



BODY MASSAGE

Massage is widely known to help reduce stress and tension. It can help increase circulation, relieve tension, lower blood pressure, reduce anxiety and promote better sleep.

There are a range of pre-blended Kaeso® massage oil to choose from when having your massage.

Scalp, Neck & Shoulders*	(15 minutes)	£20
Back, Neck & Shoulders	(30 minutes)	£25
Full Body	(60 minutes)	£40

Beautiful Body (90 minutes) £52
Full head to toe massage, includes scalp & facial massage followed by full body massage. *(please arrive make up free)*

Cleansing Back Treatment (45 minutes) £30
Body brush, deep cleanse, exfoliation, steam and mud mask, all removed with a hot towel followed by a relaxing or deep pressure massage.

Paraffin Wax Full Body Wrap (75 minutes) £43
A full body exfoliation, removed with hot cloths and an application of Kaeso® body oil of your choice. Paraffin wax applied then wrapped in a foil blanket for 20 minutes while a relaxing scalp massage is performed. Then unwrapped and paraffin wax removed leaving beautiful soft skin.

Paraffin wax further softens and moisturises skin, it has also been shown to treat conditions like arthritis and fibromyalgia among others. A wax treatment acts as a type of thermotherapy, or heat therapy, that helps treat these conditions by increasing blood flow, relaxing muscles and reducing stiffness in joints. Also great for sufferers of dry skin eczema and psoriasis.

For that extra treat why not add hot stones to any body massage treatment for an additional £10. (excludes paraffin wax body wrap)



HOLISTIC THERAPY

Holistic means care for the whole person, mind, body and spirit. Holistic therapies aim to help restore the balance, thus allowing the body to heal itself naturally.

Find below our range of holistic therapies.

Hopi Ear Candles (30 minutes) £23
Includes a mini scalp massage and acupressure sinus massage.

Hopi ear candles is a relaxing treatment which works on a chimney principle and draw impurities to the surface for removal to relieve ear, nose and throat conditions, such as blocked ears & headaches.

For a little something extra to further compliment this treatment add in the ***Scalp, Neck and Shoulder massage for an additional £10**

HOT STONES

Add Hot Stones to any Body Massage £10
(excludes paraffin wax body wrap)

*Hot stone therapy is a specialist massage that uses smooth, flat, heated basalt stone warmed to between 120-130 Fahrenheit. Hot stones are known to help relieve muscle tension pain, reduce stress and anxiety and promotes sleep. **Please note, Hot stone therapy is not recommended for anyone with high blood pressure, diabetes, heart disease, varicose veins, migraines, rheumatoid arthritis, decreased pain sensitivity, recent wounds, areas of weakened or inflamed skin, tumours, metal implants, recent chemotherapy, radiation or surgery or are on medication that thins the blood. If you think you may be pregnant let me know.***

Absolute Extravagance (120 minutes) £70
A luxurious full body and face treatment, consisting of a full body scrub followed by an Cliniccare® express facial, scalp massage and full body massage. *If you need a special treat, this is the one!*



HANDS & FEET

A range of hands and feet treatments using Kaeso®, Kaeso® skincare and beauty products use naturally derived ingredients with essential treatment formulas to deliver effective and luxurious treatments.

Kaeso® Classic Manicure (30 minutes) £22
Cut & file nails, nail bath, cuticle work, hand scrub & mask, massage and cuticle oil. ...also available with nail varnish (50 minutes) for an additional £8

Kaeso® Luxury Manicure (60 minutes) £32
Cut & file nails, nail bath & paraffin wax after mask, cuticle work & hand scrub, massage and cuticle oil.

Gel Polish (45 minutes) £27
File, cuticle preparation & finish with a Gelish® polish of your choice *(please arrive polish free)*

Removal & New Nails (60 minutes) £32
Removal of gel polish, nail & cuticle tidy & finish with a Gelish® polish of your choice.

Gel Manicure (60 minutes) £32
Classic manicure and gel nails

Beautiful Hands (90 minutes) £42
Removal of gel polish, Kaeso® Classic Manicure finished with a Gelish® polish of your choice

Kaeso® Classic Pedicure (40 minutes) £22
Rasp off dry skin, foot scrub, foot bath, cut & file nails, foot mask, cuticle work, massage and cuticle oil. ...also available with nail varnish (1hr) for an additional £8

Kaeso® Luxury Pedicure (60 minutes) £32
Rasp off dry skin, foot scrub, foot bath & paraffin wax after mask, cut & file nails, cuticle work, massage and cuticle oil.

Gel Polish (45 minutes) £27
File, cuticle preparation & finish with a Gelish® polish of your choice *(please arrive polish free)*

Removal & New Nails (60 minutes) £32
Removal of gel polish, nail & cuticle tidy & finish with a Gelish® polish of your choice.

Gel Pedicure (60 minutes) £32
Classic pedicure and gel nails

Beautiful Feet (90 minutes) £42
Removal of gel polish, Kaeso® Classic Pedicure finished with a Gelish® polish of your choice.

Gelish® performs like gel, applies like polish and provides a long-lasting gel polish finish, Gelish® stays on nails for up to 3 weeks with no chipping or peeling.



GENTLEMENS TREATMENTS

Eyebrow Tidy, Shape & Trim	£10
Chest wax	£22
Back wax	£22
Shoulder & tops of arms wax	£11
Kaeso® Classic Manicure	£22
Kaeso® Classic Pedicure	£22
Express Facial	£25
Deep Tissue Back Massage	£25

Gentlemen, don't be shy! There are many of the other treatments available to you too, such as Intense pulsed light (IPL) hair removal, body massages and facials, please just contact me to discuss further.



Jolene Johnson

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Jolene Johnson

One to One Beauty



Are you peeking?

Just in case you are, and you would like to treat me (yes please!), here are a few ideas...

...and remember, ladies and gents you could always just make your own list to treat yourself too!

1.	
2.	
3.	
4.	
5.	



About me...

I'm a fully qualified Beauty Therapist with over 20 years' experience in the industry, with a passion for making people look and feel their best. I offer a wide range of treatments using luxurious professional skincare products to ensure you receive the best treatments for you and your body.

I know how important it is to have time for you; time to relax and recharge, so please feel assured I will make sure you make the most of the time with me.

Look forward to meeting you,

Jolene

BE STRONG,
BE FEARLESS,
BE BEAUTIFUL.

joleneonetoonebeauty.co.uk



FACIALS & FACIAL SKIN TREATMENTS

A facial is a beautifying skin treatment that cleanses pores, exfoliates dead skin cells, hydrates and moisturises the skin. We offer a full range of facials to treat all skins types, luxury specialist facials and a range of skin treatments.

Cliniccare® Facials

Cliniccare® is one of the most innovative professional skin care collections in the entire world. It uses technologically advanced cosmeceutical products containing low molecular hyaluronic acid, as well as vitamins, antioxidants, peptides enabling it to deeply penetrate the skin to hydrate and rejuvenate from the inside to provide long lasting hydration with immediate visible effects. Cliniccare® combines nature's pure essential extracts with the latest advances in science to provide its entire product range cruelty free and 100% vegan.

Cliniccare® Classic Facial (45 minutes) £40
Introductory facial to Cliniccare®

Cliniccare® Pure Facial (60 minutes) £48
Skin rejuvenating, purifying and moisturizing anti-inflammation treatment. Suitable for combination and irritated skins, with or without acne problems.

Cliniccare® Glow Facial (60 minutes) £48
Skin rejuvenation and moisturizing anti-pigmentation treatment. Suitable for skins with pigmentation.

Cliniccare® Refresh Tightening Facial (60 minutes) £48
Skin rejuvenating, moisturizing, anti-ageing, lifting & anti-wrinkle treatment. Suitable for all skins.

Cliniccare® Brightening Facial (45 minutes) £42
A brightening facial that specifically targets hyperpigmentation and evens out skin tone, using ingredients such as vitamin C which improves the skins natural defence while boosting radiance.

Cliniccare® Cinderella Facial (60 minutes) £50
Restore radiance with re-hydrated and smoother skin with a natural luminosity lasting up to 48hrs.
Perfect for a night out, a special occasion, or just because why not!

Cliniccare® Carboxy Facial (60 minutes) £65
This facial provides a surge of oxygen and nutrients to the treated area and improves circulation. This minimally invasive facial can offer reduction of fine lines, tissue tightening and brightening, skin regeneration, elastin stimulation, hydration, reduction of under eye dark circles, improvement in circulation and improved lymphoid drainage.

Cliniccare® High Frequency Facial
High frequency is the use of high frequency currents to aid product penetration and gentle skin stimulation. It oxygenates the surface of the skin, kills acne bacteria, stimulates circulation and aids in detoxification by contracts blood vessels, minimizing red inflamed skin. This kind of treatment also can aid to shrink pores, stopping persistent acne in it tracks, decongest puffy eyes, fade dark under eye circles, regenerate and re-energising tired stressed skin.

Direct High Frequency Facial (30 minutes) £30
Combination, congested and acne skins (60 minutes) £50

In-Direct High Frequency Facial (30 minutes) £30
Dry dehydrated skin, ageing skins and lack lustre (60 minutes) £50

Supercharge me! £10
Take your facial to the next level by adding 15 minutes of high frequency treatment to further penetrate the product deeper into your skin and gain the many other benefit from this new treatment.

Sub-Zero £5
Do you suffer from puffiness, dark circle or sinus pressure? By adding Ice globes to your facial, you will help tackle this, as well as refining pores, promoting lymphatic drainage, helping to relax tense muscles to reduce headaches and migraines.

Cliniccare® Peels

Facial peels are used to treat wrinkles, discoloured skin and scars. They can be done alone or combined with other treatments. All our peels include the ice globes.

Cliniccare® Pure Peel (45 minutes) £55
The Pure Peel² stimulates cell renewal and is suitable for treating acne, blackheads and comedones. It helps keep pores clean and unclogged and has keratolytic, anti-blackhead, anti-inflammatory and antiseptic properties.

Cliniccare® Glow Peel (45 minutes) £55
The Glow AHA Peel² is a mild peel which removes the upper layer of the epidermis stimulating cell renewal, inhibits melanin synthesis, brightens the skin and evens out discoloration. Perfect for hyperpigmentation, age-spots, sun damage and dull, tired skin.

Cliniccare® Refresh Peel (45 minutes) £55
The Refresh Peel² is a peel that removes the upper layers of the epidermis and has a strong anti-aging effect on the skin. It strengthens the skin and stimulates collagen synthesis. Perfect for fine lines, wrinkles and skin rejuvenation by renewing and stimulating collagen synthesis. Ice globes used as part of this treatment.

Hydradermabrasion Skin Treatment

The latest innovation currently trending in the skincare industry.

Hydradermabrasion is a non-invasive skin treatment that uses patented technology to deeply cleanse, extract, as well as hydrate skin. The result is younger-looking, glowing, healthier skin. The Hydradermabrasion treatment has become one of the most popular facial treatments today.

The treatment is delivered in 3 stages...

- 1st Cleanse & Extract**
Skin scrubber and hydrogen oxygen cleansing provides deep cleansing designed to unblock pores, remove excess grease and debris and removes dead skins cells.
- 2nd Hydrate**
By using different currents like ultrasonic radio frequency, it drives the products deeper into the skin and has a skin tightening effect in which stimulates collagen production thereby improving elasticity in the skin.
- 3rd Fuse & Protect**
To finish, a cold treatment is used which helps to shrink pores, reduces sensitivity to rejuvenates and whitens the skin. In this final stage the hydrating qualities of the hydrogen oxygen mist penetrates the skin and increase skin vitality.

The treatment uses Cliniccare® products and is personalised to you using the 6 different treatment heads to ensure you achieve the best results for your skin. A one-off facial will give you a fantastic glow but to achieve the best results a course of 6 facials 3-4 weeks apart is recommended. There are 2 different Hydradermabrasion facials:

Prescriptive Hydradermabrasion Facial (60 minutes) £65
The complete Hydradermabrasion experience, all 3 stages providing the ultimate deep cleansing, hydrating and rejuvenating treatment to reveal younger-looking, glowing, healthier skin, consisting of skin scrubber, painless peel, steam (if required), hydrogen oxygen cleansing serum, ultrasonic & radio frequency, mask, cold treatment head serum, moisturiser and hydrogen oxygen hydrating mist.

Deep Cleansing Teen Hydradermabrasion Facial (45 minutes) £45
Designed to focus on teenage acne-prone skin to provide deep cleansing, extraction and moisturising using Hydradermabrasion technology, consisting of skin scrubber, painless peel, steam, extraction, hydrogen, oxygen cleansing, cold treatment head and moisturiser.

Dermaplaning

Dermaplaning is a minimally invasive procedure that exfoliates your skin and removes dirt and vellus hair, better known as "peach fuzz". This aids better product absorption, helps reduce fine lines, giving you a glowing and very smooth soft skin. As long as the hair is superficial vellus hair, it will continue to grow back at the same rate and texture as it did prior to treatment.

Dermaplaning Facial (30 minutes) £35
Dermaplaning Facial (60 minutes) £50
Includes ice globes and mask to take home for 2 further treatments.

Microneedling Mesotherapy Facial

(60 minutes) £100
Micro needling or collagen induction therapy mimics the effects of fractional laser by generating micro punctures in the skin. This controlled wound-healing response in the deep layers of the skin stimulate the college and elastin. It results in a smoother and more youthful appearance. The micro punctures create a controlled injury underneath the skin, which then sends a wakeup call to the collagen to start producing more. The skin then thickens in response to this. Micro-needling aims to improve mild to moderate acne scaring, fine lines and wrinkles, rough skin texture, decrease pore size and tightens lax skin. Most people experience redness and slight swelling post treatment that can last up to 48hrs. This is suitable for all skin types and colours, and there is no risk of post inflammatory hyperpigmentation.

Select your Cliniccare® Mesotherapy skin cocktail to include in your Microneedling facial

The mesotherapy skin cocktails have a mixture of skin rejuvenating, hydrating, firming, tightening and antioxidant ingredients to restore moisture and firmness caused by the degradation of native hyaluronic acid and collagen fibres.

- Glow Mesotherapy**
Anti-pigmentation, hydrating, firming, tightening and antioxidant ingredients to eliminate uneven skin tone.
- Refresh Mesotherapy**
Soothing, skin rejuvenating and anti-wrinkle effect, provides long-lasting hydration.
- Tight Mesotherapy**
Soothing, skin rejuvenating, anti-wrinkle and tightening effect. Mimics Botox effect via muscular relaxation, providing long-lasting hydration.

All cocktails are suitable for all skin tones, and all include ice globes and a mask to take home with you for 2 further treatments.

Ultimate Facial

(90 minutes) £125
A match made in heaven; the Ultimate Facial combines both dermaplaning, microneedling & a skin cocktail to achieving the maximum effect. Together these procedures are ideal to treat uneven skin tone and texture, large pores, fine lines, unwanted hair, and acne scars. Dermaplaning before micro-needling allows for the skincare products to penetrate more readily into the deeper layers to achieve optimal results.

Thinning scalp? Microneedling mesotherapy hair energy is available to treat thinning hair on the scalp. Course price on request.



HAIR REMOVAL

A complete range of hair removal treatments are available. Choose from Intense Pulsed Light (IPL), waxing or threading methods.

Skinbase™ Intense Pulsed Light (IPL)

Skinbase™ Intense pulsed light (IPL) is an advanced system offering permanent hair reduction. IPL emits beams of visible pulsed light onto the skin. In permanent hair education this light is absorbed by melanin in the hair to disable the hair follicle so it can no longer produce hair.

Unwanted hair can be removed from most parts of the body including the legs, upper lip & chin, bikini line, underarm and back. A slight warm tingling sensation best describes the feeling experienced during a Skinbase™ IPL treatment. This is minimised further by a specially developed cryo-handset which cools the skin. The Skinbase™ IPL is infinitely more comfortable than most conventional methods like waxing, laser and electrolysis and many other IPL or laser systems.

An in-depth consultation and patch test is required before any treatment £25

Arms and legs

Full Legs	£250
Upper Legs (excluding knee)	£150
Lower Legs (including knee)	£150
Feet	£60
Toes	£50
Half Arms	£105
Full Arms	£150
Underarms	£70
Hands	£55
Fingers	£55
Feet & Toes	£70
Full Legs & bikini	£300
Upper Legs & Bikini	£185

Body

Shoulder	£105
Upper Back	£105
Lower Back	£115
Full Back	£185
Full Back & Shoulders	£210
Decolletage	£100
Shoulders & Upper Back	£175
Chest	£115
Chest & Abdomen	£185
Nipples	£55
Abdomen	£115
Stomach Line	£55
Bikini 20	£70
Bikini 50	£105
Bikini 70	£110
Bikini 90	£125
Buttocks	£145

Face and neck

Full Face	£100
Forehead	£50
Between Brows	£25
Sides of Face	£50
Lip & Chin	£60
Lip	£40
Chin	£45
Back of Neck	£65
Front of Neck	£65
Full Neck	£90

For best results treatments are delivered as part of a course.

- 10-12** for facial hair removal this is due to hormones

- 6-10** for body hair removal

Course are purchased in session of 6, which includes 1 free treatment.

Gift Vouchers

available on all treatments

WAXING OR THREADING

Eyebrows	£10
Lip & Chin	£13
Lip or Chin	£8
Cheeks	£15
Full Face <i>(including eyebrows)</i>	£32

Australian Bodycare® Hy-Wax system is the most hygienic, effective and easy waxing available to the beauty industry. Australian Bodycare® endorses a method of waxing which will minimise the risk of cross infection between clients. Threading is the method of plucking hair from its root by rolling over areas of unwanted hair with doubled and twisted antibacterial thin cotton thread. Threading is good for sensitive skin types.

BODY WAXING

1/2 Leg	(20 minutes)	£15
3/4 Leg	(30 minutes)	£18
Full Leg	(40 minutes)	£25
Arms	(20 minutes)	£15
Underarms	(10 minutes)	£12
Standard Bikini Line	(10 minutes)	£12
Woman's Intimate Wax - New	(45 minutes)	£25
Woman's Intimate Wax - Tidy	(30 minutes)	£17

(Individual hot wax and disposable knickers are supplied, 4 weeks growth maximum)



EYE & BROW CARE

Eyes are said to be the windows to the soul, so why not make them sparkle with a special treatment.

Patch test required 48 hrs before all eye care treatments listed below.

Lash Tint (20 minutes) £12
Lash Lift & Tint (75 minutes) £38
Lifts and extends the lashes, straightening them at the root for an instant fuller effect and high-impact look.

Eyebrow Tint (10 minutes) £8
Brow Lamination & Tint (30 minutes) £32
Takes your unruly or thinning brow hair and smooths it out whilst also lifting the hair in a more virtual direction.

Beautiful Eyes (90 minutes) £60
Lash lift & tint, and brow lamination & tint

Supercilium® Henna Brows

The latest trend in brow care, Supercilium® offers a completely natural semi-permanent treatment that unlike traditional brow tinting, not only stains the hairs but also the skin, providing long-lasting results, tinting the skins for up to 2 weeks and the brow hairs up to 6 weeks. Your eyebrows will be personally mapped to suit your face and there are a variety of colours available to suit your skin tone to create a natural brow affect.

Supercilium® Henna Brows (40 minutes) £32

Bridal packages available

Book a course of 4-6 facials depending on requirements and receive 10% off your course plus a complimentary back massage on your last treatment. Package must be booked and paid for in advance.