



## **Time 4 You Beauty**

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## **Beauty Treatment Menu**

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To book an appointment please call  
or text Mobile 07572 207215.

Email [info@time4youbeauty.co.uk](mailto:info@time4youbeauty.co.uk)

Website [www.time4youbeauty.co.uk](http://www.time4youbeauty.co.uk)

## BODY

TIME  
(MINS) COST

### MASSAGE BENEFITS

Relaxes muscles, relieving tension, aches and pains, eases stress and anxiety, and improves energy levels. Increases lymph drainage, releases toxins, and improves blood circulation.

### LA SULTANE DE SABA PRODUCTS

These products are the creation of a Moroccan family who moved to Paris and set up this phenomenal spa brand which offers complete and comprehensive ranges for the face and body. Each range is a "journey" inspired by rituals and recipes that date back to the time of Cleopatra and the Queen of Sheba. The products are natural and of exceptional quality, assembled by hand. The shea butter neutral and your chosen body oil is melted in front of you. Includes 6 fragrances - Amber; Green Tea & Ginger; Vanilla of the Islands; Orange Blossom or Rose.

### MELT MOROCCAN MASSAGE

Using the rich signature blend of warm oil and melted shea butter, a full body massage is given to offer deep relaxation and relieve tension.

60 £30

### BACK, NECK & SHOULDERS CLEANSE SMOOTHIE

This is a wonderful taster treatment to thoroughly cleanse and exfoliate the back. Finishing with a tension-relieving massage to soothe muscles in those hard to reach areas.

30 £20

### HOT STONE MASSAGE

Warm stones glide over the body, allowing you to reach a state of deep relaxation; "one movement with a stone is equivalent to four movements with a therapist's hand".

#### FULL BODY

60 £30

#### BACK, NECK & SHOULDERS

30 £20

### AROMATHERAPY MASSAGE

Using 100% natural essential oils. Choose from relax, muscle, energise, or balance massage oil. Designed to complement your massage, used to help with your body's natural healing, giving a sense of wellbeing. Each essential oil has its own unique healing properties. During aromatherapy the oils are inhaled and absorbed through the skin into your bloodstream.

#### FULL BODY

60 £30

#### BACK, NECK & SHOULDER

30 £20

### SCALP MASSAGE

Scalp massage is a wonderful way to promote an immediate feeling of wellbeing and reducing stress levels. It provides deep relaxation to the head and scalp. Can help aid restful sleep. Pressure point massage using Essential Oils.

30 £15

## FACE

TIME  
(MINS)

COST

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### TROPIC SKINCARE RANGE

Products are designed using the richest, most nutritious premium natural ingredients to ensure they are effective on all skin types, even the most sensitive. Products contain the purest naturally derived ingredients and are free from harmful toxic chemicals.

Certified by The Vegan Society and Cruelty Free International.

### DISCOVERY FACIAL

30

£20

A perfect rescue remedy, cleanse, tone, exfoliate, mask, lip and eye cream and moisturiser to finish.

### FULL FACIAL

60

£30

Starting with a double cleanse, tone, exfoliation, facial wash, hot compress using essential oil chosen by you, 20 minute face massage, mask, eye cream and gentle massage, lip balm and moisturiser to finish.

### DECLEROR ALSO AVAILABLE

60

£40

## HANDS & FEET

TIME  
(MINS)

COST

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### PARAFFIN WAX TREATMENT

30

£10

Warm oil based wax can provide pain relief to hands, feet, and sore joints and muscles. It can also help to increase the range of motion for people with arthritis, and other chronic conditions that cause pain and stiffness and it also has skin softening benefits.

### HEATED MITTS TREATMENT

30

£10

The heat opens the skins pores, allowing deeper penetration of moisturisers. Also assists in helping to soften the cuticles and hydrate the nails. The heat therapy helps to warm, soothe and relax joints and muscles ideal for clients with arthritic conditions.

### CALLUS PEEL TREATMENT

30

£10

Callus removed just like orange peel, just Callus Peel away the hard skin & calluses. Only a four step treatment to great feet, moisturise & foot massage to finish.

### BEAUTY PRO

30

£10

Hand and Foot Therapy glove with removable finger or toe tips so the gel polish application can continue, the science behind the Beauty Pro range is the utilisation of marine collagen, combined with key vitamins, herbs and botanicals to improve skin tone and complexion. Suitable for all skin types. Foot and Callus peel also available.

# FINISHING TOUCHES

EYE TREATMENTS	TIME (MINS)	COST	NAIL TREATMENTS USING GEL POLISHES	TIME (MINS)	COST
Patch test 24-48 hours before treatment					
Eyebrow Tint	15	£6	Manicure	45	£15
Eyelash Tint	30	£10	Pedicure	45	£20
Both Tints	30	£13	Removal of existing gel polish, cuticle pushback, file, gel application & serum to finish		
Eyelash Perm	45	£20			
Eyelash Perm & Tint	60	£25	Removal of Gel polish only		£10
			<b>Upgrade your Manicure or Pedicure to Luxury Spa</b>	30	£5
<b>WAX TREATMENTS</b>					
Eyebrow	15	£6	Luxury Spa Manicure	75	£20
Underarm	15	£6	Luxury Spa Pedicure	75	£25
Half Leg	25	£12	Softening soak, followed by a conditioning scrub, including cuticle work and a massage to finish.		
Full Leg	35	£18			
Back or Chest	30	£15			
Bikini	30	£8			
Brazilian	30	£15			
Hollywood	30	£20			

## Jessica GELeration

This unique gel in a bottle is applied like a polish with the durable strength of a gel. This treatment does not damage the natural nail and lasts for two to three weeks with no chipping, peeling or fading, and is easily removed in minutes. Product is vegan and cruelty free.

### The Gel Bottle

The gel bottle Inc. Gel polishes are 100% gel, rich, highly pigmented, chip-resistant and offer extreme long lasting shine, and is easily removed. Product is vegan and cruelty free.

### Magpie Gel Colour

100% gel, not a hybrid product meaning long lasting, strong colour coverage for natural nails, easily removed in 10 minutes. Product is cruelty free.

Please be aware other treatments are available, so please check out my website for details.



La Sultane de Saba

