



COTTESMORE  
BEAUTY SALON



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## FACIALS | ANTI-AGEING | 60 MINS

**Pro-Collagen Age Defy** ..... £99

*Tackle fine lines and wrinkles for beautifully nourished, younger looking skin.*

**Pro-Collagen Definition Lift & Contour** ..... £99

*The lifting and contouring facial that delivers a profoundly sculpted effect.*

**Dynamic Resurfacing Precision Peel** ..... £99

*The powerful resurfacing treatment to target dull skin tone and the signs of ageing.  
(Patch test required during facial)*

**Prescription Facial | 60 mins** ..... £99

*Not sure which one is best for you? Choose our prescription facial and we can tailor it to your skin needs'*

**Skin Booster | 30 mins** ..... £60

*Short on time? Have a condensed version of our prescription facial*

## DERMAPLANE

Dermaplaning is a gentle and effective exfoliation technique that removes dead skin cells and fine facial hair, leaving the skin smooth, bright, and rejuvenated. If you're looking for instantly smoother, brighter, glowing skin with zero downtime, this is the treatment for you.

**Dermaplane Add-on | 15 mins** ..... £20

*Add Dermaplaning to any Elemis Facial Treatment.*

**Luxe Dermaplane | 1 hour** ..... £90

*Double Cleanse, Steam, Exfoliation, Dermaplane, Extractions, Massage, Hydrating Face Mask, Finishing Products.*

**Express Dermaplane | 40 mins** ..... £65

*Double Cleanse, Dermaplane, Finishing Products.*

## BODY TREATMENTS

A wonderful selection of relaxing Elemis body treatments, massages to relax, de-tox or energise the mind body and soul.

### Elemis Musclease Massage | 40 mins £78

Great for part of a fitness programme, eases muscle pain to backs of legs, back, neck & shoulders. Using heated wave stones to work tension areas.

## ELEMIS BODY | MASSAGE

### Elemis Indulgence | 90 mins £135

Drift into deep relaxation with our luxurious Elemis massage and facial. A blissful treatment designed to nourish your mind, body and skin. Emerge feeling refreshed, radiant and beautifully restored.

### Elemis Blend Deep Tissue | 40 or 60 mins £75 or £99

Add on a back scrub, steam & extraction | 15 mins £20

A deep tissue massage tailored to your needs. Wishing to feel soothed, focused, grounded, uplifted, or relaxed, there is a blend for you. Leaves the body and mind feeling fully rejuvenated.

### Elemis Frangipani Scalp Massage | 30 mins £60

Relax and unwind whilst conditioning your hair with the Frangipani oil and heated mitts. It will restore softness, strength and a healthy shine whilst easing tension for your neck and scalp.

## ELEMIS BODY | EXFOLIATION

### Elemis Exfoliate, Condition and Glow | 60 mins £99

This exotic salt scrub, fragranced with the choice of Lime & Ginger or Frangipani, will gently slough away dead skin cells, encouraging the regeneration of new cells. The skin is left beautifully soft and nourished with a delicate fragrance as we work in your customised creams and oils.

### Elemis Head to Toe Scrub and Nourish | 1 hour 50 mins £175

This luxurious exfoliation is an upgrade to the 60min Exotic Salt Scrub, with the edition of body brushing, a mini facial and a hot oil scalp and body massage, your skin will feel silky smooth and exceptionally hydrated. Perfect pre or post-holiday treatment.

## ELEMIS DEEP RELAX | FACE & BODY COMBINATION

### Ultimate Elemis Experience | 1hr 50 mins £172

Condition your skin and muscles with this all-embracing experience. Combine any ELEMIS facial with your personalised ELEMIS Massage. The perfect combination to work with your skin, your mood, and your needs.



### MASSAGE | BESPOKE

Your therapist will talk you through your needs, highlighting any aches and pains on arrival before carrying out your bespoke treatment using our pre-warmed massage oil to give you maximum benefit, as well as providing personalised aftercare. Even if you have no main concerns and you're here purely for relaxation purposes, there is a massage for everyone and will make sure you leave relaxed, revived and renewed.

Swedish Back, Neck & Shoulder Massage   <b>30 mins</b>	£60
Add on a back scrub, steam & extractions   <b>15 mins</b>	£20
<b>Back &amp; Scalp Massage   40 mins</b>	£72
Add on a back scrub, steam & extractions   <b>15 mins</b>	£20
<b>Full Body Massage   60 mins</b>	£90
Add on a back scrub, steam & extractions   <b>15 mins</b>	£20
<b>Reflexology   45 mins</b>	£72

### HOPI EAR CANDLING

Hopi ear candling is a gentle, relaxing treatment using a hollow candle placed at the entrance of the ear to create a soothing warmth. Deeply relaxing whilst relieving pressure in the ears and sinuses.

<b>Hopi Ear Candling   30 mins</b>	£65
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### MASSAGE | LAVA SHELL

Lava Shell is an indulgent and relaxing massage, combining the warmth of the Lava Shells with hands-on deeply relaxing massage techniques.

Lava Warming Back massage   <b>40 mins</b>	£75
Lava Relax Full Body massage   <b>60 mins</b>	£99

### MASSAGE | PREGNANCY

Relaxing full body massage, concentrated on the areas you need to help ease and relax pregnancy tension, with the use of Japanese Camellia oil to help reduce appearance of stretch marks.

<b>55 mins</b>	£90
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(We can adapt other treatments for pregnancy, please enquire for more information what we have to offer.)

## MANICURES | HAND CARE

Shellac is a gel polish that is instantly cured using an LED lamp, resulting with no smudging or drying time. Up to 2 weeks of flawless, high shine, beautiful nails.

### Shellac Nails | 45 mins £39

*Includes cuticle work, file & shape, finished with a relaxing hand massage. (Recommended every 2 weeks).*

### Shellac Nails French | 45 mins £45

*Enhanced natural white tips.*

### Nail Art from £8

*Add a touch of bespoke design to your Shellac nails with a Rock Star Glitter, Ombre, additives or nail art finish.*

### Shellac Removals free or from £15

*Removals are free of charge if painted by us and having a re-application. Removals of someone else's work is charged from £15 depending on the product and time.*

### Shellac Removals & Treatment | 25 mins £20

*Removal of shellac, tidy and buff of nail plate for a natural finish, cuticle oil & hand cream. Additional charge of £5 for removing someone else's work.*

### Luxury Spa Manicure | 60 mins £44

#### Add on shellac £54

*An indulgent treatment for the hands & nails. Gentle exfoliation, natural mask with heated mitts, cuticle work, finishing with a hydrating hand massage & application of standard nail polish.*

### Manicure | 45 mins £34

*Includes cuticle work, file & shape, relaxing hand massage and finished with an application of standard nail polish.*

### File & Polish | 15 mins £20

*A quick file & buff to the nails, finished with an application of nail colour of your choice.*

## BIAB

BIAB bridges the gap between Shellac Nails and Acrylics/Extensions. It is a harder wearing Gel polish better suited for weak nails that aren't strong enough to make Shellac last, whilst still being kinder to the nail than Acrylics

**BIAB fresh set | 1 hour** ..... £50

**BIAB infill | 1 hour** ..... £50

*We recommend an infill a maximum of 3 times before then having a full removal*

**Add colour to existing biab | 15 mins** ..... £8

**BIAB overlay add on | 15 mins** ..... £10

*Thin layer of builder gel underneath your Shellac.*

**BIAB full removal when added on to any BIAB, Shellac or Nail treatment | 15 mins** ..... £10

**BIAB full removal (on its own) | 30 mins** ..... £25

*Includes tidy and buff of nail plate finished with cuticle oil & hand cream.*



## PEDICURES | FOOT CARE

**Shellac Toes | 45 mins** ..... £39

*Includes cuticle work, file & shape, finished with a relaxing foot massage.*

**Shellac Toes French | 45 mins** ..... £45

**Shellac add-ons** ..... from £8

*Add a touch of bespoke design to your Shellac nails with a Rock Star Glitter, Ombre, additives or nail art finish.*

**Shellac Removals & Treatment | 25 mins** ..... £20

*Removal of shellac, tidy and buff of nail plate for a natural finish, cuticle oil & hand cream. Additional charge of £5 for removing someone else's work.*

**Marine Spa Pedicure | 60 mins** ..... £49

**Add on shellac** ..... £61

*Soothe tired soles with this luxurious pedicure. Mineral foot soak, foot scrub, cut, file, cuticle work, hard skin removal, warming foot mask finishing with massage & nail paint.*

**Mini Marine Pedicure | 30 mins** ..... £40

**Add on shellac** ..... £52

*Cuticles are treated, nails are cut and shaped, hard skin removal, application of foot cream and nail polish.*

**Callus Peel Foot Treatment | 60 mins** ..... £43

**Add on polish** ..... £51

**Add on shellac** ..... £55

*A foot treatment for extremely hard skin, cracked heels and calluses. It is a four step, intensive, pain free treatment using AHAs to remove the dead skin cells and soften the soles of your feet, leaving them intensively hydrated and smooth. Completed with cuticle work and cut and file of the nails.*

**File & Polish | 15 mins** ..... £20

*A quick file & buff to the nails, finished with an application of a nail colour of your choice.*

## MEN'S | GROOMING

Most our treatments are suitable for men, here are a few favourites we have selected.

Eyebrow Wax	£17
Back Wax	£33
Chest Wax	£28
Chest & Abdominal Wax	£37
Full Leg Wax	£35

### Executive Pedicure | 50 mins

£42

*Soothe tired soles with this luxurious pedicure.*

*Mineral foot soak, foot scrub, cut, file, cuticle work, hard skin removal, warming foot mask finishing with a hydrating pressure point foot massage.*

### Callus Peel Foot Treatment | 60 mins

£43

*A foot treatment for extremely hard skin, cracked heels and calluses. It is a four step, intensive, pain free treatment using AHAs to remove the dead skin cells and soften the soles of your feet, leaving them intensively hydrated and smooth. Completed with cuticle work and cut and file of the nails.*

### Manicure | 45 mins

£34

*Includes, file & shape, cuticle work a relaxing hand massage finished with a gentle buff and oil applied to the nail.*

## FACIALS

### Elemis High Performance Skin Energiser

£99

*The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, boosts circulation, decongests and combats the harsh effects of shaving and daily pollutants. Deeply relaxing. All other Facials are also suitable for men.*

## MASSAGE

All massage treatments are suitable for men. We recommend the Elemis Musclease Massage, or the Elemis Deep Tissue Massage. Please refer to the massage section on page 3.

## HAIR REMOVAL | WAXING

Using a combination of Lycon pre- and post-treatment care, hot wax and original honey wax.

Please ask if you are not sure which type of Bikini Wax you require.

Eyebrows	£17	Under Arm	£18
Lip	£12	Forearm	£22
Chin	£15	Full Arm	£28
Lip, Chin & Sides of Face	£31	Standard Bikini	£23
Nasal	£14	Extended Bikini	£26
1/2 Leg	£25	G-String Bikini	£32
3/4 Leg	£30	Brazilian Bikini	£37
Full Leg	£35	Hollywood Bikini	£41

Add-on Bikini ..... £17

(Included with another waxing service i.e. legs)

## EYE | ESSENTIALS

Eyebrow Tint*	£14
Eyelash Tint*	£21
Lashus Lash Lift & Tint - Lash Treatment*	£61
Eyebrow Tint, Eyebrow Wax & Eyelash Tint*	£35
Eyebrow Tint & Eyebrow Wax*	£25
Eyebrow & Eyelash Tint*	£30

\*Patch test required 24 hours prior.

Brow lamination | **45 mins** ..... £50

Brow & lash lift combo package | **1 hour 15 mins** ..... £99

## LASER HAIR REMOVAL

Please call for a consultation and patch test

	CPS*	Course of 6	Maintenance
Full Face	£105	£590	£90
Half Face	£80	£450	£70
Upper Lip	£40	£220	£30
Chin	£55	£300	£40
Sides of Face	£55	£300	£40
Full Leg	£180	£910	£160
Half Leg	£140	£780	£130
Full Arm	£140	£780	£130
Half Arm	£95	£500	£80
Underarm	£70	£390	£60
Bikini	£95	£500	£80
Brazilian or Hollywood	£130	£700	£110
Chest	£105	£590	£90
Stomach	£105	£590	£90
Back	£180	£910	£160
Lip & Chin	£70	£390	£55
Half Leg & Bikini	£160	£880	£140
Bikini & Underarm	£110	£590	£90

\*Cost per service

## FACIAL VEINS OR PIGMENT REMOVAL & ACNE

	CPS	Course of 3
Single Lesion	£45	£125
Hands	£65	£170
Cheeks	£75	£180
Half Face	£100	£280

## IPL SKIN REJUVENATION ILLUMIFACIAL

	CPS	Course of 6
Full Face	£150	£800
Half Face	£100	£520
Hands	£70	£380
Chest	£110	£580



