

BOTOX & DERMAL FILLERS

All available with Elisabeth Makepeace, please ring for an appointment and see our separate sheet for price details

REFLEXOLOGY A deeply relaxing and beneficial holistic treatment concentrating on balancing the body. Each treatment lasts one hour

1 hour session £27.00

NOUVEAU LASHES are semi-permanent eyelash extensions, each individual lash is applied to one of your own eyelashes, giving effect of longer, thicker, natural looking lashes. Regular maintenance required for longer lasting results

Full set of lash extensions £75.00

Maintenance from £20.00

Express weekend lashes £28.00

HD BROWS with Carly including tinting and threading

Each visit £25.00

EAR PIERCING A totally safe, effective and sterile way of piercing ears, using Health Authority approved system. Ideal for first time piercing in professional environment.

Including earrings and aftercare £16.50

Special Days of Beauty

We can create a package of treatments to suit your requirements for half or full pamper days

GIFT VOUCHERS AVAILABLE FOR ALL TREATMENTS OR PRODUCTS

Stockists of

Elemis Skin and bodycare

Australian Body Care Tea Tree

Ahava Dead Sea Minerals

Jessica Nail Products

Aerotan

Directions

**You will find the clinic on
Ennerdale Drive
Opposite Furness General Hospital
On Dalton Lane
Barrow-in-Furness
Parking bays available for customers**

Please telephone 01229 834744 if for any reason you need to change an appointment, as a minimum 50% cancellation fee will be charged if less than 24 hours notice is given (unless the appointment can be re-booked)

THE HEALTH & beauty CLINIC

6 Lakes Parade
Ennerdale Drive
Barrow-in-Furness
LA14 4PR

Tel: (01229) 834744

(opposite Furness General Hospital)

www.thehealthandbeautyclinic.co.uk

Open Tuesday to Saturday
Monday appointments available by prior arrangement

Established 1990

**ELEMIS
SKIN CARE
NOW IN STOCK**

**ELEMIS
FACIAL TREATMENTS AND BODY
TREATMENTS
NOW AVAILABLE**

**PROPRIETOR
Michelle Robinson
C.I.D.E.S.C.O. I.T.E.C. I.A.**

Prices correct from January 2011

Gift Vouchers available

ELEMIS Facial and body treatments are now available for all skins type and also for men. Please see separate sheet for details and prices

Retail items also available to compliment your treatments at home

NEW – BIO-THERAPEUTIC PLATINUM FACIAL TONING (NON SURGICAL LIFT)

One of our most popular treatments, the Bio facial works at reducing fine lines, lifting and tightening the muscles. Ideal for those mouth and eye areas where the facial muscles cause creases to appear. A course is recommended as a preventative treatment. But a difference after one!

Single or monthly session	£41.00
Course of 12 (<i>saving £82.00</i>)	£410.00

NEW – MICRODERMABRASION One hour treatment
Deep exfoliation treatment, to remove dead skin, close blocked pores, good for fine lines, acne scarring, pigmentation patches

Microdermabrasion session	£49.00
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TRANSION SLIMMING & TONING

Used for body toning, the muscles are gently stimulated by low-level electrical impulses, which re-program the muscles to tighten and tone with increased blood flow. Can be used on stomach, thighs, buttocks, bust and upper arms.

Body toning and slimming	£27.00
Minimum course of 10	£230.00

SKIN TAG/MILIA REMOVAL

Skin tags can be permanently removed, as can Milia when incorporated with a Facial. Advice will be given on skin care procedures post treatment. A free consultation before the first treatment is advisable.

Red Vein/Skin Tag (per session)	£41.50
Milia removal available with facial treatments	Please enquire with therapist

AGE SPOTS – Using the Intense Pulsed Light system we can now successfully treat age spots with dramatic effects. Quick and painless with little or no after effects the skin blemishes will fade after a minimum course of 3 or more treatments.

SWEDISH STYLE AROMATHERAPY MASSAGE using Aromatherapy oils for your particular requirements

Full Body & Face	£41.00
Full Body	£37.00
Back, Neck & Shoulders	£22.50

HAND & FOOT CARE

Luxury pedicures include cutting of nails, cuticle work, hard skin removal, foot and leg massage using Aromatherapy based products and varnish if required.

Luxury manicures includes re-shaping, cuticle work, hand & arm massage, and a choice of coloured varnish, clear nail hardener or French style polish.

Luxury Manicure with nail hardener	£19.00
Luxury Manicure with coloured varnish	£20.00
Luxury Manicure with French polish	£21.00
Luxury Manicure & La Remedi Hand treatment	£29.50
Luxury Pedicure without varnish	£21.00
Luxury Pedicure with varnish	£23.50
La Remedi Hand treatment with Facial add to Facial price	£12.50
Paraffin hand or foot wax treatment an additional	£20.00

EYE TREATMENTS/TINTS

The eye is a very sensitive area so we ask that you visit us at least 24 hrs prior to treatment for a patch test to ensure you do not suffer any reaction.

Eyelash tint	£13.00
Eyebrow tint	£10.00
Eyelash and brow tint	£21.00
Eyebrow tidy/re-shape	£10.00
Eyebrow tint and tidy/shape	£17.00
Eyelash tint and eyebrow tidy	£21.00

Intense Pulsed Light (IPL) Permanent Hair Removal
The IPL permanent hair removal system is the very latest in terms of managing unwanted hair, an advanced method than laser. A full and complete patient guide is available with free consultations offered so you can learn more about this treatment.

It finally offers a pain free and quick method of removing hair from all areas - chin, lip, cheeks, neck, arms, legs, bikini, back, hands, feet etc. **Please ring for details.**

ELECTROLYSIS Progressively permanent hair removal. This traditional method of permanent hair removal requires repeat appointments to achieve long term results on superfluous hair growth from the face and body. A free consultation before the first treatment is advisable.

15 minutes	£16.00
30 minutes	£21.00

WAXING A temporary hair removal method which with regular treatment will improve the hair growth by prolong re-growth making the hairs finer and softer. We use a calming azulene wax and soothing antiseptic aftercare cream to reduce any irritation. All treatments are performed in line with new hygiene regulations.

Please note we have differing price scales depending upon the bikini line required, please discuss this with your therapist.

Half leg (lower) wax	£18.00
Half leg (upper) wax	£19.00
3/4 leg wax	£22.00
Full leg wax	£28.00
Arm wax	£18.00
Underarm wax	£14.00
Lip and/or chin wax	from £10.00
Back waxing for men	£26.00
Bikini line Basic to Brazilian from	£15.50 to £32.00

Waxing discounts for two or more areas if treatment at same time.

Treatments continued overleaf.....

Pay for a course of 5 treatments and get the 6th free

Elemis

DEFINED BY NATURE LED BY SCIENCE

Elemis has over 21 years experience in treating both men and women in the professional spa environment. Each spa-therapy has been developed by a specialised team, headed by Noella Gabriel, using extensive clinical and scientific studies to ensure every therapy shows real results.

Designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

Elemis Advanced Anti-Ageing Facials

These superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin-therapy.

Pro-Collagen Quartz Lift Facial 1 hr 15 mins £59.00

Anti-wrinkle facial with proven results.

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*.

Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

Recommended: 1 treatment every 3 weeks/course of 6.

Visible Brilliance Facial 1 hr 15 mins £59.00

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin whilst helping to reduce dark circles.

Moisturisation levels of the skin are proven to increase by up to 61%* and elasticity by 40%* after just 1 treatment.

Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

*Independent Clinical Trials 2004

Recommended: 1 treatment every 3 weeks/course of 6.

Tri-Enzyme Resurfacing Facial 1 hr £49.00

Peel away the years for smoother, more radiant skin.

This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75%* and increase skin smoothness by up to 32%* after just 1 treatment, this unique facial targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

Recommended: 1 treatment every 3 weeks/course of 6.

Modern Skin Facial 1 hr £45.00

Designed for skin challenged by modern living.

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised, rebalanced and renewed skin.

Recommended: 1 treatment every 3 weeks.

Oxygen SkinCalm Facial 1 hr 15 min £49.00

Pure soothing heaven for sensitive skin.

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask, infused with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

Recommended: 1 treatment every 4 weeks.

S.O.S. Purifying Facial 1 hr 15 min £49.00

A purifying treatment for congested skin.

A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

Recommended: 1 treatment every 4 weeks.

All available at

The Health & Beauty Clinic

6 Lakes Parade, Ennerdale Drive, Barrow-in-Furness

Tel 01229 834744 www.thehealthandbeautyclinic.co.uk

Fruit Active Glow 1 hr £39.00

Bring back the glow to a lifeless complexion.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Recommended: 1 treatment every 2 weeks.

Exotic Moisture Dew 1 hr £39.00

Treat your skin to a moisture boost.

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Recommended: 1 treatment every 2 weeks.

Herbal Lavender Repair 1 hr £39.00

For perfect restoration of skin balance.

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Recommended: 1 treatment every 2 weeks.

ELEMIS FACIALS FOR MEN

Skin IQ+ Facial 1 hr 15 mins £49.00

Advanced Anti-Ageing Facial for Men

Anti-ageing booster for tired, stressed skin. Charged with the clinically proven*, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

Recommended: 1 treatment every 4 weeks

Urban Cleanse Facial 1 hr 15 mins £49.00

Advanced Performance Facial for Men

Deep cleanse and complete skin detox. This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Recommended: 1 treatment every 4 weeks.

All elemis facials include the welcome touch thai foot ritual, scalp massage, neck massage, facial massage, (except tri-enzyme) and many also include hand, arm or foot massage.

Elemis body treatments also available Please turn over

FACE AND BODY TREATMENTS
the ultimate pampering for yourself or as a gift

Face and Body Sensation 1 hour £59.00

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquility, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. Warm Basalt stones are combined with warmed oils to melt away tension.

You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance:

- Pro-Collagen Quartz Lift Facial
- Tri-Enzyme Resurfacing Facial
- Visible Brilliance Facial

Absolute Spa Ritual 2 hours £79.00

The ultimate skin and body therapy for maximum results.

Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage.

Body Sculpting Cellulite and Colon Therapy 1 hour £59.00

Redefine and smooth your silhouette.

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off thigh mask is also applied and combined with specialist leg massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

Recommended: 2 treatments per week for 4 weeks, then 1 per month for maintenance.

Course of 8 treatments £450.00
(including free homecare body sculpting products worth £59.00)

Deep Tissue Muscle Massage 1 hour £39.00

Deep rhythmic pressure massage.

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage.

Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Choose from:

Stress-a-Way - Wind down and release the tension of the day.

Spirit Reviver - A powerful surge to invigorate and recharge.

Muscle Melt - Relax and re-energize a tired and aching body.

Chakra Balancing - Reconnect your mind, body and soul.

Deep Tissue Back Massage 30 mins £24.00

Maximum tension-relieving results.

Specifically targeting the back, shoulders and neck areas, where you need it most.

Recommended: 1 treatment per week.

ALSO FOR MEN

Face and Body Sensation 1 hour £55.00

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquility, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. Warm Basalt stones are combined with warmed oils to melt away tension.

You will then be treated to your intensive booster Skin IQ+ Men's anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance

Total Time Out 2 hours £70.00

The ultimate skin and body therapy for men.

Select either the anti-ageing Elemis Skin IQ+ Facial or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage.

Gift Vouchers are available for all treatments and any package of treatments. Also available - personalise your gift by including Elemis spa@home or facial skincare range with your voucher