



**BE STRONG,
BE FEARLESS,
BE BEAUTIFUL.**



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**OPENING
TIMES**

Monday 10 - 7

Tuesday 10 - 2

Wednesday 10 - 2

Thursday 10 - 7.30

Friday 10 - 6

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 Jolene One to One Beauty

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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

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FACIALS & 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) £43
Introductory facial to Cliniccare®

Cliniccare® Pure Facial (60 minutes) £55
Skin rejuvenating, purifying and moisturizing anti-inflammation treatment. Suitable for combination and irritated skins, with or without acne problems.

Cliniccare® Glow Facial (60 minutes) £55
Skin rejuvenation and moisturizing anti-pigmentation treatment. Suitable for skins with pigmentation.

Cliniccare® Refresh Tightening Facial (60 minutes) £55
Skin rejuvenating, moisturizing, anti-ageing, lifting & anti-wrinkle treatment. Suitable for all skins.

Cliniccare® Brightening Facial (45 minutes) £44
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 & Black Tie Facial (60 minutes) £58
Yes, you may go to the ball! For a quick fix facial and that special event, this will help to rejuvenate and tone the skin, giving a natural glow for up to 48 hours after treatment. Can be carried out every 1 to 4 weeks.

Cliniccare® Non-invasive Carboxytherapy Facial (60 minutes) £68
This should be called the "OMG Facial". Carbon Dioxide is infused into the skin to encourage an increased flow of oxygen. This helps to increase micro-circulation in the skin resulting in improved lymphoid drainage, improved vascular, reduce dark circles, and smoother, firmer skin. A course of 4 to 8 is recommended leaving one week in between, then a maintenance treatment every 4 to 8 weeks. This can be done as a one off treatment if desired.

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) £35

Combination, congested and acne skins (60 minutes) £55

In-Direct High Frequency Facial (30 minutes) £30

Dry dehydrated skin, ageing skins and lack lustre (60 minutes) £50

Gift Vouchers available on all treatments

Natural Face Lift Massage

This new facial treatment is a lifting health massage, great for lifting muscles on the face. Working on the fascia under the skin surface where our natural hyaluronic acid is produced and collagen fibres are found. This firm lifting massage can improve the ageing of the face the benefits are: Releasing tension, soften deep lines, release sinus pressure and give a beautiful glowing skin #nataliyarobinsonmethod

Stand alone treatment (50 minutes) £50

Add on to a facial or massage (30 minutes) £30

Cliniccare® Pick Me Up (60 minutes) £55

This lovely treatment involves a express Cliniccare® facial and back massage perfect when you need a little pick me up.

Supercharge me! £12

Level up your facial 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 £6

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) £59

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) £59

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 discolouration. Perfect for hyperpigmentation, age-spots, sun damage and dull, tired skin.

Cliniccare® Refresh Peel (45 minutes) £59

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.

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.

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 uses Clinicare® 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) £66

The complete Hydradermabrasion experience, the ultimate deep cleansing, hydrating and rejuvenating treatment to reveal younger-looking, glowing, healthier skin.

Deep Cleansing Teen Hydradermabrasion Facial (45 minutes) £50

Designed to focus on teenage acne-prone skin to provide deep cleansing, extraction and moisturising using Hydradermabrasion technology.

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) £38

Dermaplaning Facial (60 minutes) £60

Includes ice globes and mask to take home for 2 further treatments.

Microneedling Mesotherapy Facial (60 minutes) £110

Microneedling Led Pen (60 minutes) £130

Select your Clinicare® 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) £140

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

Australian Bodycare® Hy-Wax system is the most hygienic, effective and easy waxing available to the beauty industry.

FACIAL WAXING OR THREADING

Eyebrows	£11
Lip & Chin	£15
Lip or Chin	£10
Cheeks	£17
Full Face (including eyebrows)	£36

BODY WAXING

1/2 Leg	(20 minutes)	£20
3/4 Leg	(30 minutes)	£24
Full Leg	(40 minutes)	£30
Arms	(20 minutes)	£20
Underarms	(10 minutes)	£15
Standard Bikini Line	(10 minutes)	£15
Brazilian/Hollywood - new	(45 minutes)	£30
Brazilian/Hollywood - Tidy	(30 minutes)	£25



(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)	£14
Lash Lift & Tint	(75 minutes)	£42

Lifts and extends the lashes, straightening them at the root for an instant fuller effect and high-impact look.

Eyebrow Tint	(10 minutes)	£9
Brow Lamination & Tint	(30 minutes)	£35

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)	£65
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Lash lift & tint, and brow lamination & tint

Supercilium® Henna Brows	(40 minutes)	£35
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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.

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.

Back, Neck & Shoulders	(30 minutes)	£30
Full Body	(60 minutes)	£50
Face & Scalp	(30 minutes)	£30
Back, Face & Scalp	(60 minutes)	£50
Beautiful Body	(90 minutes)	£62

Full head to toe massage, includes scalp & facial massage followed by full body massage. (please arrive make up free)

Massage for menopause (50 minutes) £55

This new treatment to the beauty industry has many benefits for women going through the menopause to help alleviating symptoms such as: hot flushes, night sweats, mood swings, insomnia, promoting relaxation, reducing stress and improving circulation.

Additionally, massage can target specific areas of discomfort, such as muscle tension and joint pain, providing relief and enhancing overall well-being. A pre blended aromatherapy oil for menopause is used with acupressure points and aftercare is applied to continue the benefits of this amazing new treatment.

Oncology massage (50 minutes) £55

This gentle massage is completely different from traditional massage. This slow gentle touch massage is all about: reduced anxiety, improvement of sleep and mood, reduced pain and helps with neuropathy, reduced nausea and to give you me time to relax and unwind.

This beautiful technique will also help other clients who suffer from the following: Fibromyalgia, ME, arthritis, long covid and anxiety.

Cleansing Back Treatment (45 minutes) £40

Paraffin Wax Full Body Wrap (75 minutes) £60

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.

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

CLINICARE®
CUTTING EDGE COSMECEUTICAL FORMULA



Apraise®
PROFESSIONAL LASH AND BROW TINT

hive®

australian
bodycare®

gelish®
SOAK-OFF
GEL POLISH

KAESO
PROFESSIONAL, NATURAL, BEAUTIFUL SKIN

SUPERCILIUM
PROFESSIONAL

HANDS & FEET

HANDS

Kaeso® Classic Manicure	(30 minutes)	£24
...also available with nail varnish (50 minutes) for an additional £8		
Kaeso® Luxury Manicure	(60 minutes)	£35
Gel Polish (<i>please arrive polish free</i>)	(45 minutes)	£27
Removal & New Nails	(60 minutes)	£38
Gel Polish Removal		£15
Gel Manicure Classic manicure and gel nails	(60 minutes)	£38

FEET

Kaeso® Classic Pedicure	(40 minutes)	£24
...also available with nail varnish (1hr) for an additional £8		
Kaeso® Luxury Pedicure	(60 minutes)	£38
Gel Polish (<i>please arrive polish free</i>)	(45 minutes)	£30
Removal & New Nails	(60 minutes)	£32
Gel Polish Removal		£15
Gel Pedicure Classic pedicure and gel nails	(60 minutes)	£38

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) £25
Includes a mini scalp massage and acupressure sinus massage.

Hot Stones

Add Hot Stones to any Body Massage (*excludes paraffin wax body wrap*) £12

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.

Total Indulgence (120 minutes) £90

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!

Gift Vouchers available on all treatments



GENTLEMENS TREATMENTS

Eyebrow Tidy, Shape & Trim	£11	Kaeso® Classic Manicure	£24
Chest wax	£25	Kaeso® Classic Pedicure	£24
Back wax	£25	Express Facial	£30
Shoulder & tops of arms wax	£12	Deep Tissue Back Massage	£30

Cliniccare® Black tie facial (55 minutes) £55

Don't be shy there are many other treatments you can experience please contact me to discuss further.



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