



BEAUTY ESSENTIALS

Natural Beauty & Skincare Specialists

Treatment Menu

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NAIL TREATMENTS

Bio Sculpture invented nail gel in 1988 and has been creating innovative, high performance gel products ever since. Every manicure is individually tailored to your needs and nail type. Bio Sculpture strengthens, conditions, and promotes the growth of your natural nails while allowing weak, brittle nails to grow. It is vegan, cruelty free and contains no dehydrators, primers or bonders.

Bio Sculpture Overlays (Hands) clear £31 / colour £38

Bio Sculpture Overlays (Feet) £33

Gel Removal Including a nail tidy £20

Please note that we do not remove non Beauty Essentials nail applications.

File & Paint (Normal polish) £20

Manicure

Cuticle & nail tidy, cleanse, scrub, luxurious, nourishing shea butter and the application of cuticle oil
no polish £23 / normal polish £30 / BioSculpture £45

Deluxe Manicure

Cuticle & nail tidy, cleanse, scrub and cooling mask followed by a hand massage with a luxurious, nourishing shea butter and the application of cuticle oil
no polish £31 / normal polish £38 / BioSculpture £53

Pedicure

Cuticle & nail tidy, removal of hard skin, exfoliation and foot massage
no polish £27 / normal polish £32 / BioSculpture £47

Deluxe Pedicure Cuticle & nail tidy, removal of hard skin and exfoliation followed by the application of a nourishing cooling mask and foot & lower leg massage
no polish £35 / normal polish £40 / BioSculpture £55

NAIL TREATMENT ADD-ONS

All nail treatment add-ons must be requested at the time of booking

Basic nail art (+5mins: includes two accent nails) £3

French tips / Intermediate nail art (+10mins: includes coloured french) £5

Advanced nail art (+15mins: includes glitter fade/ombre/foil/chrome, detailed accent nails) £7

Detailed nail art (+30mins: includes stamping and glitter/hand painting/multiple nail art) £12

Nail repair (after 72hours) per nail £4

IBX

A professional natural nail treatment that helps improve nail growth and strengthen the nail plate. This revolutionary two-part system toughens the natural nail from within so that it can grow on its own. It can also act as a protective shield inside the natural nail under gel polishes. IBX can be applied as a standalone treatment or combined with your nail appointment.

IBX treatment only

Single Treatment <i>Including a nail tidy</i>	£18
Course of 12 (recommended) <i>Including a nail tidy</i>	£180

Nail appointment add-on

Single Treatment - <i>Combined with your nail appointment</i>	£8
Course of 12 (recommended) - <i>To be booked with your nail appointments</i>	£80

CALLUS PEELS

MAVEX callus peeling is a unique combination of natural, highly active ingredients that softens the dead, hard skin making it easier to remove.

Callus peel (30 mins)	£30
Callus peel pedicure - no polish with cuticle & nail tidy (40 mins)	£35
Callus peel pedicure - normal polish (60 mins)	£48
Callus peel pedicure - BioSculpture (75 mins)	£63

TANNING *(patch test required)*

The Sienna X express spray tan develops in just 60 to 90 minutes and can be used for light to dark tans, giving you a natural, confidence boosting holiday glow. The vegan formula is packed with the highest quality ingredients including moisture quenching Q10, Vitamin E, Aloe Vera & Green Tea.

Please exfoliate & moisturise 24 hours prior to treatment. Why not book in for our Exotic hot oil and salt scrub body polish a couple of days before your tan - the perfect pre-tan preparation.

Spray tan Full body / Half Body	£28 / £20
Top up tan, within 7 days <i>(ONE top up tan per full price tan)</i>	from £18
Tan package - 5 full body tans	£110

EAR PIERCING

Earlobe piercing using the Caflon Ear Piercing System - a widely recognised system that ensures surgical quality piercing. We have a wide range of earrings to choose from, all designed to be used with the Caflon system. The earrings are hypoallergenic, sterile and come in their own packaging. Each treatment includes earring(s) and aftercare solution.

Pair of Ear Piercings	£28
Single Piercing	£18

EYE TREATMENTS *(patch test required)*

Eye Lash Tint	£18
Eye Brow Tint	£12 / with Tidy £21 / with Shape £26
Eye Lash & Brow Tint	£25
Eye Lash Tint, Eye Brow Tint & Shape	£30
LVL (Lift, Volume, Lengthen) inc. Eye Lash Tint	£49

WAXING

	Strip wax	Hot wax
Eye Brow Tidy following your existing brow shape	£11	
Eye Brow Shape changing the shape of your brow	£16	
Lip Wax	£9	
Chin Wax	£11	
Lip & Chin Wax	£18	
Lip & Eyebrow Wax	£18	
Lip, Chin & Eyebrows Wax	£25	
Side of Face Wax	£12	
Lip, Chin, Side of Face, Eyebrows Wax	£29	
Half Leg Wax - Top / Lower	£25 / £22	
Three-quarter Leg Wax	£27	
Full Leg Wax	£34	
Bikini Wax	-	£20
High Bikini Wax	-	£23
Brazilian Wax	-	£34
Hollywood Wax	-	£37
Underarm Wax	£13	£15
Forearm Wax	£21	
Full Arm Wax	£26	
Back Wax	£32	
Chest Wax	£32	
Nostrils Wax	-	£9
Half Leg & Bikini Wax / High Bikini (Strip & hot wax)		£32 / £37
Half Leg & Brazilian Wax (Strip & hot wax)		£47
Half Leg & Hollywood Wax (Strip & hot wax)		£50
Full Leg & Bikini Wax / High Bikini (Strip & hot wax)		£42 / £47
Full Leg & Brazilian Wax (Strip & hot wax)		£57
Full Leg & Hollywood Wax (Strip & hot wax)		£60

ELECTROLYSIS *(patch test required)*

An ultra epilating treatment for hair removal using a blend machine.

15 minutes	single treatment £20 / 5 treatment package £90
30 minutes	single treatment £26 / 5 treatment package £115
45 minutes	single treatment £34 / 5 treatment package £150
60 minutes	single treatment £44 / 5 treatment package £200

FACIALS

Monu Express Facial – 30 mins £40

An intense cleanse, full facial exfoliation, mask and moisturise.

Monu Aromatic Facial – 60 mins £55

An intense cleanse, full facial exfoliation, mask and moisturise, including a face, neck and shoulder massage.

Monu Prescription Facial – 60 mins £60

Cleanse, exfoliate, massage, prescriptive mask, eye gel, tone and moisturise.

Monu Extraction Facial – up to 90 mins £75

Intense cleanse, full facial exfoliation, blackhead removal, massage, prescriptive mask, eye gel, tone and moisturise. This facial is suitable for those with oily skin, blocked or enlarged pores or occasional breakouts.

The resurface and peel treatment - 45 mins £58

Cleanse, tone, exfoliate, peel, hydrating mask, massage, eye cream, lip balm and moisturise.

Hydra lift collagen facial - 60 mins £68

Cleanse, tone, exfoliate, ampoule, active collagen mask, massage, eye cream and lip balm.

Renu intense lift anti-ageing facial - 75 mins £80

Cleanse, tone, skin peel, massage feet and lower legs, intense lift facial massage, mask, hand and arm massage, lip and eye active lift.

Sculpt and lift facial treatment - 40 mins £48

Cleanse, tone, exfoliation, foot and leg massage, mask, massage, lip and eye active lift.

OXYGEN THERAPY FACIAL

Single Treatment - 40 mins £63

Course of 5 Treatments, 1 Treatment Per Week £260

Our oxygen therapy facial strengthens, stimulates, plumps, energises and nourishes the skin. This cooling and calming therapy continues to work after your appointment with optimum results being achieved 2-3 days post-treatment.

TEEN FACIAL TREATMENTS

Deep Clean Teen Facial (12-16yrs) - 60 mins £60

Intense cleanse, full facial exfoliation, blackhead removal, massage, prescriptive mask, tone and moisturise using products suitable for young skin.

Teen Phototherapy Express Facial

This treatment has been tailored to help in the treatment of teen acne and includes a cleanse, exfoliation, 30 minutes LED treatment and moisturise. Best used in conjunction with a targeted home care programme. Ask us about Environ skincare and the Advanced Nutrition programme.

Single Treatment £45

Treatment Packages 6 - £240 / 12 (recommended) - £450

ESSENTIAL TREATMENTS 60mins (2-3 areas) / 90mins (6-10 areas)

Environ's pioneering Dual Electro-Sonic Technology sets the benchmark for Professional Skincare Treatments. Low frequency Sonophoresis, together with pulsed Iontophoresis, in combination with Environ's Professional Skincare formulations, helps deliver more of what skin needs, where it needs it most - making a real lasting difference, for life.

ESSENTIAL YOUTH RESET

60 mins - £75 / 90 mins - £90

Help soften the appearance of fine lines, sun-damage & sagging skin with this peptide and vitamin-packed treatment for a more youthful appearance.

ESSENTIAL MOISTURE BOOST

60 mins - £75 / 90 mins - £90

Help reduce the appearance of fine lines caused by dehydration and promote a more moisturised glow with this intensive treatment featuring hyaluronic acid as the key ingredient.

ESSENTIAL COMFORT CALM

60 mins - £75 / 90 mins - £90

Help soothe and comfort sensitive and irritated skin with this treatment which combines powerful ingredients to leave the skin feeling restored with a healthy-looking radiance

ESSENTIAL RADIANCE REVEAL

60 mins - £75 / 90 mins - £90

Help target the signs of sun-damage and pigmentation with this treatment which boosts the skin with the correct combination of ingredients for a even-toned, radiant-looking appearance.

FOCUS-ON TREATMENTS (30mins)

Specially developed to target specific areas using Environ's revolutionary Dual Electro-Sonic DF Technology, ensuring that your primary skincare concerns are directly addressed. Perfect for when time is limited.

FOCUS-ON FILLER

£55

This innovative, intense and non-invasive treatment helps to smooth the look of facial lines and restore a rejuvenated, plumped youthfulness to the skin's appearance.

FOCUS-ON FROWN

£55

The iconic peptide blend in this treatment assists to reduce the appearance of expression and frown lines on the forehead as well as eyes, leaving skin looking more smooth and relaxed.

FOCUS-ON EYE

£55

Combining powerful peptide complexes with hyaluronic acid, this intense treatment promotes a refreshed, hydrated and youthful-looking eye area.

FOCUS-ON TEXTURE

£55

An intensive combination of the three Environ Technologies; Dual Electro-Sonic, Cool Peel and Micro-Needling which assists to improve the appearance of mild scarring, revealing smoother, evenly-textured skin.

FOCUS-ON EVEN TONE

£55

The powerful combination of vitamin A, C and AHAs assists to improve the appearance of pigmentation irregularities for a more even-toned and brighter-looking skin.

FOCUS-ON BODY PROFILE (FACE AND BODY)

£55

This powerful body treatment targets the appearance of dimpled, lax and uneven skin texture in specific areas (including the jaw line). The effective combination of active ingredients promotes a visibly smoother, firmer and contoured appearance.

Environ COOL PEEL® TREATMENTS (45-60mins)

Environ's unique Cool Peel Technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes to safely and effectively help refine, revive and brighten the appearance of skin. Experience a real, lasting difference through beautiful science.

YOUTH RENEW COOL PEEL

£75

This cool peel treatment assists to reduce the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

MOISTURE BOOST COOL PEEL

£75

Designed to gently peel the skin's surface and revitalise dry, tired-looking skin to a healthy glow. Suitable to do all year round with no visible peeling or downtime.

DEEP CLEANSING COOL PEEL

£75

This unique method of deep cleansing the skin is gentle yet effective in helping to purify and control the appearance of congestion and breakouts, leaving the skin looking clear, healthy and refreshed.

BRIGHT RECOVERY COOL PEEL

£75

This gentle lactic acid cool peel assists to reduce the appearance of premature ageing, fine lines and uneven skin tone as a result of excessive sun exposure.

BLEMISH CONTROL COOL PEEL

£75

This powerful cool peel treatment assists to improve the appearance of blemish-prone, distressed skin helping to unclog pores and remove surface impurities related to problematic skin conditions.

VIBRANT-C MICRO PEEL (45mins)

£55

A concentrated vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy-looking, evenly toned appearance as well as improved skin texture. An excellent choice for sun-damaged, pigmented and ageing concerns.

OTHER TREATMENTS

HAND & FOOT VITAMIN WRAP

£25

The perfect add on to any Environ treatment to help soften, smooth and revive the appearance of dry, sun damaged skin on hands and feet. The intelligent combination of AHAs and essential vitamins A, C and E assists to promote nourishment revealing healthier, more even-toned and youthful-looking skin.

ENVIRON TREATMENT PACKAGES AVAILABLE



NON-SURGICAL FACE LIFT

DUAL ANTI-AGEING SYSTEM TREATMENT MENU

Facial lifting and Toning • Eye treatments • Scars

Microcurrent softens lines, wrinkles and scars, and re-educates muscles to lift, firm and tone. It improves complexion and radiance and stimulates collagen and cell renewal. You should see visible results from one treatment and your muscles are re-educated by 10 treatments. After a 10 treatment programme, results can be maintained indefinitely with one treatment every 4-6 weeks.

Lift & Firm Ultra-Facial

The lift and firm ultra-facial - an intensive double cleanse and exfoliation incorporating six microcurrent programs. It also includes a relaxing facial massage, a prescribed mask and is completed with the application of recommend skincare products.

Single Treatment - 75 mins £80
Course of 10 Treatments, 2 Treatments Per Week £725

Lift & Firm Essential Facial

The lift and firm essential facial - an intensive double cleanse and exfoliation, incorporating six microcurrent programs. The facial is completed with the application of recommended skincare products.

Single Treatment - 60 mins £60
Course of 10 Treatments, 2 Treatments Per Week £550

Lift & Firm Targeted Facial

The lift and firm targeted facial is designed to focus on areas of concern. It includes a cleanse, and application of the strengthening and tightening programs directly into the problem areas. It is completed with the application of recommended skincare products.

Single Treatment - 25 mins £45
Course of 10 Treatments, 2 Treatments Per Week £400

Lift & Firm Eye Treatment

This intensive eye treatment is designed to reduce puffiness around the delicate eye area, strengthen the eye muscles and reduce the appearance of fine lines and wrinkles.

Single Treatment - 25 mins £45
Course of 10 Treatments, 2 Treatments Per Week £400

DERMALUX LED PHOTOTHERAPY

Light Emitting Diode (LED) Phototherapy is a non-invasive treatment that targets specific non-thermal light to energise cells which triggers a cascade of bio stimulatory responses. It is scientifically proven for a wide range of indications including skin rejuvenation, acne and pigmentation to wound healing, psoriasis and pain relief.

Phototherapy Facial

Intense cleanse, exfoliation, 30 minutes LED treatment and moisturise.

ACTIVATE An intensive skin activation programme. 12 treatments are recommended 2 to 3 times per week for optimum results. **12 treatment programme - £600**

BOOST Individual treatments or a short booster course of 3 sessions to revitalise the skin or calm the complexion. **Single treatment - £60**
3 treatment programme - £165

COMBINE LED phototherapy treatment add-on to enhance and accelerate the results of regular skin treatments. **Add-on - £20**

MASSAGE TREATMENTS

SWEDISH MASSAGE

A relaxing massage which helps with tension and stress.

Back, Neck, Shoulder Massage – 30 mins	£40
Back, Neck, Shoulder Massage – 60 mins	£51
Full Body Massage – 60 mins	£55
Indian Head Massage - 30 mins	£40

REMEDIAL MASSAGE

A targeted treatment which is ideal for those with chronic pain and injuries that require specific treatment.

Deep Tissue Massage - 60 mins **£60**
Helps release knots and strains in the deeper layers of muscle and connective tissue with the aim of realigning the muscles and releasing chronic muscle tension from ailments or injuries.

Sports Massage

A myofascial treatment that targets a specific area of the body. It aims to help improve muscle tone, flexibility and movement. It uses a variety of massage, mobilisation and active release techniques to remove adhesions, break down scar tissue and any tension held in the muscle.

90 mins - initial consultation and ongoing treatments as recommended **£80**
60 mins - ongoing treatments as recommended **£65**

BODY TREATMENTS

Exotic hot oil and salt scrub body polish - 45 mins

£48

Body brush & warm oil scrub, body butter, massage.

This luxurious full body treatment is tailored to your individual needs and will leave the skin feeling smooth, hydrated, fresh and energised. The perfect treatment before a spray tan, pre or post holiday, before a special occasion, or for someone looking to improve the texture, tone and smoothness of skin. An aromatic and invigorating body buffing cleansing treatment to smooth away dead skin cells, leaving your skin smooth and radiant.

Ultimate relaxation treatment - 1hr 45 mins

£90

Body brush & warm oil scrub, body butter and aromatic facial.

An aromatic and invigorating body buffing cleansing treatment to smooth away dead skin cells, leaving your skin smooth and radiant followed by the application of body butter.

Your therapist will then carry out a 60 minute tailor-made aromatic facial to complete this relaxing treatment. Let your worries melt away as we help your skin glow from top to toe.

Luxury thermal back treatment - 60 mins

£55

Body brush, cleanse, tone, scrub, aromatic mask, foot and leg massage and moisturise.

A facial for the back. This treatment is great for anyone who wants to treat their back, an area that often gets forgotten and is difficult to reach. This back treatment is the ultimate in relaxation whilst also dealing with congestion, oiliness and tension.

Leg Exfoliation & Moisturise - 20 mins

£22

Leg exfoliation scrub and application of body butter.

Leg Revival Treatment - 45 mins

£53

Leg exfoliation scrub, soothing mask, stimulating leg massage.

BODY SHAPING

Lipo Cavitation

A non-surgical cellulite treatment for weight loss, effective inch loss and body shaping. Measurements will be taken before your first treatment and at each subsequent treatment to maximise results. To maintain results, treatments need to be carried out alongside a healthy diet and active lifestyle.

60 mins - Choose one area; stomach / thighs / lower leg / buttocks

£99

30 mins - Choose one area; under face (jawline) / lower face / neck tightening

£55

MAKEUP LESSONS

One-to-one makeup lesson - 90 minutes

£75

Our makeup lessons are tailored to your individual needs. Whether you would like to learn how to apply a flawless base or complete a look from start to finish we can help. You will leave armed with hints and tips to help you to achieve the perfect application and the confidence to repeat the look by yourself.

SPECIAL OCCASION HAIR & MAKEUP

Natural makeup and hair styling appointments are available in salon. Please book early to ensure availability. For wedding hair and makeup bookings, please visit our sister company website - www.emmagoodwinhairandmakeup.co.uk

Makeup

from £75

Hair Styling

from £75

Makeup & Hair Styling

from £130

WEDDINGS

Pre-wedding Skincare

Price on consultation

Beautiful makeup starts with beautiful skin which is why we invite all brides to the salon for a full skin analysis about 6 months prior to your wedding date. We will work with you to put together a personalised skincare package to get your skin in the best possible condition for your wedding.

Pre-wedding Treatments

Ask in salon for more information about all your pre-wedding treatments. From trial tans to the perfect manicure for your big day, Beauty Essentials can help. We recommend booking in early to ensure that we have space for all your bridal and bridal party treatments on your preferred day.

Wedding Hair & Makeup

Our sister company, Emma Goodwin Hair and Makeup, specialises in natural makeup and hair-up for weddings and special occasions.

For more information visit www.emmagoodwinhairandmakeup.co.uk



BOOKINGS, DEPOSITS & PATCH TESTING

Treatments are by appointment only. Please arrive in plenty of time for your appointment. Late arrivals may result in your treatment time being reduced and you will be charged for the full treatment.

Deposits – All bookings must be confirmed with a 50% deposit. Deposits can be paid via our secure booking system by using the link in your booking notification, over the phone via credit or debit card or in the salon. We respectfully ask for deposits to be paid within 24hrs of receiving your booking notification.

Booking alterations – Please let us know as soon as possible if you need to change your booking. A minimum notice period of 48 hours is required to reschedule or cancel your appointment. Reschedules or cancellations made with less than 48 hours notice but more than 24 hours notice will be charged 50% of the full appointment value. Reschedules or cancellations with less than 24 hours notice will be charged at the full appointment value.

Patch testing - A patch test is required a minimum of 48 hours prior to your first tinting, LVL, electrolysis or tanning treatment with Beauty Essentials. If there have been any changes in your medical history, or 6+ months have passed since your last relevant treatment, a subsequent patch test will be required. With the exception of patch tests for electrolysis, which need to be pre-booked, patch tests can be carried out at any time during our normal opening hours.

Gift vouchers are available



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