

toning



Advanced treatments using the latest technology for inch loss and body toning has arrived



Now you can slim down, lose weight, rejuvenate, tone and lose inches the easy way whilst lying down and letting the machine do all the hard work for you.

The Benefits you can expect

- Noticeable lifting and toning within first treatment
- Proven average inch loss of 6-11 inches
- Reduction of cellulite
- Decrease in fluid retention
- Improvement of skin tone
- Increase in blood and lymph circulation
- Draining of toxins from tissues
- Acceleration of metabolism
- Increase of physical energy levels

WE OFFER A FREE TRIAL AND CONSULTATION

Promotional offer 12 x 30 minute sessions £120.00 (£10 per 30 min session)

SEE OUR WEBSITE FOR SPECIAL OFFERS*

*conditions apply

beauty

waxing

Full Leg (incl. bikini line)	£26.00
Full Leg Only	£21.00
* Half Leg	£13.00
* Basic Bikini	£10.00
* Underarm	£8.00
* Lip or Chin	£5.00
Eyebrows	£9.00
Forearm	£12.00
Back, Shoulder or Chest	from £20.00
* Wax Package	£34.00

eye definition

Lash & Brow Tint/Brow Wax	£18.00
Lash Tint/Brow Wax	£16.00
Lash & Brow Tint	£14.00
Lash Tint	£9.00
Brow Tint	£7.00
Party Lashes	£16.00

i-Lash

the very latest semi-permanent eyelash extensions that can last up to 2 months

Infill treatments	£60
Eye Lash Perm	£20
	£36

manicures

File and Polish	£16.00
Xpress Manicure and Polish	£20.00
Xpress Manicure French Polish	£22.00

pedicures

File and Polish	£18.00
Xpress Pedicure and Polish	£20.00
Xpress Pedicure French Polish	£25.00

Minx Nail fashion	£25.00
Over 200 different designs, lasting up to 6 weeks	

specialist treatments

Cellulite (Acoustic Wave Therapy) (30 mins) £35.00

Acoustic Wave Therapy has been found to be effective in reducing cellulite. Pressure waves relax the connective tissue which release the dimples of fat producing a smoother surface. Minimum of 6 sessions recommended. Free trial and consultation.

Microdermabrasion (30 mins) £35.00

This treatment offers a safe method of skin resurfacing by gently exfoliating the skin. A progressive treatment for ageing skin, lines & wrinkles, open pores, blackheads, pigmentation marks and blemish scars.

Glycolic/Salicylic Facial Peels (20 mins) £35.00

Glycolic acid works by peeling the dry rough, uppermost layer, leaving skin looking smoother, healthier and younger looking. Deep cleanses and improves acne, reduces lines and wrinkles particularly crows feet. Dramatically lightens pigmentation.

Non Surgical Face Lift (30 mins) £25.00

The Noblesse system provides one of the most advanced treatments to restore and redefine facial muscles. Also lifts and firms the eye area reducing fine lines and deeper wrinkles.

massage

Full Body Massage (1 hour) £45.00

Invigorating massage to release tension and reduce muscular aches and pains. Stimulating, stress relaxation, detoxifying blended oils are used.

Back, Neck and Shoulder Massage (45 mins) £40.00

A deep massage easing any muscular tension and relieving stress, thereby promoting a general state of well-being. Stimulating, stress, relaxation, detoxifying blended oils are used.

make up

Airbase Airbrush Make Up £30.00

Silicone based giving a wonderful natural finish. Fantastic for brides and that special occasion.

Regular Independent Consultations held at the Toning & Beauty Clinic

IPL by Permalase

Intense Pulsar Laser Treatment for hair removal, thread veins etc.
Free trial and consultation every month.

Telephone for next clinic date.

Cosmetic Injectables by Dr Kathleen Long

We have secured the services of Dr Long, an independent Cosmetic Practitioner specialising in injectable treatment for lines, wrinkles.

- Dysport / Botox
- Restalyne
- Perlane
- Radiesse
- Sculptra
- Hydracell / Javederm

Consultation fee £30 deductible from any treatment.

Telephone for next clinic date.



the toning & beauty clinic

- toning & inch loss ■
- i-lash extensions ■
- microdermabrasion ■
- manicures ■
- pedicures ■
- body treatments ■
- waxing ■
- cosmetic clinic ■
- laser clinic ■

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