



treatment guide...
Guide

and so
beautiful...



Beauty & Holistic Therapy

a beautiful salon... a beautiful you... by and so beautiful...



Welcome to **and so beautiful...**
 Our Treatment Guide gives you an idea of the various treatments and facilities we currently offer. If you have any questions, please do not hesitate to ask your Therapist or speak to me personally, Rebecca.



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Our mission...
 To provide an outstanding, one-to-one personal service, ensuring total exhilaration, relaxation and rejuvenation during our holistic treatments.

Waxing...

Removal of superfluous hair, using our luxury wax by Australian Bodycare

**AUSTRALIAN
BODYCARE**

| | |
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| Eyebrow | £9 |
| Lip | £8 |
| Chin | £9 |
| Lip & Chin (Save £2.00) | £15 |
| Eyebrow & Lip (Save £2.00) | £15 |
| Eyebrow, Lip & Chin (Save £3.00) | £23 |
| Half Leg | £21 |
| Half Leg (Teen) | £17 |
| Full Leg | £27 |
| Bikini Line (Low Leg) or Underarm | £14 |
| Bikini Line (High Leg) | £17 |
| Forearm | £15 |
| Half Leg & Bikini Line <u>or</u> Underarm (Save £5.00) | £31 |
| Half Leg & Bikini Line and Underarm (Save £5.00) | £44 |
| Full Leg & Bikini Line <u>or</u> Underarm (Save £4.00) | £36 |
| Full Leg & Bikini Line and Underarm (Save £4.00) | £50 |
| Chest <u>or</u> Back | £25 |
| Chest & Back (Save £5.00) | £45 |



Intimate Waxing...

Hair removal for more intimate areas. Hot wax is used to make the treatment more comfortable.

Brazilian

Most of the pubic hair is removed, leaving a small area of hair on top of the pubic bone. £24

Hollywood

All of the pubic hair is removed leaving a complete smooth finish. £29

Underarm Wax

Removal of superfluous underarm hair to reveal a complete smooth finish. £17

Bikini Line Wax

Superfluous pubic hair is removed leaving a smooth finish. £17

Nasal

Hot wax is applied to this area to avoid pain or discomfort. £9

Chest or Back Wax

Hot wax is applied to sensitive areas to avoid pain or discomfort £30

Chest & Back Wax (Save £5.00)

Hot wax is applied to sensitive areas to avoid pain or discomfort £55

a beautiful salon... a beautiful you... by and so beautiful

Lashes & Brows...

LVL Enhance Lashes*

For everyday, special occasions & holidays. Create a natural, enhanced look for your lashes. LVL lifts the natural lash from the root for the appearance of added length and volume. Additional lash tint creates a mascara like effect. A natural, low maintenance solution which will last 6-8 weeks.

* A patch test is required at least 48 hours before your first treatment

LVL Enhance Lashes*

£48

LVL Enhance Lashes* with lash/brow tint and shape

£59

Eyes...

Increase definition, shape and sparkle to your eyes...

Eyebrow tint*

£9

Eyelash tint*

£13

Eyelash and Eyebrow tint* (Save £3)

£19

Eyebrow shape or wax

£9

Eyebrow wax, eyebrow & eyelash tint* (Save £3)

£28

* A patch is required at least 24 hours before your first treatment, and every 3 months thereafter.

Hopi Ear Candles...

A thoroughly relaxing treatment which helps treat many ailments such as tinnitus, sinusitis, headaches, stress, glue ear, travel sickness, snoring, neuralgia from flying and excess ear wax. Enjoy a treatment with us using Biosun and Revitalise essential oil ear candles combined with an acupuncture and drainage massage on ears face and scalp.

One treatment (50 minutes)

£29

A course of 4 treatments (Save £7.00)

£109



Join Our Club...

When we have last minute availability or a cancellation we occasionally offer these times with up to **20% saving** at either of our salons. If you would like to join our **cancellation club**... Register online, email or send your mobile number so we can notify you via text.

Register on-line
cancellation club...
and **save £'s** on last minute

Tanning...

Whether you are lucky enough to be preparing for escapism to the sun, want a sun-kissed finish, or a gorgeously golden tan for an occasion, our Decléor Tanning Treatments and Sienna X Spray Tans offer you the very best in sunless tanning.

DECLÉOR
PARIS
ESSENTIAL OILS SKINCARE

Decléor Sun-Kissed Mediterranean Glow (80 mins) £59

The perfect pre-sun preparation with a sun-kissed finish. This exquisite face & body treatment begins with fruit seed and essential oils to gently polish the skin's surface, sloughing away any dry skin & providing an ideal self-tan base. The perfect finishing touch; An application of our top selling self-tanner for a gorgeous Mediterranean glow.



Sienna X

Containing only natural active ingredients with 8 different shades of tan, Sienna X gives you the best natural looking spray tan possible. Sienna X products are paraben, alcohol & cruelty free and are a market leading professional sunless brand in the UK.

We offer some amazing Sienna X and Decléor tanning products which will help you prepare and prolong your tan, giving you the best results.



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| Full Body | £21 |
| Half Body/Full Legs | £15 |
| Face & Neck | £10 |
| Within 5 Days Top Up | £16 |

Decléor Full Body Exfoliation & Sienna X Spray Tan £49

At least 24 hours before your spray tan; Body Brush, Body Exfoliation, Shower and application of Body Milk included.

At home skin preparation for tanning

For best results, prepare your skin at home before your appointment; 1 week prior, moisturise daily and exfoliate as much as possible. On the day, exfoliate thoroughly and arrive with nothing applied to the skin to allow spray tan to adhere more effectively (shower facilities available in salon if required).

Join Our Club

All Seniors can get a fantastic **15% discount** on all treatments every week day between 10.00 and 16.00. Book on-line or call Rebecca on **07905 926902**.

15% SENIORS' SAVING

Seniors get 15% DISCOUNT on all treatments. Quote 'Seniors' when booking

Hands & Feet...

For beautiful nails, hands & feet. Nourish, protect & moisturise your nails with Jessica Care System leaving them strong, healthy and so beautiful...

File & Polish / Gel Refresh (20 minutes) £13
(French polish £3.00 additional)

JESSICA express manicure (40 minutes) £21
Hands and cuticles conditioned and moisturised. Nails beautifully shaped. Prescriptive base coat and selected nail colour application.

JESSICA prescriptive manicure (50 minutes) £26
Nail diagnosis and application of recommended treatments. Exfoliation, cuticle care and massage. Nails beautifully shaped. Prescriptive base coat and selected nail colour applied.

JESSICA luxury manicure (65 minutes) £35
The ultimate in natural hand and nail care, combining the Prescriptive Manicure with the soothing warmth of our Paraffin Wax Treatment and Thermal Mitts. Excellent for very dry skin, sore joints and arthritic conditions.

JESSICA express pedicure (50 minutes) £26
Foot spa soak, hard skin removed, cuticles conditioned, feet moisturised. Nails beautifully shaped. Prescriptive base coat and selected nail colour application.

JESSICA prescriptive pedicure (60 minutes) £31
Foot spa soak, hard skin removed, exfoliation, cuticles conditioned, foot mask and massage. Nails beautifully shaped. Prescriptive base coat and selected nail colour application.

JESSICA luxury pedicure (70 minutes) £39
The ultimate in natural foot and nail care, combining the Prescriptive Pedicure with the soothing warmth of our Paraffin Wax Treatment and Thermal Booties. Excellent for very dry skin, sore joints and arthritic conditions.

Callus Peel (20 minutes) £17/ £26
A luxury spa foot treatment which removes hard callused skin leaving your feet feeling soft and revitalised. Book separately or incorporate into any treatment for only £17

IBX Nail Repair System (20 minutes) £10 / £15
A revolutionary system which will protect, repair and toughen your nails. Book separately or incorporate into any treatment for only £10

Harmless Gel Nail Extensions...

No harmful buffing, blending or drilling, our nail extensions consist of a super thin but durable tip, finished with a Gel overlay and Jessica GELeration or wet polish colour

Full Set £40
Removal £15
Removal and re-application* £40
*No charge for removal if re-applied.

JESSICA[®]



Book any combination of manicure and pedicure together and get 10% off-quote "ManiPedi10" when booking.



IBX SYSTEM
CREATING NAIL STRENGTH FROM WITHIN

BEFORE



AFTER



Jessica GELeration...

The beauty of Jessica with strength of a Gel Polish, created with the health of the natural nail in mind. This system protects the nail, whilst offering up to 3 weeks of flawless colour and shine.

JESSICA GELeration Manicure (50 minutes) £26

Cuticle work, nails shaped and selected GEL nail colour application.

JESSICA GELeration Prescriptive Manicure (60 minutes) £31

Nail diagnosis and application of recommended treatments. Exfoliation, cuticle care and massage. Nails beautifully shaped. Prescriptive base coat and selected GEL nail colour applied.

JESSICA Luxury GELeration Manicure (70 minutes) £40

The ultimate manicure, combining the Prescriptive GEL Manicure with the benefits of the luxurious LeRemedi Hand Treatment. Includes FREE removal (Book Separately)

JESSICA GELeration Refresh (20 minutes) £14

Refresh and extend your GELeration application for that little bit longer.

JESSICA GELeration Pedicure (50 minutes) £31

Hard skin removed, cuticle work, nails beautifully shaped and selected nail colour application.

JESSICA GELeration Prescriptive Pedicure (60 minutes) £36

Foot spa soak, hard skin removed, exfoliation, cuticles conditioned, foot mask and massage. Nails beautifully shaped. Prescriptive base coat and selected GEL nail colour application.

JESSICA GELeration Luxury Pedicure (70 minutes) £44

Pure luxury, combining the Prescriptive GEL pedicure with a choice of leg and foot treatments. Includes FREE removal. (Book separately)

Existing GELeration Removal (30 minutes) £5 / £11

When GELeration is removed but re-applied in any of the above treatments the cost of removal is reduced to £5



Mii Make-up...

Beauty is often simply about having the confidence to be yourself. Mii is the cosmetic range that allows just that. Made from the finest ingredients, effortless application and unrivalled expertise to bring out your natural beauty. Mii is made for you!

Proud to be a retailer of this wonderful, market leading make-up range, our team are trained to recommend the right product for your needs and skin type, so pop in and see us.

Bridal Make-up and Trial £79

Before your special day; trial make-up session. On your special day; application of make-up.

Make-up Consultation £39

Be shown how to apply that natural, flawless look, or let someone do the work for you. Better still, book a make-up party* with friends!

* Call or email to book.



Decléor Face ...

Famous worldwide for their heavenly feel and simply stunning results, Décleor's facials use 100% pure, preservative free Essential Oils; the most powerful ingredient to address the demands of every skin type. Our Essential, Signature and Anti-Ageing facials are now available as 30, 60 or 90 minute treatments to suit all time and budget constraints. Our 90 minute Facials also incorporate a Personalisation Back Massage.

Targeted Facials...



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| Decléor's Teenage Facial Ylang Ylang Essential Oil <i>Targeted, yet gentle to treat the youngest of skins.</i> | (30 min) | £29 |
| Decléor's Smooth & Revitalise Eyes Eye Treatment <i>Soothing & anti-wrinkle with professional mask & massage for the eyes.</i> | (30 min) | £32* |
| <i>*Incorporate into any Decléor Facial (Save £8.00)</i> | | £24 |
| Decléor's Discovery Facial Rescue remedy for perfectly radiant skin <i>Revitalising facial massage, essential oils, & gentle polish. Wake up tired skin, leaving it fresh & radiant.</i> | (40 min) | £38 |
| Decléor's Aromassage Facial Pure Essential Oil massage indulgence <i>The perfect Facial for those who have a good skincare routine at home. Pure, blissful massage using pure, Essential Oils to release stress, relax & replenish. Pure & simple.</i> | (60 min) | £43 |
| Decléor's Reset & Revitalise Facial Aromaplastic Ritual Treatment <i>The very first Decléor bespoke treatment created that brings out your complexion's natural beauty. The face is perfectly replenished and glowing with vitality, thanks to Essential Oils and our blend of flaxseed, sunflower & plant vitamins.</i> | (60 min) (90 min) | £48 £63 |

Essential Facials...

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| Decléor's Quench & Protect Facial Neroli Bigarade, for dehydrated skin <i>Deeply hydrating & anti-pollution</i> | (30min) (60min) (90min) | £38 £53 £68 |
| Decléor's Cocoon & Repair Facial Neroli Bigarade, for dry skin <i>Instantly nourishing & anti-tightness. Feed dull, dry, exposed skin & transform complexions to radiant & satin smooth.</i> | (30min) (60min) (90min) | £38 £53 £68 |
| Decléor's Even & Bright Facial Sweet Orange for uneven textured skin <i>Restore luminosity, lighten pigmentation marks & turbo charge cell regeneration. Target uneven skin tone, often caused by pregnancy, menopause & sun damage. Perfection for any special occasion.</i> | (30min) (60min) (90min) | £38 £53 £68 |

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| Decléor's Clean & Rebalance Facial | (30min) | £38 |
| Ylang Ylang for oily/combination skin | (60min) | £53 |
| Purifying & anti-blemish | (90min) | £68 |
| <i>Instant clarity on dull devitalised skin. Antibacterial & mattifying facial blitzes spots & shine.</i> | | |
| Decléor's Calm & Strengthen Facial | (30min) | £38 |
| Rose Damascena, for sensitive skin | (60min) | £53 |
| <i>For sensitive skin. Like a calming comfort blanket, this blissful treatment relieves stressed, angry skin. Works immediately for clear, soothed & radiant skin.</i> | (90min) | £68 |

Anti-Ageing Facials...

Three technologically advanced facials to fight every concern, each with precise & blissful results. Based on over 40 years of skincare expertise & utilising the latest technological breakthroughs in anti-ageing care, they bring a new lease of life to maturing complexions, offering dramatic improvement in skin tone & clarity.

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| Decléor's Smooth & Glow Facial | (30min) | £43 |
| Green Mandarin; for first signs of ageing (30+) | (60min) | £58 |
| <i>Energising & anti-oxidant using our bamboo gestures. Youth-boosting anti-wrinkle treatment</i> | (90min) | £73 |
| Decléor's Plump & Lift Facial | (30min) | £45 |
| Lavender Fine, ideal for (40+) | (60min) | £60 |
| <i>Lifting & anti-ageing using our facial lift yoga gestures. Activates collagen & elastin, promotes elimination of toxins. Turbo charge tired skin, hydrate & contour facial features.</i> | (90min) | £75 |
| Decléor's Sculpt & Rejuvenate Facial | (30min) | £50 |
| White Magnolia, ideal for (50+) | (60min) | £65 |
| <i>Redensifying & global anti-ageing, with facial pilates gestures to deliver a natural lift. Our outstanding Energy Concentrate Mask will plump & smooth the appearance of lines & wrinkles.</i> | (90min) | £80 |

Gift Vouchers...

Treat your friends, family and loved ones to a Gift Voucher. They can be completely customised or sent directly to you or the recipient and can be redeemed in either salon.

Your Gift Voucher can be used for a specified treatment or denomination

To order your voucher, simply visit www.andsobeautiful.co.uk pay online and we'll either deliver it to your door or alternatively you can pick it up from either salon.

Why not send directly to the recipient? Simply fill out their details online and add a custom note in the form - www.andsobeautiful.co.uk



CACI Ultimate Face @ Body...



CACI's award winning treatments use the very latest pioneering technologies and have been voted the most effective anti-ageing treatments available. The result of over two decades of research, CACI's non-invasive treatments deliver dramatic, visible results, without the need for surgery. With a wide range of treatments available, we can always offer you the perfect treatment to suit your individual requirements, all of which can be discussed at your **FREE CACI Consultation***

FREE CACI CONSULTATION

FREE

Discover what CACI Ultimate can do for you. Book your **FREE 30 minute consultation today**. Book online or call Rebecca.

Skin Boosting @ Hydrating Facials...

CACI Hydratone Facial (20 minutes)

£26

An intensive anti-ageing Hydro Mask instantly rehydrates, revitalises and plumps the skin. Restore muscle tone, firmness and propel ingredients deep into the skin. Immediately cool, soothe and calm any redness and irritation. Gives fantastic results after just one treatment and perfect for a skin pick-me-up and brides to be.



CACI Microdermabrasion Facial (20 minutes)

£26

An intensive crystal free microdermabrasion with LED Light Therapy. Exfoliate the skin using CACI's unique technology to reveal a smoother, brighter, plumped complexion, reducing the appearance of fine lines and wrinkles.



CACI Microdermabrasion Booster Facial (45 minutes)

£47

Combines crystal free microdermabrasion with LED Light Therapy. Exfoliate the skin using CACI's technology to reveal a smoother, brighter complexion. Electrical stimulation targets lines and wrinkles, providing a non-invasive alternative to collagen injections, whilst healing the skin and triggering tissue repair. Finish with a cooling Hydratone GEL Mask, perfect for treating dull, dehydrated skin.

CACI Microdermabrasion Booster Facial, incorporating

£63

Decléor (65 minutes)

One of our most popular treatments! We take the very best from both Decléor and CACI to give your skin a real boost and some much deserved relaxation. Includes all of the above, incorporating the use of our Decléor products and a sublime facial, back, neck and shoulder massage.



CACI Fine Line & Wrinkle Revolution (20 minutes)

£21

A non-invasive, needle free alternative to collagen injections and dermal fillers. Amino Lift Peptide Complex, crystal free Microdermabrasion and electrical stimulation incorporating LED Light Therapy, will instantly plump lines and wrinkles from the very first treatment.



CACI Ultimate Face and Body Lifting...

CACI Jowl Lift (20 minutes)

£21

Developed specifically to target muscle laxity around the jawline. Using Quad Probes specifically designed to lift and firm the muscles and refine facial contours.

CACI Non Surgical Eye (30 minutes)

£31

Lift and firm the muscles around the eye area, particularly where eyebrows tend to lose their definition as we age. Smooth the appearance of fine lines and wrinkles.



CACI New Eye Revive (45 minutes)

£45

The CACI Eye Revive treatment uses the CACI Micro Current Rollers together with a deeply nourishing Hydro Eye Mask to lift hooded eye lids, reduce puffiness and dark circles and soften the appearance of fine lines and wrinkles around the eyes.



“To get rid of cellulite I go for regular sessions of non-surgical procedures like CACI”
Colleen Rooney

**Courses of treatments can be booked. Book a course of 10 for the price of 9, or 12 for the price of 10. (Save up to £144)*

CACI Non Surgical Face Lift (60 minutes)

£52*

An advanced, non-invasive facial with 25 years medical research behind it, will deliver visible results, without the need for surgery. Tiny electrical impulses lift and tone the facial muscles, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles.

CACI Non Surgical Facelift including Hydratone & Microdermabrasion (70 minutes)

£65*

The Non-surgical facelift incorporating the Hydro Mask & Microdermabrasion. Once we’ve sloughed away those dead skin cells and soothed/brightened your skin, tiny electrical impulses will lift and tone the facial muscles, we will then finish with the Hyrdo Mask to calm, plump and hydrate the skin.

CACI Ultimate Anti-Ageing Facial (90 minutes)

£72*

An advanced facial, which focuses on all of your anti-ageing concerns. The Ultimate procedure incorporates muscle lifting and toning, microdermabrasion, LED Light Therapy, plumping of the fine lines and wrinkles and a hydrating gel mask to rejuvenate and brighten the skin.

Healing, Blemish & Acne Treatments...

CACI Active Acne (30 minutes)

£35*

LED photo therapy is clinically proven to treat acne concerns. Red and blue light therapy is renowned for their anti-bacterial, anti-inflammatory and wound healing properties. We use light therapy to heal the skin and the Hydro Mask to give an instant soothing and calming action as well as reducing redness and irritation.

CACI Scaring/Stretchmarks (30 minutes)

£28*

Refines & softens the appearance of stretch marks & scaring by nourishing the skin, stimulating tissue repair & healing, redness & irritation.

CACI Healing/Blemish Fix Treatment (30 minutes)

£36*

Targets blemishes, age spots & pigmentation by resurfacing the skin. Crystal free microdermabrasion is used in combination with LED light therapy & micro current, to stimulate cell turnover, collagen production & trigger tissue repair. Finishing with hydrating gel mask to calm & soothe the skin.

Body Treatments...

CACI Bust Treatment (30 minutes)

£26*

Lift, tone & strengthen muscles around the bust for an enhanced, fuller & firm appearance.

CACI Legs & Buttocks Treatment with ECM (Electro Cellulite Massager) (45 minutes)

£33*

Instant lifting & contouring of the buttocks. Tone & firm the thighs. Improve the appearance of cellulite & break down fatty deposits. Stimulate circulation & lymphatic drainage. Flush away toxins, giving the skin a smoother, tighter & brighter dimple free complexion. A great pre-holiday/bikini blitz treatment, or to take part of a healthy diet/exercise regime.

CACI Stomach Treatment (40 minutes)

£31*

Aimed at those who want to define their stomach muscles. Enhance & strengthen the muscles, keeping them firm & toned. Recommended in conjunction with diet & exercise.

OPATRA... Advanced Skincare Technology

OPATRA
ADVANCED SKINCARE TECHNOLOGIES

OPATRA Skin Analyser (60 minutes)

£40

In use by Cosmetic Surgeons, Dermatologists & other skincare professionals, the OPATRA Skin Analyser provides clinical measurement of surface & subsurface facial skin conditions, using digital image technologies via RGB Visible Light, PL Polarised Light and UV Spectrum. Capture multispectral photos of the face. Examine the complexion for wrinkles & detecting the severity of pigmentation UV spots, congestion, dehydration, dryness, bacteria (porphyrins), redness, spots, pores, texture & acne. Additionally, it grades the individuals skin features relative to others of the same age & skin type. From this, we can develop targeted treatment programs, highlighting your skins needs with you more effectively & better track treatment outcomes.



Why not bolt me onto the end of a treatment?

OPATRA Dermisonic Facials (45 minutes)*

from £40

Dermisonic is a revolutionary anti-ageing & skin repairing device, which combines four scientifically proven treatments - Galvanic Technology, Ultrasound Stimulation, LED Light Therapy & Vibrating Massage. Together, these treatments work to rejuvenate the skin by smoothing out facial wrinkles, tightening facial muscles, boosting blood circulation & stimulating new skin cell production. Dermisonic can also clear up acne-prone skin.



OUR Signature Facial (90 minutes)

£90

OPATRA Skin Analyser, followed by a treatment tailored specifically to your needs. With three of the very best facial skin care systems in the market, we believe we are now experts in the facial skin care field, and can cherry-pick the very best from each of our systems - Decléor, CACI & OPATRA - to suit your needs & requirements at that time. This treatment will clinically measure the surface & subsurface layers of your skin, using the OPATRA Skin Analyser.

Signature Facial (excluding the Skin Analyser) (60 mins)

£65

Ideal for those who have had the OPATRA Skin Analysis & want to treat themselves to a regular Signature Facial treat. (Courses may be booked)

OPATRA LED CLEO MASK (10 minutes)

£10

The OPATRA CLEOMASK, uses natural light waves, which are transmitted by LED's in the skin. The light activates photoreceptors in skin cells, producing energy for absorption by skin components, to beautify your complexion. Studies show that light enters the body as photos (energy) and is absorbed by the photoreceptors within cells. See the CLEOMASKS functions below;

- Clear, lighten & smooth the skin
- Firm & enhance skin texture
- Reduce & prevent wrinkles, helps fight fatty areas
- Improve skin elasticity
- Minimise pores
- Balance skin tone
- Inhibit the formation of melanin pigment
- Fight acne & dermatitis & improve the look of pockmarks & scars

Bookable in 10 minute slots. We recommend up to 30 minutes maximum per treatment.

*Recommended after an OPATRA Skin Analyser, so we can be sure to tailor the correct Dermisonic Facial to your specific needs.

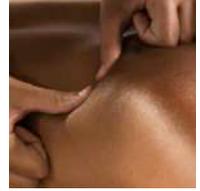
Massage...

Working with the body, using varying pressures, massage can be applied with the hands, fingers, elbows & forearms. We also utilise Stone and Bamboo for more specialised massage therapy.

Relaxation/Swedish Body Massage

Relax muscles, soothe aches & pains. Help relieve any tension or stress, improve circulation & skin condition.

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| Back (30 minutes) | £30* |
| Back, neck & scalp/shoulder (45 minutes) | £35* |
| Full Body Massage (60 minutes) | £45* |
| Full Body Massage (90 minutes) | £55* |



Aromatherapy Body Massage

Using the power of Aromatherapy Essential Oils to encourage physical & emotional well being. Invite your senses to let go & experience a world of relaxation & rejuvenation. Experience a genuine sensation of well being.

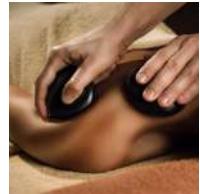
| | |
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| Back (30 minutes) | £35 |
| Back, neck & scalp/shoulder (45 minutes) | £40 |
| Full Body Massage (60 minutes) | £50 |
| Full Body Massage (90 minutes) | £60 |



Stone / Bamboo Therapy Body Massage

Heat from Basalt stones and pressures from Bamboo penetrate the muscle more deeply, bringing profound physical & psychological benefits to the entire body, promoting relaxation to a deeper level. Treat muscular aches, pains & strains, rheumatic & arthritic conditions, multiple sclerosis, back pain & insomnia. Improve circulation, reduce stress, anxiety, tension & depression.

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| Back (30 minutes) | £40* |
| Back, neck & scalp/shoulder (45 minutes) | £45* |
| Full Body Massage (60 minutes) | £55* |
| Full Body Massage (90 minutes) | £65* |



**To incorporate Decléor skin & hair balms & oils, add just £5.00 to the above treatments.*

Indian Head Massage

A popular treatment, using a combination of deep & acupressure massage of the upper back, shoulders, arms & hands, neck, scalp & finally finishing with gentle facial pressure point massage, using techniques that help circulation, skin tone, sinus, headache & sleep problems.

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| Using Base Oils (30 minutes) | £30 |
| Using Base Oils (45 minutes) | £35 |
| Using Decléor Pure Essential Skin & Hair Balms/Oils (30 mins) | £35 |
| Using Decléor Pure Essential Skin & Hair Balms/Oils (45 mins) | £40 |



Decléor Deep Tissue Muscle Energiser Massage

Powerful, deep & strongly rhythmic movements make this customised massage pure therapy. Created to alleviate stress deep down & release the discomfort of aching muscles, whether through fatigue or stress. 100% natural, Decléor Essential Oil Balms actively work with your body to release localised areas of intense tension. Leaves your mind feeling less cluttered & muscles intensely relaxed.

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| Back, neck & scalp/shoulder (45 minutes) | £41 |
| Full Body Massage (60 minutes) | £50 |
| Full Body Massage (90 minutes) | £65 |

Decléor Aromatherapy Body Massage

Everyday stresses & strains simply disappear with our heavenly Decléor Aromatherapy Massage to either relax, detoxify, tone or stimulate. The incredible soothing sensation of the warm Aromatherapy Balms, expertly blended from an exquisite elixir of the first-grade distilled natural Essential Oils, melt away tension & ease stress for renewed energy & velvety skin.

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| Back (30 minutes) | £35 |
| Back, neck & scalp/shoulder (45 minutes) | £40 |
| Full Body Massage (60 minutes) | £50 |
| Full Body Massage (90 minutes) | £60 |

Decléor Full Body Massage & Ultimate Vitamin Glow Facial (100 minutes) **£87 (Save £10)**

Decléor Mum-to-be Facial with Foot, Leg, Arm & Hand Massage (60 minutes) £52

Take a well deserved hour out & relax.. Let us safely & gently treat you to this blissful facial incorporating a comforting & skin boosting mask, plus draining massage to reduce water retention thus lightening "heavy" legs. This skin-brightening facial & soothing treat will ensure you look as glowing as you feel.

Decléor Radiant Mum-to-be Treatment (75 minutes) £65

Pregnancy can take it's toll on your body, so relax & let a highly trained Therapist safely & gently treat you to a truly nurturing experience. This blissful face & body treatment includes a comforting massage and tummy mask that actively helps reduce the risk of stretch marks plus draining massage to reduce water retention thus lightening "heavy" legs. A skin-brightening facial ensures you look as glowing as you feel.

Decléor New Mum Indulgence Treat (85 minutes) £62

Our new post-natal treatment takes care of you top-to-toe. Deeply relaxing, this face & body treat utilises Decléor's most sumptuous, replenishing products to help ease backache, improve fluid retention, illuminating facial improves skin tone & elasticity, helping new mums re-energise to feel like themselves again. Leaves skin as soft as your newborn's.

Shiatsu (60 minutes) £52

Shiatsu is a psychical therapy that strengthens & supports the body's natural ability to heal & balance itself. It works on all four layers of the body; physical, psychological, emotional & spiritual. During a Shiatsu treatment, your Therapist, Sara, will use touch, pressure points & manipulative techniques to help rebalance the body & energy flow. Shiatsu works at floor level on a futon & the client is required to wear loose fitted clothing that covers the skin i.e arms & legs as some movements will involve rotating & stretching limbs. This is a deeply relaxing treatment that incorporates the whole body leaving you feeling relaxed & restored.

Reflexology

Reflexology is an extremely effective form of foot massage, which is both therapeutic & soothing. It is useful for treating stress, fatigue, migraine, sinus problems, asthma, depression, arthritic conditions, abnormal problems, neck, shoulder & back pain, menstrual difficulties plus many more conditions. Reflexology helps the body to restore its balance naturally. After just one treatment your tension may be reduced & you might feel more relaxed. Sleep patterns, general mood & a sense of well-being also often improve.

Reflexology (60 minutes) £42

Reflexology (90 minutes) £53

Our 90 minute treatment is especially popular as our Therapist combines reflexology with topical body massage in areas reflected within the feet.



Only for men...

Some of our most popular treatments for men.

DECLÉOR
PARIS
ESSENTIAL OILS SKINCARE

Waxing...

| | |
|----------------------------------|------------|
| Chest or Back* | £30 |
| Chest and Back* (Save £5) | £55 |
| Half Leg | £21 |
| Full Leg | £27 |
| Eyebrow | £9 |

**Hot Wax is used to make the treatment more comfortable*

Hands & Feet...

Nourish, protect & add moisturise to your feet, with Manicure & Pedicures from £21, see pages 6-7

Decléor Face...

| | |
|---|------------|
| Express Energising Face Treatment (30 minutes) | £33 |
| Intensive Energising Face Treatment (60 minutes) | £48 |

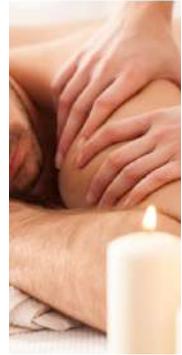
Decléor Body...

| | |
|---|------------|
| Men's Deep Tissue Back Shoulder Massage (45 minutes) | £41 |
| Men's Deep Tissue Full Body Massage (60 minutes) | £50 |
| Men's Deep Tissue Full Body Massage (90 minutes) | £65 |

Massage...

For an extensive list of massages, including Relaxation, Swedish, Stone, Deep Tissue, Indian Head and Aromatherapy please see from page 13.

Please call Rebecca on 07905 926902 or email rebecca@andsobeautiful.co.uk



a beautiful salon... a beautiful you... by and so beautiful

Pick & Mix Packages...

Our ever popular pick & mix packages now offer even more choice. Choose either two or three treatments from the following lists & save up to £34.00



Quote 'Pick and Mix' in Booking Field

Choose 2 for £35, or 3 for £50

Eyelash and Eyebrow Tint
Half Leg Wax
Bikini Line and Underarm Wax
Eyebrow, Lip and Chin Wax
Siena X Full Body Spray Tan

SAVE UP TO £34



Proud to support

Choose 2 for £48, or 3 for £65*

| | |
|---------------------------------------|--------------------------------|
| Eyebrow Wax, Eyelash and Eyebrow Tint | Jessica Express Pedicure |
| Full Leg Wax | Jessica Generation Manicure ** |
| Chest Wax | Callus Peel |
| Back Wax | CACI Microdermabrasion |
| Brazilian Wax | CACI Hydratone |
| Jessica Prescriptive Manicure | |

SAVE UP TO £19

The Salons:



Cherry Orton Road,
Orton Waterville,
Peterborough PE2 5EQ

Choose 2 for £55, or 3 for £75*

| | |
|-------------------------------------|----------------------------|
| Hopi Ear Candles | Indian Head Massage 30mins |
| Half Leg and Bikini or Underarm Wax | CACI Scarring/Stretch Mark |
| Hollywood Wax | GEL Prescriptive Manicure |
| Intimate Chest or Back Wax | |
| Decléor Vital Eyes | |
| Back Massage 30mins | |

SAVE UP TO £21



Bluefield Farmhouse,
Nassington Road,
Apthorpe, PE8 5DW

Choose 2 for £70, or 3 for £100*

| | |
|---------------------------------------|---|
| Decléor Discovery Facial | Aromatherapy Back, Neck and Shoulder Massage [45mins] |
| Half Leg Bikini and Underarm Wax | OPATRA Skin Analyser |
| Full Leg, Bikini or Underarm Wax | OPATRA Dermasonic Facial |
| Stone Back Massage [30mins] | Mii Make-up Consultation |
| Deep Tissue Back Massage [45mins] | |
| Decléor Indian Head massage [45 mins] | |
| Jessica Luxury Pedicure | |
| Jessica Luxury Manicure | |

SAVE UP TO £20

Book online at
www.andsobeautiful.co.uk
rebecca@andsobeautiful.co.uk
07905 926 902
Facebook - andsobeautiful
Instagram - and_so_beautiful

*Treatments can be taken together, or separately but must be purchased when first treatment is taken. **Excludes removal of Gel