

# OPI manicures/pedicures

## opitreatments

all our OPI manicures and pedicures include a complimentary hand cream to take away

therapist specialist therapist

### axxium 2 week manicure

duration: 45 mins £20

Colour applied and UV sealed to last at least 2 weeks

### luxury manicure

duration: 1 hour £22.50 £25

includes all the benefits of a manicure as well as a scrub, mask and head massage - the use of these encourage essential vitamins and minerals to be absorbed

### manicure

duration: 45 mins £16.20 £18

includes nail shaping, tidying cuticles, massage and varnish

### file & polish

£9 £10

### pedicure

duration: 1 hour £18 £20

includes foot file, scrub, tidying cuticle, nail file, foot massage and varnish

### luxury pedicure

duration: 1.5 hour £27 £30

includes foot file, tidying cuticle, nail file, foot massage, varnish, scrub mask and head massage - the use of these encourage essential vitamins and minerals to be absorbed

### sports pedicure

duration: 45 mins £18 £20

includes the removal of hard skin, conditioning treatment, nail tidying and foot massage - no painting is included but can be added at an additional charge

LCN gel nails £30



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## eyetreatments

please note a tint test will be required 24 hours before the treatments can be done

eyebrow shape	£6.30	£7
eyebrow tint	£6.30	£7
eyelash tint	£9.90	£11
eyebrow & eyelash tint	£12.60	£14
eyelash perm	£25.20	£28
eyelash perm & tint with shape	£35.10	£39
amazing lashes		£40

## spraytanning

great for holidays, weddings or any special occasion

full body	£22.50	£25
full body spray tan with exfoliation	£27	£30
half body	£13.50	£15
face, chest & arms	£9	£10

## waxing

a quick and efficient way of removing unwanted hairs, generally lasts 4-6 weeks

1/2 leg	£9	£10
3/4 leg	£13.50	£15
thigh	£10.80	£12
full leg	£18	£20
full leg (including bikini)	£24.30	£27
bikini	£7.20	£8
thong bikini	£9	£10
brazilian	£18	£20
hollywood	£22.50	£25
1/2 leg, bikini & underarm	£21.60	£24
underarm	£7.20	£8
forearm	£10.80	£12
full arm	£15.30	£17
chin	£6.30	£7
lip	£6.30	£7
chin & lip	£10.80	£12
electrolysis 15 mins	£13.50	£15
electrolysis 30 mins	£20.70	£23

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## make-up

whether it is for a wedding or prom or just for a fun, come and enjoy having your make-up professionally applied

wedding make-up (airbrushed) £80

have your make-up applied using airbrush techniques to make it touch-proof, tear-proof and wear-proof - price includes a trial before the big day

make-up £22.50 £25

make-up with lashes £31.50 £35

price may vary for hollywood lashes

## spatreatments

sea & spa senses face & body (marine hot stones)

duration: 2 hours 30 mins £55

combine a purifying, re-mineralising and relaxing treatment for a sense of total well-being - this intense sculpting massage uses volcanic and marine stones with specialised movements for the ultimate hot stones experience - allow yourself the perfect indulgence of deep relaxation

dry float bed £10

spa area £10

add sauna, steamer & jacuzzi to a body treatment £5

## packages

the great escape £95

duration: 5 hours

includes: sea & spa senses face & body, manicure, pedicure and eyebrow shape

holiday package £59

duration: 3 hours

includes: 1/2 leg, bikini, underarm, eyelash tint, pedicure and body exfoliation

saturday day spa 9.30am to 3pm £80 or £150 for two

enjoy a timeless experience in the spa followed by a relaxing full body massage with hot stones, a gorgeous thalgo facial and choice of pedicure or manicure - a light lunch is included

twilight spa package £45

thursday & friday - 4pm to 6pm

thursday - 6pm to 8pm

be pampered with a glass of wine or fruit juice on arrival, followed by a timeless experience in our spa, a relaxing hot stone massage and gorgeous purity facial - includes a £10 voucher

gift vouchers - why not treat someone with one of our gift vouchers?

# thebeautysalons

opening hours Mon 11-6 | Tue 11-6 | Wed 10-8 | Thu 10-8 | Fri 9-6 | Sat 9-4  
The Park Cambridge, Cambridge Regional College, Kings Hedges Road, Cambridge CB4 2QT  
01223 418998

thepark  
at Cambridge Regional College

# face & body treatments

all our thalgo facials begin with a gorgeous 'discovery of the sea' massage to soothe away any tension, followed by a paraben-free cleansing ritual featuring soft cleansing brushes and exfoliation under steam

	therapist	specialist therapist
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## thalgo purity facial

duration: 30 mins    £16.20    £18

this is the perfect 'express-facial' if you are on the go with an instant infusion of marine active ingredients and essential nutrients - tailored to your skin type and specific concerns

## thalgo rebalancing facial

duration: 1 hour    £22.50    £25

let your skin rebalance through the power of the sea - ideal for combination, oily and problem skin types, this anti-bacterial rebalancing treatment, featuring micronised marine algae, delivers all its wealth of natural mineral, vitamins and marine extracts - your skin will feel deeply cleansed, re-mineralised and beautifully matte

## thalgo collagen facial

duration: 1 hour    £40.50    £45

experience the ultimate collagen boost - instant results make it the pre-party facial! Pure collagen softens and smooths leaving intensely hydrated skin

## thalgo oxygen facial

duration: 1 hour    £40.50    £45

a true breath of oxygen for stressed, polluted and dull skin - this gentle smoothing and brightening facial reveals your skin's true radiance - the perfect beauty boost and the ideal city dweller facial

## thalgo cold marine facial

duration: 1 hour    £25.20    £28

a haven of relaxation for fragile, delicate and sensitive skin, this intensely soothing cooling mint treatment leaves your complexion fresh and luminous - reviving marine extracts work to decongest the skin and reduce redness

## thalgo sea & spa senses facial

duration: 1 hour    £48.60    £54

let your tensions melt away with this luxurious re-mineralising facial, leaving your face radiant and completely relaxed - an invitation to total indulgence

## comfort facial

duration: 1 hour    £25    £28

soothes and hydrates dry and dehydrated skin - relax whilst your skin is massaged and leave with firmer feeling and radiant skin

	therapist	specialist therapist
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## thalgo micro-dermabrasion & skin light expert

duration: 1 hour 15 mins    £40.50    £45

renew your skin to reveal perfection! this skin perfecting programme with micro-dermabrasion machine option uses the latest technology to intensely smooth the micro-contours of your skin for an even-toned, firm and radiant complexion - wrinkles, fine lines and imperfections are visibly smoothed away

## thalgo body treatments

step into a cocoon of well-being and experience the world of marine beauty - all thalgo body treatments begin with the 'Modelage De La Mer' massage to soothe away tensions and restore your energy balance

## thalgo aromatic massage

duration: 1 hour    £27    £30

a relaxing body massage combining deep pressure point work of shiatsu

## thalgo frigi-thalgo body wrap

duration: 1 hour    £31.50    £35

an intensive and refreshing anti-cellulite treatment, this famous highly effective cool marine wrap encourages the elimination of toxins and excess fluid, while toning the skin and improving elasticity - perfect for treating cellulite, heavy hips and thighs, and for relieving tired and heavy legs

## thalgo micronized marine algae body wrap

duration: 1 hour    £31.50    £35

let the riches of marine algae infuse its wealth of minerals, vitamins and micro-nutrients to your skin for intense re-mineralisation and detoxification - this classic thalgo treatment activates circulation, relieves aches and pains, the perfect prelude to any slimming treatment; also available as a 45-minute back treatment

## thalgo rebalancing back treatment

duration: 45 mins    £22.50    £25

let your skin rebalance through the power of the sea, ideal for combination, oily and problem skin types, this anti-bacterial rebalancing treatment, featuring micronized marine algae, delivers all its wealth of natural mineral, vitamins and marine extracts - your skin feels deeply cleansed, re-mineralised and beautifully matte

## thalgo thalgomince warm body wrap

duration: 1 hour    £31.50    £35

targets specific areas of cellulite and dimpling on the thighs, buttocks, hips and knees, using thalgomince LC24 technology and incorporating a specialised massage to break down fatty deposits

## thalgo hot stone massage

duration: 1 hour 15 mins    £36    £40

experience ultimate relaxation with this purifying, re-mineralising and sensorial massage treatment - featuring marine exfoliation as a prelude, seven beautiful relaxing sculpting and concentric massage movements sweep away tension

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## thalgo slim & sculpt with exfoliation

duration: 1 hour 30 mins    £40.50    £45

this 'army of experts' offers slimming, restructuring, regenerating, lifting and nourishing benefits to help maintain or restore figures, combating cellulite and fatty deposits

## full body aromatherapy massage

duration: 1 hour    £36    £40

for those in need of a special and relaxing treatment a good way of dealing with physical and emotional stress, using specially developed blends of essential oils

## aromatherapy back massage

duration: 30 mins    £27    £30

## aromatherapy full body face & scalp

duration: 1 hour 30 mins    £45    £50

## deep tissue massage

duration: 1 hour    £36    £40

focusing on relieving specific stress and muscle tension, this deep tissue pressure massage gives the whole body a vigorous workout

## deep tissue back massage

duration: 30 mins    £22.50    £25

focusing purely on the back and shoulder area to relieve tension and aching muscles

## full body swedish massage

duration: 1 hour    £31.50    £35

your skin's natural functions will be stimulated improving the condition of the skin and the warmth created will help relax the body physically and mentally - swedish body massage is the original massage technique involving a sequence of movements working superficially and deeper into the tissue layers

## swedish back massage

duration: 30 mins    £18    £20

the skin's natural functions will be stimulated improving the condition of the skin and the warmth created will help relax the body physically and mentally - swedish body massage is the original massage technique involving a sequence of movements working superficially and deeper into the tissue layers

## indian head massage

duration: 45 mins    £22.50    £25

indian head massage is based on the ayurvedic system of healing which has been practised in india for over a thousand years - the aim of indian head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders

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## universal contour wrap

duration: 2 hours    £50    £50

you are wrapped and sculptured in clay-soaked bandages which contract down fatty tissue to give a slimmer silhouette - precise measuring before and after gives you an exact inch loss after each treatment

course of 3    £150    £150

includes free home care product and purity facial on the third treatment

## reflexology

duration: 1 hour    £30

our reflexology specialist visits the salon weekly, please telephone for enquiries

## hopi ear candles

duration: 1 hour    £25

this rebalancing treatment also includes and indian head massage

## digestive detox

duration: 1 hour    £40

using navel candles this warm colon massage improves lymph drainage, removes blockages, improves menstrual cramps and detoxes impurities

## menstreatments

### ocean facial

duration: 1 hour    £40.50    £45

relax and recharge stressed skin with this energising thalgo ocean facial especially for men; experience the restoring and anti-ageing properties of the sea during this hi-tech professional treatment - your skin feels deeply refreshed and re-energised and shaving irritations are soothed away!

### wax

chest wax    £11.70    £13

back wax    £13.50    £15

### manicure

£14.50    £16

includes nail shaping, tidying cuticles, hand peel and massage

### sports pedicure

duration: 45 mins    £18    £20

this includes the removal of hard skin, conditioning treatment, nail tidying and massage