



Pure Birkdale

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[purebirkdale](#)

# WELCOME TO PURE BIRKDALE

For over a decade, we have delivered quality service and a relaxing experience to our loyal and ever-growing client base.

Pure has always been about providing the best quality brands and treatments. We have worked with industry leaders throughout our existence and never compromised on quality, working closely with Environ to give you results-driven skincare. We provide a range of face and body treatments including skin peels, derma rolling and personalised homecare. As an extension of Environ, Jane Iredale skincare makeup offers a perfect finish to any facial or a standalone for a night out or special occasion.

In their thirteenth year and being the leading skincare brand in the UK, ELEMIS has been at the forefront of Pure since day one. Their values mirror ours, with their feel-to-face transparency and sustainability standing out across the industry. Using their latest BIOTEC technology, we offer a multitude of customised facials to suit any skin type.

CACI is a celebrity favourite, famous for their non-surgical facelift. The likes of JLo and Jennifer Anniston always stay red-carpet ready with the help of CACI. The core of the treatment uses microcurrent to help lift and tone the muscle, whilst add ons of microdermabrasion and light therapy make this treatment perfect for you.

Our manicure and pedicure treatments use number one salon brand OPI, with a range of finishes from infinite shine, to gel color.



For added length to nails, we use acrylic and can custom design any set.

Waxing at Pure uses Lycon precision wax to remove even the shortest of hairs. There are a Brazilian reasons to get waxed!

Vita Liberata spray tanning in a range of shades, is also available in a rapid tan for when you need a speedy sun kissed glow.

We pride ourselves on delivering the latest technology and beauty techniques, with therapists that are always advancing their beauty knowledge through training.

*Hayley*

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*experience a*  
**FACIAL LIKE  
NO OTHER**  
*today*



ENVIRON®

*electro-sonic*

**ESSENTIAL TREATMENTS 45-90mins**

Environ's pioneering Dual Electro-Sonic Technology

**ESSENTIAL YOUTH RESET £60-£85**

Help soften the appearance of fine lines, sun-damage & sagging skin with this peptide and vitamin-packed treatment for a more youthful appearance.

**ESSENTIAL MOISTURE BOOST £60-£85**

Help reduce the appearance of fine lines caused by dehydration and promote a more moisturised glow with this intensive treatment featuring hyaluronic acid as the key ingredient.

**ESSENTIAL COMFORT CALM £60-£85**

Help sooth and comfort sensitive and irritated skin with this treatment which combines powerful ingredients to leave the skin feeling restored with a healthy-looking radiance.

**ESSENTIAL RADIANCE REVEAL £60-£85**

Help target the signs of sun-damage and pigmentation with this treatment which boosts the skin with the correct combination of ingredients for a even-toned, radiant-looking appearance.

**A COURSE OF SIX £300-£425**

*electro-sonic*

### **FOCUS-ON TREATMENTS 30mins**

Specially developed to target specific areas using Environ's revolutionary Dual Electro-Sonic DF Technology, ensuring that your primary skincare concerns are directly addressed. Perfect for when time is limited.

#### **FOCUS-ON FILLER £45**

This innovative, intense and non-invasive treatment helps to smooth the look of facial lines and restore a rejuvenated, plumped youthfulness to the skin's appearance.

#### **FOCUS-ON FROWN £45**

The iconic peptide blend in this treatment assists to reduce the appearance of expression and frown lines on the forehead as well as eyes, leaving skin looking more smooth and relaxed.

#### **FOCUS-ON EYE £45**

Combining powerful peptide complexes with hyaluronic acid, this intense treatment promotes a refreshed, hydrated and youthful-looking eye area.

#### **FOCUS-ON TEXTURE £45**

An intensive combination of the three Environ Technologies; Dual Electro-Sonic, Cool Peel and Micro-Needling which assists to improve the appearance of mild scarring, revealing smoother, evenly-textured skin.

#### **FOCUS-ON EVEN TONE £45**

The powerful combination of vitamin A, C and AHA's assists to improve the appearance of pigmentation irregularities for a more even-toned and brighter-looking skin.

#### **FOCUS-ON BODY PROFILE £45**

This powerful body treatment targets the appearance of dimpled, lax and uneven skin texture in specific areas (including the jaw line). The effective combination of active ingredients promotes a visibly smoother, firmer and contoured appearance.



*Environ*

## COOL PEEL® TREATMENTS

Environ's unique Cool Peel Technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes to safely and effectively help refine, revive and brighten the appearance of skin. Experience a real, lasting difference through beautiful science.

### **YOUTH RENEW COOL PEEL £60**

This cool peel treatment assists to reduce the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

### **MOISTURE BOOST COOL PEEL £60**

Designed to gently peel the skin's surface and revitalise dry, tired-looking skin to a healthy glow. Suitable to do all year round with no visible peeling or downtime.

### **DEEP CLEANSING COOL PEEL £60**

This unique method of deep cleansing the skin is gentle yet effective in helping to purify and control the appearance of congestion and breakouts, leaving the skin looking clear, healthy and refreshed.

### **BRIGHT RECOVERY COOL PEEL £60**

This gentle lactic acid cool peel assists to reduce the appearance of premature ageing, fine lines and uneven skin tone as a result of excessive sun exposure.

### **BLEMISH CONTROL COOL PEEL £60**

This powerful cool peel treatment assists to improve the appearance of blemish-prone, distressed skin helping to unclog pores and remove surface impurities related to problematic skin conditions.

### **VIBRANT-C MICRO PEEL £60**

A concentrated vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy-looking, evenly toned appearance as well as improved skin texture. An excellent choice for sun-damaged, pigmented and ageing concerns.

**A COURSE OF SIX £300**



## **SKINPEN PRECISION MICRO NEEDLING**

### **COLLAGEN STIMULATION THERAPY™**

Collagen Stimulation Therapy™ (Micro Needling / Dermaroller) is as close as you can get to having facial surgery to reduce lines, wrinkles, scarring and sagging skin – without going under the knife

CST is a cutting-edge treatment that harnesses your body's natural powers of healing to tighten skin and achieve incredible results. It is especially effective for addressing the visible signs of ageing, as well as sun damage, scarring, slackened skin, stretch marks, uneven skin tone and dilated blood vessels. The treatment can be done on all areas of the face and body and is suitable for all skin types.

## HOW COLLAGEN STIMULATION THERAPY™ WORKS

During CST, a painless revolutionary procedure, your medical skincare professional will apply a topical anaesthetic and will use a small instrument containing tiny needles to create thousands of microscopic channels in the lower levels of your skin. This causes microscopic trauma to the skin. The body responds to this the same way it would to an injury and starts to repair the skin, resulting in increased collagen and elastin production.

Applying Environ creams containing vitamins A and C before and after treatment greatly enhances the results, because Collagen Stimulation Therapy™ sets up growth 'factories' in your skin. The vitamins can be pictured as the workers in these factories and they will continue to benefit your skin for months after the treatment.

- Incredible results without the need for invasive surgery
- Completely natural, uses the skin's own powers of rejuvenation
- Not painful – a topical anaesthetic is used
- Short healing time, in most cases clients are able to go to work the next day
- Does not damage the skin, unlike some other procedures
- Can be done on all areas of the face and body
- Does not cause sun sensitivity
- Lasting effects – collagen continues to be laid down in the months following treatment

## SKINPEN COLLAGEN STIMULATION THERAPY™

Treatments are carried out by our highly qualified Therapist. Consultations are free of charge with no obligation. By appointment only.

Between one and six treatments are required to achieve maximum results. A full consultation and preparation with topical vitamin A is required prior to your first treatment.

**40 MINUTES ANAESTHETIC**  
**30 MINUTES NEEDLING**  
**1 TREATMENT (FACE) £225**  
**ADDED AREA £75 PER AREA**

**COURSE OF THREE SESSIONS £550**

**SkinPen®**  
BY CROWN AESTHETICS

# ELEMIS

LONDON

BESPOKE SKIN WELLNESS POWERED BY ELEMIS

## PRO-GLOW FACIAL MENU

Pro-Glow Renewal Facial.....50 min

### FOR GORGEOUS GLOWING SKIN £60

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

Pro-Glow Smooth.....50 min

### THE HIIT WORKOUT FOR YOUR SKIN £60

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Pro-Glow Resurface.....50 min

### RESURFACING FOR STUNNINGLY SMOOTH SKIN £60

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Pro-Glow Brilliance.....50 min

### YOUR RECIPE FOR RADIANCE £60

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

Pro-Glow Genius Facial.....75 min

### YOUR LINE-FIGHTING SUPERHERO FACIAL £60

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.



# ELEMIS

LONDON

BESPOKE SKIN WELLNESS POWERED BY ELEMIS

## PRO-GLOW+ FACIAL MENU

### Pro-Glow Renewal Facial+.....50 min FOR A HEALTHY, GORGEOUS GLOW £60

ELEMIS' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced.

*Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic Resurfacing glow. In one treatment, skin looks visibly refreshed and rebalanced.*

### Pro-Glow CryO2 Sculpt+.....50 min FREEZE TIME FOR A FRESH AND YOUTHFUL YOU £60

An ELEMIS first, harnessing the power of sub-zero Cryotherapy, known to tighten. With a triple level approach to skin hydration, reveal a visibly lifted appearance and improve the look of deep-set lines, firmness and elasticity for instant skin-smoothness. An age defying facial experience like no other, skin feels energised and refreshed.

*Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic, CryO2 & and LED Light Therapy*

### Pro-Glow Smooth+.....50 min THE ULTIMATE HIIT WORKOUT FOR YOUR SKIN £60

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

*Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic, Microcurrent & O2 Infusion.*

### Pro-Glow Genius Facial+.....75 min THE ULTIMATE AGE-DEFYING EXPERIENCE £60

Harnessing the powerful benefits of all 6 ELEMIS BIOTEC 2.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

*Supercharged with ELEMIS BIOTEC 2.0 Ultrasonic, Microcurrent, Galvanic, Light Therapy & CryO2*

### Pro-Glow Resurface+.....50 min REVEAL STUNNINGLY SMOOTH SKIN £60

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

*Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, LED Light Therapy & Galvanic*

### Pro-Glow Brilliance+.....50 min YOUR RECIPE FOR RADIANCE £60

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing.

*Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, O2 Infusion & Galvanic*

# CACI

## CACI TREATMENTS

Award winning anti-ageing skin rejuvenation treatments which lift and tone without the need for surgery. To see long lasting results from the non-surgical facelift treatment it is highly recommended to have a course of ten to twelve, followed by one treatment every four to six weeks to maintain long lasting results.

### **CACI ULTIMATE ANTI-AGEING FACIAL**

90 MINUTES £85

COURSE OF TEN £750

The ultimate CACI facial will leave your skin smoother, lifted, plumped and hydrated. Including microdermabrasion to resurface, and non-surgical facelift. Use of the wrinkle comb with LED light therapy to target your areas of concern and the hydrotone mask to soften, plump and rehydrate the skin.

### **CACI NON-SURGICAL FACELIFT**

1 HOUR £65

COURSE OF TEN £550

This treatment gently lifts, tightens, tones and re-educates the facial muscles whilst smoothing the appearance of fine lines and wrinkles. Skin is beautifully rehydrated whilst tone and texture is improved, leaving the skin with a wonderful glow and firmer appearance.

### **CACI HYDRATONE ENHANCED FACIAL**

1 HOUR £75

The hydratone treatment is a combination of our non-surgical facelift with the added benefit of a super hydrating mask which is infused with collagen, hyaluronic acid and vitamins 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.

### **CACI MICRODERMABRASION**

30 MINUTES £45

45 MINUTES INC. MASK £50

This skin resurfacing treatment works by gentle removing of the superficial layer of the skin to help blemishes, scarring, sun damaged, fine lines, wrinkles and stretch marks. LED light therapy is also used to target your concerns. The hydro gel mask is applied to hydrate and calm leaving your skin brighter, clearer and more youthful.





## **EXPRESS TREATMENTS CACI WRINKLE REVOLUTION**

30 MINUTES £35

CACI's unique Wrinkle Comb targets deep lines and wrinkles, such as crow's feet and laughter lines. This treatment is a non-invasive, needle free alternative to collagen injections and dermal fillers that will instantly plump fine lines and wrinkles from the very first treatment.

## **CACI LIP BOOSTER**

15 MINUTES £25

Enhance your pout with CACI's Wrinkle Comb. Designed to give you fuller, plumper lips and soften top lip lines, this quick fix treatment will have your pout party ready in no time. CACI Skin Confidence (30 minutes) Designed to soften and refine the appearance of stretch marks and scarring, this treatment uses crystal free orbital microdermabrasion together with the regenerating effects of micro-current stimulation and LED light therapy to trigger skin tissue repair and healing.

## **CACI HYDRATONE**

15 MINUTES £25

This treatment is designed to deeply nourish, hydrate and firm the skin. Facial rollers emitting simultaneous microcurrent impulses and LED light therapy are gently massaged over a hydrating gel facial mask. The rejuvenating energy transmitted through the rollers provides immediate and intensive hydration and helps to restore skin firmness, soften fine lines and rejuvenate your skin. Ideal for the treatment of dehydrated or sun damaged skin.

Please note: Express treatments can be performed as either stand alone or as add ons to any of our other caci treatments.

## **ADVANCED TREATMENTS CACI EYE REVIVE**

30 MINUTES £40

COURSE OF TEN £350

Lift and firm muscles around your eye area, particularly where you may tend to lose definition as you age and develop 'hooded eye lids'. This treatment uses serum filled micro-current rollers together with the soothing and calming Eye Revive Mask to reduce puffiness and dark circles, and soften the appearance of fine lines and wrinkles around your eyes.

# CACI

## **CACI ELECTRO CELLULITE MASSAGE**

30 MINUTES £50

COURSE OF TEN £400

Give an instant lift, shape and tone to your buttocks and thigh area. This treatment improves the appearance of cellulite and breaks down fatty deposits. It stimulates circulation and lymphatic drainage, which will help to flush toxins away giving a smoother and tighter, dimple free appearance. This treatment is ideal for pre-holiday body blitz.

## **CACI JOWL LIFT**

25 MINUTES £40

COURSE OF TEN £350

Target muscle laxity around the jawline using S.P.E.D®Dual Action Technology, which harnesses the power of LED light therapy at the same time as using CACI microcurrent. This treatment will lift and firm your muscles and redefine facial contours to give a firmer, more toned appearance. Ideal for women wanting to improve the appearance of sagging jowls and for men who desire a more chiselled jawline.

Please note: Advanced treatments can be performed as either stand alone or as add ons to any of our other treatments.

## **FAQS**

### **HOW MANY TREATMENTS SHOULD I HAVE?**

Although a remarkable difference is seen after the first treatment, the benefits are cumulative and typically a course of 10-15 treatments will be required for optimum results.

### **WHAT HAPPENS AFTER I HAVE FINISHED A COURSE OF TREATMENTS?**

After a course of treatments you will see real improvements in how your skin looks and feels. Your facial contours will look lifted and toned with a fresher, more youthful appearance. A monthly top up treatment is then recommended to maintain results.



# CACI

# Dermalux®

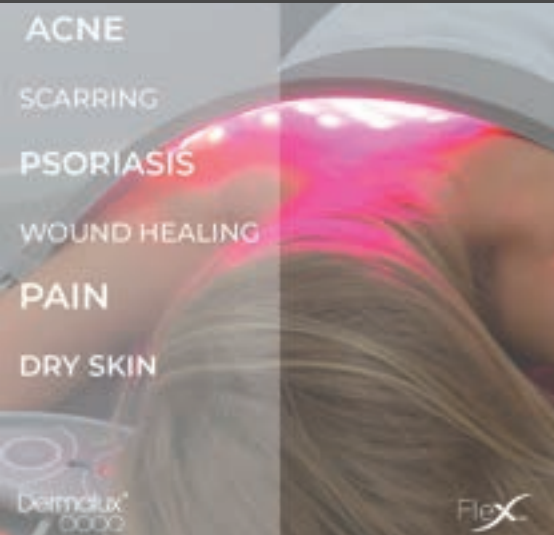
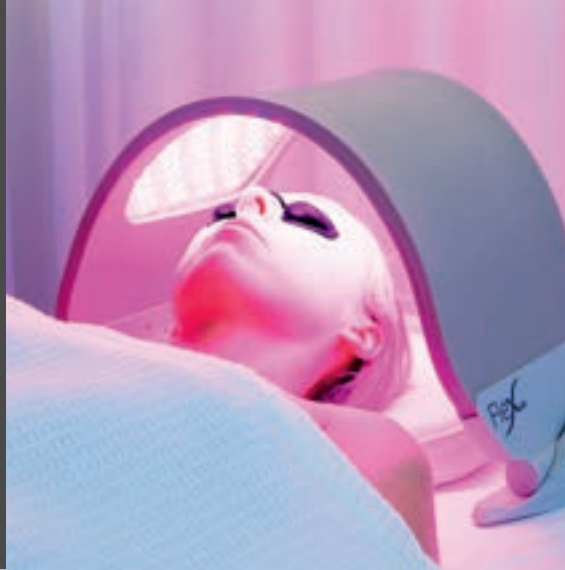
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## DERMALUX

ADD TO ANY TREATMENT FOR £20

STAND ALONE £35

COURSE OF SIX £180



Dermalux LED Phototherapy is a non-invasive treatment that uses clinically proven therapeutic light energy to trigger the skins natural rejuvenation and repair processes without pain or downtime. From the first treatment, Dermalux instantly boosts the complexion to restore vitality and glow.

Dermalux LED can be used to treat a range of skin complaints, including sun damage, acne, rosacea, eczema, psoriasis and scarring, amongst other conditions. The type of light, and to what level it is required, used in the Dermalux LED treatment must be completely personalised to you.

Dermalux uses unique combinations of clinically proven Blue, Red and Near Infrared wavelengths to boost collagen production, increase hydration, calm redness and irritation and blitz blemish causing bacteria.



### ESSENTIAL PRESCRIPTIVE FACIAL £45

1 HOUR

Universal treatments for all skin types. These facials are personalised and tailored to accommodate the needs of your skin. Includes professional skin diagnosis, deep cleansing, ampoule, massage and mask. These are ideal facials to introduce your skin to the unadulterated pure and active products within the Pevonia line.

### SPECIALITY HIGH PERFORMANCE FACIALS

#### ANTI-FREE RADICAL FACIAL £50

75 MINS

Repair your skin while deeply nourishing and replenishing the complexion from the harsh effects of free-radical damage. This effective clay thermal mask warms, encouraging the absorption of vitamins into your skin, then cools to seal the rejuvenating benefits. Your complexion feels deeply hydrated with improved texture and refined pores.

#### PLANTOMER MASK TREATMENT £55

75 MINS

This highly effective, soothing treatment calms redness and alleviates irritated or sensitive skin. A healing propolis ampoule is applied to desensitise the skin's surface and strengthen capillaries. A cooling lift-off mask is then applied to seal in the benefits.

#### ESSENTIAL DEEP CLEANSING FACIAL £40

1 HOUR

This purifying treatment consists of steaming, exfoliation, and an intense deeper cleansing of clogged pores. The skin is gently massaged, then your ideal therapist selected mask is applied. Beneficial for all skin types.

#### COLLAGEN POLYPEPTIDES WITH MYOXY-CAVIAR £55

75 MINS

Recommended for all skin types with wrinkles, lack of lustre, tendency toward dryness and deep dehydration. Results for every skin type.

### PLANTOMER MASK TREATMENT £55

1 HOUR

Treat your skin to a smoother texture, minimized wrinkles, and a brightened complexion with the YouthRenew™ HydraGlow Peel. Using pure, natural lactic acid, this gentle peel unveils wonderfully hydrated and plump skin with a radiant, healthy glow.

**FOR OPTIMUM RESULTS: 3-6 PEEL SERIES.**

#### LUMAFIRM BODY FIRM & GLOW £60

75 MINS

Firm, glow, and go! Feel confident looking your very best with the lumafirm® Firm & Glow Body Wrap. Enriched with an exclusive combination of anti-ageing extracts, the latest in peptides, and an amazing liposomic technology, you will be looking youthfully radiant from head to toe. Deeply repairing, smoothing, and de-ageing, this wrap leaves every inch of skin velvety soft while rendering your body visibly rejuvenated, instantly firmer, and more toned.

#### CELLS PHYTO ELITE INTENSIVE BODY CONTOURING WRAP £55

75 MINS

An exquisite 3-in-1 exfoliating, contouring, and regenerating wellness experience. This results driven breakthrough therapy features a duo-dermal target repair technology! It infuses your skin with the latest deageing activities and natural argan and comfrey plant stem cells blended with green coffee, avocado, shea butter and other potent ingredients. proven to dissolve unwanted fat and cellulite deposits while reducing skin sagging, and repairing sun damage. This treatment leaves with with an enviously youthful-looking body.



# ELEMIS

LONDON

## RELAXING BODY TREATMENTS

**BACK, NECK & SHOULDER £29**  
30 MINS

**FULL BODY £55**  
60 MINS

### **FREESTYLE DEEP TISSUE MASSAGE 60 MIN £65**

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

### **DEEPER THAN DEEP HOT STONE MASSAGE 60 MIN £65**

Balinese stones bathed in Frangipani Monoi Body Oil are worked deep into the muscles, targeting areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.

### **FRANGIPANI BODY NECTAR NOURISHING WRAP 60 MIN £65**

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic.

### **INTENSELY CLEANSING SALT SCRUB 30 MIN £65**

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

### **PEACEFUL PREGNANCY MASSAGE 60 MIN £65**

This intuitive, restorative and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics are specially selected for optimum wellness and deep calm.

### **ELEMIS BODY SCRUB 45 MINS £65**

Fragranced salt will gently scrub 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.

### **DOUBLE TREATMENT ROOM**

WHY NOT BRING A FRIEND OR LOVED ONE?

**ALL OF OUR FACE AND BODY TREATMENTS CAN BE ENJOYED IN OUR DOUBLE TREATMENT ROOM. PLEASE ASK FOR MORE DETAILS.**

**FOOT & LEG RELIEF £25**  
30 MINS

**LAVA SHELLS £55**  
60 MINS

**HOT STONES £55**  
30 MINS 60 MINS

## NAILS

GEL COLOUR £30  
GEL COLOUR & REMOVAL £34  
BUILDER GEL (BIAB) NO ADDED COLOUR £34  
ADDED GEL (BIAB) COLOUR £39  
FULL SET ACRYLIC £45  
FULL SET OMBRE £49  
ACRYLIC REMOVAL £20  
ACRYLIC INFILLS (2-3 WEEKLY) £40

## LYCON WAXING

FULL LEG £28  
FULL LEG & BIKINI £38  
HALF LEG £19

## HOT WAX & THREADING

HALF LEG & BIKINI £26  
BIKINI LINE £20  
EXTENDED BIKINI £25  
BRAZILIAN £35  
HOLLYWOOD £35  
FULL FACE £25  
LIP & CHIN £20  
LIP, CHIN, EYEBROW SHAPE & TINT £32  
THREADING £12 PER AREA

## EAR PIERCINGS FROM £35

## LVL LASHES

Created exclusively by Nouveau Lashes, LVL enhance is the revolutionary natural lash treatment taking the beauty industry by storm. The treatment straightens your natural eyelashes at the root, so unlike a traditional lash perm it creates the effect of longer, lifted lashes in just 40 minutes. They'll stay that way for six to eight weeks, especially when you nurture your lashes with our exclusive Nouveau Lashes Conditioning Serum.

The results are immediate, plus the added lash tint creates a mascara-type effect so you are always ready to go.

N.B Patch test required 48 hours prior to any LVL Treatment.

SHAPE & POLISH £20  
MANICURE £30  
LUXURY MANICURE £35  
PEDICURE £34  
PEDICURE WITH POLISH £39  
PEDICURE WITH GEL COLOUR £44  
LUXURY PEDICURE £54  
NAIL ART FROM £5  
NAIL REPAIR £5

UNDERARM £12  
FOREARM £20  
LIP OR CHIN £12  
EYEBROW £12  
BACK OR CHEST £25

## EYE TREATMENTS

EYELASH TINT £18  
EYEBROW TINT £15  
EYELASH & EYEBROW TINT £30  
WEEKEND LASHES £25

## BROW LAMINATION

(INCLUDES SHAPE AND TINT) £40

## TANNING

SPRAY TANS £25



## ANTI-WRINKLE

FOREHEAD FROM £95  
1 AREA (EYES OR FROWN) £140  
2 FULL AREAS £200  
3 FULL AREAS £230  
GUMMY SMILE £100  
MASSETER/BRUXISM INJECTIONS £150  
SMOKERS LINES £60  
HYPERHIDROSIS/UNDERARM PERSPIRATION £400

These prices represent a guide as the exact cost will depend on the depth and extent of wrinkles to be treated and upon the filler that is required. A full quote will be given at the consultation before treatment begins providing the client with full control over the costs involved beforehand.

## DERMAL FILLER TREATMENTS

NOSE CORRECTION £280  
CHEEK ENHANCEMENT FROM £280  
LIPS £280  
NASOLABIAL LINES FROM £350  
MARIONETTE LINES FROM £350  
JAWLINE DEFINITION  
2 X 1ML £500  
3 X 1ML £700  
CHIN ENHANCEMENT £200  
SMOKERS LINE FILLER £180  
LIP DISSOLVER £180

## HIFU MACHINE

1 SESSION  
WE RECOMMEND A FULL CONSULTATION BEFORE TREATMENT £395

HIFU stands for 'High Intensity Focused Ultrasound'. This treatment can target various depths of the body's tissue for skin tightening, skin lifting and body contouring. Entirely non-invasive, HIFU machines work by targeting deep layers in the skin – it boosts new collagen production and collagen regeneration right at the source. HIFU is known as the 'Lunchtime Face Lift' as the treatment is quick, very tolerable and has no downtime. Many high profile clinics and top aesthetics doctors offer HIFU as the treatment targets the upper dermis 1.5mm, lower dermis 3.00mm and most importantly the SMAS at 4.5mm.

The SMAS is the layer that sits between your muscle and your fat layer. This SMAS layer is the actual area a plastic surgeon would pull and tighten under a surgical operation using a knife. HIFU targets this layer without any surgical incisions, giving the patient a no-downtime facelift. Which means you can gain excellent results without any risks associated with surgery, such as infection, scarring, swelling etc. Treatments are fast and results can be seen immediately for some patients, depending on the level of laxity your skin has.



# Intravenous Vitamin Therapy

@flowandglowinfusions

B12 1M INJECTION £35

VITAMIN D 1M INJECTION £50

GLUTATHIONE PUSH £75

B-COMPLEX INFUSION £80

VITAMIN C INFUSION £110/£130

CLASSIC MYERS £150

PERFORMANCE BOOST £170

SKIN BRIGHTENER £200

ROYAL FLUSH £250

# BOTANICALS

## Beauty & Wellness

### HOLISTIC THERAPIES

#### THERAPEUTIC BODY MESSAGES

Deep tissue full body 70 mins £55  
Back, neck & shoulder 30 mins £ 30

#### SWEDISH MASSAGE

Full body 60 mins £45  
Back, neck & shoulder 30 mins £30

#### HOT STONE MASSAGE

Full body 70 mins £55  
Back, neck & shoulder 40 mins £40

#### LYMPHATIC DRAINAGE MASSAGE

Full body & facial massage 65 mins £45  
Localised areas (Legs, Arms) 30 mins £30  
Abdominal massage 30 mins £30

#### CUPPING

Full body 60 mins £55  
Back, neck & shoulders 30 mins £35  
Cupping facial with Gua Sha including scalp massage 60 mins £55

#### MEN'S FACIAL

Male facials including hot towels, head shoulder and neck massage 60 mins £50

#### INDIAN HEAD MASSAGE

Head, face neck and shoulder 45 mins £45

#### ADDITIONAL TREATMENTS

Lymphatic full body including facial lymphatic massage 65 mins £50  
Reiki 1 hour £45  
Full body exfoliation with light massage 1 hour & 10 minutes £60

### COLOUR ME BEAUTIFUL

Individual consultation 1 hour & 30 mins £90

#### REFLEXOLOGY

Facial Reflexology plus scalp massage inc. cleanse & mask 1 hour 15 mins £70  
Facial Reflexology including scalp massage 1 hour £55  
Feet Reflexology including organic aromatherapy foot bath 1 hour £50  
Feet Reflexology and scalp massage 1 hour £50  
Feet Reflexology including aromatherapy foot bath 45 mins £40  
Feet and face 1 hour & 10mins £70

#### REFLEXOLOGY

Infertility, pregnancy and labour 1 hour including Foot soak £55  
Reflexology for the Menopause hand, face and organic foot soak 1 hour 15 mins £70  
Hand, face and feet 1.5 hours £90  
12 week menopause programme ~ please enquire

#### ORGANIC FACIALS

Wild Rose rehydrating facial including neck shoulder arm & scalp massage 60 mins £50  
Frankincense anti-ageing facial including neck shoulder arms and feet massage 70 mins £60

#### YOGA FACIAL

Total workout including 15 mins back massage 70 mins £65

#### HOPi CANDLES

with head and facial massage 60 mins £50  
Mother and Baby Time pregnancy massage 1 hour £45  
Individual consultation 1 hour & 30 mins £90

**2 X 30 MINUTE TREATMENTS OF CHOICE £50**

Pure Birkdale

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