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## Treatment Menu

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## HAND & FEET TREATMENTS

At Charisma we pride ourselves on using salon professional high-quality products. To bring you the best in hand, feet & nail care we have chosen market leading brands. Beautiful manicures and pedicures start with strong healthy nails.

### **Signature Spa Manicure** £40.00

Includes a file, cuticle work, hydrating mask, hand and arm massage and application of lacquer.

### **Signature Spa pedicure** £50.00

Includes a foot soak and scrub, nail and cuticle work, rasping of hard skin, a hydrating foot mask, foot and leg massage and application of lacquer.

### **File and Polish** £24.50

On either toes or fingernails.

### **Callus Peel** £37.50

Quick, effective hard skin reduction.

Don't just dream about pretty feet, let your therapist Callus Peel away the hard skin and calluses. The treatment uses skin softening patches which dissolve the hard callused skin and allow for it to be scraped away leaving your feet feeling soft and revitalized.

### **Callus Peel with Gel Polish** £50.00

This treatment includes the full Callus Peel treatment and is finished with a gel polish application leaving your toes looking beautifully polished for up to 4 weeks.

ADVICE - For pedicures don't forget your flipflops.

## GEL POLISH

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<b>Gel Polish on Fingers or Toes</b>	<b>£32.50</b>
<b>Gel Polish Removal and Application</b>	<b>£43.00</b>
<b>Gel Polish Removal and Express Manicure</b>	<b>£43.00</b>
<b>Gel Polish on Toes including Spa Pedicure</b>	<b>£65.00</b>

## NAIL ENHANCEMENTS

<b>Full Set of Extensions finished with Gel Polish</b>	<b>£65.00</b>
<b>Infills finished with Gel Polish</b>	<b>£48.00</b>
<b>Single Nail</b>	<b>£6.50</b>
<b>Removal of Extensions &amp; Express Manicure</b>	<b>£43.00</b>
<b>Nail Art – per 15 mins</b>	<b>£5.00</b>

## WAXING

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Clean, effective, and long lasting. We use a cream wax which enables a better grip to the hair root, making waxing less painful.

<b>Full Leg</b>	<b>£32.50</b>
<b>1/2 leg</b>	<b>£22.50</b>
<b>Arm</b>	<b>£22.50</b>
<b>Underarm</b>	<b>£9.50</b>
<b>Bikini Line</b>	<b>£20.00</b>
<b>Brazilian</b>	<b>£28.00</b>
<b>Hollywood</b>	<b>£30.00</b>
<b>Eyebrow</b>	<b>£9.50</b>
<b>Chin/Lip</b>	<b>£9.50</b>
<b>Back/Chest</b>	<b>£22.50</b>

## TINTING / LASHES

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An Allergy Test is required 24 hours prior to your first treatment.

<b>Eyelash Tint</b>	<b>£18.00</b>
<b>Eyebrow Tint</b>	<b>£9.50</b>
<b>Lashlift</b>	<b>£48.00</b>

## HD BROW SCULPT LAMINATION

*Brow Sculpt is brow lamination with a bespoke HD Brows twist. Whether you dream of achieving that full, fluffy eyebrow look, want to create symmetry in uneven brows or tame unruly hairs, our Brow Sculpt brow lamination treatment is for you. This corrective treatment helps you to achieve your desired position for up to 6 weeks. An Allergy Test is required 24 hours prior to your first treatment.*

**HD Brow Sculpt  
Lock Serum**

**£47.50  
£25.00**

## MASSAGE & RELAXATION TREATMENTS

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**30 Minute Back, Neck & Shoulder Massage**    **£30.00**

**45 Minute Back, Neck & Shoulder Massage**    **£45.00**

**60 Minute Full Body Massage**    **£60.00**

**The Muscle De-Stress Treatment**    **£58.00**

*This treatment will ease tension, relax muscles, and help to relieve stress. A four-phase luxurious treatment including exfoliation, massage, a warming detoxifying mask and a finishing balm to nourish and hydrate your skin.*

**The Velvet Skin Body Treatment**    **£35.00**

*This treatment will ensure dry skin is exfoliated away, followed by a finishing cream to suit your skin's needs. You will be left with velvety soft and supple skin all over.*

## MASSAGE & RELAXATION TREATMENTS

**The Velvet Skin Body Treatment  
with Full Body Massage**

**£80.00**

*This treatment is 90 minutes of pure indulgence. It begins with the Velvet Skin Treatment, followed with a full body massage tailored to your needs. This treatment will be finished with a hydrating balm, leaving you feeling totally pampered and relaxed.*

**Reflexology**

**£60.00**

*Reflexology is a complementary health therapy that is effective in promoting deep relaxation and wellbeing. Reducing stress in people's lives can be key in optimising good health and building resilience. It is a touch therapy that is based on the theory that different points on the feet correspond with different areas of the body and reflexologists work these points and areas.*

**Lava Shell Relax - 1 Hour Full Body Massage**    **£70.00**

*This indulgent and truly pampering massage combines the warmth of the shells with deeply relaxing massage techniques for the entire body. During the massage, the shells are worked over the palms, arms, feet, and legs in a slow deep motion to warm and de-stress. This is followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away tension, knots and stress. An unforgettable and sublime experience.*

**Lava Shell Therma Facial - 1 Hour**

**£70.00**

*The Lava Shell Therma Facial is a deeply hydrating, anti-aging facial. The treatment has renewing and reviving effects on the complexion, leaving the skin radiant and glowing. The face and neck are deeply cleansed and exfoliated to prepare the skin for the specialised massage using warm, self-heating Lava Shells.*

## FACIAL TREATMENTS

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### **The Skin Bespoke Treatment - 45 minutes**     **£55.00**

*Tailor made to give your skin a substantial treat, ideal when time is of the essence and for relaxation.*

*Includes cleanse, tone exfoliation, massage, mask and finishing products to suit your skins needs.*

### **Energising, Radiance Treatment**     **£62.50**

*This treatment will deliver energising and firming minerals and increase moisture levels to plump the skin, giving wrinkle reduction of up to 27% and a translucent radiance you never thought possible in just 40 minutes. Ideal pre special occasion or as an express skin overhaul.*

### **The Age Defence Sensitive Skin Treatment**     **£80.00**

*A treatment developed for fragile and sensitive issues, your skin will be calmed, soothed, strengthened and more able to defend itself against premature ageing. You will be indulged in 60 minutes of pure bliss and experience two relaxation sequences whilst your skin receives the ultimate result-driven treatment.*

### **The Age Defence Nourishing Hydrating Treatment**     **£95.00**

*A treatment developed to hydrate the skin and re-ignite the natural oil levels if they are underactive. Your skin will be hydrated, supple, smooth, open pores reduced and more able to defend itself against premature ageing. This treatment is 80 minutes of pure bliss, and you will experience four relaxation sequences with ultimate results.*

### **The Deep Cleansing Skin Treatment**     **£65.00**

*A treatment developed to deep cleanse and detoxified your skin, leaving you looking dewy and luminous with refined skin texture and reduction in pore size.*

### **The Resurfacing Skin Peeling Treatment**     **£75.00**

*This treatment offers a visible transformation. It will erase dead skin and reduce wrinkle depth and scarring. Your skin will be smooth, soft, radiant and youth mechanisms will be reignited with a new skin effect. After just one treatment 100% of clients noticed a new skin effect that felt smooth, plump and refined.*

### **The Skin Perfecting Antioxidant Treatment**     **£90.00**

*A double mask treatment packed full of powerful superfoods, rich in cell protecting Antioxidants along with Vitamin C for skin luminosity and to boost your Collagen and Elastin production. Finally, FucoWhite™ will regulate patchy pigmentation or uneven skin tone. After 1 treatment, your skins youth mechanisms will be ignited, your skin will be perfectly hydrated and luminous in appearance, with a more even colour and perfected complexion.*

### **The Anti-Ageing Deluxe Eye Treatment**     **£65.00**

*A deluxe treatment for your complete eye area, to reduce puffiness and dark circles and capture every smile and frown line. Your complete eye area will be revitalised, hydrated, plumped and bright.*

## COURSE OF FACIAL TREATMENTS

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*For long-term effectiveness, your skin specialist will recommend a course of between 4 – 8 facials to be had on a weekly basis depending on your skins needs and desired results.*

*Please book a consultation for your bespoke package.*

## ADVANCED NON-SURGICAL TREATMENTS

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### Photo-Dynamic Therapy (LED Face mask)

Photo-Dynamic Therapy is a revolutionary non-invasive treatment based on skin stimulation, rejuvenation and repair.

The first High Density Diode LED mask plus light activated skincare technology. Until now our medical grade system has only been offered by doctors and dermatologists but is now available in our treatment rooms.

For exceptional results we combine 4 dynamic therapies.

1. Resurfacing Peel
2. Photo-Therapy - High Density Diode LED Mask
3. Dynamic Therapy - Light Activated Concentrates
4. Prescriptive Homecare - Advanced Daily Treatment Boost

A course of 8 treatments will be recommended to suit your skins needs. For optimum results your course should be taken at 2 treatments per week for 4 weeks.

We offer 4 Advanced Photo-Dynamic Therapy Treatments

#### 1. Anti-Ageing and Rejuvenation

A global action for all signs of skin aging. Your skin becomes smooth, plump, full and firm with a more even texture and colour.

#### 2. Rosacea and Sensitive Skin

A gentle oxygenating, anti-bacterial, anti-inflammatory treatment for sensitive skin and rosacea. Your skin becomes calm, less inflamed, smooth and more even in colour. Over time it becomes strong and more able to defend itself against the causes of sensitivity and the visible signs of rosacea.

#### 3. Pigmentation and Dark Spots

An effective treatment to reduce existing pigmentation marks and prevent the formation of new ones. Your skin becomes smooth and plump with a more even hue.

#### 4. Acne and Blemished Skin

A powerful oxygenating treatment which destroys bacteria in acne. Bacteriostatic, antimicrobial and anti-inflammatory. Your skin looks soothed and calm. It's better equipped to care for itself and scar tissue begins the healing process.

Each of our Advanced Photo-Dynamic Therapy Treatments includes a Resurfacing Peel. You must avoid exposure to UV and extreme weather conditions for 48 hours and wear an SPF30 for at least 8 days after treatment.

<b>Red Carpet Treatment – 90 minutes</b>	<b>£125.00</b>
<b>Blast Treatment – 45 minutes</b>	<b>£57.00</b>



# LIPOFIRM PRO – NON – SURGICAL BODY TREATMENTS

*The Non-Surgical tightening & toning solution to reshape & contour your body exactly where you want using a Lipofirm Pro medical grade machine.*

*Do you want body fat reduction to target specific areas?  
Then this is the treatment to for you.*

*The treatment combines radiofrequency technology with Dynamic Muscle Activation (DMA) technology for optimal fat reduction and skin tightening results*

## **Lipofirm Pro Buttock Lift**

*A treatment that will lift and contour the buttocks leaving the area firm and toned. This buttock lift will also reduce the appearance of cellulite providing a smoother, defined and dimple free appearance.*



## **Lipofirm Pro Tummy Contour**

*This treatment is aimed to define the abdomen area by accelerating natural fat metabolism by creating instant inch loss to the area for circumference reduction whilst stimulating the muscles with dynamic muscle activation (DMA) for improved core strength. This contouring treatment will also promote natural collagen regeneration to skin tighten the loose skin on the abdomen.*



## **Lipofirm Pro Tummy Tuck**

*The LP Tummy Tuck is designed specifically to tighten the skin and stimulate tissue repair to the abdomen area. This treatment uses Tripolar radio frequency technology to rekindle new collagen production in the body. This treatment is ideal for post pregnancy mummy tummies or someone that has lost weight from dieting to regenerate the area and soften the appearance of stretch marks.*

## **Lipofirm Pro Arm Contour**

*The LP Arm Contour is designed specifically to tighten the skin and stimulate tissue repair to the upper arm area. This treatment uses radio frequency technology to rekindle new collagen production in the body. This treatment is ideal for someone that has lost weight from dieting to regenerate the area and tighten the skin.*

## **Lipofirm Pro Cellulite Eraser**

*An ideal treatment targeting unwanted toxins in the body to break down the fatty deposits we call cellulite. The LP cellulite eraser uses radio frequency technology with dynamic muscle activation (DMA) to improve the appearance of cellulite by enhancing and stimulating blood circulation, oxygenation and lymphatic drainage. Even though this treatment will decrease the cellulite it will also provide an instant lift, tone, and contour the area providing a smooth and tighter appearance.*

## **Consultation**

*A thorough consultation prior to treatment is essential.*

<b>Consultation charge</b>	<b>£30.00</b>
<b>Pricing</b>	
<b>1 Area</b>	<b>£125</b>
<b>2 Areas</b>	<b>£225</b>
<b>3 Areas</b>	<b>£310</b>

*A course of 8 weekly treatments is recommended followed by a monthly maintenance treatment to optimise and maintain your results, very much like an exercise regime.*

**Speak to your therapist at time of consultation regarding savings on courses of treatment.**

## LIPOFIRM PRO – NON-SURGICAL FACE TREATMENT

*The Collagen lifting treatment is a non-surgical facial rejuvenation treatment using radio frequency for skin tightening and dynamic muscle activation for facial lifting.*

*This treatment is a popular treatment as an alternative to facelift surgery for those who want to tone, firm, tighten or lift the skin of the face or neck. In many cases a lifted result can be seen from the first treatment.*

*The treatment is non-invasive, painless, quick and convenient, with no downtime. During the treatment, a handpiece that delivers Tripolar radio frequency energy, is moved across the areas of concern. Treatments cover the eye area, the mid face, jowls and neck.*



**Collagen Lifting Treatment**

**£125**

### Treatment benefits

- Helps to contour the face
- Tones and firm skin
- Boosts collagen production
- Lifting, toning and firming of muscles
- Stimulation of fibroblasts for tighter skin
- Minimises fine lines and wrinkles
- Skin feels smoother
- Improves the elasticity of the skin