

# SERENITY

• BEAUTY CLINIC •

ADVANCED AESTHETICS  
& CLINICAL SKIN CARE

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FREE PARKING & CREDIT FACILITIES AVAILABLE

AWARD WINNING CLINIC

# AWARD WINNING CLINIC

WELCOME TO SERENITY, AN AWARD WINNING CLINIC, WHERE WE PRIDE OURSELVES ON OUR STANDARDS AND PROFESSIONALISM.

OUR EXPERIENCED AND HIGHLY TRAINED THERAPISTS AND AESTHETIC PRACTITIONERS OFFER A WIDE RANGE OF CUTTING EDGE TREATMENTS.

PROVIDING TAILOR MADE RESULT DRIVEN CLINICAL TREATMENTS OFFERING YOU THE VERY BEST IN SKINCARE.

WE HOPE YOU BENEFIT FROM OUR KNOWLEDGE AND EXPERIENCE, WE BELIEVE YOU DESERVE THE BEST!

GIFT VOUCHERS ARE AVAILABLE  
THEY MAKE THE PERFECT GIFT

PLEASE GIVE 24 HOURS NOTICE OF ANY CANCELLATION. LATE CANCELLATIONS AND MISSED APPOINTMENTS MAY INCUR A CANCELLATION FEE OF £10 PER 1/4 HOUR BOOKING.

A BOOKING FEE IS REQUIRED FOR SOME CONSULTATIONS, REDEEMABLE AGAINST TREATMENTS OR PRODUCTS. NON REFUNDABLE.

ALL TREATMENTS ARE INCLUSIVE OF V.A.T.

## **CACI Ultra Non-Surgical Facial Lifting**

CACI is the UK's best selling non-surgical face lift system. Developed in the UK, it now has an international reputation and is endorsed by many celebrities. The result of over 30 years research, the award winning CACI Facial Toning has been voted the most effective anti-ageing treatment available. Its non-invasive treatment delivers dramatic, visible results, without the need for surgery. It is recommended that you embark on a course of treatments and book a consultation as to how CACI can work best for you.

### **CACI Non-Surgical Face Lift 1 hr £54.75**

This treatment gently lifts, tightens, tones and re-educates the facial muscles whilst smoothing the appearance of fine lines and wrinkles. This will help renew the skin cells whilst tone and texture is improved, leaving the skin with a wonderful glow and a firmer more supple appearance.

**Course of 10 treatments incl. 1 free saving £54.75 £492.75**

### **CACI & Jowl Lift 1 hr 15 min £74.75**

Firm and tone the jawline with a CACI facial. A CACI Jowl Lift facial uses quad probe applicators designed to double the lifting action of the CACI treatment. Specifically designed to target muscles around the jawline. To maximise the firming effect unique serum filled cotton buds that contain a powerful skin firming formulation that contain Hexapeptides.

**Course of 10 treatments incl. 1 free saving £74.50 £672.75**

### **CACI & Eye Revive 1 hr 30 min £84.00**

The CACI Eye Revive is a 30 minute add on treatment using serum filled CACI micro current rollers together with a deeply nourishing Hydro Eye Mask to: Lift hooded eyelids, reduce puffiness & dark circles, soften the appearance of fine lines & wrinkles around the eyes. The microcurrent eye rollers are infused with CACI Eye Revive serum which contains REGU<sup>®</sup>-AGE and other clinically effective ingredients to reduce puffiness by up to 31%\* and dark circles up to 35%\*.

**Eye Revive 30 min £30.00**

**Course of 10 treatments saving £30 £270.00**

### **CACI & Wrinkle Comb 1 hr 15 min £74.75**

CACI & WrinkleComb uses the award winning Amino Lift Peptide Complex alongside LED light therapy and microcurrent, a non-invasive alternative to collagen injections, stimulating the body's own natural collagen and elastin making it particularly beneficial in treating the deep nose to mouth and frown lines. The skin will be left with a wonderful glow and firmer more supple appearance.

### **CACI & Hydratone 1 hr £73.50**

The Hydratone treatment is a combination of our non-surgical face-lift with the added benefit of a super hydrating mask which is infused with collagen, hyaluronic acid and vitamin C and E. Dehydrated and environmentally damaged skin is quenched, whilst deep lines and wrinkles are plumped out, leaving the skin looking radiant, softer and more youthful.

## **WHY NOT COMBINE TWO OF OUR CUTTING EDGE RESULT DRIVEN TREATMENTS.**

### **CACI & Oxygen Express 1 hr 30min £89.50**

The perfect rejuvenation treatment for ageing skin. Replenishing lost oxygen, with skin restructuring ingredients which are delivered into the deeper layers of the epidermis, visibly plumping out fine lines & wrinkles. The results are immediate and continue to work long after the salon treatment, stimulating cell rejuvenation.

### **CACI & Microdermabrasion Beauty Flash 1 hr 15min £79.75**

**A patch test is required 24 hours before your Microdermabrasion.**  
Gently exfoliating the outer layers of the skin, an excellent and progressive solution to open pores.

### **CACI & Dermaquest Firming, Lifting Enzyme Facial 1 hr £79.75**

The power of peptides revives lifeless, dull skin and will immediately plump fine lines and wrinkles instantly improving clarity for lustrous skin. Infused with nourishing anti-oxidants whilst replenishing strength and vitality with multiple plant stem cells.

## Dermaquest

### Skin Consultation 30 min

A £20.00 booking fee is required for some consultations, redeemable against treatments or products. Non refundable. Each client will be provided with a personalised tailor-made treatment plan offering you the very best in skincare.

## Resurfacers

Resurfacers sometimes referred to as mild peels, are superficial treatments, working on the very top layers of the epidermis, using enzymes and acids to refine and exfoliate. Resurfacers have generally little-to-no downtime. A Dermaquest preparation product must be used on the skin for two weeks before any resurfacers or peel treatment.

## Retinol Infusion

Containing 4% Retinol and Hyaluronic Acid. Retinol is the only proven vitamin to affect the ageing process. It allows deep penetration into the skin, stimulating cell renewal and producing more collagen to plump and smooth the skin's surface. This is an ideal treatment who want to slow the ageing process and reduce fine lines and wrinkles, and also helps with signs of pigmentation caused by sun damage or hormones.

## Glycolic Resurfacer

This deeply exfoliating treatment uses a unique blend of anti-ageing ingredients to retexture damaged skin. Using Glycolic Acid to firm and Lilac Stem Cells to protect skin from environmental pollution, this is an ideal treatment for those with significant UV damage.

## Pumpkin Resurfacer

Containing 40% Pumpkin Pulp this resurfacer was designed to meet the needs of those with acne concerns and enlarged pores. The anti-bacterial affect of Salicylic Acid helps to prevent and treat acne for those prone to breakouts or experiencing perimenopause. Coupled with Lactic Acid, this treatment not only relieves post-inflammatory hyperpigmentation, but also improves skin tone and texture.

## Power Peptide Resurfacer

This treatment, formulated with Rigin and Matrixyl, is the authority on cellular and UV damage, promoting collagen and elastin synthesis. Boasting 40% blend of AHA's and bursting with peptides, this is our most advanced anti-ageing resurfacer yet, ideal for those in need of advanced wrinkle correction.

## Lactic Resurfacer

Ideal for sensitised skin and skin conditions like rosacea our Lactic Resurfacer is gentle while actively exfoliating for an even skin tone. Paired with Sodium Hyaluronate, this treatment is the ultimate cellular humectant. An unrivalled moisture magnet, crafted to replenish dehydrated, dull skin.

## MangoBrite Resurfacer

Designed with Vitamin C, Orange Stem Cells and Mango Pulp, this hydrating resurfacer provides a basic level of exfoliation as it evens skin tone and helps to repair all levels of hyperpigmentation. Kojic Acid diminishes dark spots by reducing melanin production for a thoroughly brightened complexion.

## Salicylic Resurfacer

This resurfacer uses anti-bacterial Salicylic Acid to reduce and control inflammation associated with acne. Deeply exfoliating and able to penetrate right down to the follicle. Calms irritation reducing redness, soothes inflammation for a fresh and pacified complexion.

### 30 min treatment

**£58.50**

Course of 6 treatments One every two weeks, saving £30.00

**£321.00**

## Resurfacer & Oxygen Treatment 1hr

**£79.50**

The perfect rejuvenation treatment for ageing skin. Replenishing lost oxygen, with skin restructuring ingredients which are delivered into the deeper layers of the epidermis, visibly plumping out fine lines & wrinkles. The results are immediate and continue to work long after the salon treatment, stimulating cell rejuvenation.

## Advanced Peels

Skin peels treat the top layers but also penetrate the mid to lower levels of the epidermis, delivering stronger, extended results. Because chemical peels are so active and deeply penetrating, downtime for up to 10 days can be expected.

## SkinBrite Peel

With ingredients such as Lactic, Mandelic and Phytic Acids this peel helps to combat deep, resistant pigmentation caused by hormones, sun damage, and long-standing post-inflammatory hyperpigmentation such as dark spots caused by acne scarring.

## TCA Peel (Trichloroacetic Acid)

Our most comprehensive and potent anti-ageing peel, this treatment was formulated to combat severe photo damage, distended pores, deep wrinkles and dull, sagging skin. A rescue operation for distressed skin, using Trichloroacetic Acid to penetrate the deepest epidermal layers.

### Modified Jessner Peel

This peel was designed to comprehensively manage acne, preventing persistent breakouts and calming current blemishes with Salicylic Acid. Anti-inflammatory and anti-bacterial, the Modified Jessner peel also contains Lactic Acid to lift dark spots due to acne scarring and resorcinol to exfoliate away dead skin cells, excess oil and debris to establish your clean and clear complexion.

**45 min treatment**

**£120.00**

**Course of 3 treatments** One per month

**£300.00**

## Dermaplaning

**Please remove all make up before your Dermaplaning appointment.**

A safe and highly effective manual exfoliation technique that removes dead skin cells and peach fuzz to instantly reveal a smoother, brighter complexion. It is a brilliant treatment that allows for increased product absorption to boost the effects of any skin care and can help reduce the appearance of fine lines and acne scars. The resurfacing procedure also creates the perfect canvas for flawless makeup application - a must for makeup lovers!

**Dermaplaning** 45 min

**£55.00**

**Dermaplaning Deluxe** 1hr

**£65.00**

A cooling and soothing mask add on, formulated to replenish essential moisture and enhance elasticity. Combining active ingredients, Lilac Plant Stem Cells, Hyaluronic Acid and MDI Complex to refresh thirsty skin. Suitable for all skin types.

## Crystal Clear Specialized Facial Treatments "Beauty Treatment to the Stars"

### Crystal Clear Microdermabrasion

**A patch test is required 24 hours before your first MDA treatment.**

A safe controlled method of skin resurfacing by gentle exfoliating the outer layers of the skin, reducing and smoothing the appearance of fine lines and wrinkles. An excellent and progressive solution to open pores, blackheads, pigmentation, acne scars and much more. The gentle vacuum action also achieves an immediate lifting effect on tired muscles increasing collagen and elastin fibres.

**Standard Microdermabrasion** 45 min

**£46.50**

With a 10 min nourishing firming mask.

**Course of 6 treatments** 1 per week saving £46.50

**£232.50**

### Microdermabrasion & Oxygen Treatment

Combining Beauty Flash Microdermabrasion and

Oxygen Treatment - 1 hr 15 min saving £23.50

**£83.50**

### Crystal Clear Oxygen Treatment

The perfect rejuvenation treatment for ageing skin. Oxygen Therapy replenishes lost oxygen delivering a specially patented anti-ageing serum. With skin restructuring ingredients which are delivered into the deeper layers of the epidermis, visibly plumping out fine lines and wrinkles the results are immediate but continue to work long after the salon treatment, stimulating cell rejuvenation. This treatment is also a perfect choice for acne conditions due to anti-bacterial effect of the serum used.

**Crystal Clear Oxygen Express** 30 min

**£35.00**

**Oxygen Treatment** 1 hr

**£60.50**

With a 25 min lifting and firming mask.

**Course of 6 treatments** 2 per week incl. 1 free

**£302.50**

**Oxygen Treatment & DermaQuest Resurfacer** 1 hr **£79.50**

Resurfacers work on the very top layers of the epidermis using enzymes and acids to refine and exfoliate. Combined with Oxygen this is the ultimate skin rejuvenation treatment.

## Ellipse IPL Treatments

### Ellipse IPL Acne Clearance

Serenity Beauty, offers an alternative to Acne removal and maintenance. The technically advanced Ellipse Acne Removal using an Intense Pulsed Light system solves many unwanted problems. Your personal requirements are overseen and performed, in confidence, by our senior IPL specialist. Acne is a real problem for most people varying in age and skin type. Regardless of one's situation everyone experiences some form of an unsightly, inconvenient outbreak at some point in their lives. There are many myths about the causes of acne, most surround diet and hygiene, however neither are accurate. Acne can be caused by the body's increased production of the hormone androgen (produced by both men and women) which stimulates the sebaceous glands to produce more oil. The increased production of oil causes the pores to become blocked so that the oil cannot come up to the skin's surface. The propionbacterium/p-acne then feed on and break down this oil. As the bacteria multiply, waste products and sebatic acid are created and irritate the sebaceous gland which becomes inflamed causing a blackhead (open comedone), pimple or nodule.

#### The Ellipse IPL treats 3 types of acne:

**Acne vulgaris:** Clogging of the hair follicles that leads to unsightly and sometime painful, skin lesions and pimples.

**Acne conglobas:** Covers the back, chest, and buttocks with pustules and nodules, which might cause a severe bacterial infection, as well as extensive scarring.

**Acne rosacea:** An inflammation of the face, neck or chest.

#### Do I need to take special precautions before and after treatment?

The Ellipse acne treatment is a combination therapy. We recommend you have a Dermaquest Peel one month prior to treatment. Sun exposure should be avoided 30 days post and prior treatment and a SPF30+ must be worn daily.

#### What can I expect?

Clients may notice some general redness on the face and following the treatment pigmented areas may appear darker and eventually disappear. Treatment regime: The schedule is 4 treatments, to take place once every 3-4 weeks. This routine can be repeated again to achieve further results if necessary.

Free no obligation consultations and patch tests are available.

#### Treatment Costs:

Half Face £70.00

Full Face £95.00

Chest £130.00

Upper Back woman £150.00

Full Back men £200.00

## Ellipse IPL Facial Thread Vein Removal

#### Which thread veins can be treated?

Thread Veins (small blood vessel near the surface of the skin) on most parts of the body can be treated. The most common treatments are for superficial veins on the face, neck and chest areas. As the treatment relies on absorption of light by the haemoglobin in the blood, the most effective results are seen with light skin. The lighter the skin, the more pronounced the contrast between the vessel and the skin, making treatment easier.

#### The results you will achieve from the Ellipse treatments are as follows:

1. Removal of the Thread Vein
2. Decreased size of thread Vein
3. Skin texture & pore size will be improved and the skin will look brighter & younger.

#### How long does an Ellipse treatment take?

A single session typically lasts 10-20 minutes.

#### How many Ellipse treatments do I need?

The number of treatments depends on the body site and the severity of the thread vein. Clinical studies have confirmed that 1-4 treatments usually are needed, and these are timed about one month apart. Only thread veins on the face, neck and chest can be treated.

Free no obligation consultations and patch tests are available.

#### Treatment costs:

Single vein £40.00

Small area, Nose £60.00

Cheeks & Nose £95.00

Cheeks Nose & Chin £120.00

## Ellipse IPL Skin Rejuvenation

The technically advanced Ellipse Skin Rejuvenation using an Intense Pulsed Light system. Your personal requirements are overseen and performed, in confidence, by our senior IPL specialists. Everybody loves the sunshine! It's good for the soul and the immediate effects it has on the skin such as a tan and healthy glow are much desired. However in the long term sun exposure decreases the production of collagen and leads to uneven pigmentation, redness and a lack of firmness. Our Ellipse IPL Skin rejuvenation treatment rejuvenates the skin by removing pigmentation, diffused redness and leaves the skin feeling smoother and more even in texture.

### How does the Ellipse Light work for Skin Rejuvenation?

Age spots and hyper pigmentation contains melanin and diffuse redness contains haemoglobin. The light is absorbed by the melanin in the pigmented area & the heat reaction caused breaks down the melanin in the keratinocytes. A photo toxic reaction occurs in the melanin vesicles and the excess melanin turns darker before it comes away from the skin. The light is also absorbed by the superficial blood vessels in the skin. The heat reaction caused coagulates blood vessels, destroys protein in the wall of the vessel and stimulates collagen production.

### What skin conditions can be treated?

Skin Rejuvenation is the treatment of sun damaged skins. The IPL laser sun damage pigmentation removal treatment can be used for diffuse redness (high colour) and pigmented lesions such as hyper pigmentation, solar lentigines (sun spots) and freckles.

### What can I expect as far as results?

The pigmentation will become darker in colour immediately after the treatment. A few days after the treatment the pigmented areas will develop a light crust (this is a good sign that the treatment has worked). After that the skin will look smoother and fresher. A few more treatment sessions may be required to keep a smooth and youthful appearance.

### How many treatments are needed for the best results?

On average 1-3 treatments at 4 week intervals are needed for the best results. Top up treatments may be needed in the future to maintain these results. For the optimum collagen stimulation effect with Skin Rejuvenation 6 treatments at 4 week intervals would be recommended.

Free no obligation consultations and patch tests are available.

### Treatment costs:

## Skin Rejuvenation

Book a Course of 6 Treatments and pay for 5

**Full Face or Décolleté £85.00**

**Full Face & Neck £115.00**

**Full Face, Neck & Décolleté £150.00**

**Hands £50.00**

## Sun Damage, Age Spots, Freckles

Book a Course of 1-3 treatments

**Single spot £40.00**

**Small Area £60.00**

**Hands £50.00**

**Large Area £95.00**

## Diffused Redness (high colour)

Book a course of 6 treatments and pay for 5

**Cheeks £60.00**

**Cheeks and Nose £95.00**

**Cheeks nose & chin £125.00**

## Decléor Facial Treatments

Decléor's holistic facials are famous worldwide for their heavenly feel and simply stunning results. Every treatment begins with the unique back diagnostic massage: utterly relaxing for you and a wonderful insight to your therapist into your overall state of health – and therefore your precise needs. The use of expert massage techniques and 100% pure, preservative-free Essential Oils address the demands of every single skin type to leave all complexions balanced, comforted and glowing with health.

### **Recharge Vitamin Glow** 1 hr **£53.50**

*Award-winning* vitamin facial to leave your skin visibly radiant. This internationally renowned, multi-award winning facial is power-packed with vitamins and anti-oxidants. Stress simply melts away thanks to five deeply relaxing massage techniques and the ideal rebalancing aromatic elixir for your complexion. Our deliciously warm and decongesting mask softly cocoons skin, providing the perfect environment for it to flourish. Skin is left deep cleansed, perfectly replenished and glowing with vitality.

## Beauty Enhancing Facials

A sensation of extreme effectiveness and well-being prescribed to your individual needs. After an expert skin analysis, your therapist will select from one of our targeted active masks with renowned properties that will enhance the beauty of your own skin.

### **Oxygenating Matt & Pure** 1 hr 15 min **£57.50**

*Intensely balancing and detoxifying for visible clarity*. This mattifying facial targets spots, blemishes, open pores and excessive shine. Includes a balancing and deeply oxygenating power mask to bring instant clarity to dull, devitalised skin; a three-stage massage ritual also intensively detoxifies, relaxes and refines uneven texture. Brings previously oily, combination and dull skin back to life leaving it luminous, crystal clear, beautifully matte...and completely flawless.

### **Divine Nutrition** 1 hr 15 min **£57.50**

*Deliciously cocooning and nourishing to comfort and repair*. The end of dry, flaky skin, our ultra-nourishing facial deeply soothes, restores and renews. Chestnut Extract boosts crucial lipid production and micro-circulation while nourishing Geranium and Rose feed skin with vital nutrients. By locking-in moisture, complexions are also strengthened against wind, rain and cold making it ideal for anyone who spends a lot of time outdoors. Even the driest complexions are left supremely supple, comfortable and satin smooth.

### **Harmonie Calm** 1 hr 15 min **£57.50**

*Desensitises and reinforces stressed, fragile and reactive skins*. This intensely soothing treatment instantly relieves irritated complexions. Acting like a calming comfort blanket, Blueberry Extract soothes angry, sore skin; cooling Algae plasticizing mask peels away to reveal a calmer, smoother surface. Re-addresses all types of sensitivity whether due to stress, poor diet, illness, medication or simply general fatigue. Skin becomes clear, soothed and more resilient to environmental aggressions.

### **Moisture Quench** 1 hr 15 min **£57.50**

*Deeply hydrating facial for super-soft skin*. Super-hydrating and able to quench even the thirstiest of skins, this deeply moisturising treatment includes a gently effective exfoliation to leave skin smooth, velvety and perfectly prepped for our nourishing AROMESSENCE™ Neroli Amara Concentrate. A nutrient-rich mask drenches skin with soothing, moisture-loving ingredients for a complexion that's rehydrated, supple and cashmere soft.

## Decléor Advanced Anti-Ageing Facials

Three technologically advanced facials to fight every concern, each with precise and blissful rituals. Based on 40 years of skincare expertise and utilising the latest technological breakthroughs in anti-ageing care, this brings a new lease of life to maturing complexions, offering dramatic improvement in skin tone and clarity.

### **Hyaluronic Acid Wrinkle Resist** 30-40 1 hr 15 min **£60.75**

*Youth-boosting anti-wrinkle treatment*

This is the secret to youthful skin! Using powerful youth-boosting botanicals, this pampering facial intensively targets the appearance of lines and wrinkles. The mineral-loaded mask lifts, plumps and firms while gentle exfoliation refines skin texture. Bringing dramatic and immediate results, expression lines and wrinkles are smoothed ensuring skin looks luminous.

### **Facial Lift Yoga** 40+ 1 hr 15 min **£64.75**

*Ultimately effective anti-ageing facial leaving the skin plumper and firmer*

A unique facial combining the flow, rhythm and repetition of powerful Kobido massage technique with the power of Iris and Lavandula essential oils for smoothed, firmed and luminous skin. This expert ritual for the face targets skin affected by wrinkles and loss of firmness. It helps to sculpt facial contours and smooth wrinkles.

### **Facial Pilates** 50+ 1 hr 15 min **£67.75**

*A pilates session for the skin to help visibly lift, remodel and re-densify*

Facial Pilates has been created to deliver a natural lift to the face, helping reshape the contours of the facial with a re-cushioning effect. After a deep cleansing and three facial massages, your therapist will help lift your skin with a massage using our outstanding Energy Youth Concentrate Mask. This will plump and smooth the appearance of lines and wrinkles, whilst softening and increasing the tone, leaving the skin glowing with rosy youthfulness.

### **Vital Eye Combined With a Facial** 15 min **£15.50**

Delicately nurturing the most sensitive and delicate part of the face. Encouraging cell renewal while intensively repairing, leaving even contact Lens wearers, hay fever sufferers and smokers with a dramatically brighter, younger looking eye zone.

### **Discovery Facial** 30 min **£35.00**

*The effective rescue remedy for perfectly radiant skin, when you are short of time.*

Discover what makes Decléor facials world famous with this divine 'taster'. When you're short of time but want to bring back an irresistibly healthy complexion, this is the perfect rescue remedy. For rapid results, your expert therapist uses a combination of massage, Essential Oils and a gentle polish to smooth and revitalise tired skin leaving it fresh and radiant instead.

# Decl or Aroma Mosaic Body Treatment

## Aroma Wrap

** 69.00**

Comprises of three key elements, exfoliation, body mask then scalp and back massage, offering total pleasure and comfort, use of a heated blanket maximises penetration of the active ingredients for top-to-toe benefits.

## Lemon & Mango, Firm & Tone 1 hr 15 min

*Tightening, Sculpting and smoothing.*

This collagen-boosting body wrap tones slackened skin, repairs sun damage and helps improve the look of stretch marks. Potent radiance enhancer's Immortelle, Lemon and Frankincense Essential Oils work to erase the appearance of imperfections and strengthen skin whilst also combating wrinkles. Deliciously nourishing, this sculpting envelopment hydrates and moisturises too, improving hydration levels for radiant, firm and soft skin all over.

## Cellulite Expert Detox Therapy 1 hr

** 57.00**

*Detoxing and re-sculpting for problem areas.*

Combat problem areas like hips, thighs and buttocks with this dramatically re-sculpting treatment. Your therapist uses bespoke intensive massage techniques to either eliminate toxins or help tone and firm. Use of Decl or's Slim Effect products, which utilise state-of-the-art contouring technology, means your body will look and feel smoother, firmer and tighter.

**Course of 6 treatments** saving  25

** 317.00**

## Tranquility Scalp 30 min

** 32.00**

*Intensely relaxes to ease tension and aid sleep.*

Deeply relaxing, this blissful scalp treatment incorporates a pressure point massage to banish tension and encourage a good night's sleep. With stimulating and purifying Eucalyptus, Pepper and Rosemary - plus calming Lavender Essential Oils - it gives immediate results.

*Not suitable for pregnant ladies.*

## Radiant Mum To Be Treatment 1 hr 15 min

** 68.00**

*Safe and nurturing pregnancy ritual, suitable for pregnancies over 12 weeks.*

Pregnancy can take its toll on your body so relax and let a highly trained therapist safely and gently treat you to a truly nurturing experience. This blissful face and body treatment includes a comforting tummy mask that actively helps reduce the risk of stretch marks plus draining massage to reduce water retention thus tightening 'heavy' legs. A skin-brightening facial ensures you look as glowing as you feel.

## Holistic Treatments

### **Aromatherapy Full Body Massage** £56.00

55 min - The perfect treatment to relax, rebalance and restore well-being. Using specific essential oils tailored to suit your needs, the therapist uses specialised massage movements to remove toxins and relax muscular strain. Includes face and scalp.

### **Aromatherapy Back & Neck Massage** £36.00

25 min - Using the same techniques as above, but concentrating on the back and shoulder area.

### **Indian Head Massage** £39.00

45 min - The head, neck and shoulders are treated working on relieving tension and rebalancing the energy centres. Will loosen the scalp therefore improving concentration and helping headaches and eye strain.

### **Hopi Ear Candle Treatment** £30.00

30 min - The hopi ear candles are impregnated with extract of Honey, Chamomile, Sage and St. John Wort. A relaxing treatment to help sinusitis, earwax, earache and irritation of ears including tinnitus.

## Body Treatments

### **Swedish Full Body Massage** £49.50

55 min - The perfect treatment for stress and tension, using pre-blended therapeutic oils to help ease muscular tension and promote well-being.

### **Swedish Back & Neck Massage** £35.00

25 min - To help ease muscular tension for the back, neck and shoulders.

### **Sports Full Body Massage** £54.00

55 min - A deep, firm tissue massage to ease and relax muscle tension before or after sport.

### **Sports Back & Neck Massage** 25 min £36.00

Using the same technique as above but concentrating on the back and shoulder area.

## Tanning Treatments

*Please shave or wax, exfoliate 24 hours before tanning, bring loose dark baggy clothing and preferably flip flops.*

### **St. Tropez Airport** Full body - 15 min £26.50

For anyone wishing to acquire a natural glow, perfect for weddings the award winning St. Tropez tan is a safe, UV free tan using a spray application in as little as 15 min.

Full leg £15.00

# IPL Hair Removal

## Ellipse IPL Hair Removal

Serenity Beauty, offers an alternative to IPL Laser Hair Removal, the technically advanced Ellipse Hair Removal using an Intense Pulsed Light system. Your personal requirements are overseen and performed, in confidence, by our IPL specialist.

### **How can I be sure Ellipse IPL hair removal is safe and effective?**

Ellipse hair removal has been clinically proven to be safe and effective through years of clinical trials and studies. The settings used for your treatment will be based on the settings recommended by the clinicians who carried out the clinical trials. Ellipse carefully controls the amount of energy and pulses and delivers the desired energy in the optimal waveband for the treatment. These factors explain why millions of treatments have been so successful and to such a high standard.

### **Do I need to take special precautions before and after treatments?**

It is important not to remove hair by plucking, tweezing and waxing during the entire four weeks before and during treatments. This ensures that as many hair follicles as possible contain a hair and thus can be destroyed by the light. It is important to avoid tanning before and during the treatment period to avoid the tanned skin from absorbing more light, which makes treatment less effective. Generally, no post-treatment care is necessary, but people with very sensitive skin may benefit from using a soothing aloe vera gel together with a sunscreen (min SPF 30).

### **Treatment regime?**

1 treatment every 4-8 weeks (an average of 6 sessions is usually required). Free no obligation consultations and patch tests are available.

### **Treatment costs:**

#### **WOMEN'S FACE**

6 Treatments maybe more for face, 4 weeks apart.

Book a Course of 6 Treatments and pay for 5

#### **Centre Brow or Ear Lobe £30.00**

**Upper Lip £40.00**

**Side Face £60.00**

**Upper Lip & Chin £75.00**

**Half Face £80.00**

**Chin £45.00**

**Full Face £95.00**

**Jaw and Chin £80.00**

**Neck £80.00**

**Jaw £55.00**

#### **WOMEN'S BODY**

6 Treatments maybe more, 6 to 8 weeks apart.

Book a Course of 6 Treatments and pay for 5

**Nipples £30.00**

**Full Leg £220.00**

**Bikini Line £70.00**

**Upper Leg £140.00**

**Extended Bikini £85.00**

**Lower Leg £110.00**

**Brazilian £100.00**

**Fingers or Toes £60.00**

**Hollywood £125.00**

**Full Arm £110.00**

**Buttocks £70.00**

**Half Arm £80.00**

**Perianal £45.00**

**Under Arm £70.00**

**Navel Line £25.00**

## Waxing Hair Removal

A temporary method of hair removal which needs to be repeated every 4-6 weeks depending on hair growth.

1/2 leg wax -	<b>£21.75</b>	Lip or chin wax -	<b>£9.50</b>
3/4 leg wax -	<b>£25.75</b>	Lip and chin wax -	<b>£14.00</b>
Full leg wax -	<b>£30.75</b>	Under arm wax -	<b>£12.75</b>
Full leg & bikini wax -	<b>£39.00</b>	Eyebrow wax -	<b>£10.00</b>
Bikini line wax -	<b>£19.75</b>	Forearm wax -	<b>£19.75</b>
Brazilian wax -	<b>£29.00</b>	Sides of face wax -	<b>£18.75</b>
Hollywood wax -	<b>£34.00</b>	Full face wax -	<b>£30.50</b>

## Hot Wax

Excellent for removing strong, coarse hair, and possibly more suited to those with sensitive skin.

Bikini line wax -	<b>£28.00</b>	Lip or chin wax -	<b>£10.75</b>
Brazilian wax -	<b>£33.75</b>	Lip and chin wax -	<b>£15.75</b>
Hollywood wax -	<b>£39.75</b>	Eyebrow wax -	<b>£12.75</b>
		Under arm wax -	<b>£15.75</b>

## Eye Care

**A patch test is required 24hrs before your first tinting treatment.**

Eyebrow Threading - 15 min	<b>£10.00</b>
Eyebrow Shape - 15 min	<b>£10.00</b>
Eyebrow Tint - 15 min	<b>£9.50</b>
Eyelash Tint - 30 min	<b>£14.50</b>
Eyelash & Eyebrow Tint - 30 min	<b>£20.50</b>
Eyebrow Shape & Tint - 15 min	<b>£17.50</b>

**A patch test is required 48 hours before any lash treatment. Please arrive with no eye make up and remove contact lenses before your treatment.**

## Nouveau LVL Lash Lift 1 hr **£45.00**

LVL Lash Lift is a revolutionary eyelash treatment which is designed to lift your natural lash at the root, creating the effect of longer, lifted lashes. With immediate results lasting between 6 and 8 weeks. It is the perfect treatment for people with a low maintenance beauty regimen, busy lifestyle, allergies and hay fever, or just those who want to make the most of their natural eyelashes! LVL is so low maintenance, you could say goodbye to mascara for good!

## Classic Lashes – 2 hr **£55.00**

Designed to add length, volume and fullness to your natural lashes without causing any damage to your natural lash. Individual lashes are applied one at a time onto the natural lashes – this technique offers a gorgeous flutter of natural looking lashes.

## Infills – 1 hr **£35.00**

Recommended infills every 2-3 weeks, depending on the growth of your lash cycle.

## Express Lashes - 45 min **£35.00**

Express eyelashes are a super quick way of enhancing and extending the lashes to give a fuller, camera ready look in just 45 minutes!

## Cluster Party Lashes – 30 min **£19.50**

## Mii Make Up

Easy to use, easy to understand: Mii Make Up gives you the confidence to create a look that is uniquely, completely, unmistakably you.

**Day/Evening Make-Up** £36.00

45 min - for that special occasion.

**Make-Up Lesson** £45.00

1 hr - for new ideas on make-up application.

**Bridal Make-Up** 1 hr £46.00

HOME VISITS AVAILABLE (Local area only) £75.00 Per Person + Callout Fee

## Hand and Foot Care

In these treatments we use Naitiques products, which are proven to help nails that are inclined to break, peel or split.

### Manicures

**Naitiques Manicure** £25.00

45 min - includes nail shape, cuticle care, massage and polish.

**Naitiques File & Re-varnish** £17.50

30 min - includes nail shape, and polish.

**French Polish** £5.50

15 min - needs to be booked with manicure.

**Silk Repair** per nail £4.50

**Nail Art** Any design + 20p per jewel £5.50

Needs to be booked with a Manicure, Pedicure or Shellac Fingers or Toes. per 15 min

### Shellac/Gelation Soak Off Gel Polish

A fabulous innovation in nail colour. With the health of the natural nail in mind Gel Nail colour is thin and flexible providing strong, natural nail protection that resists dullness and chipping even after the most rigorous activities to deliver up to 14 days of flawless and mirror shine finish.

Gel Polish Fingers or Toes (file, cuticle & paint) - 45 min £29.00

Gel Polish Removal & Revarnish - 1 hr £31.50

Gel Polish Removal & Treatment - 15 min £7.00

Gel Polish Repair (after 1 week) per nail £4.00

**Shellac French** £32.00

**Rock Star Nails** 1 hr £33.00

Gel Polish with powder glitter finish.

Powder glitter per nail £1

**Gel Polish Effects** £32.50

Create a unique look using glitter fade, stamping or foils.

**Pedicures** (please bring sandals to avoid polish smudging)

**Naitiques Pedicure** £30.50

1 hr - includes nail shape, cuticle care, removal of hard skin massage and polish.

**Gel Polish Pedicure** 1 hr £39.50

**Gel Polish Pedicure & Removal** £42.00

## Electrolysis

Permanent hair removal of unwanted hair using sterex pre-sterilised needles.

5 min	£15.50
10 min	£20.50
15 min	£25.50
20 min	£30.50
30 min	£40.50

## Ear Piercing

**Hypoallergenic Studs** including aftercare solution **£30.00**

## Only For Men

### Ellipse IPL Hair Removal

#### MEN'S FACE

6 Treatments maybe more for face, 4 weeks apart.

Book a Course of 6 Treatments and pay for 5

**Centre Brow £30.00** **Upper Cheek £50.00**

**Full Beard £130.00** **Full Beard & front of Neck £150.00**

#### MEN'S BODY

6 Treatments maybe more, 6 to 8 weeks apart.

Book a Course of 6 Treatments and pay for 5

**Upper Chest £130.00** **Full Back & Shoulders £225.00**

**Chest & Stomach £185.00** **Back of Neck £75.00**

**Upper Back £130.00**

#### Other treatments include:

Manicures, Pedicures, Massage, Indian head massage, Crystal Clear, CACI and Ellipse Hair Removal, Acne Clearance, Skin Rejuvenation and Thread Vein Removal.

Upper Back or Chest Wax - 15 min **£25.50**

Full Back Wax - 30 min **£36.00**

Chest and Stomach Wax - 30 min **£36.00**

**Please show respect and courtesy to the therapist.**

**Decléor Intensive Energising Face Treatment 1 hr** **£55.00**

Deeply hydrating facial for super-soft skin

Super-hydrating and able to quench even the thirstiest of skins, this deeply moisturising treatment includes a gently effective exfoliation to leave skin smooth, velvety and perfectly prepped for our nourishing AROMESSENCE™ Neroli Amara Concentrate. A nutrient-rich mask drenches skin with soothing, moisture-loving ingredients for a complexion that's rehydrated, supple and cashmere soft.

## Teen Treats for ages 10-16 years

**Decléor Mini Facial 30 min** **£30.00**

An ideal facial to identify the skin type and needs including skin care and product advice.

**Crystal Clear Microdermabrasion 30 min** **£40.00**

**A patch test is required 24 hrs before your first treatment**

An excellent and progressive treatment for open pores, blackheads, acne scars and much more.

**Half Leg Wax 30 min** **£19.00**

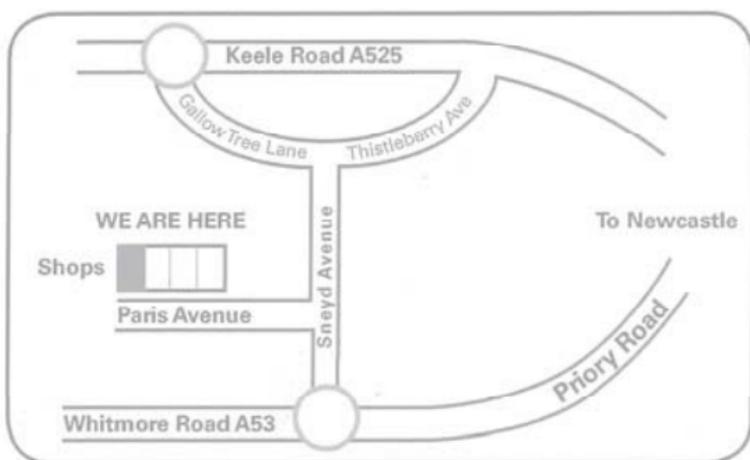
**Underarm Wax 15 min** **£9.00**

## SPECIALISED TREATMENTS TO REDUCE FACIAL LINES AND WRINKLES

### Restylane New Fill Botox Treatments

**Performed by Hugo Kitchen MB, CHB, MBCAN, MAIMA**

Skin tightening with PELLEVE, fillers for cheeks, jowls and jawline, leg vein micro sclerotherapy, lipo body sculpting with body jet and VASER lipo breast enhancement with fat transfer.



## AWARDS

DECLÉOR AROMA GOLD SALON

### PLEASE NOTE

CERTAIN TREATMENTS REQUIRE PARENT'S CONSENT.  
PLEASE NOTIFY US IF YOU ARE UNDER 16 YEARS OF AGE.

MOST TREATMENTS INCLUDE A CONSULTATION, THIS  
IS INCORPORATED WITHIN THE TREATMENT TIME,

A BOOKING FEE IS REQUIRED FOR SOME  
CONSULTATIONS, REDEEMABLE AGAINST TREATMENTS  
OR PRODUCTS. NON REFUNDABLE.

TREATMENTS LASTING 3 HOURS OR MORE REQUIRE A  
50% DEPOSIT ON BOOKING

FOR OVER 65'S MONDAY/TUESDAY 10% DISCOUNT

LOYALTY CARDS

REFER A FRIEND 25% DISCOUNT ON CERTAIN FACIALS

### HOURS OF OPENING



MON - FRI  
SATURDAY

9AM - 7PM  
9AM - 5PM

