

# the therapy lounge



## TREATMENT MENU

relax | refresh | rejuvenate

ST.TROPEZ

Mii

NOUVEAU  
LASHES

Maple GLITTER

KATHERINE  
DANIELS  
COSMETICS

LVL

BEAUTYLAB

JESSICA

gel  
COSMETICS

lightfusion  
ADVANCED LASH THERAPY

# 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
<b>Essential facial</b>	<b>45 mins</b>	<b>£38.50</b>	<b>£42</b>

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 £138.60** save £15.40

<b>Anti-ageing facial</b>	<b>60 mins</b>	<b>£55</b>	<b>£58</b>
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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 £198** save £22

<b>Sensitive skin facial</b>	<b>60 mins</b>	<b>£49.50</b>	<b>£52.50</b>
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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 £178.20\*** save £19.80

<b>The Anti-Ageing Deluxe Eye Treatment</b>	<b>50 mins</b>	<b>£42</b>	<b>£44</b>
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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 £151.20\*** save £16.80

Light fusion facial treatment add on available £15

## Glycopeel facial

45 mins

Therapist

Senior

£49.50

£52.50\*

60 mins

£55

£58\*

(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 (45 mins) for £267 save £29.70**

\*Light fusion facial treatment add on available £15

## 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

£38.50

£42

Combining lightfusion with BeautyLab essential skincare products.

**Buy a course of 4 for £138.60\* save £15.40**

Lightfusion

antiageing facial

75 mins

£70

£72

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 £252\* save £28**

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.

## Dermaplaning

60 mins

Therapist

Senior

£44

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Dermaplaning is a safe procedure for exfoliating the upper layers of the skin, removing dead skin cells and fine downy hair leaving a very smooth surface. The skin is left glowing and bright and super smooth giving a perfect base for make up application. The treatment is completed with a re-energising ceramide mask.

**Buy a course of 4 treatments for £158.40\* save £17.60**

\*Light fusion facial treatment add on available £15

## 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

£36

£38

**Buy a course of 5 treatments for £162\* save £18**

\*Light fusion facial treatment add on available £15

Luxury hydration

microdermabrasion

60 mins

£53

£55

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 5 treatments for £238.50 save £26.50**

\*Light fusion facial treatment add on available £15

**\*\*ALL TREATMENT COURSES TO BE USED WITHIN 6 MONTHS\*\***

# Relax...

## Massage & holistic treatments

### Lava shell massage

Therapist

The ultimate relaxation treatment combining the smoothness of polished shells with relaxing heat, melting into the muscles to relieve tension.

Full body	60 mins	£65
Back, neck and shoulder	30 mins	£33

### Thermal stone massage

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

Full body and face	1 hr 30 mins	£65
Back, neck and shoulders	30 mins	£33

### Deep tissue massage

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.

30 mins	£33
45 mins	£44

## Swedish body massage

Using pre-blended oils.

Therapist

Regular body massage	60 mins	£44
Deluxe body massage	90 mins	£55

As above plus includes face and scalp.

Back/neck and shoulders	30 mins	£27.50
Chest/face and scalp	30 mins	£27.50

Indian head massage	30 mins	£27.50
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Working on upper back, face and scalp - relieves stress and tension for well-being.

Reflexology	60 mins	£38.50
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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	£33
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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 £33

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 £27.50

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 £50

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.

### Ultimate Indulgence relaxing back treatment 60 mins £45

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 hr 30 mins £55

Full body pregnancy massage (includes face and scalp).

Pure bliss and relaxation for mummy and bump!

### Mama baby bliss £27.50

Relaxing back, neck and shoulder massage.

### Mum 2B TLC - the pregnancy package for yummy mummies! 2 hrs £77

- Truly bumptious full body pregnancy massage with mini facial
- Choose either mini manicure/mini pedicure upgrade to gel for only £5 extra

### Post pregnancy package 2 hrs £77

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 overlays

Gift vouchers  
make the ideal baby  
shower present!





## Mens treatments

Therapist

### Strip waxing

Back only

£22

Back, shoulder and top of arms

£27.50

Chest

£22

Back and chest

£40

Eyebrows

£10

### Detox facial

45 mins

£38.50

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

### Gent's manicure

45 mins

£20

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

### Gent's pedicure

45 mins

£23.50

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.

### Pro spray tan

The only safe way to tan! A choice of 3 shades-classic extra dark & Luxe oil (good for dry skin).

Therapist	Senior
£26.50	£28.50

Also Express tan-leave on 1-3 hours before showering. Perfect for those last minute tanners!

**1** hour - sunkissed glow, **2** hours - golden bronze, **3** hours - deep tan.

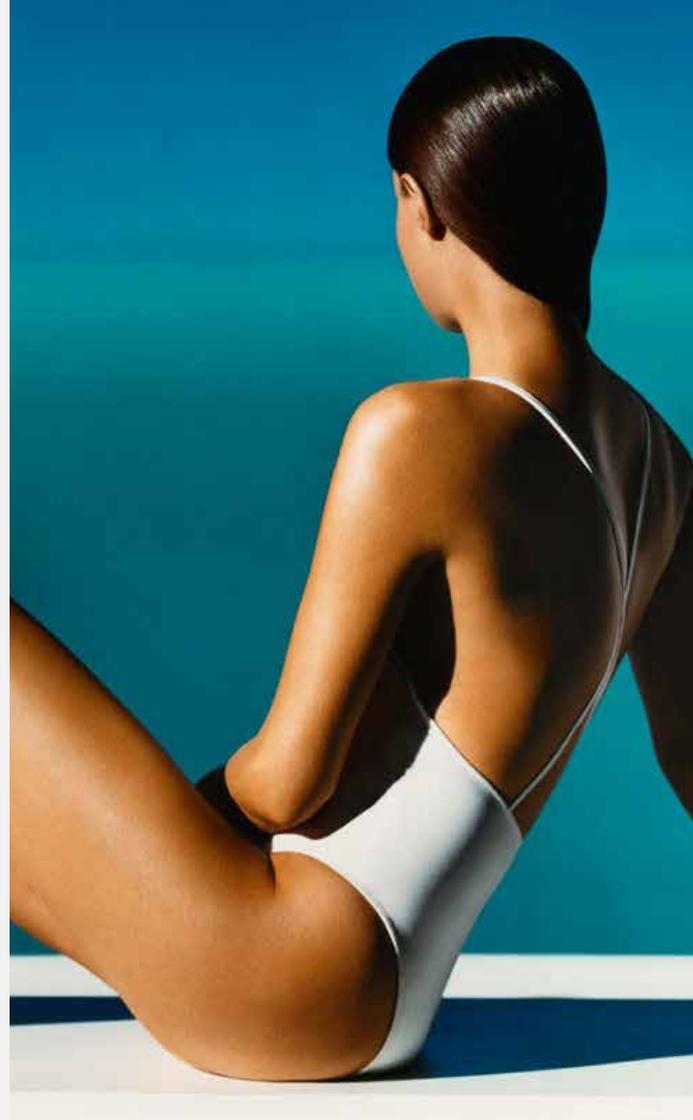
### Perfect prep

**20 mins**

**£16.50** -

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



## Gel nails



The Gel Bottle inc, Lasting 2-3 weeks before infills or soak offs are required.

BIAB (builder in a bottle)/hard gel is ideal for nails that need more strength & can be infilled every 2-3 weeks instead of soaking off.

	Therapist	Senior
Gel polish fingers	£27.50	£30
BIAB/hard gel overlays	£33	£36.50
Gel polish manicure (inc exfoliation & massage)	£44	£45
Hard gel sculpted extensions	£44	£45
BIAB/hard gel infills (up to 3 weeks-price may vary after 3 weeks)	£30	£31.50
Single nail sculpt/repair	£3.50	£3.50
Gel polish toes	£22	£23.50
Twinkle toes (glitter gel)	£27.50	£27.50
Gel polish pedicure (inc hard skin, exfoliation & massage)	£42	£45
Gel soak off (before re application)	£8.50	£8.50
Soak-off and restoration treatment	£16.50	£16.50
<b>Maggie Glitter/nail art designs (on top of regular gel price)</b>		
Single nail	£1.50	£1.50
Full set	£7.50	£7.50

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.



## Manicure & Pedicure (regular polish)

		Therapist	Senior
<b>Jessica mini manicure</b>	<b>30 mins</b>	<b>£16.50</b>	<b>£18.50</b>
Cuticle tidy, file & polish.		For French add £1.00	
<b>Jessica standard manicure</b>	<b>60 mins</b>	<b>£27.50</b>	<b>£30</b>
Cuticles are tidied, nails shaped, hands and arms exfoliated, massaged and Phenom polish applied.		For French add £1.00	
<b>Jessica deluxe manicure</b>	<b>75 mins</b>	<b>£31.50</b>	<b>£33.50</b>
Combining as per standard manicure with hand and arms exfoliation, massage and heated mitts for ultimate luxury.			
<b>Jessica mini pedicure</b>	<b>30 mins</b>	<b>£16.50</b>	<b>£18.50</b>
Cuticle tidy, file & polish.		For French add £1.00	
<b>Jessica standard pedicure</b>	<b>60 mins</b>	<b>£33</b>	<b>£36.50</b>
Cuticles are tidied, toe nails shaped, hard skin removed, feet exfoliated, massaged and Phenom polish applied.			
<b>Jessica deluxe pedicure</b>	<b>75 mins</b>	<b>£40</b>	<b>£42</b>
Combining as per standard pedicure with foot and leg exfoliation, massage and heated booties for ultimate luxury.			
<b>Kids mini manicure/pedicure</b>		<b>£10 each</b>	
<b>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.</b>			

# Lash and brow treatments

## Classic lashes\* \*\*

The most natural lash extensions, one lash is applied to each one of your own lashes.

Full set	Approx 1hr 30 mins	£55
2 week infill		£27.50
3 week infill		£36.50

## SVS lashes\* \*\*

Giving a full & fluffy look using hand made fans of 2-6 lashes of different lengths applied to each one of your own. Can be tailored for a more natural or fuller look.

Full set	Approx 2 hrs	£65
2 week infill		£33
3 week infill		£42

## Russian volume lashes\* \*\*

The fullest, fluffiest lashes created by applying hand made fans of 3-8 lashes to each one of your own. Can be soft & fluffy or dense & thick to suit your style.

Full set	Approx 2 hrs	£70
2 week infill		£35
3 week infill		£45

\*Patch test required \*\*not suitable during pregnancy.

If you have less than the expected amount of lashes left on when you attend for an infill then the full set price may be charged.

**NOUVEAU**  
LASHES 

## LVL lash lift\* \*\*

Therapist    Senior  
£50\*        £55\*

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. Includes tint to top lashes.

## For one night only

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

Purchase to apply yourself at home	£8.50	
Lashes inc professional application	£16.50	£16.50

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

Only £30 for lashes and make-up



# 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** £290 (Save £15)

**Ombre brows - including 1 top up if required** £350

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.



**Bebe brows** *Bebe* Therapist Senior

A bespoke salon high definition eyebrow treatment includes thorough consultation; custom blended tint, a variety of hair removal techniques & application of Bebe brow make up. We'll even show you while we apply to help you achieve your chosen brow look at home.

**Brows\* \*\*** £27.50\* £27.50\*

**Bebe brows & LVL combo (Saving £12.50)** £65 £70



**Henna brows**

Henna is a natural product which is ammonia & peroxide free, perfect for sparse/patchy brows as henna stains the skin behind the hairs helping to give a fuller look. Lasting up to 2 weeks on the skin & 8 weeks on the hair-much longer than normal tint. Our treatment includes brow mapping & shaping.

**Brows** £33 £33

**Henna & LVL combo (Saving £13)** £70 £75

## Tinting\*\*

**Eye brow tint\*\*** £8.50\* £10\*

**Eyelash tint\*\*** £17\* £20\*

**Eyelash and brow tint\*\*** £20\* £23\*

**Eyelash and brow tint**

**with brow wax (Saving £10.50)\*\*** £25\* £27\*

\*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.

<b>On the day (including trial) with Carly, Senior make-up artist</b>	<b>£120</b>
<b>Bridesmaid, mother of the bride / groom (no trial)</b>	<b>£38.50</b>

	<b>Without lashes</b>	<b>With lashes</b>
<b>The Glamorous Mii</b>	<b>£27.50</b>	<b>£33</b>

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 **£85**

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

## Prom make-up only package **£33**

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	£22	-
Three quarter leg	£24.50	-
Full leg	£27.50	-
Full leg and bikini	£33	£38
Standard bikini (outside pant line only)	£15	£16.50
Three quarter bikini (getting braver!)	£17	£20
Forearm	£16.50	-
Underarm	£16.50	£18.50
Top lip	£7	£9
Chin	£7	£9
Eyebrows	£10	£12
Top lip, chin and brow combo	£20	£22
Nostril	-	£7

## Intimate waxing

Using hot wax for a more comfortable treatment by our advanced wax therapists.

Brazilian (small landing strip)	£35
Hollywood (all off!)	£35

## Electrolysis - permanent hair removal

5 minutes	£12
10 minutes	£16
15 minutes	£19
20 minutes	£22
30 minutes	£28

## 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	£13.50
Upper lip	£9
Chin	£9
Lip, chin and brow combo	£22



# 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 £35 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)

\*additional princesses £15 each

## 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.

Minimum 6, maximum 10 young ladies

\*additional princesses £20 each

**6 princesses - £150**

Approximately 2 hrs (age 6-14)

**6 princesses - £200**

Approximately 3 hrs (age 6-14)

# Treatment packages

## Half day pamper package - indulge yourself!

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

3 hrs pampering **£110**

## Full day pamper package - really indulge yourself!

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

5 hrs 30 mins of total relaxation **£165**

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 gel for £5 each)

2 hrs **£77**

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
- Upgrade to gel for extra £5

2 hrs **£77**

## 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

**£77**





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**T: 01246 554 240**

**[www.the-therapylounge.co.uk](http://www.the-therapylounge.co.uk)**

**[info@the-therapylounge.co.uk](mailto:info@the-therapylounge.co.uk)**

349-351 Hasland Road, Hasland, Chesterfield S41 0AQ

**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.

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## Cancellation Policy:

We require a 50% booking fee for all treatments at the time of booking. This can be paid over the phone/online 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 48 hours notice for the changing or cancellation of an appointment, booking fees are transferable if 48 hours notice is given but NOT refundable.

**If you fail to attend your appointment or give less than 48 hours notice then your booking fee will automatically become non refundable and acts as our cancellation charge.**