

Bodywise beauty salon^{Ltd}



SALON HOURS

Monday 9am - 5.30pm	Tuesday 9am - 5.30pm
Wednesday 9am - 5.30pm	Thursday 9am - 7pm
Friday 9am - 6pm	Saturday 9am - 5pm



Bodywise

*Covering all aspects of Beauty Therapy
professionally and hygienically*

Director - Jackie Howells
IHBC Master Beauty Therapist

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Vale of Glamorgan CF63 4HE
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gelcolor
by OPI

CALLUS PEEL™

PURAMED
Professional UK



CALIFORNIA TAN
sunless



Mink

Spa Touch
PHOTO EPILATION SYSTEM

www.bodywisebeauty.co.uk

GIFT VOUCHERS AVAILABLE

HAIR REMOVAL

Waxing

Full leg	£17.50
3/4 leg	£13.00
1/2 leg lower	£10.00
1/2 leg upper	£11.50
Full Arms	£13.00
Forearms	£9.50
Under arm	£7.00
Bikini line	£9.00
Brazilian	£12.50
Australian	£14.50
Hollywood	£17.00
Buttocks	£6.00
Eyebrow re-design	£6.50
Lip/chin/Sides of Face	each £4.50

Waxing Combinations

Face Trio (brow,lip,chin)	£14.00
Full Face including eyebrows	£18.00
Top-to-toe Wax (Full leg, Hollywood, Underarm, Forearms, Brows)	£50.00
Full Hit Wax (Full Leg, Hollywood, Underarms)	£35.00
Full Body Wax (Full Leg, Brazilian, Underarms)	£32.00

Spa Touch LHE

Spa Touch delivers both light and heat energy in order to achieve permanent hair reduction.

Consultation and patch test	£15.00
Treatments from	£30.00

Electrolysis

Permanent, progressive hair removal excellent for medium to coarse facial hairs.

5 minutes	£7.50
10 minutes	£9.50
15 minutes	£12.50
20 minutes	£16.50
30 minutes	£20.00

Spa Touch
LHE

Heavenly TREATMENTS FOR MEN

Most treatments in this brochure are available for men. Below is a list of the most popular male treatments, for all other treatments please browse this brochure or see staff.

Waxing

Back	£17.00
Chest	£17.00
Half T Shirt	£19.00
Full T Shirt	£30.00
Underarms	£7.00
Eyebrows	£6.50

Red Vein & Skin Tag removal

Commonly found on the cheeks & nose, this treatment will reduce and remove red capillaries, spider naevi and blood spots. This treatment can also remove skin tags mostly found in armpits and around the neck.

Red vein/Skin tag removal per session £35.00

Intensive Specialised Massage

Excellent for injuries, painful tension and aches. This firm, deep tissue massage will concentrate on problem areas. Posture correction and homecare advice are also discussed.

Back neck & shoulders (45mins)	£30.00
Full body (1hr 15mins)	£45.00

Avoplex Manicure

£18.50

Pedicure by OPI

£23.00

Heavenly HOLISTIC THERAPIES

Swedish Massage

A firm, vigorous massage using Sweet Almond Oil. Increases blood circulation and lymphatic drainage. Excellent for sore and tired muscles and joints.

Full body massage (1hr)	£35.00
Back, neck & shoulder (30mins)	£23.00

Aromatherapy

A deep, slow massage using a suitable choice of essential oils blended for your individual needs. A superb massage with long lasting benefits from the oils.

Full body massage (1hr)	£38.00
Back, neck & shoulder (30mins)	£25.00
Full body face and head (1hr 30mins)	£50.00
Face, neck, shoulder & scalp (30mins)	£25.00

Intensive Specialised Massage

A firm, deep massage penetrating into body tissue making this massage highly effective. Your therapist will check your posture, carry out a deep tissue massage with the aid of a G5 massager and then discuss homecare advice. Excellent for sports injuries, painful tension and aches.

Back, neck & shoulder (45mins)	£30.00
Full body (1hr 15mins)	£45.00

Hot Stone Therapy

A massage technique with the use of hot stones designed to relax the body at it's deepest level. The profound effects mentally, physically and spiritually combine to restore the whole balance of the body.

Back, neck and shoulders (30 mins)	£25.00
Full body (1hr)	£38.00

Indian Head Massage

A technique of manipulating soft tissues in the shoulders and scalp. Effective for relieving stress, tension and negative energies.

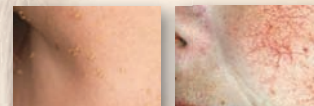
£25.00

Reflexology

Holistic Therapy on the complex zones of the feet aiding to rectify individual problems. Can be performed using talc or oil.

£25.00

RED VEIN & SKIN TAG REMOVAL



EPIL 2000

This fast, effective and affordable treatment is superb for the removal of unsightly skin tags and split capillaries. Our Advanced Electrolygist will safely remove and reduce blood spots, spider nivaes, split capillaries or skin tags with amazing results. Sometimes only 1 session needed.

One session £35.00

LASHES & BROWS

An excellent way to enhance the eye area creating longer and thicker looking lashes with or without a curl.

Eyelash perm	£20.00
Eyelash tint	£12.50
Lash perm and tint	£25.00
Temporary Eyelash Flares	75p each
Blink & Go semi-permanent individual lashes	from £25.00
Eyebrow tint	£5.50
Eyebrow wax	£6.50
Eyebrow tint & wax	£10.00
Eyelash tint/brow tint/wax	£19.00

SELF TANNING

CaliforniaTan

Professional Sunless Tanning treatment for a deeper darker tan. This award winning spray tanning system will provide you with a beautiful natural golden tan, lasting up to 7 days.

Full body	£19.50
Half body	£10.00
Face and Neck	£8.00

CALIFORNIA TAN
sunless

HANDS

Nail Extensions

Creative acrylic designer nails	£38.50
Acrylic overlays	£25.00
Refills	£20.00
Refills and white tip renewal	£25.00
Single nail	£4.00
Melt-away plus mini manicure	£18.00
Instant wonder nails	£20.00

OPI Gel Color

Colour at the speed of light. OPI's shine-intense gel delivers incredible nail colours which last for weeks. Available in a vast range of colours, french polish and stunning accents and effects.

OPI Gelcolor	£25.00
Gelcolor refills	£15.00
Gelcolour off + on	£30.00
Gel color off + manure	£17.50

OPI Avoplex Luxury Manicure

More than just a manicure, OPI puts professional pampering at your fingertips with the Avoplex System. Having harnessed the naturally rich oil of the Avocado, all Avoplex products are formulated with OPI's advanced Avocado Lipid complex .

Avoplex Manicure with Nail Envy	£18.50
Avoplex Manicure with Coloured Polish	£20.00
Avoplex Manicure with French Polish	£22.00

Manicures

All manicures include nail and cuticle care along with a hand and arm massage. A variety of nail polish choices are available.	
French manicure	£17.00
Manicure with varnish	£15.00
Standard manicure	£13.00
File & polish/french polish	£7.00/£8.50
Nail repair	£3.50

gelcolor
by OPI

BODY TREATMENTS

Lipofirm Wrap - Bio-active body contour wrap



Lipolift Pro is a highly effective fat cell reduction treatment. It breaks down fat cells and allows the contents of the cell to be eliminated from the body naturally. Results are immediate and will increase over 72 hours.

Full Body (Upper Legs/Upper Arms/Hips/Bum/Tum)

Single - £45.00 • Course of 4 - £155 • Course of 8 - £300

Part Body (Upper Legs/Hips/Bun/Tum)

Single - £40.00 • Course of 4 - £140 • Course of 8 - £270

Midriff (Hips/Bum/Tum)

Single - £35.00 • Course of 4 - £125 • Course of 8 - £240

Tea Tree Backcare

Using antiseptic Australian Bodycare Products to eliminate spots and blackheads. This treatment will cleanse, exfoliate and moisturise the skin on the back and a mask and spot stick will be applied to help dry out spots. Homecare products are available to compliment this treatment (45mins) £25.00

Paraffin Wax Treatments

This beautiful treatment has many benefits, including soothing, relaxing and reviving tired and sore muscles. Aiding the relief of discomfort from rheumatism, arthritis and tension whilst nourishing and hydrating the skin. treatments include massage, hot mask and moisturising.

Back, neck & shoulders (45mins) £25.00

PAMPER PACKAGES

Essential Pamper Package

Puramed taster facial; Swedish back, neck and shoulder massage; Express pedicure with coloured polish; File and coloured polish on fingernails. £60.00

Add £2.50 for french polish

Pure Indulgence Package

Puramed prescriptive facial; Aromatherapy back, neck and shoulder massage; Creative Spa pedicure with coloured polish; Luxury OPI Avoplex manicure with coloured polish. £80.00

Add £2.50 for french polish

BRIDAL PACKAGES

Choose one treatment from Box A and Box B - £40.00

Choose one treatment from Box A, B and C - £70.00

A	B	C
File and French/colour polish on fingers + toes	OPI Gelcolor	Nail Extensions
Luxury manicure with colour or french Polish	Luxury pedicure with <u>colour or French polish</u>	Pedicure with Minx
California Spray Tan	Callus peel with colour or french polish	Mascara-look lash extensions
Lash tint/brow tint/ brow wax	Single Make-up session	Two Make-Up Sessions
		Full Hit Wax

Bridal Packages available for bride, bridesmaids, mother and mother-in-law of the bride only.

All treatments must be received prior to the wedding and must be paid in full on the first appointment.

FEET

Pedicure by OPI



Pedicure by OPI is a system of professional pampering products developed into an extraordinary Spa experience. OPI offers the ultimate Pedicure treatment that cleanses, renews and restores the spirit and the mind as well as the feet. All pedicures include the use of a foot spa, an intensive foot treatment with OPI products, hard skin reduction, cuticle and nail care plus varnish if required.

Pedicure by OPI without varnish	£23.00
Pedicure by OPI with coloured varnish	£25.50
Pedicure by OPI with French polish	£27.50
Pedicure by OPI with Minx	£38.00

Express Pedicure

When time is limited, an express pedicure is perfect for essential foot care without polish	£16.00
with Polish	£17.50
with French Polish	£19.50
with Minx	£32.00

File & Polish

Feet will be sanitised, then nails trimmed, filed and painted.

Coloured polish	£7.00
French polish	£8.50

Minx

Amazing nail foils for toe nails and finger nails available in fantastic colours and patterns. Lasts for weeks (...and weeks)

Full set of Minx for toes	£18.50
Full set of Minx for fingers	£18.50

Callus Peel

Peel away cracked, hard, dry skin on the feet with this amazing treatment, instant results.

Callus Peel	£18.50
Callus Peel + file and polish on toes	£23.00
Callus Peel + file and french polish on toes	£24.50
Callus Peel + Minx	£34.00

CALLUS PEEL™

Minx

PROFESSIONAL FACIALS

Puramed

Bringing Medical Aesthetics to the Beauty Industry



Puramed Cosmesceutical Facial

Using a comprehensive range of high quality products to effectively treat most skin conditions. After consultation, your therapist will choose products to suit your individual skin concerns and your treatment will include deep cleansing, tone, deep exfoliation, massage, intense mask and finishing serums and moisturisers. Homecare advice will be given and products are available for sale.

1hr 15mins £40.00

Puramed Taster Facial

If time is lacking but you want to experience this exquisite treatment, a 'slimline' version of this facial is available to include cleanse, tone, exfoliation, mask and moisturiser.

45 minutes £28.00

Puramed Mini Flash Peel

The Mini Flash Peel is a gentle and natural approach to a chemical peel and delivers just as amazing results. The results will be a healthier, brighter and smoother new skin. Results are instantly noticeable and a course of treatments will greatly excel improvements to your skin.

Puramed Mini Flash Peel	£30.00
Course of 3	£82.00
Course of 6	£160.00

Intensive Masks can be added to this treatment to boost the results. Collagen Mask - diminishes fine lines and wrinkles, Acne Mask - cleansing and healing, Brightening Mask - decreases pigmentation

Mini Flash Peel + Mask	£37.00
Course of 3 Peels + Mask	£99.00
Course of 6 Peels + Mask	£190.00

SPECIALISED FACIALS

BioHydroderm *A comprehensive approach to a new form of Microdermabrasion*

This wet/dry microdermabrasion system uses a unique technology with a superior diamond tip hand piece that provides abrasion while in-fusing advanced solutions into the skin. Bio-hydroderm will treat the following skin complaints:

Fine lines, Acne, Aging Skin, Blackheads, Sun Damaged Skin, Oily Skin, Age Spots, Congested/ Blocked Pores, Pigmentation, Dull Skin. Results are immediate - this is really one treatment not to be missed

Single Treatment	£35.00
3 Treatments	£95.00
6 Treatments	£190.00

To boost this treatment further, a Prescriptive Mask can be applied after treatment:

Collagen Mask - diminishes fine lines and wrinkles

Acne Mask - cleansing and healing

Brightening Mask - decreases pigmentation

Single Treatment + Mask	£42.00
3 Treatments + Masks	£110.00
6 Treatments + Masks	£210.00

Perfector

Non-surgical face-lifting will tighten facial muscles and firm the skin leaving a refined, glowing and more youthful complexion.

Single facial

Courses of 10 facials

Single facial	£35.00
Courses of 10 facials	£310.00

Biohydroderm & Perfector

Combine these two facials, and enjoy the benefits of both techniques - a firm and toned face with a fantastically smooth, glowing complexion.

2 in 1 facial £60.00

Express Facials

If time is limited but skincare is needed, these facials are perfect to boost the skins appearance.

Deep Cleansing Facial (30 mins)	£22.00
Rehydrating Facial (30 mins)	£22.00