

Essential Beauty

Quality Beauty Therapy
Specialising in Skincare and Holistic Therapy

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www.ebandht.co.uk

Essential Beauty



TREATMENT MENU



Welcome to Essential Beauty

A range of high quality and professional holistic and beauty therapies for men and women.

Waxing

All waxing treatments are done with minimum fuss using tea tree warm wax or pain free hot wax, Both are kind to skin and suited to the most sensitive.

	Warm Wax	Hot Wax
Full Leg	£35.00	
Three Quarter Leg	£30.00	
Half Leg	£26.00	
Underarm	£14.00	£16.00
Bikini Standard	£20.00	£25.00
Brazilian bikini (landing strip)	£30.00	£40.00
Hollywood Bikini	£40.00	£45.00
Arms	£24.00	
Lips	£10.00	£12.00
Chin	£10.00	
Stomach	£14.50	
Lower Back From	£12.50	
Eyebrow From	£10.00	



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Eye Treatments

They say that the eyes are the windows to the soul!

Eyelash Tint	£15.00
Eyebrow Tint	£10.00
Weekend Lashes	£15.00
HD Brows	£25.00
LVL Lash Lift With Tint	£50.00

Nails

TLC for the hands and feet including massage and grooming of the nails and cuticles.

Manicure

Treatment consists of nail shaping, and cuticle work, a gorgeous hand and arm massage and a choice of varnish, Nail gems are also available for that extra sparkle.

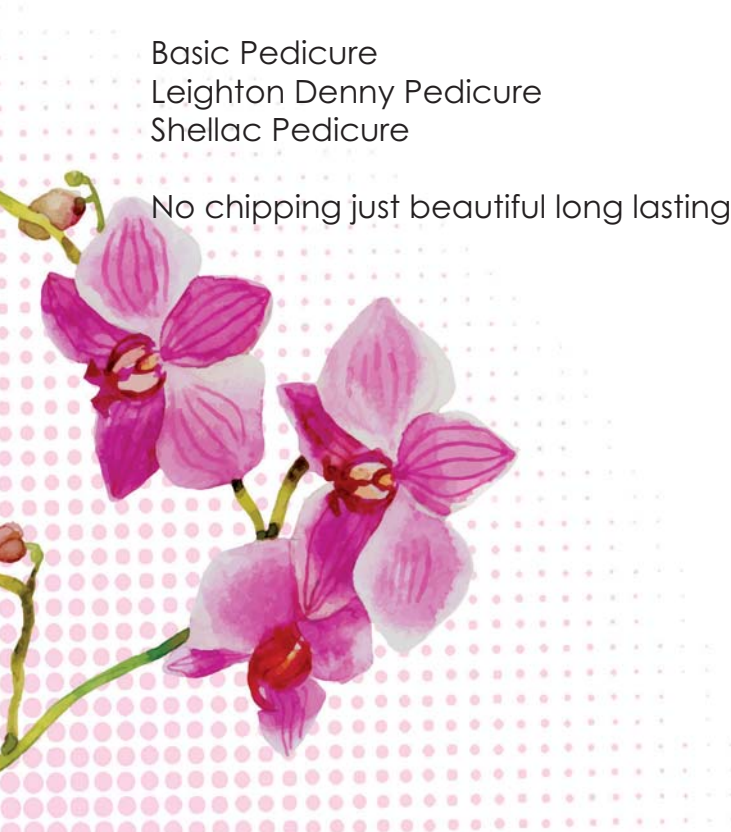
Basic Manicure	£20.00
Leighton Denny Manicure	£25.00

Pedicure

Take the strain off your feet and relax with a soak in a warm Spa. Nails are filed cuticle work, hard skin buffing and foot and leg massage, followed by nail varnish.

Basic Pedicure	£20.00
Leighton Denny Pedicure	£30.00
Shellac Pedicure	£32.00

No chipping just beautiful long lasting shine and colour.



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Tanning

Airbrush tanning is both a natural and effective way of achieving a safe and natural looking tan. Sudo tan develops on the skin within 5 hours of application.

Full Body Spray Tan
Half Body Spray Tan
Facial Bronzing

£25.00

£15.00

£10.00

Makeup

The finishing touch for any occasion, create your look.

Special Occasion Makeup
Bridal Makeup and trial
Bridesmaids and Bride's mum, from

£50.00

£130.00

£30.00



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Body Treatment

Spa Body Exfoliation

A great treatment especially before a holiday! Three massages in one! Skin exfoliation rids the body of dead skin cells, a hot towel followed by a full body nourishing oil massage and a further massage with a rich aromatic cream.

All the benefits three times over, luxury!

Full Body

£80.00

Back Exfoliation

£65.00

Back Detox and Cleanse

£65.00

Brilliant for clearing congested skin on the back, neck and shoulders.

As you relax a deep cleanse and extraction is performed on the back, exfoliation and a full back, neck and shoulder massage with astringent oil to balance the skin, a hot towel, mattifying mask and lotion will finish off a perfectly conditioned torso.



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Packages

A selection of treatments always makes an amazing gift whether it is for yourself or someone else. There are some great opportunities and deals to be had and you save money too.

The Luxury Package

£195

A Full Body Aromatherapy Massage, Swiss Collagen Prescription Facial, Eyelash tint, Eyebrow shape, Manicure and Pedicure

The Holiday Package

£130

Full leg wax, Brazillian bikini wax, Underarm wax, Eyebrow shape and tint, Eyelash tint, and SprayTan

The Bridal Package

£260

Collagen/ Lifting Facial, Eyelash and Eyebrow Tint and shape, Wedding Make Up and Trial, SprayTan and Pedicure

The Simply Pamper Package

£90

Lifting/Collagen Facial with Aromatherapy Back Massage or a Reflexology Treatment

The MumToBe Package

£150

Seaweed Phyto Mask Facial, Eyebrow Shape, Eyelash Tint, Back Massage and Pedicure.

Nirvana Ultimate Well Being and Relaxing Package

£200

A Full Body Marma Point Aromatherapy Massage, Indian Head Massage, Reflexology and Reiki Treatment with Sage Smudging

Ultimate Super Double Whammy Anti -Ageing Facial Package

£160

An Enzyme Peel, A lifting Mask followed by Hylauronic Acid Ampoules and a Collagen Veil with Reflexology and a Scalp Massage

Gift Vouchers

Happy Birthday - Congratulations - Thank you - Well Done - Merry Christmas

Whatever the reason this is the perfect present.

Not only are you buying someone time to themselves but a relaxing, indulgent treat too! Gift vouchers will contain any treatments of your choice to suit that special person.



Essential Beauty

Facials and Skin Care

£55.00

Skin needs protecting to prevent dehydration which can lead to premature ageing and wrinkles. This is all possible as at Essential Beauty we use only products of the highest standard and quality. These specialist products will protect, treat and preserve your skin.

The Enzyme Peel Facial

Every skin type will benefit from this treatment. A unique preparation of vitamins and AHAs leaving the skin brighter, toned and hydrated. Prevents skin deterioration.

The Bio Mask Facial

A superb deep cleansing treatment with ingredients of volcanic muds and mineral rich clays. These ingredients feed the skin, rebalancing, calming and clearing the complexion.

The Skin Nourishing Facial

A big drink of water for a tired and dry skin. Potent ingredients like vitamin C and rich plant extracts firm and replenish the skin, leaving it fresh, youthful and hydrated.

Anti Ageing Effective and Amazing Treatments for a Big Issue

£60.00

Swiss Collagen

Serious improvement with top quality collagen veils. Each veil has a different action on the skin. These facials will last for days.

Green Tea and AHA

Turns over the skin, removes lines and strengthens.

Ginko Biloba

For stressed, tired and dull skin. Oxygenates and prevents ageing.

The Swiss Lifting Facial

Fancy a face lift? Don't like the idea of botox or needles? This is the facial for you and you will not be disappointed.

An award winning facial that tightens and renews the skin with instantly incredible results.

Wave goodbye to fine lines and wrinkles.

If you wish to add a Back Massage or a Reflexology treatment with any of these facial treatments, just add an extra **£25** for a perfect pamper.



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Genosys Collagen Facial

A Medical strength snow cleanse and deep exfoliation treatment, followed by ampoules and a hydrating veil for the ultimate in glowing peach like skin.

£60.00

Fillmed Skin Perfusion Peel and Glow Hydration Facial

A beautiful clarifying and plumping facial using scientifically trialed skincare, bringing great results. A cocktail of great ingredients will freshen the skin and leave it feeling and looking smooth and hydrated.

£60.00

Aesthetic Facial Treatments

Micro Needling for the Ultimate in Skin Rejuvenation (Collagen Induction Therapy)

This is a cosmetic procedure which is pain free, using a specialized pen with tiny needles. When glided and stamped across the skin, this not only acts as a channel to push in power solutions to improve a range of skin issues, but ultimately causes a surge of collagen. Incredibly effective, safe and can treat a massive range of problems with fantastic results that last for years. So if you have any of the following this is the one for you.

£150.00

- Fine Lines and Wrinkles
- Pigmentation and Sun Damage
- Stretch Marks on the body
- Reduced Skin Elasticity
- Acne and Acne Scarring

We use and retail all professional and medical strength skincare. This facial comes with a deep exfoliation treatment, a soothing collagen veil, a scalp and shoulder massage and a Reflexology treatment.

Micro Needling Treatment with an Ez Co2 Radiance Exfoliant Mask

For an extra effective boost to the skin - particularly if your skin is dull and congested. You can literally feel it working. This is done before we apply the topical power solutions, and begin the Micro Needling Treatment.

£170.00

Epiderma5 Glycolic Acid 40% Skin Peel Facials

A medical strength treatment to completely rejuvenate and refresh tired and congested skin. Instant results, correcting minor skin imperfections and visible signs of ageing like fine lines and wrinkles. Also fabulous for clearing blemishes and unlocking youthful radiant skin. A great treatment to have before a micro needling session to enhance the delivery of product.

The Facial Peel and Algae Bomb Mask (1 hour)

The Lunchtime Peel without Mask (25 mins)

Course of 3 Peels With Mask

Course of 3 Peels and a Microneedling Treatment

£60

£40

£165

£305



Essential Beauty

Ayurvedic Therapy

Ayurvedic Massage

Ayurveda is an ancient Indian holistic system achieving physical and mental harmony. It has been practised for 5000 years. Ayurveda means 'science of life' and its objective is to restore and maintain health.

A consultation is done before every treatment to find out what body constitution you are.

There are three body types according to Ayurveda and they go by the names of 'Vata', 'Pitta' and 'Kapha'. Each is ruled by the four elements in different quantities: these are Earth, Fire, Air and Water.

Depending on which constitution you are is to how your massage is performed and which oil is used. Pulse and tongue diagnosis are also performed to enable us to make the treatment at its most beneficial and tailor made for you.

All treatments are performed with warm herbal oil. Balance your equilibrium.

Ayurvedic Abdominal Massage

£50.00

A 40 min massage, aids bloating, constipation and eliminates toxins, a flatter stomach is achieved.

Ayurvedic Face Lifting Massage and Anti-Ageing Facial

£60.00

Beautiful facial with ingredients such as Sandalwood and Rose. Includes a 30 minute face lifting Marma massage which is performed to the face, neck and shoulders for the ultimate in facial treatment.

Ayurvedic Full Body Marma Point Massage

£75.00

Signature essential oils are prescribed and warmed to your individual needs. This stretching, deep tissue, soothing massage is performed to connect your body so that it can reach its perfect equilibrium. Specific Marma points are massaged which detox and rejuvenate the whole body system.

Ayurvedic Back, Neck and Shoulder Marma Point Massage

£60.00

A rejuvenating and grounding Marma Point Massage with Reiki and techniques to de-stress and balance the mind and nervous system as well as a wonderful massage to the upper body.

Cancellation

A deposit is required when booking all treatments. This deposit is non-refundable if you change or cancel your booking.

Holistic Therapy

Dealing with the 'whole' person is what holistic therapy is about, instead of the symptoms we look beyond this. These therapies will restore the balance of the body allowing healing to take place. Holistic therapies are not only a stress release, but can prevent ill health and calm the mind and body.

Aromatherapy

Essential oils are extracted from natural substances eg, fruit, plants and trees. Each oil has its own unique property to help aid and ease symptoms of illness and stress as well as aches and pains. These oils are blended with a carrier oil which literally pushes the oils like a medicine into the blood stream. This detoxifies the body and improves health issues. Oils are applied via specific massage technique.

Full Body Aromatherapy Massage

£70.00

Aromatherapy Back Massage

£55.00

Hot Stone Massage

This ancient American treatment involves hot towel, Aromatherapy massage followed by deep heat massage with warm volcanic stones. These basalt natural stones create deep muscle relaxation, encouraging healing through increased blood flow, Releasing tension and stress and improving circulation.

Hot Stone Massage - Full Body

£80.00

Hot Stone Massage - Back, Neck and Shoulder

£60.00

Swedish Massage

A deep tissue body massage gets rid of knots and tension and oils the skin, improving circulation and aids relaxation.

Full Body massage

£65.00

Back, neck and shoulder massage

£55.00

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Reflexology

£55.00

As a reflexologist we believe that the body is mapped out on to the feet. By just looking at the feet it is apparent where there are blockages and problems. Accupressure points are applied via massage technique, to release any toxins and restore the body back to its original state. A very powerful and relaxing treatment it will boost the immune system and can help many symptoms of illness.

Indian Head Massage

£55.00

An old relaxation remedy which mothers would use on their daughters to stimulate hair growth and release trapped nerves in the back and neck. Brings great relief of stress and tension especially if you are prone to headaches.

Hopi Ear Candle

£50.00

Originating from the Hopi Indians of North America. The candles stimulate the link between the ear and nose when lit. The candle acts as a warm vacuum clearing the sinus areas and excess impurities in the ears. Treatment includes pressure point massage to the head and face.

Reiki

£50.00

Rei (spiritual wisdom) and Ki (life force energy). A healing system using energy to balance the chakras (energy centres) of the body. Detoxes, relaxes and improves health and well being. Reiki treatment feels like a wonderful glowing radiance and is exceptional for stress related problems.



Accredited Training Courses in Beauty and Holistic Therapy

Collaborating with Essential Beauty, our sister company A-listers Academy offers professional, up to date excellent bespoke training. These courses are certified and insurable, allowing you to treat the public and offer the services on completion of your course.

All training is performed on live models using professional products and comes with a beautifully illustrated manual. All theory and anatomy are covered thoroughly as well as lots of practical assessment. This is imperative to ensure your skill set and confidence levels are at a high level.

There is an exam after each course you choose to do. So if you wish to add a string to your bow, you will love training with us.

Professional Full Body Spa Massage Course (4 days).	£595
Refresher Massage Course for the already qualified (2 days).	£300
Couples Massage Course Experience (1 day) no insurable certificate.	£125 <small>per head</small>
Hot Stone Full Body Massage Course (1 day).	£220
Aromatherapy Massage Course (3 days).	£450
Indian Head Massage Course (2 days).	£300
Hopi Ear Auricular Therapy Candle Waxing Course (1 day).	£200
Professional Facial and Skincare Course (3 days).	£480
Eye Treatments (Tinting/Waxing/Brows, Lashes & Cluster Application) (1 day).	£175
Eyelash Lifting and Perming (LVL) (1 Day).	£175
Classic Lashes Semi Permanent Lash Extension Application (2 days).	£420 <small>with kit</small>
Warm Waxing Course (2 days).	£350
Hot Waxing Intimate Waxing Course (1 day).	£150
Manicure (2 days).	£280
Pedicure (2 days).	£280
Power Polish Course (1 day)	
£150	

**For more detailed information please visit our teaching website
www.A-listersacademy.com.**

At Essential Beauty we retail Genosys South Korean Skincare. These medical strength, aesthetic products are highly results driven. They are sold in clinics by doctors, giving you the ultimate in skin care and the complexion you deserve.

Genosys Snow Cleanser 02 180ml.	£41
A gentle effective cleanser which activates oxygen bubbles on the skin. Removing skin impurities and contains herbal extracts to soothe and revitalise a dull, tired complexion.	
Genosys Snow Booster Toning Lotion 200ml	£29
A daily toner containing botanical extracts to moisturise and soothe. Refreshing and balancing after cleansing.	
Genosys Biphasic Make up Remover 200ml	£34
A fresh and non-greasy dual phase formula to remove lip and eye make up. Anti-bacterial & Oleic acid to hydrate & soothe.	
Genosys Intensive Hydro Soothing Cream 50ml	£44
A super lightweight gel to restore & hydrate. Active ingredients soothe and & cool the skin helps wounds heal and cell generation. Anti-ageing and combination skin with breakouts benefit.	
Genosys Multi Function Cream 50ml	£49
Multiple effects of anti-wrinkle, brightening for skin dullness, evens skin tone and drenches with moisture.	
Genosys Muti Vita Radiance Cream 50ml	£54
Contains 12 vitamins, evens skin tone, astaxanthin a powerful antioxidant 6000 x stronger than vitamin C to boost, brightens and reduces pigmentation. Gives the skin a dewy glow that is luminous.	
Genosys Intensive Problem Control Cream 50ml	£44
For an oily skin preventing acne and breakouts. Anti-microbial, anti-inflammatory & sebum controlling ingredients to soothe.	
Genosys Multi Sun SPF 40 40ml	£44
Protect the skin from UVA & UVB rays effectively. Smooth & non-greasy, paraben free and soothing.	
Genosys Soothing Post Repair Cream 20ml	£16
Ideal after micro-needling or aesthetic treatments. Restores damage to skin tissue, soothing, anti-oxidant, aids redness.	
Genosys Intensive Blemish Balm Cream SPF30 50ml	£49.50
A gorgeous tinted coverage cream that protects from the sun. Covers redness, blemishes and gives the skin a natural glow.	
Genosys EGF(epidermal growth factor) Repair Oxy-mask Cream 50ml	£55
A unique bubbling mask cream for dull, damaged & stressed skin. Regenerates and firms, bringing oxygen to the skin and enhancing collagen production. Spread product on skin, wait for the bubbles, when they pop massage and tap into skin. Anti- ageing, reduces itching, smoothing an epic product.	
Genosys All For Sensitive Serum 30ml	£58
Relieves irritated skin and hydrates beautifully. Contains hyaluronic acid, softens and decreases wrinkles.	
Genosys Anti-Wrinkle Serum 30ml	£58
Restores firmness, diminishes appearance of wrinkles, acts against photo ageing & prevents damage.	
Genosys Problem Control Serum 30ml	£58
Regulates excessive oil and sebum production that leads to skin break outs. Oily, combination skin.	
Genosys Skin Whitening Serum 30ml	£58
Helps to lighten skin tone and hyperpigmentation. Brightening, moisturising and regenerating.	
Genosys Eye Contour Serum 10ml	£59.50
Incredible hydration, improves lines and wrinkles, dark circles and eye bags.	
Genosys Eye Contour Cream 20ml	£59.50
A rich creamy formula, reduces fine lines, wrinkles, dark circles & eye bags. Hydrates prevents ageing at its best.	
ND Cell Anti-Wrinkle Serum 30ml	£60
A serum packed with peptides that does everything anti-ageing. Moisturising, wrinkle reduction, lifting and firming and depigmenting.	
ND Cell Anti-Wrinkle Cream 50ml	£65
Wrinkle reducing cream, incredible ingredients to combat all signs and appearance of ageing to the face and neck.	

Cleansing Oil	£31
This cleansing oil effectively removes waterproof make-up from the face, eyes and lips leaving the skin perfectly clean and comfortable without any tightness.	
Miscellar Water (200ml)	£29
Ideal for sensitive skin, removes make up leaving skin refreshed and cool. Contains 3 gentle surfactants and moisturising agents.	
Perfecting Lotion	£30
This lightweight solution is formulated with gluconolactone, a gentle acid that exfoliates dead cells, reduces irregularities and leaves the skin fresh and clear. Active Ingredient: Gluconolactone 0.5%.	
Exfoliating Cream	£39
This micro-polishing cream provides a mechanical exfoliation of dead cells on the skin surface. With a controlled exfoliating action to reactivate the cell regeneration process. Ingredients, Micro-polishing beads / Complex of 3 surfactants.	
Glyco peel Mask	£59
Designed to combat dull complexions, fine lines and blemishes, this revolutionary resurfacing mask restores tone & radiance to reveal younger-looking skin. Active Ingredients: Glycolic acid 15% / Phytic acid 2% / stimulate fibroblasts in the dermal layer of skin to produce increased amounts of collagen. Skin becomes firmer and minimises fine lines and wrinkles, resulting in skin that is smoother, more radiant and even-toned. Glycolic acid is a great choice for acne-prone skin, and can lighten pigmentation. However, approach with caution if you have very dry skin, sensitivity, or cystic acne.	
BD Balance Serum/Blemishes (30ml)	£89
Ideal for combination to oily skin, BD- BALANCE SERUM visibly reduces the look of imperfections. Enriched with Salicylic acid and Zinc PCA, it diminishes the appearance of pores and smooths out irregularities.	
C Light Radiance Serum	£89
Ideal for dull and tired skin, C-LIGHT SERUM releases antioxidant benefits. Enriched with Vitamin C and HRH-14 Polyphenol used to activate the skin's radiance and illuminate the natural complexion.	
HABS Hydra Serum	£89
This serum, enriched with Pro-Vitamin B5 (or Panthenol), considered as the leading skin moisturiser, enhances hydric balance and replenishes the skins moisture barrier. Thanks to Hyaluronic Acid, known in aesthetics medicine for its moisturising and filling properties, it efficiently smooths the appearance of dehydrates wrinkles.	
AA Lift Firming Serum	£89
Enriched with Collagen and Elastin peptides, AA-LIFT SERUM visibly enhances cutaneous firmness and skin elasticity. Thanks to Xylose, an essential sugar known for its anti-glycation properties, which boosts cutaneous tonicity.	
P Bright Serum/Dark Spots.	
P-BRIGHT SERUM visibly acts on cutaneous uniformity, reduces the look of dark spots and brightens the complexion Thanks to the innovative combination of Phytic acid, Vitamin C, Arabino-xyloses β 1-4 and Papain-carbomer.	
RE Time Serum For Wrinkles	
Hydra Intense Booster Treatment (3 x 10 ml Treatments) / Balance Intense Booster Treatment	£129
Contains 2.4% Lactic acid and 2% Salicylic acid ingredients that diminish spots and blemishes. Contains zinc gluconate helping to purify and mattify the skin. 30 day treatment with sebo-blocking agent.	
Bright Booster Intense Treatment	£129
Contains 10% Glycolic acid and 2.5% Phytic acid known for their exfoliating properties and action on reducing brown spots whilst preventing the appearance of new pigmentation.	
Lift Booster Intense Treatment / Time Intense Booster Treatment	£129
Contains 0.3% retinol and has been clinically proven to diminish wrinkles. Hydrating agents of Hyaluronic Acid 0.5% and Aloe Vera 5% plump and soothe the skin bringing comfort and softness.	
Nutri Neck Cream (60ml).	£74
HXR Eye Cream	£79
Eye Recovery Mask x 4	£42
GR Youth Mask	£55
Hylauronic Youth Mask x 4	£42
5HP Youth Cream(50ml)	£109
An effective Anti-ageing preparation for normal to dry skin. Vitamin 5 improves hydration and hydroxyproline stimulates collagen. Mix in Oleo complex argon oil and mango butter for a beautiful product.	
6HP Youth Cream(50ml)	£109
Suitable for combination skin, combining global anti-ageing and moisturising properties. Vitamin B6 generates a long- lasting mattifying effect and hydroxyproline stimulates collagen synthesis. Active Ingredients: Hydroxyproline / Zinc PCA + Vitamin B6 0.1% / Lentiscus 95 (antioxidant agent).	
B3 Recovery Cream	£78
Soothing aftercare for aesthetic procedures, containing hydrating properties to protect sensitive and reactive skin from aggressions. Vitamin B3 boosts collagen synthesis and strengthens the skin barrier.	
E Youth Suncream Factor 50 plus	£39.50
Nourishing Luxury Body Balm	£45

Essential Beauty



Member of The Guild of Beauty Therapists NVQ
and IHBC at all levels of Beauty Therapy

Diploma in Standard and Advanced Reflexology

Diploma in Standard and Advanced Aromatherapy

Diploma and NVQ in Body Massage Diploma
and NVQ in Indian Head Massage

Diploma and NVQ in Hot Stone Massage Diploma
in Ayurvedic Medicine and Massage

Cert Ed Teaching Certificate

NVQ Assessors Award

Reiki Attunement Levels 1, 2
and Master IHHT, IHBC and VTCT in International Qualifications

Fully Accredited and Insured to Teach Courses by Professional Beauty Direct

LEIGHTON
DENNY
— EXPERT NAILS —

GENOSYS

FILLMED
LABORATOIRES

LASH BOMB
THE ULTIMATE LASH LIFT



AYURVEDA PURA



su-do
professional



CND
Hands. Feet. Beauty.

SWISSDERMYL