

Hand & Foot Treatments

NAIL TIDY

Cost: £8.81
Time: 15 Mins
Includes: trim & file

HANDSOME

Cost: £15.86
Time: 30 Mins
Includes: filing, luxury nail and hand soak, massage, cuticle work and a buff, polish or strengthener.

MANICURE

Cost: £23.50 or £17.62 if combined with another treatment.
Time: 45 Mins
Includes: cutting, filing, cuticle exfoliation, cuticle work, buffing, hand & arm massage.

PEDICURE

Cost: £27.02 or £19.97 if combined with another treatment.
Time: 45 Mins
Includes: cutting, filing, cuticle exfoliation, cuticle work, buffing, foot massage.

CHIROPODY TREATMENTS

From £23.80

- NEW - HOPI CANDLES

This treatment can be used on many conditions including, headaches, migraines, sinusitis, rhinitis and ringing in the ear. Snoring can be reduced. This treatment is soothing and includes a comprehensive face and head massage.

1Hr	£32.84
6 Sessions – Save £32.84	£164.20

SPA BODY THERAPY

For centuries, Spa Body Therapy treatments have been embraced for their revitalising & therapeutic effects. From ancient mineral hot springs to modern seaweed wrap & salt scrubs, these treatments detoxify your body, revitalise your skin & distress your psyche.

HYDRO-ACTIVE MINERAL SALT SCRUB

Mineral rich sea salts combined with dried seaweed, aromatic oils & fruit enzymes to smooth & silken your entire body. Can be customised for you with hydroxy acids or a botanical detox complex. Includes dry body brushing, friction massage & buffing cloth.

¾ Hr Exfoliation	£33.78
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BACK THERAPY TREATMENT

After your back, shoulders & upper arms are deep cleansed & polished to a silken smoothness; any tight muscles are relaxed with a Swedish or Aromatherapy massage. Finished with either a customised Enzymatic Sea Mud Pack or soothing Hydro Pack.

1 Hr Stress Relief with Cleanse & Polish	£42.24
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ENZYMATIC SEA MUD WRAP

Detoxifies & exfoliates your body with a warm purifying seaweed & mineral mud poultice, you will be specially wrapped to promote relaxation. Infused with aromatic botanical extracts & fruit enzymes to leave your skin feeling smooth & soft. Can be customised for you with detoxifying algae or Aromatherapy oils.

1 Hr Detoxify & Exfoliate	£45.53
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BODY THERAPY HYDRO PACK WRAP

An ultra soothing & hydration treatment, supplemented with Aromatherapy oils, oceanic algae or hydroxy acids. With these pure natural aloe-based packs you are swaddled in a thermal wrap to infuse the skin with moisture. Ideal for sun exposed skins.

1 Hr Soothing & Hydrating	£45.53
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MASSAGE

Reduce tension and relieve the negative effects of everyday stress. Relax while your massage restores balance with a choice of Reflexology, Swedish, Aromatherapy or Deep tissue massage.

THERAPEUTIC STRESS RELIEF BODY MASSAGE

We offer you a variety of expert massage techniques for stress reduction and deep tissue detoxification. We design this ideal combination of techniques to give you that perfect massage.

AROMATHERAPY MASSAGE

A gently soothing Massage using blends of Pure aromatic plant oils to calm the nerves and restore even the most tired and stressed bodies. Includes feet, back, neck, abdomen, face, & scalp.

1 ½ Hrs	£56.40
1 Hr	£41.12
¾ Hr	£32.90
½ Hr	£23.50
6 1 Hr Sessions – Save £17.60	£229.12
10 1 Hr Sessions – Save £58.70	£352.50

REFLEXOLOGY

Cost: £34.00
6 Sessions – Save £18.41 £185.65
Time: 1Hr
Based in research indicating that the reflex zones on the feet correspond to reducing stress, we can improve your body wellness and restore your energy.

G5 MASSAGE

Experience the G5 – a Deep stimulating Massage helping to relieve tiredness & tension, reducing the appearance of Cellulite.

½ Hr	£24.67
6 Sessions – Save £21.00	£123.37

INDIAN HEAD MASSAGE:

A relaxing therapy that involves massage of your upper back neck, scalp and face.

1 Hr	£34.00
6 Sessions – Save £18.41 £185.65	

WAXING – PHD WAXING SYSTEM:

Quick, easy and hygienic. The wax is used with a completely disposable applicator, and by using a special cellophane strip after treatment prevents that waxy sticky feel afterwards.

All areas treated.

Back Wax £15.11

ELECTROLYSIS

The only proven method of permanent hair removal. Approved by the medical profession for over 100 years and one of the most commonly practised treatments today. Prices from: 15Mins - £13.60

RED VEIN & SKIN TAG REMOVAL

Specialised Treatments £35.90

FACIALS

Paraffin Mask, AHA Skin Renewal, Multi Vitamin, Environmental, Galvanic High Frequency, Intensive Acne Management.

1 Hr £38.19

½ Hr £26.90

½ Hr Acne Management £28.97

All treatments include a detailed consultation, Superficial Cleanse, Deep Cleanse, Steam, Massage, Masque, Tone & Moisturise.

Manual Lymph Drainage – Detoxifies dull lifeless skin, increase circulation for all skin types.

MLF Full facial with massage £45.48

MLF Massage Only £18.80

- **NEW** – Micro Dermabrasion, includes full facial.

1¼ Hr £48.76

¾ Hr £41.70

6 Sessions – Save £29.26 £263.30

10 Sessions – Save £48.74 £438.86

FAST TAN SUN BED

Single Session £6.99

6 Sessions for the price £31.72

10 Sessions for the price £52.87

A FULL DAY OF BEAUTY AND RELAXATION:

Deep cleansing facial. Men's Manicure, Chiropody
Aromazone, Aromatherapy Massage, Body Wrap,.

10.00 am – 3.30 pm

Includes Lunch

Five and a half hours of total pampering. £150.40

Many other packages including Bridal, Valentines,
Mothers Day, Fathers Day, Half Day or Create Your Own
available. – Just ask at reception.

Why not treat someone special to a gift Voucher from Elaine's



of Brampton
MIFA, BTEC, BABTAC, NCA, INA, ICA, NVQ

The Courtyard
115 High Street
Brampton
Huntingdon
PE28 4RA

01480 457642

office@elainesofbrampton.co.uk

www.elainesofbrampton.co.uk

For Men

Monday – Thursday

9am – 8pm

Friday 9 am – 6 pm

Saturday 9am – 5pm

WALK –INS WELCOME

Prices MARCH 2003

Appointment changes should be made at
least **48Hrs** in advance otherwise a
CANCELLATION FEE of half the treatment
is payable.