

MONU SKINCARE by Susan Molyneux

Scientific formulations that also utilise pure natural ingredients of plants and herbs, minerals and essential oils. No Monu formulation contains damaging chemicals, artificial perfumes, or synthetic colours; nor are they tested on animals.

Aromatic Facial (60 ~ 75 minutes) £28

This signature MONU facial includes a soothing massage to the face, neck and shoulders. Products are individually selected for your skin. Mask therapy and exfoliation are combined to promote skin radiance. To finish, a complementary hand and arm massage is given.

MONU Express/Teenage Facial (45 minutes) £20

The perfect introduction to Monu skincare products or for a teenage skin. In this mini treatment your skin will be cleansed and exfoliated followed by an application of a suitable mask and treatment cream. This is a great facial to have if time is tight, perhaps on a lunch break or before a special occasion.

Essential Oil Facial (75 ~ 90 minutes) £32

Regain your inner balance with the soothing qualities of Monu's pure essential oils. Retreat from the world; indulge, relax and recharge. This therapeutic treatment includes a soothing massage to the upper body and scalp. Monu products are specially selected for your skin, incorporating a specialised treatment ampoule to help balance the skin and mask therapy. Includes luxurious foot and leg massage.

Galvaderm Prescriptive Facial (90 minutes) £36

The ultimate in skin care therapy and suitable for all skin types and conditions, this facial gently combines galvanic and high frequency current using pure plant extracts. All skin needs regular deep cleansing and re-hydrating, whether you suffer from acne or have dry, wrinkle prone skin. Prescriptive massage cream and moisturising mask is mixed to suit your skin.

Active Collagen Facial (60 ~ 75 minutes) £38

This anti ageing treatment is the application of a 99% Collagen Mask which delivers a burst of moisture plumping lines and wrinkles. Tests have proven after one treatment an increase in moisture content to 75%. After a course of six treatments wrinkle depth can reduce by as much as 40%. Outstanding calming and soothing benefits and treats the eye area.

Body Treatments

Deep Cleansing Back Treatment (1 hour) £27

This clarifying treatment is perfect to help decongest oily spot prone skin and includes extractions if necessary. Your skin will be deep cleansed and exfoliated followed by a hot aromatic compress to relax the pores. The treatment then includes a 20 minute relaxing massage and deep cleansing mask. The perfect treatment before a holiday or wearing a backless dress.

Essential Oil Top-to-Toe (2 hours) £46

The ultimate de-stress luxury treatment. This soothing and relaxing treatment involves massage to your face, scalp and a perfect blend of facial and body massage makes this treatment an ideal stress buster. Also included is an aromatic compress and therapy mask.

Tanning

Fake Bake Gold™ sunless tan application £30

A favourite with celebrities: achieve a natural looking golden glow without dangerous sun exposure. Works with your skin's natural pigment. A full body and facial application, complete with an exfoliation and hydrating treatment. For a deeper tan a further application may be applied 1-2 days after.

Legs only (30 minutes) £15

(Top-Up Tan: Full Body - £15.00 Legs - £7.50)

Holistic & Relaxation Therapies

Massage Therapy

Each massage is designed to your body's specific needs following a short consultation.

Full Body Massage (60 minutes) £27

A therapeutic massage to help relieve tense, tired muscles and has a calming effect easing away stress

Back Neck and Shoulder Massage

- 30 minutes £20
- 45 minutes £25

Aromatherapy Massage (additional £5)

Essential oils are prescriptively blended to suit your needs. Therapeutically enhances any massage treatment bringing about vitality, balance and pure relaxation. (Allow 10 minute consultation)

Indian Head Massage (30 minutes) £20

This traditional Indian therapy will lift you out of the stresses of daily life promoting relaxation and balancing energy levels. Whilst seated on a chair the therapist can work on the back, neck shoulders, face and head to relieve tension areas and muscle pain.

Reflexology (1 hour + 10 min consultation) £30

Course of 6 treatments £150 (saving £30)

A complementary massage therapy that works on the feet to restore and maintain the body's natural balance and encourage healing. Additional information provided upon request.

Hopi Ear Candles (45 minutes) £22

Course of 3 treatments recommended £57

Balancing and relaxing it can help bring relief for excess earwax, sinusitis, tinnitus, headaches etc. Additional information provided upon request.

Indian Head Massage/ Hopi Ear Combination £35

Hand, Nail & Foot Care

The Jessica Nail System is world renowned and allows for analysis, recognition and treatment of each nail type. Corrective formulas can treat problems such as peeling nails, post acrylic, damaged, brittle or dry skin. Helping you to achieve and maintain healthy natural nails and younger looking hands.

Jessica Prescriptive Manicure (1 hour) £20

Nail analysis, hand and arm exfoliation and soothing massage. Cuticles are nourished and conditioned, nails are shaped and treated using a customised base and colour to suit.

French Polish (an additional) £2

Deluxe Prescriptive Manicure £25

With the addition of thermal mitts to promote nail growth and maximise hydration effects.

Super Deluxe Manicure £28

Deluxe Manicure and Le Remedi combined

Le Remedi Hand Treatment £12

Shape & Varnish (30 minutes) £10

Zenspa Pedicure (60 minutes) £23

A luxurious, aromatic treatment for the feet. Feet are soaked, buffed, exfoliated, and massaged. Cuticles are tidied, toenails are shaped and varnished

Deluxe Zenspa Pedicure (90 minutes) £28

In addition to the standard pedicure the feet will be treated to a stimulating mask and heated booties to condition and soothe the skin.

Pampering Combination

Pamper Me Package (31/2 hours) £65

A perfect gift or as a monthly maintenance programme: Aromatic Facial, Manicure, Pedicure and Eyebrow Tidy. **Saving £10**

Eye Treatments

Eyebrow tidy (wax or tweezer)	£5.00
Eyebrow re-shape (first appointment)	£7.00
EyelashTint*	£7.00
Eyebrow Tint*	£5.50
Eyelash & Eyebrow Tint	£11.00

*A free skin sensitivity patch test is required at least 24 hours before your **first** tinting treatment.

Hair Removal

Full leg & bikini line	£22.00
Full leg	£18.00
Half leg & bikini line	£16.00
Half leg	£11.00
Bikini Line	£ 6.50
Bikini Plus (above bikini line)	£ 8.00
Underarm	£ 5.50
Lip or chin (both £7.00)	£ 4.50
Forearms	£ 8.00
Eyebrows	£ 5.00

Brazilian Wax (approx 60 minutes.) from £25

Hollywood Wax (approx 75 minutes) from £30

Using a strip free formula designed for thorough bikini waxing known as "Brazilian" waxing. This gentler method removes even the coarsest hair in sensitive and delicate areas using specialised techniques and only minor discomfort. Your initial treatment may take longer, in this case please allow plenty of time.

Information

CANCELLATIONS

If you do need to cancel or reschedule an appointment, 48 hours notice would be gratefully appreciated. Last minute cancellations and missed appointments may incur a 50% charge of the total cost of treatments booked or minimum of £5.

GIFT VOUCHERS are available to purchase by treatment or in monetary amounts and make a great gift to suit any occasion.

APPOINTMENTS: MON - SAT 9am until 10pm (2 evenings)

Beauty Aspects

Beauty Treatments & Relaxing Therapies



07947 648511

BY APPOINTMENT
Mon – Sat 9am until late

(Answer phone may be in operation)

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