

BEAUTY TREATMENTS

WAXING

ESPA LUXURY LEG WAX

An extremely luxurious treatment perfect for everyone, especially dry skin types. It includes skin brushing and exfoliation prior to waxing, and to finish, an application of hydrating Essential Moisturising Balm is used to soothe and leave the legs feeling incredibly smooth and soft.

Full Leg	£34.00
Half Leg	£26.00

STANDARD WAXING

Full Leg	£28.00
Full Leg and Bikini	£38.00
Half Leg	£20.00
Half Leg and Bikini	£30.00
Bikini	£13.00
Brazilian (£3.00 reduction with any leg wax)	£20.00
Hollywood (£3.00 reduction with any leg wax)	£24.00
Full Arm	£20.00
Half Arm	£14.00
Under Arm	£11.00
Upper Lip, Chin, Cheeks, Forehead (each)	£11.00
Any 2 of the above	£19.00
Back or Chest	£24.00

HANDS AND FEET

GEleration is a new soak off gel system that has been created by Jessica with the health of the natural nail in mind, offering weak nails the opportunity to grow. The application of GEleration will give you longer lasting nail colour for up to 4 weeks.

File and Polish Standard	£20.00
File and Polish GEleration	£28.00
French Polish add on	£5.00

Jessica Standard Manicure	£28.00
Includes exfoliation, cuticle work, massage, file and polish	
With GEleration	£38.00

Jessica Deluxe Manicure	£37.00
As Standard plus Le Remedi treatment and hot mitts.	
With GEleration	£47.00

Le Remedi Hand Treatment	£26.00
A facial for the hands, helps to replenish and revitalise the skin, slowing down the signs of ageing.	

Gentleman's Manicure	£22.00
Includes file, cuticle work, massage and buffing.	

Jessica Standard Pedicure	£29.00
Includes exfoliation, cuticle work, massage and file and polish.	
With GEleration	£40.00

Jessica Deluxe Pedicure	£38.00
As Standard plus ZenSpa mask and hot booties.	
With GEleration	£48.00

Luxury Recovery Foot Treatment	£42.00
This is a luxurious treatment 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 and mask to the back of the legs and feet leaving both wonderfully refreshed.	

Gentleman's Pedicure	£22.00
Includes exfoliation, cuticle work, massage, file and buff.	
Removal of existing GEleration polish	£10.00
Hands / feet are massaged and cuticles conditioned.	
Prior to manicure / pedicure	£4.00

LASHES AND BROWS

Eye Brow Shape	£12.00
Eye Lash Tint	£15.00
Eye Brow Tint	£11.00
Eye Lash and Brow Tint	£23.00

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

TANNING - St. Tropez

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.

	With exfoliation	Without exfoliation
Full Body	£45.00	£35.00
Half Body (above waist)	£30.00	£22.00
Legs only	£25.00	£17.00

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



GIFT VOUCHERS

Gift vouchers are available and can be redeemed against products or services. Vouchers are non-refundable.

RETAIL PRODUCTS

Items from the ESPA International range, Jessica and St. Tropez are available for purchase.

SPECIAL OFFERS

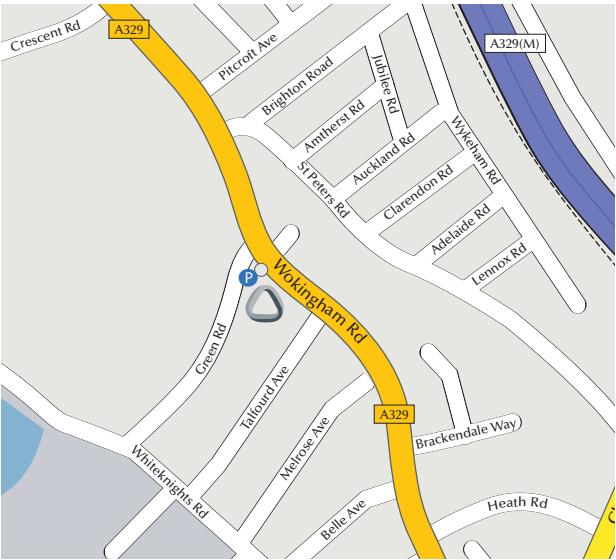
Please ask at reception or see our website for details of any current offers and multi-treatment discounts.

Student discount of 10% on all treatments is available on production of a valid student union card but is not valid in conjunction with any other offer, or on the purchase of products.

TERMS & CONDITIONS

Immediate settlement is required on completion of treatment or collection of products. A booking fee of £25.00 may be requested for certain treatments, which is then redeemable against the treatment price. Payment may be made by cash, cheque or selected credit cards. *We are unable to accept credit/debit card payments for amounts under £10.00.*

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



PHYSIOCARE EARLEY
226 Wokingham Road, Reading,
Berks RG6 1JS
Tel: 0118 966 4585
E-mail: visage@physiocares.co.uk

PHYSIOCARE
VISAGE BEAUTY &
WELLBEING CENTRE

www.physiocare.co.uk

WELCOME

TO WELLBEING AT PHYSIOCARE

BODY MANAGEMENT

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

Our expert clinicians offer a variety of therapeutic treatments for face and body, using essential oils and aromatherapy techniques, including an extensive range of ESPA treatments. In addition, massage, waxing, St. Tropez tanning and Jessica nails are also available.



ESPA 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 AGE-DEFYING LIFT AND FIRM RANGE
This advanced range of products is great 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.

FACIAL TREATMENTS

ESPA Express Facial £24.00
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 Regenerating Firming Eye Treatment £25.00
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, it helps to reduce the appearance of fine lines and protect against environmental damage.

ESPA Aromatherapy Facial £41.00
Suitable for all skin types, this deep cleansing, relaxing aromatherapy facial, purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage and lymph drainage leaving the skin radiant and moisturised.

ESPA Skin Purifying Facial £43.00
Ideal for oily/combo, congested and hormonally imbalanced skin types. This facial helps regulate oil secretions, assists in clearing blemishes and speeds up the healing process. Deep cleansing and purifying, to encourage a clearer complexion.

ESPA Rehydrator Facial £43.00
A deeply hydrating facial suitable for dry, dehydrated and environmentally stressed skin. This facial will leave your skin deeply nourished, soft and smooth.

ESPA Skin Radiance Facial £43.00
Ideal for tired, dull, lifeless skin and areas of uneven pigmentation. This facial helps to improve the texture and appearance of the skin. The AHA's within the Skin Radiance Mask help to brighten the skin and encourage cell renewal.

ESPA Regenerating Facial £44.00
with Firming Eye Treatment £50.00
An intensive boost for maturing, stressed or distressed skin. Concentrating on regenerating, firming and nourishing this facial leaves the skin fresh, revitalised and toned. It works particularly well to help combat the signs of premature ageing and environmental stresses.

ESPA Advanced Age-Defying Facial £57.00
Our most luxurious and relaxing facial. The powerful concentrate of ESPA age defying lift and firm products helps to renew collagen production and enhance cellular renewal.

ESPA Calm and Soothe Facial £43.00
This super active facial helps to cool and comfort sensitive skin that is prone to redness. It contains active ingredients that improve micro-circulation and strengthen capillary walls helping to visibly reduce redness.

ESPA Aromatherapy Luxury Back, Face and Scalp
ESPA Skin Care products £50.00
ESPA Age-Defying products £55.00
with Hot Stone Therapy £65.00

A luxury back treatment involving a deep cleansing exfoliation and a powerful back massage using essential oils, 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.

BODY TREATMENTS

ESPA Aromatherapy Total Body Care
ESPA Skin Care products £50.00
With Hot Stone Therapy £65.00

This indulgent treatment begins with a full body exfoliation, followed by a luxurious body massage using a blend of essential oils chosen to suit individual needs, and finishes with an ESPA Express Facial. An ideal treatment to ease away tension, relieve stress and promote total relaxation.

ESPA Skin Hydrator Body Wrap £48.00
A luxurious treatment for dry, dehydrated or maturing skin. Includes full body exfoliation followed by an application of a marine mud and Deeply Nourishing Body Cream mask, leaving the skin thoroughly rehydrated and soft to the touch.

ESPA Detoxifying Algae Wrap £48.00
A stimulating, detoxifying treatment that helps in the elimination of excess toxins. Includes full body exfoliation followed by an application of warm algae, rich in minerals, which help to firm and tone the skin.

ESPA Restorative Mud Envelopment £48.00
A therapeutic treatment to relieve aches and pains. Includes full body exfoliation followed by an application of warm marine mud, rich in trace minerals, which helps to nourish and hydrate the skin.

ESPA Full Body Salt and Oil Scrub £28.00
with full body massage £58.00
A wonderful 'wake me up' for the skin. This blend of sea salt and aromatherapy oils help to stimulate circulation and promote skin renewal, leaving your skin feeling soft and smooth.

Available in a choice of 3 blends;
Invigorating *stimulating and revitalising*
Relaxing *calming and soothing for the mind*
Detoxifying *flushes away toxins and helps to improve the appearance of cellulite*

ESPA Body Polish £28.00
with full body massage £58.00
An exceptionally nourishing body treatment created to cleanse, invigorate and regenerate the skin leaving it radiant.

ESPA Pre-Natal Treatment £48.00
This luxurious, full body, all embracing treatment involves gentle exfoliation, special massage techniques and the use of the famous Pink Hair and Scalp Mud to care for your skin and help combat the aches and pains of pre and post pregnancy. This total body treatment has been carefully designed for those expecting a baby or who have recently given birth.

ESPA Hip and Thigh Treatment £40.00
A specialised treatment designed to stimulate the circulatory and lymphatic systems. It targets areas of the body prone to cellulite and fluid retention. This treatment includes exfoliation with a special blend of detoxifying seaweed and a chosen salt and oil scrub, followed by a deep massage using essential oils.

ESPA Life Saving Back Treatment £34.00
A deep cleansing treatment involving exfoliation and massage to the back, followed by a mask application and finished by applying hydrating Essential Moisturising Balm.

MASSAGE

Relaxing Scalp Massage 25 mins £25.00
This treatment is perfect for everyone. It helps to soothe scalp irritation, strengthen and nourish the hair whilst helping to protect it from the sun, chlorine and environmental pollution.

Swedish Massage
Back, Neck and Shoulder 30 mins £27.00
Full Body 60 mins £42.00
By using the natural therapy of massage this treatment helps to combat 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 30 mins £29.00
Full Body 60 mins £44.00
This massage helps to release deep seated tension in the muscles. Deep tissue massage techniques help to soothe away the stresses and strains of modern day life.

ESPA Aromatherapy Massage
Back, Neck and Shoulder 30 mins £30.00
Full Body 60 mins £46.00
Using individually selected blends of aromatherapy oils combined with the natural therapy of massage, this treatment helps to relieve stress and muscle tension bringing balance to mind and body.

ESPA Hot Stone Massage
Back, Neck and Shoulder 40 mins £37.00
Full Body 70 mins £52.00
Carefully selected aromatherapy oil and hot basalt stone therapy promote powerful de-stressing benefits, bringing harmony to the mind and body.

