

HANDS & FEET

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|--|-------|
| Cut & Tidy | 13.00 |
| Cut, File & Polish | 18.50 |
| Manicure | 26.50 |
| Deluxe Manicure | 36.50 |
| Includes exfoliation, mask heated mitts. | |

Add Heated Mitts to any treatments. 5.00

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| Shellac Manicure | 36.50 |
| Shellac Apply & Tidy | 27.50 |

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| Cut & Tidy Toes | 13.00 |
| Cut, File & Polish Toes | 21.00 |
| Pedicure | 35.00 |
| Deluxe Pedicure | 44.00 |
| Includes exfoliation, mask, heated mitts and scalp massage. | |

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| Shellac Pedicure | 47.00 |
| Shellac Remove, Tidy & Apply | 37.00 |
| Includes application of foot lotion. | |

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| Shellac Removal without treatment | 11.00 |
| Shellac Removal with treatment. | 6.00 |

IBX SYSTEM

An intense treatment to improve the nail plate. From ridges, white spots and strengthening.

As a stand alone treatment an add on to Shellac or standard manicures.

- Individual Treatment 8.00
- Course of 4 30.00

TANNING

St Tropez tanning system, natural and long lasting.

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| Full Body Spray Tan | 26.00 |
| Full Body The Original Method | 48.00 |
| Includes body exfoliation, shower, application and remnant tan to take home. | |
| Application Only | 30.00 |

MAKE UP - JANE IREDALE COSMETICS

"Beauty with benefits" mineral make up. Water resistant, UVA/ UVB protection, complete cover, anti-inflammatory, non comedogenic and not tested on animals

- Express Day Make Up 3/4 hr. 32.00
- Special Occasion Make up 1 hr. 42.00
- Bridal Trial & Day Make up 110.00
- We can come to you on "The Day" 80.00

HAIR REMOVAL

| | |
|-----------------------|-------|
| 1/2 Leg | 20.00 |
| 3/4 Leg | 23.00 |
| Full Leg | 29.00 |
| Full Leg & pant line. | 32.00 |
| Full Leg & Bikini | 38.00 |
| Upper Leg | 24.00 |
| Bikini | 18.00 |
| Brazilian | 26.00 |
| Hollywood | 32.00 |
| Under Arm | 11.00 |
| Back or Chest | 25.00 |
| Forearm | 15.00 |
| Lip or Chin | 6.50 |
| Brow | 11.50 |
| Lip & Chin | 13.50 |
| Lip, Chin & Brow | 23.50 |

EYES

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|-------------|-------|
| Lash Tint | 20.00 |
| Brow Tint | 11.50 |
| Lash & Brow | 30.00 |
| Lash Lift | 57.00 |

Can make the shortest lashes appear longer and opens up the eye area, giving you a new "fresh look". A lash tint is also done to complete the look. Includes complementary hand massage.

While you are there why not enjoy.....

- File & Polish on hands or feet. 5.00
- Shoulder & Scalp Massage 5.00
- Foot Massage 5.00

Opening Times

Monday : Closed. Tuesday : 10 - 7.30pm
Wednesday : 10 - 5pm. Thursday : 10 -7.30
Friday : 9 - 6pm. Saturday : 9 - 2.30pm

Terms & Conditions

Cancellation : 24hrs notice required.

Non Arrival. : 100% charge of treatment.

Gift Vouchers : Valid for 6 months.

Prices : can change without notice.

Full T & C on our website.



Beauty Health Relaxation Pamper

The Retreat

76 High Street, Milford On Sea,
Hampshire, SO41 0QD.

Tel : 01590 645151

www.retreat-milford.co.uk

BODY

| | | |
|-------------------------------------|-----------|-------|
| Head & Shoulders | 20 mins. | 26.00 |
| Indian Head. | 30mins. | 33.00 |
| Legs & Feet. | 30mins. | 33.00 |
| Back & Shoulder. | 30mins. | 33.00 |
| Back, Shoulder & Scalp . | 45 mins. | 44.00 |
| Full Body & Scalp. | 1 1/4 hr. | 58.00 |
| Full Body, Face & Scalp. | 1 1/2hr. | 64.00 |
| Mother To Be Treatment. | 1 3/4hr. | 69.00 |

Mini facial, mini pedicure and back massage.

HOT STONES, THAI POULTICE & REFLEXOLOGY

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| Luxury Back Treatment. | 1hr. | 52.00 |
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A facial for the back that includes exfoliation, massage and mask with a lower leg massage.

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| With Hot Stones | 1 1/2hr. | 60.00 |
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| Hot Stone Back Massage. | 1hr. | 54.00 |
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| Hot Stone Full Body Massage. | 1 1/2 hr. | 70.00 |
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| Thai Poultice Back Massage. | 1 3/4 hr. | 51.00 |
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| Poultice Full Body Massage. | 1 1/2hr. | 73.00 |
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| Reflexology. | 1hr. | 43.00 |
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| Reflexology & Spa Pedicure. | 1 1/2 hr. | 60.00 |
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FACE & BODY

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| Brightening Back Face & Scalp. | 1 1/2 hr. | 74.00 |
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Hot mitt foot cleanse, back exfoliation and massage with a brightening Vitamin C facial and scalp massage.

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| Sugar Oil Scrub. Scrub Only. | 1/2 hr. | 27.00 |
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| Scrub & Nourish. | 3/4hr. | 36.00 |
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Perfect for post-winter and pre-holiday skins. Leaves the skin silky soft and smooth. Includes a shower.

FACE

Our chosen skincare brands **GUINOT & ENVIRON** offer advanced and extensive treatments and home care that give optimum results. Hero ingredients Vitamin A, C & E work alongside AHAs, Retinol and Hyaluronic Acid to help fight the signs of premature ageing photo damage, some scarring and sensitive/ reactive skin types.

HYDRADERMIE 1 1/4 HR. 56.00

An affective treatment using mild electrotherapy to deep clean and regenerate skin cells and high frequency to oxygenate. If you require extraction, then this is the facial for you.

HYDRA PLUS. 1 1/2HR. 67.00

A three in one facial with particular attention to eyes and neck with gels and serums. Beginning with a serenity massage and concluded with a beautifully relaxing scalp massage.

AGE SUMMUM & HANDS. 1hr 70.00

A four phase treatment using active components, dermabrasion exfoliating cream, pure vitamin c, hyaluronic acid and pro collagen. The back of the hands are included as they deserve some anti ageing attention as well !

LIFTOSOME THERMOMASK 1hr. 54.00

A hands on treatment using pure vitamin C and specific massage with a thermolift mask to increase absorption . Excellent post holiday treatment if your skin has been exposed to skin ageing UV rays.

HYDRALIFT & LIFTOSOME MASK. 1 1/2 hr. 75.00

Includes the Hydradermie, Non surgical lifting and the anti ageing Liftosome Vitamin C thermolift mask.

BEAUTE NEUVE. 1hr. 52.00

A unique double peeling system using natural exfoliating properties of Glycolic Acid, AHAs with pure Vitamin C to gently peel away dead skin cells. Improves sun damage, fine lines and some scarring.

EXPRESS FACIAL. 1/2 hr. 30.00

Time is a premium. A perfect quick 'pick me up' for a brighter complexion.

GALVANIC FACIAL. 1 1/4hr. 57.00 (with Roll CIT 67.00)

Using ENVIRON vitamin A and C and anti oxidants. Can help lighten pigmentation, soften fine lines. Very good at helping sensitive reactive and acne rosacea skin types. If you are using ENVIIRON as your home care, more active ingredients can be used within this facial, this will be discussed in your consultation.

COURSES

10% OFF When you book in for 3 of the same treatments.

6th FREE When you book in for 5 of the same treatments.

APPRENTICE

Please ask at reception for apprentice treatment prices .

OFFERS

We have regular monthly offers. These can be viewed on our website on the **Offer** page where you can subscribe to our news letters. www.retreat-milford.co.uk



JAYDES PRICE LIST

HANDS

| | |
|-----------------------|-------|
| Cut/File/ Polish. | 11.00 |
| Manicure. | 20.00 |
| Deluxe Manicure. | 27.00 |
| Shellac Manicure. | 31.00 |
| Shellac Apply & Tidy. | 25.00 |

FEET

| | |
|-----------------------|-------|
| Cut/File/Polish | 12.00 |
| Pedicure | 26.00 |
| Deluxe Pedicure | 31.00 |
| Shellac Pedicure | 39.00 |
| Shellac Apply & Tidy. | 29.00 |

Shellac removal on its own 10.00

Shellac removal with another treatment 5.00

Heated Mitts can be added to most treatments 5.00

WAXING.

| | |
|-------------------------|-------|
| 1/2 Leg. | 12.00 |
| 3/4 Leg. | 15.00 |
| Full Leg. | 19.00 |
| Full Leg & Pant Line. | 23.00 |
| Full Leg & Bikini Line. | 28.00 |
| Upper Leg. | 15.00 |
| Bikini. | 10.00 |
| Under Arm. | 7.00 |
| Forearm. | 9.00 |
| Back Wax. | 19.00 |
| Brow. | 8.00 |
| Lip or Chin. | 5.00 |
| Lip & Chin. | 9.00 |
| Lip/Chin & Brow. | 15.00 |

TINTING

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|--------------|-------|
| Lash Tint. | 12.00 |
| Brow Tint. | 7.00 |
| Lash & Brow. | 17.00 |

FACIALS

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|---|---------|-------|
| Express Facial. | 3/4 hr. | 24.00 |
| Skin consultation & advise. Double cleanse enzyme exfoliation, massage & mask. | | |

Tel : 01590 645151