# TREATMENT MENU



GOING BEYOND THE CALL OF BEAUTY

## - SIGNATURE FACIALS -

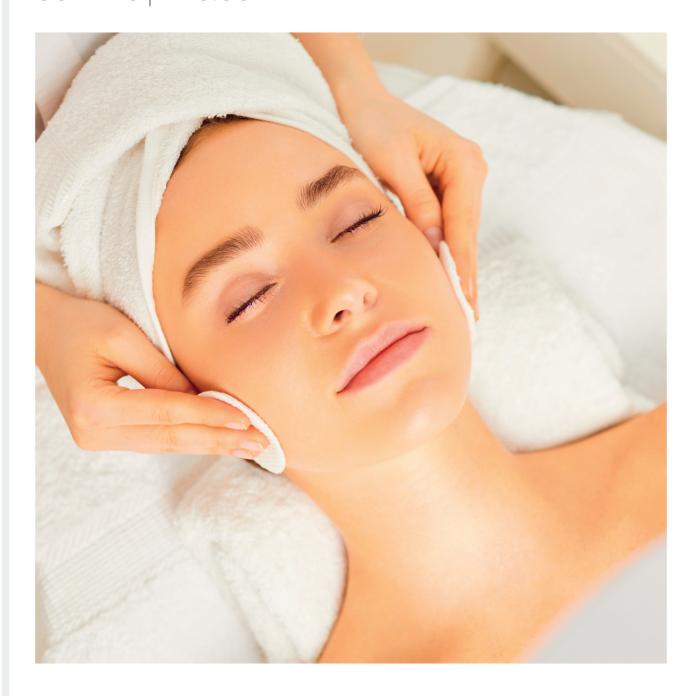
01

### **Energizing Booster Facial**

All Skin Types

Uplifts and energises for a gleaming complexion with this fast, effective workout for your face. Our super stimulating treatment uses Gua Sha and Facial Cupping as the core elements to boost circulation and plump the skin.

30 mins | £40.00



02

### Skin Brightening Facial

Dull / Pigmentation / Dehydrated

Restores radiance to your skin and illuminates your complexion with our combination of ancient traditional Gua Sha Therapy & Facial Cupping, with powerful, tailored formulations that work to brilliantly brighten and tighten your skin.

60 mins | £60.00

03

### Calming & Soothing Facial

Sensitive / Dry / Rosacea

Soothes and calms your stressed skin with our gentle and nourishing formulations combined with holistic techniques to deeply relax all of your senses. Your skin will feel nurtured and restored and you will leave feeling lifted and balanced.

60 mins | £60.00



# - SIGNATURE FACIALS -

# 05

### The Facelift

Mature / Loss of elasticity

Tightens and lifts the face, jowls and hooded eyelids using a combination of Radiofrequency, LED Light Therapy and our premium pharmaceutical grade formulations. You will be astounded by the long-lasting results of a more toned and youthful appearance.

60 mins | £85.00

04

### Cleansing & Purifying Facial

Oily / Congested

Detoxifies and cleanses your breakout prone skin with our combination of dermabrasion, ultrasonic cleansing & extractions, and deeply purifying formulations. Restoring the oil balance of your complexion to feel soothed and cleared.

75 mins | £75.00



### Facial Boosters

Upgrade and boost your facial by adding on any of our boosters.

#### **Eye Repair**

Reduces dark circles, puffiness and fine lines & wrinkles.

#### Lip Plump

Nourishes dry skin, plumps and firms the lip area.

no extra time | +£10

#### **LED Light Therapy**

Boost the effectiveness of your treatment with our LED mask.

#### **Indian Head Massage**

Great for easing tension headaches and relaxation.

#### **Aromatherapy Back Massage**

Boost your experience for the ultimate Pamper Me experience.

20 mins | +£20

## - ADVANCED FACIAL TREATMENTS -

# 01

#### **FUSION MESOTHERAPY**

Fusion Fractional Mesotherapy combines two concepts, the first being advance collagen stimulation therapy and the second, the introduction of traditional pharmaceuticals, vitamins, minerals, growth factors, biomimetic peptides, and amino acids into the skin to target specific conditions.

Fusion Fractional Mesotherapy is a natural and safe non-surgical treatment, which delivers outstanding results.

60 mins | £120.00

Choose from:

### **F-COUPERIX**

Broken Capillaries, thread veins & redness mesotherapy treatment.

### F-RADIANCE

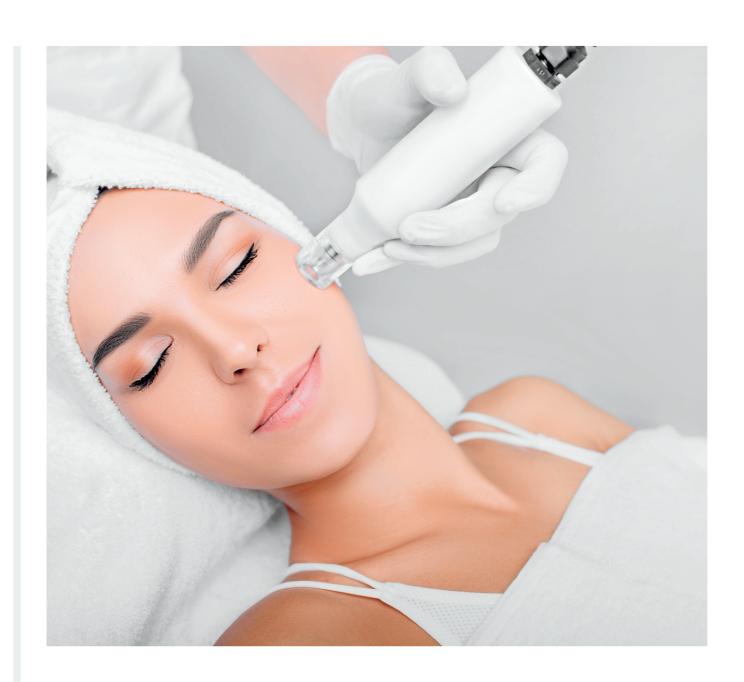
Skin whitening, pigmentation & un-even skin tone mesotherapy treatment.

### F-DMAE

Reduces wrinkles, and gives extreme face lifting and skin tightening.

### F-MESOMATRIX

Scars and acne scarring mesotherapy treatment.



### F- Eye Contour

Eye Repair Reduces Eye Bags, Dark Circles, Dryness and Wrinkles.

F-Eye Contour is a Mesotherapy Treatment that reduces eye bags, dark circles, dryness and wrinkles.

It is the ultimate treatment to achieve the best results in the shortest time.

Add this to your Fusion Mesotherapy Facial.

no extra time | +£50

# - ADVANCED FACIAL TREATMENTS -

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### Clinicare Skin Peels

Clinicare superficial peels contain a mixture of Gycolic, Lactic and Salicylic Acids to remove the upper layer of the epidermis encouraging the regeneration and rejuvenation of new skin cells.

The result is the improved clinical appearance of skin with fewer fine lines, a brighter complexion, improved skin tone and a more youthful appearance

45 mins | £90.00



Choose from:

### **GLOW Chemical Peel**

Hyperpigmentation / Sun Damage / Dull Skin

The CLINICARE Glow AHA Peel is a superficial glycolic acid peel effective in treating hyperpigmentation, age spots, sun damage and dull, tired skin.

#### **PURE Chemical Peel**

Inflammatory & Non-Inflammatory Acne / Enlarged pores / Congestion

The CLINICARE Pure BHA Peel is a mild salicylic acid peel suitable for acne treatment and the improvement of skin texture.

### **REFRESH Chemical Peel**

Mature Skin / Fine Lines / Wrinkles

The CLINICARE Refresh Peel is a superficial glycolic acid peel suitable for an anti-aging and skin rejuvenation effect.

03

### The Facelift & Skin Peel

This is a potent combination of clinical skin treatments that provide long-lasting & outstanding results.

We will tailor this facial to your individual skin needs, and focus on getting you the results you want.

60 mins | £120.00

01

### **Swedish Massage**

An invigorating and stress relieving massage, designed to improve your circulation, soothe your muscles and make you feel invigorated.

30 mins | £32 60 mins | £50 90 mins | £82

02

### **Aromatherapy Massage**

A soothing and relaxing massage therapy enhanced with essential oils for complete mind and body relaxation.

30 mins | £32 60 mins | £50 90 mins | £82

03

### **Deep Tissue Massage**

Deep pressure and muscle manipulation to relieve knots and adhesions in the muscle fibres. GREAT for active, sporty people!

30 mins | £32 60 mins | £50 90 mins | £82



04

### **Hot Stone Massage**

A speciality massage using smooth, heated stones, combining them with tailored massage techniques. This allows your therapist to work on knots on a deeper level. encouraging your body to relax and heal.

30 mins | £40 60 mins | £60 90 mins | £100

05

### **Indian Head Massage**

A relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders. It aims to rebalance your body's energies.

30 mins | £32 60 mins | £50 90 mins | £82

06

### **Bamboo Massage**

Known for its healing properties, this unique holistic therapy works to calm and energise you from head to toe.

Warm bamboo is used to gently and deeply roll and knead the tissue to help alleviate muscle tension and general aches and pains.

30 mins | £32 60 mins | £50 90 mins | £82

### - RADIOFREQUENCY BODY TREATMENTS -

# 01

# RF Body Lifting & Skin Tightening Treatment

The ultimate body lifting treatment to feel like the goddess we know you are! Using advanced Nannic technology we will lift, tone and tighten your tummy, bottom, thighs and breasts.

60 mins | £100.00



# 02

# RF Skin Tightening & Cellulite Treatment

Smoothing, toning and tightening the bottom and thigh area to reduce cellulite, and sagging skin. You will feel super confident in your bikini!

30 mins | £60.00

# 03

# RF Tummy Tightening Treatment

Using Radiofrequency we can dramatically increase the connection between muscles and skin tissue to lift, tone and tighten your mummy tummy, giving you the confidence to wear whatever you want!

30 mins | £60.00

04

### C - Section Scar Treatment

This confidence boosting treatment helps your C-section scar to heal quickly and safely! Our transformative treatment will improve the appearance and texture of your scar as it heals, reducing redness and puckering.

30 mins | £50.00



### - PREGNANCY TREATMENTS -

01

# Anxiety & Stress Relieving Mama Massage

Be taken to new levels of tranquillity with our stress relieving full body massage guaranteed to relax your body, mind and soul.

30 mins | £40 60 mins | £60 90 mins | £100

02

# Invigorating & Energy Boosting Mama Massage

Our Energy boosting Mama massage is ideal for mums needing a spring in their step while taking some time out for self care.

30 mins | £40 60 mins | £60 90 mins | £100

03

# Sleep & Relaxation Mama Massage

For mums-to-be who are experiencing disturbed sleep, this bespoke massage will leave you feeling well rested and completely relaxed.

30 mins | £40 60 mins | £60 90 mins | £100



04

# Pregnancy Bump Masque

**Treatment** 

When your blossoming bump is feeling dry, itchy & stretched let us take the stress away. Our bump treatment is designed to nourish and soothe your skin with our unique and exclusive bump mask.

45 mins | £60

05

# Pregnancy Body Scrub &

Massage

Our invigorating full body exfoliation treatment will sweep away dead skin cells and boost circulation to reveal your glowing skin underneath.

45 mins | £50

06

### **Cankles to Ankles**

Swelling to your legs, ankles and feet are usually inevitable during your pregnancy journey.

Using specialised massage techniques we drain excess fluid and tension and leave you floating on air.

30 mins | £35

### - SPA PACKAGES -

01

### **Love From Bump**

Decadent, relaxing 'you time' before your new arrival. An ideal gift for a mummy to be!

Mama On the Go Facial Choice of Pregnancy Massage Refreshments

75 mins | £80

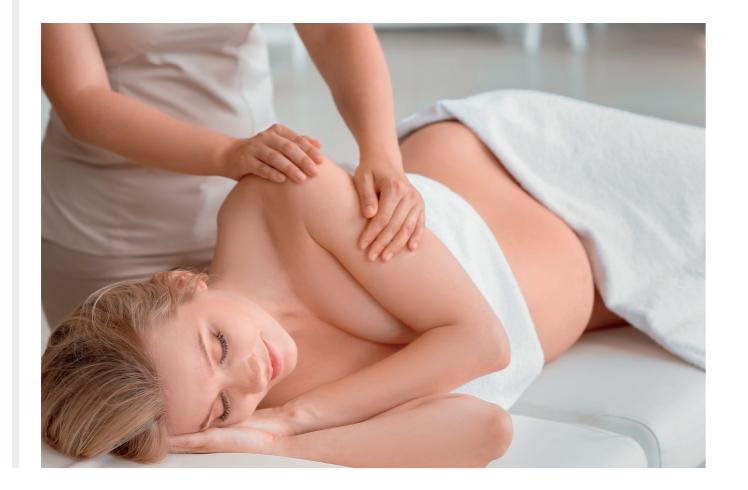
02

### **Yummy Mummy**

Indulge your senses and relax with our handpicked luxury pregnancy experience.

Luxury Skin Glow Facial Choice of Pregnancy Massage Cankles to Ankles Treatment Refreshments

120 mins | £120



# 03

### Pamper 'Me Time'

Make time for you with our best selling Spa Package, designed to relax, restore & rejuvenate!

Refreshing Foot Cleansing Ritual Luxury Skin Glow Facial Soothing Aromatherapy Massage Relaxing Foot Massage Refreshments

75 mins | £80



### Tranquillity Experience



This is the perfect way to relax and unwind with a multitude of indulgent therapies.

Refreshing Hand Cleansing Ritual Rejuvenating Signature Facial Tranquil Aromatherapy Massage Hand & Arm Massage Traditional Indian Head Massage Refreshments

120 mins | £120

01

### Pamper Me Manicure

Cuticles are soaked and tidied before nails are expertly shaped and painted in the OPI nail lacquer of your choice.

£25

02

### Gel Polish Manicure

Upgrade your manicure adding a gel polish to extend the life of your treatment for up to 3 weeks. Our gel polish drys instantly and will cause no damage to your natural nail.

£30



03

### **Luxury Manicure**

Replenish and revitalise your hands with a luxurious manicure to restore elasticity, plump and smooth dry skin.

04

## Pamper Me Pedicure

Begins with a foot soak and foot scrub, then cuticles are tidied before nails are expertly shaped and painted in the OPI nail lacquer of your choice.

£30



05

### **Gel Polish Pedicure**

Upgrade your pedicure by adding a gel polish to extend the life of your treatment for up to 3 weeks.

£40

## **Luxury Pedicure**

Your feet and lower legs are expertly massaged using a luxurious massage cream which helps ease any tension you may be feeling, followed by a nourishing foot mask.

£35

### - BROW & LASH BAR -

### **Eyebrow Shape**

Your brows are shaped to uniquely suit your face and eye shape.

Includes waxing, tweezing and also trimming if required, to get the perfect shape for you.

£10

### **Brow Tint**

With our extensive training, we will create a bold & defined look or a natural shade which will compliment your complexion.

£10

### **Lash Tint**

Visibly lengthen, darken and thicken the appearance of your eyelashes.

£15

## Pamper Me Lash Lift

If you want to make a real impact with naturally gorgeous lashes our Lash Lift is the way to go! Our revolutionary lash boosting technique promises Length, Volume and Lift for 6 to 8 weeks.

£38



Patch test is required for tints and lifts

### - WAXING -

## **Hot Waxing**

BIKINI BOTTOMS  Removal of hair from knicker line and cre	<b>£20</b> ase
of legs FRENCH KNICKERS	£25
High on the sides of legs and the top of the	
pubic line	
G-STRING	£28
High on the sides, top and between butto	ocks
BRAZILIAN	£35
Between the buttocks, inner/outer labia	Э,
leaving a strip of hair	
HOLLYWOOD	£38
A through wax, removing all hair front to	back
UNDERARM	£15
Removal of hair from the underarm	

Our Male waxing treatment menu is available at www.pamper-me.co.uk

# Warm Waxing

FULL LEG	£30
3/4 LEG	£27
1/2 LEG	£21
CHEST	£35
BACK	£30
FOREARM	£20
CHIN	<b>£9</b>
LIP	£9









# 0161 4785412

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