

# Beauty

## at the gate

**Laser Hair Removal - Clients  
Reveal Amazing Results**



**Jane Iredale**  
The Rolls Royce of  
Mineral Make-Up



**Reflexology**  
**Holistic Heaven**  
**for your feet!**



# Katie Piper

**Therapist Keeley Goulden's  
Inspiration and Role Model**

**September  
Offers**

**Facials, Nails  
& Free  
Bubbly!**



**BATG Fizz - New range of  
drinks at the Room at the Gate**

01472 289 555 Open 7 days a week Monday-Friday 9:30-8:30 Saturday 9:30-5:00 Sunday 11:00-4:00

# Beauty at the Gate Therapist -Keeley Goulden Reveals All



## How long have you worked at BATG?

Seven months and so far I have thoroughly enjoyed being part of the team

## What first attracted you to BATG?

The amazing positive reviews posted on Facebook which then lead me to research the website for Beauty at the Gate. I discovered that Beauty at the Gate offer lots of different treatments – more than other beauty salons.

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

Working as a team within a professional environment, also having the opportunity to expand on my skills and knowledge with ongoing training. It's also been very interesting to learn about all the ins and outs of working in such a forward thinking salon.

## Where did you train as a therapist?

Grimsby Institute

## What made you want to become a therapist?

I had an early interest in make-up and beauty which made me want to expand my knowledge and make people feel better in themselves, so I chose to train and become a therapist'

## Where did you work previously?

After college I worked in a small local salon picking up the basics, as I wanted to improve I left to go to Forest Pines Hotel & Spa Resort near Brigg.

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

Helping my clients to feel good and have more self-confidence when they leave the salon.

## What's your favourite treatment and why?

Environ facials because they are relaxing and at the same time give long lasting results.

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

Environ AVST moisturiser as it improves the skin so much. With regular use it stimulates collagen and elastin and 'normalises' the skin. Not only is Environ a great anti-ageing range but it will also maintain a healthy, youthful complexion.

## What's your favourite perfume and why?

Alien by Thierry Mugler as it has a distinctive scent and is calming too.



## If you could choose anybody to invite into the salon for a treatment who would it be?

Katie Piper as she is such an amazing person and role model. I could make her feel pampered and relaxed while using vitamin A & C on her skin to help reduce her scarring. I'd recommend a home care regime for her with Environ products, including a good SPF to protect her skin.



## What do you do to relax?

Watch TV, have a good massage or go away for the weekend.

## Do you have any favourite musicians or bands?

I love German Thrash Metal bands, my favourite being Kreator. Waking up to the track Phantom Antichrist is a great way to get you motivated for the day ahead and Civilisation Collapse really hits a nerve with how western society today is controlled by governments and large corporations.

Lead singer Mille Petrozza has a soft tone to his voice that really strikes a chord even with the heavier tracks. I have been a massive fan since their debut album Endless Pain In Just 10 Days.



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

Chocolate and sleep.

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

New York because I love the thought of all those shops whilst being on holiday. Lots of good food and drink, the busy atmosphere and all the different places to visit. It seems such a diverse and buzzing city.



## Reflexology at BATG

Reflexology is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands, applying pressure and massage can bring about physical changes to the body.

There are areas and points on the feet, hands, and ears that map via the nervous system to corresponding parts of the body. When pressure is applied to these areas and points it stimulates the movement of energy along the nerve channels, and helps to restore homeostasis (balance) in the whole body.

Clients regularly fall asleep during a treatment it's so relaxing! An hour long session helps to improve poor circulation, relieve back ache, and ease the symptoms of depression, anxiety and insomnia.

Lindsey normally bespoke each individual treatment by selecting a scented oil to use to enhance the effects and really help you feel deeply relaxed.

A course of six treatments is recommended for optimum results.

### Reflexology Foot Chart



Imbalances are found in the foot (crystals), these crystals point to problems in various parts of the body. The pressure applied onto these crystals helps energy travel through the zones of the body to the area where any congestion, inflammation and/or tension exist. The energy produced then improves the circulation in order to dispose of waste products or blockages that need to be dispersed.

Reflexology can benefit people of all ages and, depending on the length of time a condition has been present, can improve or eliminate many ailments during a course of treatments.

Recent research has shown reflexology to be effective in easing pain associated with conditions such as osteoarthritis and back pain.

New BATG Therapist Lindsey has been practicing reflexology for over ten years, as well as being her speciality it's her favourite treatment for the level of relaxation, well-being and balance it brings.

### BATG client Laura Moreton from Louth enjoyed a reflexology session recently with Lindsey and sent us the following email:

*"I am so pleased that you have added reflexology to your treatment list, as I used to have it every month but when I moved to Louth I couldn't find anyone who I trusted. My treatment with Lindsey even though we had never met before was the best I have ever had. I was so relaxed and it worked because I got the job I had an interview for on Monday.*

*I still firmly believe that because Lindsey and Keeley listened to me and tailored my treatments for me that this really worked for me.*

*I have sent this email as I haven't had an email to be able to leave feedback as I normally do.*

*Please pass on my thanks to the girls, and post to Facebook if you can.*

*I give 6 stars as 5 is not enough."*





## Wine at the Gate

We've hand selected our own range of champagne, prosecco and wines for you to enjoy whilst having a relaxing manicure or pedicure at Room at the Gate. We've chosen a variety of wines to suit every taste, so choose your favourite then sit back, relax and enjoy your pamper session. From September you can enjoy a FREE glass of any of our drinks with a manicure or pedicure.

### **Shiraz - Australia**

A soft, round easy drinking red wine. Ripe plums and blackberries on the palate with a light spicy finish.

### **Sauvignon Blanc – Chile**

A light fresh and crisp dry white wine with hints of citrus and gooseberry on the palate and a crisp fruity finish

### **Pinot Grigio – Italy**

A fresh dry Italian white with gentle floral and citrus aromas. Crisp and delicate on the palate balanced by a lemony acidity.

### **White Zinfandel – California**

An easy drinking Rose with aromas of fresh berry fruits and flavours of ripe watermelon and sweet red apple

### **Prosecco – Italy**

A fresh and gently fruity fizz with citrus and green apple aromas. Delicate and lively on the palate with a clean refreshing finish.

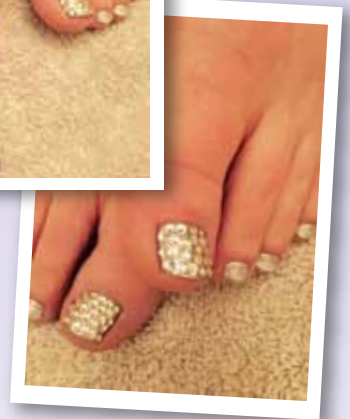
### **Champagne – France**

Very fine with buttery aromas of brioche and an energizing citrusy palate balanced by an equal measure of ripe, toasty fruit.

SEPTEMBER OFFER



# Lucy's Luxury Swarovski Pedicure



Lucy's Luxurious Swarovski Pedicure is guaranteed to give you the most glamorous tootsies – a must for lovers of bling! Featuring a full big toe nail covered in sparkling crystals, this is the ultimate pedicure.

The treatment begins with a foot rasp to remove all traces of dry skin followed by exfoliation with our Champagne Caviar and Gold Body Scrub to leave you with the softest feet ever!

Shellac polish is then applied to each toe with added glitter effects before Swarovski crystals are added to big toes and finished off with a layer of Gold Dry Body Oil for extra shimmer along with a free glass of Champagne.

**Lucy's Luxurious Swarovski  
Pedicure is ONLY £50  
during September**

# Beauty with Brilliance

The Jane Iredale mineral range has numerous benefits that you don't get with other make-up, most importantly it is good for your skin. The natural mineral foundation actually allows your skin to breathe, unlike non-mineral formulations which often contain pore blocking oils and other synthetic ingredients which aren't great for the skin. The products are all paraben free with no chemical dyes or preservatives, talc or synthetic fragrance. All the products are easy to use and extremely versatile, formulated with the purest grade minerals for healthy, glowing skin



Jane Iredale is a pioneer of the mineral makeup industry, she founded Iredale Mineral Cosmetics in 1994, the company which brought the mineral makeup line jane iredale to the aesthetic industry. She was inspired to develop a makeup range that was actually good for the skin after working with women whose careers depended on a clear complexion allowed her to see how skin disorders and sensitivities not only threatened careers, but also destroyed self-confidence.

Jane explained how she started out in an interview with Allure magazine. "I was a casting

director, so I always saw these actors and models who were going from job to job and having all kinds of makeup put on their skin. I wasn't really thinking about starting a makeup company as much as bringing out a foundation that didn't cause skin problems. I wish I could say I had a business plan but I didn't."

The products gained credibility when a plastic surgeon started using the loose powder on patients post laser resurfacing, it covered the redness from the treatment and is safe to use on fresh skin, light and easy to remove. At the time there were no other mineral makeup brands and word soon spread throughout the aesthetic industry.

As the range she produced is pure enough to be used immediately following facial treatments it is recommended

by cosmetic doctors, skincare experts and makeup artists, it regularly features in the beauty press and has a huge celebrity following. It is now available throughout the UK and in over forty countries worldwide.

Now there are numerous different mineral makeup lines on the market, Jane points out what you should look out for when purchasing. "If the first ingredient is talc, nylon, or cornstarch, it's not a mineral makeup. The first ingredient should be minerals—iron oxides, mica, titanium dioxide—otherwise you may be getting some minerals but the majority of the makeup is made from something else. Also it should have at least SPF 15. If it's a good mineral makeup, it contains titanium dioxide or zinc oxide, which automatically give you sun protection."



Jane has always thought of makeup as an essential part of a woman's sense of well-being and she wanted to make that easy to achieve. That's why the mineral powders are a foundation, powder, concealer and sunscreen all in one, and why every product in the line is multi-functional. Her goal is to make products that look good, feel good and are good for the skin. Products must be easy to apply, as well, so that a woman can be her best in the shortest amount of time.

We offer complimentary Jane Iredale makeup consultations with guidance on which products suit your colouring and skin type and advice on application. We also offer complimentary makeup application following your facial so you can go straight out following your treatment.

Jane Iredale is distributed throughout the UK by the iiaa (international institute for anti-ageing). Brand manager at iiaa Danielle Bookatz studied make-up at the London College of Fashion and worked for various cosmetic houses before starting at the iiaa in 2008. Danielle first managed Make-up Events, leading a team of ten iiaa make-up artists and now directs the brand's activities and growth in the UK and Ireland.

**We recently had the chance to speak to Danielle about the brand and what's coming up in the future.**

**What do you love most about the brand?**

I love that I can wear makeup without feeling any guilt of the effect it's having on my skin.



Brand manager at iiaa  
Danielle Bookatz

I also love that I discover new ways to use the same product for different purposes all the time.

**Are there any new products/ treatments in the pipeline?**

New Smooth Affair Facial Primer & Brightener for Oily skin is just out now, it is formulated specially for oily skin with revolutionary PoreAway™ technology to minimise pores

Smooth Affair glides on lightly and reduces shine to create the perfect base for your makeup



Designed to even out skin tone and visibly reduce fine lines for a smooth, matte finish. Smooth Affair contains ingredients to fight blemishes and clogged pores and colour adjusts to your skin tone.

We have several new launches planned for the rest of 2015. Our Autumn Collection will include four bold yet highly wearable new eye shadows and a brand new line of products.

Play On Lip Crayons, the intense pigment and the way they glide on the lips is incredible. Then there will be a Christmas collection, so watch this space!

**What are the future plans of the brand?**

The Jane Iredale brand is constantly evolving. It all started with a wish, to enhance the lives of women, and I know all future plans for the brand will be made with our consumers needs at the forefront of our minds.



# SKIN ANALYSIS FOCUS

The Environ skincare experts visit the salon every month carrying out detailed skin analysis sessions on our clients. It's a completely free service and there's no obligation to purchase products.

During your consultation your skin will be looked at in-depth using the Visia® Complexion Analysis machine. This powerful imaging system looks at problem areas below the surface, such as sun damage, hyper-pigmentation, broken capillaries, wrinkles and blocked pores. Clients are then prescribed products for use at home and in-salon treatments based on the scan.



My main concerns were redness and pigmentation which can clearly be seen as areas for concern on the images produced by the machine. I was also concerned about breakouts, which Jade reassured me could be brought under control with skin care and oral supplements.

Jade advised me to take Skin Accumax, a skincare supplement for problem skin that contains vitamin C to address the redness and a phytonutrient derived from broccoli which is effective at clearing spots. I had been using a topical vitamin C serum to treat redness but Jade said this was a possible cause of my breakouts. It's not known why but taking vitamin C orally improves spots but when applied topically it can exacerbate the problem.

The Visia machine also showed up congestion and some small spots of bacteria so Jade recommended I start using AVST Toner after cleansing which contains lactic acid to balance the skin's PH level and decrease bacteria. Another product I have been advised to introduce is Colostrum Gel which contains cows milk and lavender which is anti-inflammatory, helps with redness and pigmentation, thickens the skin and is a decongestant.

Before I left Jade applied mineral make-up which immediately made my complexion look ten times better! She recommended I switch to the Jane Iredale Smooth Affair primer which is especially for oily skin and a mineral

powder to control shine. As my skin is oily Jade applied tinted moisturiser with SPF rather than a separate SPF which would be too heavy. I was also advised to have a course of Environ Cool Peels at the salon, designed to tackle photo damage, redness and problem skin. I can't wait to see the results of my new regime and have booked in to see Jade in a month for another skin analysis."



Our very own Editor Fiona Durkin booked herself in to see exactly what a session with the iiaa skin specialists entailed, here she reports back on what was a very interesting experience.

"Determined to tackle a couple of skin issues, I was tentatively looking forward to hearing what Jade from Environ had to say about my skin – and slightly nervous about what the Visia machine would reveal!

To begin the consultation, Jade asked what products I used and immediately advised me to stop using a BB cream which unbeknown to me contains oil – this could be causing breakouts and explains why my skin was even more oily than usual. I feel better already!

Jade completed a thorough consultation before I nervously placed my face in front of the Visia machine. What followed next was a bit disconcerting – seeing detailed pictures of your sun damage and wrinkles is not for the faint hearted – but also really interesting.

## Fiona's Skin Analysis Recommendations:

### Home care – Environ

- AVST Cleanser
- AVST Toner
- C-quence Eye Gel
- AVST 2
- Revival Masque (twice weekly)
- Colostrum Gel (mix with AVST 2)

### Advanced Nutrition Programme

- Skin Omegas x 2 daily
- Skin Accumax x 2 daily

### Salon Treatment

Cool Peel weekly x 6

Fiona has started the new regime that Jade recommended based on the iiaa's Feed, Fortify & Finish philosophy. We will keep you updated with how she progresses over the coming months.

*This month we learn more about our therapist Keeley and find out which treatments she'd give Katie Piper if she popped into the salon!*

*This month sees the launch of a new treatment; reflexology with Lindsey, at the special price of £30 for a one hour session. This relaxing treatment targets imbalances in the body by applying massage to reflex points on the hands and feet.*

*We take an in-depth look at Jane Iredale, the "Rolls Royce" of mineral make-up and the final component in the iiaa's "Feed, Fortify & Finish" philosophy.*

*Find out just how effective our Laser Hair Removal has been with feedback from our clients.*

*We have some great offers in September including Lucy's Luxurious Swarovski Crystal Pedicure, £50, a must for lovers of sparkle and guaranteed to put some bling in your step! Elemis Skin Specific or Modern Skin Facials, are both on offer at ONLY £40. Book a complimentary foundation colour matching consultation with Emma or purchase any Jane Iredale product and you will receive a free Jane Iredale Mini Pommissit Hydration Spray. From now on if you like our offers you can not only take them in the month they are on offer but you can pre-book them for the following 2 months as well!!!!*



*I find out exactly what an Environ Skin Analysis involves, read all about my experience and the images that show I could really do with some help from the iiaa's 3 brands.*

*Environ's Revival Masque has just won Cosmopolitan Magazine's Best Instant Facial Award, to celebrate you can purchase this amazing product for ONLY £25.00 when you have ANY Facial.*

Fiona Durkin

Editor



## News at the Gate

We now have a selection of our own champagne, prosecco and wines for you to enjoy whilst having your favourite manicure or pedicure at Room at the Gate. So whether you prefer a glass of fizz, a fruity Sauvignon Blanc or a smooth Shiraz, we've got the perfect glass to help you unwind whilst we work our magic, your first glass is on us.

We have almost completed work on a brand new large treatment room, it should be ready for clients to use in the next couple of weeks.



Samantha and Melissa are attending iiaa Live in London on September 8th. World leading experts, including Environ skin care founder Dr Des Fernandes, meet to debate skincare's hottest topics. We can't wait for all the news from this exciting event!

The iiaa were so impressed with the results of our Environ case study that we featured in their monthly bulletin which goes out nationally to all salons stocking iiaa products. We're delighted to be able to share our fantastic results with other salons and even more delighted to be able to show what can be achieved with the combination of in-salon treatments and at-home Environ skin care.



We had a salon visit from Guild News recently and are due to appear in the publication's regular Salon Spy feature soon, we'll keep you posted....

The Environ skincare experts will be back in the salon towards the end of September providing skin analysis consultations and recommending tailored skin care and treatment plans to suit your specific needs. The consultation is complimentary. Book your hour long consultation now to avoid disappointment.

Due to the popularity of our monthly offers there have been times when our clients haven't been able to book in. As we want to give all clients access to our offers you can now pre-book any monthly offer for the following two months after the offer is launched.



## Laser Hair Removal



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

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

We've been getting really positive feedback from clients undergoing the treatment with reports of better than expected results. Our therapist Melissa explains what you can expect from laser hair removal. "The treatment is really quick – quicker than a wax.

My clients are seeing a difference even after the first treatment but you need to have between six to eight sessions for it to work properly. Hair growth reduces or tends to become patchy after the first couple of sessions, it's fine to shave between treatments so you don't have to walk round with unwanted hair in-between sessions whilst you're having the course. I've had great feedback from all the ladies I'm treating – it's

literally life changing! It can make a huge difference to self-confidence especially for ladies who have facial hair."

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

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

A few of our laser hair removal clients have been kind enough to give us some feedback on their progress.

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

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

**Adele from New Waltham** told us *"I've had 3 treatments so far and I couldn't believe that I saw results after the very first treatment. It's slightly uncomfortable but the treatment is so quick and any redness I get subsides after a few hours. It's made me feel a lot more confident and I can't believe how quick the process is and the results I'm seeing after only 3 treatments."*



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

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

# FIVE THINGS I CAN'T LIVE WITHOUT

## Young Entrepreneur of the Year – Charlotte Hay



Charlotte Hay lives in Louth and runs her own marketing agency The Creative Larder. She tells us the five things she can't get through life without.

**Spotify** - I'm a little bit schizophrenic when it comes to my music and what I'm listening to completely falls down to my mood so having Spotify on, be it on the road or in the office, it means I can listen to whichever playlist i'm in the mood for.



**Smoothie Maker** - After living in London for 5 years, smoothie and juice bars are on every corner, and something I hugely miss for my morning or afternoon pick-me-up. My boyfriend Steve and I try to always make time in the morning to blitz together some fruits and veggies for our drive to work.

A recipe we're currently obsessed with is; 2 handfuls spinach 1/2 glass water, 1 apple cored, 1/3 pineapple, 2cm fresh ginger, blitzed together and topped with a spoonful of spirulina for a protein punch.

**Coffee** - As healthy as I like to be with my smoothie, coffee is one thing that gets me through the day. I can barely open my eyes to leave the house if I haven't had a cup. Perhaps it's mind over matter, but a coffee in any form (hot, short, frappee or milky) is my guilty pleasure



**Nails** - Up until Christmas last year, I was a sufferer of short nails that never seemed to grow. Anyone who knows me, knows that my style is classic and laid back, and I tend to live in a lot of white, black and grey, so having my nails done means there's at least a little bit of a colour on me. I'm a fan of the classic oval shape and love a coral or pastel in the summer, and classic red, navy or black in the winter!

**My job** - Almost a year ago I set up my own company, The Creative Larder. I've been self-employed since I left university to work as a freelance fashion & celebrity stylist. Running The Creative Larder means I get to work with some of the most incredible clients all over the world and even hop over to a different country a few times a year to write about travelling and some of the world's best hotels. Alongside working with some incredible brands and products, I also get to work alongside my boyfriend Steve at The Comfy Duck and The Lincolnshire Chef, running the marketing and branding which does make going to work that little bit easier as we're there every day to spur each other on and inspire each other with new ideas!



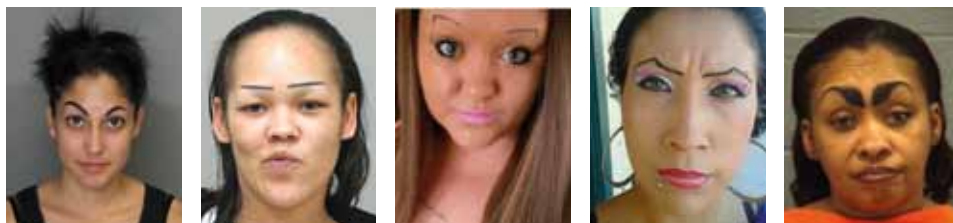
Charlotte Picking Up Her 2015 Award

[www.thecreativelarder.com](http://www.thecreativelarder.com) - [charlotte@thecreativelarder.com](mailto:charlotte@thecreativelarder.com)

# THE EYEBROW HALL OF SHAME

Drawn on brows can produce some pretty staggering results. With 8 HD trained specialists we can ensure your brows look defined, classy and On Fleek!

Here are a selection of our favourite brow disasters, none of which were done here at BATG



## On Fleek / Off Fleek

BATG Therapist Lucy Pearson recently educated us to the term 'On Fleek'. Here is a look at what is currently On Fleek/Off Fleek in the world of BATG!



# Beauty at the Gate Price List

## Facials created by *Samantha Beatty*

THE Facial 90 minutes .....	<b>£65.00</b>
..... <b>or £75.00 with Samantha</b>	
THE Advanced Acne Facial	
90 minutes .....	<b>£65.00</b>

## Laser Hair Removal

*Initial consultation - 30 minutes - £15.00*

*Redeemable against treatment*

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

**15% OFF All courses of 6 Treatments**

## Environ

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

## A Lift

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

## Elemis

Skin Specific Facial .....	<b>£45.00</b>
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## Skin Solution Facials

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

## Anti-Ageing Facials

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

## Elemis Massage

Deep Tissue Muscle Massage .....	<b>£25.00</b>
<i>30 Minutes</i>	
Full Body <i>60 minutes</i> .....	<b>£40.00</b>
Face and Body Sensation .....	<b>£55.00</b>
<i>60 Minutes</i>	

## Elemis Body

Exotic Lime and Ginger .....	<b>£30.00</b>
<i>Salt Scrub 30 Minutes</i>	
Exotic Frangipani Nourish .....	<b>£40.00</b>
<i>Wrap 45 Minutes</i>	
Exotic Coconut Rub and .....	<b>£40.00</b>
<i>Milk Ritual Wrap 45 Minutes</i>	
Musclese Aroma Spa Wrap .....	<b>£50.00</b>
<i>75 Minutes</i>	

## Body Detox

Cellutox Aroma Spa Wrap .....	<b>£50.00</b>
<i>75 Minutes</i>	
Body Sculpting Cellulite and .....	<b>£45.00</b>
<i>Colon Therapy 60 Minutes</i>	
Face & Body Sensation .....	<b>£60.00</b>
<i>60 Minutes</i>	

## Collagen Stimulation Therapy

Initial Consultation <i>30 minutes</i> .....	<b>£15.00</b>
Redeemable against treatment	
Initial Session <i>2 Hours</i> .....	<b>£200.00</b>
CST Session <i>2 Hours</i> .....	<b>£150.00</b>
Course of 6 treatments .....	<b>£850.00</b>
Prices include Homecare Products!	

## HD Brows

Standard HD Styling <i>30 Minutes</i> ..	<b>£25.00</b>
Advanced HD Pro Styling	
<i>45 Minutes</i> .....	<b>£35.00</b>

## LVL Lashes

<i>55 Minutes</i> .....	<b>£40.00</b>
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## The Room at the Gate Nail Treatments

Gel Manicure .....	<b>£28.00</b>
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Gel Pedicure .....	<b>£30.00</b>
Shellac Manicure .....	<b>£22.00</b>
Shellac Pedicure .....	<b>£26.00</b>
Zoya Organic Manicure .....	<b>£22.00</b>
Zoya Organic Pedicure .....	<b>£26.00</b>
Jessica Prescriptive Manicure .....	<b>£22.00</b>
Jessica Prescriptive Pedicure .....	<b>£26.00</b>

## Nail Extras

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

## Lycon Precision Waxing

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

## Electrolysis

15 minutes session .....	<b>£20.00</b>
30 minutes session .....	<b>£25.00</b>
45 minutes session .....	<b>£30.00</b>
60 minutes session .....	<b>£35.00</b>

## Tinting

Brow .....	<b>£8.00</b>
Eyelash .....	<b>£12.00</b>
Eyelash & Brow .....	<b>£15.00</b>
<i>*You will require a patch test 24 hours before the treatment.</i>	

## Holistic Treatments

Hopi Ear Candling <i>45 Minutes</i> .....	<b>£25.00</b>
Indian Head Massage <i>30 Minutes</i> ..	<b>£25.00</b>
Reflexology <i>60 Minutes</i> .....	<b>£35.00</b>

## Therapist's Signature Treatments

Hannah's Glamorous Glow .....	<b>£45.00</b>
<i>60 Minutes</i>	
Melissa's Arabian Abyss .....	<b>£45.00</b>
<i>60 Minutes</i>	

# September Offers - Now pre-bookable for Oct/Nov



## Reflexology ONLY £30 for an hour long treatment

Reflexology is used to relieve tension and identify imbalances in the body based on applying pressure and massage to points on the hands, feet and ears that correspond with specific parts of the body, increasing the flow of energy and restoring natural balance.

## Elemis Skin Specific or Modern Skin Facial ONLY £40

Skin Specific Facial - Customised to your individual skin type, a unique treatment tailored to you. Modern Skin Facial - Designed for skin challenged by modern living and bursting with anti-oxidant rich minerals and vitamins. The result is that you are left with a rebalanced and renewed skin that glows.

## Lucy's Luxurious Swarovski Pedicure ONLY £50 (usually £60)

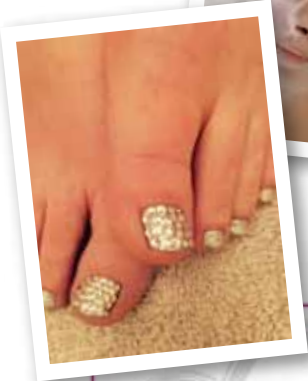
This pedicure includes Swarovski crystals covering each big toe nail adding the ultimate sparkle to your step.

## Revival Masque ONLY £25.00 with ANY Facial

Winner of Cosmopolitan Magazine's BEST INSTANT FACIAL - RRP £49.95

## FREE Jane Iredale Mini Pommist Spray

When you book a FREE Foundation Colour Matching Consultation with Emma or purchase ANY Jane Iredale product.



*Beauty at the Gate*

*The Room at the Gate*

## Opening Hours

<b>Monday – Friday</b>	9.30am – 8.30pm
<b>Saturday</b>	9.30am – 5.00pm
<b>Sunday</b>	11.00am – 4.00pm

We are open 7 days a week. Because we know how busy life can be. We're there for you when you need us, which is usually outside of office hours, when you're not working and the shops are closed. We know how hard it is trying to fit in some "me" time so we offer appointments every weekday up to 8:30pm, on Saturdays to 5:00pm and we even open on Sunday between 11am and 4:00pm.

Telephone: 01472 289555

