



Bodywise

beauty salon Ltd

Covering all aspects of
Beauty Therapy
professionally and hygienically

Director - Jackie Howells
IHBC, CGLI, IFHB
Master Beauty Therapist

54 Holton Road, Barry,
Vale of Glamorgan CF63 4HE
Telephone: 01446 722211
body.wise@yahoo.com

www.bodywisebeauty.co.uk

GIFT VOUCHERS AVAILABLE



HAIR REMOVAL

Waxing

Full leg	£17.50
3/4 leg	£13.50
1/2 leg lower	£10.50
1/2 leg upper	£12.00
Full Arms	£13.50
Forearms	£10.00
Under arm	£7.50
Bikini line	£9.00
Brazilian	£12.50
Australian	£15.00
Hollywood	£17.50
Buttocks	£7.50
Eyebrow re-design	£6.95
Lip/chin/Sides of Face (each)	£4.50

Waxing Combinations

Face Trio (brow,lip,chin)	£14.50
Full Face including eyebrows	£20.00
Top-to-toe Wax (Full leg, Hollywood, Underarm, Forearms, Brows)	£52.00
Full Hit Wax (Full Leg, Hollywood,Underarms)	£37.00
Full Body Wax (Full Leg, Brazilian, Underarms)	£34.00

Electrolysis

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

5 minutes	£7.50
10 minutes	£10.00
15 minutes	£12.50
20 minutes	£17.50
30 minutes	£20.00



THE 'ESSENTIAL' BEAUTY

RED VEIN & SKIN TAG REMOVAL



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 naevae, split capillaries or skin tags with amazing results. Sometimes only 1 session needed. £35.00

LASHES & BROWS

An excellent way to enhance the eye area creating longer and thicker looking lashes with or with out a curl.

Temporary Lash flares:	
Natural/Mascara/Glamour	£12.50/£15.00/£17.50
Semi-permanent individual lashes:	
Natural/Mascara/Glamour	£27.50/£32.50/£37.50
Eyelash perm	£21.00
Eyelash tint	£12.50
Lash perm and tint	£25.50
Eyebrow tint	£5.50
Eyebrow wax	£6.95
Eyebrow tint & wax	£10.00
Eyelash tint/brow tint/wax	£19.50

SELF TANNING

Skinny Tan

Skinny Tan is the first self-tanner that combines a natural tanning active with naturally derived skin smoothing actives to tan, contour and reduce the visible appearance of cellulite! Lasts for 7 days or more! £19.50

California Tan

Tried and tested by ourselves over many years, this award winning spray tan gives a beautiful natural tan for up to 7 days. Available in different depths of colour

SKINNY
TAN

CALIFORNIA TAN
sunless

£17.50



HANDS

OPI Pro Spa Manicures

OPI is recognised as the world's leading manufacturer of professional hand, foot and nail care products and so is a natural choice for all our nail treatments. All of our manicures include a choice of OPI Varnish.



Express Manicure

In a rush, but still a need a quick way to de-stress? The OPI Pro Spa Express Manicure is perfect. Featuring essential OPI Pro Spa products and techniques in a condensed service that doesn't sacrifice on a premiere experience. £14.00

Signature Manicure

Known as the "can't live without" OPI Pro Spa Signature Manicure service. You will experience the quintessential OPI Pro Spa products combined with a relaxing massage and acupressure. This signature experience puts the "Ahhh" back in Spa. £20.00

Pamper Manicure

Soothe, relax and indulge with the ultimate OPI Pro Spa Pamper Manicure. The crème de la crème of manicures, you will benefit from unparalleled exfoliation, moisture & protection, while reveling in a combination of massage techniques and acupressure designed to reduce stress and relieve tension. £25.00

OPI GelColor

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 Luxury GelColor Manicure	£25.00
OPI Gelcolor refills	£15.00
GelColor off + on	£30.00
GelColor off + manicure	£17.50

Nail Enhancements

Acrylic Nail Extensions	£33.00
With varnish	£34.50
With GelColor	£45.00
Acrylic Refills	£20.00
With varnish	£21.50
With GelColor	£32.00
Single nail	£4.00
File & polish	£8.00
Nail repair	£3.50



FEET

OPI Pro Spa Pedicures

Uniquely luxurious pedicures designed by dermatologists, inspired by facial skin care, perfected for feet.



OPI Pro Spa Express Pedicure

Quick, effective and oh-so relaxing. This OPI Pro Spa Express Pedicure features essential OPI Pro Spa products to provide a spa pedicure experience without increasing service time. £18.00

Signature Pedicure

Experience a new standard in pedicure services. The OPI Pro Spa Signature Pedicure includes OPI Pro Spa products to soak, exfoliate and smooth callused feet. The service is completed with a regimen of massage and acupressure techniques to reduce stress and relieve tension. £22.50

Pamper Pedicure

Soothe, relax and pamper with the ultimate pedicure experience. The OPI Pro Spa Pamper Pedicure includes unparalleled callus softening, exfoliation and moisture & protection. An extended massage combined with acupressure to reduce stress, relieve tension will leave you feeling relaxed and renewed. £30.00

File & Polish

Feet will be sanitised, then nails trimmed, filed and painted. £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
Add Minx to any pedicure	£14.00

Callus Peel

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

CALLUS PEEL™

Callus Peel	£18.50
Callus Peel + file and polish on toes	£24.50
Callus Peel + Minx	£35.00



PROFESSIONAL FACIALS

Medik8

Medik8 is an award-winning skincare brand sold exclusively by skincare experts. Developed and formulated by a team of biochemists and pharmacologists in London, Medik8 introduces a clinical and scientific approach to skincare, pioneering the trend for result-based products.



Medik8 Age Defying Facial (1hr 15mins)

A highly stimulating anti-aging facial that infuses the skin with Medik8 core anti-ageing ingredients: Vitamin A and Vitamin C. A combination of the most powerful ingredients and technologies, clinically proven to have anti-aging benefits. Recommended for dull and dehydrated aging skin types with fine lines. £40.00

Medik8 Pore Refining Facial (1hr 15mins)

Intensive anti-bacterial and anti-inflammatory treatment utilising the benefits of the earth's natural purifying and healing matter – Kaolin and Bentonite as well as a fine ground natural bamboo scrub. This treatment is designed to normalise sebum secretion, alleviate inflammation and reduce irritation whilst improving the skin's hydration, texture and tone. Recommended for hypersensitive, congested and redness-prone skin types. £40.00

Express Medik8 Facial (45mins)

If time is lacking but you need to treat your skin to a first class treatment, this Express facial will include all the vital procedures designed specifically to suit your skin's requirements. Your facial will be tailored to you individual concerns leaving a fresh, cleansed skin with a radiant glow. Recommended for all skin types. £28.50



SPECIALISED FACIALS

Bio Hydroderm

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	£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)	£22.50
Rehydrating Facial (30 mins)	£22.50



PAMPER PACKAGES

A selection of our favourite treatments have been chosen to create head to toe pamper packages. All you have to decide is whether to indulge for 2 hours 30 mins or 4 hours!

Essential Pamper Package

Medi8 express facial; Swedish back, neck and shoulder massage; OPI Pro Spa express pedicure with coloured polish; File and coloured polish on fingernails. £60.00

Add £2.50 for French polish

Pure Indulgence Package

Medi8 bespoke facial; Aromatherapy back, neck and shoulder massage; OPI Pro Spa pamper pedicure with coloured polish; OPI Pro Spa pamper manicure with coloured polish. £90.00

Add £2.50 for French polish

BRIDAL PACKAGES

Bridal packages are available for the Bride, Bridesmaids, mother and mother-in-law of the Bride. Packages must be paid in full on the first appointment.

Single make-up session £25.00
Two Make-up sessions £45.00

Basic: File and Varnish on Toes and Fingernails + Make-up session x2 £60.00

Intermediate: Express Pedicure, Manicure with Varnish, Make-up Session x 2 £75.00

Higher: Luxury Pedicure, OPI Gelcolour Manicure + Make-up sessions x 2 £90.00

Ultimate: Nail Extensions, Luxury Pedicure with varnish + Make-up Session x 2 £100.00



BODY TREATMENTS

Lipofirm Wrap - Bio-active contour wrap

Lipofirm wrap 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

G5

The G5 machine is similar to a high intense lymphatic massage; it works on breaking down fatty deposits, cellulite and dispersing this with excess fluid through the lymphatic areas. This process allows inch loss and detox affects, as well as improvement in skin elasticity, collagen flow and blood circulation. Cellulite oil can be used to improve results and help to provide toning and firming of the skin.

Single 30 minute session £20.00

6 x 30 minute sessions £100.00

10 x 30 minute sessions £170.00

Body Polish

A full body exfoliation to rid the skin of dead skin cells leaving a smooth, brightened and radiant skin. Superb monthly treatment to maintain skin health and especially beneficial as a single pre-holiday treatment to prevent peeling after sunbathing and prolonging your well earned tan.

£25.00



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)	£38.00
Back, neck & shoulder (30mins)	£25.00

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)	£40.00
Back, neck & shoulder (30mins)	£27.00
Full body face and head (1hr 30mins)	£55.00
Face, neck, shoulder & scalp (30mins)	£27.00

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)	£32.00
Full body (1hr 15mins)	£47.00

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)	£27.00
Full body (1hr)	£40.00

Indian Head Massage

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

£27.00



HEAVENLY TREATMENTS FOR MEN

Most of the treatments in this brochure are available for men. Below is a list of popular treatments with our male clients.

Back Wax	£18.00
Back, shoulder and tops of arms	£20.00
Chest Wax	£18.00
Chest, shoulders and tops of arms	£20.00
Back, chest, shoulders and tops of arms	£35.00
Brow Wax	£6.95
Brow Wax and Tint	£10.00
Eyelash Tint	£12.50
Intensive Sports Massage	from £32.00
Callus Peel	£18.50

Red Vein & Skin Tag removal

Commonly found on the cheeks & nose, this treatment will reduce and remove red capillaries, spider nives 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
---------------------------------------	--------





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

gelcolor
by OPI

CALLUS PEEL™

O·P·I
PRO SPA
SKINCARE
HANDS & FEET

SKINNY
TAN™



CALIFORNIA TAN
sunless



MinX™

Medik8
SKINCARE BIOTECHNOLOGY