

The Gate



@BeautyattheGate



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**3D Lipo Belly
Busting Treatment
for Men**

PROFESSIONAL
beauty 2017
National Awards
Finalists

**Heal Your Soul
with Reiki**

**The Lounge at the
Gate Now Open**

David & Victoria

**can both enjoy
time at The Gate**



**Beauty Despite Cancer – New
Treatments & Product Launch**

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

ZOYA YOUNGBLOOD Lycon Shellac LASHES IBX ADVANCED..... nutrition programme DERMAQUEST A-LIFT ELEMIS BROWS JESSICA

It never ceases to amaze me how things change here at the salon, well I say salon but we are now more of a complex having just opened up our 3rd Unit with MATG and the new Lounge. We have also secured the unit between Beauty & Room at the Gate and are going to look to develop that into staff facilities, offices and a brand new reception area. It should open up the 3 units, enabling the client journey to flow more easily and allowing more relaxation areas.

We recently sent out a survey to a select number of clients and one of the areas highlighted by clients was the reception area at the salon, it is something we have been aware of for some time now and having the middle unit will allow us to address this.

We are all very excited about the Open Evening we are having on Wednesday the 8th of March. When we took on the new unit to create MATG we knew that it was far too big to just dedicate to Men so from the very outset we decided on splitting it into 2 units and use the extra room to create something special for our ladies. Apart from a few select clients and of course our girls, it's been something of a secret project. Myself and Sam are absolutely delighted with how it has turned out, it really has exceeded all of our expectations, (and my budget!).



We felt it was an ideal opportunity for us to showcase everything we have built up over the last 3 years or so and actually celebrate that with our clients. We have lots happening on the night, we are delighted to be welcoming Harrison Gregory, Head of UK Spa & salon from Elemis along

with our new Elemis Rep Nicola Barr. Harrison will be giving a little talk on what to expect from Elemis over the coming months and Nicola will be on hand to speak about some amazing new products Elemis have just launched.

Indeed we have some exciting things with Elemis lined up over the coming months, including the return of not only the Elemis Bus but also the lovely Lelia who will be coming back for a few days to carry out skin analysis and treatments on clients at the salon. We will also be having lots of treatment demos on the Open Night along with exclusive discounts on treatments and products.

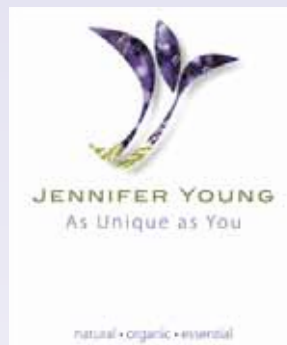
On the subject of change, it was an emotional farewell to Melissa who left us recently to start her own venture but we have Megan returning to us shortly and we've also welcomed some new faces in Lauren, Emma & Jordan.

Lauren has made an amazing start to her career here at the business with Sports & Therapeutic massages along with adding Pregnancy massage to our list of treatments. This has been such a success that we are sending 3 more girls on training late in March.

Emma has joined us on a part-time basis and she brings a more holistic approach back to us with treatments like Reflexology & Reiki. Emma has also gone down a storm with her Aromatherapy Massage. The Reiki is an interesting one for me as

I'm no a great believer in things like spirits and spiritual healing, however I did have a Reiki session with Emma and found it to be a very relaxing, comforting and nurturing experience although I'm still not having it about the spiritual stuff

Jordan is currently doing her NVQ2 in Beauty and she is following the path that has seen our Mollie go from Reception to Therapist. It's been such a joy for me, and Sam to watch Mollie grow into a confident young lady and we are very proud of the way she has made the transition into doing treatments.



Something that has been on our minds for quite some time now is the fact that we cannot offer certain treatments to those of our clients who have or have had cancer, it's such a stressful thing to have to cope with and being able to relax and try to forget about it, along with acting and being treated as normal is so important. That is why we are delighted and really excited to be

launching a new range of products and treatments specifically designed and created for those clients. There will be a facial, massage and hand and nail treatments along with a full product range that will allow us to provide some comfort and care. You can read more about the Jennifer Young range in this issue.

Also in the issue, get the low-down on our salon Manager Pip, you certainly don't want to get on her wrong side along with features on Dermaquest Resurfacers, Reiki, Pregnancy Massage and Facials for Men.

Finally it was another great evening at Professional Beauty's Salon of the Year 2017, although we did not win this year, we are still very proud to have reached the final 5 and are extremely grateful for the year we have had as 2016 winners. We hope that the 2017 winners, Idyllic Day Spa enjoy their year and win as much as we did.

Paul Beatty



How long have you worked at BATG?

I started part time last May then became full time in the September.

What's the best thing about working at BATG?

No 2 days are the same, I get to meet new people every day. Working with a great group of girls who are all out to provide an amazing service to the clients helps make work a great place to be.

What first attracted you to the role at BATG?

I was a client before I started working at the salon and each time I visited I always thought it was somewhere I'd like to work. It's a very relaxed environment to work in.

Describe your average day.

It's starts with ensuring the salon is ready for the first client to walk through the door, holding morning meetings with all the therapists, helping them get ready for there day ahead, checking clients in and out, answering phone calls and emails and generally trying my best to make the day flow.

Where did you work previous?

I worked for 8 years with a Wedding organizing company, Fairytale.

What would you like to achieve at BATG?

Taking some pressure off Sam and Paul around the salon whilst growing into a more managerial role.

What's your favourite treatment and why?

I love the Elemis BIOTEC Firmalift not only is it relaxing it's a facial where you see results straight away.

Favourite beauty product and why?

The Elemis Skin Nourishing Shower Cream, it smells amazing and leaves my skin so soft, it's a firm favourite it my house with everyone.



Favourite perfume and why?

Ralph Lauren Ralph, the first time I bought this was at the airport on our honeymoon and now every time I smell it it brings back happy memories.



Choose anyone to visit the salon and why.

Victoria Beckham back in the spice girls days she was always my favourite she always looks amazing, takes pride in her appearance and if she bought her husband with her for a treatment at MATG that would be a bonus.



What do you do to relax?

With working full time, a husband and 2 children wine is how I relax.

What can't you get through the weekend without?

Wine!! Just spending quality family time with my hubby Paul, and children Amelia and Thomas as long as there happy so am I.



Do you have any hobbies?

Mexican Wrestling, I have been doing it since I was 13, I just love taking some aggression out in the ring, it also gives me the opportunity to wear some amazing outfits, my ring name is Stella Beware as after a few rounds I become more and more aggressive. I practice moves on my husband in our converted garage where we have a full size ring, my favourite is the Rana, a pinning position where I use my legs to hold his shoulders on the mat and during the process also blocking his legs with my arms. I do have to be careful though as I did dislocate his shoulder once practicing this move. I also love the amazing outfits like the one above I get to wear.



What is your favourite holiday destination?

I've never been but the Maldives is a place I am desperate to visit, I've been promised by my hubby that I'll get there one day, 2 weeks of doing nothing on a paradise island sounds amazing.



There is nothing quite like a calming, nurturing massage when you're feeling tired and a little achy. Massages are a way to reconnect the mind and body, to give yourself the time to relax and the opportunity to loosen that built-up tension. Just imagine the benefits to a woman whose body is going through the changes of pregnancy.

Pregnancy can be such a wonderful, beautiful experience, but in addition to incredible excitement, it's a time for challenge. Many mothers-to-be find themselves with discomfort caused by backache, hurting joints, heartburn and swelling, which can lead to increased fatigue and generally feeling run down. This is why it is so important for expectant mothers to take some much-needed time out for themselves.

A specialist prenatal massage can do wonders for both the mind and body, but of course the risk of pregnancy complications means that the treatment has to be specific to the mother's needs and carefully performed by a fully trained therapist. No deep tissue or sports massages are allowed, and you have to be very careful of the products used – did you know some essential oils are not suitable for pregnancy?

At Beauty at the Gate, we recommend an Elemis based treatment with our resident 4 trained therapists, Lauren, Keeley, Emily &

Emma. The massage has been formulated to relax and nurture the mother-to-be, targeting tension, energy levels and dry, tight skin caused by stretching.

The treatment begins with a full consultation to find out about your needs and the all-important details of your pregnancy. The massage is then performed either laying on your side or seated, depending on the position which will be most supportive and most comfortable for you – comfort is of the greatest importance during your treatment. Once you are relaxed, your massage will begin. Sensitive touch and intuitive movements encourage a deep level of relaxation, helping to address the emotional and physical tensions of the body.

A very gentle pressure is placed on the lower back to help relieve the effects of the growing baby and changing posture, and your therapist will get to work on your shoulders, where you are carrying all of that extra tension. During pregnancy, you may feel that your joints are achy, and this is because your body is producing higher levels of the hormone Relaxin, which softens the ligaments ready for childbirth. Whilst this is exactly what the pelvis needs, it can cause soreness in other areas



of the body.

Another common discomfort amongst pregnant women is the dreaded heartburn; the NHS says as many as eight out of 10 women experience some form of indigestion during their pregnancy. It's caused not only by hormone changes, but also by the growing womb pressing on your stomach and the increase in stress. Whilst heartburn can be reduced by lifestyle changes or by taking medication (after seeing your Doctor), a deeply calming massage can reduce any anxiety you're feeling, which may ultimately help to relieve heartburn.

One of the reasons why prenatal massage is so beneficial to expectant mothers is its ability to boost circulation through the body. This in itself can help to alleviate many discomforts; tiredness caused by iron deficiency, oedema and swelling from a build-up of fluid in the muscles, even migraines. 10% of women are said to experience migraine during pregnancy, whether it's caused by stress or hormonal change. Massage will help to get the flow of blood moving and provide some peace of mind.





To put it simply, prenatal massage can:

- Reduce swelling in the hands, feet and ankles
- Lessen sciatic pain
- Ease muscular discomforts and tensions in areas such as the lower back and neck, and reduce calf cramps
- Help with relaxation, which in turn can decrease insomnia and anxiety
- Increase blood and lymph flow, which assists in the elimination of toxins. This can also help with fatigue
- Stimulate the release of endorphins, the body's natural pain killers, into the brain and nervous system
- Increase blood circulation, to deliver more oxygen and nutrients to both mother and baby

And what's more, some of the techniques you pick up from your therapist can be used during the birth too, making the experience that little bit more comfortable.

The products used during your prenatal massage, which are completely safe for both mother and baby, are made with nurturing aromatics to encourage calm, and deep moisturisers to hydrate tight, stretched skin. Elemis recommends one treatment every three weeks.

There are occasions when pregnancy massage may not be suitable, for example if you are suffering from morning sickness and nausea, high blood pressure, abdominal pain or pre-eclampsia - you should always seek advice if you are unsure. Should you ever feel discomfort during your treatment, be sure to tell your therapist. They are there to make you feel as comfortable, supported and relaxed as possible.

Since launching our Elemis Pregnancy Massage, the feedback has been tremendous and many mothers to be are really feeling the benefits:

I can not recommend Lauren enough! Today I had my first massage experience with her - Pregnancy massage. It was amazing, I left feeling thoroughly calmed and relaxed. Definitely what the baby and I needed on a sunny Sunday afternoon. - Becki

I had a pregnancy massage today with Lauren who was really good with me she took her time and did not rush me. I felt at ease with her and she explained very thing to me. I've previously had a pregnancy massage but much more is included in this one. I'd highly recommended using this service for any expectation mums. - Lucy

This was my second maternity massage - I had my first at a major spa chain place. This was so much better. Lauren was fabulous, professional and clearly knew exactly what she was doing. Left feeling so relaxed and with aches and pains relieved. Would recommend to anyone. - Levi

The important thing to remember during your massage is to relax. Let the soothing movements and peaceful feelings take over, and you will feel all the better for it. For more information about Beauty at the Gate's specialist pregnancy massage, visit beautyatthegate.co.uk or call us on 01472 289555.



PROFESSIONAL BEAUTY SALON OF THE YEAR AWARDS NIGHT



Sunday February the 28th 2016 is a date that lives long in the memory of all those at Beauty at the Gate who were fortunate enough to be part of an amazing night in London for the Professional Beauty 2016 UK Salon of the Year Awards.

To see our salon on a big screen and hearing our name being called out as nominees alongside some other amazing salons was an unbelievable thrill but to actually have our name called out as the winners was a source of immense pride and some emotion. It still brings goose bumps to the skin of all those involved. The thought that a salon that opened only 2 years previous could be judged as one of the best the UK has to offer still seems very surreal.

So it was with immense pride that we travelled back down to London once again on the last Sunday in February to take our place once again as finalists. Another glittering red carpet evening saw us compete for the top award alongside 4 other wonderful salons:



The Hart Spa, Tamworth, created and run by Monique Hart, the spa offers an authentic, holistic experience and has a solid reputation for excellence and customer care.



Tranquillity Beauty Studio owner Lindsay Thompson is no stranger to award wins, winning the Professional Beauty 2016 Regional Salon of the Year for Wales.



Idyllic Beauty Day Spa are based in Cranleigh, Surrey, this boutique style salon run by Harriet Levitt with a team of 4 girls, no strangers to the awards having been finalists back in 2015 and having won the Salon of the Year Regional award in 2016 for the South East of England.



Hazelwood Beauty who were finalists with us last year, Samantha and her team were hoping to go one better this year.

The night itself was another glittering evening with the most influential people within the beauty industry in attendance. Hosted by () it was a build up of excitement before we finally got to our award, once again it was amazing to see our salon on the big screen and hear our name being called out.

A representative from Heaven by Deborah Mitchell was on hand to deliver the announcement of who had won. Unfortunately it wasn't to be our year and Idyllic Beauty Day Spa who themselves were runners up 2 years ago took over from us as Salon of the Year.

Although naturally a little disappointed, it was a great night and a fantastic achievement to reach the final 5 for a 2nd year and we wish Idyllic all the best and hope that it has the positive effect on their business that winning had on ours.

PROFESSIONAL
beauty 2017
National Awards
Finalists



Meet Hannah Coleman, the local business woman behind our salon's fabulous wall styling. Hannah has a great eye for interiors, and through her business, Dreamwall, she provides all kinds of stylish wall panelling, from faux brick and slate to vintage and contemporary coverings. We had a quick chat to find out all about her business and what beauty products she just can't live without.

Tell us about Dreamwall, and how you started the business.

I set up Dreamwall 14 years ago. It was never meant to be a business, I had just given birth to my daughter, but it was inspired from a product my daughter's dad and I designed. We wanted a loft-living look, and once the prototype of our brick wall panels were installed, then that's when the light bulb moment came and Dreamwall was born.

Where did your love of interiors come from?

When I lived in Manchester back in the 90s, I loved all the the loft-living warehouse conversions, hence the inspiration behind my flag ship product, Paint It Yourself Brick. I love interiors where an old exposed brick wall or industrial look contrasts with a modern twist of furniture.



What was the inspiration behind the walls at Man at the Gate?

Sam and Paul both had very strong ideas for what they wanted to create. They had already used our Faux Red British Brick wall panels in Room at the Gate, and loved the panels so much that they got in touch about our faux slate panels to create the perfect male retreat for Man at the Gate. The new Lounge at the Gate has our brand new Versailles wall design from our recently launched vintage range. It adds real glamour to the room.

Which beauty products can't you live without?

I can't live without a good body moisturiser. Since I was 16 years old I have always moisturised my body as soon as I get out the shower. My mum has always taught me to moisturise my face daily, that's what she looks great at 72 years old!

What is your favourite perfume?

I used to love strong scents like Marc Jacobs Decadence, but I developed a bizarre allergy to smells last year due to having auto immune problems, now I can not tolerate strong scents! I stick to milder, pretty scents like Chanel Chance, and I love Victoria Beckham's perfume Intimately.

How do you like to do to relax?

Running is my perfect way to relax. It's not just about keeping fit, it's what it does to lift my spirits. And, I've just got a gorgeous six year old French Bulldog called Frank, so he gives me motivation to get out and walk. I adore the Lincolnshire Wolds, it's a place where I can feel free in gorgeous scenery. I also love a good walk on the beach too.

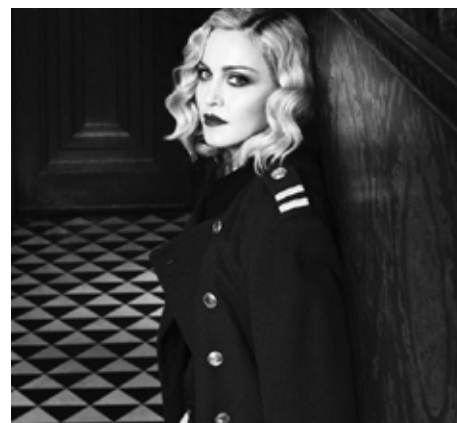
What can't you get through the weekend without?

I can't get through the weekend without exercising in some way, whether it's a little run, a walk, even an exercise DVD - I love Nell McAndrew's DVDs! I also love a good Sunday dinner.



Where is your favourite holiday destination?

I love New York, I've been three times now and every time I've been I fall in love with the place even more. I love Soho, all the graffiti art in the doorways and iron ladders on the side of the buildings, and I totally adore Central Park. I've enjoyed watching an outdoor movie in Bryant Park laid on a rug drinking hot sweet lemonade out of a jar, looking up at all the skyscrapers and stars - just an amazing city.



If you could see the style and interiors of any celebrity home, which celebrity would it be and why?

It would have to be Madonna. I've been a huge Madonna fan since the 80s, I grew up with her. She adores art and I would love to see her art collection, it's vast and worth millions. She has an extensive collection of Ferand Leger, Tamara de Lempicka, Man Ray, Frida Kahlo, Diego Rivera, Pablo Picasso, Marilyn Minter and Damien Hirst.

You can find Dreamwall on Facebook, Twitter (@dreamwalls) and Instagram (dreamwalls), and at dreamwall.co.uk.

The most effective, high performance beauty treatments are deeply rooted in science, extensive research into ingredients and skin concerns with continual development to perfect product ranges and treatment menus. It is this level of quality that ensures unrivalled results, and this is why we love DermaQuest.

DermaQuest has been innovating skincare since 1999. The brand prides itself on crafting advanced, highly concentrated skincare formulas that get to work at a cellular level. It's a high end solution that targets key complexion issues in order to improve the health and functionality of the skin.

Take, for example, DermaQuest Resurfacer Treatments. This selection of deep exfoliation facials uses enzymes and acids to work on the stratum corneum, the outermost layer of the skin with barrier functions. The result is a complexion that is refined and fully exfoliated – and these benefits are long-lasting.

Pumpkin Resurfacer

This peel helps to reduce acne as well as signs of pigmentation, and it is one of DermaQuest's most popular resurfacing treatments. Using acids and pumpkin pulp, this facial improves hydration and barrier function whilst reducing acne and preventing future blemishes. Results are achieved very quickly, and it's not long before your complexion achieves a luminous glow.

Power Peptide Resurfacer

One of DermaQuest's most powerful resurfacer treatments, the Power Peptide Resurfacer has been formulated to manage the signs of ageing and to revive lifeless, dull skin. Peptides and alpha hydroxy acids are used to make the skin more acidic to increase skin thickness and refine the appearance of wrinkles. Also, it brightens and offers extreme hydration.

Glycolic Acid Resurfacer

This treatment is highly stimulating, using a unique combination of Glycolic Acid and plant stem cells to increase the rate of the skin's cellular turnover without sensitivity and irritation. Tired and rough textured skin

quickly becomes dewy and more radiant.



Salicylic Acid Resurfacer

Those suffering with acne can really benefit from this specially-formulated, deep exfoliation treatment. Acids physically peel the skin, dissolving excess oil and allowing it to breathe. This helps to reduce breakouts and prevent future acne.

A resurfacing appointment last for 45 minutes which includes a consultation with your therapist who will advise on the most suitable option for your skin concern. The resurfacing ingredients will be left on your face for between 7 to 10 minutes dependant on your skins reaction.

All of the above resurfacing treatments are best performed in a course of 6, every 2 weeks. Your skin MUST be prepared using a home care kit, which will be given to you at consultation to use at home prior to the treatment.

As always, we recommend booking a course of treatments for the most effective results, but even after just one resurfacing treatment, you will notice a great difference. Give the BATG girls a call on 01472 289555 to find out more. A Dermaquest Resurfacing treatment is £64 or book a course of 6 for only £340 and get a FREE Starter Homecare kit worth £89.





Dealing with cancer and its long-term after-effects is an emotional and stressful time. Figures now show that 1 in every 2 of us may have to face this issue at some point in the future.

Cancer not only attacks on a physically level but also very deeply on an emotional one. It effects how we feel about ourselves, how we are treated and want to be treated by those around us. It's important to try and stay positive and try to lead as normal a life as possible. That's easier said than done though as cancer can stop us from having access to things others have to help them cope with the stresses of everyday life.



One of those things is salon treatments, treatments such as facials and massages amongst many others. It has become increasingly frustrating for us going through our consultation process having to say no to certain clients who have had or are suffering from cancer to having the treatment they have booked in for.

We are so aware of our responsibility to our clients in that we have the power for how ever long they visit the salon to take away all their worries and send them on their way happy, refreshed and feeling better about themselves. It's bad enough turning away any client when they have taken the time out to visit us and trusted us with their wellbeing, but when they are suffering from something like cancer its heartbreaking to think that there is nothing we can do to help.

We felt we could no longer ignore the issue and decided to actually do something about it. We carried

out extensive research with clients to see what sort of treatments we could provide and then after contacting several specialists decided on approaching Jennifer Young to see if we could introduce her range of treatments and products into the salon.



Jennifer has a BSc (Hons) in Biology and is an experienced Micro-Biologist, a qualified Nutritional Therapist, an Associate Member of the Royal Society of Medicine, qualified Aromatherapist, Beauty Therapist and Product Formulator.

Jennifer uses her nutritional knowledge to inform her skincare formulations. Jennifer's expert comments are often seen in National Newspapers and magazines. Her book, Recognise Yourself, was published in September 2015. The guide to beauty, hair, style and well-being for cancer patients is the most comprehensive ever published.

Jennifer started working with her local hospital to create the Defiant Beauty product range about 7 years ago. The work was done at their invitation; some ladies who were going through treatment at the hospital asked her to create a skincare range for cancer patients. The lead nurses for chemotherapy and radiotherapy helped.

There are 10 core products, 5 for face and 5 for body. Jennifer has tried to provide everything that a person will need from the point of diagnosis until their hair, skin and nails, if affected, have returned to normal.

The Defiant Beauty range differs from other skincare ranges in that it is a highly specialist range, created at the request of those going through treatment with the help of their nursing team. The nurses had some very specific formulation requirements.

Patients wanted a natural and organic range that was

effective in combating their specific skin conditions.

The nurses vociferously opposed the use of certain natural ingredients. There are some natural ingredients that the nurses felt could be harmful to those going through treatment. The nurses were not prepared to accept a skincare range that included these ingredients. The exclusions from the nurses and the performance criteria described by the patients made Defiant Beauty a really difficult skincare range to formulate. Jennifer worked hard to refine the products and define the product brief. Defiant Beauty helps cancer patients to mitigate the unpleasant side-effects of their treatment. It uses natural and organic ingredients and the ingredients do not cause concern to medical teams.

The Defiant Beauty Collection does not contain creams as creams and lotions contain oil and water. In order to turn oil and water into a cream or lotion, preservatives and emulsifying agents must be added. Creams and lotions cannot be made without using a large number of ingredients, increasing the number of substances that the patient is exposed to. As cancer patients often have sore, sensitive, dry, itchy and damaged

skin Jennifer decided to keep the number of ingredients in our products to a minimum – this means no creams or lotions.

Research has shown that skin care products specifically formulated for cancer patients are 'better' than other products. Cancer patients report that the effective management of skin related side effects improves their quality of life during treatment.

The Defiant Beauty range consists of:

The Face Collection:

- Cleanse & Moisturise with super-nourishing Shea Butters
- Cool & Refresh Facial Spritz
- Face Serum containing macadamia oil and jojoba
- Intensive Serum to rejuvenate delicate skin
- Lip Balm with organic cocoa, calming calendula and sweet almond





The Body Collection:

- Healing Hand Balm & Mild Mint Foot Balm sooth nourish and refresh
- Itchy Skin Oil with calendula and apricot kernel to heal, soothe and relive sore or itchy skin
- Smooth Skin Oil for healed but sore or scarred skin.
- Nail Oil to strengthen and repair nails
- Cooling Spritz refreshes and energises sensitive skin



In 2016, Jennifer created a 2nd product range. Beyond Beauty was created for patients looking for something that they could use after treatment when their skin was less sensitive. Beyond Beauty is also suitable for those actively in treatment who are experiencing fewer skin related side effects.



The Beyond Beauty range consists of 2 masks, a facial mist and 2 treatment serums. They contain vegetable oils, butters and essential oils. No other ingredients are used.

Independent research has found that Jennifer Young therapies, using Defiant Beauty products have a positive effect on those living with and beyond cancer.

The research has found that:

78% of conditions causing concern were improved after one treatment

97% of clients experienced improved well-being

59% of clients living with cancer felt as good as they could be

There are also a range of treatments that some of our girls are going to be fully trained on during March, this will allow us to offer treatments to those clients we previously could not.

Glowing Facial – 1 hour £49.00
 This relaxing facial is blissfully adapted to bring the glow of health and harmony to even the most sensitive skin. Soothing massage techniques help you to drift to a place of rest and relaxation, leaving your skin with a glowing radiance. Your specialist therapist extends the treatment to include the scalp making the experience even more indulgent.

Indulgent Massage – 1 hour £40.00
 A bespoke massage carefully adapted by specialist therapist to suit each individual needs. Let the power of touch bring harmony and well-being. You will be left feeling

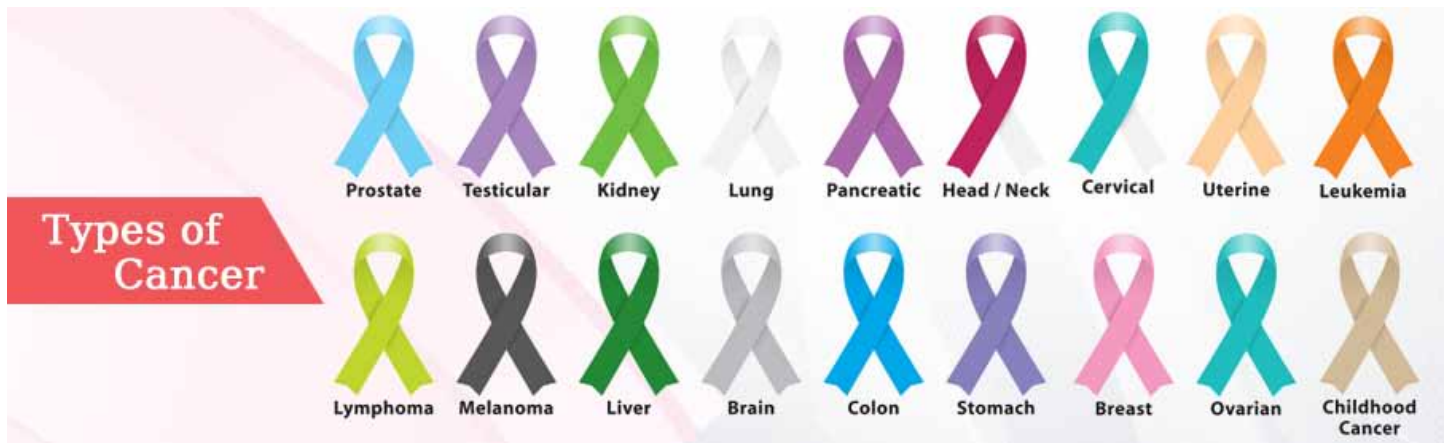
deeply relaxed. The experience is extended to include the scalp ensuring that your massage is pure indulgence.

Top to Toe – 2 hours £80.00
 A gentle full body massage followed by a deeply followed by a deeply relaxing facial. It will benefit even the most sensitive skin using 100% natural and organic products, extending the experience to include the scalp.



Nourishing Manicure – 1 hour £22.00
 Luxurious peach kernel oil and macadamia oil combine with the specialist knowledge of our therapists to give a healing and relaxing manicure. This treatment is designed for damaged nails and sensitive skin. Our specialist therapist will bring your nails back to a your favourite colour. You will be given expert advice on how to improve the condition of your nails.





Beautiful Pedicure – 1 hour £26.00
Soothing and nourishing foot balm is massaged into your feet whilst 100% natural and organic nail oil works its magic into your nails. Finish off with a colour of your choice and enjoy recognising your feet! Our specialist therapists will provide expert advice on how best to look after your feet and nails.

Balanced Body & Mind – 1 hour £40.00
A bespoke massage carefully adapted by a specialist therapist to suit individual needs. The experience starts with identifying the chakra to be balanced during this indulgent

and soothing full body treatment. Using 100% natural and organic oils blended for their affinity with the chakra energy centres, this treatment is ideal for even the most sensitive skins.

Specialists from Jennifer Young will be visiting the salon to train 5 of our girls how to carry out these treatments and offer advice to those undergoing treatment for or living with the after-effects of cancer, this will give the girls an Accredited Diploma in Oncology Therapy.

We are all truly excited about taking on these new treatments and

products and being able to help those with cancer feel as normal and as good about themselves as we can.



The effects of chemotherapy on the body

- Lost or Thinning Hair**
Cooling cap, gentle hair care products style wigs before hair loss is significant.
- Dry, Sore, Chapped Lips**
Use a natural lip balm twice a day from the start of treatment.
- Lost/Thin Eyebrows**
Make-up techniques can hide the loss.
- Dry Ulcered Mouth**
Suck on ice.
- Lost/Sparse Eyelashes**
Make-up techniques give the appearance of eyelashes.
- Skin**
Moisturise regularly with a natural body oil or balm.
- Swollen, Blistered Hands and Feet**
Avoid exposure to chemicals. Keep skin moisturised.
- Lost, Fragile, Split, Ridged Nails**
Use natural nail oil.

INTRODUCING REIKI AT BATG



The Benefits of Reiki



It is said that true beauty comes from within, and we absolutely believe this to be true. Taking some time out for yourself, for inner healing and deep relaxation, can help you to feel beautiful both inside and out.

This is why we are delighted introduce a new, completely holistic treatment to our beauty menu. In February, we welcomed Emma to Beauty at the Gate, who will be offering Reiki to our clients. Reiki is a highly spiritual tradition that helps you to reach an inner state of balance both physically and mentally. It's one of the simplest, most organic forms of therapy, which is why the practice has been passed down from generation to generation and is becoming more popular once again.

If you enjoy yoga, or take time out of your day to meditate and practice mindfulness, then Reiki can be a great way to enhance your spiritual connection. For those that are brand new to the concept, Reiki can help to ease the stresses of daily life and raise your personal awareness.

What is Reiki?

Reiki is a simple, natural technique for spiritual healing and self-improvement. The tradition, as we know it today, is said to date back to the early 20th century. Meaning 'universal life force energy', the practice was founded in Japan by Mikao Usui, and is based upon the flow of energy that creates a balance and harmony within us. To achieve this sense of wellbeing, the Practitioner uses their hands to encourage Reiki energy to flow.

During the therapy

For you, the treatment is simple – you arrive in your comfiest clothes, sit in a chair or lay on the treatment bed, and relax. As the therapy begins, the Reiki Practitioner will hold their hands above your body, helping to channel the natural flow of energy from the body's seven main energy centres (where energy enters and leaves our body), known as chakras.

This is a non-intrusive treatment so there is no massage involved, and the goal is to heal the whole body rather than a specific area.

How does it make you feel?

Each person experiences Reiki in their own way, and the feelings you have all depend on your body's needs. Reiki promotes a sensation of deep relaxation and peacefulness, which will leave you feeling calm, but some people find that they experience a warming, tingling sensation. One of the most common responses is seeing colours, which can relate to auras of the body's seven chakras. For example, if you begin to see red, this is your root chakra, which appeals to your sense of grounding. A blue aura relates to communication, self-expression and creativity of the throat chakra. If you feel an emotional response, this shows that a shift is taking place and that harmony is being restored.

For more information about Reiki and to book your treatment with Emma, give us a call on 01472 289555.



GET SUMMER BODY READY

Summertime is on its way, the season for holiday excitement, sun-kissed complexions, and exposed skin. At this time of year, the demand for hair removal treatments escalates as men and women prepare to bare.

Even after all this time, waxing is still one of the most popular ways to get fuzz-free and summer body ready. Here at Beauty and Man at the Gate, Lycon is our waxing brand of choice due to its effectiveness and gentleness to the skin.



WOMEN

Whether it's legs, under arm or bikini area, many women do not want stubble in the summer months. Waxing will not only get rid of those unwanted hairs but keep them away. We love Lycon Precision Waxing, a low temperature wax that shrink wraps around the hair (not the skin) to pull from the root of the follicle. It's made with the finest resins, natural ingredients and aromatherapy oils, making it high performance and super comfortable, leaving you with smooth, soft skin.



MEN

Male waxing is a different ballgame. While most women prefer to have whole areas of hair removed, some men may prefer a simple tidy-up – a back wax with maintenance on the chest, for example. This is why the BATG therapists pay very careful attention during the treatment, to make sure there are no slip-ups, that the wax is pulled at the right angle for a comfortable removal, and that the result is as natural as possible.

Wherever you choose to have your hair removed, there are some things you can do, and not do, to make your treatment that little bit smoother.

Drink plenty of water.

Of course, you should be doing this anyway to keep your body hydrated. By making sure you do, your skin will be healthier, more supple, and in a better condition for the treatment. This means the removal of hair is easier and repair time is quicker.

Exfoliate

In the day before your appointment, prepare the skin by exfoliating with a good quality body scrub or a brush. This will remove any dead skin cells and unclog pores, which helps to prevent ingrown hairs.



No products!

The day of your appointment, do not use any moisturiser or body oils as this can make your skin slippery, which may prevent the wax from gripping. Waxing works best on skin that is clean and dry, your therapist will apply the necessary pre-wax products.

Use SPF

Because waxing removes some skin cells, it can leave the area more sensitive to the sun, so it is always important to use a sun protection lotion after your wax. Your therapist will use a post-treatment product to keep the skin looking and feeling silky smooth.

Keep Booking

Regular waxes help to reduce hair growth and make your hair finer in the long-term. A single wax can last for up to four to six weeks, so keep on top of your treatments by booking your next appointment early.



When it came to picking the treatments for Man at the Gate, we knew we had to include 3D-lipomed. This non-invasive, fat-reducing procedure has been incredibly popular with our clients at Beauty at the Gate, and more and more men are trying the technology at salons around the country.

We first introduced the treatment to lots of excitement almost a year ago, and now our male clients can experience one of the most effective technologies in the 3D-lipomed range, Belly Busting Cavitation. If you want to lose those unwanted extra pounds or have a little help in sculpting your body before the summer holidays, then this procedure is for you.

Cavitation is the latest generation of technology for localised fat and deep cellulite removal. It changes the state of fat in the body to make it more moveable, and removes it in a completely natural way. Those who have had the treatment have lost inches from their measurements in a single session, reducing the overall circumference of the area being treated – imagine the difference after a full course!

The session begins with an in-depth consultation with one of our fully-trained therapists, who takes the measurements of the area being treated ready for comparison at the end of the appointment. A gel is applied, just like an ultrasound, and then the treatment can begin. All you have to do is sit back and relax.

A specialist hand piece equipped with four transducers, which is what helps to change the state of the fat, is moved in circular motions over the body. Low frequency ultrasound produces a strong wave of pressure to the fat cell membrane, causing it to disintegrate and become a liquid state. The insoluble free fatty acids are then transported to the liver and are processed as if they are fatty acids from foods.

The cavitation treatment usually lasts for around 40 to 45 minutes, and all you may feel is a slight vibration in your ears, for example. Because this is a non-surgical



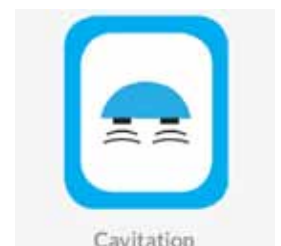
liposuction procedure, there is no pain and no risk involved, which also means no scars and no downtime. It's a discreet treatment with minimal fuss, so you can continue with your day once you are all done and dusted.

Cavitation is an amazing aid to weight loss. If the correct aftercare advice is adhered to it can yield amazing results. Salon owner Paul Beatty tried the treatment last year and you can see his results in the image. Paul had a course of 6 treatments over an 8-week period, in the time he followed the aftercare advice and the results are clear to see.

During that time Paul regularly exercised and drank plenty of water after treatments to help flush the fat away. It is really important that clients do this in order to maximise the results they can expect to see from the course of treatments.

You can book in for a course of treatments for a more effective result, but the amount of time and number of treatments needed, will be determined by your effort, goals and your size. Your therapist will recommend the most suitable course for you.

For more information about 3D-lipomed, give us a call on 01472 289555.



SPORTS MASSAGE FOR GOLFERS



Dedicated golfers spend a fortune on golf clubs, coaching, videos and books! However, many golfers do not consider one vital ingredient for a good consistent swing – their body and personal fitness.

Golf is a sport where power, distance and accuracy all play an important role in improving your game. Every person is different, not all golfers swing the club the same way, however, there is an optimum way for your body to move and ensuring you are moving efficiently will have a positive impact on your swing.



Bad habits like prolonged sitting at work hunched over a computer all day can lead to muscle imbalances in the body, that, if left unchecked can lead to technical swing faults. Golf itself is an asymmetrical sport, so it is vital to do corrective exercises to keep the body balanced. Rhythm and balance are key components of a good golf swing.

Physical limitations can lead to:

- Loss of posture or balance during the swing
- Inconsistent swing path
- Poor club face alignment at address
- Swing faults – hip slide, reverse pivot
- Swing compensations – hooks and shanks
- Reduced power, accuracy and distance
- Injury
- Loss of enjoyment and a higher handicap

Our Sports Therapist Lauren Eastham can take you through a golf specific consultation looking at your posture, balance, flexibility, core stability and strength. Lauren can then tailor a treatment and teach you specific exercises that can not only improve your swing but help make it more consistent enabling you to shoot lower scores and ultimately increase your love of the game.

Golf is something that is a big part of Beauty and Man at the Gate owner Paul Beatty's life outside the salon and he has certainly benefitted from Laurens treatments and advice.



"I've found that I'm much more relaxed taking shots now and my the rhythm of my swing has definitely improved and I feel more confident in consistently hitting good scores as my driving distance has increased giving me a much better chance of hitting greens in regulation."

Paul will also be organizing a major Golf Charity Day in September at his local course Waltham Windmill, keep an eye out for news on this as it will be an amazing event and will hopefully be raising an awful lot of money for local charities.

GOLF SWING BIOMECHANICS

- 1 soleus
- 2 gastrocnemius
- 3 quadriceps
- 4 psoas
- 5 piriformis
- 6 lats
- 7 pecs
- 8 thoracic spine



ELEMIS FACIALS FOR MEN



Today's modern man finds himself in a battle to be the best he can be in terms of how he feels and looks, but the question that always springs to mind is: where do you draw the line?

Laser surgery for eyesight, cosmetic dentistry to get that perfect smile, men can now even get bottom-lifts. Where will it all end?

However men are really missing out on many things that women take for granted, things that make them healthier, happier and lovelier. Facials is one of those must have treatments for women that men are really starting to see the benefits of.

For an awful lot of men, having a facial has always been on the dark side of what's acceptable for a real man. A bit poncey or far too girly. That attitude thankfully is now changing.

Here at MATG our Elemis facials for men are specifically formulated for male needs, which are often shaving-related (razor burn), or other conditions like skin sensitivity and dullness.

We have 2 specific Elemis Facials for men here at MATG.

We have 2 specific Elemis Facials for men here at MATG.

High Performance Skin Energiser

60 minutes £49.00

This hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

TARGETS

- Congested skin
- Ageing
- Dehydration

BENEFITS

- Re-energises dull, tired looking skin and eyes
- Re-invigorates with relaxing massage sequences
- Reduces the signs of ageing
- De-stresses and decongests the skin
- Restores vital moisture and nutrient levels
- Maximises circulation and cell regeneration
- Brings oxygen to the skin cells

BIOTEC Super-Charge 60 minutes
£59.00

The skin is completely re-charged with the powerful Men's Activator, an anti-ageing complex formulation rich in Kalpariane and Salicornia to help firm and hydrate. A powerful trio of ultrasonic peeling, steam, and galvanic current deeply clean, exfoliate and power-up the high potency plant actives to help reduce all visible signs of stress, tiredness and ageing.

TARGETS

- Dull skin
- Anti-ageing
- Sensitive

BENEFITS

- Re-energise dull, tired looking skin
- Calms and reduces redness and irritation
- Reduces the signs of ageing
- Restores pH and moisture levels
- Elemis have their own complete range of products for Men, including the award winning Pro-Collagen Marine Cream. You can find the complete Elemis range of products at reception in MATG. Ask your Therapist for a detailed product regime recommendation.

To book in at MATG for any of these amazing facials just give the salon a call on 01472 289 555.



Man at the Gate Price List

Aesthetic Treatments

Dermalux LED Light Therapy.....	£35.00
Addition to Facial.....	£25.00
3D Lipo Belly Busting Cavitation 60 mins.....	£70.00
Course of 6 Sessions.....	£320.00

Facials

Elemis Biotec Super Charge 60 mins.....	£59.00
Elemis High Performance Touch 60 mins.....	£49.00

Massage

Elemis Deep Tissue Massage 30 mins.....	£27.00
Hot Stone Massage 30 mins.....	£27.00
60 mins.....	£40.00
Sports Therapeutic Massage 30mins.....	£27.00
60 mins.....	£40.00
Swedish Massage 30 mins.....	£27.00
60 mins.....	£40.00
Aromatherapy Massage 60 mins.....	£40.00

Holistic

Indian Head Massage 30 mins.....	£27.00
Hopi Ear Candling 30 mins.....	£27.00
Reflexology 60 mins.....	£35.00
Reiki 60 mins.....	£35.00

Jennifer Young Beauty Despite Cancer

Glowing Facial.....	£49.00
Indulgent Massage 30 mins.....	£27.00
60 mins.....	£40.00
Top to Toe 120 mins.....	£80.00
Nourishing Manicure.....	£16.00
Beautiful Pedicure.....	£20.00
Balanced Body & Mind 60 mins.....	£40.00

Laser Hair Removal per Session

Neck.....	£35.00
Chest.....	£60.00
½ Back.....	£65.00
Torso.....	£100.00
Full Back.....	£120.00
Book a course of 6 sessions pay for only 5	

Waxing

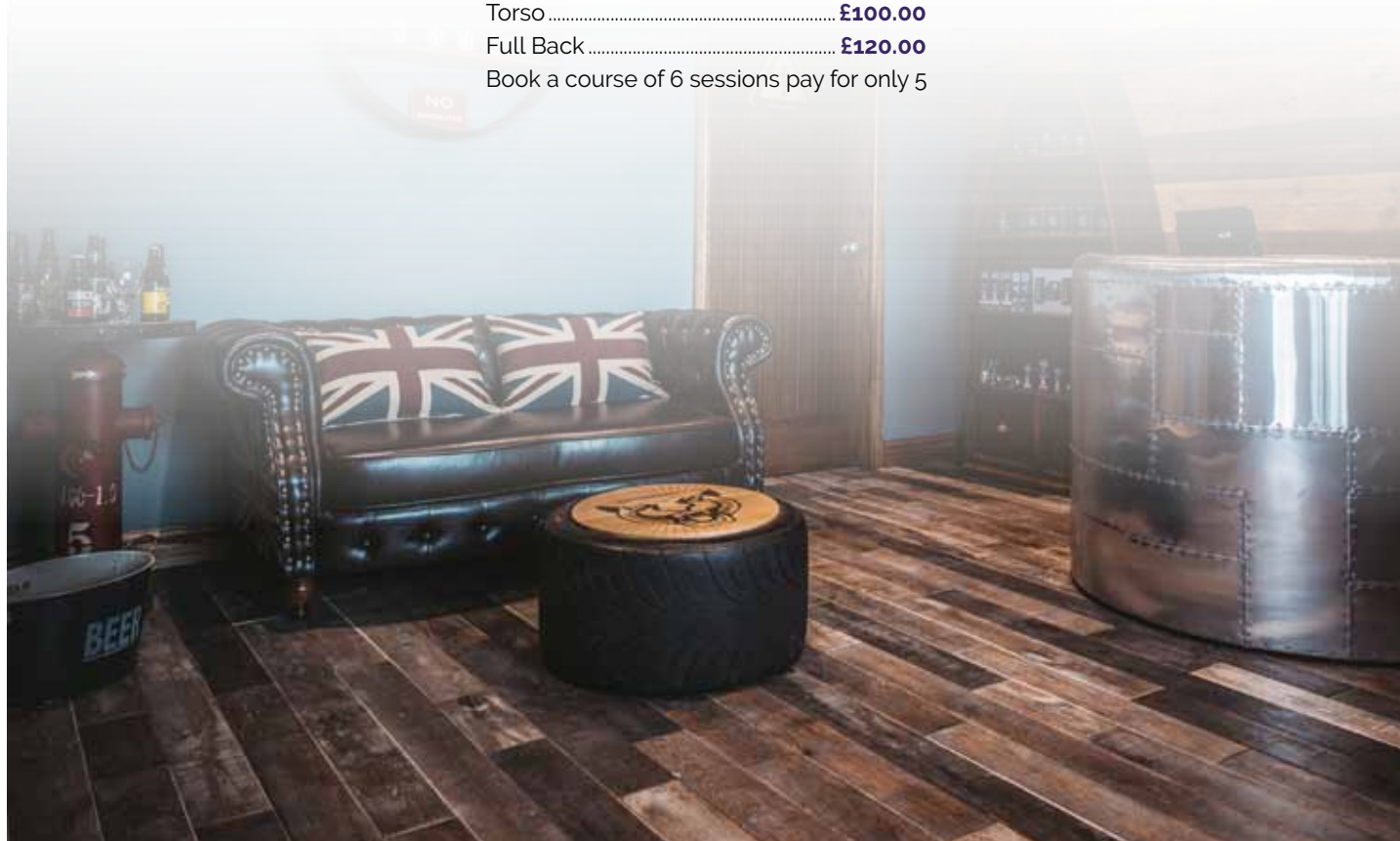
Ears.....	£6.00
Nostrils.....	£6.00
Eyebrows.....	£12.00
Ears & Nostrils.....	£10.00
Ears, Nostrils & Eyebrows.....	£18.00
½ Back.....	£25.00
Chest.....	£25.00
Torso.....	£35.00
Full Back.....	£35.00

Brow & Lashes

HD Brows.....	£25.00
LVL Lashes.....	£40.00
Brow Tint.....	£9.00
Lash Tint.....	£13.00
Brow & Lash Tint.....	£15.00

Nails

Manicure.....	£16.00
Pedicure.....	£20.00



Beauty at the Gate Price List

Advanced Dermaquest Skincare (Samantha Only)

Dermaquest Facials	£56.00
Dermaquest Resurfacers	£64.00

BATG Facials

The Facial 90 mins	£65.00
The Advanced Acne Facial 90 mins..	£65.00

Dermatude

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

Dermalux LED PhotoTherapy

Single Session	£35.00
Single Session as Addition to any Facial	£25.00

Laser Hair Removal

Consultation 30 mins	£15.00
(Redeemable against a course of 6 treatments)	
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

A-Lift Lifting & Firming Facials

Miracle Moments 30 mins	£30.00
Angelic Ritual 50 mins	£52.00
Pure Zenergise 75 mins	£59.00
Youthful Enlightenment	£59.00
Divine Indulgence 90 mins	£69.00
Course of 10 Angelic Ritual	£420.00
.....	Pay as You Go plan available

ELEMIS BIOTEC Facials

Line Eraser 60 mins	£59.00
Firm A-Lift 60 mins	£59.00
Anti-Pigment Brightener 60 mins	£59.00
Skin Resurfacer 60 mins	£59.00
Radiance Renew 60 mins	£59.00
Blemish Control 60 mins	£59.00
Sensitive Skin Soother 60 mins	£59.00

ELEMIS Touch Facials

Skin Solutions

Superfood Pro Radiance	£49.00
Anti Blemish Mattify & Calm	£49.00
Sensitive Skin Soother	£49.00

Anti-Ageing

Pro-Collagen Defy	£49.00
Dynamic Resurfacing Facial	£49.00

ELEMIS Body Treatments

Freestyle Deep Tissue Back Massage	£27.00
Freestyle Full Body Massage	£40.00
Intensely Cleansing Salt Scrub	£34.00
Body Nectar Nourishing Wrap	£42.00
Musclese Aroma Wrap	£55.00
Cellutox Aroma Wrap	£55.00

Jennifer Young Beauty Despite Cancer

Glowing Facial	£49.00
Indulgent Massage 30 mins	£27.00
60 mins	£40.00
Top to Toe 120 mins	£80.00
Nourishing Manicure	£22.00
Beautiful Pedicure	£26.00
Balanced Body & Mind 60 mins	£40.00

Specialist Massage

Sports Therapeutic Massage 30mins	£27.00
60 mins	£40.00
Swedish Massage 30 mins	£27.00
60 mins	£40.00
Aromatherapy Massage 60 mins	£40.00
Pregnancy Massage 75 mins	£50.00

3D Lipo Cavitation + Skin Treatment

Single Session Large Area	£110.00
Course of 6 Sessions	£500.00
Single Session Medium Area	£70.00
Course of 6 Sessions	£320.00

3D Cryolipolysis (Fat Freezing)

Single Area	£100.00
2 Areas	£150.00

3D Radio Frequency

Single Session	£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

HD Brows

Standard HD Brow Treatment 30 mins	£25.00
.....	
Add £2 if with Pro-Stylist)	

LVL Lashes

Lift Volumise & Lengthen 55 mins ..	£40.00
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Lycon Precision Waxing

Chin	£8.00
Upper Lip	£8.00
Upper Lip & Chin	£13.00
Eyebrow Shape	£12.00
Upper Lip, Eyebrows & Chin	£19.00
Underarm	£10.00
½ Arm	£12.00
Full Arm	£17.00
½ Leg	£16.00
Full Leg	£23.00
Bikini	£10.00
Full Leg & Bikini	£26.00
Californian	£17.00
Full Leg & Californian	£33.00
G-String	£22.00
Brazilian/Hollywood	£33.00

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
Reflexology	£35.00
Reiki	£35.00

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

Grand Open Evening March 8th 2017 - 5pm to 9pm

10% off ALL Treatments booked on the night

15% off ALL Products purchased on the night

Special Guest – Treatment Demo's – Product Demo's – Raffles – Free Drinks & Nibbles

Beauty at the Gate

The Room at the Gate

Man at the Gate

The Lounge at the Gate

Opening Hours

Monday - Friday 9:15am – 8:45pm

Saturday 9:15am – 5:00pm

Sunday 11:00am – 4:00pm

We are open 7 days a week. Because we know how busy life can be. We're there for you when you need us, which is usually outside of office hours, when you're not working and the shops are closed. We know how hard it is trying to fit in some 'me' time so we offer appointments every weekday up to 8:45pm, on Saturdays to 5.00pm and we even open on Sunday between 11am and 4:00pm. Telephone: 01472 289555

