

Holistics

Massage

Employing traditional techniques to stimulate circulation, relieve tension & promote general health & well-being. Relaxing.

Back & shoulder (25 min).....	£35
Full back & shoulder (40 min).....	£48
Full body (55 min).....	£56

Aromatherapy massage

Essential oils, blended to the needs of the individual, are combined with traditional massage techniques to provide a relaxing & therapeutic experience. Full body, face & scalp "Indulgence" (75 min).....£75

Indian head massage

Relaxing therapeutic treatment of back, arms, neck, scalp & face. 40 min.....£48

Reflexology

Relaxing massage using precise stimulation of reflex zones on the feet to help balance, heal & strengthen the body. 55 min£50


Hopi ear candles

Relaxing treatment, can aid symptoms such as sinusitis, headaches, tinnitus and stimulates immune system. Includes face, neck and scalp massage. 40 min £48

LAVASHELLS® Lava Shells massage

The warmth of the Lava Shells allows deep relaxation. The shells glide over the skin to warm and relax the muscles, with specific massage techniques to work on pressure points and tension areas, easing stress and stiffness.

Relax Back Massage (40 min).....	£55
Relax Body Massage (55 min).....	£70

 **CACI** Visible results with tightened, toned and younger looking skin. Caci stimulates cell repair, boosts natural collagen and improves the skin's appearance. The treatment works by rolling cotton tipped probes over the face. Caci Micro Current System gently helps to tighten and tone, whilst smoothing the appearance of fine lines and wrinkles.

A course of ten or more treatments is recommended within five weeks. This is to achieve visible results of younger looking skin. To maintain toned skin we recommend monthly Caci facials.

60 min Classic Caci facial.....	£55
90 min Caci Ultra facial.....	£78
45 min Rejuvenation facial.....	£52
40 min Caci Eye revive.....	£48
15 min Caci Hydratone treatment.....	£27
25 min Caci Wrinkle Revolution.....	£35
25 min Jowl Lift.....	£35

Pay for a course of 9 treatments and receive 10th free.

Skin dermalogica® developed by The International Dermal Institute

Skinsolver®

Pressed for time?

This express treatment will fix skin concerns fast and is ideal for a quick pick-me-up to give your complexion a boost of radiance. Perfect for a special event or if you just want to give your skin an instant glow.

10 mins.....	£20
--------------	-----

Proskin 30

Looking for a high impact treatment?

Our intensive 30 minute treatment is designed by our experts for your most pressing skin concern. This bespoke service combines key steps of professional exfoliation and deep serum treatment with results intensifying technology, such as Ultrasonic and Microcurrent, to provide you with visible results fast. Experience brighter and healthier skin.

30 mins.....	£40
--------------	-----

Proskin 60

Want the best skin you've ever had?

Our ultimate 60 minute treatment is customised to target all of your skin needs and to leave your skin radiant and glowing. It incorporates exfoliating products to improve texture and tone, LED light therapy to brighten and boost collagen production and highly advanced professional grade products for deep treatment.

60 mins.....	£65
--------------	-----

Pro Power Peel 30*

Looking for a professional peel experience?

Our strongest and fastest peel yet, the Pro Power Peel collection features a full suite of products, including Alpha Hydroxy Acids and Beta Hydroxy Acids. Your skin therapist will create a customised peel to rejuvenate and refresh your skin. With a unique system for a deep exfoliation personalised to you, it is ideal to target lines and wrinkles, uneven pigmentation or breakouts.

30 mins.....	£65
--------------	-----

Pro Power Peel 60*

Want to experience a truly transformative treatment?

This effective, customised treatment combines the benefits of our Pro Power Peel 30 with additional advanced techniques and technologies. Results are dramatically enhanced by a supplementary deep treatment incorporating powerful IonActive Serum™, a customised masque, LED light therapy and relaxing massage, leaving your skin clear, smooth and glowing.

60 mins.....	£100
--------------	------

* Patch test required for Pro Power Peels.

Hair removal

Waxing

Warm wax is used to effectively remove unwanted hair.

Lip or chin.....	£12
Lip & chin.....	£16
Eyebrow.....	£12
½ Arm.....	£22
Full arm.....	£25
½ Leg.....	£24
½ Leg & back of thigh.....	£34
Full leg.....	£35
Upper leg incl. bikini line.....	£35
Full leg incl. bikini line.....	£40
Bikini line.....	£16
Under arm.....	£16
Extended bikini line.....	£20
Men's back or chest.....	from £32

Electrolysis

Sterile, disposable needles are used to provide permanent and effective reduction of hair growth.

A free consultation is included within first treatment.

5 min.....	£14
10 min.....	£17
20 min.....	£33

Pay for a course of 9 electrolysis treatments and get 10th free.

Skin tag and red vein removal £60

Facial spider veins and skin tag removal. Treatment for coagulation (collapse) of tiny blood vessels using advanced electrolysis.

Eyes

Eyebrow shape.....	£12
Eyebrow tint*.....	£14
Eyelash tint*.....	£22
Eyebrow & lash tint*.....	£30
Eyebrow tint and lash tint and shape.....	£40



LENGTH / VOLUME / LIFT

Length. Volume. Lift. LVL is designed to lift and tint the lashes, a stunning alternative to lash extensions, creating a natural illusion of thicker, longer and darker lashes. Effects are immediate. Lasting between 6-8 weeks.

LVL Lashes, per treatment*.....	£50
---------------------------------	-----

* Patch test required 48 hrs prior to your appointment.

Call us now to make your appointment **01442 828284**

Nails



Jessica prescriptive manicures

Nails are not alike... treatment manicures that analyse and treat each nail for its specific type.

The cuticles are tidied and cared for with oils and creams, the nail shape is perfected and finally treatment base-coats and colour are applied for the perfect finish until your next visit.

File & polish (20 min).....	£22
File, oil & cuticles (20 min).....	£22
File, oil, cuticles, massage & polish (45 min).....	£32
File, oil, cuticles, massage, hot mittens & polish (60 min)	£38
Men's nail shape, cuticle tidy & massage (20 min).....	£22

Pedicures

File, tidy cuticles & polish* (30 min).....	£32
Spa, exfoliate, file, cuticles & massage (40 min).....	£38
Spa, exfoliate, file, cuticles, massage & polish* (45 min)	£40
Spa, exfoliate, file, cuticles, hot booties, massage & polish* (60 min)	£42

**Please bring open toed shoes if having polish applied to toes.*



Jessica Geleration Gel nails

Jessica Geleration Gel is a semi permanent colour that can last from 2 - 3 weeks.

Other features;

- protects natural nails
- no smudging
- no chipping
- lasting high gloss finish
- instantly dry
- available in Jessica's top colours

Fingers or toes (75 min)	£50
--------------------------------	-----

Price includes soak off.

Ear Piercing

Studex sterilised studs.	£28
-------------------------------	-----

Children under 16 years with parent present.

Packages

Eyes	£70
-------------------	-----

Caci eye revive, eyelash and eyebrow tint.*
**patch test required 24 hrs in advance*

Holiday	£86
----------------------	-----

Half leg & bikini line wax, eyelash tint, eyebrow shape and nail file & polish.

Partial Indulgence	£95
---------------------------------	-----

Back massage, 45 minute manicure & 45 minute pedicure.

Full Indulgence	£172
------------------------------	------

Full body massage, 60 min facial, 45 minute manicure & 45 minute pedicure.

Pay in advance for nine treatments and get tenth free.

Please give at least 24hrs notice of any cancellation to allow us to re-allocate your treatment time to someone else. Missed appointments or late cancellations will incur a 50% charge.

Proprietor: Cara Clifton

During this time the most important thing is to keep all our clients and staff safe:

Please do not book an appointment if you have any of the following symptoms or have knowingly been in contact with anyone with coronavirus.

High temperature • Persistent cough • Loss of taste or smell.

- We have a limited amount of treatments on an appointment only basis.
- There will be a limited number of therapists working and only one client will be allowed in to the salon any time.
- PPE will be worn by therapists and there will be full cleaning and sterilising between clients.
- Clients are requested to wear face masks for the duration of their treatments.
- Temperatures may be taken on arrival at the salon.



**Appointments Available
by arrangement only**

77 Western Road
Tring
Herts
HP23 4BH

01442 828284

Call us now to make your appointment **01442 828284**

updated July 2020

www.carabeautyholistics.com