



**Body & Sole**  
Beauty and Holistics

## Beauty by Heather at 'Body and Sole'

### Facials by MONUSKIN

We believe that what you put on your body should be as healthy and natural as what you put into it. These facial products are made from the finest of natural ingredients. We aim to provide you with exceptional professional skin care and treatments. We will always strive to provide you with bespoke care and beautiful results. MONU products are CRUELTY FREE and use only natural, high quality essential oils in their fragrances and colourings from the finest British made skin care.

MONU products contain:

NO ARTIFICIAL COLOURS

NO ARTIFICIAL FRAGRANCES

NO SLS(Sodium Lauryl Sulphate)

NO LANOLIN

Water or a lovely selection of fruit and herbal teas will always be offered to clients.

We are always thinking about the environment and your comfort.

#### Express facial

This is a beautiful, but quick reviver - it's a great way to spend your lunch time, or a quick facial for after work – a busy ladies facial when time is at a premium but you want to look after your skin – maybe before a night out. It's a great introduction to salon facials.

Cleans, exfoliate, mask, tone and moisturise. A lovely lunch time facial suitable for all skin types.

30mins ..... £26-99

#### MONU Aromatic Facial.

A soothing and beneficial treatment for all skin types. The purest ingredients have been selected to help balance the skin and maintain its youthful appearance. As suggested in the title, the aromas are wonderfully relaxing.

After a thorough consultation your beautiful facial will begin with the removal of your eye make up and lipstick. Your face and neck will be double Cleansed and an exfoliation will follow, then your individual skin analysis. A fabulous MONU ritual compress will take place using essential oils and warm towels to suit your skin and mood. A beautiful massage of the face, neck, scalp, chest and shoulders will follow. A warming mask will be applied to the face and neck areas. Whilst the mask works it's magic you will be able to experience one of our essential massages on your scalp, hands or feet using MONU essential oils. The face and neck will then be toned and moisturised. An eye cream will be applied to the eyes and a lip balm to the lips. Your therapist will provide advice about care of your skin and suitable products to use at home.

1hour 15mins .....£48-00

#### MONU Hydra Lift Collagen Facial Treatment

This facial has been designed to reduce the signs of ageing using freeze-dried collagen. After just one treatment, the skin's ability to hold moisture is improved by up to 75% .

After a thorough consultation your facial will begin with the removal of your eye make up and lipstick. Your face and neck will be double Cleansed and an exfoliation will follow, using MONU peeling cream. Your individual skin analysis will follow, and then a fabulous MONU ritual compress will be prepared using oils and warm towels to suit your skin and mood. An ampoule of serum will be tapped into the face, neck and upper chest areas, and then an active collagen-bio mask will be applied with warm sponges to the face, eye and lip areas. You will be offered a shoulder, foot or hand and arm massage whilst this mask releases it's restoring collagen. The mask will then gently be peeled off and the face, neck and upper chest will be moisturised with MONU products. Eye and lip creams will be applied. Your therapist will provide advice about care of your skin and suitable products to use at home.

1hour 30 mins .....£55-00

### **MONU Prescriptive Facial Treatment**

**This facial is designed to create an experience perfectly tailored to your skin and senses.**

After a thorough consultation your aromatic facial experience will begin with the removal of your eye make up and lipstick. Your face and neck will be double Cleansed and exfoliated with the MONU Micro Exfoliant, then your individual skin analysis will take place. A fabulous MONU ritual compress will follow using essential oils to suit your skin and mood and warm towels. Your therapist will select the best oils for your skin and senses from rose essential oil to reduce the appearance of imperfections and blemishes and even skin tone, to bergamot essential oil to de-stress and sooth both the skin and senses with it's calming aroma and ability to promote healthy, clear skin to lemon essential oil – a natural cleanser and purifier, great for toned, balanced and refreshed skin. A lovely massage will follow, then your MONU prescriptive gel mask will be mixed and applied to your skin, Whilst the mask helps you to relax and sooths your skin, a relaxing scalp massage will be performed to enhance this lovely aromatic treatment. To complete the treatment, your mask will be removed with warm towels and a MONU serum will be applied to your skin followed by suitable creams and eye and lip products. Your therapist will provide advice about care of your skin and suitable products to use at home.

1hour 15mins .....£53-00

### **MONU+ Resurfacing and Peel Treatment**

**A deep exfoliating treatment using Glycolic Acid, Salicylic Acid, Lactic Acid and Citric Acid to loosen stubborn dead skin cells which make your skin appear dull and lifeless. By removing dead skin cells, cellular renewal is stimulated, encouraging healthier skin cells to be replaced, leaving the skin with a brighter, smoother and clearer appearance.**

**Peels benefit all skin types as a one off treatment, however, any concerns such as pigmentation, scarring, acne or fine lines and wrinkles will benefit from a full course of 6 treatments. Home care is always recommended to support your regular salon treatments.**

As always, a thorough consultation will start your peeling treatment. We will then proceed as the facials above including the use of the micro exfoliant. After this, the active toner will be used before the peeling process begins. MONU recovery balm will be applied to protect the nasal area, around the eye area, lips and any vascular areas of the face. The peeling paste and then the peeling lotion will be applied – there will be a slight tingling sensation as the product works – this is quite normal. After 3-5 minutes, the products will be removed with cool sponges. The MONU hydrating mask will be applied and left in place for 10 minutes whilst a shoulder and neck massage is performed with the MONU pre-mixed essential oils suitable for your skin type. Your mask will then be removed and MONU Recovery Balm followed by Hydrating Moisturiser SPF15 will be applied as finishing creams. Appropriate eye and lip products will also be used. Your therapist will discuss products for home use with you and discuss your after care.

1hours 30 minutes .....£58-00 for an individual treatment. A course of 6 paid and booked up ahead .....£335-95

**Ultimate skin care Facials combining the latest technologies – 5 treatments in one system Suitable MONU products will be used with all these therapies.**

Ultimate 5 in 1 – including diamond dermabrasion ..... £53-99

Diamond dermabrasion with hot and cold compress .....	£32-00
Deep clean spatula and mini facial with cold compress .....	£27-00
Luxury Anti-aging Wrinkle treatment .....	£55-00
Scar treatments and stretch mark treatments .....	from £32

## The Ultimate Skincare System

**Using the latest technologies this NEW treatment provides 5 different treatments in one.**

**Why not try this fantastic ULTIMATE face and neck treatment which provides the following;**

**1). Hot treatment compress** - The hot treatment function is designed for opening pores and deeply cleaning the skin. Also accelerates the absorption of professional skincare products up to 11 times deeper into the skin.

- Opens pores for deep cleansing
- Helps reduce blackness from under the eyes
- Fast absorption of cleansing products deep into skin
- Heat relaxes and soothes facial muscles

**2). Super Ultrasonic Deep Skin Cleaning Treatment**– With the Ultrasonic treatment begins a new generation of aesthetic soft peeling. Using the high performance of ultrasound, this exciting cosmetic breakthrough provides a safe painless and perfect physiological skin regeneration treatment.

Super Skin Treatment is a superior beauty instrument which employs a variety of currents, to produce vibrations with a frequency of 28,000 times per second. It provides the ability to penetrate and activate skin cells underneath the skin to provide a radiant glow.

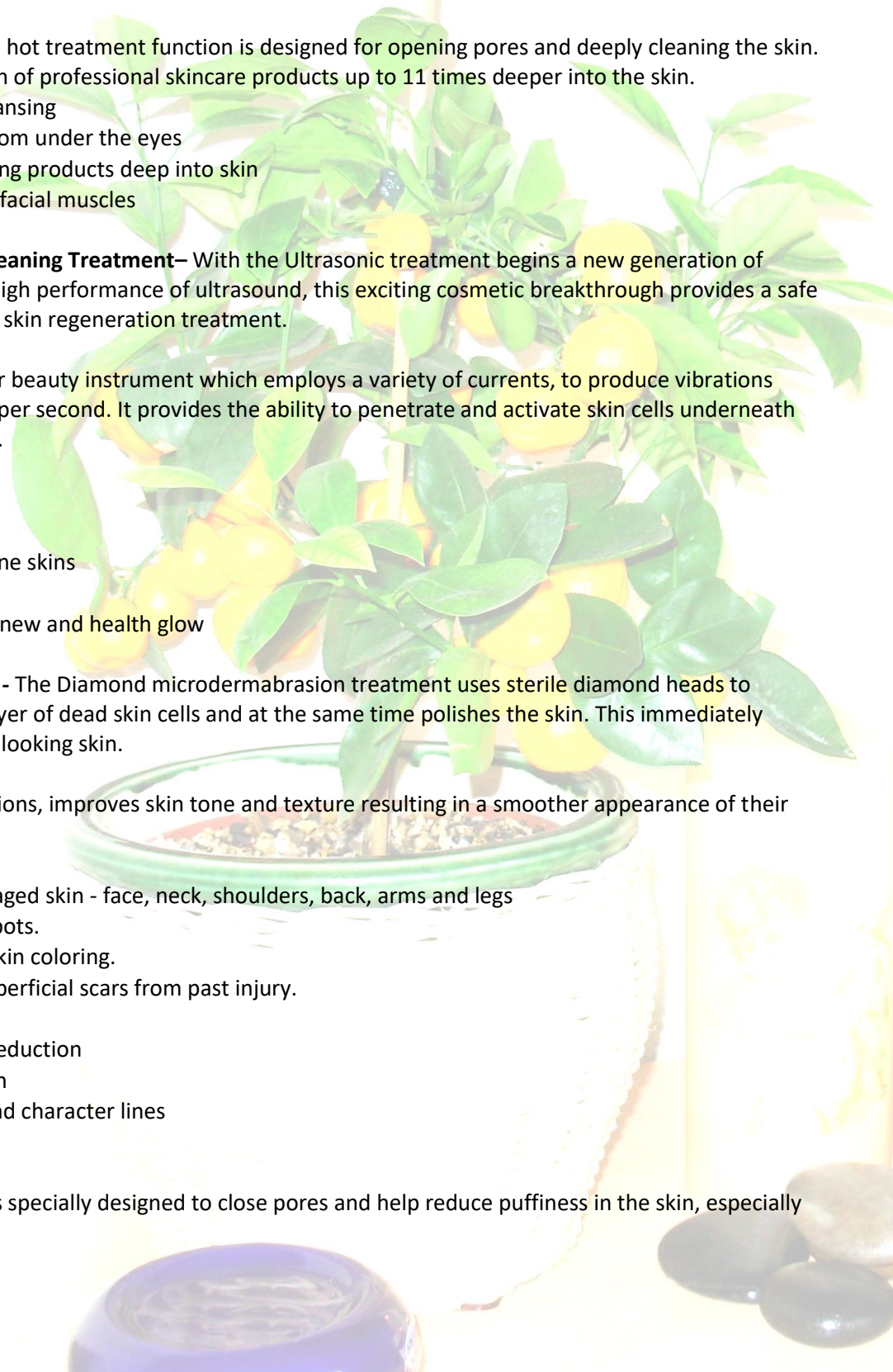
- Reduces pigmentation
- Reduces wrinkles
- Helps to cool and calm acne skins
- Removes dead skin cells
- Rejuvenates the skin to a new and health glow

**3). Diamond Microdermabrasion** - The Diamond microdermabrasion treatment uses sterile diamond heads to abrade and rub off the top skin layer of dead skin cells and at the same time polishes the skin. This immediately restores a smoother and younger looking skin.

Also improves specific skin conditions, improves skin tone and texture resulting in a smoother appearance of their skin.

- Rejuvenation of sun damaged skin - face, neck, shoulders, back, arms and legs
- Reduction of age (liver) spots.
- Minimization of blotchy skin coloring.
- Reduction of acne and superficial scars from past injury.
- Reduction of oily Skin.
- Skin pigmentation mark reduction
- Stretch mark minimization
- Hard to reduce lip area and character lines
- Reduces large pores

**4). The cold treatment function** is specially designed to close pores and help reduce puffiness in the skin, especially around the eyes.



**5). Ultrasonic Anti-Wrinkle Function** - Ultrasound skin rejuvenation is the latest advanced technology for the face. When used in combination with appropriate vitamin and collagen products you obtain skin improvement and anti-aging benefits.

- Improves skin colour, texture and tone
- Moisturises dehydrated skin
- Purifies oily skin
- Oxygenates pollution-damaged skin
- Reductions in fine lines and wrinkles
- Reduces hyper-pigmentation
- Improves skin elasticity
- Infuses skin care products deep into the skin.

When skincare products are applied the Ultrasonic "pushes" the creams into the deepest skin layers for maximum absorption and skin rejuvenation. Reducing lines and wrinkles: resulting in a smoother more radiant looking skin.

**Normally £75.00 Special Offer - All this for just £49 per Ultimate treatment as above  
Go on treat yourselves –You're worth it.**

## Eye Enhancement Treatments

**Please make sure you book a patch test before any appointment with a \* after it.**

Lash and brow tint*	£15-99
Lash tint *	£11 -50
Brow tint *	£8 -15
Brow reshape – waxing/plucking	£8 -66
Brow tidy – waxing/plucking	£6 -15
Lash lifting treatment* to include tinting, 2 mini massages and a review/ tint appointment.....	£42 - 50
Lash extensions *	£40-00

## Waxing and Threading

Full leg and bikini	£28 - 00
Bikini	£12-00
Full leg	£22-00
¾ ¾ leg	£17 - 50
½ ½ 1/2 leg	£15 -00
Upper leg	£14 -00
Under arm	£10 - 00
Full arm	£17-50
½1/2 ½ arm	£14-00
Abdomen (ladies)	£7-50
Top lip and chin	£10-00
Top lip wax	£6 -00
Jaw line	£6 - 00

### Eyebrows

Brow reshape – waxing/plucking/threading	£8 - 00
Brow tidy – waxing/plucking/threading	£8 - 00

## Men's Waxing

Back .....	£22 - 00
Chest .....	£18 - 95
Chest and back .....	£27 -62

## Pre-holiday packages

1/2 Leg wax, bikini wax, under arm wax and brow tidy ..... £40- 00

1/2 Leg wax, bikini wax, under arm wax, mini-manicure,  
mini-pedicure, eye lash tint, brow tint and tidy \* ..... £75 -00

**Please note, an appointment is needed for a patch test before any tanning appointment.  
Any treatment with a \* after it needs a patch test.**

## The Ultimate Tan

The Original Lotion Application to pamper your skin. The treatment includes exfoliation, moisturising of relevant areas and an application of tanning solution to leave your skin soft and golden brown. A full body treatment takes 1hour 15minutes.

Full body \* ..... £37 - 99

Half body\* ..... £22 - 50

## Quick and Easy Express Tan

Think it's too late for a pre-holiday tan , or if you prefer a light golden tan rather than a deep tan – why not try this treatment? This product gives you a light, fresh natural tan. You will experience a quick all over exfoliation, then a quick and easy application of tanning mouse. A full tan will take around 40 minutes then you are ready to continue your day without other people being aware that you have just been tanned. Still not enough time? See Heather to buy your own pump of tanning mouse and mitt to apply at home – non-streaking, easy application.

Full body \* ..... £3- - 00

Legs\* ..... £18– 37

## Spray Tans

spray tan – full body\* ..... £25– 00

spray tan – half body \* ..... £19 – 00

SPRAY TAN\* – Friday afternoon 2 tans(2 people) for .....£40 - 00

## Hands and Feet

Hand file and polish .....	£13 -75
Mini Manicure .....	£17-75
Standard Manicure .....	£19 -50
Luxury Manicure .....	£257- 50
Vinylux quick dry manicure(dries in 9minutes).....	£24 - 50
Ultimate Manicure using pure paraffin wax .....	£31 - 50
Foot file and polish .....	£23-75
Mini Pedi cure .....	£18 -50
Standard Pedicure .....	£20 -75
Luxury Pedicure .....	£28 50
Ultimate Pedicure using pure paraffin wax .....	£33 -50
Calgel overlays – fingers - clear, french or colour .....	£33-75
Calgel overlays – toes – clear, french or colour .....	£28 -50

Shellac 14 day manicure by CND ..... £28 -75  
Shellac 14 day pedicure by CND ..... £27 -75  
Shellac 14 day manicure with Lecente gel for extra strength ..... £3 -75

### **Mineral Make-up Application and take home products**

Cleans, tone, moisturize then apply make-up ..... £22 -50  
Make-up lesson with final application of make-up  
with support and help from the therapist ..... £34 -50  
Special Occasion and wedding make-up – this includes a trial in the salon plus  
Make-up in the salon on the day ..... £62 - 00  
A trial make-up in the salon with make-up at home on the day (within a short distance of the salon.  
Longer distances will incur a travel fee – please ask when booking)..... £857- 00

### **Wedding Special**

Facial, make-up trial, gel manicure, gel pedicure, eye lash tint, brow tint and shape.  
On the day - n make-up in the salon ..... £210 -00  
Make up on the day at home (within a short distance of the salon.  
Longer distances will incur a travel fee – please ask when booking ) .....an extra £45

Make-up at home (a longer distance away from the salon) ..... please discuss with Heather  
Additional members of the wedding party on the day only ..... please discuss your package  
With Heather at the time of booking. Bespoke packages can of course be put together individually  
priced for the whole wedding party. Most things are possible with a little planning ahead.

**FOREVER LIVING products are also available in our shop including our famous drinking gel. These products can be used for your salon treatments too – just ask Heather about facials and other treatments. All our MONU and CND products are available to take home too. Have a look in our shop, and please ask if the product you require is not in stock. We love to gift pack and deliver gifts for you and your friends and family.**

### **‘Body and Sole’ Gift Vouchers**

The perfect gift. Vouchers, gift certificates, individual treatment certificates, all gift wrapped for that special treat.  
Valid for 12 months from the day of purchase.

**If you would like any more information please contact Heather  
On 07840 640240**

**Holistics by Heather at ‘Body and Sole’**

**Why not book yourself in to our lovely garden view therapy room? Relax and unwind whilst enjoying a lovely holistic treatment in the safe hands of our**

**Holistics Therapist Heather. You will go on your way feeling relaxed and renewed. On site private parking, refreshing drinks, lovely products to try, an in house shop and a beautiful changing room are all available to make your visit extra special.**

### **Therapeutic Massage**

Massage promotes total relaxation, which not only feels great, but also maintains and stimulates the body's system and revitalizes the whole body. Massage can be tailor made to suit client needs.

£25 - 00 for 30 minutes    £35 - 95 for 60 minutes    £50 - 00 for 90 minutes

Why not add an aromatherapy oil to your massage, individually mixed to your needs? £3 - 00 extra.

### **Swedish Massage**

*With over 40 million work days lost each year due to stress-related illnesses, this treatment is a must to induce deep relaxation, prevent loss of mobility in potential trouble spots and keep the whole body in better physical condition.*

£25-00 for 30 minutes    £35 - 95 for 60 minutes    £50- 00 for 90 minutes

Why not add an aromatherapy oil to your massage, individually mixed to your needs? £3 - 00 extra.

### **Indian Head Massage**

*Thanks to our multi-cultural society, Indian head massage has been introduced into Western Culture. The head, neck and shoulders hold a lot of tension and this area can become a bottle-neck for pressure. Tension and stiffness can be reduced by the gentle yet firm rhythmical manipulation of the head, neck and back helping to ease headaches, relieve pressure, restore concentration and relieve the every day strains of modern living.*

£20- 75 for 30 minutes                      £32 - 00 for 60 minutes

Why not add an aromatherapy oil to your massage, individually mixed to your needs? £3 -00 extra. (Leave the oil on over-night to improve the condition of your hair)

### **Hopi Ear Candles**

The Hopi tribe were the oldest Poble tribe with medicinal knowledge who brought the knowledge of ear candles to Europe. Ear candles are hand made hollow tubes made from unbleached fabric impregnated with pure beeswax, honey and herbs such as Sage, St John's Wort, Chamomile and pure essential oils.

This treatment is painless and non invasive. It has been noted for the following benefits: it can improve headaches, migraines and ringing in the ears, it can help in cases of excessive wax production and a tendency to ear infections ,it may also help inner ear pressure, balance problems and ear problems after flying. This treatment may help to reduce inflammation of the ears, ear aches and pains, chronic sinusitis and catarrh. It cannot be performed when a client has an ear infection.

A short facial massage and sinus drain is included in the 45 minute treatment.

£22 – 75 for the basic 40 minute treatment. £28 – 95 for the full treatment with an aromatherapy facial drainage massage - 60 minutes.

### **Aromatherapy**

*The vital element of any aromatherapy treatment is pure essential oil. Massage with essential oils stimulates the flow of lymph fluid and the aroma acts upon the brain's emotional centre, which governs the way we feel. This provides a unique experience to calm and relax the body and mind.*

£28 - 75 for 30 minutes    £38 – 75 for 60 minutes    £48- 75 for 90 minutes

### **Hot Stones**

This is a warming and luxurious massage using hot stones to relax and unwind the body. It is an uplifting and unique experience.

£34- 00 for 30 minutes      £43- 00 for 60 minutes      £503- 00 for 90 minutes

Why not add an aromatherapy oil to your massage, individually mixed to your needs? £3 – 00 extra.

### **Reflexology**

*A reflexology treatment is an easy and pleasant way of helping the body relax. It involves working with the thumbs and fingers on reflex areas that are found on the feet and hands.*

£25- 75 for 45 minutes

£28- 75 for 60 minutes

### **Aromatherapy Oil Products**

**Essential oils can be mixed to your individual needs for you to take home. Please discuss with your therapist.**

### **Body and Sole Gift Vouchers**

The perfect gift. Vouchers, gift certificates, individual treatment certificates - all gift wrapped for that special treat. Valid for 12 months from the day of purchase.

### **All major debit and credit cards taken**

**If you would like any more information, please contact Heather on 07840 640240**

