

AVEDA EYE ZONE WRAP - 45mins £23.50

This cooling relaxing eye treatment helps to eliminate under-eye puffiness, temporarily softens wrinkles, diminishes dark circles and improves circulation. Includes a scalp massage.

AVEDA ESSENTIAL BACK TREATMENT - 60 mins £35.00

A complete facial for the back! This deep-cleansing treatment refines and smooths the skin, nourishes and balances, thus improving it's overall appearance. Includes a steam exfoliation, massage and treatment masque.

AVEDA ESSENTIAL BODY TREATMENT - 120 mins £57.50

A deeply conditioning body treatment, designed to remove dry skin, improve circulation and relax the body and mind. Includes full body exfoliation, customised herbal spa masque, application of aromatic oils and scalp massage - sheer indulgence!

AVEDA MANICURE – 60 mins £30.00

A treatment manicure using pure plant products to cleanse and nourish the hands and nails. Includes aroma inhalation, exfoliation, cuticle treatment, oil therapy, intensive hand and arm massage and choice of polish.

AVEDA PEDICURE – 75 mins £35.00

A treatment pedicure using pure plant products to nourish and beautify the legs and feet. Includes aroma inhalation, spa soak, exfoliation, hot towel booties, oil therapy, intensive foot and leg massage and choice of polish.

CHAKRA BALANCING MASSAGE – 60/90 mins £40.00/£60.00

An innovative treatment focusing on the Chakra centres featuring a variety of techniques. Aveda Chakra balancing blends with deep tissue massage on the back and spinal muscles, reflexology massage for the feet and Chakra energy visualisation to help enhance the benefits of stress relief, decreased muscular tension and increased energy.

Add an eye Treatment to any facial or body treatment:
15 mins £8:00

Energise - energises and hydrates with Chinese pressure point therapy

Restore - reduce the appearance of lines and wrinkles with Indian marma therapy

Harlequin Health and Beauty has been established in Melton Mowbray since 1990. All treatment is under the personal supervision of the proprietor, Mrs Stephanie J. Pick. She is a member of the British Association of Beauty Therapy and Cosmetology (BABTAC). Her qualifications include:

BTec National Diploma in Beauty Therapy.

Advanced Electrolysis.

Shirley Price Diploma in Aromatherapy

Vertebral Reality

Sports Injury Massage

Thermo-Auricular Therapy

Indian Head Massage

Remedial Massage

Aveda Skin & Body Therapy and Make-up

FREE Consultations
Gift Vouchers Available
valid for 12 months

AVEDA
HAIR, SKIN AND MAKE UP RANGES
AVAILABLE

As an environmentally conscientious company, Aveda actively encourages the use of pure plant derived compounds in place of synthetic or animal tested products. They also advocate recycling and planting of trees to sustain and replenish our natural resources.

* To avoid disappointment please book early and arrive on time.

HARLEQUIN HEALTH & BEAUTY CLINIC

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Telephone: 01664 567830
www.harlequinhealthandbeauty.co.uk

Opening Hours

Monday	9.00am - 5.00pm
Tuesday	Closed
Wednesday	9.00am - 6.30pm
Thursday	9.00am - 7.30pm
Friday	9.00am - 5.30pm
Saturday	8.30am - 3.00pm

Regrettably, missed appointments & cancellations within less than 24hrs notice will be charged at 50% of the treatment price.

Gift Vouchers Available



June 2019

AVEDA BOTANICAL KINETICS Facials and Body Treatments

The science of pure plant and flower essences in superior skin care, formulated with ingredients manufactured by nature, designed to address the specialised needs of the skin of both men and women.

AVEDA TULASARA FACIALS

Tulasara means "moving towards a balance" in Sanskrit and its family of advanced-performance skin care products inspired by Ayurveda, the ancient healing art of India, that help to accelerate the skins ability to restore itself.

Dry, oily, acneic, aging, uneven and sensitive skin conditions and eye concerns can all be addressed with a Tulsara facial.

Book an amount of time and your therapist will provide a bespoke treatment using the best combination of products, personalized AVEDA aromas and techniques that will move your skin towards balance and reveal its natural beauty.

30 mins/60 mins/90 mins £27.50/£37.50 /£47.50

Please allow an extra 15 mins as treatments include a foot ritual therapy and aroma sensory journey.

AVEDA GLOW PERFECTING PLANT PEEL

- 30 mins £17.50

Advancing the science of plant peels, this professional facial treatment helps retexturise skin; smooth fine lines, refine pores and restore radiance. It has the benefits of a 30% glycolic peel procedure with less of the associated redness and irritation.

AVEDA SKIN RESURFACING TREATMENT

30/60 mins £27.50/£37.50

Go beyond microdermabrasion and energise the skin. A combination of a hands on approach and the power of tourmaline immediately smooths and refines whilst increasing radiance.

AVEDA TRANSFORMING MASSAGE MASQUE

30/60/90 mins £27.50/£37.50/47.50

This powerful combination of advanced plant technology and massage therapy deliver instant skin hydration, smoothing the appearance of fine, dry lines and increasing the microcirculation to brighten the skin leaving it looking radiant.

AVEDA DUAL EXFOLIATION PEEL

90 mins £57.70

Using innovative techniques this facial combines naturally derived biochemical exfoliation methods to improve skin texture and radiance, smooth the appearance of lines and wrinkles and refine the pores.

FACIALS

AVEDA MINI FACIAL - 35 mins £20.00

A customized facial for all skin conditions. Includes a brush cleanse, tone, either exfoliation or massage, masque and moisturise.

AVEDA BOTANICAL FACIAL - 60 mins £30.00

A customized facial for all skin conditions. Includes a brush cleanse, tone, exfoliation, aroma balance, massage, masque and moisturise.

AUSTRALIAN TEA-TREE FACIAL - 60 mins £29.00

For all skin types. Deep cleanse, exfoliation, steam extraction, massage, masque and moisturise.

(All facials include a FREE eyebrow shape).

MAKE-UP

CLEANSE & MAKE UP - 45 mins £26.50

Application of full make-up for that special occasion. Includes skin preparation using Aveda products.

MAKE UP LESSON - 60 mins £35.00

Education of make-up techniques for the individual to help make the most of their appearance. Includes Aveda colour analysis chart to recreate the look yourself.

BRIDAL PACKAGES

BRIDAL MAKE UP £70.00

Pre Wedding and Wedding Day cleanse, make up and eyebrow shape using Botanical Aveda Skincare and Make-up. (In salon or will travel if required).

EYE TREATMENTS

EYEBROW SHAPE £7.50

EYEBROW TINT £8.50

EYELASH TINT* £12.00

EYELASH & EYEBROW TINT & TIDY* £25.00

EYELASH EXTENSIONS £40.00

Semi-permanent, can last up to 6 weeks with regular maintenance.

EYELASH PERMING* £25.00

EYELASH PERMING & TINT* £35.00

*Patch test required.

SHAPE & POLISH £10.00

FLASH INSTANT MANICURE £17.50

O.P.I. PROSPA

Facial skincare ingredients and technologies for hands and feet featuring white tea – a superstar anti-oxidant to protect skin from free radical damage and capuacu butter – a Brazilian super fruit known for its moisturising and anti-aging properties.

All treatments include O.P.I. colour of choice. Add £2.00 for infinite shine gel-look polish.

EXPRESS MANICURE - 30-40 mins £20.00

In a rush? The Express manicure is perfect. Featuring nail shaping, buffing and cuticle work plus hand arm massage using a high performance hand, nail and cuticle cream to moisturise, brighten and protect the skin.

SIGNATURE MANICURE - 30-40 mins £25.00

The quintessential manicure service combining all of the above techniques but with an added professional grade micro-exfoliating hand polish to exfoliate and remove rough, dry skin to reveal radiance

PAMPER MANICURE - 30-60 mins £30.00

The ultimate indulgent manicure combining all of the above techniques. Includes a soothing moisture mask to hydrate and revive the skin and a protective hand serum to brighten and protect the hands.

EXPRESS PEDICURE - 30 - 40 mins £25.00

Quick, effective and relaxing this pedicure features a soothing soak, nail shaping, buffing and cuticle work, exfoliating sugar scrub with ultra hydrating avocado oil and foot and leg massage using a high performance moisture whip cream to strengthen and hydrate the skin.

SIGNATURE PEDICURE - 40-50 mins £30.00

The quintessential pedicure service combining all of the above techniques but with added callus softening using disposable grit filling to remove rough dry skin and reveal radiance.

PAMPER PEDICURE - 60 -70 mins £35.00

The ultimate indulgent pedicure combining all of the above techniques. Includes unparalleled callus softening, exfoliation and moisture protection with an added cooling moisture mask to soften and revive the skin.

Add Paraffin Wax to any treatment £2.50

GELCOLOR BY OPI:

SOAK OFF GEL LACQUER

A polish-on gel formula with an intense shine that cures in 30 seconds and lasts for weeks!

MANICURE £28.50

PEDICURE £32.50

SOAK OFF (and tidy) £10.00

QUICK TIPS £25.00

ACRYLIC EXTENSIONS £35.00

REBALANCE £25.00

To include 1 free tip (if necessary) thereafter £4.00 per replacement nail.

ENHANCEMENT SOAK OFF £22.00

FREE HAND NAIL ART from £1.00 per colour

NAIL JEWELS £0.50

Book any combination of manicure or pedicure, and receive a discount of £5.00

BODY TREATMENTS

FULL BODY SWEDISH MASSAGE - 60 mins £39.00

BACK MASSAGE - 30 mins £23.50

AROMATHERAPY MASSAGE - 120 mins £48.00 (Initial session)

Includes body and lifestyle consultation, reflexology diagnosis and scalp to toe massage using aromatic essential oils, customised to your needs.

AROMATHERAPY MASSAGE - 60 mins £35.00 (Further session)

Scalp to toe massage using appropriate aromatic essential oils for relaxation, detoxification and specific conditions.

REMEDIAL MASSAGE - 30 mins £16.50

A combination of massage, with specific aromatic essential oils to aid various conditions, e.g. : Frozen Shoulder, sciatica, fibrositis, tennis elbow, sports injuries etc.

VIBRO MASSAGE - from 30 mins £18.00

Deep massage using "Relaxy - 1" sports therapist machine. Especially useful for cellulite problems, reshaping and toning.

FARADIC - course of 6 £65.00

Ideal for toning slack muscles and to improve overall figure shape through inch loss.

HOPI EAR CANDLES - 45 mins £29.00

This ancient Indian treatment is a soothing holistic therapy designed to help balance pressure in the ears, head, sinuses and to de-stress.

INDIAN HEAD MASSAGE - 40 mins £29.00

Using traditional Indian massage techniques, this non-invasive treatment helps to relieve tension and improve joint mobility.

REIKI - 40 mins £29.00

Reiki is a non-confrontational form of healing, inducing deep relaxation and feelings of peace, security and well-being.

1/2 DAY TOP-TO-TOE PACKAGE £90.00

Four hours of total relaxation and pampering! Includes signature manicure, pedicure, back massage, 30mins mini facial, eyebrow shape and eyelash tint*.

SPRAY TANNING from £10.00 - £20.00

Using 'Sienna X'

HAIR REMOVAL

FULL LEG & BIKINI LINE WAX £35.00

FULL LEG WAX £29.00

1/2 LEG WAX £20.00

BIKINI LINE WAX £10.00 - £15.00

UNDER ARM WAX £10.00

ARM WAX £15.00

LIP WAX, CHIN WAX, EYEBROW WAX £7.50 (each)

LIP & CHIN WAX £14.00

LIP, CHIN & EYEBROW WAX £20.00

ELECTROLYSIS

Blend method permanent hair removal

5 mins £7.50

10 mins £12.50

15 mins £17.00

30 mins £30.00

THERMOLOGY

The removal of thread veins, broken capillaries, moles, skin tags, etc. Using short wave diathermy. **POA**