



Multi-Award Winning Prestige Health & Beauty Ltd
offers warm and welcoming surroundings
with our friendly and professional therapists, trained to
the highest standards.

Take time to relax and be pampered with a wide range
of therapies for both men and women.

A haven of tranquillity, peace and relaxation.

O.P.I Infinite Shine

Our manicures & pedicures are carried out using the renowned O.P.I nail care treatments. Infinite Shine lasts until you take it off.

Wears up to 7-10 days-soak-free removal.

File & Polish (Hands or Feet) 15min £10

Manicure 30min £19

Including file, cuticle work, moisturising hand massage & polish.

O.P.I Luxury Manicure 1hr £25

Including cleanse, softening hand scrub, luxurious hand massage, cuticles, file & polish.

Pedicure 45min £25

Start with a relaxing soak, file, cuticle work, hard skin removal, moisturising foot massage & polish.

Luxury Pedicure 1hr £31

Start with a relaxing foot soak, softening foot scrub with hard skin removal, and then relax with heated boots followed by a luxurious leg & foot massage, file, cuticle work & polish.

Add on French £1.50

Nail Art/Gems £1

O.P.I Gel Colour

Created with the health of the natural nail in mind.

Soak off gel polish instantly dries with a high gloss & lasts up to 2 weeks.

File & Polish (Hands or Feet) 15min £18

Manicure 30min £24

Recommended every time or at least every other to keep nails conditioned.

Luxury Manicure 45min £29

Rubber Base £2

This gives weaker nails that added protection under your gel polish.

Pedicure 45min £29.50

Luxury Pedicure 1hr £34.50

Add on French £1.50

Gel Colour Removal 15min £5

Add on Gel Break 15min £5

Swarovski Manicure £2

Swarovski Pedicure £50

Gel Break System

O.P.I Gel Break Restorative System helps the nails health and rejuvenation in just one week.

Gel Break Treatment.....	£9
Add on to Manicure.....	£1.50

Nail Enhancements

Natural Nail Gel Overlay.....	£28
Full Set Acrylics.....	£37.50
Infill/Backfill (Re-sculpting White).....	£28
Infill Gel/Acrylic.....	£23
Single Nail.....	£5
Nail Repair.....	£4
Removal.....	£10
Removal & Manicure.....	£26
Gel Overlay on Toes.....	£24
Gel Colour Add on.....	£7.50
Acrylic Design Add on.....	£7.50
Infinite Shine Add on.....	£5

Waxing

Please avoid heat treatments 24hrs before & after your appointment.

Full Leg Wax	£24
Half Leg Wax	£18
¾ Leg Wax	£20
Full Leg & Bikini	£28.50
Half Leg & Bikini	£24
Bikini	£11
Brazilian	£20
Hollywood	£29.50
Underarm	£10
Bikini/Underarm	£16
Forearm	£11
Eyebrows	£9
Lip or Chin	£8
Lip & Eyebrows	£14
Lip & Chin	£13
Lip, Chin & Brow	£17
NEW Ultimate Henna Brows	£29
Maintenance every 2-3 weeks	£24

Using 100% natural Henna with no Ammonia, lead or peroxide for a more voluptuous brow effect tailored to each individual client, colouring the skin and hair. Lasts two to three times longer than normal tint.

Threading

Specialised treatment that is faster, less painful, kinder to the skin & a more precise method.

One Area.....	£10
Two Areas.....	£15
Three Areas.....	£20

Electrolysis

After a free consultation an experienced therapist will advise you on a suitable treatment plan.

5 minutes.....	£10
Every 5 minutes thereafter.....	£4

High Brows

The must have celebrity brow treatment anyone can have!

30min.....	£25
Maintenance 4-6 Weeks.....	£15

A unique salon service for everyone who desires perfectly styled brows whatever their age/face shape or image.

Massage

Our holistic treatments are carried out to your specific needs using essential oils.

Back, Neck & Shoulder Massage	30min	£23
Full Body Massage	1hr	£33
Leg & Foot Massage	30min	£23
Hot Lava Shells Back Massage	30min	£27
Hot Lava Shells Full Body	1hr	£46
Reflexology	45min	£27
Prestige Facial	1hr	£33
Prestige Express Facial	30min	£25
Pressure Point Scalp Massage	45min	£27

This deeply relaxing scalp and neck massage uses Eastern techniques to revive tension and restore your natural energy flow. The calming properties of our soulful essential oils blend, help de-stress and revitalise the mind, body & soul.

Please look at our Packages for combined treatment offers on page 25.

Bamboo Massage

Warm bamboo massage is a unique therapy that relaxes tight muscles instantly & painlessly. Releasing daily stresses aches & pains. Let the pain & tension melt away!!

Full Body Massage	75min £45
Back, Neck & Shoulder Massage	45min £30

Tanning

Using the renowned siennaX delivering the most exclusive spray tan, indulging you with a beautiful, highly individual & flawless application.

Full body	£22
Half body	£15
1 hour tan	£24

Last minute event or don't like the processing time? Then the 1 hour tan is perfect!

Mu



Make-up By Mii

Beauty isn't about wanting to become someone else, beauty isn't about being fake, beauty is often simply about having confidence to be yourself & Mii is a cosmetic range that allows just that. *It's all about Mii.*

For that special day whether you are the bride, mother of the bride, bridesmaid or have an occasion where you simply must look your best.

Mii Make Over	45min	£25
Dramatic Weekend Make-Up	1hr	£30
(Including lashes)		
Make-Up Lesson	1hr	£34
Trial Make-Up & On The Day		£45
Bride & Mum Package		£75
(Glass off fizz on the day)		
Little Misses Make-Up		£12.50
(Under 14)		

Eye Enhancements

Lash Tint.....	£9
Brow Tint.....	£8.50
Lash & Brow Tint.....	£14.50
Brow Tint & Shape.....	£14
Lash Tint Brow Shape.....	£17
Lash, Brow Tint & Shape.....	£21
Brow Tint & Thread.....	£15
Strip Lashes.....	£15
LVL Lash Lift (Includes Lash Tint).....	£42

Add volume and lift to your natural lashes. Patch test required.





Lash

Professional semi-permanent eyelash extensions, natural & weightless lashes.

Patch test required 24hrs before tinting & lash extensions.

Full set off individual eyelashes2hr **£65**

Maintenance every 2-3 weeks45min **£28**

LaLa Express Lashes30min **£24**

Last up to 2 weeks.

***NEW* Russian 4D Volume Express Lash**30min **£29**

Pre-fanned ultra Light with OMG results! Lasts up to two weeks.

Russian Volume Lashes

Russian volume lashes are a multiple fine lash (hand made) attached to your one natural lash creating volume, length & fullness, styled to suit each individual of all ages. Russian eyelash extensions are easy to maintain with the weight distributed evenly so you barely notice them.

Taster 1hr 15min **£42**

A shorter appointment so you won't get a full coverage but will get a really good feel for Russian Lashes.

Natural Set **£70**

Glam Set **£90**

Extra 10 minutes **£9.50** (for all lashes)

Infills 2-3 weeks 1hr **£35**

Anything after 3 weeks we advise extra time or full set.

TOUCH: ANTI-AGEING

ELEMIS Pro-Collagen Age Defy 1hr £54

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Pro-Definition Lift & Contour 1hr £54

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS Dynamic Resurfacing Precision Peel 1hr £54

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

TOUCH: SKIN SOLUTIONS

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

ELEMIS Superfood Pro-Radiance 1hr £54

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

ELEMIS Sensitive Skin Soother 1hr **£54**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

Taster Facial..... 30min **£26**

FACE: TECHNOLOGY

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

30min £35 | 1hr £60 | Course of 6 £270 (Saving of £90)

TECHNOLOGY: ANTI-AGEING

ELEMIS BIOTEC Line Erase

ELEMIS BIOTEC Firm-a-Lift

ELEMIS BIOTEC Skin Resurfacer

TECHNOLOGY: SKIN SOLUTIONS

ELEMIS BIOTEC Radiance Renew

ELEMIS BIOTEC Blemish Control

ELEMIS BIOTEC Sensitive Skin Soother

ELEMIS BIOTEC Super-Charger for Men

ELEMIS BIOTEC ADD ON TREATMENTS

ELEMIS BIOTEC Eye Treatment..... **£10**

ELEMIS BIOTEC Neck Treatment..... **£10**

FACE & BODY COMBINATIONS

ELEMIS Contour Touch 1.5hr £71 | 2hr £86

Condition your skin and muscles with this all-embracing experience. Combine any 1 hour Elemis hands on touch facial with either 1/2 hour back or full body personalised Freestyle Deep Tissue Massage.

ELEMIS Contour Technology 1.5hr £79 | 2hr £94

Time to switch your skin on. Combine any 1 hour ELEMIS TECHNOLOGY BIOTEC facial with either 1/2 hour back or full body personalised Freestyle Deep Tissue Massage.

MEN: TOUCH

ELEMIS High Performance Skin Energiser 1hr £52

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

MEN: TECHNOLOGY

ELEMIS BIOTEC Super-Charger for Men 30min £35 | 1hr £60

BODY

ELEMIS Freestyle Deep Tissue Massage 30min £27 | 1hr £45

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

ELEMIS Garden of England Rose Restore 1hr £45

Take a walk in an English rose garden with this lavishly hydrating body massage. The unique trio of Rose, Camelina and Poppy seed oils leave skin exquisitely moisturised, intensely supple and delicately scented.

ELEMIS Body Nectar Nourishing Wrap - Frangipani 1hr £45

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Intensely Cleansing Salt Scrub - Lime & Ginger or Frangipani..... 30min £26

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

ELEMIS Thousand Flower Detox Wrap 1hr £57

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

ELEMIS Peaceful Pregnancy Massage..... 1hr £48

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

ELEMIS Peaceful Pregnancy Face & Body Experience 2hr 15min £77

Settle into the unique pear-shaped beanbag for this treatment combination that gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.



RegimA is the **most advanced, medically accepted skin care programme** created to attack the aging, free radicals & toxins associated with modern living.

These elements are responsible for most of the skins visible signs of aging including loss of skin tone & wrinkles.

RegimA is a **unique** skin rejuvenation & treatment range manufactured for the use of plastic surgeons, laser clinics & skin care professionals which includes a number of **100% natural**, non buffed, fruit & plant acid peels (AHA'S & BHA'S) these are safe & tolerated by **all skin types**.

PRESTIGE
HEALTH & BEAUTY LTD

RegimA

New Age Peel & Heal Treatment - 1hr

30% & 50% Peel £65

70% & 90% Peel £75

A therapeutic alternative to harsh chemical peels & skin resurfacing. It is potent, yet gentle & safe delivering powerful results. A course of 6 peels is recommended, these may be alternated with more relaxing aspect treatments culminating in refined texture, pore size, elasticity & vitality.

Acne Attack 1hr £65

A targeted fruit acid peel for active acne. *6th treatment **FREE** when course is purchased.

Rapid Rejuvenating Facial 45min £55

An instant brightening flash facial, perfect before any occasion. This fast acting, multifunctional and super rejuvenating treatment, safely and effectively smooths and unblocks congested skin whilst evening out the skintone - leaving your skin silky soft with a healthier, youthful glow.

New Age Regenerating Body Peel/Slimming 1.5hr £95

Intensive ex-foliation, smoothing, toning & regeneration. Achieve superior soft & smooth skin with advanced formulation body peel. Combined with contour cellulite controlled to have an effective professional routine for cellulite reduction & control.

CACI Non Surgical Facials

The results of over 20 years research, the award winning CACI facial toning treatment has been voted the most effective anti-ageing treatment available. It works by re-educating, toning and firming the muscles and also by softening fine lines, wrinkles, scar tissue and blemishes.

CACI Non Surgical Facelift (with CACI's newest jowl lift)..... 1hr £48

An advanced non-invasive facial. The treatment can deliver visible results without the need for surgery. Tiny electrical impulses will lift and tone the facial muscles whilst improving skin elasticity and reducing age appearance of fine lines and wrinkles. CACI's newest technology, jowl lift, specifically targets the muscles around the jaw. Recommended as a course of 10 (2-3 per week) for optimum results but can be used as a one off treatment.

Jowl lift 30min..... £22

Course of 10..... £198

Discount is available on courses of 10 for optimum results.



CACI
NON SURGICAL SOLUTIONS

CACI Hydratone..... 20 min £22

A wonderful pick me up! Uses an intensive, anti-ageing hydro mask that will instantly rehydrate, revitalise and plump the skin. Hydratone combines active micro-current rollers which restore muscle tone, firmness and propel the ingredients deep into the skin. With an immediate cooling effect that will soothe and calm any skin redness and irritation.

CACI Hydratone (add to facial)..... 1hr £60

Ultra Anti-Ageing Facial..... 1½ hr £75

Advanced facial which focuses on all your anti-ageing concerns. The ultra procedure incorporates micro-current muscle lifting and toning, ultrasonic peeling to gently resurface and deep cleanse the skin. LED light therapy and electrical stimulation is used to immediately plump fine lines and wrinkles. The perfect anti-ageing facial for muscle and skin rejuvenation.

CACI Eye Revive Lift 45min £35

This treatment uses micro-currents to tighten and tone the sagging muscles, whilst reducing the appearance of fine lines and wrinkles - using serum filled micro-current eye rollers to reduce puffiness and dark circles, then a deeply nourishing hydro eye mask to smooth and reduce lines.

Lip Plump 20min £18

Get those lips looking juicy and luscious ready for the weekend! Using the CACI award winning Amino Lift Peptide, complex and electrical stimulation with red LED light therapy to immediately plump the lips.

Add to CACI Facial 15min £15

Acne/Blemish Healing Treatment..... 30min £35

Targets blemishes, age spots and pigmentation by resurfacing the skin. Ultrasonic vibrations are used in combination with LED light therapy and micro-current to stimulate cell turnover, collagen production and trigger tissue repair. Finishing with a hydrating gel mask to calm and soothe the skin.

Dermaplane

This amazing physical exfoliation using a sterile fine blade removes the outer layer of dead skin and fine vellus hair (peach fuzz) leaving you with the smoothest skin you will ever have.

Dermaplane Enzyme45min **£50**

Dermaplane Infusion75min **£85**

This bespoke facial includes either Elemis or Regima which will rejuvenate and replenish the skin which allows 60% more skincare products to enter the deeper layers, leaving you with a red carpet glow.



Packages

Prestige Bliss.....4.5hr £140

- Full body ex-foliation
- Aromatherapy full body massage
- Elemis facial
- Luxury pedicure
- Luxury manicure

Comes with a glass of fizz & cupcake

Wedding Preparation Package3hr £99

- Elemis Superfood Pro-Radiance Facial with a touch back massage
- Luxury gel colour pedicure
- Luxury gel colour manicure

Comes with a glass of fizz

Pure Indulgence2hr 15min £82

- Garden of England Rose Restore
- Elemis 1hr Touch facial

Prestige Express.....1hr £38

- Aromatherapy back massage or pressure point scalp massage
- Express facial

Sunshine Special2.5hr £110

- Body ex-foliation
- Full leg & bikini wax
- Lash tint brow shape
- Gel pedicure
- Gel manicure

Little Misses (Under 11s)

File & Polish Hands & Feet with Gems..... £10

File & Polish with Gems & Make-Up £15

A 50% deposit is required

Male Grooming

Back Wax or Chest Wax	£18
Back & Chest Wax	£27
Eye Brow Tidy	£9
Back Massage	30min £21
Full Body Massage	1hr £30
ELEMIS Freestyle Deep Tissue Massage	30min £27 1hr £45
Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.	
Warm Bamboo Back Massage	45min £30
Warm Bamboo Full Body Massage	75min £45
RegimA Skin Peels	£65
Manicure	30min £24
Pedicure	45min £29.50

Elemis, CACI & Regima treatments available. See pages 16 onwards.

Gift Vouchers

Gift vouchers are available for treatments or products for any amount over £10. Online gift vouchers are also available to purchase through our website. All vouchers are valid for 6 months. Expired vouchers will not be honoured.

Loyalty scheme and online booking now available.

Cancellation Policy

A 50% charge will be incurred for missed appointments or cancellations made with less than 24hrs notice. A 50% deposit is required for any appointments over 1hr 1/2hrs. We regret that if you arrive late for your appointment, treatment time will be reduced. There can be no refunds on pre-paid courses.



Monday.....	Closed
Tuesday	9.00am - 5.30pm
Wednesday	9.00am - 7.30pm
Thursday	9.00am - 7.30pm
Friday	9.00am - 5.00pm
Saturday	9.00am - 4.00pm

Find us on social media for our monthly offers

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www.prestigehealthandbeauty.co.uk

