



*Eden*

BEAUTY ROOMS

TREATMENT MENU

The image features several branches of eucalyptus with silvery-green, rounded leaves against a dark, textured blue background. The lighting is soft, highlighting the texture of the leaves and the stems. The text is overlaid in the lower-left quadrant in a white, elegant cursive font.

*Eden* (noun)

*A state of  
perfect happiness*

We are a small, friendly salon and our aim is to provide a relaxing environment with quality products and unique treatments, matched with a personal and friendly service.

We pride ourselves in using the highest quality products and the latest up to date treatments. Our main brand Elemis brings you premium products combined with the highest quality therapy, they have been created to respect the body's complex physiology and work in synergy with the skin, body and mind. Our carefully selected products include Medik8, OPI, CND Shellac, Neom Organics, LVL lashes and HD Brows.

*or bliss*



Booking in advance is advisable to ensure availability. 24 hours notice of cancellation is required or you may be charged a cancellation fee.

Gift vouchers make a thoughtful gift and can be designed to suit your needs, for a particular value or any treatment. A wide selection of retail products are available. We offer a mail order service for all our vouchers and products.

Please contact us with any queries or for more information and we will be happy to answer any questions.

# ELEMIS ADVANCED FACIALS

The hands of a highly trained Elemis therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

## Pro - Glow Genius Facial

75min £70

Featuring Elemis Ultra Smart Pro-Collagen formulas, this ultimate high performance facial restores bounce and resilience whilst smoothing, firming and illuminating the skin for maximum, multi-faceted rejuvenation in just one treatment.

## Pro - Glow Smooth

30min £40 | 50min £60

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

## Pro - Glow Resurface

30min £40 | 50min £60

Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

## Pro - Glow Brilliance

30min £40 | 50min £60

Awaken dull, lacklustre-looking skin with this radiance-boosting facial for a visibly brighter, glowing complexion.

## Pro - Glow Renewal Facial

30min £40 | 50min £60

Elemis' signature triple cleanse facial provides hyper-focused resurfacing and moisture-boosting results to unlock a healthy, lit-from-within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

PAY FOR A COURSE OF FIVE FACIAL TREATMENTS & GET THE SIXTH FREE!  
30MINS TREATMENTS £200 | 1HR TREATMENTS £300

## ELEMIS BIOTEC + FACIALS

Elemis' advanced fusion of supercharged technologies, Pro-Strength Actives and Expert skin wellness touch. These facials deliver deep cleansing, resurfacing and hydration boosting results for optimal skin wellness.

### Pro - Glow Genius Facial +

75min £75

Featuring Elemis Ultra Smart Pro-Collagen formulas, this ultimate high performance facial sculpts, smoothes, firms and illuminates the skin. All 5 BIOTEC upgrades are harnessed for maximum, multi-faceted rejuvenation after just one treatment. Includes BIOTEC: Ultrasonic, Microcurrent, Galvanic, Light Therapy & Oxygen Infusion.

### Pro - Glow Smooth +

30min £42 | 50min £65

This powerful anti-ageing facial utilises microcurrent pulses to help strengthen muscle memory whilst visibly smoothing the look of fine lines and wrinkles. An Oxygen Infusion helps to plump out lines, restore elasticity and increase hydration, for a visibly youthful appearance. Includes BIOTEC: Ultrasonic, Microcurrent & Oxygen Infusion.

### Pro - Glow Resurface +

30min £42 | 50min £65

Transform the skin's texture whilst minimising the look of uneven tone, pigmentation, enlarged pores and congestion for a renewed, stunningly smooth complexion. A powerful combination of light therapy and rejuvenating Galvanic current leaves skin looking balanced with improved clarity. Includes BIOTEC: Ultrasonic, LED Light Therapy & Galvanic.

### Pro - Glow Brilliance +

30min £42 | 50min £65

Awaken dull, lacklustre complexions with this radiance-boosting facial. A combination of Galvanic current, Oxygen Infusion and high potency actives energises the skin and replenishes moisture, for a visibly brighter, healthy appearance. Includes BIOTEC: Ultrasonic, Galvanic & Oxygen Infusion.

### Pro - Glow Renewal Facial +

30min £42 | 50min £65

Elemis' signature deep cleansing Skin Wellness facial delivers 27,000 vibrations\* per second to draw out impurities, improve texture and boost renewal, unveiling a healthy, lit-from-within glow. In one treatment, skin looks visibly refreshed, renewed and radiant. Includes BIOTEC: Ultrasonic Resurfacing.

**PAY FOR A COURSE OF FIVE FACIAL TREATMENTS & GET THE SIXTH FREE!**  
**30MINS TREATMENTS £210 | 1HR TREATMENTS £325**

## MEDIK8 FACIALS

Medik8 is a dedicated professional-led skincare brand and we believe you will best achieve your desired results by having regular professional treatments every 4-6 weeks and then continue at home with a tailor-made regime of Medik8 products to optimise results.

### Platinum Facial

A relaxing age-defying facial with our platinum infused Age Defying Platinum mask that visibly lifts, rejuvenates and firms the skin for a more youthful appearance.

£60

### Clarity Facial

Deep cleansing actives are used to target oily, problematic and blemished skin. Re-balancing products are used throughout this facial to soothe, calm and generate a clearer complexion.

£60

### Glowing Facial

A luxurious illuminating treatment to brighten even the dullest skin. A targeted results-driven facial to combat uneven pigmentation and skin tone, breathing new radiance and luminosity into the skin.

£60

### Calming Facial

A gentle soothing treatment to instantly calm inflamed, hot, flushed, red, sensitive and highly sensitised skin. Using intelligent formulations to aid skin recovery.

£60

### Deep Hydration Facial

A complete nourishing and comforting facial to restore skin vitality for dull, flakey and compromised skin. Gentle exfoliation allows the long lasting replenishing Medik8 Hero formulation to deeply deliver deep hydration.

£60

### Pore Refining

Targeted actives and gentle exfoliation are used to gently break down pore blockages and promote the appearance of a smoother complexion with less visible, enlarged pores.

£60

A COURSE OF SIX  
MEDIK8 FACIALS – £300



# MEDIK8 PEELS

Medik8 professional peels are effective resurfacing solutions which can produce incredible results on the skin. For most effective results, we recommend a course of 6 treatments, spaced evenly every 10-14 days.

## Clarity

£60

A powerful blend of acids that sink deep into pores to effectively clarify and decongest the complexion. Rapidly brings blemishes under control and dramatically reduces the risk of future breakouts.

## Even

£60

A brightening peel targeting sun damage, hyperpigmentation and dull uneven skin. Helping to minimise melanin production, the Even peel visibly fades pigmentation for a more even and radiant complexion.

## Rewind

£60

A targeted formulation that helps to promote collagen production to reduce the appearance of fine lines and wrinkles. It fades imperfections. Leaving the skin visibly smoothed and rejuvenated.

## Sensitive PHA

£60

A new addition for extremely sensitive or redness-prone skin to visibly smooth skin texture and help promote a stronger skin barrier.

## Universal AHA

£60

Suitable for everyone and any skin concern, it visibly brightens, smoothes, decongests and revitalises the skin. Ideal for a first time peel or to maintain results from other peels.

## Eye Reveal

£45

An ultra-gentle but effective solution to target signs of ageing around the delicate eye area.

**A COURSE OF SIX  
MEDIK8 PEELS - £300**



# MASSAGE THERAPIES

## Eden Body Massage

1hr £46

A massage tailored to suit your needs from deep pressure to light relaxing movements on the areas you need concentrated on most.

## Eden Back Neck and Shoulder Massage

30min £32

## Eden Aromatherapy Body Massage

1hr £46

From the soles of your feet to the crown of your head, pure aromatherapy oils prescribed to your needs are massage over the body to deeply relax your body and mind.

## Elemis Aromatherapy Back Massage

30min £32

## Elemis Freestyle Deep Tissue Massage

30min £32 | 1hr £48

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The following massage works deeper into the tension encouraging optimum circulation.

## Sports Massage

£36

With therapist Clare. This is a focused deep tissue massage to work on targeted areas of the body. Using a combination of deep and light massage and audio sonic waves to loosen muscles, improve blood flow and increase mobility. Perfect for people with physically demanding lifestyles or hobbies.

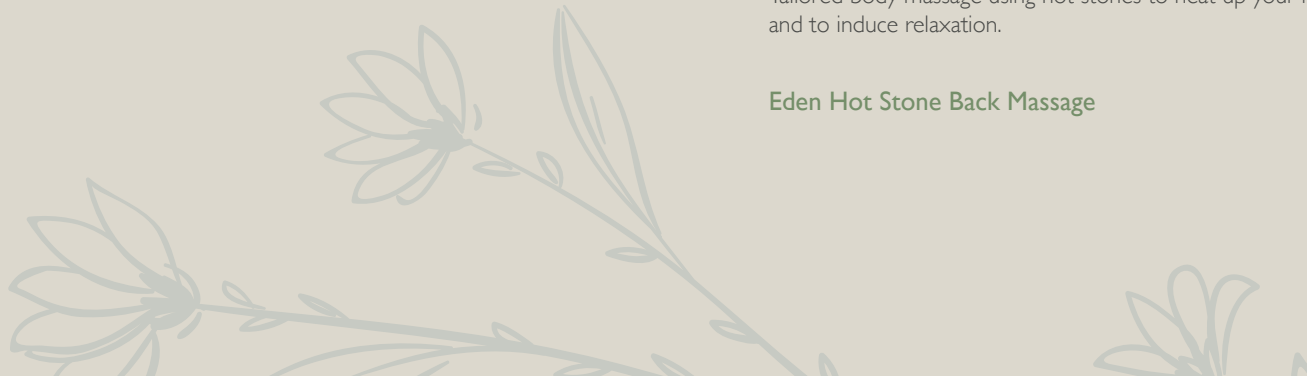
## Eden Hot Stone Body Massage

1hr £50

Tailored body massage using hot stones to heat up your muscles and to induce relaxation.

## Eden Hot Stone Back Massage

30min £34





### Elemis Face & Body Sensation

£60

Pure body indulgence with exceptional anti-ageing facial results! A unique Elemis hot stone back massage to alleviate stress and ease muscles with an intensive anti-ageing booster facial that will restore youthful radiance.

### Hot Lava Shells Body Massage

£60

This is an indulgent and truly pampering relaxation treatment using the natural benefits of heated shells. Relieve your deepest aches and pains, stress and tension with this revolutionary and unique full body massage, restoring balance to body and mind.

### Hot Lava Shells Back Massage

£35

For an intensive back treatment this deep tissue massage uses heated lava shells to release tension and leave you feeling instantly stress free.

**ADD A HEATED EYE MASK  
TO ANY MASSAGE - £3**





# NEOM BODY TREATMENTS

Neom Wellbeing Treatments have been created by 11 wellbeing experts to provide true therapeutic benefits. Each treatment begins with a beautifully fragranced room, a peaceful guided meditation, reflexology and breathing techniques.

## NEOM Sleep Treatment

60mins £50 | 90mins £70

Throughout this sleep inducing treatment, we drizzle the Neom Intensive Skin Treatment Candle oil over the skin, and massage every inch of the body, including key stress relieving points on the head, face, neck and back. We harness the very best massage techniques of shiatsu, cranio, Thai and trigger point work. Prepare to be lost in a blissful state, ready for a deep night's sleep.

## NEOM De-Stress Treatment

60mins £50 | 90mins £70

Throughout this de-stressing treatment, we drizzle the Neom Intensive Skin Treatment Candle oil over the skin, and provide specialist massage to key stress relieving points of head, face, neck and back. We harness the very best massage techniques of shiatsu, cranio, Thai and trigger point work. This treatment allows tension to drift away and for a calm new you to be uncovered.

## NEOM Happiness Treatment

60mins £50 | 90mins £70

By applying purposeful techniques of shiatsu, cranio, Thai massage and trigger point touch to the back, shoulder, face and scalp we work to decrease stress levels and release endorphins, leaving you feeling relaxed and happier. This purposeful combination of thoughtful touches will lift your spirits and leave you feeling like the best version of you.



## MOTHER-TO-BE

At this special time you deserve a treat. Many of our treatments at Eden are completely safe during pregnancy and some after the 1st trimester, please ask for more details.

### Elemis Peaceful Pregnancy Massage

60mins £50

Massage for each stage of pregnancy

Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning is used to ensure the ultimate in comfort and relaxation. Relieves tension in the upper back and alleviates swelling in the hands and feet. This treatment includes a light facial to cleanse and moisturise with a gentle scalp massage.

### Eden Pregnancy Treat

90mins £65

Starting with a luxury pedicure, including soaking and a relaxing foot and leg massage to relieve your tired feet. This is then followed by an Elemis Pro Glow 30 facial to suit your skin needs including a relaxing scalp massage.

### Elemis Japanese Camellia Oil

£45

This is the finest grade oil for Aromatherapy. For many centuries Camellia Oil from Japan has been used for the care of nails, hair, scalp and combination skin. Used in the Elemis Nurturing Mother-To-Be pregnancy massage, this light oil is easily absorbed and rich in plant collagen to keep the skin moisturised and supple, helping to prevent stretch marks. This is a great 'at home' product to use daily during pregnancy.



# SHRINKING VIOLET BODY WRAPS

**Shrinking Violet Body Wrap - an inch loss wrap that works with lipolysis, which actually removes fat from your fat cells.**

It is a relaxing treatment which involves you being measured, exfoliated and wrapped in the product, then cocooned on a heated bed for 1 hour to allow treatment to work, whilst you have a lovely relaxing scalp massage. You can have other treatments e.g. facials, eye treatments, mini pedicures etc. while the wrap works its magic. After the hour we unwrap you and take your measurements again. You will still keep losing over the next 3 days. Recommended as a course of 3 or 6 every week to achieve maximum results.

**One Treatment** £60

Includes a complimentary scalp massage.

**Course of Three Treatments** £180

Includes a complimentary Elemis Taster Facial with first treatment.

## **20% discount**

off any Elemis Facial taken at same time as wrap

## **20% discount**

off a HD Brow Treatment or any other Eye or Lash Treatment taken at the same time as wrap

# HOLISTIC THERAPIES

**Reflexology** £38

A technique that stimulates pressure points on the feet to rebalance body's energy system, promotes calmness, relaxes the body and mind, reduces muscle tension and relieves fatigue. It has been shown to be effective for a wide range of conditions including: - hormonal imbalance, menopause, back pain, migraines, headaches, digestive problems, circulatory problems, stress related disorders and arthritis.

**Indian Head Massage** £38

Designed to alleviate stress, this massage concentrates on the scalp and manipulates soft tissues in the shoulders and the neck, along with stimulating facial pressure points. Perfect for a stress-free body.

**Hopi Ear Candles** £38

A natural and relaxing therapy used traditionally by the Hopi Indians. This treatment is completely painless and helps to rebalance the ear by drawing out impurities. It is a relaxing, soothing and natural alternative to syringing. This treatment is excellent for anyone who suffers from sinusitis, headaches, migraines, head colds, glue ear, hay fever or excessive earwax. Treatment includes a mini facial and relaxing lymphatic drainage facial massage.



## MENS TREATMENTS

### Men's Total Time Out

£85

Achieve the ultimate goal for complete skin, body and lifestyle management. Select either an Anti-Ageing or a deep cleansing facial combined with a de-stressing Scalp Massage and combine it with the Elemis Deep Tissue Back Massage. Total Time Out!

### Eden Back, Neck and Shoulder Massage

£32

A Massage tailored to suit your needs from deep pressure to light relaxing movements on the areas you need concentrated on most.

### Eden Hot Stone Back, Neck and Shoulder Massage

£34

### Elemis Deep Tissue Back Massage

£32

Specifically targeting the back, shoulders and neck areas, this powerful massage will help to relieve tension, stress and aching muscles.

### Back Wax

£22

### Eyebrow Tidy

£10



# HAIR REMOVAL

## TRADITIONAL WARM WAXING

Lower Leg	£16
Upper Leg	£18
Full Leg	£25
Underarm	£10
Bikini Line	£15
Underarm and Bikini Line	£20
Eyebrows	£10
Lip or Chin	£10
Lip & Chin	£15
Forearm	£18
Full Leg & Bikini	£34
Full Leg, Bikini & Underarms	£40
Half Leg, Bikini & Underarms	£32

## HOT WAX

Hollywood Wax (complete removal)	£38
Brazilian Wax (landing strip, complete underneath removal)	£35
Bikini Line (tidy)	£20
Underarm Wax	£15
Lip or Chin Wax	£10

## THREADING

Eyebrows	£12
Lip or Chin	£10
Lip & Chin	£15
Face, Lip & Chin	£18

# LASH & BROW TREATMENTS

Eyebrow Shaping	£10	LVL Ceralift Lash Treatment*	£48
Eyebrow Tinting*	£10	Revolutionary new lash treatment to add length, volume and lift to your own natural lashes. A great alternative to lash extensions, lasting up to 6 weeks.	
Eyelash Tinting*	£16		
Eyebrow Shape and Tint*	£20	Classic Eyelash Extensions*	From 1-2hrs £80
Eyelash, Eyebrow Tint & Shape*	£28	Transform your lashes into longer, fuller, thicker ones through this professional application of a single synthetic lash being applied to your own natural lashes. They look and feel completely natural making them great for regular daily wear as well as special occasions. We have a wide range of sizes we can create a look from completely natural to very glamorous. With regular maintenance these will last for months.	
HD Brows*	£29		
A unique seven-step brow shaping treatment, you can have the ultimate in well-groomed high definition eyebrows. Whether yours are overgrown or over plucked, HD Brows will sculpt your brows into the perfect shape.			
Brow Lamination*	£38	Replacement Set	£68
Brow Lamination to include HD Brows treatment. Whether you dream of achieving that full, fluffy eyebrow look, want to create symmetry in uneven brows or tame unruly hairs, our brow lamination treatment is for you. This corrective treatment helps you to achieve your desired position for up to 6 weeks.		Recommended every 4 months to regular customers to ensure that they look perfect.	
		Classic Lash Maintenance	£32
		Recommended every 2-3 weeks to maintain lashes.	
		Classic Lash Mini Maintenance	£21
		Lash Removal	£15
		For safe removal of lashes with no damage to natural lash.	

\*Allergy test required minimum of 48 hours prior to treatment



## HANDS & FEET

### Mini Manicure

to include file, cuticle tidy, buff and polish.

### Luxury Manicure

to include soak, scrub, file, cuticle treatment, nourishing mask with heated mitts, massage and polish.

### Luxury Manicure with Shellac

### Mini Pedicure

to include file, cuticle tidy, buff and polish.

### Luxury Pedicure

to include soak, hard skin removal, scrub, cuticle treatment, mask, massage, file and polish.

### Luxury Pedicure with Shellac

Pedicures, please bring open toe shoes.

## NAIL ENHANCEMENTS

£18

### Shellac

Long lasting, no dry time, 14 day wear, mirror like finish, can be worn on hands or feet, glitter included in price.

£26

£35

### Add nail art

From £1

£45

### Shellac Removal

or free with another Shellac service.

£5

£18

### Shellac Removal and Mini Manicure

£20

£35

£45



# A-LIFT FACIAL TREATMENT

Revolutionary facial treatment proven to fight the signs of ageing. A-Lift is a new age reversal treatment that uses unique nano-current technology to re-energize the skins cells. Effects of ageing can be reversed in this non-invasive, pain free treatment

The treatment is proven to improve the skins structure resulting in a dramatic reduction in lines and wrinkles, firmer facial muscles, and healthier more youthful looking skin. Some benefits are:

- Collagen and Elastin production are increased
- Increased Lymphatic drainage (reduces toxins)
- Lines and wrinkles are reduced as skin plumps out
- Circulation is increased for a healthier appearance
- Dark circles and puffy eyes are improved
- Muscles are re-educated and toned, lifting the face and neck
- New cells mimic those before them, taking on their energized characteristics
- Boosts cell's energy levels (ATP) up to 500%

We use Elemis in all our A-Lift facials and a course of 10 treatments is recommended, ideally 1-2 per week until the course is complete.

Each treatment achieves natural, subtle improvements with results building over time. Skin looks fresher, brighter, healthier and more youthful.

To maintain treatment course results we recommend 1 treatment every 4-6 weeks.

## Express A-Lift

30mins £40

This is a great way to enjoy the benefits of a regular A-Lift facial but without having to consume too much time. This treatment will give you facial toning, skin hydration, smoother, more radiant skin, improved application of make up and the famous A-Lift glow. Great way to try out the treatment and get skin fit on a cellular level, great for all ages to maintain a youthful look.

## A-Lift

50mins £60

This treatment is the signature A-Lift facial giving you amazing results. Recommended as part of a course but you can also have this as individual treatments too. The more treatments you have and the more frequent you have them determines the end results, but you won't be disappointed. This treatment will give you Intensive lifting and firming for face and neck, Reduce the appearance of eye bags, lines and wrinkles and delay the signs of ageing. This facial again will be bespoke, focusing on the areas of your concern.

PAY FOR A COURSE OF FIVE FACIAL TREATMENTS & GET THE SIXTH FREE!

30MINS TREATMENTS £200 | 1HR TREATMENTS £300

## PACKAGES

### Elemis Pro Glow Face & Body 30

Combine any 30min Pro Glow Facial with an Eden Back Massage or Eden Hot Stone Back Massage

£60

### Elemis Pro Glow + Technology Face & Body 30

Combine any 30min Pro Glow Facial with an Eden Back Massage or Eden Hot Stone Back Massage

£66

### Elemis Pro Glow Face & Body 50

Combine any 50min Pro Glow Facial with an Eden Full Body Massage or Eden Full Body Hot Stone Massage

£96

### Elemis Pro Glow + Technology Face & Body 50

Combine any 50min Pro Glow Facial with an Eden Full Body Massage or Eden Full Body Hot Stone Massage

£100

### Eden Indulgence

Eden Aromatherapy Back Massage  
Elemis Pro Glow Renewal Facial (30min)  
Relaxing Scalp and Foot Massage

£68

### Pure Indulgence

Elemis Pro Glow Advanced Facial (50min)  
Elemis Aromatherapy Body Massage  
Shellac Hands & Feet

£140



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