

## treatments for hands and feet

### essie nail solutions

Spa Manicure.....	£20
Spa Pedicure.....	£20
Shape and Paint.....	£14

### Shellac™ extended wear gel polish

Spa Manicure with Gel.....	£30
Spa Pedicure with Gel.....	£30
Shape and Gel Polish.....	£20
Gel Removal.....	£10

### Minx™ film finish fashion

Spa Manicure with Minx.....	£30
Spa Pedicure with Minx.....	£30
Shape and Minx.....	£20



### cyclist specials

#### Female

The dermalogica Clear Start Facial	
Eyelash Tint	
Eyebrow Shape	
St Tropez Leg Tanning	
Stress Relief Back Massage	
allow 2 hours.....	£60

#### Male

The dermalogica Clear Start Facial	
Eyebrow Shape	
Stress Relief Body Massage	
allow 2 hours.....	£60

## male grooming

The dermalogica Treatment Facial allow 1 hour.....	£38
Energising Body Massage allow 1 hour.....	£40
Stress Relief Back Massage allow 30 minutes.....	£22
Manicure allow 45 minutes.....	£20
Pedicure allow 45 minutes.....	£20
Reflexology allow 1 hour.....	£30
Back Wax allow 30 minutes.....	£20
Eyebrow Wax allow 15 minutes.....	£8

## teenage treatments

The dermalogica Clear Start Facial	
1 hour.....	£35
30 minutes.....	£24
Make up Lesson allow 1 hour.....	£32
Manicure allow 1 hour.....	£20
Eyelash tint allow 30 minutes.....	£12
(24 hour patch test required before first treatment)	
Eyebrow shape allow 30 minutes.....	£8



THE CRAIGHLANDS HOTEL  
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touchbeautytherapy@gmail.com

gift vouchers available



ST. TROPEZ essie Shellac™

**Cancellation Policy**  
We respectfully request 24 hours notice for any cancellations  
or a charge may be incurred



touch  
beauty therapy

Est:1992



# welcome to touch

Having gained over 20 years of experience in the beauty therapy industry, I have put together a collection of treatments emphasizing a hands-on, holistic approach. I warmly welcome you to touch beauty therapy.

*Laura*

**dermalogica**<sup>®</sup>

a skin care system researched and developed by The International Dermal Institute

For years dermalogica's formulas have pioneered new standards for product performance. Using only the finest ingredients available, all products are non-comedogenic and contain no occlusive mineral oil or lanolin, no irritating artificial colours or fragrance, and no drying S.D. alcohol or formaldehyde.

Developed with the environment in mind, dermalogica also ensure that all ingredients are from eco-safe sources and are packaged in recyclable containers. Always cruelty-free, dermalogica do not test on animals.

## the **dermalogica**<sup>®</sup> treatment facial

- double cleansing
- face mapping
- power exfoliation
- manual extractions
- pressure point face therapy
- treatment masque
- hair and scalp massage
- eyebrow shape

Its one treatment thats different every time!

allow 1 hour .....£38

## **dermalogica**<sup>®</sup> spa body treatments

### Exfoliating Body Massage

Body brushing combined with skin softening papaya enzymes and rice bran polish away dry skin, refreshing orange and green tea revitalize and hydrate.

allow 1 hour and 15 minutes.....£40

### Stress Relief Treatment Massage

Advanced massage techniques combined with calming essentials oils of sandalwood, lavender, orange and clary sage. Naturally purified extracts of tea tree, lemon and ylang ylang, help counteract the negative mental effects of stress for the ultimate in relaxation. Infrared heat lamps can also be used to improve circulation in areas of tension.

**Body Massage** allow 1 hour.....£36  
**Back Massage** allow 30 minutes.....£22

### Toxin Relief Treatment Massage

An aromatic detoxifying body treatment to alleviate bloating and sluggishness. Purifying essential oils of rosemary, sage, pine, juniper and lemongrass stimulate circulation and help purge the body of accumulated toxins.

allow 1 hour .....£36

## ST. TROPEZ tanning treatment

Award winning rich, long lasting, golden tan which lasts 3-7 days. Infused with vitamin E to protect and repair the skin. Contains Aromaguard™ technology.

**Full Body** allow 1 hour .....£35  
**Full Leg** allow 30 minutes.....£20

## stone therapy chakra balancing treatment

Today everyone strives for serenity, balance and physical wellness. The treatment combines, massage therapy and chakra balancing, dissolving stress, relieving blockages and neutralizes negative energies to introduce a feeling of well being and balance. Vital energy is rediscovered.

allow 1 hour and 15 minutes.....£40

## reflexology

Reflexology is a specific pressure technique applied to the feet where all the internal body structures and organs are mirrored in miniature. It is a simple non-invasive treatment which helps the body to maintain a delicate balance between the systems.

allow 1 hour .....£30

## CHANEL

Cleanse and Make-up allow 45 minutes.....£32  
Make-up Lesson allow 1 hour.....£32  
Bridal Make-up to include trial before the day.....£55

## treatments for eyes

Eyelash Tinting allow 30 minutes.....£12  
Eyebrow Tinting allow 15 minutes.....£8  
Eyelash and Eyebrow Tinting allow 45 minutes.....£18  
Eyebrow Shape allow 30 minutes.....£8  
Semi Permanent Eyelash Extensions  
allow 1 hour 30 minutes.....£55

## waxing

Removal of unwanted hair with organic cream wax - results last up to six weeks

**Half Leg** allow 30 minutes.....£16  
**Full Leg and Bikini** allow 1 hour.....£26  
**Bikini** allow 15 minutes.....from £12  
**Underarm** allow 15 minutes.....£10  
**Lip** allow 15 minutes.....£7  
**Lip and chin** allow 30 minutes.....£10

## electrolysis

Safe, permanent hair removal. Top of the range system which is very effective on deep seated coarse hairs and is also kinder to the skin. Sterex disposable needles are used. Premises inspected by local health authority.

Consultation free of charge

15 minutes .....£12  
30 minutes.....£20