



@BeautyattheGate



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Beauty

at the gate



**Permanent Tattoo
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Reception
Area Now
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Good Health!**

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X-Factor
Treatment

Medik8[®]
SKINCARE BIOTECHNOLOGY™

Amazing New Skincare 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 MINERAL COSMETICS LyCON precision waxing Shellac LASHES IBX Medik8 SKINCARE BIOTECHNOLOGY DERMAQUEST A-LIFT ELEMIS DEFINED BY NATURE. LED BY SCIENCE. BROWS HIGH DEFINITION BROWS JESSICA

It's been another whirlwind year here at Beauty and Man at the Gate, you really do not realise just what has happened until you take some time out to have a look back and take stock of everything.

It's certainly been an interesting year, a very challenging one at times. The start of the year saw us opening The Lounge & Man at the Gate, both of which have gone down extremely well with clients and we are delighted that Man at the Gate has grown to become an integral part of the business. You never really know if something is going to work but we are so grateful to the male clients who have embraced what we are trying to achieve and provide and it is nice to see many new male clients coming for treatments such as manicures, pedicures and facials as well as massage.

Rehabilitation Specialist Lauren has certainly contributed to the success of MATG bringing a new dimension to the services we generally provide at the salon, moving forward she will be implementing a more clinical/medical aspect to her services and looking after clients suffering from a multitude of aches/pains and injuries using the latest in electrical based technology.

The opening of the new reception area has allowed us to create a new relaxation area whilst bringing a nice flow to the client journey at the salon.

2017 has been another good year for us in terms of awards, in February we were at the National Awards for Professional Beauty for the 2nd year running and although we did not win it was fantastic to make the final 5, the same can be said about the BABTAC awards for UK Large Salon of the Year in June. However in May we were delighted to pick up the award for Small Business of the Year at the North Lincolnshire Business Awards, the year finished off with us being finalists at Professional Beauty's North East Large Salon of the Year awards in Manchester. These awards are getting tougher each year and the fact we are still making the finals is a testament to everyone at the salon. It was also an honour once again to be involved in the actual judging process helping with the initial applications for the Boutique Salon of the year for Professional Beauty.

We've seen a few new faces at the salon, Jordan has settled in on Reception and is now venturing into a few treatments here and there, whilst Lucy Smith has certainly made her mark with the amazing start she has had to her career at the salon and is quickly building a reputation for her detailed work. BATG babies have once again been a theme at the salon with Gemma leaving to have her little boy and Megan returning from her maternity leave only to be off again on maternity leave soon. There must be something in the air at the salon

We have introduced a few new treatments to the salon, tattoo removal, which is really creating some great results and the launch of an amazing new skincare brand, Medik8. We are all really excited about being able to bring Medik8 to the area for the first time and we know that our clients are going to absolutely love it.

Finally it's a real honour to be chosen as the flagship salon for a new online consultation portal for salons and therapists all over the UK. We've been using Consult with Confidence for some time now in the salon and they have chosen us as the perfect example for their software.

Finally, we are looking forward to once again focusing on the real reason we all love the salon so much, bringing clients result driven treatments at affordable prices whilst providing them with an escape from stresses and strains that life can bring.

Paul Beatty



Consult
with confidence



How long have you worked at BATG?

I've worked at beauty at the gate for almost a year and a half.

What's the best thing about working at BATG?

I love how well all of us get along at work. We're not just workmates, we're all good friends too.

What first attracted you to the role at BATG?

As soon as I stepped foot into BATG I knew I needed to work there. It isn't just a basic average salon. It's something so much more.

Describe your average day.

Every day changes at work for us. We all get to work early to set up for our day and have a coffee and then we usually have a variety of different treatments throughout the day which keeps things interesting for us.

What would you like to achieve at BATG?

I just love learning new things so working at BATG gives me that opportunity. We are constantly getting new training and refreshers. I'm really excited about the new Medik8 skincare range and love the way we created a buzz about it before letting everyone actually know what it was.

What's your favourite treatment and why?

My favourite treatments are probably shellac manicures. I'm a little bit obsessed and a complete magpie when it comes to our huge selection of glitter.



Favourite beauty product and why?

I really love dermaquest mini pumpkin mask. It's great to use when my skin is congested and it makes my skin brighter too. The smell takes a little getting use to, but you grow to strangely like it!

Favourite perfume and why?



My favourite perfume at the moment is Ghost - Sweetheart. I love sweet smelling perfumes that last all day.

What do you do to relax?

I get in my comfiest loungewear, wrapped up in a cosy blanket, fire on, candles on and a hot chocolate.

Do you have any hobbies?

I love to gurn, I've been gurning every since I was a young baby, everyone thought I was just a miserable child until they realised it was actually a talent. My idol is Anne Wood who is in the Guinness Book of Records

after winning the World Gurning Championships a record 27 times. I practice everyday in front of a mirror. If you see me with a pained look on my face, don't worry I'm just preparing for next years World Gurning Championships which takes place at the Egremont Crab Fair in Cumbria. I really think I've got a great chance to win too. Don't forget to ask me next time I'm doing your treatment to show you one or 2 of my best gurns.



If you could treat any celebrity to a treatment, who would it be and what treatment would you do?

It would have to be Simon Cowell for some waxing. I think he is a very attractive man for his age but he just needs to tone down the chest hair a little bit and Lycon wax would be perfect plus I could show him some of my favourite gurns which with a bit of luck might see me getting on Britains got Talent.



What can't you get through the weekend without?

I always love a good breakfast on a Sunday morning!

What is your favourite holiday destination?

I'm yet to find my favourite holiday destination. I'd love to do a cruise so I can see lots of different places!

LASER TATTOO REMOVAL



For hundreds of years, tattoos have been a form of expression. Men and women getting inked with sentimental illustrations that represent loved ones and passions, and wording that reflects feelings and happy memories. Trends may come and go, whether they be nautical, dot work or watercolour florals, but the ritual of finding inspiration, making that booking and getting a tattoo will no doubt be around for a long, long time to come.

After all, as time has passed, more and more people have been making marks on their skin.

What was once associated with sailors, 'working class' men and even criminals, is now adopted by a whole variety of people with diverse lifestyles – men, women, young students, older parents, creatives, professionals, and people of the 'upper classes'.

Lady Edith, Marchioness of Londonderry was a prominent character of the early 20th century. She was not only the Founder of the Women's Legion during the First World War, an early campaigner of the Suffragettes and a 'Society Queen' who played host to the rich and famous, but she also had hidden leg tattoos that became exposed as fashion changed in the late 1930s.

An article on Telegraph.co.uk said Lady Edith had "a rampant British lion... in tea rose pink' on one leg, and 'a baby blue coat of arms and a star, just above a strikingly life-like green garter snake' on the other" that were inked during her honeymoon 40 years earlier, at the age of 21.

In 2015, a YouGov survey found that 1 in 5 UK adults have a tattoo, and that half of those were inked by the time they were 21.

14% of those people admitted to having tattoo regrets.

There could be many reasons why; tattoos may be a reminder of an ex-partner, they may have been done on an impulse, or they may not have been done by a professional at all and simply look terrible.

But, long gone are the days when you are stuck with unwanted ink. The process of tattoo removal has come a long way.

Tattoo Removal

It's so important to remember that the tattoo will not be gone completely, in fact those who experience the treatment may find that they are left with slight scarring or a ghost image. But, when done in a clean and safe environment by an experienced therapist, the results can be quite incredible.



Pre-Treatment

This cross-section of the skin tissue shows tattoo ink sat in the lower epidermal/upper dermal layer. The ink molecules are large, making them immobile and permanent.

During Treatment

The laser is directed at the tattoo ink, passing through the epidermis. When the beam contacts the ink molecules it heats them up rapidly, causing damage to these large molecules.

Post Treatment

The damaged ink molecules are weakened and breakdown, becoming smaller and making them mobile. Now the body's lymphatic and vascular system is able to remove them from the skin tissue.

3 Months+

The body continues to process the damaged ink molecules, fading the tattoo more and more, additional inkaway treatments affect remaining large ink molecules.



Megan Fox has recently undergone tattoo removal

Your appointment will begin with a consultation, where the therapist will take a look at the size, colours, location and quality of the tattoo. Then, they will be able to advise on just how many sessions you will need.

Laser tattoo removal works through energy, which is triggered through a hand-held device. The energy breaks down the ink in the dermis layer of the skin into tiny particles, which are then absorbed into the bloodstream. The body recognises the ink as a foreign object and sends white blood cells to destroy the particles. Then, they pass naturally and safely through the body.

The location of the tattoo can play a part in how successfully it is removed. Inking that is closer to the heart experience more efficient circulation, which helps to remove the ink particles, whereas those that are further away from the heart, such as at the bottom of legs or arms, tend to take longer to fade.

Then, there is the colour. According to the NHS, greens, purples and yellows require more energy and take longer to fade. If the tattoo has been done by a professional, the levels of the ink in the skin are likely to be more even, which can be easier to remove. However, if the ink is more saturated or has been done by an uneven hand, removal can be more difficult. Your therapist will be able to use a type of laser and the frequency that is most suited to your tattoo.

Tattoo Cover-Ups

Instead of having a full removal, many people these days are opting to have a tattoo covered up, however covering up a previous tattoo can be problematic and at times leave a tattoo that looks worse than the original as it can be difficult going over areas that have been previously tattooed. Quite often you can still see the original tattoo under the new one.

Our Inkaway machine can help with this by fading the original to such an extent that a new tattoo will totally cover it rendering it invisible.

What Happens After?

Your therapist will talk through the risks and effects of tattoo removal. It may be that skin becomes red and raised for a short while, and you may experience some slight bleeding and scabbing. Hyperpigmentation (where skin becomes darker) and hypopigmentation (where skin becomes lighter) has been known, and there may be some scarring. It is so important that you have a good break, around six weeks, in between each session to ensure that your skin has chance to heal, and that you apply any cream or gel that is recommended. It can take anything up to 6-8 sessions for the tattoo to be removed depending on the ink, size and age of the tattoo.

If tattoo removal is something you've been considering, you can always give us a call. We'll be using Inkaway, an advanced technology that improves appearance of regretted ink from the first session.

Tattoo Removal per session

Small Area	£50.00
Medium Area	£75.00
Large Area	£100.00



OUR NEW NEIGHBOURS



The next time you pay a visit to Beauty at the Gate, you may notice something a little different... we have new neighbours! Rainbow Corner Day Nursery have taken over ownership of the building across the car park, and we're delighted to have a much-loved, long-standing business move in next door.

For over 30 years, Rainbow Corner Day Nursery and Kids Club has been providing excellent care and education for children in and around Holton-le-Clay. It was originally started by Rosemary Hubbard, who ran a small childcare facility in her own home. Her childminding services became incredibly popular amongst parents in the area and the time came to find larger premises, so Rosemary could continue to provide more care for even more families. She set up Rainbow Corner Day Nursery in the Old Day School in Holton le Clay, quickly moving to a more permanent location on Pin fold Lane as it grew. Then in 2005, Ian and Kathleen Staines, Rosemary's sister, bought the business, and she remains the Manager and Director to this day. Now, they've made an exciting move and found a new home.

Kathleen has been in childcare for many years, working as a Nanny, a registered childminder and as a supervisor at a pre-school before taking on Rainbow Corner 12 years ago. As well as an NNEB, an Advanced Diploma, NVQ Assessors Award and Adult Teaching Certificates, Kathleen has a BA Hons degree in Early Childhood Studies and Early Years Professional Status. She leads a diverse well qualified team of practitioners who have a wealth of experience in caring for children. There is a very low turnover of staff ensuring continuity of care.

The Day Nursery caters for children between the ages of

three months old and five years, and follows the Early Years Foundation Stage curriculum which has three prime areas; Personal, Social and Emotional Development, Communications and Language Development, and Physical Development. Then as children grow, there are the more specific areas of learning; expressive art and design, maths development, literacy development and understanding the world. Each and every child experiences a diverse, well-rounded education in a creative, stimulating environment. There are separate rooms for babies, toddlers and tweenies as well as Rainbow Corner Pre-school as well as a library containing books games and puzzles.

Jackie Woods is the Nursery Manager ably assisted by Di Altoft, who both work in the pre-school and Sarah Marriott, who is in charge of the babyroom. They have all worked at Rainbow Corner for more than 15 years. Office Manager Kate Capindale completes the Nursery Management Team. Gemma Ligertwood is the nursery Special Needs Co-ordinator and there is a fantastic army of nursery nurses. Di Richards the cook provides healthy freshly cooked meals and snacks everyday.

Every day, the children have the opportunity take part in a wide range of activities to challenge and stimulate their imaginations, from crafts and role playing games to visits from special educational guests. This year, the children have helped to create scarecrows for the Holton-le-Clay Scarecrow Festival, and floral displays for the local church Flower Festival. It's wonderful to see the children getting involved in community events.

For children aged between four and 11 years old, Rainbow Corner has a dedicated Kids Club, which began back in 2004. Whether before or after school, children can take part in a range of activities before being escorted to school, or collected afterwards by qualified and experienced Playworkers. Junior school children are collected using an approved walking bus scheme and wear fluorescent jackets for safety.

The Kids Club also opens 8-6 every day during school holidays to provide flexible care for parents. Children can attend for a short 2.5 hour session, for 5 hours or all day. A wide variety of activities are on offer. Children have the option of having a cooked lunch or they can bring a pack up. In the long summer holiday there is the option of an outing once a week.

For more information, you can visit rainbowdaynurserygrimsby.co.uk or like their Facebook Page at [facebook.com/rainbowcornerdaynursery](https://www.facebook.com/rainbowcornerdaynursery).

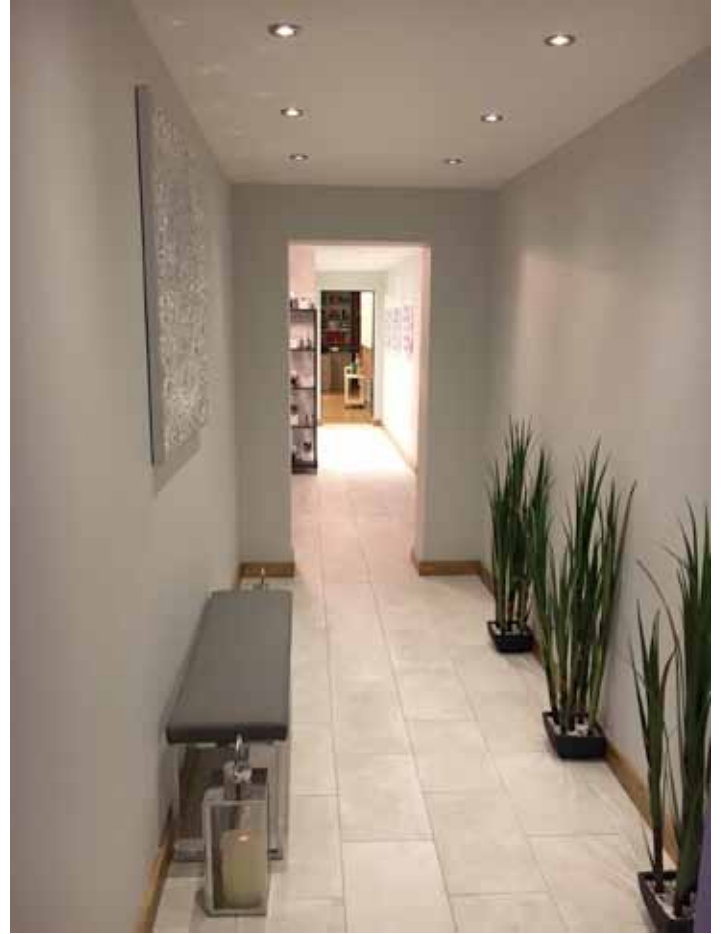


CONNECTED AT LAST



Ever since we started expanding at the salon we've always felt that due to the units that had been made available to us there was not really a constant flow for our clients to take from checking in at Reception through to the treatment rooms and back.

We were delighted earlier this year to be able to secure our 4th unit up at Lancaster Gate, more importantly for us it was the unit between our original salon and the Room at the Gate. We have now finished the build and have converted this unit into our main reception for the business, not only that but we have been able to knock through both sides meaning now there is a clear route from reception to The Room and The Salon.



Our new reception area is now also packed with wonderful products, we have some amazing gift sets from Elemis that is not available to any other Elemis salon in the UK along with a brand new Elemis Tester Bar so clients can try all the wonderful products Elemis have to offer.

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Introducing Medik8

A skincare range created and priced for everyone!

We are delighted to bring a brand new skincare range to Beauty and Man at the Gate. Medik8 has long been the choice of brand in many aesthetic clinics worldwide and has won numerous awards for its innovative and results driven products.

We have for a long time now been looking for a brand that sits alongside Dermaquest and Elemis Biotec, we wanted a cosmeceutical brand that was very results driven but one that was accessible for all our existing clients and new ones.



Medik8 fits the bill perfectly. We used the products ourselves for over 6 months before committing to the brand and we absolutely love how they feel and make our skin look.

Dermaquest is a high-end brand with very high concentration of active ingredients and as such does carry a premium price along with containing ingredients that can be very reactive to a number

of clients. Elemis Biotec is the perfect electrical facial offering with 8 different facials that instantly brighten and repair the skin.

Medik8's products are designed to be elegant and luxurious to use but are focused 100% on results. They have a geeky obsession with ever improving their formulations, this is the key to the brand's success. Everything within the Medik8 range is developed from raw materials to end formula by their in-house scientists. Their advanced serums are all made on-site in small

batches to ensure products that offer far more freshness and stability than other mass-produced brands.

Medik8 is known within the skincare industry as the "Green Cosmeceutical", they ensure that none of their products or ingredients contain parabens or Sodium Lauryl Sulfate (commonly known as SLS).

Medik8 is built around the use of Retinol (Vitamin A), Vitamin C and sunscreens. They have a clear mission in being known as world experts in this area, particularly with Retinol. Vitamin A and Retinol has been at the forefront of our own skincare ethos here at the salon and we are excited to be able to bring this brand to the area for the very first time.

Medik8 is distributed in the UK by Skinbrands who also look after

Revitalash, Elizabeth Arden Pro and Susan Posnick amongst others.

Medik8 is a truly prescriptive brand, we will be offering both facials and the full homecare range. Our Medik8 Medispa Facial is a 1 hour treatment that is bespoke to the individual client's needs and concerns at the time of treatment. After your initial consultation, our Therapists will then decide on the make-up of your facial including the products and techniques used during the treatment.

We will be able to address a multitude of needs and concerns including:

Ageing - Retinol & Vitamin C help to protect, regenerate, stimulate and protect

Flaky Dry Skin - Ingredients to nourish and restore vitality

Oily, Problematic & Blemished Skin - Deep cleansing and pore refining products

Red, Inflamed and Sensitive Skin - Soothing and intelligent formulations to aid recovery

Dull or Pigmented Skin - Targeted brightening ingredients that bring radiance and luminosity back into your skin

We will also be utilising the power of Dermalux LED light Therapy with Medik8 to be able to bring our clients unparalleled facial results at value for money prices.

The girls are all really looking forward to introducing Medispa Facial to our clients but it is the homecare that really has us all excited. Medik8 has numerous award winning products that target very specific concerns.

As we have mentioned we have been using some of the products for some time now and have been blown away by the results and how they have made our skin look and feel, here are just a few highlights from their homecare range:



Retinol 1 TR - With a stabilised formula utilising slow release technology in order to minimise irritation, this renewal cream reduces the appearance of fine lines, smooths the skin tone and evens the texture. The result is a youthful, healthy-looking complexion.



Hyd8 Eye - 2016 Beauty Awards Winner, an intensely hydrating and anti-ageing eye cream that soothes and moisturises the delicate skin around the eye helping to strengthen the skin against the environmental causes of ageing while tackling the appearance of fine lines, wrinkles, puffiness and dark circles.

C-Tetra Day Cream - An amazing smelling Vitamin C day cream that is ideal for those wanting to introduce anti-ageing products into their skincare regimen. Gentle yet effective, this antioxidant emulsion protects the skin from free radicals and maintains a healthy collagen production, resulting in smoother, younger-looking skin.

“ Medik8's products are designed to be elegant and luxurious to use but are focused 100% on results. ”

The great thing about Medik8 and in particular the Retinol products is that you can step up the levels of % of retinol as your skin progresses and becomes acclimatised to the products.

The Medik8 Medispa Facial is available now at the salon priced at £49 but we have an amazing launch offer on a course of 6 facials for only £275 with a FREE Medik8 Starter set worth £49.

.....
All 3 products are under £40!
.....



Everybody loves a bargain, a special offer that makes that meal with friends, day out with the kids or a brand new pair of shoes that little bit sweeter. In North East Lincolnshire, we can turn to Lisa Gibson of Out There, who brings businesses and offers direct to us. We had a quick chat with Lisa to find out a little more about Out There.

Tell us about a little bit about Out There and what you do.

I am the local Director for the national brand called Out There. Out There promotes quality businesses in the leisure, lifestyle and retail sectors on our website outthere.today and via our state of the art mobile app, which apple users can download for free from the app store. Out There connects customers directly to quality things to do and places to go, and those who download our exciting new app will benefit from live offers being sent direct to their device when they are nearby. They can browse local offers and events, and gain loyalty stars at their favourite places to earn fantastic rewards.



For example Magical Castle is offering the sixth visit free and Crosskills Florist is offering the sixth bouquet free when you purchase five at £30 or more. Also, every weekend Parkway Cinema promotes a £2 morning family screening.

And what is the best thing about what you do?

I love to meet new people and take great satisfaction from being able to provide a solution that meets their needs. I am passionate about making a difference and are proud to be doing so in my local business community.

Where are some of your favourite places to visit in the area?

My family and I love spending quality time together when we're not at work. We spend a lot of time in Cleethorpes and enjoy Fish & Chips from Ernie Beckitts followed by a delicious ice-cream from Scoops and a nice long walk. We also travel back and forth to Hull a lot to socialise with friends and family there. We love popping to Beverley too, as it has such a lot to offer from independent shops like The White Rabbit Chocolatiers to niche high street stores like Seasalt and Fat Face. There is so much choice where restaurants are concerned too.

Which beauty products can't you live without?

I love Decleor Iris Night Balm. It smells divine and seems to keep me looking youthful (or so I am told!) I am slightly obsessed with matching up my eye make up to my outfit and have recently discovered NYX liquid eyeliners. I have green, lilac and electric blue at the moment, but have my eye on a couple more. They stay put all-day and wash off easily without the need for harsh make up removers.

What is your favourite perfume?

I love to wear Bronze Goddess by Estee Lauder. I wore it on my wedding day in St Lucia and it smells amazing. Sometimes you can sense coconut and other times it's quite citrusy, but either way it really takes me back.



How do you like to do to relax?

I love spending time with my family and friends.

What can't you get through the weekend without?

I can't get through the weekend without a nice frock. I love to wear dresses and am known for wearing 50s style shirt dresses in the summer. My favourite brands at the moment are Seasalt and Bourne. Paris in Abbeigate stocks a small collection of Bourne dresses and they are really unique.

Where is your favourite holiday destination?

I have many favourites but as a family we keep going back to France. We were engaged on the Eiffel Tower and have been to a couple of these lovely eco campsites called Huttopia a few times now. I particularly liked Versailles as there was so much to see and do nearby, and just a 20 minute train ride from Paris. Having said all of that though, nothing really beats Vegas.



If you could invite any celebrity to an evening in Grimsby, who would it be and why?

It'd have to be Lady Gaga. She is such an inspiration. I love that she makes being different cool. I would be on a mission though to get her to dress in an outfit made of seafood. She's done meat so why not fish? And it'd be a great way to promote the town.

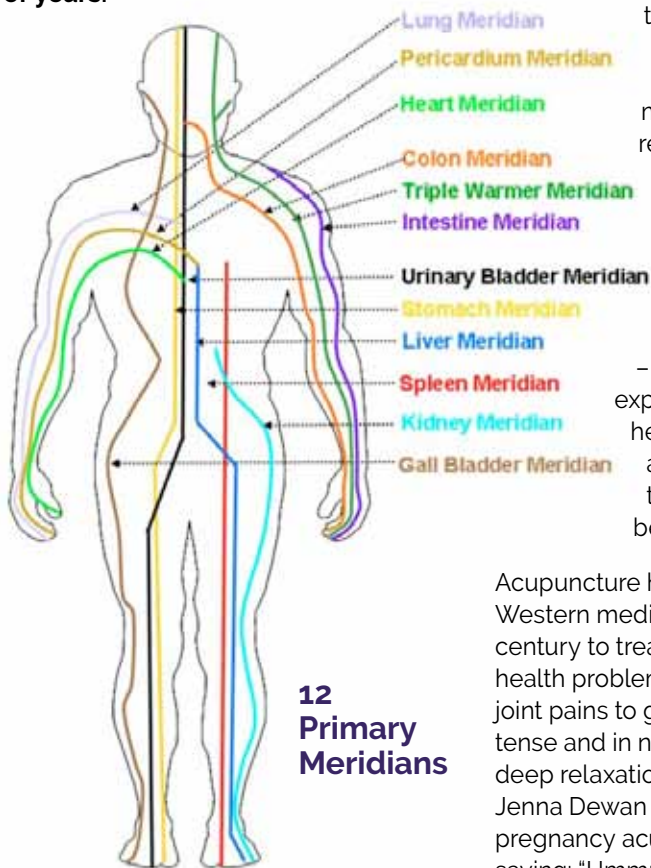


For more information about Out There and to see offers from around the area, visit outthere.today.

ACUPUNCTURE



Acupuncture is based on ancient principles that suggest pain and illness is a sign that the body is out of its natural balance, and that equilibrium needs to be restored. Therapists, or acupuncturists, are trained to use techniques that find and treat the source of the stress, and help to prevent further imbalance in the future. It's a technique that has been passed down and developed over thousands of years.



Acupuncturists believe that there is an energy life force, or Qi (pronounced chee), that flows through the body. When these channels, or Meridians, become blocked and Qi can't flow freely, that is when the body becomes stressed, causing ill health, aches and pains.

To restore the body, needles are placed into precise acupuncture points along the body's Meridians, assisting the flow of Qi and helping to kickstart the body's natural healing process. Sensory nerves under the skin and muscles are stimulated, releasing natural substances such as pain-relieving endorphins. The acupuncture points used depend on the problems you are experiencing – two people may be experiencing the same health problems, but the acupuncture treatment they receive is completely bespoke to them.

Acupuncture has been used alongside Western medicine since the 20th century to treat all kinds of different health problems, from migraines and joint pains to generally feeling a little tense and in need of some calming, deep relaxation. Actress and dancer Jenna Dewan Tatum tweeted her pregnancy acupuncture experience, saying: "Hmmm think I loved it actually.

Think it's the most relaxed I've been in a while. Recommend!"

Facial acupuncture can help to give your complexion a healthy, youthful glow. Celebrities including Kim Kardashian, reality star Millie Macintosh and model Bar Refaeli have all taken to Instagram to post their pin-filled selfies for all to see.

Just like acupuncture for the body, needles are inserted into the right acupuncture points in the face and neck. This helps to trigger the production of collagen and elastin, and increase hydration levels. The result is skin that has enhanced volume, reduced fine lines and wrinkles, and a rejuvenated, glowing appearance.



Typically, an acupuncture appointment will take between 20 and 40 minutes, and you will always have a thorough consultation before starting. As with most results based treatments, you can see and experience a difference after just one session, but it's always best to book a course. Acupuncture is preventative as well as reactive.

And while sticking pins into your skin may look uncomfortable, you should know that they are ultra fine and just a few centimetres long so the sensation you feel is a slight tingle - acupuncture should never cause pain. Also, these needles are single-use, meaning they are pre-sterilized and brand new for you, and then disposed of immediately after your treatment.

Acupuncture Session £35.00

Regular Servicing for your body



Out of the four seasons, we like to think that summer is the season of fun. It's the time to be out about with the family, tending to the garden and beating the competition in sporting events. In between joining friends for barbeques and garden parties, you can make the most of all kinds of magical experiences while away on your holidays.

However, after all the activity and as the Autumn weather rolls in, knees become stiff, legs may hurt and backs begin to ache. It's time for some treatment.

"People think being healthy is eating really healthy food and exercising for an hour a day," advises Lauren, our resident Rehabilitation Therapist, "when really, the little things can help and can make life a lot easier."

Those little things are the exercises, stretches, and treatments that help to alleviate pain and injury - Sport Rehabilitation. It's more about injuries in specific, whereas physios look a lot more at neurological problems, when people have been in hospital and they need fitness to get them back home. If you've fallen, you've hurt your leg and you need a little bit of rehab and physical treatment, that's more sports rehabilitation and that is where we can help you to a speedier recovery without having the wait.

We asked Lauren to elaborate on this; "For this time of year, it's people gardening and they've hurt their knees or their backs - lots of bad backs actually. It's the season for running marathons and half marathons, so lots of leg massages for knee or ankle injuries. Then there's people that work at computers, or are standing up all day causing bad posture."

Whatever the injury/ache or pain may be, the first step is always a thorough consultation.

"My consultation is more in depth compared to a massage consultation. I ask things like what their job is, just to give me an idea of what they do day-to-day during their shifts, and if they have any active hobbies or sports that they play that can contribute to the problem.

"Then I do a physical assessment. I always look at posture, the biggest thing, the range of movement around the problem area, so if it is a back problem it will be things like leaning forwards and backwards, and side to side. Then, there's the gait pattern, which is how you walk, looking for anything from the feet all the way to the head.

"My consultation has to be more in-depth because the more I know about them, the more I can help them. And we all have our specialist area that we look for, but for me it's posture. It plays a huge part in everybody's life but it's something that we don't pay enough attention to."

Sometimes, your body's features may be the cause of recurring aches, with one of the most common problems being flat feet. "If people have lower back pain, flat feet is probably why. If I can pick up on that straight away, I can give advice instantly, such as get a pair of insoles and keep up with your massages to remove the pain. Chances are, the first time they come back after their visit, they've got a pair of insoles and the pain is 10 times better."

Once the problem area has been established, Lauren will recommend a bespoke treatment plan.

Lauren is trained in Elemis, sports massage and acupuncture, and also does Chinese cupping, so we've got a few different options that she can offer to people who may have been coming

BAD POSTURE

VS

GOOD POSTURE

HEALTH

Back pain, often caused by extended hours of poor posture, is becoming increasingly common because of the amount of time we spend hunched over smartphones and slouching in front of computers.

FEEL

Slouching not only makes you look tired, but it also makes you feel sluggish, fearful and self-conscious.

COMMUNICATION

Poor posture communicates to those around you that you may be bored, nervous, fearful or self-conscious.

APPEARANCE

Besides the obvious hunchback syndrome, slouching can make you look unhealthy, unattractive, and even a couple pounds heavier.

www.lumobodytech.com



Did You Know?

Posture is the number 1 reason for doctors visits and missed work-days after the common cold.

A Lumo Lift a day could literally keep the doctors away!

HEALTH

Practicing good posture engages your core, boosts up your diaphragm to help you breathe better, and gives your organs the room they need to aid in digestion.

FEEL

Straightening up and maintaining good posture can actually help increase energy, productivity, and even reduce stress.

COMMUNICATION

Simply pulling your shoulders back, chin up and back straight, communicates confidence, presence and openness and helps you own the room.

APPEARANCE

Holding yourself upright and in good posture can help you look younger, more vibrant, and attractive.

Powered by Lumo

for massages and now need something more, something more focused like acupuncture and cupping, which can give better results.

Lauren is also qualified in kinesio tape so if somebody, for whatever reason, can't correct their posture themselves, she can tape them to put them into position to teach them how they should be, and that then trains their brain and their body position.

The important thing to remember is to keep up with your recommended treatments, including any stretches or exercises you need to do at home.

Lauren explains, "The advice we give depends on the problem, such as whether they should be using heat or ice, doing general stretching and easy exercises. Sometimes we see people who don't want to go to a gym, they just want to be at home, so easy things like exercising with a tin of tomatoes instead of spending money on weights. It's got to be accessible.

"Often people visit us once a month, but in between that time what are they doing? We recommend using resistance bands and foam rollers because they're fantastic, a home massage tool that people can use in between their recommended massages. So, if they're doing their exercises, following the regime we

set, they'll see better results rather than waiting four weeks for their next treatment. But obviously if it's an injury that needs more attention, we'll see them more often.

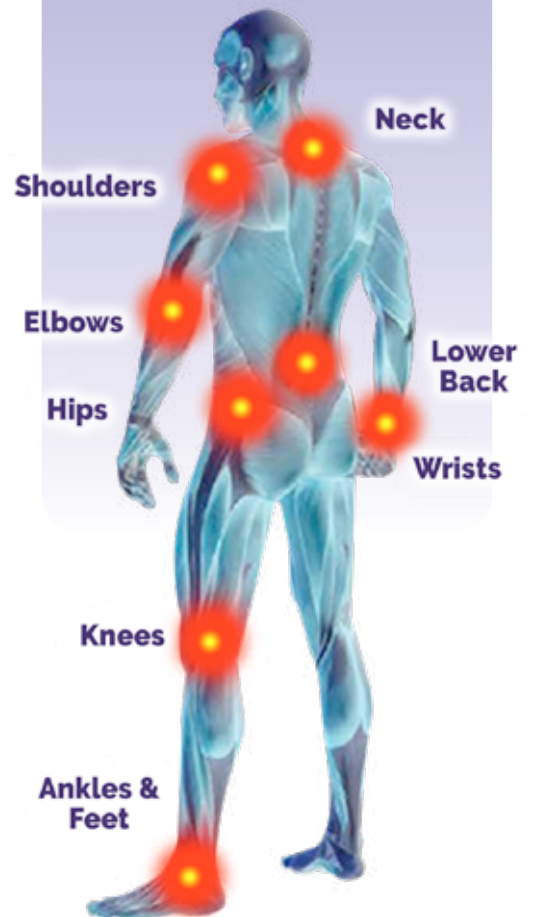
For anyone who may be suffering from light aches and pains, Lauren has a piece of advice.

"I always suggest using heat, because that's a big thing to help the body relax. When you get home at the end of the day, your body needs to switch off. People tend to go home, see to their kids, get the dinner ready and don't spend a lot of time looking after themselves when it's actually really easy to do. Stretching for five minutes in the morning and five minutes at night, and applying heat.

"A wheat pack is a must on my list, because you can just heat it up while you're making your dinner and then sit with it while at the table. And, pay attention to your posture. A lot of people know they slouch but don't do anything about it. But, if you sit up straight when you're on the couch, you can save yourself a lot of back pain."

Lauren will shortly be offering 30 and 60 minute bespoke Body Clinic Sessions where she will utilize a combination of treatments within the one appointment to provide a more bespoke and targeted appointment.

To book an appointment to see Lauren, give us a call on 01472 289555.



Man at the Gate Price List *Courses of 6, Pay for 5 last treatment FREE

Specialist Body Treatments*

Sports/Therapeutic/Rehabilitation Massage	
30 mins.....	£27.00
60 mins.....	£40.00
75 mins.....	£45.00
Acupuncture 45 mins.....	£35.00
Cupping 40 mins.....	£35.00
Swedish Massage	
30 mins.....	£27.00
60 mins.....	£40.00
Aromatherapy Massage 60 mins.....	£40.00
Reflexology 60 mins.....	£35.00
Indian Head Massage.....	£27.00
Hopi Ear Candling.....	£27.00
Bespoke Body Clinic Session with Lauren	
30 mins.....	£30.00
60 mins.....	£45.00

Aesthetic Treatments*

DermaLux LED PhotoTherapy

Single Session.....	£30.00
Addition to any Facial.....	£20.00

3D Lipo Cavitation

Belly Buster.....	£70.00
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Facials* 60 minutes

Elemis Biotec Supercharge.....	£59.00
Elemis High Performance Touch.....	£46.00
Medik8 Prescriptive.....	£49.00

Laser Hair Removal* cost per treatment

Consultation 30 mins.....	£15.00
<i>(Redeemable against a course of 6 treatments)</i>	
Neck.....	£35.00
Chest.....	£60.00
½ Back.....	£65.00
Torso.....	£100.00
Full Back.....	£120.00

Laser Tattoo Removal per session

Consultation 30 mins.....	£15.00
<i>(Redeemable against a course of 6 treatments)</i>	
Small Area.....	£50.00
Medium Area.....	£75.00
Large Area.....	£100.00

Jennifer Young Beauty Despite Cancer

Glowing Facial 60 mins.....	£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

Body Treatments

Deep Tissue Back Massage	
30 mins.....	£27.00
Deep Tissue Full Body Massage	
60 mins.....	£40.00
Hot Stone Massage	
30 mins.....	£27.00
60 mins.....	£40.00

Lycon Precision Waxing

Ears.....	£7.00
Nostrils.....	£7.00
Eyebrows.....	£13.00
Ears & Nostrils.....	£12.00
Ears Nostrils & Eyebrows.....	£19.00
½ Back.....	£25.00
Chest.....	£25.00
Torso.....	£35.00
Full Back.....	£35.00

Brow & Lash Treatments

HD Brow Wax, Shape & Tint.....	£22.00
LVL Lashes.....	£40.00
Brow Tint.....	£10.00
Eyelash Tint.....	£14.00
Brow & Eyelash Tint.....	£18.00

Nails

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



Beauty at the Gate Price List *Courses of 6, Pay for 5 last treatment FREE

Facials*

BATG Facials 90 mins

The Facial.....	£70.00
Advanced Acne Facial.....	£70.00

Advanced Dermaquest

Facials <small>60 mins</small>	£56.00
Resurfacers <small>45 mins</small>	£64.00

Elemis Biotec 60 mins

Line Eraser.....	£59.00
Firm-A-Lift.....	£59.00
Anti-Pigment.....	£59.00
Skin Resurfacer.....	£59.00
Radiance Renew.....	£59.00
Blemish Control.....	£59.00
Sensitive Skin.....	£59.00

A-Lift

Angelic Ritual <small>50 mins</small>	£52.00
Pure Zenerjise <small>75 mins</small>	£62.00
Youthful Enlightenment <small>75 mins</small>	£62.00
Divine Indulgence <small>90 mins</small>	£70.00

Dermatude

Facial <small>40 mins</small>	£55.00
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Medik8 60 mins

Prescriptive Facial.....	£49.00
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Elemis Touch Facials 60 mins

Superfood Pro Radiance.....	£46.00
Anti-Blemish & Calm.....	£46.00
Sensitive Skin Soother.....	£46.00
Pro-Collagen Age Defy.....	£46.00
Dynamic Resurfacing.....	£46.00

Dermalux LED PhotoTherapy

Single Session.....	£30.00
Addition to any Facial.....	£20.00

Laser Hair Removal* cost per treatment

Consultation <small>30 mins</small>	£15.00
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(Redeemable against a course of 6 treatments)

Chin.....	£35.00
Upper Lip.....	£35.00
Upper Lip & Chin.....	£55.00
Sideburns.....	£35.00
Neck.....	£35.00
Underarms.....	£50.00
½ Arm.....	£60.00
Full Arm.....	£90.00
½ Leg.....	£90.00
Full Leg.....	£140.00
Buttock Crease.....	£40.00
Buttocks.....	£70.00
Bikini.....	£50.00
Californian.....	£60.00
G-String.....	£70.00
Hollywood/Brazilian.....	£90.00
Full Leg & Bikini.....	£150.00

Laser Tattoo Removal per session

Consultation <small>30 mins</small>	£15.00
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(Redeemable against a course of 6 treatments)

Small Area.....	£50.00
Medium Area.....	£75.00
Large Area.....	£100.00

Jennifer Young Beauty Despite Cancer

Glowing Facial <small>60 mins</small>	£49.00
Indulgent Massage <small>30 mins</small>	£27.00
..... <small>60 mins</small>	£40.00
Top to Toe <small>120 mins</small>	£80.00
Nourishing Manicure.....	£23.00
Beautiful Pedicure.....	£27.00
Balanced Body & Mind <small>60 mins</small>	£40.00

Specialist Body Treatments*

Sports/Therapeutic/Rehabilitation Massage

<small>30 mins</small>	£27.00
<small>60 mins</small>	£40.00
<small>75 mins</small>	£45.00

Acupuncture <small>45 mins</small>	£35.00
Cupping <small>40 mins</small>	£35.00
Pregnancy Massage <small>75 mins</small>	£50.00

Swedish Massage

<small>30 mins</small>	£27.00
<small>60 mins</small>	£40.00

Aromatherapy Massage <small>60 mins</small>	£40.00
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Hot Stone Massage

<small>30 mins</small>	£27.00
<small>60 mins</small>	£40.00

Reflexology <small>60 mins</small>	£35.00
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Indian Head Massage.....	£27.00
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Hopi Ear Candling.....	£27.00
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Bespoke Body Clinic Session with Lauren

<small>30 mins</small>	£30.00
<small>60 mins</small>	£45.00

Elemis Body Treatments

Deep Tissue Back Massage

<small>30 mins</small>	£27.00
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Deep Tissue Full Body Massage

<small>60 mins</small>	£40.00
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Intensely Cleansing Salt Scrub.....	£36.00
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Body Nectar Nourishing Wrap.....	£45.00
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Musclese Aroma Wrap.....	£50.00
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Cellutox Aroma Wrap.....	£50.00
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3D Lipo Cavitation + Skin Treatment*

Single Session Large Area.....	£90.00
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Single Session Medium Area.....	£60.00
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3D Cryolipolysis (Fat Freezing)

Single Area.....	£75.00
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2 Areas.....	£100.00
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3D Radio Frequency

Single Session.....	£60.00
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3D Dermology

Single Session.....	£60.00
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HD Brows

HD Brow Wax, Shape & Tint.....	£26.00
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LVL Lashes

Lift, Volumise & Lengthen.....	£40.00
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Lycon Precision Waxing

Chin.....	£8.00
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Upper Lip.....	£8.00
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Upper Lip & Chin.....	£13.00
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Eyebrow.....	£13.00
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Upper Lip, Eyebrow & Chin.....	£19.00
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Underarms.....	£11.00
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½ Arm.....	£13.00
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Full Arm.....	£18.00
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½ Leg.....	£17.00
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Full Leg.....	£24.00
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Bikini.....	£11.00
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Full Leg & Bikini.....	£27.00
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Californian.....	£18.00
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G-String.....	£23.00
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Hollywood/Brazilian.....	£33.00
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Electrolysis

<small>15 mins</small>	£25.00
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<small>30 mins</small>	£35.00
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<small>45 mins</small>	£40.00
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<small>60 mins</small>	£45.00
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Tinting

Brow.....	£10.00
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Eyelash.....	£14.00
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Brow & Eyelash.....	£18.00
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The Room at the Gate Nail Treatments

Gel Manicure.....	£29.00
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Gel Pedicure.....	£31.00
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Shellac Manicure.....	£23.00
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Shellac Pedicure.....	£27.00
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Zoya Organic Manicure.....	£23.00
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Zoya Organic Pedicure.....	£27.00
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Jessica Manicure.....	£23.00
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Jessica Pedicure.....	£27.00
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Nail Extras

File & Polish.....	£15.00
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Our Shellac Removal.....	£8.00
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Our Gel Removal.....	£11.00
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Our Removal with Re-Application.....	£5.50
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French Polish.....	£5.50
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Effects/Glitter up to 2 nails.....	£3.50
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Effects/Glitter more than 2 nails.....	£6.50
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Nail Art from.....	£5.00
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Repairs from.....	£5.00
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IBX Initial Treatment.....	£17.50
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IBX Maintenance.....	£12.50
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10% off ALL Medik8 Products after a Facial

Book a Course of 6 Medispa Facial for ONLY £275 and Receive a
FREE Starter Homecare Kit worth £50



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

