Relaxation Centre

Tel: 01276 33324
www.relaxationcentresandhurst.co.uk
mail@relaxationcentresandhurst.co.uk

313 Yorktown Road, Sandhurst,
Berkshire GU47 0QA
KAESO
Relaxing Facial Range

Express Facial - 30 minutes
£30
A purifying treatment for your skin; double cleanse, toner and exfoliation. Then relax with a cooling mask and enjoy a hand massage while the mask rebalances your skin. Moisturiser and eye cream applied to finish.

Express Steam Facial - 40 minutes
£40
A purifying steam throughout your treatment of double cleanse, toner and exfoliation. Then relax with a cooling mask with cool air and enjoy a hand massage while the mask rebalances your skin. Moisturiser and eye cream applied to finish.

Deluxe Express Facial - 40 minutes
£40
A purifying treatment for your skin, double cleanse, toner, exfoliation and mask. Relax with a shoulder and scalp massage while the mask rebalances your skin. Moisturiser and eye cream applied to finish.

Teen Facial (11yrs - 16yrs) - 45 minutes
£35
This facial includes a steam throughout the double cleanse, toner, exfoliation and extraction. A refreshing mask to soothe and reduce redness will be applied before finishing with moisturiser. All products used will be chosen by the therapist to meet your skin’s needs.

Clean and Pure Facial - 1 hour
£48
A purifying treatment for your skin; double cleanse, toner, exfoliation. Enjoy a shoulder, neck, head and facial massage with tailor made oils to release tension and toxins. Relax further with a cooling mask and enjoy a hand or foot massage while the mask rebalances your skin. Moisturiser and eye cream applied to finish.

Clean and Pure Facial with Express Reflexology - 1 hour 15 minutes
£65
A purifying treatment for your skin; double cleanse, toner, exfoliation. Enjoy a shoulder, neck, head and facial massage with tailor made oils to release tension and toxins. Relax further with a cooling mask and enjoy a hand or foot massage while the mask rebalances your skin. Moisturiser and eye cream applied to finish. Plus enjoy an express relaxing reflexology treatment during your facial for an extra sense of well-being.
Clean and Pure Steam Facial - 1 hour
£53
A purifying treatment for your skin with a steam throughout the deep double cleanse, toner, exfoliate and extraction while a refreshing cool mist will cool your skin. Enjoy a shoulder, neck, head and facial massage to release tension and toxins. Relax further with a cooling mask. Enjoy a hand or foot massage while the mask penetrates your skin. Moisturiser and eye cream applied to finish.

Uplifting Facial - 1 hour
£55
A full facial with gentle pressure movements using aromatic oils to help enhance your skin tone. This treatment invigorates and refreshes facial contours by lifting the facial muscles back to where they should be, on most occasions showing immediate lifting results. It may also relieve stress.

Ultimate Indulgence - 1 hour 30 minutes
£75
Whether you have health or medical conditions or just want to relax, the massage throughout the whole facial is aimed at total relaxation with the use of hot and cold stones to stimulate and refresh the skin. This facial is a custom made treatment to enjoy with any needs with the use of aromatherapy oils mixed during your appointment. Enjoy the silky smooth application of cleansing, toning and mask products with brushes and their removal with hot towels. During your treatment you will also receive a hand and foot massage while your mask is on. Moisturiser and eye cream are applied to complete facial.

Ultimate Indulgence Facial with Reflexology - 1 hour 30 minutes
£85
Whether you have health or medical conditions or just want to relax, the massage throughout the whole facial is aimed at total relaxation with the use of hot and cold stones to stimulate and refresh the skin. This facial is a custom made treatment to enjoy with any needs with the use of aromatherapy oils mixed during your appointment. Enjoy an express relaxing reflexology treatment during your facial for an extra sense of well-being. Moisturiser and eye cream are applied to complete facial.

Ultimate Indulgence with Hopi Ear Candles – 1 hour 30 minutes
£85
Whether you have health or medical conditions or just want to relax, the massage throughout the whole facial is aimed at total relaxation with the use of hot and cold stones to stimulate and refresh the skin. This facial is a custom made treatment to enjoy with any needs with the use of aromatherapy oils mixed during your appointment. Enjoy the silky smooth application of cleansing, toning and mask products with brushes and their removal with hot towels. During your treatment you will also receive an express relaxing reflexology treatment during your facial for an extra sense of well-being as we work on your sinuses. Moisturiser and eye cream are applied to complete facial.
SMART MESOTHERAPY FACIALS
SmartMeso is a non-invasive and pain free breakthrough in transdermal technology delivering serums full of vitamins and nutrients deep into your skin via 25 individual hollow micro tips. Thus creating optimum effectiveness resulting in faster and improved results for rejuvenated, hydrated and healthier, firmer smoother skin. This is further enhanced with electroporation technology for deep dermal penetration of serums.

Benefits:
Dramatically hydrates the skin.
Stimulates collagen.
Improves the skin absorption by 84%.
Non-invasive and pain free.

Hyaluronic Acid & Vitamin C Smart Messo Facial
Single £80
£400 course of 6
Skin rejuvenating, anti-wrinkle and anti-ageing. Perfect for all skin types and the under 30’s. Our go to Smart Meso facial full of vitamins.

Dermaheal Smart Meso Stem Cell Skin Regenerating Facial
ONE Session per week
Course of 3 £495
Course of 5 £740
Reduces or prevents fine lines and wrinkles with newly generated skin cells. Strengthens skin elasticity by inducing the synthesis of collagen, elastin and other ECMs (Extra Cellular Matrix). Hydrates dehydrated dry skin and helps to maintain the optimum moisture balance.

Dermaheal SR Facial
Single £125
£625 course of 6
Skin rejuvenating, anti-wrinkle and anti-ageing. Perfect for all skin types and the under 30’s.

Dermaheal HSR with 1% Hyaluronic Acid & Vitamins Facial
Single £150
£750 course of 6
Skin rejuvenating, anti-wrinkle, anti-ageing and instant hydration (moisturization). Our go to facial for the discerning over 30’s.

Dermaheal Brightening Facial
Single £125
£625 course of 6
Anti-pigmentation and skin brightening.

Dermaheal Stem Cell – Anti-Hair Loss, Hair Regain
£500 course of 5
One to two sessions per week recommended.
Moisturizes, nourishes and improves the hair and scalp condition. Promotes blood circulation in the scalp and revitalizes hair follicles. Induces hair growth by increasing the size of hair follicle and stops hair loss.

Full details available on our website.
ALUMIER MD
Alumier MD peels are a form of chemical exfoliations infused with unique ingredients designed to target your skin concerns whilst resulting in a stronger healthier appearance. All AlumierMD treatments begin with a purifying cleanse to remove all environment impurities from the skin and a wipe with balancing solution to fully prep the skin ready for treatment. A mask to suit your needs and desired outcome will start your treatments.

AlumierMD basic resurfacing or deep moisturising treatment £40
AlumierMD introductory peel
Light depth sole target peel.

AlumierMD enhanced peel treatment £80
A multi-layer/treatment peel with a leave on treatment will be applied to further enhance your light depth peel.
Post Procedure Kit is recommended; Cleanser, Recovery Balm & SPF £15

Glow peel
A glow is a combination of lactic acid, salicylic and resorcinol, which creates a multi-purpose resurfacing treatment with minimal down time, that pulls active ingredients deeper into your skin resulting in strengthening your skin cell structure whilst helping to curb your imperfections. Traditionally known as a half Jessner peel, a light to medium depth multi-layer peel.
Post Procedure Kit is included; Cleanser, Recovery Balm & SPF

Your therapist will choose from the following to compliment your peel:
Vit a
A pure retinol and lactic acid treatment to reduce fine lines, wrinkles and age spots, as well as resurfacing the skin resulting in smoother touch.

Detox Clear
An antibacterial skin clearing, and healing solution formed of lactic and salicylic acid to reduce acne, minimise pores, lifts ingrown hairs and strengthen skin cells.

Radiant 20/10
A resurfacing multipurpose peel treating acne, hyperpigmentation, uneven skin tone, congestion, open pores and oiliness whilst leaving you with a radiant glow.

Radiant 30
A multifunctional peel to target fine lines, wrinkles, sun damage and discoloration leaving you with younger, plumper looking skin.

See our website for further information and before and after images.
ANTI-AGEING TREATMENTS

Non-Surgical Face Lift
With the combination of faradic and micro current our machine can get to every muscle in the face. Giving you the results you crave without having to going under the knife. This treatment lifts, re-shapes, defines and irons the face. Let us treat you to a FREE 15 minute eye lift to prove how fantastic this machine truly is.
- Lift and Tuck - 45 minutes £48
- Lift & Tuck Maintenance - 30 minutes £44
- Course of 6 over 3 weeks £250
- Course of 12 over 6 weeks £475

Micro-Dermabrasion
Our machine isn’t like others, it does more wonderful things to unwanted imperfections. It can be used on both the body and face by controlling the vacuum suction, grains, pressure and suitable interchangeable heads. Any area or skin condition can be treated; eczema, pigment, exfoliation, scarring, stretch marks, congested pores, lines and wrinkles, and even rosacea.
- T-Zone Dermabrasion £25 Add on to a facial £10
- Basic Dermabrasion £35 Add on to a facial £15
- Organic Skin Polish £40 Add on to a facial £18
- Combined Dermabrasion & Polish £45 Add on to a facial £22

The Ultimate Quick Fix - 1 hour £60
Two passes of the face and neck with micro crystals to smooth followed by our non-surgical face lift using the latest technology to lift and sculpt, firming your muscles and skin. **

LED Light Therapy - 30 minutes £35 Add on to a facial £15
A relaxing and effective facial through massage with a hand held light to increase blood circulation and cell growth to strengthen and rejuvenate the skin by light therapy.

** NB. Please leave a minimum of 2 weeks after a dermabrasion/peel treatment, before going on holiday to the sun. Avoid extreme heat and exercise for 48 hours after treatment.
LASER SKIN REJUVENATION
In most cases a course of treatments will be required to gain results following your thorough consultation and patch test. Pricing will be different for every client due to type, size or complexity of area requiring treatment and/or combinations required to gain your outcome. A rough idea can be given prior to consultation, however, a true figure can be given at the consultation.

Benefits:
Thread Veins.
Spider Veins.
Pigmentation.
Non-Surgical Face Lift.
Age Spots.
Rosacea.
Acne.

Consultation/Patch Test
All new clients to laser rejuvenation will require a thorough consultation to confirm suitability for this treatment. A discrete patch test will also be performed for those suitable, before any treatments commence. Ideally arrive with clean skin to ensure we have more time to discuss your requirements. Your therapist will be able to advise of the best course of treatments to improve your skin.

Photo Rejuvenation Facial – from £75
This gentle treatment uses laser to stimulate the skin cells to start producing skin-tautening collagen and elastin again in the deeper layers of the dermis. You can expect such results as a healthier, younger and fresh-looking complexion. Photo rejuvenation can aid the removal of: signs of sun damage, premature ageing, restoring the natural shine, vibrancy whilst ironing lines and wrinkles. Photo rejuvenation can be done as a standalone treatment or combined with microdermabrasion, LED and AlumierMD skin treatments for added benefits.

Photo Face & Neck Rejuvenation
from £95

Photo Face, Neck & Décolletage Rejuvenation
from £125
A|C|C|O|R® PLASMA PEN
A treatment with the A|C|C|O|R® Cosmetic Corrector is the gentle alternative to skin tightening surgery. The combination of plasma and LF+ technology, currently makes the plasma pen unique, world-wide. This is an especially gentle and low-pain procedure which achieves incredible, permanent results - immediately with rapid healing. Additionally, due to continued tightening after the treatment, we see vast further improvements.

Benefits:
Skin tightening: upper and lower eye lids, soft facelift, throat and tummy lift.
Reduction of wrinkles and uneven surfaces: e.g. perioral wrinkles, worry lines, nasolabial folds, forehead
Reduction of unsightly pigmentation: e.g. age/sun spots, liver spots and moles.
Scar reduction/improvement.
Removal or correction of semi-permanent make-up.
Removal of skin tags.
Removal of small tattoos.
Removal of Verruca.

Eye Lid Lift* from £250
Lower Eye Lift* from £175
Crows Feet* from £100
Frown Lines* from £125
Glabella* from £100
Skin Tag Removal from £25
Pigment Removal from £25
Consultation (refundable on treatment) £20

Patch test* required 2 weeks prior to treatments, with the exception of certain areas being treated. Some treatments can be combined, pricing available at consultation.

Many other areas can be treated on the body; hands, tummy, arms etc. Please ask for further details.

See before and after photos on our website.
LIFTING WITHOUT SURGERY

NOT ALL PLASMA PENS ARE THE SAME

Visit our website for more information:
www.relaxationcentresandhurst.co.uk
LASER HAIR REMOVAL – SHR technology

_How long does the treatment take?_
Depending on the size of the area to be treated, the time varies from 5 to 30 minutes: Up to 3 x faster than traditional laser or IPL.

_What is Laser Hair removal with S.H.R.?_
Super Hair Removal is the latest laser technology for the removal of unwanted hair. Safe and can be pain free, an S.H.R. treatment gently heats up the target hair follicle to cause terminal damage and prevent hair re-growth. Super fast and efficient, an S.H.R. treatment is concluded in a matter of minutes. Most areas are treated using a sweeping action with the applicator repeatedly over the treatment area ensuring full coverage while simultaneously cooling the skin surface - preventing superficial burns and allowing for a pain-free, yet highly effective and fast hair removal.

_Who is it Suitable for?_
All Skin Types. S.H.R. is the safest hair reduction option for dark skinned clients and most effective option for fair haired clients, even if you have a tan, so hair can be treated all year round.

_Laser Consultations_ £20
A thorough medical consultation including a test treatment including the procedure explained to you in detail and agree a personal treatment plan right for you. Refundable on the purchase of a course of 6 sessions within 7 days.

<table>
<thead>
<tr>
<th>Individual</th>
<th>Starter course of 6</th>
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<tbody>
<tr>
<td>Micro</td>
<td>£22</td>
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<tr>
<td>Small</td>
<td>£45</td>
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<tr>
<td>Medium</td>
<td>£70</td>
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<tr>
<td>Large</td>
<td>£110</td>
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<tr>
<td>Sml, Med &amp; Lrg</td>
<td>£200</td>
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<tr>
<td>Med, Med &amp; Sml</td>
<td>£160</td>
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<tr>
<td>Lrg, Lrg &amp; Sml</td>
<td>£240</td>
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<tr>
<td>Add Micro to a package</td>
<td>£20</td>
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</tbody>
</table>
LADIES WAXING

Waxing is a very effective method of hair removal because it removes hair from the root, so hair grows back slower and finer in contrast to shaving. We use the top hot waxes on the market, for all intimate, facial and under arm waxing without an extra charge. This ensures a quick comfortable and thorough wax. Our roller wax is used for larger areas and is quick and efficient. For best results wax every 4 weeks and exfoliate and moisturise between waxes. Please ensure your hair is at least 5mm long for best results.

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Leg (£2 off with bikini wax)</td>
<td>£18</td>
</tr>
<tr>
<td>¾ leg (£3 off with bikini wax)</td>
<td>£20</td>
</tr>
<tr>
<td>Full leg (£5 off with bikini wax)</td>
<td>£27</td>
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<tr>
<td>Standard bikini</td>
<td>£12</td>
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<tr>
<td>Extended bikini</td>
<td>£15</td>
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<tr>
<td>G-String bikini</td>
<td>£18</td>
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<tr>
<td>Brazilian bikini</td>
<td>£26</td>
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<tr>
<td>Brazilian extended (down leg and/or buttocks)</td>
<td>£32</td>
</tr>
<tr>
<td>Hollywood bikini</td>
<td>£30</td>
</tr>
<tr>
<td>Hollywood extended (down leg and/or buttocks)</td>
<td>£35</td>
</tr>
<tr>
<td>Underarm</td>
<td>£12</td>
</tr>
<tr>
<td>Forearm</td>
<td>£18</td>
</tr>
<tr>
<td>Full arm / hand</td>
<td>£25</td>
</tr>
<tr>
<td>Eyebrows (£8 with another wax)</td>
<td>£10</td>
</tr>
<tr>
<td>Lip</td>
<td>£8</td>
</tr>
<tr>
<td>Lip &amp; eyebrows</td>
<td>£16</td>
</tr>
<tr>
<td>Chin</td>
<td>£8</td>
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<tr>
<td>Chin &amp; eyebrows</td>
<td>£16</td>
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<tr>
<td>Lip &amp; chin</td>
<td>£14</td>
</tr>
<tr>
<td>Lip, chin &amp; eyebrows</td>
<td>£20</td>
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<tr>
<td>Under 15s ½ leg</td>
<td>£12</td>
</tr>
<tr>
<td>Under 15s underarm</td>
<td>£8</td>
</tr>
<tr>
<td>Wax Combination - 1 hour</td>
<td>£60</td>
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</tbody>
</table>

No sunbeds, exercise or exposure to extreme heats for 24 hours after waxing.

BODY TREATMENTS

**Back Bliss - 1 hour**  
£44
This is a back treatment, which is generally the hardest area to reach ourselves, in this treatment you can expect a cleanse, buff, steam (if needed), extraction, all topped off with a massage using jojoba oil with lavender and tea tree essential oils.

**Body Scrub & Moisturise - 30 minutes**  
£30
A body buff, scrub using sea salt and aromatherapy oils, hot towel removal finished with warmed moisturiser, all on a heated couch.

**Posh Wash - 1 hour**  
£44
A body buff, scrub using sea salt and aromatherapy oils, hot towel removal finished with warmed moisturiser, all on a heated couch. We will even encase your hands and feet in paraffin wax.
MASSAGE
Massage is a way to relieve mental and physical stress from work or home, a time to relax and forget about all the other things around you. Massage is a great stress-busting method whilst rewarding for your physical body and also your health. It improves health by acting directly on the body’s muscular nervous, circulatory and immune systems.

Best for: aiding relaxation, releasing tense muscles, reducing stress, relieving physical discomfort or pain, improving circulation and immune system functionality, relaxing the mind, improving blood flow and increasing the overall feeling of well-being.

<table>
<thead>
<tr>
<th>Swedish Massage</th>
<th>Deep Tissue</th>
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<tbody>
<tr>
<td>Back, Neck and Shoulders - 30 minutes</td>
<td>£30</td>
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<tr>
<td>Full Body - 1 hour</td>
<td>£44</td>
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Aromatherapy Massage
Aromatherapy is a holistic treatment, restoring balance to mind and body, as well as its specific use in treating a wide range of symptoms. Essential oils are pure, concentrated plant extracts obtained specifically for their fragrance and therapeutic value and blended with base oil to create a tailored oil to suit your personal requirements. It can be comforting and soothing or stimulating and energising, helping to let go of toxins from the body.

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<tbody>
<tr>
<td>Back, Neck and Shoulders - 30 minutes</td>
<td>£36</td>
</tr>
<tr>
<td>BNS with Hot Stones - 30 minutes</td>
<td>£40</td>
</tr>
<tr>
<td>Full Body - 1 hour</td>
<td>£49</td>
</tr>
<tr>
<td>Full Body with Hot Stones - 1 hour</td>
<td>£55</td>
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</tbody>
</table>

Hot Stone Massage
Hot stone massage is a fabulously relaxing and intense massage that uses smooth, heated volcanic stones. It is a deeply soothing, relaxing form of massage using a combination of hands warmed from the stones and volcanic stones which are then placed around the body as they cool. The added heat helps release tight muscles as the heat penetrates deeper into the muscle tissue.

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<tbody>
<tr>
<td>Back, Neck and Shoulder - 30 minutes</td>
<td>£38</td>
</tr>
<tr>
<td>Full Body - 1 hour</td>
<td>£52</td>
</tr>
<tr>
<td>Full Body - 1 hour 30 minutes</td>
<td>£55</td>
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</tbody>
</table>

Pregnancy Massage - from 30 minutes from £33
A gentle massage to relieve those aches and revitalise those tired muscles whilst pregnant. Your therapist will massage the areas that need attention eg: legs, back, bump, shoulders.

Custom Massages
If you require a combination of massages, a massage for two as a special treat or maybe it is just your legs that are aching and need some TLC. Chat to our therapists and they will book appropriate time and create the perfect solution for you.

Massage Booking Information: Please note our times noted are approximate for your actual massage, we automatically add an additional 15 minutes on to enable you to undress/dress and relax. To further tailor your massage, please advise at time of booking if you will require a deeper massage to enable us to allocate the appropriate therapist. Our full body massages are approximately 20 minutes on the back, if you require longer it will be classed as a custom massage and will be charged appropriately.

Should you have a medical condition, please do make us aware of this at the time of booking as some conditions may prevent us from massaging you.
REFLEXOLOGY
Reflexology - 45 minutes
Reflexology is a gentle and effective therapeutic treatment applied to the feet. Considered to be a holistic technique, reflexology aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit. It is based on the belief that there are reflex areas on the feet corresponding to all the parts of the body including major organs. The therapist stimulates and works these organs and systems through the reflexes, applying pressure to the feet with thumb and fingers or specialised reflexology tools.

Reflexology Express - 30 minutes
An introduction to reflexology and how it works within your body’s needs. Great for a pick me up for when you are too short for time to indulge in an in depth treatment.

Head to the Clouds - 30 minutes
A head, shoulder and neck massage. To simulate, manipulate, soothe and relax.

Lymphatic Drainage Massage - 30 minutes  £30
Lymphatic drainage massage uses very light pressure combined with soft pumping movements in the direction of the lymph nodes to boost the immune system. As well as helping the body ward off illness, treatment can assist general feelings of health and vitality. It also has a positive physical effect, improving the appearance of the skin and reducing puffiness caused by water retention or poor circulation.

Hopi Ear Candles - 45 minutes
A relaxing treatment for adults and children. Ideal when that cold just won’t go or your head feels blocked. A lit ear candle, impregnated with essential oils, is held in your ear and burned down giving a relaxing warmth in your ear. Relax further and enjoy a facial lymphatic drainage which helps to further clear the sinuses.

Back, Neck & Shoulders with Hopi Ear Candles - 1 hour
£49

Back, Neck & Shoulder with Express Facial - 1 hour
£49

Full Body Massage & Express Facial - 1 hour 15 minutes
£65

Head to the Clouds & Express Reflexology - 1 hour
£49

Reflexology & Express Facial - 1 hour
£49
MANICURES & PEDICURES

IBX Nail Treatment - £18
A treatment that penetrates the layers of the nail, which can fuse the upper layers together and add strength to the natural nail. Perfect for weak, thin or damaged nails to encourage healthy growth. Includes file and cuticle tidy.

File & Paint - 20 minutes £18
Nails shaped, hand moisturise followed by a shape and buff of your nails. Painted single colour.

Mini Manicure - 30 minutes £22
Cuticles tidied, nails shaped, hand moisturise followed by a shape and buff of your nails. Painted single colour.

Full Manicure - 45 minutes £28
Nails are shaped and buffed, cuticles soaked, tidied and nourished before exfoliation and a hand massage is given. Painted single colour.

Toenail Trim & File £12

Mini Pedicure - 30 minutes £22 with Gel Polish £38
Foot exfoliation and moisturise followed by a trim and file. Painted single colour.

Full Pedicure - 45 minutes £30 with Gel Polish £42
Hard skin reduced using mechanical file, cuticles tended, toenail trim and file. A foot and calf massage. Painted single colour.

Footlogix Pediceutical - 45 minutes £40 with Gel Polish £50
Footlogix® is the world’s first and only PEDICEUTICAL® Foot Care line. Made with pharmaceutical grade scientifically formulated active ingredients that penetrate deeper into troubled skin of the feet. Footlogix has been clinically proven to help many conditions. Prescribed home care available to purchase. Painted single colour.

French Finish extra £2

Add Paraffin Wax £8

Mechanical Hard Skin Removal £10
Removal of hard skin with a rotary mechanical device followed by a moisturiser.
NAIL ENHANCEMENTS

Your natural nail condition is our priority that is why we only use a top quality products. We will recommend a solution for your nails to suit their condition and your lifestyle even if this means declining treatment to your nails. Our gel nails may be dearer than your walk-in high street nail bars, but we do care about your nail condition and long term you will save money as our hard gel infills are less frequent with our reliable hard gel, usually around 4-6 weeks. Some therapists are trained in using a professional efile to debulk the hard gel. Best for: Bitten, weak or ridged nails or those wishing to have lovely nails with minimal effort. Most robust of our nail treatments.

**Hard Gel**
- Full set with tips - natural, painted or French finish: £48
- Gel to natural nail: £38
- Full Infill finished with gel polish or French finish: £40
- Blend & finish with French or gel polish: £34
- Hard gel removal with nail care and paint or IBX treatment: £20

It is imperative that your gel is removed correctly as damage to the nail bed may occur if the gel is picked off as it can remove the natural nail with it. Nails will be treated and painted. We only remove gel put on by ourselves.

**Gel Polish**
Shellac, Artistic or Gel Bottle polish for fingers and toes. High gloss finish that is immediately dry lasting for at least 14 days, most client’s polish can last around 4 weeks. Includes nail shape, cuticle tidy and preparation of fingers or toes.

<table>
<thead>
<tr>
<th>Service</th>
<th>No Removal</th>
<th>With Removal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single colour</td>
<td>£28</td>
<td>£30</td>
</tr>
<tr>
<td>French finish</td>
<td>£31</td>
<td>£33</td>
</tr>
<tr>
<td>Add Strengthening layer BIAB</td>
<td>£2</td>
<td></td>
</tr>
<tr>
<td>Add IBX treatment</td>
<td>£5</td>
<td></td>
</tr>
<tr>
<td>Designs/crystals (per nail)</td>
<td>from 50p</td>
<td></td>
</tr>
<tr>
<td>In salon removal with IBX treatment</td>
<td>£18</td>
<td></td>
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<tr>
<td>Removal with file and buff</td>
<td>£10</td>
<td></td>
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<tr>
<td>Take home kits for removal available</td>
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**Nail Emergencies**
All nail repairs will be charged at £5 per nail after 48 hours of application.
EYE TREATMENTS
Getting your eyebrows in great shape with a wax and tint to define your face. Not only for holidays when you can swim without worrying about pencil, mascara or your lashes running, you can wake up looking gorgeous every day.

Eye lash tint * £16
Eye lash and eyebrow tint * £19
Eyebrow tint * £9
Eyebrow wax £10
Eyebrow tint and wax * £16
Eye lash tint, eyebrow tint and wax * £25

Eyelash Extensions *
Semi-permanent lash extensions that give longer, thicker, very natural looking lashes. Soft and curved, just like natural lashes and applied individually for a striking and defined result. Keep your lashes full or further enhance fullness with a fill within 3 weeks.

Eyelash Extensions - Full Set before 4pm £45
Eyelash Extensions - Full Set after 4pm - approx. 35 lashes per eye £55

Eyelash Infills - 20 mins fill + prep & finish £25
Eyelash Infills - 30 mins fill + prep & finish £35
Eyelash Extension removal £10

ELLEEBANA lash lifts *
Lusciously lifted lashes in the blink of an eye! This treatment creates the illusion of longer looking lashes, opening the eyes and enhancing the natural look. Suitable for short or long eyelashes with lasting sumptuous effect.

Lift only £35
Lift & tint £45

* Patch test required a minimum of 48 hours prior to treatment.
MALE TREATMENTS
All our male intimate waxing is done by trained professionals using Perron Rigot wax, offering a high level of comfort as the wax literally shrink wraps around the hairs. All our prices are flexible and depend on the amount of hair to be removed and should be used as a guide only. Your therapist can advise you at your appointment of the exact cost dependant on how much hair you wish to be removed. We can wax any hairs away, just ask if it is not listed, legs, arms, toes, even your full body!

Preparation for Intimate Waxing
Please shower before your appointment and, if possible, gently exfoliate the areas you are having waxed for a few days beforehand. This helps to remove any dead skin cells and lifts the hair for better results. Do not shave or use hair removal creams on the area for at least 3 weeks prior to your appointment, as hair needs to be a minimum of 5mm long in order to wax successfully. If you are already getting waxed on a regular basis you will need to leave at least 4 weeks between treatments.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ears, nose &amp; brows</td>
<td>£16</td>
</tr>
<tr>
<td>Back &amp; shoulders</td>
<td>£30</td>
</tr>
<tr>
<td>Hollywood from</td>
<td>£40</td>
</tr>
<tr>
<td>Back</td>
<td>£25</td>
</tr>
<tr>
<td>Full leg</td>
<td>£25</td>
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<tr>
<td>Chest</td>
<td>£25</td>
</tr>
<tr>
<td>Brazilian from</td>
<td>£35</td>
</tr>
<tr>
<td>Nostrils or ears</td>
<td>£8</td>
</tr>
<tr>
<td>Shoulders</td>
<td>£18</td>
</tr>
<tr>
<td>Buttocks &amp; crack</td>
<td>£25</td>
</tr>
</tbody>
</table>

Full body wax available priced on time required and areas to treat.

Gents Manicure - 30 minutes £22
Hand exfoliation, moisturise, cuticles are tended to followed by a file and buff.

Gents Pedicure - 45 minutes £28
Foot exfoliation, hard skin reduced, cuticles tended, toenail trim and file with a foot massage to finish.

FACIALS - see main section as all are suitable.
ANTI-AGEING TREATMENTS - see main section as all are suitable.
MASSAGE - see main section.

NB. A back, neck & shoulder massage is the only option for first time gentlemen to salon. Thank you for your understanding.
What our customers say...

“What wonderful experience I have had. Sharon who did my treatment is amazing. My feet were so so bad and she has fixed them thank you so much and I will warn you now as the terminator said “I will be back”.  
Julie W

“Lovely friendly staff and at every massage I nearly always fall asleep best place ever and amazing prices for the treatments you get.  
Katie K

“Excellent and a very friendly professional service, thank you Tasha for my treatment highly recommend.  
Shabana R

“The girls here have just saved my holiday after a disastrous visit to another beautician. Trust me ladies never move away from Sharon and Tasha. They are great.  
Julie M
PACKAGES

Mum to Be Package - 2 hours £80
30 Minute pregnancy massage, facial massage & hydrating mask with a full pedicure finished with gel polish

Tender Love and Care - 2 hours 30 minutes £100
Full body massage and ultimate indulgence facial

Men's Escape Package - 1 hour 30 minutes - (Standard) £80
Deluxe (includes wax/tidy of brows, ears & nostrils) £90
Relaxing back, neck & shoulder massage, dermabrasion and hydrating mask, file and shape to fingers & toenails.

Teen Pamper Package (11-16 year olds) - 1 hour 30 minutes £60
Steam facial, mini pedicure with Vinylux polish, file and paint to fingers.

Pamper Morning - 2 hours £80
Back, neck and shoulder massage, mini facial, mini manicure, mini pedicure with Vinylux polish. Available Tue-Fri 9am-2pm only.

Pamper Morning - 2 hours (gel finish to both) £100
Back, neck and shoulder massage, mini facial, mini manicure, mini pedicure finished with gel polish to both. Available Tue-Fri 9am-2pm only.

Bridal Get Set 6 Monthly Package £400
1 x Alumier or Mesotherapy Vitamin C Facial with basic dermabrasion one a month for 6 consecutive months in the lead up to your wedding day.

Ultimate Indulgence Facial with Reflexology - 1 hour 30 minutes £85
Ultimate Indulgence with Hopi Ear Candles - 1 hour 30 minutes £85
Back, Neck & Shoulders with Hopi Ear Candles - 1 hour £49
Back, Neck & Shoulder with Express Facial - 1 hour £49
Full Body Massage & Express Facial - 1 hour 15 minutes £65
Head to the Clouds & Express Reflexology - 1 hour £49
Reflexology & Express Facial - 1 hour £49
About Us

All our therapists are fully qualified, insured and trained in the treatments they perform. We always aim to place you with the most skilled therapist for your requested treatments unless a particular therapist is requested.

We have a very flexible approach to almost everything and each therapist may perform treatments differently to another. Priority is that you are getting the treatment your body needs and sometimes your therapist may advise changing your choice to something more appropriate.

We are open to creating treatments for specifically aimed at your needs, so please do ask and I’m certain one of us will be able to create the perfect solution.

General Booking Information

CANCELLING - If you need to cancel your appointment for any reason we request 24 HOURS NOTICE. In the event you need to cancel less than 24 hours before, 50% of the treatment cost will be required or if you miss your appointment, 100% of the treatment cost will be required before your next appointment. A deposit may be required to book appointments exceeding 1 hour duration at busy times. Less than 2 hours or missed appointment 100%.

PHONES - Please ensure your mobile phone is on silent or switched off whilst in the salon.

TIMINGS - All times listed are approximate times and may include client preparation.

CHILDREN - Some treatments may be unsuitable for a child to be present. We offer a relaxing environment and any children bought into the salon would be required to sit quietly during your treatment, due to other relaxing clients being present. It is recommended you find childcare arrangements to ensure you and other clients enjoy their quality time relaxing.

MEDICAL - There are some medical conditions that may prevent some treatments being suitable for you eg pregnancy, cancer, diabetes. If you have a medical condition please do ask a therapist for guidance before your appointment to ensure we help select the right treatments/therapist for you.

CALLING US - As we do not have a dedicated receptionist to keep your costs down, it is necessary for us to use our answer-phone when we are all busy with clients or of course when we are closed. PLEASE do leave a message, we will ring you back as promptly as we can, or please use our online booking system 24 hours a day to book or amend appointments.

Promotions & Reward Scheme

Each month we have a promotion offering a treatment to you at exceptional value. This can be seen online or advertised at the salon. However, if you go online and register your details these will be emailed to you each month. Registered clients will be able to take advantage of appointment filling offers when they are available.

Our reward scheme has seen many clients enjoying free treatments. Just give our recommend a friend card out and when 3 people have had their treatments with us, you will gain whatever your normal treatment is with us FREE!

We even send you an incredible offer in your birthday month.

Gift Vouchers

Need a gift? What better than a gift of time and relaxation for a friend or loved one. We offer vouchers for a specified value, treatment, combination of treatments and some monthly promotions. If you are not able to come into the salon we can take payment over the phone or you can go through our website and pay via PayPal and print/email the voucher or of course we can post the gift voucher directly to you or the lucky recipient.

Come and visit us on Facebook and see what we do and be amongst the first to get the latest offers.

Relaxation Centre

Tel: 01276 33324     www.relaxationcentresandhurst.co.uk
mail@relaxationcentresandhurst.co.uk
313 Yorktown Road, Sandhurst, Berkshire GU47 0QA

‘Like’ us and we will allocate £5 to your account to spend on any full price treatment.