



perfect
RETREAT



PRICE LIST
Spoil yourself...

File & Polish	£13.00
File & French Polish	£15.00
File, Cuticle Tidy & Polish	£20.00
Luxury Manicure / Pedicure	£26.00

OPI GEL COLOUR LONGER LASTING POLISH

File & Gel Polish	£20.00
File, Cuticle Tidy & Gel Polish	£26.00
Luxury Manicure / Pedicure & Gel Polish	£32.00

Swarovski Crystals 50p each

MINX NAILS

Fingers	£16.00
Toe	£19.00

TWINKLE TOES / FINGERS ACRYLIC / GLITTER OVERLAY £20.00

ACRYLIC NAIL EXTENSIONS

NATURAL, WHITE TIP, GLITTER ETC THE CHOICE IS YOURS...

Full Set	£30.00
Infills	£19.00
Rebalance	£25.00
Nail repair	£4.50
Acrylics with OPI Gel Polish	£38.00
Gel Hollywood Fingers	£24.00
Gel Colour Overlay	£22.00

Gel Polish Removal	£5.00
Acrylic Nails / Twinkle Removal	£10.00

NAIL ART

from £2.50

Please ask for extra time when booking or discuss with your nail technician.

From Bows, Animal Print, Flowers.... the choice is yours!



EYES

Make the most of your eyes with lash and brow tinting...
lasts approximately 6 weeks

Lash Tint	£12.50
Eyebrow Tint	£7.00
Lash & Brow Tint	£16.00

PD BROWS PERFECT DEFINITION

Perfect Retreat's answer to HD Brows

After a shape consultation your therapist uses a mixture of techniques including waxing, tweezing, threading and tinting to perfect and define your brows.

£18.00

TEMPORARY LASH INSERTS

Temporary Flared style lash inserts lasting up to 7-10 days for added fullness. Can be added to corners of eye for a subtle look or as many as you dare for super full lashes

from £15.00

LASH PERFECT NATURAL LASH EXTENTIONS

Lasts up to 6 weeks

Natural Set - 1 hour	£30.00
Glamour Set - 1 hour 30 mins	£45.00
Top Up - 30 mins	£15.00

MAKE UP

At Perfect Retreat we use Bare Minerals . Ideal for the perfect wedding look, special occasions or as a finishing touch after your facial. Take the stress out of putting on your make up - let us do it for you.

Make Up Application	£20.00
Mobile (plus travelling)	£26.00

EAR PIERCING

Under 16 must be accompanied by an adult

£18.00



WAXING

The only answer to silky smooth skin

Half Leg	£14.50
Three Quarter Leg	£19.50
Full Leg	£23.00
Full Leg & Bikini	£26.50
Bikini Line from	£8.00
Under Arms	£8.00
Forearms	£12.00
Back	£15.00
Chest	£15.00
Lip	£6.00
Eyebrows	£6.00
Chin	£6.00
Lip & Eyebrows	£10.00
Lip & Chin	£10.00
Lip, Chin & Eyebrows	£14.00

ELECTROLYSIS

Permanent removal of hair using a sterile needle for each client. This is a progressive treatment so a course of sessions will usually be needed.

Consultation	Free
5 mins	£6.00
10 mins	£12.00
20 mins	£17.00
30 mins	£20.00

THREADING

An ancient technique of hair removal. A precise and effective method

Eyebrows	£8.00
Lip	£8.00
Chin	£8.00
Neck	£8.00
2 Areas	£14.00
3 Areas	£20.00
4 Areas	£26.00

TRADITIONAL MASSAGE

A wonderful way to indulge yourself and completely unwind. Reduces tension, soothes muscles, stimulates the circulation and induces relaxation.

Back Massage - 25 mins	£20.00
Face, Neck & Shoulder - 25 mins	£20.00
Full Body Massage - 55 mins	£36.00

HOT STONE MASSAGE

Indulge your senses with a Hot Stone Massage. A unique treatment designed to uplift and relax the body at it's deepest level.

Back Massage - 30 mins	£26.00
Full Body - 75 mins	£46.00

PRIADARA THAI STYLE MASSAGE

Priadara Thai Style Massage incorporates thai herbal heat compresses to give a fantastic heat treatment to soothe and alleviate muscle tension. This is a powerful, detoxifying and purifying treatment that you are sure to love.

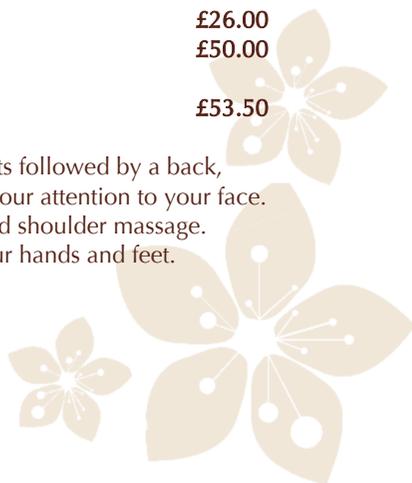
Back Treatment - 30 mins	£26.00
Back & Back of Legs - 30 mins	£26.00
Full Body Treatment - 75 mins	£50.00

ABSOLUTE HEAVEN 90 mins

THE NAME SAYS IT ALL!

We begin by bathing your feet with hot mitts followed by a back, neck and shoulder massage before we turn our attention to your face. After cleansing enjoy a face, scalp, neck and shoulder massage. While your mask is on we will massage your hands and feet.

£53.50



REIKI 60 mins **£30.00**

Reiki is an ancient form of energy healing, focusing on rebalancing the body's energy flow. A simple but powerful process, your therapist lays their hands on their fully clothed client in a series of hand placings. A warm pleasant sensation is usually experienced releasing stress and inducing relaxation.

INDIAN HEAD MASSAGE 30 mins **£24.00**

Indian Head Massage is based on the Ayurvedic system of healing practised in India for centuries. It helps release stress that has accumulated in tissues, muscles and joints of the head, face neck and shoulders. It is very effective for relieving tension, insomnia and headaches.

REFLEXOLOGY 45 mins **£30.00**

Reflexology goes back thousands of years. It is a technique that deals with the principal that there are reflexes in the feet which correspond to all organs, glands and parts of the body. It is a unique method of using thumbs and fingers on these reflex areas to activate the healing powers of the body.

AROMATHERAPY

Massage using essential oils specially selected for your needs.

Back Massage - 30 mins **£25.00**

Full Body Massage - 1 hour 15 mins **£45.00**



NHS Complimentary Vouchers Accepted Here

the moment your skin changed. forever.

When Dermalogica meets skin, skin health is redefined. Our promise to you is that your skin will never have felt as clean, or as healthy, as after one of our professional services; nor will you leave our Skin Bar® without truly understanding your skin, and its needs. Our therapists are among the best trained in the industry, and each has postgraduate certification from The International Dermal Institute.

WHAT DOES THAT MEAN FOR YOUR SKIN?

Quite simply: Real Treatments. Real Answers.
Real Products. Real Results!

FACE MAPPING® SKIN ANALYSIS

10 mins

free

Our Face Mapping® skin analysis takes all the guesswork out of getting results. Your Dermalogica Skin Therapist will diagnose your skin's concerns and prescribe a no-nonsense home care and treatment regimen to deliver your optimum skin health in your 14 unique zones. A professional consultation that reveals your skin's past, present... and healthiest future.



SKIN BAR® 15 mins

free

Test-drive your prescribed regimen under the guidance of a professional Skin Therapist. At Skin Bar®, you can learn about your skin with Face Mapping®, and then learn how to use the products, hands-on.

MICROZONE®

20 mins

£20.00

Want a professional skin treatment but short on time? Get on-the-spot skin solutions with MicroZone® treatments. We'll address your top skin concern, hands-on, with our exclusive Dermalogica MicroZone® treatments – the quick fix for troubled skin. After consultation and Face Mapping® skin analysis we will determine your skins most pertinent skin needs and focus on key stages of treatment to get you maximum results in a minimum of time.

fix skin problems in a snap!

We all get breakouts that appear from nowhere or suddenly skin looks dull and lifeless...

We're ready to target your most pressing skin issue in 20 minutes with the new customisable **microZone®** treatment!

microZone® treatments are the 20 minute skin fix that gets you in, gets skin repaired and gets you out the door in less time than you take for a lunch break!

There's no need to change out of your clothes, just stop by and get ready to receive one of our customisable **microZone®** treatments.

Come in today and fix skin issues in a snap!

perfect RETREAT

dermalogica®
the dermalogical difference | 1-800-451-1111 | dermalogica.co.uk

THE DERMALOGICA® SKIN TREATMENT 55 mins

£40.00

Say goodbye to cookie-cutter treatments! The Dermalogica Skin Treatment is 100% customised to your skin need's based on consultation and a thorough, zone-by-zone Face Mapping® skin analysis, making it one treatment... that's different every time! Totally designed to meet to your needs, each treatment includes professional double cleansing, exfoliation, results enhancing electrical modalities, extractions (as needed), masque, toner and skin protection. To complete your treatment experience you can customise your skin treatment with your choice of Touch Therapy.

the skin treatment + touch therapy = ultimate dermalogica experience



DERMALOGICA TOUCH THERAPIES

While no one knows your skin better than your Dermalogica Skin Therapist, only you know how you feel. That's why you can customise your Dermalogica Skin Treatment with your choice of Touch Therapy, 15 minutes of extra attention where you need it most.

customised face massage
stress relief neck and shoulder massage
stress relief back
stress relief foot
stress relief scalp

GOT A KEY SKIN CONCERN?

Dedicate your Touch Therapy time to boosting skin results with intense treatment using additional electrical modalities and specialist masques.

WANT A BIT MORE?

Additional Touch Therapies can be booked at 15 minute increments at a cost of **£10.00**

ACTIVE RESURFACE 35	45 mins	£50.00
	Course of 6 treatments	£250.00

Looking for dramatic results, fast? Active Resurface 35 provides intensive resurfacing for ultra smooth skin. Specifically designed for advanced skin care users who need the ultimate in active treatment. Targets a range of skin care concerns from premature ageing to pigmentation and scarring.



1 THERMAL BODY THERAPY TREATMENTS

Through the various benefits of heat and the undeniable power of touch, you'll experience a results-oriented body treatment like never before. Every Dermalogica Thermal Body Therapy Treatment is customised for your skin condition, designed to target your skin's most pressing concerns while delivering an amazing sensory experience. Depending on the length of time booked, and based on your consultation and Body Mapping® your Thermal Body Treatment may include the following:

BODY EXFOLIATION 30 mins **£25.00**

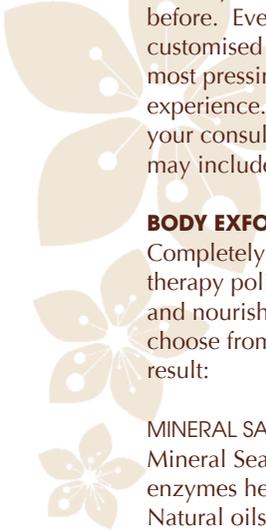
Completely customised to either energise or reduce stress, this therapy polishes skin to a soft glow while providing critical hydration and nourishment skin needs. Your Dermalogica skin expert may choose from the following body exfoliators to create the ultimate skin result:

MINERAL SALT SCRUB THERAPY

Mineral Sea Salts and Seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils and extracts help stimulate the senses while cleansing and conditioning, and the added benefit of warmth helps invigorate the mind and body.

BODY FOLIATION THERAPY

Give your body the customized exfoliation it needs coupled with the warming sensation it craves! A gentle Oatmeal and Rice Bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyperpigmentation.



BODY WRAP 30 mins**£25.00**

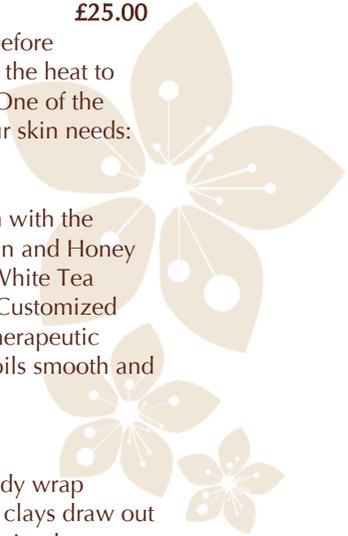
A targeted and customised body pack will be applied before cocooning your body to maintain warmth and utilizing the heat to encourage the absorption skin-benefitting ingredients. One of the following body packs will be selected according to your skin needs:

POWER RECOVERY THERAPY

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger and White Tea stimulate blood circulation to promote healthier skin. Customized essential oil blends in a massage medium offer aromatherapeutic benefits, while rich Kukui Nut, Olive and Grape Seed oils smooth and provide antioxidant protection.

NOURISHING SEA MUD THERAPY

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clays draw out impurities while Tropical Asian Ginger and White Tea stimulate circulation and smooth skin.



THE COMPLETE THERMAL BODY THERAPY EXPERIENCE

90 mins

£65.00

Want great skin while rebalancing body and mind? Get the ultimate customised body treatment, combining the power of touch with exceptional skin results. After thorough consultation and Body Mapping®, the treatment will include customised exfoliation to polish and smooth, deep balancing massage to work away tension and a body pack to restore skin health. Your Skin Therapist will ensure this all-encompassing treatment is perfectly designed to target your skin needs while creating a therapeutic environment to alleviate the effects of daily stress.

THERMAL TOUCH TREATMENTS

15 minutes | **£10.00**

20 minutes | **£15.00**

30 minutes | **£20.00**

Need focused attention on a specific area of your body? Thermal Touch Treatments will deliver maximum results in a minimum of time! The perfect add on to any Dermalogica skin or body treatment.

Choose from the following:

THERMAL TOUCH FOR THE NECK & CHEST

THERMAL TOUCH FOR THE SCALP

THERMAL TOUCH FOR THE HANDS AND ARMS

THERMAL TOUCH FOR THE LEGS AND FEET

THERMAL TOUCH FOR BACK PURIFICATION



ST TROPEZ TANNING

Offers the safe alternative to tanning Before self tan is applied your skin is exfoliated to help create and even longer lasting tan.

Legs	£18.00
Upper Body	£24.00
Full Body	£35.00

FANTASY TAN AIR BRUSH TANNING

A fast and effective way to fake tan. Preparation is the key so exfoliate and moisturise well.

Legs	£12.00
Upper Body	£12.00
Full Body	£18.00

UNIVERSAL CONTOUR WRAP

Universal Contour Wrap guarantees you will lose at least six inches in just 2 hours making it the perfect solution when you have to look your best. A course is recommended for best results.

1 wrap	£52.00
Course of 3 Wraps	£130.00

SHRINKING VIOLET BODY WRAP

This treatment works by lipolysis. Lipolysis works by breaking down fat stored within your fat cells from a tryglycerine to free fatty acids which then enable the fat to be easily removed from your body. We have had great results with courses of this treatment.

1 wrap	£52.00
Course of 3 Wraps	£130.00



NON SURGICAL FACE LIFT 60 mins	£45.00
NON SURGICAL PLUS WRINKLE COMB 60 mins	£50.00
SUPER CACI NON SURGICAL FACELIFT 75 mins	£55.00
ULTRA ANTI-AGEING FACIAL 90 mins	
Ultra sonic peeling, LED light, wrinkle comb	£60.00
ULTRA SKIN REJUVENATION 30 mins	
Ultra sonic peeling, LED photo stimulation	£30.00
CACI EYE TREATMENTS 30 mins	£25.00
45 mins	£35.00
HYDRATONE MASK 25 mins	£25.00
Rehydrates, revitalises and plumps add to another treatment	£15.00
JOWL LIFT 20 mins	£25.00
add to another treatment	£15.00
CACI BODY TREATMENTS 30 mins per area	£25.00
Bust, Buttocks, Stomach Lift, tone and strength muscles improves appearance of cellulite	
WRINKLE COMB 20 mins per area	£20.00
Advanced LED light therapy specifically targets deep lines and wrinkles and provides a non invasive alternative to collagen injections.	

