

VISAGE

WAXING

Full leg	£28.00
Three Quarter Leg	£24.00
Half Leg	£20.00
*Bikini	£13.00
*Brazilian	£18.50
*Hollywood	£22.50
Full Arm	£20.00
Half Arm	£14.00
Under Arm	£11.00
Upper Lip, Chin, Forehead, Cheeks	£20.50
Any 2 of above	£12.50
Any 1 of above	£7.50
Back or chest	£24.00

* (£6.00 reduction with any leg wax)

HANDS

File and Polish (Hands or Feet)	£19.00
French Polish Add On	£5.00
La Remedi Hand Treatment	£26.00
Luxurious conditioning treatment for the hands. Helps replenish and revitalize the skin, slowing down signs of aging.	
Jessica Standard Manicure	£28.00
Includes Cuticle Work, Massage and File and Polish with Paraffin Wax Treatment	£36.00
Jessica Deluxe Manicure	£37.00
As Standard Plus La Remedi Treatment and Hot Mitts	
Gentleman's Manicure	£21.00
Includes File, Cuticle Work, Massage and Buff	

FEET

Jessica Standard Pedicure	£29.00
Includes Cuticle Work, Exfoliation, Massage, and File and Polish with Paraffin Wax Treatment	£37.00
Jessica Deluxe Pedicure	£38.00
As Standard plus mask and hot mitts	
Gentleman's Pedicure	£22.00
Includes Cuticle Work, Exfoliation, Massage, and File and Buff	
Luxury Recovery Foot Treatment	£42.00
Great for those on their feet all day it includes a cleanse of the feet using ESPA Products, removal of dry skin finishing with a hot stone massage to back of the legs and feet leaving the legs wonderfully refreshed.	
with Polish	£52.00

LASHES AND BROWS

Eye Brow Shape	£10.50
Eye Lash Tint	£13.00
Eye Brow Tint	£10.00
Eye Lash and Brow Tint	£20.00

For your safety, a free patch test is required at least 24hrs prior tinting.

TANNING - ST.TROPEZ

Full Body With Exfoliation	£45.00
Half Body (above waist)	£30.00
Legs only	£25.00
St. Tropez Full Body Mousse	£27.00

A body exfoliation followed by an application of cream Auto-Bronzant to leave you with the richest, most natural looking tan, in the safest and most luxurious way.

When attending for a St. Tropez treatment, it is recommended that you should have loose fitting, dark clothing and flip-flops.

GIFT VOUCHERS

Gift vouchers are available on request and can be redeemed against selected products or services. Vouchers are non-refundable. Specific terms and conditions are applied.

RETAIL PRODUCTS

Items from the acclaimed ESPA International range are available for purchase. We also stock Jessica and St Tropez retail products and those not immediately available can usually be obtained within 24 hours of an order being placed.

SPECIAL OFFERS

Please ask at reception for details of any current special offers and multi-treatment discounts. Student Discounts - A 10% discount on all treatment is available on production of a valid Student Union Card.

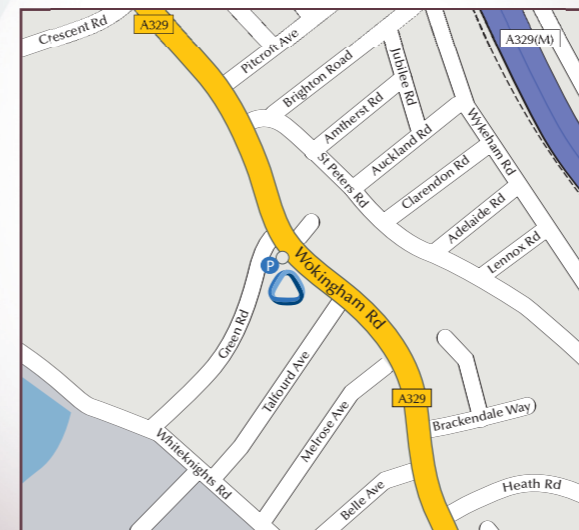
TERMS AND CONDITIONS

Immediate settlement is required on completion of treatment or collection of products. A deposit guarantee may be requested on booking for certain treatments. Payments may be made by cash, cheque or selected credit cards. Unfortunately we are unable to accept credit/debit card payments for amounts under £10.00.

Please note that cancellations will be charged at 50% unless 24 hours' notice is received. Prices listed in this brochure may be subject to alteration without prior notification.



PHYSIOCARE
WELLBEING



PHYSIOCARE EARLEY

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PHYSIOCARE
WELLBEING

VISAGE

Beauty & Wellbeing Centre

Treatments for Men and Women
Helping to combat the stresses of
modern day lifestyles

www.physiocare.co.uk

WELCOME TO WELLBEING AT PHYSIOCARE

Today's hectic lifestyle often finds us neglecting our body and here at Physiocare Body Management we have brought together a range of therapies and treatments designed to achieve and maintain that desired sense of Wellbeing.

Our expert clinicians provide a range of therapeutic treatments for men and women that will leave you relaxed, refreshed and revitalized. We offer a wide variety of facial and body treatments using essential oils and aromatherapy techniques, along with an extensive range of ESPA products and treatments.

A complete range of Massage, Waxing, St Tropez Tanning and Beauty treatments are also available in a comfortable and professional environment.

ESPA ESSENTIAL RANGE

The ESPA range has been carefully selected to combine the therapeutic benefits of spa treatments, aromatherapy and skin care.

ESPA is a range of exceptional products formulated using only natural ingredients from the highest quality organically grown plants, known for their purity, potency and therapeutic qualities.

ESPA ADVANCED CONCEPT RANGE

This advanced range of products is blended specifically for maturing, stressed or distressed skin providing intensive care where and when it is needed.

HOT STONE THERAPY

An additional therapeutic approach to massage, which complements our current ESPA treatments by the use of "Black Basalt" Stones to treat the physical and emotional effects of deep seated tension.

HELPING TO COMBAT THE STRESSES OF MODERN DAY LIFESTYLES

FACIAL TREATMENTS

ESPA Express Facial	30mins	£20.00
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This treatment is ideal as a "quick-fix" for people with busy lives who need to protect and maintain the quality of their skin. It incorporates the essential basics of cleansing, exfoliation, mask application and individually selected moisturiser.

ESPA Aromatherapy Facial	60mins	£38.00
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Suitable for all skin types, this deep cleansing, relaxing aromatherapy facial, purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and Oriental Head Massage to leave the mind clear and the skin radiant and moisturised.

ESPA Rebalancing Facial	60mins	£40.00
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Ideal for oily, congested skin or those suffering from hormonal imbalance. This facial uses products with naturally decongesting and anti-inflammatory ingredients which help soothe the calm and encourage a clear complexion and the specially formulated mask helps speed up the healing process.

ESPA Rehydrator facial	60mins	£40.00
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A deeply hydrating facial suitable for dry, dehydrated and environmentally stressed skin. This treatment will leave your skin exceptionally nourished, soft and smooth. Ideal both before and after exposure to extreme weather conditions.

ESPA Skin Brightener	60mins	£40.00
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A rejuvenating facial for all skin types particularly for dull and lifeless skin caused by stress, illness or lack of sleep. The application of Skin Brightener, encourages cell renewal to even pigmentation and leaves the skin with a smooth and radiant appearance.

ESPA Aromatherapy Luxury Back, Face and Scalp		£48.00
ESPA Essential	85mins	£55.00
ESPA Concept	85mins	£55.00
ESPA Hot Stone	100mins	£65.00

A luxury back treatment to cleanse, exfoliate & massage away stresses & strains of modern day life, followed by an aromatherapy facial tailored to the client's individual needs. The scalp massage complements this perfectly making this treatment the ultimate in relaxation.

ESPA Regenerating Firming Eye Treatment	25mins	£22.00
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This treatment is designed to combat the effects of premature ageing and stress to the eye area and is also of benefit to those who suffer from irritable, puffy or sensitive eyes. A firming, hydrating treatment helps to reduce the appearance of fine lines and protect against environmental damage.

ESPA Regenerating Facial	60mins	£40.00
with Firming Eye Treatment	70mins	£47.00

An intensive boost for maturing, stressed or distressed skin. Products from the ESPA Concept range are included in this facial to give concentrated protection and nourishment. This treatment works particularly well to help combat the signs of premature ageing and environmental stresses. Concentrating on regenerating, firming and nourishing, the facial leaves the skin fresh, revitalised and toned.

BODY TREATMENTS

ESPA Aromatherapy Total Body Care	85mins	£50.00
with Hot Stone Therapy	100mins	£60.00

An all-embracing treatment which incorporates body brushing, deep cleansing back exfoliation and aromatherapy massage plus express ESPA facial. This is an ideal treatment to ease away tension and relieve stress, promoting total relaxation.

ESPA Skin Hydrator Wrap	60mins	£47.00
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A luxurious body treatment for dry, dehydrated or maturing skins. Involving skin brushing, exfoliation and an application of marine mud and deeply nourishing body cream, leaving the skin thoroughly rehydrated and soft to touch.

ESPA Detoxifying Algae Wrap	60mins	£47.00
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This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and use of warm algae rich in minerals and enzymes. Designed to ease away tension, helps boost the metabolism and speed up the elimination of toxins. Includes a scalp massage for total relaxation.

ESPA Restorative Mud Envelopment	60mins	£47.00
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A therapeutic treatment ideal for aches and pains and superficial skin problems using marine mud rich in trace minerals. Includes a full body exfoliation and a deep scalp treatment to help ease tension.

ESPA Full Body Salt and Oil Scrub	25mins	£27.00
with Massage	85mins	£57.00

A wonderful 'wake me up' for the skin. This blend of sea salt and aromatherapy oils help to stimulate circulation and promote cell regeneration, leaving your skin feeling soft and smooth. You can choose from three different blends;
Invigorating - stimulating and revitalising
Relaxing - calming, soothing for the mind
Detoxifying - flushes away toxins, improves cellulite

ESPA Body Polish	25mins	£27.00
with Massage	85mins	£57.00

An exceptional nourishing, exfoliating body treatment designed to regenerate, invigorate, strengthen and cleanse the skin leaving it radiant. Can include an optional body massage.

ESPA Pre-Natal Treatment	70mins	£47.00
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This total body treatment has been carefully designed for those expecting or have just had a baby.

Taking account of all contraindications this treatment avoids the use of essential oils and is a luxurious treat using pink clay mud and various nourishing creams with advanced massage techniques to safe areas.

This treatment improves the elasticity of the skin and creates a sense of total relaxation.

ESPA Hip and Thigh Treatment	55mins	£38.00
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A specialized ESPA treatment to stimulate the circulatory and lymphatic systems. It concentrates on the areas of the body prone to cellulite, fluid retention and uneven skin tone. This treatment includes exfoliation with a special blend of seaweed with salt & oil scrub. This is then followed by a deep detoxifying massage using drainage techniques with the use of essential oils. A course of treatments are recommended to maximize effects.

ESPA life Saving Back Treatment	40mins	£32.00
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A deep cleansing back treatment involving an exfoliation, massage and mask. Finally, to bring this relaxing treatment to a close we finish with an essential moisturising balm.

MASSAGE

Relaxing Scalp Massage	25mins	£24.00
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This treatment is perfect for everyone. It helps to soothe scalp irritation, strengthen, nourish and protect the hair whilst providing protection from the sun, chlorine and environmental pollution.

Swedish Massage		
Back, Neck and Shoulder	30mins	£27.00
Full Body Massage	60mins	£42.00

By using the natural therapy of massage this treatment combats physical and emotional stress while relieving muscle tension. This treatment can be tailored to suit the individual's needs.

Deep Tissue Massage		
Back, Neck and Shoulder	30mins	£29.00
Full Body Massage	60mins	£44.00

Designed to work the whole body, or focus on a localised area of deep seated tension. It is the unique way in which it combines the various benefits to suit the individual which makes it such a versatile and effective treatment.

ESPA Aromatherapy Massage		
Back, Neck and Shoulder	30mins	£30.00
Full Body Massage	60mins	£46.00

Using individually selected blends of aromatherapy oils combined with the natural therapy of massage, this treatment stimulates, calms and balances the mind and body. Helps to relieve stress, muscle tension and restore energy.

ESPA Hot Stone Massage		
Back, Neck and Shoulder	40mins	£37.00
Full Body Massage	75mins	£52.00

The ultimate enhancement to natural massage therapy. Enjoy the therapeutic benefits of a totally relaxing massage. Carefully selected restorative Aromatic oil and Hot Basalt Stone Therapy promote powerful de-stressing benefits, balance and harmony to the mind and body.

BEAUTY TREATMENTS

ESPA Luxury Leg Wax		
Half leg		£26.00
Full Leg		£34.00

An extremely luxurious treatment perfect for everyone, especially those with dry skin. It includes a skin brush and exfoliation prior to waxing, then a refreshing mist of essential oils distillates which will calm and cool. To finish we apply moisturising balm to soothe the skin leaving the legs incredibly smooth and soft.