

Eye Treatments

Eyebrow shape (tweezers)	£8.00
Eyebrow tint*	£8.00
Eyelash tint*	£10.00
Eyelash & eyebrow tint*	£15.00
Eyelash, eyebrow tint & eyebrow shape*	£20.00
Eyelash perming	£25.00

** For first time tinting, a patch test is required
24 hours prior to treatment*

Packages

Pre-Holiday

½ leg wax, Bikini & underarm wax	
Eyelash tint	£34.00

De-Stress

Indian head massage	
Swedish back, neck & shoulder massage	£38.00

Beauty day

Prescriptive facial	
Luxury manicure	
Luxury pedicure	
Swedish back, neck & shoulder massage	£82.00

Pamper session

Aromatherapy facial	
Aromatherapy full body massage	
Indian head massage	£84.00

These packages include 15% discount & can be adapted to suit the individual.

Start young Stay young

Up to 16 years old

The following treatments have been adapted to suit young skins and their bodies

<i>Soothing back massage</i> (15 mins)	£14.00
<i>Deep cleansing facial</i> (25 mins)	£16.00
Cleanse, massage, mask, scalp massage, tone & moisturise	
<i>Funky manicure*</i> (25 mins)	£16.00
File, hand mask with mitts hand massage cuticle oil & polish	
<i>Dreamy pedicure*</i> (25 mins)	£16.00
File, foot spa, foot scrub, massage & polish	

** Nail art available*

Girls Night In!!

Fancy a laugh? Be pampered with friends?

Get together with two or three friends, each choose up to two treatments and enjoy beauty therapy at a discount.
(Discounts on minimum treatment price of £10)

I will provide the treatments in the comfort of your own home.

Great for a night in or in an afternoon before a night out with the girls.

Maybe you want to put some drinks and nibbles on, either way you'll have so much fun.

(Can be adapted for under 16's)

To book simply call – 07739 031 030

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*Please be sure to book at least two weeks in advance with a list of treatments wanted.
A small deposit for each guest will also be required.*

Body * Relax * Mind

Beauty & Holistic Therapy By Sarah Louise

*Treatments either in the comfort of your own home
or within the tranquillity of my therapy room*



Sarah Louise Heninghem

Mobile : 07739 031 030

www.pleasepamper.me.uk

Face Therapy

Body Indulgence

Hands & Feet Pamper

Prescriptive Facial

Algologie touch, skin analysis, deep cleanse, exfoliation, therapeutic face, neck & shoulder massage, balancing mask, scalp massage, tone & moisturise **£30.00**

Aromatherapy Facial

Essential oils are used to help soothe & relax within the massage. Blended to suit individual needs **£34.00**

Anti-aging and hydrating Facial

Re-hydrating & cooling seaweed mask facial

Softens and smoothes fine lines and wrinkles

An active treatment is massaged into the skin before applying the mask to give optimum results

Great for the summer

Before & after exposure to the sun **£38.00**

Detoxing natural seaweed Facial

A unique two masked facial with dramatic results using one mask made of pure chopped up sea plants which enables the richness from the sea to instantly revitalise the skin providing a more youthful looking glow and the other to balance the skin

Active serums are also used to balance out the skin and to reduce the appearance of fine lines **£40.00**

Chocolate Facial

A firming and revitalizing mask facial.

It regenerates mature skins with the benefit of vitamin A

It also relaxes the skin thanks to both magnesium and cocoa

Active serums are used to re-hydrate and give the skin a soft and glowing complexion **£38.00**

Anti-aging and hydrating eye treatment (add to facial)

The delicate eye area needs specific attention, to help strengthen, moisturise and revitalise this area as well as reducing fine lines, an eye serum is massaged around the eye area and a modelling mask is applied **£10.00**

Fizzing chocolate body wrap

Deeply relaxing treatment to soothe the senses and calm the mind, using pure cocoa to release relaxing endorphins and moisturise the skin.

Blended with Algologie pure essential oils, this treatment will leave the skin nourished and the senses heightened **£48.00**

Holistic Therapy

Aromatherapy

Therapeutic massage using a blend of aromatic essential oils to suit individual needs to achieve greater benefits

Full body massage **£42.00**

Back, neck & shoulder massage **£26.00**

Indian head massage

Massage of the upper back, neck, scalp, face & ears using gentle, medium & firm pressures helping to release blocked energy and ease muscle tension.

Works on an emotional level as well as a physical one, helping to calm the spirit, relieve stress and promote relaxation & the feeling of wellbeing **£22.00**

Swedish massage

A deeper massage, which has great benefits for the blood circulation, lymphatic drainage muscles & nerves, also helping to purge the body of toxins

Full body massage **£38.00**

Back, neck & shoulder massage **£22.00**

Shape & Polish

£10.00

Mini manicure or pedicure

£15.00

Luxury manicure

Includes hydrating hand mask with mitts, cuticle treatments, hand massage, file & polish **£20.00**

Deluxe manicure

Add paraffin wax treatment to help soften & moisturise **£25.00**

Luxury pedicure

Foot spa, cuticle treatments, exfoliation
Foot treatment, foot & leg massage, file & polish **£24.00**

Deluxe pedicure

Add paraffin wax treatment to help soften & moisturise **£28.00**

Nail art available

Wax Away

Eye brow **£8.00**

Lip/Chin **£6.00**

Underarms **£8.00**

Forearm **£10.00**

Bikini From **£8.00**

½ leg: Lower **£14.00** Upper **£16.00**

¾ leg **£18.00**

Full leg **£22.00**

Full leg & bikini From **£26.00**

Electrolysis

15 Minutes **£14.00**

20 Minutes **£18.00**

30 Minutes **£20.00**

45 Minutes **£25.00**

Please give at least 24hours prior notice of cancellation of an appointment to avoid a cancellation fee of 50% of the cost of the treatment(s)