

The Health & Beauty Studio

6 George Street • Glossop
Derbyshire • SK13 8AY

01457 868484

The Health & Beauty Studio

OPENING TIMES

Monday

10.00am - 3.00pm

Tuesday

9.15am - 6.00pm

Wednesday

9.15am - 7.30pm

Thursday

9.15am - 7.30pm

Friday

9.15am - 6.00pm

Saturday

8.30am - 4.30pm

Sunday

Closed

GIFT VOUCHERS AVAILABLE

WELCOME TO

The Health & Beauty Studio.

We offer a wonderful opportunity for you to get away from it all. Just a bit of essential time to indulge yourself from the moment you arrive.

ESPA

bareMinerals®



JESSICA®



nailtiques®



FACIALS

All our facials include a thorough consultation so we can choose the most appropriate products for you.

EXPRESS FACIAL **£28.50**

Designed for someone with little time, or who is new to facials.

REGENERATING & FIRMING EYE TREATMENT **£28.50**

Helps to combat the effects of premature ageing.
Excellent for tired, sensitive or puffy eyes.

AROMATHERAPY FACIAL **£40.00**

Suitable for all skin types.

SKIN RADIANCE **£43.50**

A boost for tired, dull skin using products rich in anti-oxidants. Leaves skin fresher and more radiant.

REHYDRATOR FACIAL **£43.50**

A thirst-quenching facial designed for dry, dehydrated skin.

AGE-DEFYING FACIAL **£45.00**

Designed to help with premature-ageing skin.

LUXURY FACIAL **£50.00**

For a super treat and suitable for all skin types.
A combination of the Aromatherapy Facial and the Regenerating and Firming Eye Treatment.

PRO-FACIAL £50.00

This facial uses the Optimal product range. This treatment includes a cleanse and massage to the hands and arms.

* All of our facials include a scalp massage, except for the Pro-Facial and Express Facial.

BODY TREATMENTS

BACK MASSAGE £26.00

A soothing shoulder, neck and back massage to relieve the stress and tension of everyday life.

FULL BODY MASSAGE £40.00

A relaxing full body massage which helps any muscular aches and pains.

LIFE-SAVING BACK MASSAGE £40.00

This luxurious treatment involves body brushing, deep cleansing and exfoliation, followed by a tension relieving back massage. The treatment is finished with a warm marine mud mask – a 'facial' for the back.

ORIENTAL SCALP MASSAGE £16.00

Deep massage to the neck and shoulders, followed by a scalp massage. Excellent for relieving tension.

BODY POLISH OR SALT & OIL SCRUB £18.00

Ideal as a boost before a holiday to remove dead skin cells. Leaves skin brighter and fresher.

HOT STONE THERAPY

The ancient technique of using hot lava stones with a body massage harmonises, cleanses and relaxes the body at its deepest level.

BACK MASSAGE	£30.00
FULL BODY MASSAGE	£44.00
HOLISTIC BACK, FACE & SCALP	£65.00

WRAPS

All our wrap treatments include skin brushing (excellent for lymphatic drainage), exfoliation and an application of either algae or marine mud. Once wrapped, the Oriental Scalp Massage is carried out.

DETOXIFYING ALGAE WRAP	£50.00
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Excellent for detoxifying the body. Suitable for all skin types.

RESTORATIVE MUD WRAP	£50.00
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The body is wrapped in marine mud – great for problematic skin, and for aches and pains.

DEEPLY NOURISHING BODY WRAP	£50.00
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Excellent for dry, dehydrated skin. Using nourishing oils, marine mud and a deeply hydrating body cream.

* A full body massage can be added to any of the wrap treatments for an additional £30.00.

PREGNANCY TREATMENT

PRE-NATAL TREATMENT £55.00

This total body treatment has been carefully designed for pregnant women and nursing mothers to aid comfort and relaxation.

EXPRESS PRE-NATAL BODY TREATMENT £37.50

Includes mini-back massage, and foot exfoliation and massage. Finishes with an Oriental Scalp Massage.

EXPRESS PRE-NATAL FACE TREATMENT £37.00

Includes mini-facial, and foot exfoliation and massage. Finishes with an Oriental Scalp Massage.

SPECIALIST TREATMENTS

HOLISTIC AROMATHERAPY LUXURY BACK, FACE & SCALP MASSAGE £56.00

The back is cleansed, exfoliated and massaged, followed by an aromatherapy facial, and ends with an Oriental Scalp Massage. A lovely treatment.

RELAXING FACIAL £40.00

A treatment all about relaxation. Receive a deeply relaxing back massage followed by a cleanse and massage to the face, neck and shoulders, finishing with an Oriental Scalp Massage.

MIND, BODY & SOLES **£36.00**

Firstly, your feet are treated to a scrub before being massaged. Moving on to an Oriental Scalp Massage before finishing with a deeply relaxing back massage.

STIMULATING HIP & THIGH TREATMENT **£42.50**

A super treatment to improve the appearance of problematic areas using a combination of massage techniques. For improved results, this treatment is recommended as a course of four treatments over a two week period, then as often as is required.

* Book a course of 4 treatments for the discounted rate of £150.00

REFLEXOLOGY **£28.00**

A pressure point massage on the reflexes of the feet, corresponding to the areas of the body which help to restore balance to both body and mind.

HANDS & FEET TREATMENTS

FILE & POLISH ON FINGERS OR TOES **£14.00**

JESSICA MANICURE WITH HOT MITTS **£26.00**

JESSICA DELUXE MANICURE **£32.50**

Includes a hand cleanse, exfoliation, mask and hot mitts

JESSICA GELERATION NAILS ON FINGERS OR TOES **£25.00**

JESSICA GELERATION NAILS **£33.00**

Soak off and re-apply

JESSICA STANDARD PEDICURE **£32.50**

JESSICA DELUXE PEDICURE **£37.50**

With hot booties

ESPA PEDICURE **£28.00**

BRONZING TREATMENTS

FAKE BAKE SPRAY TAN **£15.00**

BRONZING TREATMENT **£20.00**

(Application only). We advise that your skin is already exfoliated and make-up free prior to your treatment.

FULL BRONZING TREATMENT **£40.00**

Firstly, we cleanse and exfoliate the face, followed by a full exfoliation of the body. We finish with a full application of Fake Bake Lotion.

MAKE-UP USING BARE MINERALS

INSTANT RADIANCE **£18.00**

Make-up application. Ideal for parties and special events. Please arrive make-up free for this treatment.

MAKE-UP LESSON **£35.00**

Tired of doing the same old things? Learn new techniques and try different colours.

* Cost of treatment is redeemable against products

GROOMING TREATMENTS

EYEBROW SHAPE **£7.50**

EYELASH TINT **£10.50**

EYEBROW TINT **£6.50**

**EYE PACKAGE: EYELASH & EYEBROW TINT
& EYEBROW SHAPE** **£21.00**

PARTY LASHES **£25.00**

PARTY LASHES AND EYELASH TINT **£30.00**

* A tint test is required at least 24 hours prior to treatment. Please ask for details when booking.

WAXING

HALF LEG WAX	£15.00
¾ LEG WAX	£18.00
FULL LEG WAX	£23.00
BIKINI WAX FROM	£9.50
LIP/CHIN WAX	£6.50
FULL ARM WAX	£16.50
UNDER ARM WAX	£9.50
BACK WAX	£16.50
FULL LEG & BIKINI WAX	£30.00
FULL LEG, BIKINI & UNDER ARM WAX	£35.00
HALF LEG, BIKINI & UNDER ARM WAX	£30.00

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