

# Holistics

## Massage

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

Back & shoulder (25 min) .....	£40
Full back & shoulder (40 min).....	£52
Full body (55 min).....	£62

## 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) .....	£78
---	-----

## Indian head massage

Relaxing therapeutic treatment of back, arms, neck, scalp & face.

40 min.....	£52
-------------	-----

## Reflexology

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

55 min.....	£56
-------------	-----

## 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.....	£50
-------------	-----



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.....	£60
90 min Caci Ultra facial.....	£85
45 min Rejuvenation facial.....	£60
40 min Caci Eye revive .....	£50
15 min Caci Hydratone treatment.....	£30
25 min Caci Wrinkle Revolution.....	£40
25 min Jowl Lift .....	£40

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

# Skin

**dermalogica**

developed by The International Dermal Institute

**dermalogica**

expert

## Pro Skin

Looking for a high impact treatment and the best skin you've ever had?

Compared to your typical facial, the Dermalogica Pro Skin treatment delivers so much more! Tailored to your skin's needs on the day, your skin therapist will design your treatment to target your main skin concerns and include wellness touches to aid in relaxation and stress relief.

Enhanced technologies such as microcurrent, ultrasonic and LED light therapy may be included alongside professional-grade formulas to deliver superior skin results. You will be left with radiant, glowing skin and feeling incredibly relaxed.

30 mins.....	£45
45 mins.....	£60
60 mins.....	£70

## 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 (Patch test required for Pro Power Peel) .....	£70
--	-----

## Pro Nanoinfusion

Want visibly smoother skin texture with zero downtime?

Resurfacing actives and professional serums are infused into skin with a unique device which uses tiny cones to maximise product penetration.

30 mins.....	£70
60 mins.....	£110

## Pro Microneedling

Amplify your microneedling results

Microneedling activates the skin's process and collagen production. This minimally invasive treatment uses the most advanced techniques and is elevated with a chemical peel to target dark spots, wrinkles and pores. Combined with Pro Restore, our recovery and firming concentrate, designed to prepare the skin's barrier, restores its condition, decrease downtime and amplify your microneedling results.

60 mins.....	£140
--------------	------

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

# Hair removal

## Waxing

Warm wax is used to effectively remove unwanted hair.

Lip or chin.....	£14
Lip & chin.....	£20
Eyebrow.....	£14
½ Arm.....	£23
½ Leg.....	£27
½ Leg & back of thigh.....	£35
½ Leg & bikini line .....	£43
Full leg.....	£37
Upper leg incl. bikini line.....	£40
Full leg incl. bikini line.....	£50
Bikini line .....	£18
Under arm.....	£18
Extended bikini line.....	£22
Men's back or chest.....	from £35

## 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.....	£17
10 min.....	£20
20 min.....	£36

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

## Skin tag and red vein removal..... £70

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

# Eyes

Eyebrow shape.....	£14
Eyebrow tint* .....	£15
Eyeshadow tint*.....	£25
Eyebrow & lash tint* .....	£35
Eyebrow tint and lash tint and shape.....	£45



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*.....	£55
---------------------------------	-----

\* Patch test required 48 hrs prior to your appointment.

# 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 (30 min).....	£24
File, oil & cuticles (30 min).....	£24
File, oil, cuticles, massage & polish (45 min).....	£35
File, oil, cuticles, massage, hot mittens & polish (60 min) .....	£40
Men's nail shape, cuticle tidy & massage (20 min).....	£25

## Pedicures

File, tidy cuticles & polish* (30 min).....	£37
Spa, exfoliate, file, cuticles & massage (40 min).....	£42
Spa, exfoliate, file, cuticles, massage & polish* (45 min) .....	£45
Spa, exfoliate, file, cuticles, hot booties, massage & polish* (60 min).....	£47

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

Professional  
**GEL**eration™  
Soak-Off Gel Polish

## 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 .....	£38
Soak off .....	£18

## Ear Piercing

Studex sterilised studs. ....	£35
-------------------------------	-----

*Minimum age 12 years. Children between 12-16 years must be accompanied by their parent.*

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

*Cara*  
beauty holistics

## GIFT VOUCHERS AND FULL dermalogica RANGE AVAILABLE

**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*



*Cara*  
beauty holistics

## Opening hours

Monday	9am – 5pm
Tuesday	9am – 5pm
Wednesday	9am – 5pm
Thursday	9am – 5pm
Friday	9am – 5pm
Saturday	Closed
Sunday	Closed

77 Western Road  
Tring  
Herts  
HP23 4BH

**01442 828284**