

## Make-Up

Cleanse and Make-Up .....	£25
Following Facial .....	£15
Make-Up Lesson – 75 mins .....	£30
Discount for retail purchase	
Bridal Make-Up – including trial .....	£55
Wedding Party .....	please enquire
Permanent Make-Up – lasts 3-5 years	
Eye-liner – top or bottom .....	£225
Brows or Lips .....	£350
Body Art – lasts 3-5 years .....	from £60
Refundable consultation .....	£20

## MD Formulations

skin peels and moisture treatments

Alpha Beta Peel .....	£45
Glycolic Peel .....	£40
Treatment Facial .....	£40

## Pamper Days

choose your treatments – we will discount and add refreshments – or choose from –

**Relaxation Package** – total value £145 .....

£110  
*Thermal Body and Facial Foliation*  
*Relaxation Massage*  
*Jessica Manicure and Pedicure with polish*  
*I.d. Bare Escentuals Day Make-Up*  
*Light Lunch*

**Detox Package** – total value £145 .....

£110  
*Spa Find Inchloss Body Wrap inc. Body exfoliation*  
*Jessica Manicure and Pedicure with polish*  
*I.d. Bare Escentuals Day Make-Up*  
*Light Lunch*

## Slimming

body wrap and detox – reduce inches and cellulite

Spa Find Inchloss Body Wrap .....	£50
weekly course of 3 .....	£135
Slimtone .....	£20
twice weekly course of 8 .....	£145
Lymph Drain .....	£30
weekly course of 4 .....	£110
G5 breaks down hard fat .....	£20
twice weekly course of 6 .....	£110

## Spray Tan

exfoliate during the week prior but not on day of spray.  
No moisturiser or deodorant. Loose clothing. Sandals.

Caribbean Body and Facial	
Fair, Medium or Dark .....	£20
Legs only .....	£10

## St. Tropez

manual exfoliation and tanning application

Body and Facial .....	£35
Legs only .....	£20

## Vouchers

Valid for 6 months – no cash refund .....

## Waxing

quick and hygienic hair removal

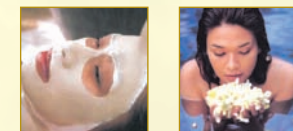
1/2 Leg .....	£14
3/4 Leg .....	£17
Full Leg .....	£20
1/2 Leg and Bikini .....	£19
3/4 Leg and Bikini .....	£22
Full Leg and Bikini .....	£25
1/2 Leg, Bikini and Underarm .....	£26
3/4 Leg, Bikini and Underarm .....	£29
Full Leg, Bikini and Underarm .....	£32
Bikini .....	from £10
Hollywood .....	£20
Brazilian .....	£25
Brazilian Plus .....	£30
Underarm .....	£10
Brow, Lip or Chin .....	£6.95
Lip and Chin .....	£10
Brow, Lip and Chin .....	£16
Forearm .....	£10
Full Arm .....	£12
Chest or Back .....	£17

Courses – 10% off – payable in advance  
Client Loyalty Card – treatments over £20  
24 hour cancellation policy – otherwise 50% charge



# Sanctuary at Southwold

# Health & Beauty



## PRICE • LIST

14 Queen Street, Southwold IP18 6EQ

Tel: 01502 722379

[www.sanctuaryatsouthwold.co.uk](http://www.sanctuaryatsouthwold.co.uk)

## Aromatherapy Body Treatments

relax, soothe, repair, using therapeutic oils

Full Body Massage .....	£40
Relaxation Back Massage .....	£23
Remedial Back Massage .....	£28
Hydrotherm Back Massage .....	£30
Hydrotherm Body Massage .....	£45

## Balinese Treatments

combination of natural scrubs and heavenly massage

Body Scrub – choose from selection .....	£25
Balinese Massage .....	£55
Javanese Lulur – scrub and massage .....	£80
Balinese Boreh – scrub and massage .....	£80

## CACI non-surgical face lift

Ultimate + Hydratone .....	£90
<i>microdermabrasion, LED light therapy, high frequency, microcurrent</i>	
Ultra + Hydratone .....	£90
<i>microcurrent, ultrasound, high frequency, diode photo stimulation</i>	
Non-surgical Facelift .....	£45
<i>microcurrent</i>	
Microdermabrasion .....	£45
<i>orbital microdermabrasion, LED light therapy</i>	
Futur Tec .....	£45
<i>ultrasound, microlase, vaculase</i>	
Quantum Body.....	from £20
<i>slimming, toning, lymph drain, contour</i>	
Quantum non-surgical facelift .....	£45
<i>micromode</i>	
Hydratone.....	£15

## Complementary Therapies

Ayurveda Shirodhara .....	£60
Hopi Ear Candling	
including pressure point massage .....	£27
Indian Head .....	£27
La Stone Massage .....	£65
Reiki .....	£27
Reflexology .....	£27

## Cosmetic Injectable Procedures

Botox, dermal fillers, sculptra, juvaderm .....	from £150
<i>Consultation free of charge with Aesthetic Nurse</i>	

## Dermalogica Facials

award winning skincare

Prescription Facials .....	£40
Express .....	£30
Luxury – including back .....	£50
MicroZone .....	£15

## Dermalogica Thermal Body Therapy

Thermal touch for back purification .....	£30
Mineral salt scrub therapy – 45 mins .....	£30
Body foliation therapy – 45 mins .....	£30
Power recovery therapy – 60 mins .....	£40
Nourishing sea mud therapy – 60 mins .....	£40
Body hydro therapy – 60 mins .....	£40
Deep thermal therapy with thermal stamp – 90 mins .....	£60

## Ear Piercing

piercing is free of charge

Earrings – including after-care solution .....	from £10
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## Electrolysis

medically approved treatment

10 min .....	£10
15 min .....	£15
30 min .....	£25
Mole/Wart Removal .....	from £65
Red/Thread Veins – start at 15 mins .....	£35
Skin Tags – start at 15 mins .....	£40
Refundable consultation .....	£10

## Eye Treatments

Brow Tidy – wax/tweeze .....	£6.95
Brow Tint and Tidy .....	£11
Lash Tint – 1st time tint test 24 hours prior .....	£14
Lash and Brow Tint & Tidy .....	£25
Lash Perm and Tint .....	£40
Lash Extensions .....	£50
Top Up .....	£15
Rejuvenating Eye Treatment .....	£30

## Fingers & Toes

Jessica Manicure – treatment .....	£20
Jessica Manicure – with polish .....	£22
Jessica Manicure – french .....	£24
Jessica Manicure – luxury .....	£32
Overlays/Extensions/Gels/French & Colours ....	£30
Rebalance/Soak off & Tidy .....	£20
Sparkles – each nail .....	£1
Jessica Pedicure – treatment .....	£25
Jessica Pedicure – with polish .....	£28
Jessica Pedicure – french .....	£30
Jessica Pedicure – luxury .....	£38
Sixtus Pedicure – treatment .....	£24
Sixtus Pedicure – with polish .....	£27
Sixtus Pedicure – french .....	£29
Sixtus Pedicure – luxury .....	£37
Nail tidy and repolish – 20 mins .....	£14
Manicure and Pedicure treatment .....	£44
Manicure and Pedicure with polish .....	£49
Manicure and Pedicure – french .....	£52
Manicure and Pedicure – luxury .....	£68

## Guys Grooming

Caci microdermabrasion/FuturTec .....	£45
Dermalogica Facial .....	£35
Hands and Nails .....	£20
Feet and Nails .....	£25
Body Scrub .....	£28
Body Massage .....	£40
Relaxation Back Massage .....	£23
Remedial Back Massage .....	£28
Scrub and Massage .....	£60
Waxing – Back or Chest .....	£17
Eyebrows .....	£6.95

## Home Visit

By arrangement .....	treatment cost plus minimum £6
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