourite treatment and why?

One of my favourite treatments is massage. Personally I find it just as relaxing to do a massage as it is to have one myself! Since I trained in laser hair removal in February I just can't get enough of it! I love the results, it's an amazing treatment. Why put yourself through a monthly wax when you can opt for the permanent solution of laser hair removal?

What's your favourite beauty product and why?

My favourite product is Elemis Frangipani Monoi Body Oil, the scent is amazing. It's a coconut oil based product that treats pretty much anything.



What's your favourite perfume and why?

Giorgio Armani Si. It's a fresh, fruity smell and reminds me of where I bought it, on my skiing trip earlier this year – tax free of course!

If you could choose anybody to treat to your signature treatment who would it be and why?

Blake Lively – any Gossip Girl lovers will know who Blake is! I would love to treat Blake to a massage to unwind, using Elemis Frangipani Monoi Body Oil of course! Although this aside, I can't help but think how much I would love to HD Blake's brows. xoxo



What do you do to relax?

To relax I surround myself with Yankee Candles, drown myself in wine, tuck myself in bed and get stuck in to a series on Netflix



Do you have any hobbies outside of work?

Most of my time outside of work is currently taking up with training for the World Line Dancing Championships, which is being held in Nashville Tennessee in January of next year. I've been Line Dancing since I was 12.

I specialise in the 2-Step Jack & Jill but will also be entering the Swing Jack & Jill and will be representing the UK in the International event. I'm hoping to place inside the top 20 for the overall individual International Pro-Female.

I'm really looking forward to it and have an amazing set of outfits, boots and hats to take with me.



What can't you get through the weekend without?

Without a doubt my dressing gown! Anyone who knows me well enough will know it's my favourite item of clothing.



What's your favourite holiday destination and why?

My dream holiday would be to tour around America and see as much as possible. I'd particularly love to go to New York at Christmas.



Protecting Your Skin In Winter

Many of us experience changes in our skin when the weather becomes colder and winter sets in – cold weather, central heating, not drinking enough water, poor diet and too much booze can all take their toll on your skin. Here's our guide to protecting your skin through winter.

Winter air robs the skin of its natural moisture leaving it prone to dryness, flaking, redness and chaffing. Those with conditions such as eczema or rosacea or those with dry or sensitive skin are more prone to problems in winter.

While cold, harsh weather does dry your skin, the dry heat churned out by your central heating can cause more of a problem; it draws the moisture right out of the skin and can result in dehydrated skin and a dull, lifeless looking complexion.

Turning down the heating a bit in the winter can help. During the summer, air conditioning can have a similar effect. To counteract the dry heat, start with a good moisturiser and add on booster products depending on what your specific skin type needs.

Environ's AVST moisturiser is formulated to protect your skin all year round with vitamin A and a cocktail of antioxidants including soothing and healing vitamin E. With the onslaught of so many environmental factors in winter a moisturiser often isn't enough on its own to keep your skin sufficiently hydrated and protected.

Depending on your skin type and particular concerns, Environ has formulated targeted products to step-up your winter skincare protection.

Colostrum Gel is excellent for calming and soothing inflamed, irritated and problematic skin that often occurs in winter - use alongside your moisturiser to boost



your winter skincare regime. It has numerous benefits, providing antioxidant protection to support the skin's immune system whilst healing and soothing, reducing redness and sensitivity.

Colostrum Gel contains dairy Colostrum, Vitamins E & C and Lavender Oil. It helps to thicken skin and promotes collagen production so is particularly good for mature or sun damaged skin. Mix a small amount in with your usual AVST moisturiser to boost the effects and provide added protection.

Hydrating Oil Capsules

These super hydrating capsules are excellent for dehydrated winter skin that needs a moisture boost. Apply every night for a month to very dry skin for an intensive treatment or as and when extra moisture is needed.

Environ Intensive Hydrating Oil Capsules contain low levels of Retinol along with antioxidants like Vitamin C, Vitamin E, Green Tea Extract and Rosemary Leaf Extract. They help to energise and hydrate the skin whilst building and strengthening skin cell walls. They also improve blood supply to the deeper layers of your skin, whilst improving the skin's metabolism and immune system.



C-Boost Clarifying Cream

When incorporated into your daily skincare regime, well-formulated products containing vitamin C can provide a range of benefits that keep your skin younger-looking, longer! We love Environ's C-Boost which contains Vitamin C & E and helps maintain a healthy youthful looking skin. It is anti-inflammatory - reducing redness and irritation, increases sun protection, stimulates collagen and aids in healing and strengthening capillary walls.

Vitamin C provides potent antioxidant protection, shielding skin from damaging free radicals—those pesky rogue molecules that promote premature aging. It helps with pigmentation, photo damage, broken capillaries and scar tissue.

Environ's C-Boost can be used on skin types that aren't prone to breakouts to aid maintenance and help with pigmentation, photo damage, fine lines, broken capillaries and scar tissue.

Always use C-Boost in conjunction with an Environ Vitamin A moisturiser (C-Boost is not a moisturiser). Your skin must have been acclimatised to Vitamin A for 3-4 weeks before using C-Boost.

In addition to fine-tuning your skincare regime, here are a few tips on things to do and more importantly things not to do that will help keep your complexion looking fabulous through winter.

Avoid hot water!

Wash your face with lukewarm water – too hot and you risk broken capillaries if you go out into the cold afterwards. Splash your face with cooler water after washing, pat dry gently – don't scrub with the towel as this can damage the epidermis – apply moisturiser immediately to retain the water from washing. Mix in a small amount of Environ's Colostrum Gel with your moisturiser. It provides antioxidant protection, supports the



skin's immune system, heals and soothes for added winter protection.

Avoid very hot baths and showers which can wash away the natural oils that protect your skin – leaving it dried out. Dermatologists recommend showers over baths, use only lukewarm water and limit your shower to just a few minutes. Slap on your favourite body moisturiser after patting yourself dry – no rubbing!

Avoid using harsh perfumed soaps and antibacterial cleansers – lathering from soap removes oils from the surface of the skin and will leave it dried out. The best choice is a mild cleanser or fragrance free soap.

Don't forget the SPF – just because it's winter you still need to protect your skin from UV rays. A tinted moisturiser is perfect – try Jane Iredale's Dream Tint for moisture, SPF15 protection and light coverage all-in-one.

Stay hydrated! You still need to drink water even in winter.

Try using a humidifier in your bedroom – it will infuse the air with moisture, helping to combat and soothe dehydrated, dried out skin.

**Winter Protection Pack Offer -
Purchase all 3 products
for only £85.95**

Beautiful skin starts from within

When it comes to healthy skin, what you put inside the body can be as important as what you apply topically.

At BATG we believe in looking after your skin as a whole and recommend taking the best supplements possible to boost your skincare regime. The Advanced Nutrition Programme is a cutting edge range of supplements that support your skincare regime, maximising the benefits of topical products and salon treatments by nourishing from within.

Great nutrition is the first step towards great skin. By nourishing from the inside you turbo boost the effects of your skincare regime while achieving maximum long term benefits.

The Advanced Nutrition Programme™ is one of the highest quality supplements on the market today. Made in the UK, all nutrients are rigorously tested, exceeding industry standards.

The ANP range has 21 different supplements - here's a look at some of the products which we think have the biggest impact on your skin and wellbeing:

Skin Accumax™ – Formulated for problem skin

This unique formula contains a ground-breaking and skin-perfecting ingredient, as well as other complexion enhancing active ingredients that have been specially formulated to clear and maintain problem skin.

Accumax works from the inside to clear your skin and restore natural radiance. It combines ingredients specifically known to tackle problem skin and hormonal breakouts whilst maintaining healthy skin.

Skin Omegas + Benefitting from the addition of vitamin A, Skin Omegas+ is the perfect companion to your skincare regime. It contains optimum levels of EPA (an important omega 3) along with GLA (an important omega 6) made from Evening Primrose Oil. Vitamin A is a key ingredient needed for skin health - use in conjunction with Environ AVST moisturiser to maximise the benefits.

Benefits of taking Skin Omegas +

- Essential for healthy skin and hair
- Moisturise the skin from the inside out
- Reduce inflammation
- Helps with conditions such as acne, eczema and psoriasis
- Keep hair healthy and lustrous
- Protects skin from UV damage

"Women lacking in Omega 3 can suffer from dehydration, spotty areas, breakouts and general poor skin health. After a month of trialling Skin Omegas+, our tester said her skin seemed less dry and a whole lot more bouncy." Good Housekeeping, May 2015 Edition



Skin Vit A+

Vitamin A is one of the most important nutrients for skin yet over 90% of women don't get enough, and around 80% of people in the UK are deficient in vitamin A.

Skin Vit C

Vitamin C contributes to collagen formation which helps skin function normally and supports the normal function of blood capillaries. Vitamin C is also an antioxidant, so it helps to protect your cells from oxidative stress caused by free radicals.

Skin Collagen Support

Contains vitamin A which contributes to the maintenance of normal healthy skin and vitamin C for its role in collagen formation. The formula is enriched with carefully selected plant extracts. Helps to retain skin elasticity which diminishes as we age.

We managed to get some time with Lorraine Perretta, Advanced Nutrition Programme Brand Manager at the iiaa, to find out what's in the pipeline.

What do you love most about the brand?

I could say that I love the fact that the Advanced Nutrition Programme has targeted skin supplements so you can choose the right product for your skin concerns or that I love the brand because the products are made to the highest standards with the best quality ingredients.

But what I love the most about ANP is how it changes people's lives. ANP has helped so many people to solve skin and health problems, which has meant they are able to lead fuller and happier lives.

Recent testimonials from our users, has shown me that it's not just about ageing or problem skin. ANP supplements work from the inside to promote optimum health and energy.

Are there any new products/treatments in the pipeline?

There are always products in development. We're currently making the pilot batch for one product and there's another one close to behind. They should both be out sometime in 2016. And beyond that, I'm working with a couple of new ingredients that could have some amazing results. But I can't tell you any more about any of them because it's a secret.

What are the future plans for the brand?

We are looking to expand the Advanced Nutrition Programme brand globally. Jane Iredale in the USA was our first international distributor in 2014 and ANP now sells in nine European countries and three further afield. In 2016, I expect those numbers to grow.

This is an exciting project as I look forward to more and more people benefiting from our skin and wellbeing supplements.



Christmas box sets from Elemis and Environ

The Christmas season is fast approaching and this week we received the gorgeous Christmas 2015 box sets from Environ and Elemis. There's something for everyone so if you're looking for a special beauty gift to spoil someone you love or even yourself don't leave it until Christmas Eve - they're sure to sell out fast!

Environ

A fantastic gift box for Environ lovers. Give someone the gift of a flawless complexion! This super stylish box contains EIGHT of Environ's skincare staples and beauty boosters - everything you need for beautiful skin. Available with AVST 1 -5.

The collection comprises of: AVST Cleansing Lotion 200ml, Moisturising Toner 200ml, AVST Moisturiser 50ml(Choose from AVST 1-5), C-Quence Eye Gel 10ml. Includes the following FREE OF CHARGE: Mini Revival Masque 10ml, Mini C-Boost 10ml, Mini Colostrum Gel 5ml, Hydrating Oil Capsules 3.3g

£120 (AVST 1 - 3) / £135 (AVST 4 -5)

PURCHASE ONE OF THESE SETS AND YOU CAN BOOK ANY ENVIRON FACIAL FOR ONLY £25.



Elemis

Choose from Glorious Glow for revitalised skin that glows from head to toe with a delicate hint of bronze. Collection comprises of:

Papaya Enzyme Peel (15ml), Total Glow Bronzing Body Lotion 50ml
Skin Nourishing Body Scrub (50ml), Total Glow Bronzing Moisturiser for Face 20ml
Only £24.95 (was £37.95)

Forever Frangipani - A gorgeous gift box to leave you with silky smooth and fragrant skin thanks to the exotic Frangipani Monoi flower fragrance. Also includes a room spray so you can enjoy the exotic fragrance wherever you are.

Frangipani Monoi Body Oil (100ml), Frangipani Monoi Body Cream (100ml)
Frangipani Monoi Shower Cream (100ml), Frangipani Monoi Room Spray (15ml)
£39.90 (was £73)



Includes a £10 BATG Voucher



Enriching Future - Contains Elemis power packed Pro-Collagen Day and Night creams to leave your skin moisturised and protected.

Pro-Collagen Marine Cream (50ml): Intensely hydrate skin with the anti-ageing moisturising cream, enriched with collagen-boosting marine extract padina pavonica to reduce the appearance of fine lines and wrinkles.

Pro-Collagen Oxygenating Night Cream (50ml): Wake up to a brighter, smoother complexion with the non-greasy night cream. Suitable for all skin types, the cream absorbs quickly into skin to support the skin's natural regeneration process, revealing firmer skin and delaying signs of premature ageing.

£94.95 (was £170)

Includes a £25 BATG Voucher

TREAT YOUR MAN, TREAT YOURSELF

Clean Man

Essentials that every man needs for vibrant, healthy and thoroughly cleansed skin.

Elemis Deep Cleanse Facial Wash (150ml)
Revitalise Me Shower Gel (200ml)

£24.95 (was £39)

£5 Gift Voucher With Each Purchase!



For Men - Adventurer

Five travel sized essentials - cleans, energises and restores skin for the man on the move.

Deep Cleanse Facial Wash (50ml), Skin Soothe Shave Gel (50ml)
Daily Moisture Boost (50ml), Sharp Shower Body Wash (100ml)
Instant Refreshing Gel (20ml)

£39.90 (was £75)

£10 Gift Voucher With Each Purchase!

The UK's "Most High Tech Facial" Launches at BATG

This month sees the introduction of our latest anti-ageing treatment – **Dermatude** – a completely natural facelift alternative that delivers visible results:

Dermatude - the Next Step in Anti-Ageing – The latest innovation dual action treatment for skin rejuvenation, anti-ageing, skin hydration and restoration.

Dermatude Meta Therapy (Medical & Esthetical Tissue Activating Therapy) combines the benefits of several skin rejuvenation methods in one, resulting in plumper, firmer and younger looking skin.

How Dermatude Works?

Meta-Therapy involves using digitally controlled micro-needles to create micro-perforations in the upper layer of the skin. This activates the body's natural healing process stimulating elastin and collagen. In simple terms, it triggers your body to create new collagen

This self-repairing process is the skin's way of naturally regenerating from the inside-out and will leave you seeing firmer, brighter skin with finer pores and more elasticity.

The treatment also allows for the penetration of highly active ingredients such as Vitamin A,C,E and hyaluronic acid. This means we bespoke the treatment to suit any skin type, conditions and concerns.

The Benefits of Dermatude?

Firmer Skin – Stimulation & regeneration of collagen & elastin

Improved Circulation – Increases blood circulation & delivers nutrients to the skin's surface

Improved Lymphatic Drainage –

Reducing toxins, puffiness, fluid & dark circles

Leaves you with a fresh and radiant glow.

Why Choose Dermatude?

The skin starts showing the first signs of ageing from the mid 20's. It becomes thinner, blood circulation deteriorates and the natural production of collagen and elastin starts to slow down, causing the skin to lose its firmness and elasticity. This natural ageing process starts from the inside out, but is also accelerated by external factors, including excess UV light, air conditioning, stress and stimulants such as alcohol and tobacco.

The result? Look Younger & Fresher in a Natural Way.

Following Dermatude Meta Therapy the skin becomes firmer and regains its elasticity, fine lines and wrinkles are less obvious, pores are refined, circulation is stimulated and the overall condition of the skin improves. Dermatude helps put back what your skin has lost over time without the use of injectables so you look fresher and rejuvenated whilst still looking like you.

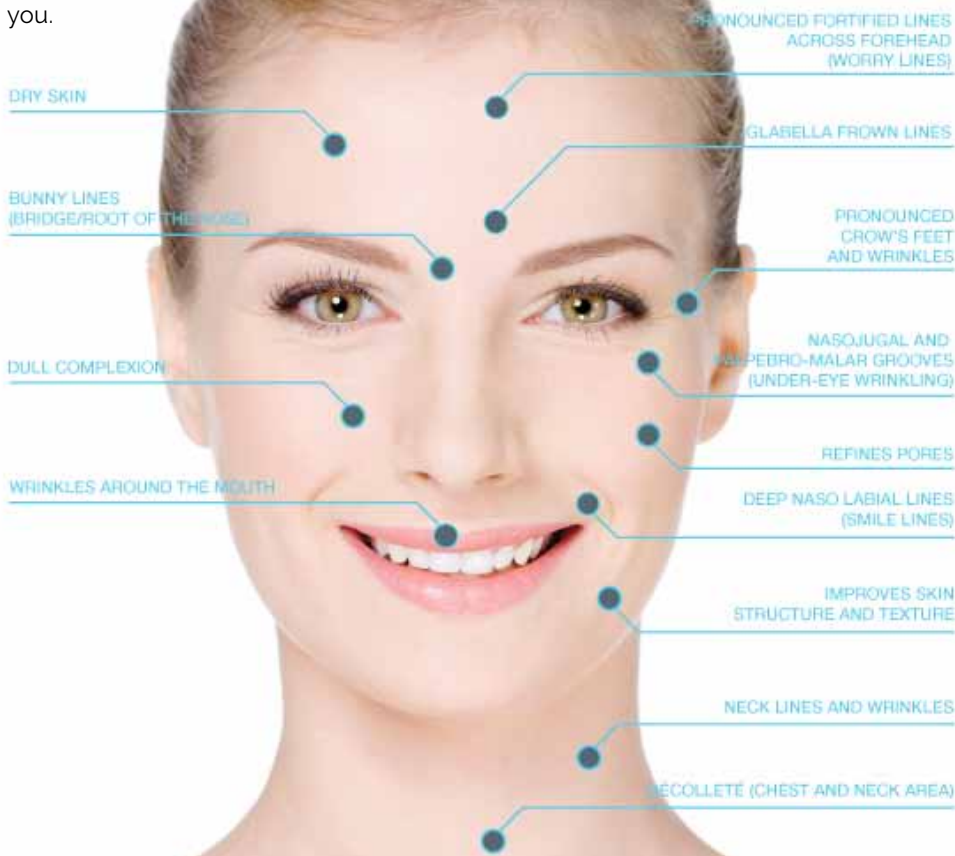
The Secret? Re-activate the skin's collagen and elastin production from the inside out.

Meta Therapy kick starts the natural repair mechanism of the skin into high gear and stimulates the production of collagen and elastin. This self-repairing process is the skin's way of naturally regenerating cells resulting in fresher, more youthful skin.

Is Dermatude for You?

It produces excellent results on a wide range of skin types and concerns including dehydrated and mature skin, very dry skin, slack skin, sun damaged skin, pigmentation, post-surgical and smoker's skin.

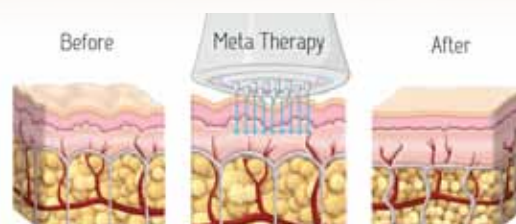
Dermatude can be used to treat a multitude of ageing signs: forehead lines, crow's feet, frown lines, eye bags, wrinkles around the mouth, neck area and décolleté. It will leave you with better skin structure, finer pores and produces a lifting effect.





DERMATUDE
THE FACELIFT ALTERNATIVE

Why does Meta Therapy Work?



The Treatment – Full Facial

You can choose to have the full facial treatment which focuses on the whole face and/or neck, and/or the décolletage area and is aimed at skin improvement and rejuvenation. Expect to see firmer skin with a better overall structure, finer pores and improved elasticity.

A course of 8 treatments is recommended, 1 a week for 4 weeks then 1 every other week, results can then be maintained with a periodical top-up treatment.

Don't just take our word for it!

Celebrity fans of Dermatude Meta Therapy include Ellie Goulding, Lisa Snowdon, Arlene Phillips and Sadie Frost

Marie Claire magazine described Dermatude as "The Youth Kick Starter" (April 2015)

Glamour magazine dubbed the treatment as the UK's "Most High Tech Facial" (November 2014)

Completely Natural Anti-Ageing Treatment

No Peeling or tender Skin

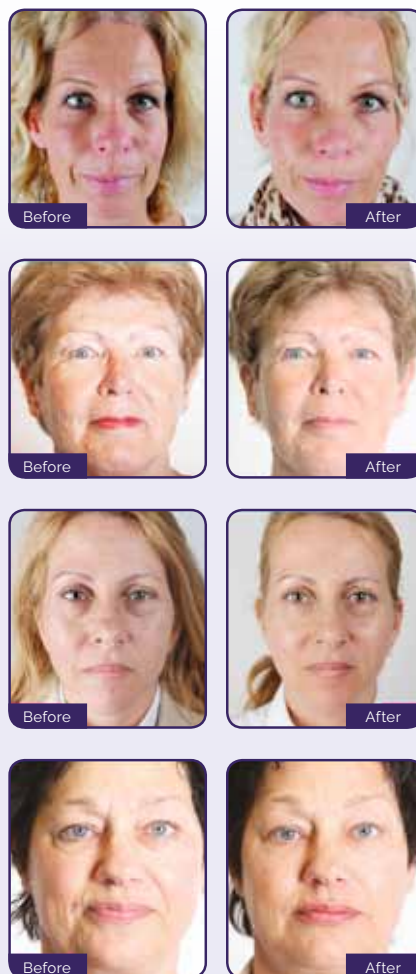
No Anaesthetic Required

NO Post Treatment Downtime

Results Build Naturally



Results



Dermatude Facial £60 – Launch Offer
Course of 8 Facials for ONLY £380



New Treatment Room Now Open at BATG!



BATG has opened up a new room which means we can carry out more facials and laser treatments.

You may have noticed that the small room next to reception has gone and is now joined with the former glitter room to make one luxurious new treatment room!

We're hoping the addition of this new room will mean you won't have to wait so long for an appointment in our busy periods - opening up the space means we can now carry out more treatments at the same time.

The room has a lighter feel to the other two treatment rooms -

beautifully decorated in shades of grey to relax the senses and bring about a sense of peace - the perfect setting for a relaxing facial. It is fitted with a new heating and air conditioning system to ensure the temperature is perfect all year round.



Challenge Jemma

Every month we run a competition on Facebook to Challenge Jemma, our resident Nail Tech, with your favourite nail art design. The more elaborate the better! Submit a picture of the design on our Facebook page and Jemma will pick the winner who will be invited to Room at the Gate to have the design recreated. The winner must be available within 2 weeks of the competition close. Pictured is last month's winning Halloween design recreated by Jemma.



THE IBX NAIL SYSTEM

Toughen – Strengthen – Smooth – Protect

PROTECT and GROW Your Nails.
The IBX system consists of two products – one to protect your nails by creating a protective shield beneath your gel polish – another to provide a natural nail strengthening system that allows you to grow long and healthy natural nails

What is IBX and what does it do?

The treatment is designed to penetrate the nail and fuses together the nails top layers to improve nail plate integrity under any gel polish. It can also be used to protect and keep your natural nails strong so that they grow long!

IBX is the first treatment to work inside the nail, instead of sitting on top. It is applied like traditional polish then gentle heat is used to enable it to penetrate into the nail. IBX is an intensive strengthening treatment that allows you to build up strength and durability resulting in long, healthy nails.

Use IBX to toughen and grow natural nails, or to insure nail plate integrity under nail enhancements.

IBX is the workhorse of the IBX System

It actually fuses the layers in the upper nail plate together with an interconnecting polymer network (IPN). This patent pending formula locks itself within the nail plate – a permanent addition that will never need removing.

IBX : Completes the formation of the IPN within the nail plate

Toughens the nail plate by fusing together the upper layers, providing strength and protection.

Is always applied in a full coat, whether for Gel Polish protection or to grow natural nails.

Cured with an LED light

IBX Repair is an intensive nail repair system to target weaknesses and imperfections that prevent the natural nail from growing long. It can also be used under gel polish to improve the nail plate.

IBX Repair: Used prior to IBX to create a protective shield

A full coat of IBX Repair acts as the fusion layer to begin the formation of the interpenetrating polymer network (IPN)

Helps to reduce white spots on the nails

IBX Repairs Damage

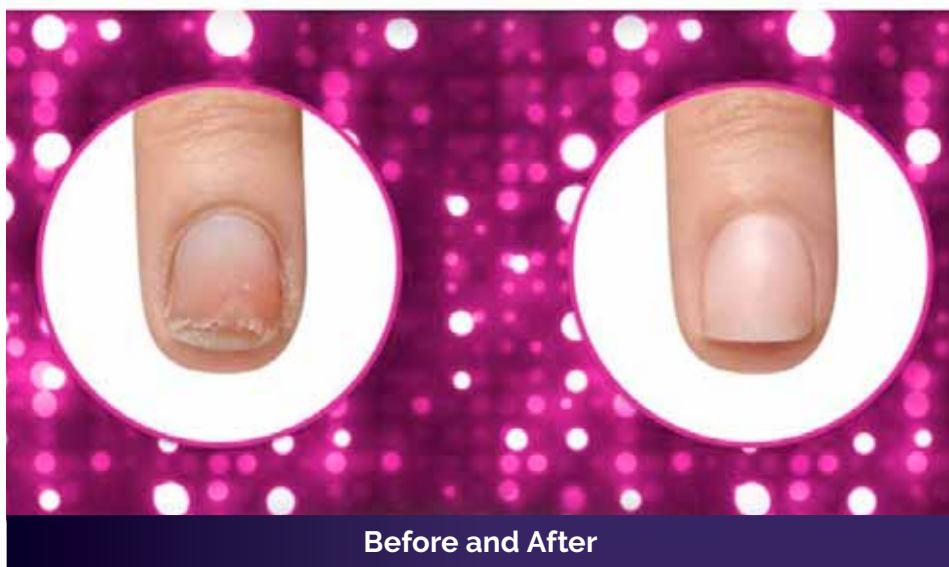
It is a targeted treatment applied to specific areas of damages including splits, peeling and damaged edges.

It acts like double sided sticky tape to seal damaged areas together

Used before IBX

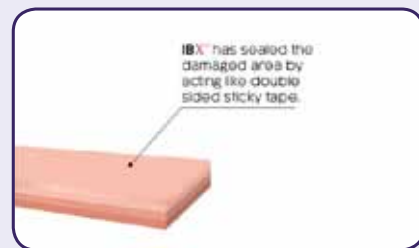
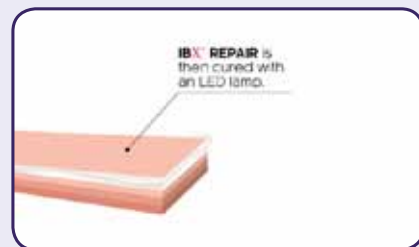
Use in addition to IBX for exceptionally weak, thin and damaged nails

Can be used for specific damage OR as a complete protective shield under gel polish



Before and After

IBX SYSTEM



CND Shellac®

The Room at the Gate features three manicure stations complete with 3 huge, comfy pedicure armchairs so you can kick back and enjoy some 'me' time whilst our expert nail technicians and hostesses tend to your every need.

Our nail technicians are all brand-trained and offer the most up-to-date trends in nail art and effects alongside the traditional polish or French manicure. Our most popular choice of nail polish is **CND Shellac®** – the innovative nail colour that offers chip-free nails for up to 14 days, high-gloss shine and nail protection all-in-one.

Shellac is not only a big hit with our discerning clients – it's one of the most in-demand professional nail treatments in the UK. The CND team are in constant demand, tending to the nails of magazine editors, celebrities and models – they have created nail designs at every major fashion show since 1998.

What is Shellac®? CND Shellac Power Polish™ is a breakthrough, patent-pending technology that combines the ease of polish with the performance of gels.

No Nail Damage. Many people ask if Shellac polish will damage their nails – the answer is no! The polish must be removed professionally using the correct CND Shellac removal process and can be re-applied straight away. We recommend you use Solar Oil daily to moisturise the nail and cuticle – Shellac is porous enabling the oil to penetrate the polish and moisturise the nail and cuticle.

No Drying Time. Shellac polish is UV cured using a special UV lamp so you can leave the salon with perfectly dry nails. No smudging or smearing!

How long does it last? Shellac polish can last up to 14 days or longer.

How does Shellac polish protect the nail? Shellac creates a veneer like coating over the nail plate protecting nails from breaking, splitting and peeling. It has a honeycomb like structure allowing oils to penetrate effectively (gel polish doesn't). Solar oil helps to keep nail plates healthy and flexible whilst caring for and conditioning the cuticles. It is important to have it removed correctly to ensure no damage is done to the nail.

The range of Shellac nail colours is truly amazing with each season seeing the launch of new shades to tie in with the latest trends in fashion. There really is a shade for every taste from the latest fashion colours to muted classics and for those who really want to make a statement our nail technicians can customise your chosen shade with Leccenté glitter or nail art to create a nail design that's completely unique.

The Top 5 Reasons Why CND® Shellac® is the Top Choice for Nail Colour

1. Up to 14 or more days of high performance wear
2. Stunning crystal shine
3. Zero dry time
4. Amazing 5 minute removal
5. No nail damage



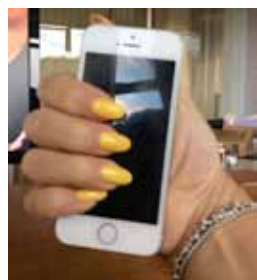
5 THINGS I CAN'T LIVE WITHOUT

We were lucky enough to grab five minutes with Samantha Sweet, co-owner of CND Shellac distribution company Sweet Squared, before she headed off to London Fashion Week.

Samantha co-founded Sweet Squared along with her husband Samuel in 2006; they met over a three day period at a CND™ Bootcamp Training in the UK in 1998 and have been together ever since. Sweet Squared is one of the largest, most respected beauty distribution companies throughout the UK and Ireland.

Having represented and loved CND™ (Creative Nail Design Inc) for 23 years Samantha understands the brand inside out and backwards.

Here are the five things that Samantha can't get through life without:



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I feel slightly embarrassed to admit this (my mama would die) but it has to be **my iPhone**. I work 24/7 and it doesn't matter where I am, I can get email and keep up to date with social media sites connected to work. Running Sweet Squared with my husband Samuel has always been a full-on position and I can be found responding to emails at 11:30pm or later if necessary. I do it because I love it!! It's not a chore and it lets our customers know I actually DO care! I am also OCD (well a little) and like to 'check' things off my 'to do' list!

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On-line fashion websites – I don't know what I would do without them! I love going into town but don't often have free weekends to do so. When I have a free weekend you will find me in comfy 'lounging-around-the-house' PJ's cooking and watching rom-com movies at the same time (I love to cook). On-line fashion sites allow me to try what I like in the privacy of my own bedroom – if the outfit works great, if not it's a simple re-pack and return. These sites make it very easy for me and I'm all for an easy life - they have also inspired me on how we do business and treat our customers through our own website. Our Sweet Squared website is being re-vamped with this in mind - we women – we like things simple! Saves a fortune in city parking too.



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CND™Shellac™ and my nail artist Kat! Kat is a CND™ Education Ambassador and mobile nail artist. She comes to me every two weeks and I have her booked in right through to the end of the year. She keeps my nails perfect and I never have to worry. I have natural nails with Brisa™ Gel coatings (they are long and the Brisa™ gives me that added strength with a gorgeous 'light' feeling so you don't feel like your nails are enhanced at all) and then I have them polished with CND™Shellac™ – I love the Shellac™ shine -! I am not a glitter queen and prefer edgy, fashion forward colours – Cityscape being my favourite; I also love Bare Chemise and the new Winter Glow from the Aurora 2015 Winer collection – it's just stunning on!

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My family and I don't think it's cliché to say so. When you run your own business there is never a break and so free weekends are precious. I love to cook for everyone and there are a lot of us when we all get together! I have nieces and nephews who are growing so fast; I have amazing parents who have been vital with help over the years with the boys when we do trade shows and conferences. Sam and I have two boys, our oldest (23) has been back-packing around Australia since February and our youngest (15) has just started year 10. This Christmas will see us all down-under together and although I will miss Christmas at home as we normally host the family, I am super excited to see my son and visit a new country!

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Mind relaxing hobbies. A love a good book and Pilates classes. I do classes on an evening which stretch me and chill me out; a good book takes me to other worlds and sends me straight to sleep on a night. I like a good glass of Malbec or Chardonnay (that's relaxing isn't it) and I drink gallons of Matcha green tea. It can sound a little 'pretentious' as all this is very 'de rigueur' right now, but... it has helped my mental wellness and I am definitely more alert and 'in the moment'...so it's all good!

And finally, we asked Samantha which nail shade she'll be wearing this season; "Favourite seasonal colour for 2015 has to be Winter Glow! Edgy without being too girly pink – I adore it!!"

Here at BATG we deal with many suppliers and big brands who we speak with regularly to ensure our products always get to us and our therapists training courses are always booked and organised. It's nice to know a little more about these unsung heroes. This month we talk to Kelly Wilson of Nouveau Beauty Group.



Kelly Wilson of The Nouveau Beauty Group

Kelly Wilson is an Education Specialist and Trainer for The Nouveau Beauty Group, one of the UK's leading training academies. Kelly has trained our therapists in A-Lift and most recently trained Samantha in our latest treatment, Dermatude, a highly effective skin rejuvenating and anti-ageing treatment that will be launching at BATG this month.

We asked Kelly what she loves about her role, working for one of the UK's most highly regarded beauty training academies, The Nouveau Beauty Group.

"Being a Level 3 trained Beauty Therapist, I have always loved the science side of the beauty industry and now specialise in the amazing Skin Therapy brands here at Nouveau- A-Lift, a non-surgical skin health treatment, and Dermatude which is dual action digital micro needling.

The philosophy of our MD Karen Betts, is to bring high quality cutting edge treatments to the market, and make advanced facials accessible and affordable for clients. We offer skin rejuvenation technologies that are minimally invasive, yet offer real results."

How long have you worked at The Nouveau Beauty Group?

Just over 3 years

What's the best thing about your job?

Getting to know our customers, whether it's over the phone, on training, or at trade shows it's great building friendships, putting faces to names and seeing them succeed with our treatments.

What advice would you give to someone just starting a career in beauty?

Never stop learning! Keep up with trends, refresh your skills, and train to be the best that you can be and you can't go wrong.

Can you give us a rundown of what your job involves?

As a Skin Therapy Specialist and Educator, I look after our Nouveau Skin Therapy customers from their very first enquiry- giving advice, booking training and helping them to launch, ensuring they get off to the best possible start with their new treatments. Outside of the office, I am part of the Nouveau Beauty Group Show team, visiting trade shows and events meeting new and existing customers face to face which I love. Another exciting part of my job is giving treatments to Press, Celebs and PR editors at our Karen Betts Harley Street Clinic, making sure our treatments are in the media and in demand. Every day is different in my role- there is never a dull moment!

Which products can't you live without?

I love the Dermatude Hydra Booster range. Having acne as a teen I have always had oily skin, the hydra booster range is great for keeping shine at bay whilst giving much needed moisture, especially in the winter months. It also smells amazing!



What's your favourite perfume and why?

I love Violet by Marc Jacobs. It's a perfume I first saw in duty free and always reminds me of holidays- plus the bottle is super cute!



What do you do to relax?

I can spend hours on Youtube watching online Vlogs, especially beauty and makeup. I like to see what products other people recommend and how they use them- except it makes me want to go out and buy them all.

What can't you get through the weekend without?

Costa Coffee. Every Saturday I meet up with my girlfriends for a mandatory Costa and catch up. My favourite is a Gingerbread Latte - it's not just for Christmas!



Where is your favourite holiday destination and why?

It has to be Greece, I spent a summer season there in my early 20s and fell in love with the place, the people (and the food).



Beauty at the Gate Price List

Facials created by *Samantha Beatty*

THE Facial 90 minutes **£65.00**
 **or £75.00 with Samantha**
 THE Advanced Acne Facial
 90 minutes **£65.00**

Dermatude

Consultation 30 mins **£15.00**
 (redeemable against course of 8 treatments)
 Facial 50 mins..... **£60.00**
 Intense Facial Mask 20 mins **£15.00**
 Course of 8 - **Save £100**.....**£380.00**

Laser Hair Removal

Initial consultation - 30 minutes - £15.00
Redeemable against treatment

Chin **£35.00**
 Upper Lip **£35.00**
 Upper Lip & Chin **£60.00**
 Sideburns **£35.00**
 Hands & Fingers **£40.00**
 Underarms **£50.00**
 ½ Arm **£50.00**
 Full Arm **£90.00**
 ½ Leg **£90.00**
 Full Leg **£150.00**
 Buttock Crease **£40.00**
 Buttocks **£75.00**
 Bikini **£50.00**
 Extended Bikini **£60.00**
 Thong **£70.00**
 Hollywood/Brazillian **£90.00**

15% OFF All courses of 6 Treatments

Environ

Environ Introduction **£40.00**
60 Minutes
 Precision Express **£30.00**
Treatment 30 Minutes
 Purifying Express Treatment **£30.00**
30 Minutes
 Ionzyme Active **£49.00**
Vitamin Facial 60 Minutes
 Advanced Active **£59.00**
Vitamin Facial 80 Minutes
 Collagen Power Facial *60 Minutes* **£59.00**
 Environ Cool Peel **£54.00**
Treatment 60 Minutes
 Ionzyme HydroBoost **£55.00**
Facial 60 Minutes
 Ionzyme Frown **£59.00**
Treatment Facial 45 Minutes
 Ionzyme Body Sculpt **£50.00**
Treatment 60 Minutes

A Lift

Miracle Moments *30 Minutes* **£30.00**
 Angelic Ritual - Lifting **£49.00**
 Non-Surgical Facelift Treatment
50 minutes
 Pure Zenergise **£59.00**
 A Candle-Lit
 Supercharger *75 Minutes*
 Divine Indulgence: **£64.00**
 The Ultimate A-Lift Experience *90 Minutes*

Elemis

Skin Specific Facial **£45.00**

Skin Solution Facials

Modern Skin Facial **£45.00**
60 Minutes
 Oxygen SkinCalm Facial **£45.00**
 - For Sensitive Skin *60 Minutes*
 S.O.S. Purifying Facial **£45.00**
 - For Oily/Congested &
 Problematic Skin *60 Minutes*

Anti-Ageing Facials

Pro-Collagen Quartz Lift **£50.00**
 Facial - For Fine Lines
 and Wrinkles *60 Minutes*
 Tri-Enzyme Resurfacing Facial **£50.00**
60 Minutes
 Visible Brilliance Facial **£50.00**
 For Ageing, Stressed &
 Slackened Skin *60 Minutes*
 Face & Body Sensation **£55.00**
60 Minutes

Elemis Massage

Deep Tissue Muscle Massage **£25.00**
30 Minutes
 Full Body *60 minutes* **£40.00**
 Face and Body Sensation **£55.00**
60 Minutes

Elemis Body

Exotic Lime and Ginger **£30.00**
Salt Scrub 30 Minutes
 Exotic Frangipani Nourish **£40.00**
Wrap 45 Minutes
 Exotic Coconut Rub and **£40.00**
Milk Ritual Wrap 45 Minutes
 Musclese Aroma Spa Wrap **£50.00**
75 Minutes

Body Detox

Cellutox Aroma Spa Wrap **£50.00**
75 Minutes
 Body Sculpting Cellulite and **£45.00**
Colon Therapy 60 Minutes
 Face & Body Sensation **£60.00**
60 Minutes

Collagen Stimulation Therapy

Initial Consultation *30 minutes* **£15.00**
 Redeemable against treatment
 Initial Session *2 Hours* **£200.00**
 CST Session *2 Hours* **£150.00**
 Course of 6 treatments **£850.00**
 Prices include Homecare Products!

HD Brows

Standard HD Styling *30 Minutes* .. **£25.00**
 Advanced HD Pro Styling
45 Minutes **£35.00**

LVL Lashes

55 Minutes **£40.00**

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 **£22.00**
 Zoya Organic Pedicure **£26.00**
 Jessica Prescriptive Manicure **£22.00**
 Jessica Prescriptive Pedicure **£26.00**

Nail Extras

File and Polish **£15.00**
 Shellac Removal with Re-application **£2.00**
 Gel Removal with Re-application **£5.00**
 Shellac Removal **£5.00**
 Gel Removal **£10.00**
 French Polish **£5.00**
 Repair from **£5.00**
 Effects/Glitter up to 2 nails **£2.00**
 Effects/Glitter more than 2 nails **£5.00**
 Nail Art from **£5.00**
 Gold Package **£7.00**
 IBX Nail Care System
 Initial Treatment *30 Minutes* **£15.00**
 Maintenance *20 Minutes* **£10.00**

Lycon Precision Waxing

Strip/Hot & Lycojet Waxing
 1/2 Leg **£14.00**
 Full Leg **£20.00**
 Full Leg & Bikini **£23.00**
 Full Leg & Californian **£29.00**
 Bikini Line **£8.00**
 Underarm **£8.00**
 1/2 Arm **£10.00**
 Full Arm **£15.00**
 Chin **£6.00**
 Upper Lip **£6.00**
 Eyebrows **£10.00**
 Upper Lip, Eyebrow & Chin **£16.00**
 Advanced Intimate Hot Waxing
 Californian (Also called **£15.00**
 Extended Bikini wax) *30 minutes*
 G-String (Also called a Thong **£20.00**
 wax) *40 minutes*
 Brazilian/Hollywood **£30.00**
60 minutes

Electrolysis

15 minutes session **£20.00**
 30 minutes session **£25.00**
 45 minutes session **£30.00**
 60 minutes session **£35.00**

Tinting

Brow **£8.00**
 Eyelash **£12.00**
 Eyelash & Brow **£15.00**

**You will require a patch test 24 hours before the treatment.*

Holistic Treatments

Hopi Ear Candling *45 Minutes* **£25.00**
 Indian Head Massage *30 Minutes* .. **£25.00**
 Reflexology *60 Minutes* **£35.00**

Therapist's Signature Treatments

Hannah's Glamorous Glow **£45.00**
60 Minutes
 Melissa's Arabian Abyss **£45.00**
60 Minutes



Environ Active Vitamin Facial £40

Environ's Flagship Anti-Ageing Facial



Elemis Back Massage £20

Escape the winter blues with a relaxing deep tissue massage.



Lycon Hollywood/Brazilian Wax £26

Experience the amazing Lycon waxing system that will change your view on intimate waxing forever.



Course of 8 Dermatlude Facials only £380, a saving of £100

The UK's most high-tech and innovative non-invasive facelift treatment.



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 those 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

