

### *Chanelle at a glance*

- Extensive range of beauty, holistic and health treatments
- Cosmetic Enhancement Clinic - Btox and Dermal Fillers
- Semi-Permanent Make-up
- Professional, friendly customer service
- Free & easy parking right outside the door
- Luxurious Treatment Rooms
- Dual Treatment Room
- Spa Day Packages
- Special Occasion Packages
- Prom Packages
- Male Treatment menu
- Bridal & special occasion make-up
- Infra Red Sauna
- Customer Loyalty Scheme
- Treatment Vouchers

## Health Services

### Acupuncture & Cupping

Both treatments may offer relief from pain and conditions such as eczema, digestive problems, depression, panic attacks and help improve future health. Treatment administered by fully qualified and experienced practitioner.

**Acupuncture £35 (60 mins)    Cupping £15 (20 mins)**

### Food Sensitivity Testing

Are certain foods causing you health problems?

Tests available to identify sensitivity to foods, vitamins & E no's from a fully qualified nutritional advisor. Children's test also available.

**Testing starts from £42.00 and includes a full consultation and advice on nutrition.**

### Sauna

The latest infra red sauna system that can help ease skin related problems such as acne, eczema and psoriasis, eases arthritis, joint stiffness and muscle spasm, aids wellbeing by expelling toxins from the body as well as improving skin tone and fighting cellulite. Why not enjoy a sauna before a relaxing massage for the ultimate in wellbeing.

**Only £4 for up to 40 minutes use. (Please bring swimwear, towel, robe and suitable footwear)**

### Foot Health

Treatment for foot related problems e.g. verrucas, corns, callouses, bunions, chilblains, ingrowing toenails, nail & skin infections

**First appointment £25.00 Following sessions £22.00**

### Counselling

For individuals & couples

Professional help for depression, relationship problems, lack of confidence, life changes, bereavement

**50 min session £35.00**

### Hypnotherapy

Can help stop smoking, boost self esteem, beat phobias dietary problems, and much more. Children's behaviour problems. Past Life Regression.

**Ask at reception for details.**

**"A deposit may be required to secure your booking on some of our health services"**



## Facial Treatments

### dermalogica®

We have chosen to use the **dermalogica®** product range for our facials because of their reputation for excellence in skincare and commitment to improving skin condition for both men and women.

All **dermalogica®** facials include "face-mapping" a unique concept that allows the therapist to identify problem areas on the face and ensure that products are selected to target specific conditions.

Your therapist will recommend a daily skincare regime and give advice on prolonging the benefits of your salon treatment. We have a full range of **dermalogica®** products in our retail area and our Skinbar is available for you to try products before you buy.

### The Face Treatment

Double cleanse, steam, face mapping, exfoliation, extractions (if required), facial massage, mask and moisturise. Incorporating tailored serums, botanical mixers, and additives to suit your personal skin requirements.

See separate section for range of male facial treatments (Page 21)

#### 30 minute introductory facial

(1st appointment only)

£23.00 (30 mins)

#### 30 minute express facial

(incl. your choice of 10 min masque or facial massage) Improve your skin's condition even with a hectic lifestyle.

£26.00 (30 mins)

#### 45 minute facial

All the benefits of the face treatment including one **FREE** touch therapy of your choice: See "Touch Therapies" below.

£32.00 (45 mins)

#### 60 minute facial

All the benefits of the face treatment but including hand or foot exfoliation to revitalise those tired areas, say hello to smoother, softer skin.

£42.00 (60 mins)

#### 75 minute facial

An advanced facial with all the benefits of the face treatment including two **FREE** touch therapies. Feel yourself totally unwind with this ultra soothing treat.

£52.50 (75 mins)

#### FREE Touch Therapies

- Foot & Leg Massage
- Scalp Massage
- Hand & Arm Massage

#### Therapies for an additional cost of only £6.00

- Extra neck & shoulder massage
- Soothing eye mask
- Heated booties for soft, warm feet - great on a cold day

#### Course of Treatment

Specific skin concerns? Areas you want targeted? Skin problems getting you down? We suggest a tailored course of treatment to address individual concerns. Anything from uneven pigmentation, inflamed, itchy or sensitised skin, acne management or ageing concerns. Each course will include a corrective phase, maintenance phase and homecare programme. Your therapist will advise you on the right course for you.

Prices on application

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## Specialist Anti-Ageing and Cosmetic Enhancement Treatments

### COLLAGENICS® Line Softening and Plumping (Btox & Dermal Fillers)

We have chosen **COLLAGENICS®** for their reputation as the nations leading specialists in non-surgical medical cosmetic procedures and aesthetic treatments. A company renowned as pioneers in the beauty industry, trusted for their high quality service.

Specially trained medical staff off-set the signs of ageing such as lines, wrinkles and volume loss using Btox and Dermal Fillers eg. Restylane. Enhancing facial features, treating tissue damage and restoring skin health to dramatically rejuvenate the skins appearance.

- Smoothing lines and folds
- Lip enhancements & definition
- Relaxing lines
- Skin restoration programme
- Thread vein treatment (legs only)



**COLLAGENICS®** are also available to provide advice and recommendation for cosmetic surgery procedures. Ask at reception for more information on clinic dates and a price list.

### Non Surgical Facial Treatment

The globally renowned "Body Ultimate Facial Toning System available at **Chanelle**, a treatment designed to improve the texture and tone of your skin, providing muscle lift and reducing fine lines. This enhanced facial treatment uses Body Ultimate Skincare products. The combined effect of glycolic acid with micro-current therapy improves the tone and texture of the skin.

£37.00 (60 mins)

A course of 6-10 treatments is recommended followed by a monthly maintenance programme to maintain results.

Course of 6 £185.00  
last treatment FREE

### Facial Rejuvenation Massage

A deeply relaxing and non invasive facelift through massage based on holistic eastern massage techniques. By freeing tension within the facial muscles expression lines can be softened and the complexion appears fresher. Most people notice some difference after one session although a course of 6 treatments is recommended for best effect. A great boost before a special occasion.

£25.00 (45 mins)

Course of 6 £125.00  
last treatment FREE

### Semi Permanent Make-up

Beautiful natural looking colour enhancements for eyes, lips and eyebrows to define, lift and accentuate. Treatment by fully qualified medically trained professionals.

Prices on application.

"A deposit may be required to secure your booking on the above services"

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## Eye Treatments

Eyelash perm	£28.00 (60 mins)
Eyelash perm & tint	£35.00 (75 mins)
Eyelash and eyebrow tint	£12.00 (15 mins)
Eyelash tint	£9.50 (10 mins)
Eyebrow tint	£6.50 (5 mins)

Tinting results can last for up to 6 weeks

*(a patch test is required at least 24 hours before treatment for all tinting and perming treatments)*

## Eyelash Extensions

from £12.00

Enhance your natural lashes with semi-permanent eyelash extensions.

## Revitalizing Eye Rescue

This treatment using products from the **dermalogica**® range, firms and revitalizes tired eyes with a unique blend of vitamins and firming botanicals.

£27.00 (30 mins)



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## Luxury Spa Facials

### Chocoholics Indulgence Facial

For a truly pampering experience, drift into chocolate heaven with this luxurious facial that will hydrate and firm your skin, leaving it feeling like silk. Chocolate is proven to be packed with essential minerals and vitamins to help cell renewal, soothing sensitive and environmentally stressed skin while the heavenly chocolate aroma helps release endorphins in the brain to help calm and soothe the mind. **£46.00 (60 mins)**

### Spa Ritual Rainforest Facial

Let us take you on a magical trip through a fragrant rainforest beginning with a fragrant blend of woody notes of refreshing pinewood & herbal extracts. The fragrances slowly change on your skin over time as you walk through the freshly soaked ferns and green orchids of the forest. This amazing facial uses a unique skincare range of naturally active blends of botanical essences and extracts known for their numerous therapeutic benefits and free from all synthetic fragrances, colourings and preservatives. Rich in minerals, vitamins and antioxidant compounds, fantastic for brightening complexions, reducing fine lines, slowing the ageing process and leaving your skin with a fresh healthy glow. Includes relaxing foot soak, cleanse, exfoliation, massage, mask and moisturise. **£50.00 (90 mins)**

## Facial Packages

### 45 minute **dermalogica**® tailored facial

Plus 15 minute back, neck and shoulder massage. Targeted skin care and relaxation in one treatment. **£40.00 (60 mins)**

### Hand, Foot and Facial treatment

45min facial and a multivitamin hand and foot treatment soothing away dull, rough skin. **£49.00 (60 mins)**

### Occasion Facial Package

30 min facial, mini manicure, mini pedicure and eyebrow tidy. **£48.50 (75 mins)**

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## Hand & Foot Treatments

### Hands

#### Standard manicure

Analyses and treats each nail individually. The cuticles are cared for with oils and creams. Nail shape is perfected and finally treatment basecoats and colour are applied for the perfect finish. **£15.00 (45 mins)**

#### Luxury manicure

All the benefits of the standard manicure plus thermal mittens for deeper penetration of oils and creams. Softens cuticles, improves circulation and soothes stiff joints. **£19.00 (60 mins)**

#### Nail Shape and polish

**£8.50**

Add **£2.00** to above prices for French Polish

Add gems for extra glamour

25p per gem

#### Paraffin Wax Hand Treat (an ideal addition to your manicure)

Relax while your hands are immersed in warm paraffin wax. The wonderful moisturizing effect of the paraffin wax makes this an ideal treatment for excessively dry skin while the warming effect also helps alleviate painful joints.

**£13.50 (20 mins)**

#### Paraffin Wax Manicure

All the benefits of a Luxury Manicure combined with the softening and therapeutic effects of a paraffin wax treatment.

**£25.00 (60 mins)**

#### Luxury Thai Manicure

Sublime spa ritual manicure treatment that takes luxury one step further, includes sensuous hand scrub, sumptuous mask and massage over entire hand and arm using exotic Thai products infused with aromatic oils and herbs. A truly pampering experience leaving you with wonderfully soft hands and beautifully shaped and painted fingernails.

**£24.00 (60 mins)**

#### Express Manicure

Cuticle tidy, nail shape and polish

**£11.50 (25 mins)**

## Creative Nail Enhancements

### Full Sets of Acrylics

#### Fingers

French (pink & white)

**£35.00 (60 mins)**

Natural (pink) incl. polish if desired

**£32.00 (45 mins)**

#### Toes

French (pink & white)

**£26.00 (30 mins)**

Natural (pink) incl. polish if desired

**£22.00 (30 mins)**

### Natural Overlays

French (pink & white)

**£30.00 (40 mins)**

Natural (pink)

**£28.00 (30 mins)**

### Maintenance (every 2 weeks)

Rebalance (pink & white)

**£25.00 (60 mins)**

Infills Natural (pink)

**£22.00 (30 mins)**

Tip repair

**£4.00 each (5 mins)**

Polish

**£3.50 (5 mins)**

### Soak-off

**£15.00 (30 mins)**

+ mini manicure

**£19.00 (45 mins)**

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## Waxing (for women)

See separate section for male waxing menu, page 21

Full leg .....	<b>£18.00</b>
Full leg & bikini .....	<b>£25.00</b>
¾ leg .....	<b>£14.50</b>
½ leg .....	<b>£12.00</b>
Lip .....	<b>£6.00</b>
Chin .....	<b>£6.00</b>
Lip & chin .....	<b>£10.00</b>
Bikini Line .....	<b>£8.50</b>
Brazilian Strip .....	<b>from £14.50</b>
Hollywood .....	<b>£20.00</b>
Face (cheeks) .....	<b>£7.50</b>
Lip, chin & face (cheeks) .....	<b>£16.50</b>
Underarm .....	<b>£8.00</b>
Eyebrow shape .....	<b>£7.00</b>
Forearm .....	<b>£9.00</b>
¾ arm .....	<b>£13.00</b>
Full arm .....	<b>£15.50</b>
Navel .....	<b>£3.00</b>
Feet & toes .....	<b>£6.50</b>
Cleavage .....	<b>£9.00</b>
Back .....	<b>£18.00</b>
Breasts .....	<b>from £8.00</b>
Full body wax .....	<b>£60.00</b>
(incl. full leg, underarm, full arm, navel, feet, toes and eyebrow)	

### Electrolysis

Prices on application

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**Express Treatments**

These treatments are designed for clients who want to look their best but have little time to spare - we will get you out of the door in time for that meeting or to pick the children up from school.

<b>Express manicure</b> Cuticle tidy, nail shape and polish.	<b>£11.50 (25 mins)</b>
<b>Express pedicure</b> Cuticle tidy, heel softener, nail shape and polish.	<b>£15.50 (25 mins)</b>
<b>Express manicure &amp; pedicure</b>	<b>£25.50 (50 mins)</b>
<b>Express Facial</b> 30 minute express facial (incl. your choice of 10 min masque or facial massage) Improve your skin's condition even with a hectic lifestyle.	<b>£26.00 (30 mins)</b>
<b>Express facial &amp; back massage</b> Revive yourself with an express facial and 15min back, neck and shoulder massage.	<b>£32.00 (45 mins)</b>
<b>Express holiday packages</b> • Express manicure, express pedicure and eyelash tint.	<b>£34.00 (70 mins)</b>
• Express manicure, express pedicure and eyelash tint and exfoliating back & shoulder treatment.	<b>£50.00 (90 mins)</b>

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**Feet...****Aromatic pedicure**

A luxurious foot and leg treatment using aromatherapy based products for softer, smoother feet and legs, finishing with perfectly polished toenails.

**£19.00 (45 mins)**

+ **Crystal mud foot soak (see below)**

**+ £8.00 (60 mins)**

**Luxury Pedicure**

All the benefits of the aromatic pedicure but with the added benefit of thermal booties for deeper penetration of oils and creams. Softens cuticles, improves circulation, soothes stiff joints and finishes with perfectly pedicured polished toenails.

**£22.00 (60 mins)**

+ **Crystal mud foot soak**

**+ £8.00 (75 mins)**

**Nail Shape & Polish**

**£8.50 (15 mins)**

**Add £2.00** to above prices for French Polish

Add some gems for a bit of extra glam

**25p per gem**

**Paraffin Wax Foot Treatment**

*(ideal as an addition to your pedicure)*

Relax while your feet are immersed in warm paraffin wax. The wonderful moisturizing effects of this treatment ensures that the feet are left feeling truly soft, helping to eradicate the build up of hard skin whilst also soothing painful joints.

**£15.50 (20 mins)**

**Paraffin Wax Pedicure**

All the benefits of a Luxury Pedicure combined with the softening and therapeutic effects of a paraffin wax treatment.

**£28.00 (60 mins)**

**Express Pedicure**

Cuticle tidy, heel softener, shape and polish

**£15.50 (25 mins)**

**Luxury Spa Thai Pedicure**

Sublime spa ritual pedicure treatment that takes luxury that one step further starting with a relaxing foot soak followed by a sensuous foot scrub, sumptuous mask and a soothing foot massage using exotic Thai products infused with aromatic oils and herbs. A truly pampering experience leaving you with wonderfully soft feet with beautifully shaped and painted toenails.

**£27.00 (60 mins)**

**Crystal Foot Soak & Scrub Treatment**

The ultimate way to pamper your feet. Relax and unwind with this treatment from **Crystal Mud**. The density of the gel-like crystals allow the muscles in the feet to relax while the fragrances each have their own combination of relaxing, soothing and uplifting. Choose your favourite from rose, lavender, jasmine, milk or peppermint.

**£15.00 (25 mins)**

**Add nail, shape & paint for just £7.50**

**Aqua Foot Detox**

The revolutionary way to detoxify and re-balance your body. By simply relaxing with your feet in a special foot spa all the work is done for you as you see the water change colour as toxins are released. The treatment is completed with a relaxing foot massage.

**£25.00 (45 mins)**

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## Body Treatments

### Massage

Massage is a fantastic way to help balance body, mind and spirit, ease those aching muscles and reduce that stress. We have a range of massage treatments to suit your individual requirements.

#### Traditional Swedish massage

A traditional style therapeutic massage to ease stress and treat tired aching muscles. This massage technique boosts circulation and eliminates toxins to encourage wellbeing.

Full body	£32.00 (60 mins)
Back neck and shoulders	£18.00 (30 mins) £26.00 (45 mins)
Back & legs	£26.00 (45 mins) / £32.00 (1 hour)
Back, neck, shoulders face & scalp	£26.00 (45 mins)

#### Sports Massage

A specialist, vigorous deep tissue massage to treat minor injuries and release tension in tight muscles. Decongests muscles to encourage full recovery.

£23.00 (30 mins)  
£42.00 (60 mins)

#### Aromatherapy Massage

True aromatherapy massage with a selection of essential oils and carrier oils blended for your individual needs following a consultation with a qualified aromatherapist.

Oils can be blended to treat conditions such as stress, muscle pain, migraine, IBS, arthritis, insomnia, skin conditions, sinusitis, cellulite, depression, hormonal imbalance, asthma and many other conditions. Advice on use of oils at home to continue the effects of treatment is included.

**Please allow an extra 20 mins on your first appointment for Consultation time with your therapist which is free of charge.**

Full body	£38.00 (70 mins)
Back neck and shoulders	£25.00 (40 mins)
Back, neck, shoulders, face & scalp	£28.00 (45 mins)



## Luxury Spa Body Treatments

Treat your body to one of our luxurious body treatments. Our **dermalogica**® range of treatments incorporate body mapping, a unique concept involving body brushing and detailed analysis of different areas of the body to identify specific concerns that you may have.

#### Purifying Back treatment

A deep cleansing treatment with aromatherapy massage to relieve stress, revealing silky soft skin. **£28.00 (45 mins)**

#### Salt Glow

An all over mineral rich sea salt polish to smooth and revitalize followed by a conditioning body cream. Great for the beach and showing off your shoulders. **£26.00 (30 mins)**

#### Seaweed Wrap

Detoxify and exfoliate your whole body with seaweed and minerals sealed in a warm, relaxing wrap. A great treatment to de-stress and leave you with amazing soft skin. **£40.00 (60 mins)**

#### Toxin Release Treatment for Legs and Thighs

A detoxifying treatment for the leg and thigh area to reduce cellulite. The treatment includes body brushing and massage followed by a seaweed mineral masque applied to the areas that will help firm and nourish the skin. **£28.00 (45 mins)**

#### Hydrating gel wrap

An ultra soothing and nourishing treatment for dry, dehydrated skin and mild sun exposure. It delivers deep hydration in it's cooling gel form and is safe for the most sensitive skins. **£37.00 (60 mins)**

#### Spa Ritual "Rainforest" Body Sensation

This tropical spa experience begins with a soothing massage using tropical rainflower oil with aromas that take you on a journey through a fragrant rainforest. Breathe in the fresh, aromatic fragrance of lime, sandalwood and lemongrass as your body is polished and then enveloped in a truly luxurious body mask. The treatment concludes with the application of tropical fern body lotion infused with coconut, passion flower, and babassu oils and cocoa butter to leave you with velvety smooth glowing skin. A truly unique experience using truly natural products. **£55.00 (90 mins)**

## The Ultimate Body Treatments and a taste of the exotic...

### Balinese Heaven Spice Ritual

A spicy aromatic recipe of warming ginger, clove, nutmeg and cinnamon evokes a wonderful warm and soothing body sensation. Treatment commences with a relaxing foot spa followed by body exfoliation, masque and massage that eliminates muscle pain, easing aches and improving circulation. **£58.00 (90 mins)**

### Coconut Cocoon Body Treat

A touch of Tahiti with this luxurious body treatment using intoxicating coconut and jasmine scents that take your senses on a journey to the South Seas. Treatment starts with a wonderful foot treatment followed by body exfoliation and massage that stimulates the circulation, and leaves skin smooth and moisturised. **£58.00 (90 mins)**

### Exotic, Sensual “Thai” Treatments

*Uplifting aromas of tangerine, lime, ginger and sandalwood, revive the mind whilst stimulating the senses. Sensuous massage incorporating a traditional Thai compress packed with therapeutic herbs that soothe and invigorate the body.*

#### “Thai” Sensory Leg and Foot Treatment

An exotic and stimulating leg and foot treatment with a heavenly scrub, serene warming mask and divine massage incorporating the herb compress and aromatic oils. **£28.00 (30 mins)**

#### “Thai” Back and Shoulder Polish

A heavenly back and shoulder polish to uplift and invigorate your senses, followed by a divine massage and body cream. **£20.00 (30 mins)**

#### “Thai” Ritual Body Treatment

Sensory body massage, leg and foot treatment.

An exotic and stimulating leg and foot treatment with heavenly scrub, serene warming mask and divine massage incorporating the herbal dumpling. A soothing back massage with divine massage and aromatic oil. **£38.00 (50 mins)**

#### Chocoholics Indulgence Body Treatment

A chocoholics dream. Indulge your senses in the decadence of chocolate with this delicious indulgent combination of chocolate, milk essence and coffee powders for that extra luxurious full body pamper treat. Your body will be polished to perfection with an extra creamy exfoliating mask enriched with lotus seeds and vanilla. Then lay cocooned in warm chocolate as the heavenly aroma releases endorphins in the brain to calm the mind, while the minerals and vitamins encourage cell renewal and hydrates the skin. Coffee helps to eliminate toxins and fight cellulite. The experience continues with a heavenly massage using a wonderful rich scented body cream. **£46.00 (60 mins)**

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### Hot Stone Massage

A truly pampering experience. Experience this deeply relaxing massage using special warmed stones that allow deeper penetration into the muscles than can be achieved through traditional massage. Using a combination of massage with stones and hands this treatment is particularly effective in easing muscle pain and encouraging deep relaxation.

Full body **£45.00 (90 mins)**  
Back neck & shoulders **£25.00 (45 mins)**

### Hot stone massage with pre-blended aromatic oils

Full body **£48.00 (90 mins)**  
Back neck & shoulders **£28.00 (45 mins)**

### Total Body Cleanse

Your treatment starts with a deep facial cleanse and moisturise, before the detoxifying effects continue with a body massage using preblended detoxifying essential oils. Leave the salon feeling fully refreshed, cleansed and detoxed.

Back neck shoulders **£28.00 (45 mins)**  
Full Body **£43.00 (75 mins)**

### Pregnancy massage (after 14 weeks)

Specialist massage for mums-to-be that helps melt away and targets those pregnancy related aches and pains. Your first treatment includes a 20 minute consultation which is free of charge.

Full body **£34.00 (60 mins)**  
Back neck & shoulders **£20.00 (30 mins)**

#### Sciatica? Asthma?

Massage is available from a therapist qualified in advanced massage techniques that may help alleviate both these conditions. Ask to speak to a therapist.

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## Slim & Firm...

### Slim-Wrap Inch Loss Programme

This treatment uses a specially formulated "aloe vera and herbal" gel plus dry bandages to achieve fluid loss through ultra-cellular lymphatic drainage. Inch loss can be achieved in 90minutes. Generally little or no weight loss occurs but the inch loss is great for a morale boost before a special occasion and a good incentive to start a sensible diet plan. Treatment starts with dry body brushing and finishes with a body moisturise.

**£49.50 (90 mins)**

### Bust Firming Treatment

Restores the bust's skin tone and elasticity for lift and a better shape. Can help control stretch marks. Specialist toning and stimulating massage cream is applied to the bust area followed by a reshaping bust mask to firm the tissues.

**£35.00 (45 mins)**

*A course of 10 treatments (2 per week) is recommended for maximum results.*



## Tanning

We offer a variety of tanning solutions both at "Chanelle" and in association with **"BROWNE OFF TANNING STUDIO"** just a few doors along.

Chanelle clients are entitled to money saving offers at **"BROWNE OFF"** Just present your Chanelle Client Loyalty Card as identification.

**Whichever treatment you choose  
you can be sure of a natural looking tan.**



### St. Tropez Tanning

A relaxing way to tanning, treatment starts with a full body polish and then tanning lotion is massaged into the body for a gorgeous glowing natural tan.

Full body	<b>£40.00 (75 mins)</b>
Full body (excluding bust & abdomen)	<b>£37.00 (50 mins)</b>

### Part body

Top half (waist upwards)	<b>£26.00 (40 mins)</b>
Arms and shoulders	<b>£20.00 (30 mins)</b>
Legs only	<b>£20.00 (30 mins)</b>
Legs, arms	<b>£35.00 (40 mins)</b>

**Please wear loose dark clothing to your appointment to avoid any staining of clothing and avoid hair removal for 24hrs prior to your tanning treatment.**

See next page for information on spray tanning & sunbeds at **"BROWNE OFF TANNING STUDIO"**

# "BROWNE<sup>D</sup> OFF"

## TANNING STUDIO

334 Southend Road, Shotgate, Wickford, Essex SS11 8QS

*"For the Tan of your Life, and the Life of your Tan"*

### Sunbeds and Spray Tanning

This recently opened Tanning Studio offers tanning in ultra-modern, hygienic surroundings and is just a few doors along from Chanelle. Latest technology sunbeds and Fake Bake Spray Tanning. A professional service with advice on safe tanning and a retail section with creams to enhance and prolong your tan.



- High Intensity latest technology sunbeds
- Lay down & stand up beds
- Special offers on course bookings
- Fake Bake Spray Tanning
- Australian Gold tanning creams and accessories
- **Money saving offers exclusively for Chanelle clients\***
- Late opening for your convenience
- FREE AND EASY PARKING

*Fake Bake*  
Self Tanning Systems

**Avoid any waxing for 24hrs before a sunbed treatment**

**For a perfect spray tan please ensure you:**

- Exfoliate before your appointment (see the special offer below)
- Do not apply moisturiser or deodorant.
- Avoid swimming in chlorinated water.
- Avoid hair removal for at least 24hrs prior to your treatment.

### BODY EXFOLIATION OFFER!

Exfoliation is a must before spray tanning so that your tan looks great and lasts longer. Get that extra glow with a professional body exfoliation at Chanelle **for only £15 and you will receive 10% off the cost of your spray tan at "BROWNE<sup>D</sup> OFF".**

For further information please call  
**01268 762092**

  
**chanelle**  
health & beauty spa

### Special Occasion Treatments & Packages

#### Day and Half Day Spa Packages

Tailored to your individual requirements.

Great for special occasions, pre-wedding parties, as a gift or simply because you deserve some pampering. Lunch provided if required.

Ask at reception for details of our Spa Packages.

#### Dual Treatment Room

Our superior treatment room accommodates partners, friends or family who wish to enjoy treatments together - what a great way to celebrate a special birthday or anniversary.

#### Make-up

- Special Occasion make-up from £25.00 (30 mins)
- Bridal Make-up incl trial £70.00
- Trial fee of £25 will be deducted from full charge for make-up on the day. An additional charge may be applied for make-up at wedding venues outside reasonable travel distance.

#### Prom Packages

Chanelle have joined forces with Blades Hairdressers to offer a complete top to toe grooming package for that special evening...

##### • Beauty by Chanelle

Select a minimum of 3 treatments from the following and qualify for up to 20% discount.

- Make-up
- Nail enhancements
- Tanning
- Manicure
- Pedicure
- Eyelash tinting & extensions
- Eyebrow shaping
- Waxing
- Facial

##### • Hair by Blades

Prom hair from £11 at Blades Hairdressers. Tiaras, clips and combs available. A prior consultation is recommended with a stylist.

**• Recommend 2 friends for a Prom Package and receive a FREE GIFT!**

#### Face Painting for adults & children

Your children will love a face painting party as a very different treat. Ideal for Halloween or fancy dress parties for both adults and children. Discounts for groups.

from £5.00 for children  
from £8.00 for adults

#### Limo Hire

Why not make the party complete and arrange your limo hire through us. Ideal for special occasions, childrens prom nights and weddings.

Competitive prices available on request.

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Telephone 01268 571946      www.chanellebeauty.co.uk



## Holistic Therapy Menu

*Taking time out for yourself is no longer a luxury in these stressful times, looking after yourself is an investment for the future and our menu of holistic treatments encourage natural healing and help you de-stress by balancing mind, body and spirit.*

### Massage

We offer a range of massage treatments to encourage wellbeing. Massage encourages health by stimulating the blood circulation, eliminating toxins and helping you unwind for a healthier you. Choose from remedial Swedish massage, aromatherapy or hot stone. **See massage section (pages 11, 12 & 22) for complete listing and pricing of our massage treatments.**

### Indian Head

Based on eastern massage techniques, this deeply relaxing massage treatment concentrates on the upper back, shoulders, neck, scalp and face and is effective in relieving tension, headaches, migraine and sinus congestion. **£22.00 (40 mins)**

### Reflexology

Gently locating and massaging reflex points on the feet helps redress imbalance in the body and encourages the body to heal naturally. This deeply relaxing treatment can help relieve stress, encourage wellbeing and is effective in relieving the symptoms of many conditions. **£27.00 (60 mins)**

*Please allow an extra 20 minutes on your first appointment to allow for consultation time which is FREE OF CHARGE. A course of 6 treatments is recommended for maximum benefit.*

**Pre-paid Course of 6 £135.00  
Last session FREE**

### Reflexology + Crystal foot treat

Why not add to the benefit of a reflexology by starting your treatment with a relaxing foot treat, The ultimate way to pamper your feet. Relax and unwind with this new treatment from Crystal Mud. The density of the gel-like crystals allow the muscles in the feet to relax while the fragrances each have their own combination of relaxing, soothing and uplifting. Choose your favourite from rose, lavender, jasmine, milk or peppermint. **£37.00 (85 mins)**

### Reflexology + Aqua Foot Detox

Combine your reflexology treatment with a detox spa treatment to rid your body of toxins and boost wellbeing. Simply relax in this special foot spa and watch the water change colour as toxins are released through the pores of your feet. **£47.00 (90 mins)**



## Especially for Him... Male Grooming & Body Treatments

### Waxing

Back .....	£21.50
Chest .....	£12.50
Stomach .....	£12.50
Full leg .....	£20.00
Full leg & buttock area .....	£27.50
Mid brow .....	£4.50
Feet & toes .....	£10.00
Forearm .....	from £12.00
Full arm .....	£18.00
Full body wax .....	£90.00
<i>(incl full leg, back, chest, stomach, forearms, feet &amp; toes, hands and fingers)</i>	
<i>(incl. buttock area) .....</i>	<b>£95.00</b>

### Facial Treatments

Our **dermalogica**® skincare range offers specialist products for male skincare. Your therapist will choose the facial treatment that is right for you...

**60 minute facials including neck and shoulder massage tailored to your personal needs. £42.00 (60 mins)**

### Environmental Control facial

Helps improve the condition of environmentally damaged skin and helps prevent premature ageing.

### Medicated Clearing treatment

For acne prone skin and control of occasional breakouts.

### Sensitised Control

Helps soothe sensitised skin caused by shaving and helps in preventing ingrowing hairs.

### Express Facial

30 minute express facial (incl. your choice of 10 min masque or facial massage) Improve your skin's condition even with a hectic lifestyle. **£26.00 (30 mins)**

### Express facial & back massage

Revive yourself with an express facial and 15min back, neck and shoulder massage. **£32.00 (45 mins)**

## Especially for Him...

### Male Grooming & Body Treatments

Includes remedial swedish and sports massage, aromatherapy and Hot Stone (see pages 11 & 12) plus we have a menu of specialist massage therapies especially for our male clients.

**Choose the massage to suit your lifestyle:**

#### Sports Massage

A specialist, vigorous deep tissue massage to treat minor injuries and release tension in tight muscles. Decongests muscles to encourage full recovery.

**£23.00 (30 mins)**

**£42.00 (60 mins)**

#### Golfers Tonic Massage

Specialist massage concentrating on back, shoulders and legs using specially selected essential oils to help soothe and loosen muscular tension.

**£35.00 (60 mins)**

#### Pre-Sport Revitaliser

Invigorating massage using specially selected essential oils to help revitalise and prepare muscles before sporting activity.

**Back, neck & shoulder £22.00 (30 mins)**

**Full Body £35.00 (60 mins)**

#### Muscle Ease

Remedial using specially selected essential oils to help ease those overworked muscles and release toxins. Includes stretches and deep tissue work.

**Back, neck & shoulder £22.00 (30 mins)**

**Full Body £35.00 (60 mins)**

#### Stress Buster

Unwind after a busy day at work with a soothing massage using specially selected essential oils to induce deep relaxation and help you sleep.

**Back, neck & shoulder £22.00 (30 mins)**

**Full Body £35.00 (60 mins)**

#### Back Cleanse & Deep Massage

Exfoliating body scrub and deep massage to eliminate toxins and promote healthy skin. **£24.00 (30 mins)**

### Hand & Foot Treatments

**Keep those overworked hands and feet neat and tidy with the following treatments:**

#### Manicure Programme

Treatment starts with an exfoliation treatment to cleanse and soften calloused hands followed by a cuticle tidy & neatened nails.

**£16.00 (25 mins)**

#### Manicure Programme PLUS

All the advantages of the above with the added benefit of a paraffin wax treatment to really combat that hardened skin.

**£21.00 (35 mins)**

#### Pedicure Programme

Great feet start here with this treatment to remove hardened skin and tidy nails.

**£22.00 (35 mins)**

#### Pedicure Programme PLUS

Feet to be proud of. All the benefits of the above with the addition of a paraffin wax treatment to target toughened skin.

**£27.00 (45 mins)**

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#### Reiki

Reiki energy is channelled by the therapist using a series of hand movements across your body while you lie fully dressed on the couch. This deeply relaxing therapy helps relieve stress, balances body and mind and encourages wellbeing. **£30.00 (60 mins)**

#### Hopi Ear Candling

A gentle natural therapy that can help relieve ear and related conditions such as sinusitis, headaches, blocked ears, migraines and irritations of the ear. Treatment can be effective in easing in flight ear discomfort. Includes relaxing facial and scalp massage. **£27.00 (45 mins)**

#### Facial rejuvenation massage

A deeply relaxing, non invasive facelift through massage based on holistic eastern massage techniques. By freeing tension within the facial muscles expression lines can be softened and the complexion appears fresher. Most people notice some difference after one session although a course of 6 treatments is recommended for best effect. A great boost before a special occasion. **£25.00 (45 mins)**

#### Aqua Foot Detox

The revolutionary way to detoxify and re-balance your body. By simply relaxing with your feet in a special foot spa all the work is done for you as you see the water change colour as toxins are released. The treatment is completed with a relaxing foot massage. **£25.00 (45 mins)**

#### Thai Foot Massage

A non diagnostic holistic treatment to the lower legs and feet. Involves hands on stretching and massage to open Zen (energy) lines. This treatment can help to accelerate physical healing and aids stress relief. **£25.00 (45 mins)**

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