



We are a small, friendly salon and our aim is to provide a relaxing environment with quality products and unique treatments, matched with a personal and friendly service.

We pride ourselves in using the highest quality products and the latest up to date treatments. Our main brand Elemis, brings you premium products combined with the highest quality therapy, they have been created to respect the body's complex physiology and work in synergy with the skin, body and mind. Our carefully selected products include Caudalie, OPI, CND Shellac, Neom Organics, LVL lashes and HD Brows.

Booking in advance is advisable to ensure availability. 24 hours notice of cancellation is appreciated and for some treatments a deposit is required.

Gift vouchers make a thoughtful gift and can be designed to suit your needs, for a particular value or any treatment. A wide selection of retail products are available. We offer a mail order service for all our vouchers and products.

Please contact us with any queries or for more information and we will be happy to answer any questions.

or bliss

ELEMIS FACIAL THERAPIES

The hands of a highly trained Elemis therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

ANTI-AGING

Elemis Pro-Collagen Age Defy

30mins £36 | 1hr £56

Elemis Dynamic Resurfacing Precision Peel 30mins £36 | 1hr £56

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charges padina pavonica and red coral.

Targeted massage encourages optimum cellular function for nourished, younger looking skin.

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

Elemis Pro-Definition Lift and Contour 30mins £36 | 1hr £56

Elemis Superfood Pro-Radiance 30mins £36 | 1hr £56

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra cellular matrix. Creates a profoundly sculpted, youthful effect.

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated vitamin c acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour corrected and illuminated complexion.

SKIN SOLUTIONS

Elemis Peptide 24/7 Skin Sync

30mins £36 | 1hr £56

Elemis Anti-Blemish Mattify and Calm

30mins £36 | 1hr £56

Specifically designed to target tired looking skin, to restore radiance and replenish your skins wellness. Powerful botanical formulations, exclusive to Elemis, are combined with specialist massage techniques to replenish skin with a well-rested glow.

Elemis Sensitive Skin Soother

30mins £36 | 1hr £56

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated vitamin c acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour corrected and illuminated complexion.

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore mirco-circulation. A deeply detoxifying treatment for clear, bright skin.

PAY FOR A COURSE OF FIVE FACIAL TREATMENTS & GET THE SIXTH FREE!

30MINS TREATMENTS £180 | 1HR TREATMENTS £275

MASSAGE THERAPIES

Eden Body Massage	Ihr £40	Elemis Freestyle Deep Tissue Massage 30mins £26	Ihr £40
A massage tailored to suit your needs from deep pressure to I relaxing movements on the areas you need concentrated on n		Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The following massage works deeper into the tension	
Eden Back Neck and Shoulder Massage	£26	encouraging optimum circulation.	
Elemis Aromatherapy Body Massage	£45	Eden Hot Stone Body Massage	Ihr £45
From the soles of your feet to the crown of your head, pure aromatherapy oils prescribed to your needs are massage over	2.2	Tailored body massage using hot stones to heat up your muscle and to induce relaxation.	S
the body to deeply relax your body and mind.		Eden Hot Stone Back Massage	£30
Elemis Aromatherapy Back Massage	£26		

Elemis Hot Mineral Body Boost

balancing and energising wellness.

Elemis Face & Body Sensation

youthful radiance.

A powerful treatment to stimulate every cell in the body, helping

alleviate muscular pain and remove toxins. This is a revolutionary,

Pure body indulgence with exceptional anti-ageing facial results!

A unique Elemis hot stone back massage to alleviate stress and ease

muscles with an intensive anti-ageing booster facial that will restore

minerally-charged experience of skin conditioning, metabolic

This is an indulgent and truly pampering relaxation treatment using the natural benefits of heated shells. Relieve your deepest aches and pains, stress and tension with this revolutionary and unique full body massage, restoring balance to body and mind.

Hot Lava Shells Back Massage

Hot Lava Shells Body Massage

For an intensive back treatment this deep tissue massage uses heated lava shells to release tension and leave you feeling instantly stress free.



CAUDALIE TREATMENTS

Our exclusive Caudalie treatments are designed to indulge skin while providing visible results thanks to products renowned worldwide for their exceptional anti - oxidant properties.

Premier Cru Facial

Ultimate Anti-Ageing

This facial is a blend of our most effective anti-ageing ingredients and treats all signs of ageing. Thanks to an innovative massage technique, serum application with dermal roller, followed by an exclusive hydrogel mask enriched with Resveratrol, the skin feels denser, smoother and firmer. Wrinkles and fine lines fade visibly. Your complexion looks younger and radiant.

Resveratrol Lift Facial

Firming, Lifting and Anti-Wrinkle

Specially created for skin that lacks firmness, contour & vitality. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The application of a warming mask enhances the lifting effect of Caudalie's Resveratrol Lift products. The toning and lifting effects are immediate, your face is as if re-sculpted, and radiant with youth.

£56 Vinoperfect Radiance Facial

Radiance, Complexion Correcting/Anti Dark Spot

A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin. Specifically created for tired, dull & uneven skin types, this is a must have facial treatment. Exceptional massage techniques with essential oils and small hot and cold basalt stones, awaken the luminosity of the complexion, inducing a feeling of wellbeing, leaving you looking radiant, even and luminous.

Vine [Activ] Detox Facial

Anti-Wrinkle, Deep Cleansing and Protecting

A deeply energizing vitamin cocktail. The facial hydrates, renews, energizes & protects the skin cells in the epidermis. Combined with regenerating aromatherapy massage using essential oils, an anti-oxidant mask follows, highly concentrated in pink clays, grape marc and coffee, it deeply cleanses the skin while draining toxins. This facial reduces the visual appearance of fine lines & wrinkles, smooths and protects the This is a perfect facial for those wishing to maintain and protect their skins from the environment and free radical damage.

Vinosource Hydrating & Nourishing Facial

Hydrate and Soothe

A skin renewing treatment to deeply moisturise the skin. This treatment starts with a gentle cleansing of the skin. A massage with fresh grapes followed by a recovery essential oil massage soothes dryness. The application of an intensely moisturising mask, and our Vinosource products restore moisture levels for a healthy, glowing appearance.

Express D-Vine Facial

Specially designed if time is short, yet still want results. This express treatment is tailor made to meet the need of every skin type. This facial includes: eye and skin cleansing, deep exfoliation, the application of a customized mask, and a hand massage completes this moment of well-being. This experience is completed with serums and moisturisers to meet your individual requirements.





NEOM BODY TREATMENTS

Neom Wellbeing Treatments have been created by 11 wellbeing experts to provide true therapeutic benefits. Each treatment begins with a beautifully fragranced room, a peaceful guided meditation, reflexology and breathing techniques.

NEOM Sleep Treatment

60mins £50 | 90mins £65

NEOM Happiness Treatment 60mins £50 | 90mins £65

Throughout this sleep inducing treatment, we drizzle the Neom Intensive Skin Treatment Candle oil over the skin, and massage ever y inch of the body, including key stress relieving points on the head, face, neck and back. We harness the very best massage techniques of shiatsu, cranio, Thai and trigger point work. Prepare to be lost in a blissful state,

ready for a deep night's sleep.

NEOM De-Stress Treatment

60mins £50 | 90mins £65

Throughout this de-stressing treatment, we drizzle the Neom Intensive Skin Treatment Candle oil over the skin, and provide specialist massage to key stress relieving points of head, face, neck and back. We harness the very best massage techniques of shiatsu, cranio, Thai and trigger point work. This treatment allows tension to drift away and for a calm new you to be uncovered.

By applying purposeful techniques of shiatsu, cranio, Thai massage and trigger point touch to the back, shoulder, face and scalp we work to decrease stress levels and release endorphins, leaving you feeling relaxed and happier. This purposeful combination of thoughtful touches will lift your spirits and leave you feeling like the best version of you.

Neom Express Happiness Signature Back Massage £32 Neom Express De-stress Signature Back Massage £32

Neom Express Sleep Signature Back Massage £32

MOTHER-TO-BE

At this special time you deserve a treat. Many of our treatments at Eden are completely safe during pregnancy and some after the 1st trimester, please ask for more details.

Elemis Peaceful Pregnancy Massage

60mins £45

Massage for each stage of pregnancy

Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning is used to ensure the ultimate in comfort and relaxation. Relieves tension in the upper back and alleviates swelling in the hands and feet. This treatment includes a light facial to cleanse and moisturise with a gentle scalp massage.

CAUDALIE Expectant Mother Massage*

60mins £45

This gentle and enveloping massage with Divine oil soothes tension brought on by pregnancy, stimulates blood circulation and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be. *After the first trimester.

Eden Pregnancy Treat

90mins £55

Starting with a luxury pedicure, including soaking and a relaxing foot and leg massage to relieve your tired feet. This is then followed by an Elemis 30 minute facial to suit your skin needs including a relaxing scalp massage.

Elemis Japanese Camellia Oil

£40

This is the finest grade oil for Aromatherapy. For many centuries Camellia Oil from Japan has been used for the care of nails, hair, scalp and combination skin. Used in the Elemis Nurturing Mother-To-Be pregnancy massage, this light oil is easily absorbed and rich in plant collagen to keep the skin moisturised and supple, helping to prevent stretch marks. This is a great 'at home' product to use daily during pregnancy.

SHRINKING VIOLET BODY WRAPS

Shrinking Violet Body Wrap - an inch loss wrap that works with lipolysis, which actually removes fat from your fat cells.

It is a relaxing treatment which involves you being measured, exfoliated and wrapped in the product, then cocooned on a heated bed for I hour to allow treatment to work, whilst you have a lovely relaxing scalp massage. You can have other treatments e.g. facials, eye treatments, mini pedicures etc while the wrap works its magic. After the hour we unwrap you and take your measurements again. You will still keep loosing over the next 3 days. Recommended as a course of 3 or 6 every week to achieve maximum results.

One Treatment

Thr 45mins £50

Includes a complimentary scalp massage.

Course of Three Treatments

£150

Includes a complimentary Elemis Taster Facial with first treatment.

20% discount

off any Elemis Facial taken at same time as wrap

20% discount

off a HD Brow Treatment or any other Eye or Lash Treatment taken at the same time as wrap

HOLISTIC THERAPIES

Reflexology

£32

A technique that stimulates pressure points on the feet to rebalance body's energy system, promotes calmness, relaxes the body and mind, reduces muscle tension and relieves fatigue. It has been shown to be effective for a wide range of conditions including: - hormonal imbalance, menopause, back pain, migraines, headaches, digestive problems, circulatory problems, stress related disorders and arthritis.

Indian Head Massage

£32

Designed to alleviate stress, this massage concentrates on the scalp and manipulates soft tissues in the shoulders and the neck, along with stimulating facial pressure points. Perfect for a stress-free body.

Hopi Ear Candles

£35

A natural and relaxing therapy used traditionally by the Hopi Indians. This treatment is completely painless and helps to rebalance the ear by drawing out impurities. It is a relaxing, soothing and natural alternative to syringing. This treatment is excellent for anyone who suffers from sinusitis, headaches, migraines, head colds, glue ear, hay fever or excessive earwax. Treatment includes a mini facial and relaxing lymphatic drainage facial massage.





MENS TREATMENTS

Men's Total Time Out Achieve the ultimate goal for complete skin, body and lifestyle management. Select either an Anti-Ageing or a deep cleansing facial combined with a de-stressing Scalp Massage and combine it with the Elemis Deep Tissue Back Massage. Total Time Outl	£70
Eden Back, Neck and Shoulder Massage A Massage tailored to suit your needs from deep pressure to light relaxing movements on the areas you need concentrated on most.	£26
Eden Hot Stone Back, Neck and Shoulder Massage	£30
Elemis Deep Tissue Back Massage Specifically targeting the back, shoulders and neck areas, this power massage will help to relieve tension, stress and aching muscles.	£26 ful
Back Wax	£18
Eyebrow Tidy	£9

HAIR REMOVAL

TRADITIONAL WARM WAXING

Lower Leg	£14	Hollywood Wax (complete removal)	£3
Upper Leg	£14	Brazilian Wax (landing strip, complete underneath removal)	£3
Full Leg	£22	Brazilian Wax (landing strip)	£2
Underarm	£9	Bikini Line (tidy)	£I
Bikini Line	£12	Underarm Wax	£I
Underarm and Bikini Line	£18	Top Lip or Chin Wax	£I
Eyebrows	£9		
Lip or Chin	£8	THREADING	
Lip & Chin	£14		
Forearm	£14	Eyebrows	£I
Full Leg & Bikini	£30	Lip or Chin	£
Full Leg, Bikini & Underarms	£35	Lip & Chin	£I
Half Leg, Bikini & Underarms	£28	Face, Lip & Chin	£I

HOT WAX

LASH & BROW TREATMENTS

£9	LVL Lash Treatment*	£46	
£9	Revolutionary new lash treatment to add length, volume and		
£13	, , , , , , , , , , , , , , , , , , ,		
£16			
£24			
£18	professional application of a single synthetic lash being applied	plied to your	
£27	great for regular daily wear as well as special occasions. We have	ve a wide	
unique seven-step brow shaping treatment, you can have the Itimate in well-groomed high definition eyebrows. Whether yours re overgrown or over plucked, HD Brows will sculpt your brows		range of sizes we can create a look from completely natural to very glamorous. With regular maintenance these will last for months.	
	Replacement Set	£68	
£36	Recommended every 4 months to regular customers to ensure that they look perfect.		
Brow Lamination to include HD Brows treatment. Whether you dream		£29	
of achieving that full, fluffy eyebrow look, want to create symmetry in uneven brows or tame unruly hairs, our brow lamination treatment is			
	Classic Lash Mini Maintenance	£18	
	Russian Lash Maintenance	£32	
	Recommended every 2-3 weeks to maintain lashes.		
	Russian Lash Mini Maintenance	£20	
	Lash Removal	£I	
	For safe removal of lashes with no damage to natural lash.		
	£9 £13 £16 £24 £18 £27	Revolutionary new lash treatment to add length, volume and lift to your own natural lashes. A great alternative to lash extensions, lasting up to 6 weeks. Classic or Russian Eyelash Extensions* From Transform your lashes into longer, fuller, thicker ones through to professional application of a single synthetic lash being applied own natural lashes. They look and feel completely natural making great for regular daily wear as well as special occasions. We have range of sizes we can create a look from completely natural to glamorous. With regular maintenance these will last for month to Replacement Set Recommended every 4 months to regular customers to ensure that they look perfect. Classic Lash Maintenance Recommended every 2-3 weeks to maintain lashes. Classic Lash Mini Maintenance Recommended every 2-3 weeks to maintain lashes. Russian Lash Mini Maintenance Lash Removal	

HANDS & FEET

Mini Manicure Shellac £14 £22 to include file, cuticle tidy, buff and polish. Long lasting, no dry time, 14 day wear, mirror like finish, can be worn on hands or feet, glitter included in price. Add nail art From 50p Luxury Manicure to include soak, scrub, file, cuticle treatment. Shellac Removal £5 nourishing mask with heated mitts, massage and polish. or free with another nail service. Luxury Manicure with Shellac £34 Shellac Removal and Mini Manicure

£14



Elemis Sole Delight Foot Treatment £30

Luxury Elemis Pedicure includes a relaxing scalp massage, leaving you walking on cloud nine!

Pedicures, please bring open toe shoes.

to include file, cuticle tidy, buff and polish.

Mini Pedicure



NAIL ENHANCEMENTS

A-LIFT FACIAL TREATMENT

Revolutionary facial treatment proven to fight the signs of ageing. A-Lift is a new age reversal treatment that uses unique nano-current technology to re-energize the skins cells. Effects of ageing can be reversed in this non-invasive, pain free treatment

The treatment is proven to improve the skins structure resulting in a dramatic reduction in lines and wrinkles, firmer facial muscles, and healthier more youthful looking skin. Some benefits are:

- Collagen and Elastin production are increased
- Increased Lymphatic drainage (reduces toxins)
- Lines and wrinkles are reduced as skin plumps out
- Circulation is increased for a healthier appearance
- Dark circles and puffy eyes are improved
- Muscles are re-educated and toned, lifting the face and neck
- New cells mimic those before them, taking on their energized characteristics
- Boosts cell's energy levels (ATP) up to 500%

We use Elemis in all our A-Lift facials and a course of 10 treatments is recommended, ideally 1-2 per week until the course is complete.

Each treatment achieves natural, subtle improvements with results building over time. Skin looks fresher, brighter, healthier and more youthful.

To maintain treatment course results we recommend I treatment every 4-6 weeks.

Express A-Lift

This is a great way to enjoy the benefits of a regular A-Lift facial but without having to consume too much time. This treatment will give you facial toning, skin hydration, smoother, more radiant skin, improved application of make up and the famous A-Lift glow. Great way to try out the treatment and get skin fit on a cellular level, great for all ages to maintain a youthful look.

30mins £30

A-Lift 60mins £50

This treatment is the signature A-Lift facial giving you amazing results. Recommended as part of a course but you can also have this as individual treatments too. The more treatments you have and the more frequent you have them determines the end results, but you won't be disappointed. This treatment will give you Intensive lifting and firming for face and neck, Reduce the appearance of eye bags, lines and wrinkles and delay the signs of ageing. This facial again will be bespoke, focusing on the areas of your concern.

PACKAGES

Teen Treatments | Ages 13-19 Mini Manicure

Mini Pedicure
Eyebrow Shape

Holiday Package

LVL Lashes

Shellac Hands and Toes
Eyebrow Tint and Shape

Eden Pregnancy Treat

Luxury Pedicure

Elemis Power Booster Facial with relaxing scalp massage

Eden Indulgence

Elemis Aromatherapy Back Massage

Elemis Taster Facial

Relaxing Scalp and Foot Massage

Pure Indulgence

£100

£55

Elemis Advanced Anti Ageing Facial

Elemis Aromatherapy Full Body Massage

Elemis Sole Delight Pedicure

55 Elemis Couture Touch

Ihr £55 | 2hr £85

Combine any 30 minute or 1 hour facial with your personalised Deep Tissue Massage or Hot Stone Massage





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