

the therapy lounge



TREATMENT MENU

relax | refresh | rejuvenate

ST.TROPEZ

Mi

NOUVEAU
LASHES

Magpie Glitter

KATHERINE
DANIELS
COSMETICS

PRO
SCULPTURE
GEL

LVJ

BEAUTYLAB

JESSICA

gel

lightfusion

Welcome to ^{the}therapy lounge

We offer a wide variety of beauty and holistic treatments for ladies and gentlemen, carried out in our four luxury candlelit treatment rooms.

Our friendly, professional and experienced therapists will tailor treatments to your individual needs using only the finest quality products in a calming environment.

We have a commitment to our customers to provide the highest standards of customer care to ensure every visit exceeds your expectations.

The Therapy Lounge is a true beauty and holistic retreat where you can unwind in a relaxed, informal atmosphere.

We look forward to your visit...



Facial treatments

Using the BeautyLab London skincare range which is rich in natural active and high performance peptides. BeautyLab combines the latest skincare science with the purest paraben-free ingredients to offer a targeted solution for every skincare concern.

Alongside BeautyLab we also use Katherine Daniels cosmetics for our facial and body treatments. Katherine Daniels is a results driven facial and body-care range utilising plant, marine, collagen and biotech active ingredients.



		Therapist	Senior
Essential facial	45 mins	£30	£35
Adapted to all skin types, this facial combines all the essentials for healthy, soft and radiant skin. Skin is left cleansed, polished and beautifully conditioned.			

Buy a course of 4 for £108*

Anti-ageing facial	60 mins	£50	£55
An intensive treatment that leaves the skin lifted, radiant and reducing the appearance of fine lines. Also addresses the ageing concerns of the neck, décolletage and incorporates the hands.			

Buy a course of 4 for £180*

Sensitive skin facial	60 mins	£45	£49.50
A treatment for fragile and sensitive skin issues. Your skin will be calmed, soothed, strengthened and more able to defend itself against premature ageing.			

Buy a course of 4 for £162*

The Anti-Ageing Deluxe

Eye Treatment

50 mins

Therapist

Senior

£38.50

£40

Using the technology of the Instant Effect Eye Masks, specific massage sequences and key active ingredients, this treatment works to reduce puffiness and dark circles, capturing every smile and frown line whilst leaving you supremely relaxed.

Buy a course of 4 for £138.60*

Thermal stone facial

45 mins

£30

£35

Ultimate relaxing facial using heated stones to massage face and neck.

Buy a course of 4 for £108*

*course must be taken within 6 months

Diamond touch microdermabrasion

Microdermabrasion is a non-surgical procedure offering safe and controlled skin abrasion. The diamond tipped wand glides over the skin with a vacuum action gently polishing the skin. The treatment is gentler than traditional methods as a selection of diamond wands are used to create a bespoke treatment for each client. A course of 5 treatments is recommended.

Express

microdermabrasion

30 mins

Therapist

Senior

£33

£35

Buy a course of 4 treatments and get 1 half price £148.50

Luxury hydration

microdermabrasion

60 mins

£48.50

£50

Ideal for dull and lifeless skin showing signs of dehydration. Using microdermabrasion to intensify the absorption of the products into the skin. Your skin will be bright, radiant, plumped and open pores refined and fine lines reduced.

Buy a course of 4 treatments for £218.25

Glycopeel facial

Therapist

Senior

45 mins

£45

£49.50

60 mins

£50

£53

(includes décolletage/hands)

A unique resurfacing treatment combining glycolic acid and pomegranate enzymes to relieve congestion, age spots, scarring, pigmentation and dullness. Suitable for all skin types, this treatment will smooth and brighten your skin after just one treatment, however a six week course is recommended for lasting results.

Course of 6 glycopeel facials (45 min) buy 5 and get 1 half price £247.50

lightfusion LED facial treatments

Lightfusion phototherapy treatment uses LED red and near infra red lightwaves to help the skin function better, detoxifying from the inside out, increasing collagen and elastin production. Results are seen from the first treatment. A course of 4 weekly treatments is recommended to soften fine lines and wrinkles, reduce pigmentation and redness, improve skin tone, texture and refine the pores whilst firming, smoothing and brightening the skin.

Express

lightfusion facial

30 mins

Therapist

Senior

£30

£33

Combining lightfusion with BeautyLab essential skincare products.

Buy a course of 4 for £108*

Lightfusion

antiageing facial

1 hour 15 mins

£65

£68

Combining lightfusion with BeautyLab anti ageing skincare products including a facial for the hands. The ultimate in skincare luxury!

Buy a course of 4 for £234*

Lightfusion can also be added to a manicure helping to smooth, plump and refine the skin and reduce age spots on the back of the hands. £10 on top of regular manicure price.

Body, mind and soul

Therapist

Lava shell massage

Combining the smoothness of polished shells with relaxing heat, melting into the muscles to relieve tension.

Full body	60 mins	£60
Back, neck and shoulder	30 mins	£30

Thermal stone massage

Using the power and warmth of volcanic stones to penetrate deep into the muscles, helping to ease aches and pains. A deep massage, excellent for arthritis and tired and tense muscles. Pure indulgent relaxation for full body and face.

Full body and face	1 hour 30 mins	£50
Back, neck and shoulders	30 mins	£30
Deep tissue massage	30 mins	£30
	45 mins	£35

A deeper massage ideal for after sport/exercise helps with muscle relaxation and reduces the build up of lactic acid in the legs, back, arms etc.

Therapist

Regular body massage 1 hour £32

Deluxe body massage 1 hour 30 mins £43

As above plus includes face and scalp

Back/neck and shoulders 30 mins £21

Chest/face and scalp 30 mins £21

Indian head massage 30 mins £25

Working on upper back, face and scalp - relieves stress and tension for well-being.

Reflexology 1 hour £30

This is an ancient treatment. By working on the pressure points of the feet, we can help to stimulate your body's own natural healing system. This treatment is fantastic for stress and general relaxation.

Hopi-ear candelling 45 mins £30

A natural and relaxing therapy used traditionally by the Hopi Indians. Excellent for anyone who suffers from sinusitis, headaches, migraines, head colds, glue ear, hayfever or excessive wax. It is completely painless and helps to rebalance the ear by drawing out impurities.

A relaxing and natural alternative to syringing.



Body treatments

Therapist

Purifying glycolic back treatment 45 mins £30

The ultimate deep cleansing back treatment for uneven skin tone, dry patches, spots and blackheads. Ideal before holidays and weddings for those strapless dresses!

This treatment is complemented by a relaxing scalp or hand massage.

The velvet skin treatment 30 mins £20

Dry, dead skin cells are removed and a hydrating emulsion is applied to reveal soft, silky beautiful skin. Ideal before and after tanning.

The velvet skin massage treatment 60 mins £40

This treatment will ensure dry skin is exfoliated away before you enjoy a full body massage and finishing cream to suit your skins needs. You will be left with velvet smooth skin and feel totally relaxed.

The relaxing back treatment 45 mins £32

The treatment begins with warm, massage oil being drizzled onto your skin followed by a relaxing back massage and concludes with the application of a relaxing mask. Helps to alleviate tension, soothes and warms tired muscles. Or why not upgrade to the **Ultimate Indulgence relaxing back treatment** below...

Ultimate Indulgence relaxing back treatment 1 hour £40

This complete pampering treatment begins with exfoliation of the back then warm massage oil is drizzled onto your skin before heated volcanic stones massage deep into your aching muscles. Finally a relaxing mask is applied to the back to clear congested skin and relieve muscle tension.

Pregnancy massage



This range of products and treatments is especially developed for pregnancy, new mums and babies. Our therapists are fully trained in safe massage techniques enabling mum-to-be to relax when she needs it most (suitable from the 2nd trimester of pregnancy).

Truly bumptious 1 hour 30 mins £50

Full body pregnancy massage (includes face and scalp).

Pure bliss and relaxation for mummy and bump!

Mama baby bliss £25

Relaxing back, neck and shoulder massage.

Mum 2B TLC - the pregnancy package for yummy mummies! 2 hours £70

- Truly bumptious full body pregnancy massage with mini facial
- Choose either mini manicure/mini pedicure

Post pregnancy package £70

For the most in need of a pamper - NEW MUMS! Includes:

- Back, neck and shoulder massage
- Revitalising facial (including relaxing pressure point face and scalp massage)
- GEL manicure

Gift vouchers
make the ideal baby
shower present!





Mens treatments

Therapist

Strip waxing

Back only

£20

Back, shoulder and top of arms

£25

Chest

£20

Eyebrows

£8.50

Detox facial

45 mins

£30

Deep cleanses, polishes and conditions the skin, leaving you feeling refreshed.

Gent's manicure

45 mins

£17.50

Tidies up hardworking hands, dry skin is scrubbed and conditioned, cuticles are tidied, nails cut and shaped neatly.

Gent's pedicure

45 mins

£21

Refresh those feet. Dry, hard skin removed, feet scrubbed and conditioned, cuticles, toe nails tidied and shaped. Finished off with a relaxing foot massage.

Any of our holistic and massage treatments are suitable for male clients too.

Tanning

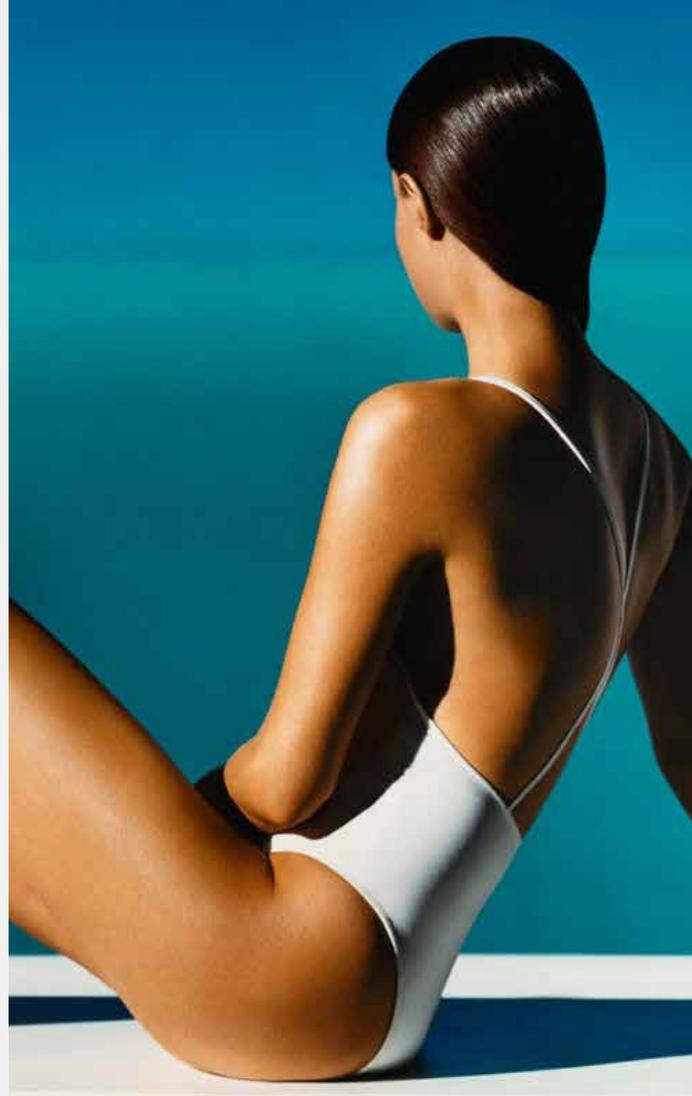
The original and best tanning brand - trusted by professionals and celebrities worldwide. Please exfoliate 24 hours beforehand.

	Therapist	Senior
Pro spray tan	£25	£27
Experience the perfect spray tan applied by a professional with the newest and most advanced ST TROPEZ system available. Applied in 10 minutes, you will be dry and ready to go in no time. A comfortable experience, your luxury tan will be tailored to suit your needs (please exfoliate before treatment). Choice of 3 shades available: Original, Dark and Luxe oil (good for dry skin).		

Express tan	£25	£27
The formulation contains fast-acting ingredients that absorb quickly into the skin while intelligent shade technology allows you to select your depth of colour by choosing when to shower.		
For a light, sunkissed glow - shower after 1 hour.		
For a golden-bronze tan - leave on for 2 hours.		
For a deeper, darker result - wait 3 hours or more.		

Perfect prep	20 mins	£15	-
Exfoliation and skin preparation is essential to ensure the best results from your ST TROPEZ tan. We can do this for you the day before your treatment, just ask for 'perfect prep' when booking (ideal if you have nobody to scrub your back!).			

ST.TROPEZ



Hands and feet

Using Jessica Phenom polish, a Phenomenal evolution in polish, dries quickly in natural light, the gel-like shine lasts up to 10 days. It removes easily like polish and protects nails.



		Therapist	Senior
Jessica mini manicure	30 mins	£15	£17
Cuticles are tidied, nails shaped and Phenom polish applied		For French add £1.00	
Jessica standard manicure	1 hour	£22	£25
Cuticles are tidied, nails shaped, hands and arms exfoliated, massaged and Phenom polish applied.		For French add £1.00	
Jessica deluxe manicure	1 hour 15 mins	£26	£30
Combining as per standard manicure with hand and arms exfoliation, massage and heated mitts for ultimate luxury.			
Jessica mini pedicure	30 mins	£15	£17
Cuticles are tidied, nails shaped and Phenom polish applied		For French add £1.00	
Jessica standard pedicure	1 hour	£28	£30
Cuticles are tidied, toe nails shaped, hard skin removed, feet exfoliated, massaged and Phenom polish applied.			
Jessica deluxe pedicure	1 hour 15 mins	£31	£35
Combining as per standard pedicure with foot and leg exfoliation, massage and heated booties for ultimate luxury.			

Acrylic nail enhancements

Sculpted acrylic full set	1 hour 30 mins	£36.50	£38.50
Acrylic full set with GELeration overlay plus glitter if required	2 hours	£44	£45
Infill up to 3 weeks after application, price may vary after 3 weeks inc. gel and polish.		£28	£30
Single nail		£3	£3
Overlays on natural nails full set 1 hour		£28	£30
Soak-off and restoration treatment		£14.50	£14.50
Soak-off before re-application		£7.50	£7.50

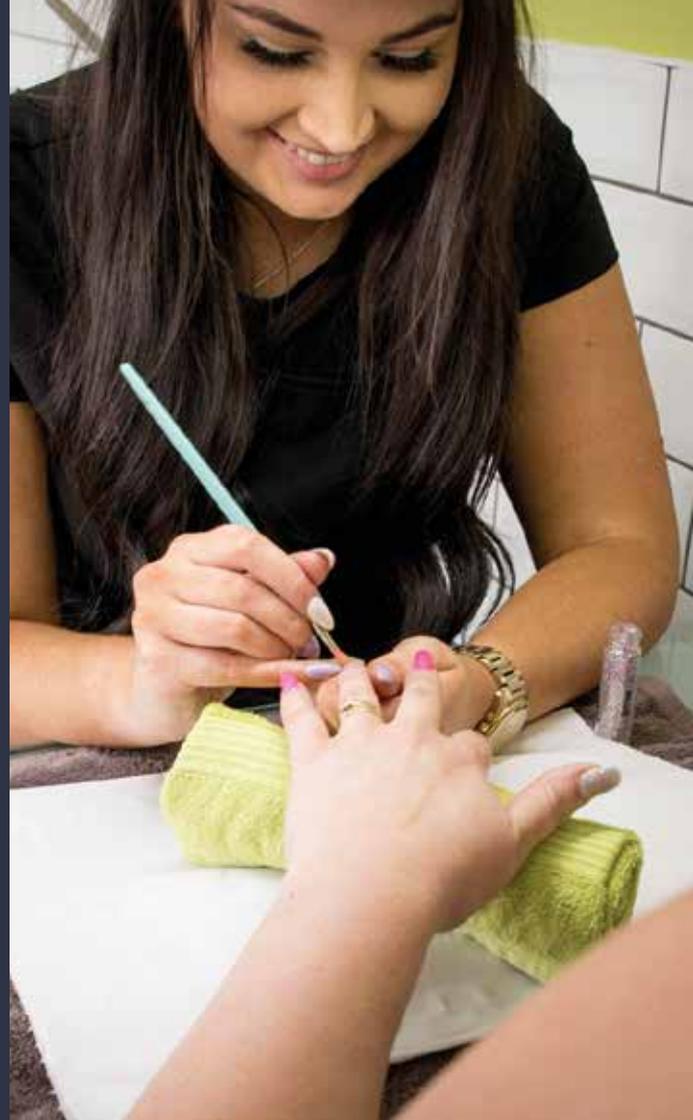
THE gel BOTTLE inc

Gel nails

The Gel Bottle inc is a hybrid between gel and polish giving fantastic colour that is dry in seconds, gives a flawless finish, lasts for 2-3 weeks and is removed in minutes with special soak off solution. A range of colours and French polish finish available.

	Therapist	Senior
Gel overlays	£30	£33
Manicure (as per standard manicure with gel overlay)	£37	£40
Full set sculpted extensions	£36.50	£38.50
Infill up to 3 weeks after application		
(price may vary after 3 weeks)	£25	£26
Single nail sculpt/repair	£3	£3
Gel toes	£20	£22
Pedicure (as per standard manicure with gel overlay)	£38	£40
Soak-off before re-application	£7.50	£7.50
Soak-off and restoration treatment	£14.50	£14.50
Maggie Glitter/nail art with gel (on top of regular gel price)		
Single nail	£1.50	£1.50
Full set	£7.50	£7.50
Twinkle toes (colour glitter gel toes)	£25	£25

Add a 10 minute lightfusion treatment to your manicure to smooth, plump and refine the skin and reduce age spots on the back of the hands. £10 on top of regular manicure price.



Lash and brow treatments

Nouveau SVS lashes (Speed Volume Style)

This unique lash extension technique has been developed to ensure the health of your natural lashes are at the forefront, meaning your own lashes are protected while we create a custom lash look tailored just for you. A variety of styles are available with SVS, ranging from a natural looking volume to a fuller, more glamorous look. If you wish to maintain your perfect SVS look, infill treatments can be conducted after 2-3 weeks, If you do not wish to return for infills and are content to gradually return to your natural look, you can return after 6-8 weeks for a repeat treatment if desired

SVS lashes full set 2 hours £50

SVS infills up to 2 weeks after first treatment £25

SVS infills up to 4 weeks after first treatment £35

Microblading

Microblading is a form of tattooing using a hand held tool to create fine, crisp and natural looking hair strokes by implanting pigment into the superficial dermis. Perfect for those with hair loss, over plucked brows or simply wanting a fuller longer lasting result without having to pencil the brows in every morning. Lasting 1-2 years depending on lifestyle, medication, sun exposure etc. with a colour boost required every 12-24 months to keep them fresh.

Carly offers free consultations and will design a bespoke brow shape to enhance and frame your face, making sure you are happy with the design shape and colour match before starting the treatment. For more information please contact Carly directly to arrange a consultation.

Microblading treatment including 6 week top up £250

Blade and Shade £275

Adding shading to microbladed hairstrokes adds depth to the brow and creates more of a powder brow look.

12 month colour boost £125

18 month-24 month colour boost £175

(after 24 months, full original price applies)

***OFFER* Have your microbladed brows and LVL lashes done together for only** £280 (saving £15)

Ombre brows - including 1 top up if required £395

The ombre technique is created using the machine method giving a much more defined, filled in make up brow look, lighter in the fronts and darker in the tails. This method is ideal for clients who are used to filling in their brows and prefer a stronger Powder brow look. Lasts 2-3 years before needing a colour boost.

NOUVEAU
LASHES 



Lash and brow treatments

Lash lover**

Semi-permanent lash extensions available in different lengths and thicknesses are applied to each one of your own lashes for a look as natural or dramatic as you like. Maintenance is required every 2-3 weeks so that the lashes can be kept on continuously.

Full set	Approx 2 hours	£50
Infills up to 2 weeks after 1st treatment		£25
Infills up to 3-4 weeks after 1st treatment		£35

	Therapist	Senior
LVL lash lift**	£45*	£45*

LVL stands for length, volume, and lift. The stunning alternative to eyelash extensions! LVL has been designed to enhance your natural eyelashes by straightening them rather than curling to create the illusion of longer, thicker lashes.

For one night only

We stock strip lashes by Tatti lashes, loved by make up artists and celebs alike made with mink and human hair.

Purchase to apply yourself at home	£8.50
Professionally applied	£12

Why not complete your look with make-up applied alongside your lashes for a night out?

Only £30 for lashes and make-up

Brow by Mii Therapist Senior

A bespoke salon high definition eyebrow treatment; includes an in-depth consultation, tinting, waxing and finishing, to frame your features to their best advantage. Our brow stylists are trained to work with you to create your ideal look.

Initial consultation treatment**	£25*	£25*
Maintenance treatment every 4 weeks**	£20*	£20*

Glam eyes package £30* £30*

Includes 'Brow by Mii' and professional strip lash application - for one night only

Tinting**

Eye brow tint**	£7*	£9*
Eyelash tint**	£15*	£17*
Eyelash and brow tint**	£18*	£20*
Eyelash and brow tint with brow wax (save £8.50)**	£20*	£24*

*A patch test is required prior to any treatment

** Not suitable during pregnancy

Make-Up

Are you stuck in a rut with your make-up?

Would you like some new ideas?

Want to know how to do the 'Smokey Eye'?

Our make-up artists can create any look to suit you.



Marry Mii - Bridal makeup

Bridal make-up including trial in salon (travel / venue charged extra due to mileage). Ensure you look your best with professional make-up applied on the most important day of your life.

On the day (including trial) with Carly, Senior make-up artist	£100
Bridesmaid, mother of the bride / groom (no trial)	£35

	Without lashes	With lashes
The Glamorous Mii	£25	£30

Get ready to party with smoldering smokey eyes, dramatic eyeliner or bold statement lips. Advice on application techniques and colours included.

The Perfect Prom Queen ultimate package £75

Glamorous make-up application, strip lashes applied (natural or ultra glam!), twinkle toes (glitter gel overlay), St Tropez full body spray tan, gel overlays.

Prom make-up only package £30

Includes lashes.

We can also offer hen parties and bridal countdown packages

Tailored to your individual needs - ask for details!

Mii

Hair removal

	Strip wax	Hot wax
Half leg	£15.50	-
Three quarter leg	£19	-
Full leg	£21	-
Full leg and bikini	£26	£30
Standard bikini (outside pant line only)	£10	£15
Three quarter bikini (getting braver!)	£15	£17.50
1st Brazilian (small landing strip)	-	£25
Maintenance Brazilian (every 4 weeks or 1st price is charged)	-	£20
1st Hollywood (all off!)	-	£35
Maintenance Hollywood (every 4 weeks or 1st price is charged)	-	£30
Forearm	£10	-
Underarm	£10	£12
Top lip	£5	£6.50
Chin	£5	£6.50
Eyebrows	£8.50	£10
Top lip, chin and brow combo	£13.50	£18

Electrolysis - permanent hair removal

5 minutes	£9.50
10 minutes	£13
15 minutes	£16
20 minutes	£20
30 minutes	£26

Threading

An ancient eastern method of hair removal using a strong cotton thread, removing hairs of any length quickly and efficiently, giving a very defined result on eyebrows. Good for those allergic to wax or with sensitive skin.

Eyebrows	£12
Upper lip	£5
Chin	£5
Lip, chin and brow combo	£19



Pamper Parties

Ladies pamper parties

A brilliant idea for hen parties, baby showers, work parties etc.
...lets face it who doesn't love a bit of pampering?

Choose any 3 of the following mini treatments for £30 per person
(min 6 ladies, max 10):

- Back massage
- Mini facial
- Mini manicure (upgrade to Gel for an extra £10)
- Mini pedicure (upgrade to Gel for an extra £10)

Feel free to bring your own food, wine, nibbles, cds, music, games etc. Hot drinks and juices provided.

We advise at least 6 weeks advance booking for parties.



Pampered Princess parties

Treat your little princess to their very own fantastic pamper party! Their friends wont stop talking about it!

Young ladies can choose any 3 of the following treatments each
(each child must have the same combination of treatments):

- Nail art on fingers
- Glitzy makeover
- Glitter tattoos
- Nail art on toes (glitter on big toe!)
- Mini facial lessons (ideal for older girls)

6 princesses - £140

Approximately 2 hours (age 6-14)

The Ultimate Pampered Princess parties

The perfect party that every little girl wants!

Young ladies can choose any 3 of the following treatments each
(each child must have the same combination of treatments):

- Nail art on fingers
- Glitzy makeover
- Nail art on toes (glitter on big toe!)
- Mini facial lessons (ideal for older girls)

Also includes: Personalised VIP party invites, glitter tattoos, a gift for every guest and a special gift for the birthday girl! Pampering foot spas and sparkly pink 'fizz'. Additional princesses £20 each. Feel free to bring your own music, food, cakes, balloons, banners etc. Squash and juice provided.

6 princesses - £200

Approximately 3 hours (age 6-14)

Minimum 6, maximum 10 young ladies

Treatment packages

Half day pamper package - indulge yourself!

- Thermal stone back massage
- Essentials facial
- Pedicure (standard)
- Mini manicure
- Free Indian head massage
- Also includes light refreshments

3 and half hours pampering £100
(saving £28 altogether)

Full day pamper package - really indulge yourself!

- Full body thermal stone massage
- Essentials facial
- Velvet skin treatment
- Deluxe manicure / GELeration fingers
- Pedicure (standard)
- Also includes lunch and bubbly

6 hours of total relaxation £140
(saving £18 altogether)

Enjoy your pampering lunch in our chillout garden.

Holiday essential package

- Half leg wax
- Bikini wax
- Eyebrow wax and eyelash tint (patch test required)
- Mini pedicure and mini manicure (upgrade to GELeration for £5 each)

2 hours £65
(saving £10)

Gift vouchers available for any amount / treatment.
Available in salon, online or order over the phone.



Mum 2B TLC - the pregnancy package for yummy mummies!

- Truly bumptious full body pregnancy massage
- Mini facial
- Choose either mini manicure / mini pedicure

2 hours £70

Post pregnancy package

For the most in need of a pamper - NEW MUMS!
This is the perfect gift - the gift of time out! Includes:

- Back, neck and shoulder massage
- Revitalising facial (including relaxing pressure point face and scalp massage)
- Gel manicure

£70
(saving £15)



Loyalty scheme

We like to show our valued customers that we appreciate your business and say 'thank you' with a very generous loyalty points scheme.

Why not save up all your points and treat yourself to some pampering on the house! Please ask your therapist for more info on this and check out the bottom of your receipt each time you visit to keep track of your points building up!

the
therapy
lounge

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Check-in on Facebook / leave us a review to be entered into a monthly prize draw to WIN FREE TREATMENTS!

T: 01246 554 240

www.the-therapylounge.co.uk

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Don't forget you can book online!

Important Salon Policy:

Please arrive in plenty of time for your appointment and if it is your first visit, allow extra time to complete your medical consultation form. If you do arrive late, we will do our best to accommodate you but we may have to reduce the length of your treatment to ensure other clients are not kept waiting for their scheduled appointment.

Please turn your mobile phone to silent whilst you are in the salon so that all clients can relax.

Please ensure you provide us with your full medical history when requested - this is for your safety. The salon will not be responsible should a problem arise due to important information being withheld.

No children under the age of 12 can be permitted into the treatment areas (except for pre-arranged exclusive use children's parties) this ensures your child's safety, yours and other client's precious relaxation time.

You will see throughout our treatment menu, we charge a premium for certain treatments being carried out by 'senior therapists' (or the salon owner). They have over 10 years' industry experience, high level skills and extensive knowledge in their field. Despite this, all of our staff are highly qualified to a minimum of NVQ level 2, are experienced and will offer you a fantastic service. Please state clearly if you require a senior or regular therapist at the time of booking.

Where you request a specific therapist we will always do our best to accommodate this but we cannot always guarantee your request due to unavoidable occurrences such as staff training, illness etc.

Cancellation Policy:

We require a 50% booking fee for all treatments at the time of booking. This can be paid over the phone or in salon to secure your appointment. This will be deducted from the balance of your treatment at checkout.

Out of courtesy to other clients and our therapists, please give at least 24 hours notice for the changing or cancellation of an appointment.

If you fail to attend your appointment or give less than 24 hours notice then your booking fee becomes non-refundable and acts as our cancellation charge.