

Welcome to Perfect Harmony

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Welcome to Perfect Harmony

Perfect Harmony was established in 1993 and has introduced a host of new beauty developments through out this period. Perfect Harmony only employs very highly trained, fully qualified staff, who strive to provide a relaxed atmosphere and take their utmost care in looking after you during your visit.

All our equipment and implements are fully sterilised before each treatment. Confidential consultations are available free of charge and without any obligation. Gentlemen are very welcome to have treatments, but only certain times may be available. Children must be accompanied by adults at all times.

Perfect Harmony's Mission Statement

Perfect Harmony is committed to achieving unique treatment services to help the clients achieve ... perfect harmony. Perfect Harmony is committed to using effective products for both professional and retail use. Perfect Harmony aims to strengthen and continually evolve by introducing new therapies and elements into the salon. Perfect Harmony aims to be the client's choice.

Gift Vouchers

Gift vouchers make the perfect present for that special occasion, e.g. Christmas, Birthdays, Mother's Day, Anniversaries, etc. They can be made for any amount of money or for specific treatments. Please enquire about current promotional packages.

We can arrange to forward personalised gift vouchers to your chosen recipient on your behalf. A gift voucher is valid for six months after date of purchase and is non-refundable and non-transferable.

Gratuities Policy

Your personal recommendation is our best reward.

Cancellation & Booking Policy

Please book in advance to avoid disappointment. We require 24 hours (answer machine service available) notice to cancel any appointments to avoid a 25% charge.

No cheques, visa or switch payments will be accepted under £10 in value.

Clients who arrive late will only receive the remaining time of their appointment. We regret that it may be necessary to treat appointments as cancelled for clients arriving more than 15 minutes late.

Specialist Training

We offer a highly experienced and proven training system that will get you results. Our certified trainers are respected throughout the industry and can draw on over 20 years of beauty therapy knowledge.

Courses include:

Body Sculpt

Flambessage

Pro Body Tattoo

Cavitation

Microdermabrasion

Microcurrent

Opening Times

These times are only a guideline and can be subject to change.

Monday	8.45am	–	9.00pm
Tuesday	8.45am	–	9.00pm
Wednesday	8.45am	–	9.00pm
Thursday	8.45am	–	9.00pm
Friday	8.45am	–	9.00pm
Saturday	7.30am	–	4.00pm
Sunday	10.00am	-	2.00pm (By appointment only)

Danné Paramedical Skin Revision

Deeply exfoliating, removes blackheads, whiteheads and dead skin cells, destroys bacteria and provides a healthy environment for new skin cell growth. Ideal for teenage, troubled skin.

Price: From £50

Skin Maintenance Treatment

Maintains good healthy skin cell turnover, improves circulation to the area treated, improves skin smoothness, firmness and radiance.

Price: From £50

Sun Damage Treatment

Improves the appearance of lines caused by the sun's rays. Treats chloasma, lentigo, pigmentation and brown spots. Also treats hornified cuticle and uneven skin tones. Strengthens skin cells, repairing free-radical damage. Improves elasticity and collagen.

Price: From £50

Mild Rosacea Treatment

Calms and soothes inflammation associated with this unpleasant condition. Heals pustules and destroys skin bacteria.

Price: From £50

Anti-ageing Treatment

Treats the skin for those who have concerns with premature ageing, especially around the eyes and mouth. This treatment will strengthen the skins cells, improving collagen and elastin. The Danné Enzyme Therapy will lift, tighten and firm the skin.

Price: From £50

Danné SkinPeeling Treatments

Six Layer Peel

This treatment is for conditions such as: anti-ageing, scars, thickened cuticle, hyper-pigmentation, post-acne scarring. The treatments are for clients who want radical results. Two preparation treatments a week apart. On the third treatment the peel is applied and left on the skin for 24 hours, you return to the salon the following day for your skin to be examined. Within the next 2-3 days peeling will begin. This will last for another 3 to 4 days. Seven days later you will return to the clinic for a 'lift off' treatment. This treatment is an excellent way to bring deep skin revision without trauma. Includes all treatments and some home prescriptives.

Price: £300

Liquid Laser Treatments

For a slightly less radical version of the 'Six Layer Peel' for people who don't want any down time or only want spot areas treated, such as eyes or mouth. Two preparation treatments a week apart. Liquid Laser Treatment then three days later you will return to the clinic for a 'lift off' treatment. This treatment is an excellent way to bring deep skin revision without trauma. Treatment can be repeated three times a year. Includes all treatments and some home prescriptives.

Price: From £200

Danné Light / Medium Peels

The Danne Light/Medium Peel is a progressive peeling treatment designed to be carried out over a period of five weeks. The great benefit is that there is no 'down time' and no discomfort associated with a chemical peel but you will get the full benefits of a stronger peel. The first preparatory treatment takes 45 minutes and the remaining five treatments about 15 minutes each. You will experience a gradual sloughing of skin over the five weeks leaving your skin revised, glowing and healthy looking. These peels can be repeated every three months and are safe for all skin types.

Benefits: for skin conditions such as: acne, fine lines, premature ageing, congested skin, sun damage / pigmentation, rosacea, mild scarring, cuticle (dead skin) build up, skin maintenance

Price: 5 Week Course - £200

The Danné Experience Facial

This treatment is ideal for anybody wishing to have a 'one-off' facial or to determine whether they want to pursue a skin care plan with these amazing products and treatments which are result driven. Even after just one treatment you will feel and see a noticeable difference. Your skin will look healthier, revised and refined.

Price: £50 (1 ¼ Hours)

Diamond Microdermabrasion

Microdermabrasion

The Diamond Microdermabrasion provides a non-surgical skin refreshing procedure. It uses sterile diamond heads to abrade or 'rub off' the top skin layer, then vacuums out the particles along with any dirt, dead skin cells and skin debris.

After the completion of a microdermabrasion treatment the products used as part of the facial treatment will be able to penetrate deeper due to the hornified layer on the surface of the skin being removed. Resulting in the skin benefitting from the absorption of high quality result driven ingredients, actively working in the epidermis and restoring cell activity and promoting skin health by creating a healthy, glowing and beautiful complexion. Great for fine lines and wrinkles, scarring, pigmentation, imperfections and blemishes.

Price: £40 (1 hour)

Facial Treatments with results

Galvanic Spa Facial

When your complexion looks tired and stressed, a spa facial can provide the revitalisation you need. Using a galvanic current and a pre-treatment gel to remove impurities so that your pores can breathe and prepare your skin for the treatment gel that enhances the delivery of anti-ageing ingredients that helps slow the signs of ageing at their source and carries on working for up to 24 hours - giving you a radiant complexion.

Price: Single treatment £25 (30 minutes), Course of 6 treatments £125

Galvanic Spa Treatment Facial

All the above treatments from the Galvanic Spa Facial, plus facial scrub, massage and mask

Price £38 (1 hour)

Relaxing Facial Treatments

Sian Thai Facial Spa Treatment

Thai ladies have the most beautiful skins in the world and you will love the Thai influence of this beautiful facial which is inspired and created from the wisdom of natural ancient beauty using raw and exotic ingredients.

This 100% natural range, created with lemongrass, coconut, honey blends and green Thai herbal extracts, is a highly stimulating cleanse and massage therapy, ideal for those seeking relaxation accompanied by beautiful products.

Includes a cleanse and tone, scrub, massage, mask and moisturise.

Price: £26 (45 minutes)

Genie Complete

Genie Take 10

The 'Genie Take 10' is a perfectly natural way to exercise your facial muscles. By rebuilding the ageing muscle mass to its previous state the face is fuller and benefits from a visible lift, which can be retained with regular treatments. This fuller, healthier look also helps to eliminate many lines and wrinkles. It can be used to enhance features on the face, help reduce double chin, tone up loose sagging skin, lift brows, enhance cheekbones, fills the upper lip, sharpens the jaw line and helps reduce a crepey neck. Als has programmes for sinus and hayfever and a specific eye treatment.

Price: £28.50 per treatment – Initial course of 20 treatments only £286 (save £50)

Specialist Treatments

Semi Permanent Make-Up

The Procedure is a completely safe and effective method of applying coloured pigmen into the dermal layer of the skin, also known as 'Micropigmentation'

All procedures take a minimum of two visits and 'Less is Best'. Your first appointment creates a softer effect which can be altered on your second visit. Each visit should be spaced out between 4-6 weeks and you should follow the aftercare advice given to ensure your desired result.

Semi Permanent Eyebrow Treatments

Eyebrows can add instant lift, shape and contour to your face. There are a range of techniques available. These include:

- Hairstroke - which replicates individual hairs, a great solution for light, sparse, overplucked or missing brows.
- Powdered - defining a brow shape with colour to create a stronger, thicker effect
- Restyling - lifting the brow using placement, shape and colour to give a refreshed appearance to the face.

Semi-permanent make up for the brows enhances our features by replacing what naturally we should have - perfectly shaped eyebrows that defines and frames our eyes.

No more drawing them on every morning or being anxious that they have smudged or been wiped away during the night.

Semi-Permanent Eyeliner Treatment

Eyeliner can be applied purely on the top, bottom or through both sets of lashes to give a natural enhancement or a more dramatic effect depending on your requirements. Choice of colour and thickness of application will be discussed with you at the time of consultation. Then, if you require a heavier look you can apply your make up over the top for that party look. A stronger, thicker line can be applied but 3 - 4 treatments will be required to achieve this result.

Semi-Permanent Lip Liner and Lip Blend Treatments

Semi-permanent colour on the lips can create a fabulous result, giving a more defined, fuller, natural look. The techniques available are:

- Lip liner - This gives the effect of the lip border back and can be as natural as you would personally like
- Lip Blush - Creates a distinct border and then the colour is blended into the lip tissue to create a softer finished result.
- Full Lip Colour - Combining a distinct border and colour of the whole of the lip tissue to create a colour wash

Lip treatments are perhaps the most underestimated of all the treatments. It's a sad fact that as you get older the border of your lip becomes less defined and your natural lip colour lightens. A lip liner and lip blend not only gives you a subtle hint of colour into the lip but also redefines the border of the lip, giving your lips a fuller shape. You can choose a subtle colour or darker shade and your specialist will advise you about colour and realistic results. If you like different colour for evening and special occasions you can add lipstick colours on top of your semi-permanent make up. If you suffer from cold sores we advise that you take a course of anti-virals prior to the treatment commencing.

All prices are guide prices only.

Corrective work on work originally done elsewhere, price as shown.

Price for eyebrows

£250.00

Price for eyelash enhancement

£250.00

Price for eyeliner

£250.00

Price for lip-liner

£250.00

Price for lip-blush

£300.00

Price for full lip colour

£400.00

Price for beauty spot

£60.00

Touch-up from

£100.00

Paramedical Camouflage

Cosmetic pigment camouflage (CPC) treatments are advanced and specialised procedures which deliver fantastic results in the medical field and are paramount to improving the clients' appearance and self-esteem.

Treatments include, Areola Reconstruction, Scar Camouflage, Skin Graft Camouflage, Burns, Vitiligo, Cleft Palate Reconstruction and Stretch Mark Camouflage.

Price: Available after consultation

Skin Rejuvenation Therapy Multi-Trepanic Collagen Activation

This technique is used to treat wrinkles, scars and stretch marks and works by re-stimulating the body's natural production of collagen and melanin allowing for natural skin rejuvenation.

Price: From £58

Meso Vytal

A Meso Vytal is a gentle skin needling concept suitable for most skin types and for clients who can take minimal trauma and down time as redness dissipates within 1-2 hours. Using hyaluronic skin infusions and a 18 point needle cartridge, you will be able to see improvement of the appearance of fine lines and wrinkles as well as great rejuvenation of skin texture and tone.

Price: Single treatment £30 (30 minutes) – Course of 6 treatments £150

Wrinkle & Line Relaxation Injections

These injections work by relaxing the dynamic facial muscles that are responsible for facial wrinkles. The main treatment areas are brow lines, eye lines (crow feet) and forehead. It is safe, quick and straightforward, and can be combined with other treatments such as dermal fillers to give you the complete facial make over. Botox injections are now the UK's no.1 treatment for facial lines and wrinkles.

Dermal Fillers (Restylane)

Restylane dermal filler injections are used to smooth out wrinkles or folds in the skin. This is really popular around the mouth area where Botox cannot be used. Well formed wrinkles or creases anywhere on the face respond well to this treatment.

Lip Enhancements

Restylane dermal filler injections can also be used to increase the fullness or contour of one's lips. It can give them a much needed fuller appearance. Local anaesthetic injections make this procedure as comfortable as possible, as the lip area is very sensitive.

Many salons are unable to offer local anaesthetic injections for this procedure.

Prices: No obligation consultations can be booked to discuss treatments and costs

Advanced Cosmetic Procedures (ACP) - Remedial Electrolysis

Effective removal of skin disorders and blemishes: thread veins, xanthoma, blood spots, age spots, moles, spider naevi, verrucae, molluscum contagiosum, milia, skin tags, common and plantar warts, seborrhoeic warts, sebaceous cysts, syringoma, dermatosis papulosa nigra, hairs in moles.

ACP treatments are safe and effective and offer instantaneous results in many cases. Length of treatment very much depends on the problem and your skin specialist will advise you of this although it is difficult to state a definitive time.

The area worked on must not be over treated and your skin reactivity will be taken into account. Spacing technique and treatment intervals will be carefully considered in a treatment plan as well as taking into account your requirements, needs and wishes. Your skin specialist will be pleased to offer you a consultation and price estimate.

Price: From £40

Cryopen

Cryotherapy is the perfect treatment for removing skin imperfections quickly and effectively. It delivers an ultra cold, high pressure jet directly to the skin, this nitrous oxide destroys tissue by freezing the inter-cellular fluid and forming ice shards and crystals that rupture the cell membrane, destroying the cell without harming any of the surrounding healthy tissue. The blemishes that can be treated are: skin tags, milia, blood spots, warts and verrucas and pigmentation.

Price: From £35 (15 minutes)

CryoSkin

Using the latest innovation in the rejuvenation and skincare market. Cryoskincare is a hidden gem, which is formulated in Switzerland and has been a celebrity secret until now. Cryoskin delivers outstanding results within minutes, creating a youthful smooth appearance, eliminating wrinkles and tightening the pores without damaging ingredients. This Cryoskincare system is 100% natural using two strains of plant cells to regenerate your skin, combining its purities with freezing temperatures of -20°C.

Price: £40 (45 minutes)

Coolifting Cryogun

The Coolifting gun shoots on to the facial tissues a powerful CO2 flow at a very low temperature and a high pressure, combined with an extremely high concentration of atomised actives. It is the most spectacular and fast treatment ever seen to challenge passing time - generating an immediate lifting effect, smoothing of the skin, eliminating superficial wrinkles and reducing deep wrinkles, followed by a lasting rejuvenating effect.

Price: £40 (15 minutes) – Course of 6 treatments £200

Complimentary Therapy

Reflexology

Reflexology is the technique of applying gentle pressure to specific points on the feet or hands to clear the vital energy pathways that can become blocked due to the stresses and strains of life. According to Chinese medical knowledge, the body has around 360 acupuncture points, and more than 60 of these, as well as some 7000 nerve endings, are found on the soles of the feet alone. By applying pressure to certain areas of the feet certain ailments can be alleviated and relieved.

Price for Initial consultation & treatment: £33 (1 hour)

Price for Consecutive treatments: £30.50 ($\frac{3}{4}$ hour per treatment)

Hot Stone Massage

The most popular new treatment in beauty therapy, stone therapy gives a truly holistic experience. As well as enabling physical stimulation of the circulation and metabolism, this truly luxurious treatment provides deep mental relaxation within minutes.

Price: £42 (full body, 1 $\frac{1}{4}$ hours)

Price: £21 (back only $\frac{1}{2}$ hour)

Indian Head Massage

This invigorating massage concentrates on the upper back, shoulders, neck and scalp. It incorporates a variety of massage strokes and accupressure point work, which disperses toxins from tense, knotted muscles, leaving you feeling relaxed and re-vitalised. It improves blood flow, helps relieve stress and anxiety, eyestrain, headaches, insomnia and neck and shoulder pain and reoxygenates the brain leading to a higher level of alertness and concentration.

Price: £23 ($\frac{3}{4}$ hour)

Aromatherapy Massage

A wonderful relaxing treatment with pure aromatic essential oils, blended especially for the individual client. Combining lymph drainage, pressure point and massage techniques to help relieve mental and physical stress, harmonising the body and mind.

Price: £32.50 (full body, 1 hour)

Price £21 (back only, $\frac{1}{2}$ hour)

Pregnancy Aromatherapy Massage

This is a specially adapted aromatherapy massage which can be given throughout the whole of the pregnancy. Ante-natal and post-natal treatments are available.

Price: £32.50 (1 hour)

Hopi Ear Candling

Great for: relief from colds, headaches and migraines, reduces congestion, relieves the effects of stress. It also provides a deep and lasting sense of mental, physical and emotional relaxation

Price: £25 (¾ hour)

Body Treatments & Swedish Massage

Back Treatment

An excellent treatment for improving dehydrated or problematic skin on the back. It includes a cleanse and back scrub, hot soothing towels to deep cleanse, extractions (if required), massage, mask, tone and moisturisation. Leaves the back radiant and glowing.

Price: £30 (¾ hour)

Kiwi & Sugar Cane Body Exfoliation

Applied by hand massage, which eliminates dead skin cells, impurities and roughness. Your skin is moisturised, leaving it silky and renewed. An ideal pre-holiday treatment to prepare the skin.

Price: £30 (¾ hour)

Swedish Massage

Swedish Massage employs basic movement that can be slow and gentle, vigorous or bracing, according to the desired results. It is the manipulation of the soft tissues of the body using the hands to increase the effects on the vascular, muscular and nervous systems. Excellent for relieving stress and tension and soothing muscular aches and pains.

Price: £29.50 (Full body, 1 hour)

Price: £18 (Back, neck and shoulder ½ hour)

Price: £24 (Back, neck and shoulder ¾ hour)

Price: £12 (Chest, shoulder and scalp ¼ hour)

Permanent Reduction Hair Removal Treatments

Ultra VPL

This is the latest advance in pioneering Variable Pulsed Light technology. This quick, effective and safe treatment offers long lasting hair removal for all. It is clinically proven to remove pigmented hair from all parts of the face and body. Using the variable settings it can effectively treat different types of hair found all over the body.

The Ultra VPL treatment uses short, safe, controlled pulses of filtered light to remove unwanted hair in minutes. Once the hair is trimmed and the cooling gel applied, pulses of red light are passed over the treated area. Heat is produced and this travels down the hair destroying the follicle along with its ability to regenerate.

A private and confidential consultation is required prior to treatment where a free patch test will be given. 3-8 treatments are needed approximately, some clients may need more, some may need less. Book a course of 5 treatments and get the 6th free. No refunds are given.

Hair removal prices:

Upper Lip £38.00

Chin £50.00

Lip & Chin £70.00

Lower Face £100.00

¾ Face £140.00

Sideburns £60.00

Jaw Line £60.00

Neck £65.00

Nipples £40.00

Stomach Line £45.00

Female Chest £150.00

Underarm £70.00

Standard Bikini Line £70.00

High Leg Bikini Line £80.00

Brazilian £100.00

Hollywood £120.00

Upper Arms £120.00

Lower Arms £120.00

Full Arms £180.00

Upper Leg £175.00

Lower Leg £175.00

Full Leg £275.00

Shoulder £120.00

Buttocks £120.00

Full Beard £200.00

Back of Neck £85.00
Full Back £375.00
Male Chest £200.00
Male Stomach £200.00
Chest & Stomach £375.00

Depilatory Waxing

Wax available for sensitive skin on request.

Hair growth should be at $\frac{1}{4}$ least of an inch long for best results.

Prices:

Full Leg £22.00
Full Leg & Bikini £27.00
Half Leg £13.00
High Leg Bikini Line £10.50
Standard Bikini Line £8.50
Underarm £8.50
Full Arm £17.00
Forearm £14.00
Lip or Chin £8.50
Lip & Chin £11.50
Eye Brow £8.50

Intimate Waxing

Intimate Waxing

Specialist treatment using hot wax carried out by advanced trained wax therapists only.

Price: £24.50 (Brazilian)

Price: £34.50 (Hollywood)

Electrolysis

Harmony Waxing System is formulated for even the most sensitive of skins. Developed to easily remove even the strongest hair. It even grips the shortest hair to give as soothing a wax as possible. By being combined with specialised products the hair can be removed comfortably and with little to no residue.

Price: £28.50 (Brazilian)

Price: £40 (Hollywood)

Harmony Intimate Waxing

Electrolysis is the only medically approved method of removing superfluous facial and body hair permanently, using the 'Sterex Blend' method to achieve an excellent result. Sterex disposable needles are used for every treatment session. Confidential consultations are available without obligation.

Price: £12.50 (1/4 hour)

Price £23 (1/2 hour)

Slimming Treatments

Body Sculpt Body Wrap

It is a gel-based product intended to work on the fat cells in the body, to cause inch loss. As a gel formulation, it is more easily absorbed into the skin.

The base gel of the formulation is a very efficient and effective method of penetrating the skin to the subcutaneous fat level, to deliver the actives directly to the target sites.

The heat generated on the skin by the film wrap or foil blankets, combined with the ingredients in the gel will alter the permeability of the fat cell membranes. This action will enhance the natural activity of lipases to breakdown the triglycerides into fatty acids, which can be consequently metabolised at a faster rate. Immediate results will be seen and will continue for up to three days.

With a change in lifestyle, healthy eating and extra water intake, the inch loss will remain.

Price: £45 (1 ¼ hours)

Ultrasonic Cavitation for Fat Loss

Ultrasonic Cavitation is the latest revolution in fat removal technology which doesn't involve any medical intervention or surgery! It's also known as a painless alternative to liposuction surgery!

Ultrasonic Cavitation uses low frequency sound waves to break down and liquefy fat cells that then allows the body to excrete the excess fat through the lymphatic system. The procedure is comfortable, painless, has no side effects, completely non-invasive and you can be back to work straight after a treatment as there's no need for anesthesia or sedation. The procedure can be performed on almost any part of your body including; the face, neck, chin, stomach, upper arms, hips, buttocks and legs.

This non-invasive treatment usually lasts for around 30 minutes and to achieve maximum results it is encouraged that clients have at least two sessions a week whilst following a balanced diet, with lots of exercise and drinking plenty of water, only by following the best advice will you achieve your desired results. You can save yourself thousands of pounds by choosing ultrasonic cavitation instead of surgical options like liposuction- if you follow the aftercare strictly!

Price: £35 (single treatment)

Price: £90 (course of 3)

Sunbed & Tanning Treatments

St Tropez Air

A specially formulated treatment to give a sunless tan using spray via an airbrush. Application is quick, soft and easy giving a perfect, streakless, natural looking tan. Exfoliation and removal of make-up, deodorants and body lotions is recommended prior to treatment. It is advisable to wear loose dark clothing and sandals after the initial application.

Price: £20 (single treatment)

Price: £80 (4 treatments plus 1 FREE)

Make-Up

Make-Up

Using advanced moisturising ingredients including SPF15 providing radiance packed with all the benefits of a colour correcting cream to reduce the appearance of skin imperfections, improve the skin tone and brighten and balance and smooth out your complexion.

Formulated with anti-ageing ingredients which help diminish the look of fine lines and wrinkles giving your complexion flawless coverage and a healthy glow.

Price: £18 (30 minutes)

Price: £28 (45 minute make-up lesson)

Price: £45 (Bridal make-up including trial)

Contouring Make-Up

Using the latest techniques of shading, contouring and highlighting to produce an evening glamour look make-up.

Price: £25 (45 minutes)

Price: £30 (1 hour includes strip lash application)

Lash & Brow Treatment

HD Brows

HD Brows is a seven-step eyebrow shaping treatment that focuses on design. It involves a combination of techniques, including tinting, waxing and threading, using specialist HD Brow products. There is a full range of products you can purchase to enhance your brows in between visits. The length of time your result will last depends on how quickly your hair grows back, and how well your hair holds colour. On average, you will need them done every 4 weeks. Most people get the HD Brows look immediately. However, sometimes it takes a few visits for your brows to be perfected.

Price: £25 (45 minutes)

Eye Lash & Brow Care

Please call in 48 hours before your booked treatment for a free patch test.

Eyelash Tint £10.50

Eyebrow Tint £8.50

Eyebrow & Eyelash tint £17.00

Eyebrow Shaping £8.50

Eyebrow Waxing £8.50

Threading

Threading hair is an ancient method of hair removal commonly practiced in Eastern countries, like Egypt and India, but is becoming very popular here in the West.

- Removes the hair from the root making the hairs appear finer.
- More precise and cleaner lines can be created.
- Threading does not create any ingrowing hairs.
- Threading is suitable for all skin types, including sensitive.

Eyebrows £10.00 (15 minutes)

Lip £10.00 (15 minutes)

Chin £10.00 (15 minutes)

Lip & Chin £15.00 (15 minutes)

PH Lashes

Thick, luscious lashes, available in long, medium and short lengths.
Lasts 2-3 weeks.

Price £19.00 (15 minutes)

Price from £7.50 (15 minutes)

Removal £12.00 (15 minutes)

Weekend Eyelash Extensions

Natural looking semi permanent lashes, can last up to a week.

Price £15.50 (15 minutes)

Nouveau Contour 3D Eyelash Extensions

3D Eyelashes are permanent extensions that last the cycle of the natural eyelash. 3D lashes are resistant to water, shower, sweat, tears, swimming and sleep. With no more need for mascara or curling they look and feel absolutely natural.

Maintenance treatments required.

Price £60.00

Removal £8.00

1 week infill £10.00

2 week infill £25.00

3 week infill £40.00

LVL Lashes

This wonderful lash treatment is ideal for those seeking a more natural look which enhances your eyes by adding length, volume and lift to natural eyelashes - so no more need for lash extensions or mascara. The effects are instant and last for around 6-8 weeks. Includes a lash tint. (Patch test is required 48 hours prior to treatment)

Price £60.00 (1 hour)

X-Treme Lash Lift

Create an eye-opening lift to your natural lashes. Includes a lash tint. (Patch test is required 48 hours prior to treatment)

Price £45.00 (1 hour)

X-Treme Lashes

Rapid lash application creating a natural look and lasting around two weeks.

Price £25.00 (45 minutes)

Mens Treatments

Male Grooming

Back Wax £22.00

Chest Wax £22.00

Back and Chest Wax 40.00

Eyebrow Tidy £8.50

Facial £31.50

Full Body Massage £29.50

Back Massage £18.00

Spray Tan £20.00

Hand & Foot Care Treatments

Creative Sensations Manicure

To include nail re-shaping, cuticle treatment, soothing hand and arm massage using fruit or flower based aromas and varnish if required.

Price: £15.00 (30 minutes)

Mini Manicure

Re-shape and varnish

Price: £9.00 (15 minutes)

For a beautiful natural look creating length and strength using the best in nail technology.

Extensions:

Full set of acrylic nails £34.50

2 week infill £22.50

Overlays:

Full set of acrylic overlays £26.50

2 week infill £22.50

French Pink & White or Coloured:

Full set £38.50

2 week infill £25.50

Extra costs:

Full set soak off £6.00

Soak off & manicure £18.50

Soak off & new enhancements £38.00

Minx Nails

The newly launched Minx nails – the latest must-have fashion accessory for celebs – is an exciting new way for women to extend fashion and glamour to their very fingertips. Lasting on toes for up to 8 weeks and ideal on finger nails for that special occasion.

Price: £25.50 (45 minutes)

Bio Sculpture Gel

Tested to the highest standard, taking care of you. Available in a whole range of beautiful fashion colours, delicate shimmers, French manicure and glitter gels. Benefits are endless: No damage to the natural nail, strong, flexible, natural looking. Will not chip, smudge or wear away. Strengthens and conditions natural nails. Excellent for toe nails. Instantly dries.

Price: £27.00 (Full set of gel nails)

Get Fresh Luxury Pedicure

A pedicure using the Get Fresh foot care products loaded with ingredients such as seaweed, aloe vera juice, shea butter, pumice and fruit acids. Includes nail re-shaping, cuticle treatment, gentle removal of hard skin, exfoliation and mask, soothing foot and leg massage and varnish if requested. A beautiful treatment for tired and aching feet.

Please remember to bring sandals / flip flops to allow complete drying of varnish.

Re-shape & varnish - £9.00 (15 minutes)

Luxury Pedicure - £22.00 (1 hour)

Mini Pedicure without varnish - £15.50 (30 minutes)

Mini Pedicure with varnish - £17.00 (45 minutes)

Gelish

Gelish is a long lasting manicure. We have over 100 gel colours for you to choose from. They are applied like polish, but are cured in an LED lamp just like gels. Gelish can stay on the nails for up to three weeks with no chipping or peeling and soak completely off in only 15 minutes.

Price: £19.00 (30 minutes)

Shellac

A long lasting manicure. Shellac is the breakthrough patent-pending UV3 technology that combines the ease of polish with the permanence of gels. A true innovation in chip-free, superior extended-wear colour.

Price: £18.00 (30 minutes)

Nail Art

Perfect Harmony has an extensive range of nail art designs for you to choose from, including beautiful freehand designs, 3D acrylic creations, gems and transfers. Please book for extra time if you would like nail art.

Price: Contact us for latest prices

For all Perfect Harmony Nail Systems

Soak off and tidy £8.00

Soak off with reapplication £5.00

Single new nail £3.00

Single nail repair £3.00

Beauty Packages

Mini Everything

Mini facial, mini back massage, mini manicure and mini pedicure - an excellent beauty taster.

Price: £40.00 (90 minutes)

Holiday Special

Get Fresh luxury pedicure, half leg wax, underarm wax and bikini line wax and eyebrow shape

Price: £52.00 (105 minutes)

Escape

Sian Thai Facial, back massage, manicure and Get Fresh pedicure

Price: £70.00 (165 minutes)

Bridal Glory

Practice make-up and make-up on the day. Gelish / Shellac on fingers and toes, eyebrow shape.

Price: £78.00

Bridal Bouquet

Nail extensions and nail art. Mini pedicure and shellac on toes.

Price £60.00

Men's Treat

Back, neck and shoulder massage, facial, nail tidy and feet fixer.

Price: £48.00 (120 hours)

Seasonal Special Offers

3-4-£42

Three mini-treatments for only £42

Indian head massage	Back massage
Eyebrow & lash tint	Facial
Facial lifting	File and polish (fingers and toes)
Shellac or Gelish	Pedicure
Manicure	Mini back massage & Facial
St Tropez tan	Bikini line and under arm wax
Half leg wax	Eyebrow and lip wax

(patch test required 48 hours prior to any tinting)

Pay only £42 and choose 3 of the treatments above.
You may have them all together or in single visits.

4-4-£27

Four treatments for only £27

Eyebrow shape	15 minute scalp massage
Eyebrow tint	15 minute back massage
Eyelash tint	15 minute facial
Bikini wax	File and polish (fingers or toes)
Under arm wax	Upper lip or chin wax

(patch test required 48 hours prior to any tinting)

Pay only £27 and choose 4 of the treatments above.
You may have them all together or in single visits.

3-4-£42 and 4-4-£27 Offers valid during October – March (excluding December)