



TREATMENT MENU

MARY JEFFREY

TREATMENT MENU



For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments.

Combined with their many years of experience as therapists they have seen first-hand how essential oils have effectively enhanced the state of people's physical, mental and emotional well-being. Their renowned and award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.

MASSAGE

THE ULTIMATE AROMATHERAPY EXPERIENCE ^{AA}

Time 90min £70
60min £50
30min £30

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

■ INTENSIVE MUSCLE RELEASE ^{AA}

Time 30 min £35
60 min £55

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory. An intensive massage that works deep into stiff, tight, aching muscles to instantly release pain and tension.

PREGNANCY TREATMENTS

■ ULTIMATE ROSE PREGNANCY MASSAGE ^{AA}

Time 90 min £85
60 min £55
30 min £35 (Back only)

Feel nurtured and supported in a time of constant change.

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

When pregnant we will request written permission from your mid wife prior to treatment. Must be over 14 weeks pregnant, with no pregnancy complication.

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

BODY TREATMENTS

■ THE ULTIMATE DETOX REVIVER ^{AA}

Time 30 min £35
60 min £55

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are dieting, feeling sluggish and lacking energy

The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and diuretic juniper leave you feeling truly revitalised and your skin will appear bright, smooth and silky

The ultimate trilogy of body brushing, exfoliation and mud mask stimulate lymph, remove dead skins cells while re-mineralising the skin. This enables the application of the Revive Body Gel, Revive Body Oil and Revive Body Lotion to penetrate efficiently into the body, resulting in a deeply recharged mind and reenergised body.

Aroma Skin Polish and Aromatherapy Associates Moisture Lock

Time 30 min £35

A relaxing all over exfoliation and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth. A fantastic treatment to improve the skins tone and texture, relieve dryness and is a must as a pre or post holiday treatment to get the skin in top condition.

Body Brush and Aromatherapy Associates Moisture Lock

Time 20 min £25

This treatment will exfoliate the skin leaving it feeling silky smooth. It also speeds up the body's circulation increasing toxin removal. This is a perfect treatment to add on to any of our massage treatments. We finish with a moisturising layer to nourish the skin.

FACIAL TREATMENTS

ESSENTIAL ROSE FACIAL ^{AA}

Time 30 min £30

60 min £50

90 min £ 80

These luxurious facials harness the regenerative properties of rose, to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.

A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage in our 60 and 90 minute treatments will dissolve your stress leaving you floating

■ AGE REPAIR FACIAL ^{AA}

Time 60 min £55
90 min £80

This is natural, highly effective skincare to reduce the signs of ageing without using harsh chemicals.

This repairing and anti-aging facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin. The anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with jojoba beads. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and antioxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For ultimate luxury your scalp is massaged to release stress and tension.

For a firm, plumped and more youthful looking complexion.

WELLBEING TREATMENTS

Forest Therapy

Time 90 min £90

60 min £60

30 min £40

Bring the serenity of nature to your mind, body & skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness & agitation. Forest Therapy's® unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil & grounded.

Commencing with a cleansing, guided inhalation & tension releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally,

restoring tranquillity to the mind with our expert scalp massage and experiential facial including a tension relieving pressure point facial massage.

Relax and Sleep Therapy Treatment

30 min £40

60 min £60

90 min £90

NEW Aromatherapy Associates Massage Treatment The ultimate massage for your best night's sleep. Carefully applied pressures relieve key areas of tension, whilst our award-winning essential oil blend sedates, calms and grounds you to induce a serious state of relaxation.

Body & Face

Time 90 min Inhalation and guided breathing Massage focusses on back, scalp, face, arms, legs and feet. Facial featuring a cleanse, massage and mask applied with brushes.

60 min Inhalation and guided breathing Massage focusses on back, scalp, arms, legs and feet.

30min Inhalation and guided breathing Massage focusses on back

The NEW Relax and Sleep Treatment launching 2020

TRADITIONAL MASSAGE TREATMENTS

Our bespoke back, neck, shoulder and full body massage treatments are an ideal antidote for today's modern lifestyle, just 30 minutes of massage will ease your tensions, reduce pain, reduce stress levels and allow you to relax and enjoy your day. Our trained therapists will tailor the massage using the many different techniques like remedial, Swedish, deep tissue, pressure point, sports and stretching to suit your needs.

Ultimate Full Body Massage including face and scalp **70 mins £46.00**

Relaxing Full Body Massage **60 mins £44.00**

Back, Neck & Shoulder Massage **30 mins £29.00**

Back, Neck & Shoulder Massage **20 mins £26.00** perfect to add before a facial

Hot Stone Treatments

Experience a head to toe treatment you will never forget.

Warm basalt stones are guided by your therapist to melt away stress, tension, aches and pains.

A must for deep muscular tension as one stroke of the stones is equivalent to ten by hand.

Ultimate Full Body Massage with Hot Stones including face and scalp 80 mins £65.00

Ultimate Back, face and scalp treatment with Hot Stones. 80 mins £66.00
(Facial included)

Full Body Massage with Hot Stones 70 mins £55.00

Back, Neck & Shoulder Massage with Hot Stones 40mins £35.00

HOLISTIC TREATMENTS

Indian Head Massage

This Ancient Ayurvedic healing therapy combines various massage techniques and pressure points over the upper back, arms, face and scalp to reduce tightness and muscular tension helping with many ailments like eye strain, headache / migraine and insomnia.

50 mins £42

(First treatment including consultation 60 min)

HOPI EAR CANDLES

Hopi Ear Candling or thermal auricular therapy is a pleasant non-invasive treatment of the ears it can benefit conditions such as compacted ear wax, headaches, tinnitus, vertigo, sinusitis, stress, and helps to regulate pressure in the ears. Includes a pressure point facial massage. Deeply relaxing.

30 mins £30

RELAXING FOOT THERAPY

Foot massage has been around for hundreds of years and spans many cultures. It's frequently been used to improve health and relax the body. We use a variety of techniques including shiatsu and reflexology to the foot this can release energy blockages in the rest of the body. There are many potential benefits to foot massage, it can help to relax the whole body, helping you to sleep better, and leaving you with a rejuvenated energy to bring to your day. Helps with the circulation of blood around the body, promoting cell repair and growth, firm pressure on the solar plexus region of the foot is said to encourage a drop in the body's stress hormone, cortisol and helps to stimulate the body's own healing process.

40 min £40

SKIN CLINIC ADVANCED SKIN TREATMENTS AND PEEL TREATMENTS



AQ Skin Solutions

Using a unique and patented Growth Factor formula, [AQ Skin Solutions](#), founded by Dr. Ahmed Al-Qahtani, is the world's first cosmeceutical brand designed to regenerate, heal wounded and ageing skin tissue.

As a professor, scientist and immunologist Dr. Al-Qahtani began working with the medical application of Growth Factors during his early career and was astounded to discover their extraordinary properties.

At the age of 25 plus, our skin and cellular levels automatically change, which means less fibroblasts are produced – these are responsible for making the body's own growth factors, found in the skin and scalp.

The body's own naturally produced growth factors are used to regulate the cellular renewal and damage repair process of the skin, but as we get older, unavoidable ageing and excessive free radical damage can hinder the body's ability to produce functioning growth factors. This can cause a breakdown in collagen and elastin networks, which will eventually impair growth factor function and permanently reduce their ability to repair and rejuvenate damaged cells. This is where AQ Skin Solutions steps in.

The growth factors used within AQ's cosmeceutical skincare line, have been clinically developed to mimic identical form, the growth factors produced by the body. In essence, they supplement what the body can no longer produce. They stimulate the body's repair and rejuvenation process, effectively enabling the skin to turn back time.

AQ Skin Solutions is the only brand holding two patents involving the use of Growth Factors in tissue regeneration and is further retailed on all seven continents and accredited in over 52 countries.

What is a GFIT Treatment?

A GFIT Treatment - Growth Factor Induced Therapy™ - is the topical delivery system of growth factors to the skin using a dermastamp. After we reach 25 years old, our skin automatically changes which means less fibroblasts cells and it is these cells that produce our growth factors. Skin loses 1% of the number of fibroblast and 1% of its thickness every year. By flooding the system with AQ Growth Factors this reverses this damage and stimulates repair, almost allowing the skin to turn back time.

The AQ DermaStamp is a tool that introduces vertical microscopic channels into the skin by using micro-fine needles that enhances the penetration of therapeutic active ingredients into the skin, we then applying the AQ recovery serum. This in-clinic serum contains the highest concentration of growth factors available within the cosmeceutical market. Its potent formula transforms the skin to a younger state by strengthening the skin's ability to repair the damaged skin cells which causes these noticeable signs of ageing.

Results have shown effective improvement in skin texture, acne, lightening hyper-pigmented skin, reducing scar tissues and fine lines by stimulating the skin to produce new collagen formation, thus revealing a fresher, younger, and more healthy-looking skin. A course of four to six treatments is recommended.

To enhance the treatment results, we would recommend purchasing the Active Serum and/or Eye Serum, which can be used as part of your home care routine.

AQ Skin Solutions is suitable for all skin types and conditions. It can also be used to treat areas of the body.

AQ Skin Solutions GFIT Facial Treatment

Treatment cost £180

course of 3 treatments £450 (£150 each)

course of 6 treatments £780 (£130 each)

Hair Lose/Thinning Products and Treatment

Products

Advanced Hair Complex + was created to address the real issues that cause hair loss and poor hair quality.

Using AQ's patented Growth Factor formula, Advanced Hair Complex + combats both these issues. It works by conditioning the scalp and returning the stem cells that line each hair follicle to their former healthy state.

As we age, hair follicles can become damaged, leading to a loss of growth. Not only does Advanced Hair Complex + give support to these stem cells to encourage regrowth, but it

also increases the circulation of select growth factor proteins found within healthy hair follicles for continued growth and quality. Advanced Hair Complex + allows for a normal hair growth cycle, which in turn leads to improved hair quality.

Advanced Hair Complex + works to

- prevent hair loss
- rejuvenate damaged hair follicles
- improve hair quality and texture
- restore healthy hair growth cycles
- increase circulation and nutrition to the scalp and hair follicles

TREATMENT

The AQ DermaStamp is a tool that introduces vertical microscopic channels into the scalp by using micro-fine needles that enhances the penetration of therapeutic active ingredients into the skin, we then apply the Advance Hair Complex+ serum to the area. The growth factors are delivered deep into the skin to give the optimum results.

This treatment is simple, straightforward and works quickly. Not only that, but it does not cover up the issue of hair loss, it addresses it directly to restore the natural regeneration of strong, healthy hair.

AQ Advance Hair Complex+ GFIT Treatment

Treatment cost £180

Course of 5 treatments £750 (£150. each)

ENVIRON MEDICAL SKINCARE

One of the world's leading medical skin care ranges you will not find on any beauty counters. The formulations and professional treatments are packed with clinically proven active ingredients that dramatically improve and repair photo-damage, problem skin including acne and rosacea, uneven skin tone, pigmentation and ageing skin. Containing high doses of vitamins, A, C and E plus powerful antioxidants, peptides and stimulating growth factors. The Environ range achieves maximum long-term benefits and results

World renowned Plastic & Reconstructive Surgeon and founder of Environ, Dr. Des Fernandes, invented the DF Machine which incorporates the simultaneous use of iontophoresis and sonophoresis to provide the skin with maximum penetration of active ingredients for best possible results.

For the most effective results courses of 6-12 treatments are recommended, a tailor-made regime will be created for you after a thorough consultation.

We also offer consultation with our Environ guru who visits the salon with the renowned Visia Complexion Analysis Machine. Once using Environ, we invite you back to have your skin analysed again and you will see the visible difference environ is making.... the camera never lies!

Environ consultation treatment 30 mins £15
redeemable against any treatment or recommended product

electro-sonic ESSENTIAL TREATMENTS 60 MIN £65.00 90 MIN £80.00

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skincare treatments. Low frequency sonophoresis together with pulsed iontophoresis in combination with Environ's professional skin care products, help deliver more of what skin needs where it needs it most - making a real lasting difference to your skin, for life.

ESSENTIAL YOUTH RESET

Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

ESSENTIAL MOISTURE BOOST

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

ESSENTIAL COMFORT CALM

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

ESSENTIAL RADIANCE REVEAL

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

electro-sonic
FOCUS-ON TREATMENT
30 MIN £40.00

Specially developed to target specific areas using Environ's revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed. Perfect for when time is limited.

FOCUS-ON FROWN treatment

An iconic peptide blend assists in reducing the appearance of expression and frown lines around the eyes and forehead resulting in a more youthful appearance.

FOCUS-ON EYE treatment

Combining our powerful peptide complexes with Hyaluronic Acid, ensures a completely refreshed, hydrated and youthful appearance.

FOCUS-ON TEXTURE treatment

An intensive combination of the three Environ technologies; Dual ELECRO-SONIC, COOL PEEL and MICRO PERFUSION improve the appearance of mild scarring, revealing smoother, evenly textured skin.

FOCUS-ON EVEN TONE treatment

The powerful combination of vitamin A, C and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even-toned, brighter complexion.

FOCUS-ON BODY PROFILE (face & body)

This powerful body sculpting treatment will help you to say goodbye to the "orange peel appearance".

The effective combination of active ingredients with our dual electro-sonic DF technology assist in firming and conditioning, and helps to maintain a smoother, suppler and toned-looking skin. This treatment can also improve the appearance of an unwanted double chin.

electro-sonic
ENVIRON COOL PEEL TREATMENTS
60 MIN
£65

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 skin. Experience a real, lasting difference to skin through beautiful science.

YOUTH RENEW COOL PEEL

This cool peel treatment assists with reducing 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

Designed to gently buff the skin's surface and focus on revitalising dry, tired-looking skin,

revealing a healthy-looking glow. This gentle yet effective peel is suitable to do all year round with no visible peeling.

DEEP CLEANSING COOL PEEL

Environ's interpretation of the classic deep cleanse facial. This unique method of deep cleansing the skin is gentle in exfoliating the skin's surface, yet effective in purifying and assisting to control the appearance of congested, breakout-prone skin. This unique, gentle peel helps to achieve visible improvements, leaving the skin looking radiantly healthy and refreshed.

BRIGHT RECOVERY COOL PEEL

This gentle lactic acid cool peel assists with reducing the appearance of premature ageing, fine lines and uneven toned skin complexion as a result of excessive sun exposure.

BLEMISH CONTROL COOL PEEL

This powerful cool peel therapy assists with the management of blemish prone, distressed skin, by purifying, cleansing and assisting to unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

VIBRANT-C MICRO PEEL

A concentrated, vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy complexion with an even skin tone and texture because vitamin C is essential for the skin to function at its best. Excellent choice for sun-damaged, pigmented and mature skins.

CACI - NON SURGICAL SOLUTIONS

CACI International has paved the way in anti-ageing, skin rejuvenation and problematic skin solutions for over two decades. Our treatments are often described as the 'red-carpet beauty secret' and have attracted an impressive celebrity following including royalty, film stars, super models, beauty editors and make-up artists from around the globe.

We use the latest technological and scientific advancements to offer a range of treatment systems, which have been specifically developed to provide tailored solutions for men and women of all ages and skin types. Our treatment systems are at the forefront of aesthetic treatment technology. The CACI Ultimate system combines microcurrent facial toning with skin exfoliation technology and LED skin rejuvenation, enabling you to achieve beautiful skin without surgery.

"The UK's most effective
Anti-Ageing Treatments"
Professional Beauty Magazine Survey

Treatments

CACI Signature Non-Surgical Facial Toning
(60 minutes) £58

This treatment is a non-invasive facial, using microcurrent impulses. This will lift and tone your facial muscles and neck area, whilst improving skin elasticity and reduces the appearance of fine lines and wrinkles. Firms your face and gives your skin a more youthful, fresh appearance and glow.

CACI Non-Surgical Eye Treatment
(30 Minutes) £33

This treatment is a non-invasive eye treatment, using microcurrent impulses. This will lift and tone your eye muscles and forehead area, whilst improving skin elasticity and reduces the appearance of fine lines and wrinkles. Firms your eye area, removing the tired look.

CACI Ultimate Rejuvenation
(40 minutes) £43

Give your skin the ultimate exfoliation for a brighter and smoother complexion. Dual action crystal free orbital microdermabrasion and LED light therapy is used to exfoliate and stimulate for a clearer complexion. CACI's unique Wrinkle Comb- a non-invasive alternative to Botox and fillers is used to target fine lines and wrinkles to reduce and plump. This facial is then completed with the Hydro Mask to intensively hydrate your skin.

CACI Ultimate Non-Surgical Facial Toning
(90 minutes) £84

This facial combines the CACI Signature Non-Surgical Facial Toning with the CACI Ultimate Rejuvenation treatment. Microcurrent impulses will lift and tone your face muscles and neck area. Your skin is exfoliated and LED light therapy is used to stimulate for a clearer complexion. CACI's Wrinkle Comb is used to target fine lines and wrinkles. To complete this facial the Hydro Mask is used to deliver a surge of intense hydration to rejuvenate your skin.

CACI Skin Calm
(30 minutes) £38

Targets skin prone to breakouts and irritation. This treatment uses LED light therapy that is renowned for its anti-bacterial and anti-inflammatory healing properties, combined with a gel mask to soothe, calm, reduce redness and rehydrate your skin.

Express Treatments

CACI Wrinkle Revolution
(30 minutes) £35

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
(20 minutes) £18

Enhance your pout. 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) £35

Designed to soften and refine the appearance of stretch marks and scarring, this treatment uses advanced skin exfoliation techniques together with the regenerating effects of microcurrent stimulation to trigger skin tissue repair and healing.

CACI Hydratone
(15 minutes) £20

This treatment is designed to deeply nourish, hydrate and firm the skin. Facial rollers emitting microcurrent impulses 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 an add on to any of our other treatments.

Advanced Treatments

CACI Eye Revive
(30 minutes) £40

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 microcurrent 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. **New In 2020**

CACI Electro Cellulite Massage
(30 minutes) £35

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
(15 minutes) £35

Target muscle laxity around the jawline 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 amore chiselled jawline.

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

Consultation Treatment

Try our CACI Ultimate Non-Surgical Facial Toning treatment (90 minutes) at a hugely discounted cost. This allows your therapist to explain every part of the treatment also allowing you to experience the fantastic results. One treatment only per client.

Book in for MJ's consultation treatment and experience the ultimate in anti ageing facials. Special offer on first treatment only 1 hours 30 mins discounted to £44.00.

CACI AMINO-LIFT PEPTIDE (NEW)

This complex delivers clinically effective peptides and amino acids to help improve skin firmness and reduces expression lines and wrinkles. Used during all CACI treatments, home use is recommended to enhance the effects of all CACI treatments. A course of treatment is recommended with CACI treatment to achieve the best results. Generous discounts are available when booking a course.

Enquire in salon

Radio Frequency And Electroporation

This treatment is a lifting /tightening and transdermal delivery system that introduces active formulations into the skin, without breaking the skin as with traditional injections, giving instant and visible results. This is achieved through the unique dual technology (RF + Electroporation) that lifts the skin and pushes nutrients deep into the skin, which would otherwise not be absorbed because of the typology and dimension of their molecules. One of the most advanced non-surgical and non-invasive treatments available in aesthetic therapy; the Dual Injector Pro+ is safe, effective and suitable for all skin types.

What is RF?

Radio Frequency lifting is ideal for non-surgical and non-invasive skin rejuvenation. The radio

waves are effective in fighting against the drooping of the skin. Specifically, RF facilitates the attribution of oxygen in the tissues, activates cell metabolism, contributes to the excretion of catabolic residues and stimulates collagen, elastin and hyaluronic acid formation in the skin. The body's physiological response to the radio waves is progressively and naturally tightened skin.

Indications for RF lifting:

- Sagging facial skin
- Fine lines & wrinkles
- Hyperpigmentation

Results:

- The result is smooth, tightened & lifted skin
- Evens out skin tone & refreshes the complexion
- Greatly reduces fine lines & wrinkles
- Firms sagging skin
- Reduces puffiness around the eye area

What is electroporation?

An electromagnetic pulse temporarily disrupts skin's intercellular electrical connections so that applied therapeutic substances and preparations can be absorbed deep into the skin layers non-invasively. Active substances, like hyaluronic acid, vitamins, antioxidants and other substances can therefore penetrate the skin without the need for traditional injections. As a result, a double effect can be achieved: wrinkle smoothing and skin tightening.

Indications for electroporation:

- Ageing & sagging skin
- Fine lines & wrinkles
- Inflamed skin
- Scaly & dry skin
- Oily skin

Results:

- Skin rejuvenation
- Tighter skin
- Smoothes wrinkles & fine lines
- Minimises the appearance of age spots & Hyperpigmentation



Treatment cost

Deluxe Radio Frequency + Electroporation (including Neck, Peel + Mask)
80 min £85

Radio Frequency + Electroporation including Neck & Peel
60 min £70

Radio Frequency + Electroporation including Neck
50 min £60

Radio Frequency + Electroporation excluding Neck
40 min £50

Add Ons

Peel treatment 10 min

MAKE-UP

Using Jane Iredale Mineral Make-Up.

Known as The Skin Care Make up, the *Jane Iredale* line is so safe and beneficial to use that it is recommended by plastic surgeons and dermatologists throughout the world.

Jane Iredale's Skin Care Makeup combines the most up-to-date colours with skin-care benefits that conventional make up's can only envy:

- Non-comedogenic, will not block pores.
- Virtually no allergy risk. All products have been sensitivity tested.
- Broad-spectrum UVB and UVA protection - up to **SPF 30**.
- Anti-inflammatory helps to calm and soothe irritated skin. (great for acne)
- Water resistant rating by an FDA-approved lab.
- Complete coverage for skin conditions like acne, rosacea and redness following treatments like chemical peels and laser resurfacing.
- Free from talc and parabens.
- Composed of inert minerals that cannot support bacteria.
- Clean. Vegan and cruelty free

Make-up Trial (60 minutes) £36.50

Make-up Application (50 minutes) £32.50

Make-up Lesson (60 minutes) £40.00

Brilliant make-up tips, new look or just to re-energise your make-up routine.

Make-up Trial & Make-up Application £58.00

We will help you to look beautiful on your big day, big event or big night out. This package includes a trial run then application on the day to ensure your make-up for that special day is perfect.

Add Strip Lashes £6.00

Add Individual Lashes £10

KISSED BY MII - PURE NATURAL SPRAY TANNING

Our Kissed by Mii spray tan is the perfect way to create the natural look of summer all year round. Our mineral enriched, odourless formula dries quickly to leave you with flawless, streak-free colour and soft, smooth, skin.

Kissed by Mii spray tan is a professional spray tan that cares for your skin while delivering beautifully flawless golden tan.

Kissed by Mii is not just a spray tan but a whole spray tanning experience, with everything you need to enhance your daily look, helping you feel healthy and truly irresistible all year round with flawless golden tan. Choose from our selection of shades from golden tan tones to deep dark olive tones or try our Express tan which develops in under 3 hours.

Our unique formula contains marine minerals, coral seaweeds and coastal flowers. The key ingredients include sea lavender, which is known for its hydrating and vitamin rich benefits, and Inula flower, which promotes the body's absorption of nutrients, promoting a sumptuously soft skin whilst developing a flawless finish.

Our professionally trained staff will guide you through your spray tanning experience and help you choose the right shade of tan for you. We will give you pre and aftercare tips to help you get the best from your tan.

Full Body **£26.50**

½ Body **£19.50**

Top-It-Up would like to go darker or last longer take advantage of our top up service

Top-up (Within 48 Hours) **£21.00**

KISSED BY MII TOP-TO-TOE MANUAL BRONZING

A luxuriously full body exfoliation & conditioning using Kissed By Mii Seriously Smoothing Exfoliator and Seriously Smoothing Moisturiser followed by your application of Kissed By Mii Tanning Lotion in your chosen shade.

Full Body **60 mins £42.00**

Legs **30 mins £25.00**

Upper Body Including Face **40 mins £31.00**

CALGEL

Proven to be the leading organic and natural nail enhancement product. This unique gel boasts durability, flexibility, strength and protective properties.

Nail Extensions

Full Set of Natural Tip Extension **£45.00**

Full Set of French Tip Extension **£45.00**

Full Set of Clear Tip Extensions & Colour Overlay **£50.00**

Nail Overlays (applied to the natural Nail)

Clear **£37.00**

Coloured **£40.00**

French **£42.00**

Calgel Infill (2-4 weeks)

Clear Infill **£31.50**

Colour Infill **£31.50**

French Infill **£33.00**

Soak off Gel Overlay **£20.00**

Soak off Gel Overlay if reapplying **£10.00**

Soak off Tip Extensions **£20.00**

Soak off Tip Extensions if reapplying **£15.00**

MJ'S NAIL WRAPS

Fun nail wraps are a high performance vinyl film product designed to cover the nail plate. Heat is applied to the individual wraps; this process activates the adhesive on the underside of the wraps are applied to the nail

Toes Express £20.00

Nails must be filed and cuticles pushed back 20 mins

Toe Treatment £26.50

Includes file/cuticles pushed back & foil 40 mins

MJ'S - ROCKS

Swarovski Crystal Pedicure & Manicure

The ultimate glamour treatment for hands and feet, My Swarovski Crystal manicure and pedicure consists of an amazing 400-500 Swarovski crystals individually attached to the nails!

With a choice of colours and styles.

Your sparkle crystal manicure or pedicure is perfect for weddings, parties or just to make your hands and feet feel special. I promise anyone who sees them will be in awe of them!

The ultimate in glamour and luxury. *Lasts 2-3 weeks aftercare advice given.*

Manicure **£50.00**

Pedicure **£55.00**

Feature Nail £10.00

GELERATION GEL POLISH BY JESSICA

A unique gel in a bottle, with patent-pending technology, it is applied like a polish with the durable strength of a gel. If you are looking for a manicure or pedicure that lasts, GELeration is the perfect treatment for you. It does not damage the natural nail and works with your nail to keep it healthy.

The gel polish soaks of in around 30 mins with no harm to the natural nails.

HANDS

Clear Polish - great for nail growth **£32.50**

Colour Polish **£39.00**

French Polish **£39.00**

Clear In Fill **£25.50**

Colour In Fill **£29.00**

With the gel polish we are able to offer one infill on a clear or coloured application to extend your glamorous nails for up to 2 more weeks.

Nail Sculpt or Repair (per nail) **£8.50**

Removal **£20.00**

Removal (if reapplying) **£10.00**

FEET

Clear Polish **£38.50**

Colour Polish **£43.00**

French Polish **£45.50**

Full Zen Spa Pedicure & Geleration Polish Finish **£48.00**

Clear In Fill £30.00

Colour In Fill £33.00

EXPRESS SERVICE *NEW*

Our new service can only be carried out on clients who have their cuticles in excellent condition, whereby no other service other than a gentle pushing back is required. Clients must arrive prompt and without any polish on their nails.

EXPRESS GEL

Hands **30 mins £25.00**

EXPRESS INFILL

Hands **30 mins £25.00**

HANDS AND FEET

Jessica's unique natural nail care philosophy is grounded in the basics – all nails are different, and beautiful hands start with the right foundation. So much more than a lick of paint, a manicure means looking after the health of your hands, nails and cuticles. This, in turn, will give you the perfect canvas to make your nail polish last even longer.

Deluxe Jessica Zen Spa Manicure **£36.50**

Jessica Zen Spa Manicure **£28.50**

Jessica Mini Manicure **£22.50**

Includes shape/cuticles/colour finish 40 mins

Jessica File & Varnish* **£18.00**

Includes shape/colour finish 20 mins

Jessica File & Buff* **£12.50**

Jessica Le Remedi Hand Treatment **£21.00**

Deluxe Jessica Zen Spa Pedicure **£38.50**

Jessica Zen Spa Pedicure **£31.00**

Jessica Mini Pedicure* **£24.00**

Includes file/cuticles/colour finish 40 mins

Jessica Files & Varnish 30 mins* (colour finish) **£20.00**

Jessica Cut And File toes £14.00

Jessica File And Buff Toes £13.00

Application of Nail Gems or Nail Art **£5.50**

Nail Repair (Natural Nail) **£6.00**

**Cuticles must be in good condition to give best results.*

Deluxe & Zen Spa nail treatments also include a nail colour to take home.

Nailtiques is an award winning nail care system proven to deliver strong and healthy nails. Whether you want to maintain your nails or restore weak, brittle and dry nails, Nailtiques' unique protein formula delivers stunning and effective results through working in synergy with the natural nail. Nailtiques manicure and pedicure treatments include the use of heated mittens/booties and an application of the Nailtiques protein formula. A range of home care treatment products can be purchased in the salon for home use. Strong healthy nails do not just happen. They must be carefully taken care of, on a regular basis.

Nailtiques Manicure **£29.50**

Nailtiques Pedicure **£32.50**

Paraffin wax treatments are a luxurious way to soften and moisturise the skin and are offered as a standalone treatment or an optional extra along with a manicure or pedicure. Paraffin wax has been used for its healing properties as far back as Roman times where it was commonly used in massage therapy. Today it is also used as an aid in treating sports injuries, arthritis, eczema, inflammation, psoriasis and stiff or sore joints.

Paraffin Wax Treatment **£30.00**

Add Paraffin Wax to your Manicure or Pedicure **£16.00**

Callus Peel is a luxury, spa foot treatment that removes hard skin leaving your feet feeling soft and revitalised. The treatment is a 30 minute process through four stages: Patch, Wrapping, Removal & Filing and Moisturising.

Callus Peel (30 Mins) **£33.00**

Callus Peel (added to your pedicure) **£19.00**

EAR PIERCING

£35.00

We ensure hygiene and professionalism is the most important part of the treatment. A choice of sterile studs and aftercare solution is included. After care advice is given and must be followed at home.

No children under 7 years of age. Anyone under 16 must be accompanied by a parent or guardian. We use the Caflon piercing system. Your treatment will include a full consultation. Treatment is only carried out by our senior experienced therapists.

EYES

Using a mixture of techniques to suit your needs from waxing, tweezing, threading, perming and tinting. Our brow gurus will transform your look. If you have never had your eyebrows professionally treated you will be amazed at the instant “eye lifting” effect transforming your look.

Dolly Lash Lift / Eye Lash Perm **£29.50**

Give yourself lift, length and volume without the aid of false lashes

Dolly Lash Lift / Eye Lash Perm & Tint **£35.50**

Eye Lash Tint **£14.00**

Eye Brow Tint **£9.00**

Eye Brow Tweeze **£9.50**

Eyebrow Threading **£10.50**

Strip - for evening **£15.50**

Individual - full top lid **£20.50**

Corners - will last 3 days **£15.50**

MJ'S EYELASH EXTENTIONS

We use the best products available to create an amazing full new lash look. Using lashes of various lengths and thickness we can tailor the look to suit your individual needs. We use pharmaceutical grade adhesive which has been tested by physicians to ensure there is no damage done to the natural lashes.

Full Set 60 mins **£60.00**

Half Set 40 mins **£40.00**

Corners 30 mins **£30.00**

Infill 20 mins **£20.50**

Infill 30 mins **£30.50**

*Infill recommended every 3-4 weeks*Lash

Removal (allow 20 mins) **£10.00**

BROW TREATMENTS

ILAH BROWS are precision brows that give you the definition & fullness you always dreamed of.

Treatment consists of detailed consultation, designer stencil, pre pigging/colour wash (exclusive to Ilah), hot waxing, threading, shaping/ trimming/ tweezing, tinting and application of semi-permanent brow powders. Used on The X Factor, The only way is Essex, Top Model, Coronation Street, Hollyoaks. Ilah brows are THE must have brow treatment of the century.

RED CARPET BROWS – THE WORKS

This treatment can last up to 2 weeks on the skin and up to 6 weeks on the brow hair (with correct aftercare/ homecare) The Ultimate treatment for all brow goddesses that are looking for brow perfection.

1st treatment is 60 mins and all follow on treatments are 50 mins. **£26.00**

BROWS TO GO

This treatment threads and shapes the brows, followed by the application of Mineral brow make up that will last for 24 hours. **20 mins £13.50**

COLOUR CORRECTION WORK

LIGHTENING EYEBROWS

Lightens up to 4 shades lighter. Followed by colour wash correction. **50 mins £28.50**

PRE PIGGING EYEBROW

Suitable for blondes and clients who can't hold a darker tint.

This treatment forces the dark colour to last for longer. Tinting can be performed straight after this treatment. **20 mins £12.00**

Henna Brows

Henna brows using Brow Tycoon's Revolutionary colour techniques. Henna brows are a form of eyebrow tinting that is used to stain the skin beneath the brows to create depth and shape. Henna is completely natural, made from plants, meaning it is also suitable for sensitive skins.

Treatment begins with a consultation to allow you to pick a shade of brow tint from the array of colours available. Brow mapping is carried out to ensure perfectly aligned and shaped brows. Colour can last up to two weeks on the skin and up to six weeks on the hairs.

A patch test must be carried out at least 48 hours prior to treatment. Please call the salon or book online prior to your treatment.

Brow lamination

Brow lamination is the must have treatment in brow artistry. This treatment will give you full, fluffy, perfectly formed brows to make you stand out in a crowd. Brow lamination results in a semi-permanent effect similar to a lash lift. Your brows will be lifted and set to achieve the ultimate shape for you. Spaces in brows can also be filled in using this technique.

HAIR REMOVAL

ELECTROLYSIS

Electrolysis is the only medically approved method of permanent hair removal (approved by the British Medical Association). It works by passing a small amount of energy into the hair follicle through a very fine needle. This produces heat, which destroys the cells that produce the hair at the base of the follicle. A course of treatment is necessary.

We provide a free initial consultation with one of our expert therapists who will discuss the two methods Short Wave Diathermy and Blend then put together a treatment course to gain maximum benefit.

Initial Consultation, including patch test **FREE**

Minimum Charge a few hairs **£20.00**

20 Minutes **£23.50**

30 Minutes **£29.00**

30 Minutes plus wax **£36.50**

A course of treatment is recommended to see results. Home care products are essential and available in salon. Detailed aftercare is given and must be practiced.

ADVANCED ELECTROLYSIS

Specialised advanced techniques are used in the removal of milia (white spots), red veins and skin tags. Short Wave Diathermy (or electro-coagulation as it is sometimes called) is a very effective method. A mild anaesthetic cream may be used to numb the area prior to treatment. A healing process then starts, and the final results will be apparent 4 to 6 weeks after treatment. An Initial consultation is free of charge, this allows us to assess the area and put together the most effective treatment plan. Home care is required and available in salon.

Starting From £35

(depending on area and time needed)

*A course of treatments are recommended discounts available when booking a course.
Home care products recommended and available in salon.*

WAXING

We have chosen the best wax products with superior quality ingredients available to provide a smooth clean finish. We are very aware of hygiene in the salon so disposable items are used at every opportunity. We specialise in the Brazilian and Hollywood wax practiced by our most experienced therapists. The wax has Antiseptic properties to promote skin healing and minimise skin reaction. We recommend you book your waxing appointment around once a month to ensure the best results. Aftercare products recommended are available to purchase in salon.

Eyebrow, Top Lip, Chin or Cheeks (1 Area) **£10.00**

Top Lip & Chin (2 Areas) **£14.00**

Eyebrow, Top Lip & Chin (3 Areas) **£19**

Neck & Chin **£15.00**

Full Leg & Bikini **£31.50**

Full Leg & G-String **£34.50**

Full Leg & Brazilian **£40.50**

Full Leg & Hollywood **£42.50**

Full Leg **£25.50**

$\frac{3}{4}$ Leg & Bikini **£26.50**

$\frac{3}{4}$ Leg **£20.50**

$\frac{1}{2}$ Leg **£15.50**

Top Leg & Bikini **£23.50**

Bikini **£12.00**

G-String **£14.50**

Brazilian Bikini **£19.00**

Hollywood **£22.00**

Underarms **£9.00**

Forearms **£15.00**

Full Arms **£20.00**

Back or Chest **£29.00**

HOT WAX There are many advantages to hot waxing compared with the more usual warm waxing. In particular it is a less painful experience, which makes a huge difference for the Brazilian or Hollywood wax. There are also several other advantages over warm wax, including:

- It works well on small patches of strong coarse hair
- The wax gets a better grip of the hair than warm wax
- It does not leave a sticky residue like warm wax
- It is good for removing shorter hairs
- Possibly more suited to those with sensitive skin
- There is less reddening on the skin following waxing

HOT WAX treatments take a little longer to perform. The additional time and the higher cost of the hot wax make hot waxing slightly more expensive than warm waxing.

Hot Wax Eyebrows, Top Lip or Chin 1 area **£10.50**

Hot Wax 2 areas **£15.00**

Hot Wax 3 areas **£20.00**

Hot Wax chin and neck **£16.00**

Hot Wax Nostrils **£18.00**
Hot Wax Ears **£18.00**
Hot wax Bikini £21.00
Hot Wax G-String £27.50
Hot Wax Brazilian **£32.50**
Hot Wax Hollywood **£35.00**
Hot Wax Underarms **£10.50**
Vajazzle **£18.00**

Special packages available. Bridal, holiday, princess parties & hen parties. Enquire in salon for details.

PACKAGES

Teen treats (age 13 to 16)

Teen preen 60 minutes £45

Includes back massage, teen manicure and eyebrow shape.

Teen Chill 30 minutes £ 25

Indulgent stress releasing, sleep enhancing, mind motivating massage

Princess treats (up to age 14)

Jessica manicure £18 (does not include polish to take away)

Jessica Geleration treatment £25

Bespoke Facial treatment £

Make up application £

CANCELLATION POLICY

A **100% charge** will be incurred for any treatment not cancelled at least **24 hours prior** to your scheduled time. Late arrival will shorten your treatment time.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time. Midwives consent is required prior to treatment. Clients must be 14 weeks and over gestation.

GIFT VOUCHERS

An ideal gift for someone special. Please contact the MJ's reservations team for details.

HOMECARE

To continue your salon experience at home, most products used in our treatments are available to purchase at reception.

VALUABLES

Mary Jeffreys accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

LOST PROPERTY

All lost property found on the premises should be handed in at reception.

PRICES

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

Spa Opening Times:

Monday & Tuesday - 9am to 5pm

Wednesday & Thursday - 9am to 8pm

Friday - 9am to 6pm

Saturday - 9am to 5pm

01387 269349

24 Hour Cancellation Policy

We require 24 hours notice for any cancellations or a charge will be applied.

From time to time we can offer Junior/trainee treatments for a reduced cost.

Please enquire within for details.

Like us on Facebook for great special offers!

M Mary Jeffrey Beauty and Spa Therapy

P maryjeffrey_