



Lavender & Stone
BEAUTY ROOMS

6a and 6b Furlong Road, Bourne End, near Marlow, Bucks SL8 5DG
T: 01628 529688 E info@lavenderandstonebeautyrooms.co.uk
www.lavenderandstonebeautyrooms.co.uk

ALSO AT: 15b The Broadway, Penn Road, New Beaconsfield, Bucks HP9 2PD Tel: 01494 672211
120 Southdown Road, Harpenden, Hertfordshire, AL5 1QQ Tel 01582 462075



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Treatments at Lavender and Stone Beauty Rooms are inspired by our passion for excellence. Our desire is that your experience goes beyond your expectations.



AVAILABLE AT OUR BEACONSFIELD SALON

Pulsar Permanent Hair Reduction

PERMANENT HAIR REDUCTION USING PULSED LIGHT BY PULSAR

The Pulsar multi-function Intense Pulsed Light system is a technological breakthrough that can effectively, and virtually without pain, treat permanent hair reduction, ageing, sun damaged skin, acne and pigmentation.

HOW DOES IT WORK?

The Pulsar I.P.L treatment works on the basis of selective absorption of light by tissue (photothermolysis). It is safe and effective, virtually pain free, is fast and has proven clinical results.

WHAT WILL THE TREATMENT BE LIKE?

The procedure is as follows:

- A trained/clinically certified person will carry out the treatment.
- The area to be treated is prepared.
- A clear, hydro-allergenic gel is applied to cool the skin.
- The pulsar applicator is then applied directly to the skin and the selected area is treated via a series of intense bursts of light. Each burst of light represents a 5cm² treated area.

Please call for a free, no obligation consultation.

ALL PULSAR TREATMENTS ARE AVAILABLE AS COURSES.

Pay for four in advance and receive one treatment free. Most areas are treatable (only popular areas are listed). Always ask for special offers.



Skin Rejuvenation – for face, neck, chest and hands.

Using the latest Pulsar Intense Pulsed Light technology. Pulsar directs well-controlled pulses of light into the upper skin layer to effectively treat acne and prematurely aged and sundamaged skin.

Acne

Acne occurs when the skins natural oil – sebum – is unable to leave the skin because the hair follicle is blocked. This may result in a blackhead, whitehead and can lead to the growth of bacteria under the skin causing inflammation. Pulsar works by reducing the blood supply to the sebaceous gland, which slows down the production of sebum and accelerates the healing process.

30 mins £80.00

Prematurely Aged / Sundamaged Skin

The Pulsar Skin Rejuvenation treatment will treat redness and pigmentation caused by sun-damage, whilst stimulating the body to produce more collagen in both the treated and surrounding areas, softening fine lines, closing dilated pores and improving the tone and texture of the complexion.

1 hour £180.00

**Lavender and Stone
Beauty Rooms is a Care
Quality Commission
Approved Clinic**

AVAILABLE AT OUR BEACONSFIELD SALON

Hair removal – ladies

Permanent hair reduction using Pulsed Light by Pulsar.

Treatment area	Price per treatment	Treatment area	Price per treatment
Sides of face	£80	Bikini	£90 – £130
1/2 of face	£120	Stomach line	£50
3/4 of face	£150	1/2 Arms	£80
Whole face including neck, lips and chin	£175	Full arms	£130
Lip and chin	£80	Lower legs	£175
Upper lip	£45	Upper legs (excluding bikini line)	£200
Chin	£65	Upper legs (including bikini line)	£250
Jaw line	£65	Full legs (excluding bikini line)	£350
Neck	£80	Full legs (including bikini line)	£400
Under arm	£85		

Hair removal – men

Permanent hair reduction using Pulsed Light by Pulsar.

Treatment area	Price per treatment	Treatment area	Price per treatment
Shoulders	£170	Upper arms	£120
Chest	£185	Back of neck	£80
Lower arms	£120	Upper cheeks	£30

Facial Thread Vein removal

Do you have problems with unsightly facial thread veins? Help is at hand with instant results.



PULSAR IPL FACIAL THREAD VEIN TREATMENT

Pulsar IPL offers the perfect solution to broken facial veins. The light is absorbed into the targeted blood vessels causing them to coagulate and break down. There is little or no down time. Typically 3-4 sessions are required.

£90.00

**BOOK NOW
FOR YOUR
FREE NO
OBLIGATION
CONSULTATION**

Caci treatments

Caci Non-surgical face lift

Caci gently helps tighten and tone sagging muscles whilst smoothing the appearance of fine lines and wrinkles, renowned and favoured by celebrities. The dual-tipped probes increase the effect on the muscle producing immediate and dramatic results. This is a pleasant relaxing facial.

1 hour £50.00



Caci De Luxe

A Caci non-surgical face lift with additional time to concentrate on areas of concern. These may be Eyes (laughter lines). Forehead (frown lines). Chin (double chin), we work on the areas you choose.

1 hour 30 mins £70.00

Caci Eye treatment

This Caci treatment is particularly focused on the very fine and delicate skin around the eye area. It gently lifts and smoothes leaving the face looking more relaxed and youthful.

45 mins £40.00

Caci Chromaclear

Phototherapy
microdermo-percussion

The Chromaclear is a revolutionary skin rejuvenation treatment. By propelling perfectly round microspheres onto the skin surface the Chromaclear produces an action that exfoliates the skin tissue leaving behind a complexion with a new found luminosity and youthful vitality. A unique hydrating and smoothing gel mask is then applied to replenish and quench dull dehydrated skin. The use of a blue light, which has anti-bacterial, purifying, soothing and calming effects is applied and promotes a clearer and healthier complexion.

45 mins £45.00

MD Formulations facials.

MD Formulations was the first company to licence and patent glycolic acid based products, as well as being the first to combine glycolic acid with vitamin A to give the ultimate anti-ageing formulation.

Medispa Illuminating facial (sensitive, dull and pigmented skin)

Calms and brightens all skin types. Especially effective for the treatment of pigmentation and uneven skin tone. Anti-oxidants helps combat the signs of ageing and imperfections. £55.00

Medispa Clearing facial (combination, oily and problematic skin)

Clears and clarifies skin impurities to leave the skin feeling clean and refreshed. A unique anti-bacterial action helps diminish breakouts and imperfections whilst rosemary calms inflammation. £55.00

Medispa Hydrating facial (normal and dry skin)

Scientifically proven to instantly restore moisture levels by 700%. Restores balance and comfort to dehydrated, dry skins. £55.00

Anti-ageing facial

This ultimate anti-ageing facial utilises high potency vitamin A to repair and renew damaged skin. The mask diminishes the appearance of fine lines, wrinkles and uneven pigmentation. The skin glows with vitality and youth. £60.00

Glycolic acid peel

A unique treatment which eliminates dead skin build up, pores are deeply cleansed and impurities removed. Ideal for ageing and congested skins. Eases lines, wrinkles, lightens, soothes and repairs. £50.00

Alpha beta facial

An enhanced rejuvenating treatment which swiftly and deeply removes dead skin build up creating optimum skin health very quickly. Particularly good for sun damaged, acne, congested and pigmentation. £53.00

Your skin must be prepared prior to a MD Formulations skin peel. A corrector product must be used at home 2 weeks prior to the treatment. Your therapist will advise you.

Lava Shells

Hot Lava Shell Massage

Relieve the deepest aches and pains, stress and tension with this revolutionary and unique full body massage which uses the natural benefits of heated Tiger Clam Shells from the Tropics. The smooth shells are expertly glided over the body with varying pressures, techniques and precision by the therapist tailored to meet your particular needs. Hydrating oils are used during the treatment to moisturise the skin as the warming energy of the shells helps to revitalise and rebalance the body and mind.

60 mins £60.00
90 mins £80.00

Hot Lava Shell Core Strength

A complete treatment of the back and tummy areas to improve core stability and strength. Ideal for anyone suffering with minor back ache this treatment uses the hot lava shells to massage the tummy and mid to lower back areas working as a natural colonic and relaxant to achieve total body alignment. 45 mins £50.00

Hot Lava Shell Back Treatment

For an intensive back, neck and shoulder treatment this deep tissue massage uses heated lava shells to achieve a firm deep pressure and treat deep rooted muscle problems. The radiating heat from the shells releases tension and leaves you feeling instantly stress free and rejuvenated. 30 mins £40.00

Hot Lava Shell Tummy Treatment

The natural colonic and ideal for anyone suffering from IBS and bloating. This treatment uses the heated lava shells to massage the abdominal area and improve the functioning of the digestive system. The combination of soothing heat and gentle massage stimulates the body's natural systems to effectively eliminate toxins and reduce bloating. This treatment will leave you feeling comfortable, rejuvenated and with the added benefit of a flatter tummy which lasts for days. 15 mins £20.00



Holistic Treatments

Reflexology

A gentle therapeutic pressure point massage applied to the feet. The pressure applied by our therapist's sensitive hands can detect crystalline deposits and blockages along the energy lines, which correspond to imbalances felt within the body. Unblocking these lines restores the balance and promotes self-healing.

1 hour £40.00

Indian head massage

This ancient art of massage is excellent for the relief of chronic neck and shoulder stiffness, eye strain and headaches; it also helps with mental tiredness and improves circulation.

45 mins £35.00

Swedish massage

A massage designed to ease tension, relieve stress and promote a general state of well-being.

Back, neck and shoulder £30.00

Back, neck, shoulder and scalp £38.00

Full body £43.00

Hopi-ear candle therapy

Ear candles, using only natural ingredients, are placed gently into the auditory canal for this pleasant and completely painless treatment. Benefits for those suffering from stress, hayfever, excessive ear wax or sensation of blocked ears, tinnitus, headaches, migraine and sinusitis.

45 mins £35.00



Decleor

Decleor's holistic approach to beauty combines quality and excellence using 100% pure essential oils with natural plant extracts. The face and body skin care products and professional treatments are designed to work in harmony with your lifestyle, relaxing mind and body for the ultimate experience.

Decleor Aroma mosaic facials

Aromaplastie essential
Dehydrated and normal skin 1 hr £45.00

Aromaplastie purify
Combination, oily skin 1 hr £45.00

Aromaplastie nourish
Dry skin 1 hr £45.00

Aromaplastie soothe
Sensitive, touch reactive skin 1 hr £45.00

Aromaplastie lift
Mature skin 1 hr £45.00

Aromaplastie radiance
Dull, lifeless skin 1 hr £45.00

Decleor Aroma Expert facial treatments

Aroma expert essential
This is a must for dehydrated skins. Wild pansy and codium are used to restore and maintain hydration.
1 hour 15 mins £49.00

Aroma expert nourish
Roman chamomile, angelica and geranium are used to calm and comfort stressed irritated skin. The epidermis is soothed and re-balanced leaving the complexion feeling smooth and cool.
1 hour 15 mins £49.00

Aroma expert purify
An intense balancing treatment, using essential oils of ylang ylang and tea tree leaving your skin clearer, more luminous and refined.
1 hour 15 mins £49.00

Aroma expert soothe
This deeply nourishing treatment uses essential oils of rose, neroli and petit-grain to replenish and reinforce the skins barrier function.
1 hour 15 mins £49.00

Aroma expert radiance
This intensive treatment harnesses the benefits of pure vitamin C and the brightening complex to reduce areas of excess pigmentation and brighten the entire complexion.
1 hour 15 mins £49.00

Mini facial
30mins £30.00

Vital eyes
A unique, intensive eye treatment that melts away the feeling of tension. The feeling of puffiness and appearance of dark shadows are reduced and all traces of fatigue are diminished.
45 mins £30.00

Discovery facial
45 mins £35.00

Decleor Aroma Expert Anti Ageing Facial treatments

Aroma expert lift excellence
Treating all stages of ageing including, pigmentation and restoring facial volume.
1 hour 15 mins £54.00

Aroma expert lift experience
Treating the second stages of ageing and wrinkle correction. Creating firmness with extreme radiance.
1 hour 15 mins £52.00

Aroma expert lift expression
The ultimate answer for the first stages of ageing. We use a unique combination of essential oils including iris, jasmine and cinnamon to lift and firm, working specifically on expression lines.
1 hour 15 mins £50.00

Back cleanse
An ideal treatment for problematic skin, but also a lovely treat for this much neglected and hard to reach area. Leaving the skin soft, smooth and revitalised.
45 mins £35.00

Decleor body treatments

Aromassage

The Aromassage by Decleor offers the original sensation of a luscious, enveloping, soothing balm that deliciously diffuses its wonderful aromas. Every bit of tension is eased from your body with this heavenly massage. Choose from Relax, Detox, Flow or Tonic.

1 hour 30 mins £56.00



Aroma Body envelopments

Relax. After a gentle exfoliation, warm aromatic relax balm is smoothed over the entire body followed by a sumptuous creamy mask leaving a soft and silky skin.

Flow. A refreshing and energising treatment to eliminate toxins and remove excess fluid.

Detox. Essential oils and marine algae rich in minerals breakdown fatty deposits, drain toxins and eliminate excess water retention.

Tonic. Instantly increases skins radiance with a unique blend of toning, firming and anti-ageing ingredients. Good in pregnancy after 3 months.

1 hour £48.00

Perfect Slim Effect

This delightful treatment begins with an exfoliation to boost microcirculation and energise the body and mind, followed by a massage including the unique DECLÉOR Back Diagnostic Massage, using the New Slim Effect Draining Massage Balm. The treatment concludes with the application of the New Slim Effect Localised Contouring Gel-Cream, leaving your skin toned, detoxified and significantly smoother.

1 hour 15 mins £50.00

Perfect legs

This treatment is a localised treatment and is recommended as a course of 6-12 treatments. It is brilliant in the summer and is great for refreshing and energising the feet and legs. Includes a foot cleanse, leg exfoliation, massage, mask with cold bandages and foot massage. Also helps with water retention.

45 mins £45.00

Tranquillity Scalp massage

This treatment includes a scalp neck, décolleté, shoulders and head massage, and exfoliation at the end of the treatment the exfoliator is removed by enveloping the head in hot towels.

30 mins £35.00

Perfect Bust, Stomach, Thighs

A localised treatment to either bust, thighs or stomach this treatment leaves the skin feeling firmer and toned. It includes a full body exfoliation, a massage and a sculpting clay mask on the area. At the end of the treatment the appropriate product is applied to the specific area, from the sculpt range, and perfect sculpt applied to rest of the body.

45 mins £45.00

Aroma Back Relief

This relaxing treatment is designed to soothe and relax areas of tension in the back. It includes an exfoliation, massage and hot towels.

30 mins £35.00

Aroma foot and leg relief

Hot towels impregnated with essential oils relax the feet and lower legs before a stimulating warm massage balm is applied with a unique reflex point massage. Circulation is stimulated and excess fluids are dispersed, leaving your feet feeling fresh and light.

30 mins £35.00

Purifying back treatment

A unique diagnostic massage combined with deep cleansing, purifying and balancing essential oils will decongest, hydrate and restore clarity leaving the skin clearer, healthier and brighter.

45 mins £45.00

Decleor body treatments

Sumptuous Mother to be treatment

This treatment focuses on all the areas of tension and neglect from top to toe. This treatment is designed to ensure maximum comfort, care and attention throughout the face and body treatment. This treatment includes effective and wonderfully relaxing rituals, focusing on maintaining suppleness, increasing tranquillity and calmness and rebalancing complexion problems often associated with pregnancy. Includes back massage, leg massage, stomach massage, mask on the stomach, mini facial and treatment to rest of the body using the appropriate products.

1 hour 30 mins £55.00

Madagascar Red Island Ritual

Recover radiance, vitality and soft silky skin with this professional exfoliating treatment using spicy fruit seeds which stimulate and soften the skin. Then relax and enjoy the benefits of a full body massage using the unique Acacia wooden accessory which helps to release all tension.

1 hour £48.00

Sunrise

Face and body self-tanning and skin preparing treatment. Exquisite preparation for the sun. The finishing touch to this essential skin preparing treatment is a professional application of the golden self tan – leaving you positively glowing for any occasion.

1 hour 30 mins £60.00

Sunset

Face and body repairing after-sun treatment. Created to replenish and soothe sun-exposed skin from top-to-toe, this unique treatment will prolong your tan, prevent peeling and saturate your skin with a much needed moisture boost.

1 hour 30 mins £60.00

Lavender and Stone Beauty Rooms signature treatment.

We have created a signature treatment just for Lavender and Stone Beauty Rooms. The treatment commences with a detailed consultation so we tailor the treatment just for you.

This holistic treatment is designed to ease away all of your stress and bring your mind, body and soul back into balance.

It includes a deep relaxing massage and foot ritual with an intense aromatherapy balm and pressure points to relieve tension, also including hot towels. Lava shells will be included.

A prescribed relaxing facial tailored to you, to include a specialised Collagen mask that we offer only in this treatment, to revive your skin and add a lasting glow, followed by a deep scalp massage.

This signature treatment is pure indulgence and lasts for 2 hours 30 minutes.

£120.00



Professional Geleration

The Beauty of Jessica, with the strength of a gel

Geleration gel overlay manicure

Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica's Geleration gel polish.

colour £40.00

french £45.00

Deluxe Geleration gel overlay manicure

Includes the benefits of the luxurious Le Remedi hand treatment. Your hands will be smoother, silkier and firmer. Cuticles will be cared for, nails will be shaped and finished with Jessica's Geleration gel polish.

colour £45.00

french £50.00

Zenspa pedicure with Geleration

A luxurious foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's Geleration gel polish.

colour £40.00

french £45.00

Existing gel removal

Prior to a geleration manicure or pedicure

£10.00

Jessica hand and foot care

Hands

Jessica manicure	60 mins	£25.00
Jessica luxury manicure	75 mins	£30.00
Jessica paraffin manicure	75 mins	£35.00
Jessica shape and varnish	30 mins	£15.00

Feet

Jessica pedicure	60 mins	£30.00
Jessica luxury pedicure	75 mins	£35.00
Jessica paraffin pedicure	75 mins	£40.00
Jessica shape and varnish	30 mins	£15.00

N.B Please remember to pay for your manicure prior to your treatment, to have your keys easily accessible and to allow at least 10 minutes drying time in reception to avoid smudging your freshly polished nails. When having a pedicure please remember to bring open toed shoes for the same reason.

Eye treatments

Eyebrow tint	£8.00
Eyebrow shape/wax	£10.00
Eyelash tint	£14.00
Eyelash and brow tint	£19.00
Eyebrow tint and shape/wax	£16.00

Eyelash perming Creating a natural curl lasting up to 6 weeks.	£34.00
Eyelash extensions	£90.00
Eyelash extension refills	£35.00
Party lashes for one night	£15.00

A patch test must be carried out 24 hours prior to any tint or perming treatment.

Waxing

A fast, efficient and hygienic way of removing unwanted body hair for up to 6 weeks, using a luxury environment friendly cream wax.

½ leg	£17.00	Hollywood Complete hair removal	£40.00
½ leg and bikini	£22.00	Underarms	£10.00
¾ leg	£19.00	Forearms	£15.00
Full leg	£23.00	Lip	£10.00
Full leg and bikini	£29.00	Chin	£10.00
Bikini line	£10.00	Lip and Chin	£15.00
Extended bikini line A little bit more than standard bikini	£17.00	Eyebrows	£10.00
Brazilian Vertical strip, hair is removed from surrounding area.	£30.00		

Electrolysis

A hygienic way of permanently removing unwanted hair, using individually packed sterile needles.

Electrolysis consultation	£18.00
15 mins	£17.00
30 mins	£23.00
Milia removal	£36.00
Red vein treatment	£41.00
Stin tag treatment	£41.00
Mole/wart removal	£41.00

Make-up by Jane Iredale.

Favoured by make-up artists and celebrities alike, the Jane Iredale mineral make-up range uses inert mineral pigments instead of synthetic colours and is also completely free of artificial preservatives, perfumes, fillers or parabens.

The extensive range not only offers staying power and glamour, formulations are as natural as possible and good for your skin too.

Make up application or advice	30 mins	£25.00
Make up lesson	60 mins	£35.00
Bridal make up trial	60 mins	£35.00
Bridal make up	60 mins	£35.00

Ear piercing

The Caflon ear piercing system conforming to E.U standards of health and hygiene, using safe and sterile conditions. £18.00 includes earrings.
Aftercare lotion £4.50



Tanning treatments

The perfect way to achieve a totally natural looking tan. For best results exfoliate prior to any self-tanning treatment. If waxing is required it must be completed at least 24 hours prior to any self-tanning treatment. Please wear loose clothing.

Fake bake spray tan

This is a world famous brand of spray tan and reacts with your skin in such a way that you only turn as brown as you would naturally in the sun – no orange glows here!

15 minutes £20.00

Decleor Tan

This self tanning treatment includes a full body exfoliation and the cream is applied by the therapist.

1 hour £40.00

Prior to any tanning treatment please exfoliate well, but don't apply any moisturiser. Arrive at the salon in loose clothing and loose shoes.

Male grooming

Facial treatments for men.

Express energy treatment.

An express facial treatment, for a burst of energy to the skin.
30 minutes £30.00

Intensive energising face treatment.

The ultimate detoxifying treatment for a clear, pure, fresh skin and a rebalanced, de-stressed complexion, with long lasting results. This also includes the Decleor back diagnostic massage.
1 hour 15 mins £49.00

Body treatments for men.

Intensive energising body treatment.

A revitalising treatment for a pure sensation of energy and deep relaxation.
1 hour £43.00

Purifying back treatment.

45 minutes £35.00

Total body care.

A complete body treatment to include a relaxing full body massage, mini facial and intense scalp massage – to alleviate all the stresses of modern day living.
1 hour 30 mins £56.00

Maintenance

Eyebrow wax	£10.00
Eyebrow tint	£8.00
Manicure	£25.00
Pedicure	£30.00
Chest wax	£26.00
Back wax	£26.00
Chest and back wax	£40.00

Lavender and Stone day packages.

Lavender and Stone offers you the following packages for your enjoyment. Our luxurious treatments are specifically designed to ensure that you get the most from your time at the Beauty Rooms.

Retreat

Designed to totally spoil the body, from relaxation to revitalisation, completing the day with finishing touches.

- Aroma Mosaic facial
- Full body aromassage
- Luxury Le Remedi manicure
- Luxury spa pedicure

Also to include a salad or sandwich with fruit.

£130.00

Revive

Designed to chase away tension and relieve aching, tight muscles. Feed the skin and stimulate the mind.

- Aroma expert facial
- Aroma localised Flow (perfect legs)
- Indian head massage
- Prescriptive manicure

Also to include a salad or sandwich with fruit.

£120.00

Detoxifying treat

This package will help to flush the system, promote lymphatic drainage and eliminate toxins from the body. Will leave you feeling totally refreshed. Add zest and energy to your life.

- Aroma expert purify
- Aroma localized detox (perfect contour)

£70.00

Lavender and Stone express pick me up

Enjoy some wonderful relaxing treatments to rebalance your mind, body and soul.

- Back, neck and shoulder massage
- Mini facial

£50.00

Holiday/bridal package

Get ready for the best days of your life.

- Declor mini facial
- Back cleanse
- Shape and varnish on hands and feet
- Eyelash tint and brow tidy

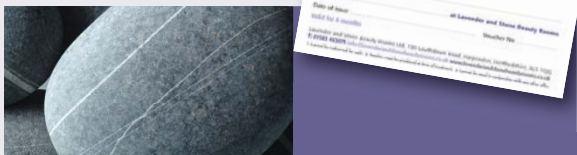
£100.00

To include choice of self tan treatment the following day £130.00



Gift vouchers

Lavender and Stone Beauty Rooms gift vouchers make an excellent gift at any time of year. They are valid for six months. You can purchase over the phone and we will post to you.



Reservations

Please call **01628 529688** or email info@lavenderandstonebeautyrooms.co.uk

You may also check prices, treatments and special offers on the website www.lavenderandstonebeautyrooms.co.uk.

Please note that day packages must be pre-paid in full to confirm the treatments.

Arrival time.

To ensure you receive the full treatment time we recommend you arrive 10 minutes prior to your treatment.

Treatment duration.

All times quoted include consultation, preparation time, treatment and vacation of the room.

Courses

Save **20%** when purchasing a course of any 6 treatments.

Examples:

Jessica prescriptive manicure £25.00
BUY 6 FOR £125.00

**SAVING
£25.00**

½ leg wax £17.00
BUY 6 FOR £85.00

**SAVING
£17.00**

Declor Aromaplastie facial £45.00
BUY 6 FOR £225.00

**SAVING
£45.00**

Back, neck and shoulder massage £30.00
BUY 6 FOR £150.00

**SAVING
£30.00**



Opening times

Monday	9.00am – 6.00pm
Tuesday	9.00am – 8.00pm
Wednesday	9.00am – 8.00pm
Thursday	9.00am – 8.00pm
Friday	9.00am – 6.00pm
Saturday	9.00am – 5.00pm
Sunday	CLOSED

Cancellation policy

A 50% cancellation fee will become payable 24 hours prior and 100% charge if cancelled on the day.

Pre-payment on day packages

This is non-refundable in the event of cancellation. We will however extend an option to change the date and rebook another date when this request is made 7 days prior to your arrival.

Bank holidays

Open on occasions, please check with the salon nearer the time.

Children

Under the age of 14 are not allowed in the salon unless booked in for a treatment.

Mobile phones

For the comfort of other clients we request that you switch off your mobile phone.

Medical information

Please make us aware of any relevant information at the time of booking as some treatments may be unsuitable or require adjusting.