

The Beauty Rooms

AT THE NIBBLERS



01446 736318

www.TheBeautyRoomsBarry.co.uk



WELCOME TO THE BEAUTY ROOMS

A FAMILY-RUN BUSINESS IN THE HEART OF THE VALE

The Beauty Rooms, established for over thirteen years would like to welcome you to your own personal retreat where you can enjoy both our Elyision Pro Laser Hair Removal, Medical Grade AlumierMD Skin Peels, Boosters & Facials, Elemis Advanced Anti-Ageing Pro Glow Facials, Volume & Nouveau LVL Lashes, The Gel Bottle Inc BIAB & CND Shellac Nails, Dermaplaning, Microblading Eyebrow Embroidery and Luxurious Face & Body Therapies to help balance the mind, body, and soul.

Whatever the occasion our staff will always strive to offer you a high level of customer service, a personable professional experience leaving you feeling relaxed and restored from the moment you walk through the door.

**WE WELCOME YOU WHATEVER THE OCCASION,
CARYS AND THE TEAM X**

Treat yourself

HANDS & FEET

OPI EXPRESS MANICURE.....£23

A perfect quick treat for your hands! Includes shaping of the nails, cuticle work, hand soak combined with a massage.

OPI LUXURY MANICURE.....£33

The ultimate in pampering! Replenish and revitalise your hands with a luxurious manicure. This treatment is designed to restore elasticity, plump and smooth dry skin. Includes cuticle work, exfoliating scrub and a luxury mask is applied to deeply nourish your hands. A deeply relaxing hands and arm massage to help relieve stress and tension.

OPI EXPRESS PEDICURE.....£23

Don't forget your flipflops! A quick treatment that includes a foot soak, exfoliation, cuticle care and foot massage.

OPI LUXURY PEDICURE.....£33

The Full works for your hard-working feet! This treatment will renew and restore feet to silky smoothness. It includes a soak, cuticle work, exfoliation, mask and a relaxing foot and leg massage. The perfect way to restore moisture, refresh and energise those tired feet.

OPI PROSPA UPGRADES

add

Gel Bottle.....£10

Shellac Colour.....£10

French.....£15

Nail Art.....£15

Gel Soak Off.....£10

(not including extensions)

OPI SIMPLE FILE & POLISH

Clear/Colour.....£20

French.....£25

SIMPLE NAIL CUT

Hands or Feet.....£8.50

Both Hands & Feet.....£15



HANDS & FEET

CND SHELLAC & THE GEL BOTTLE INC NAILS

Say goodbye to chipped, scratched, dull nails! Protects the nail and helps grow with these long lasting gel varnishes. Finishing results give tremendous shine, depth of colour and touch dry nails. Shellac/Gel includes file shaping, cuticle care, moisture and protection.

SHELLAC OR GEL BOTTLE

Colour.....	£31	Removal & OPI Manicure	
French.....	£38	No Varnish.....	£20
Nail Art.....	£40	Colour OPI.....	£22.50
		French.....	£28.50
<i>Soak off and Replace</i>			
Colour.....	£36	Nail Art.....	£45
French.....	£41		

THE GEL BOTTLE BIAB NAILS

This range of soak-off builder gels are true multi-taskers - ideal for sculpting strong overlays and as a strengthening barrier for natural nails. *A maximum of two infills is recommended before a soak off of BIAB and replace new, to maintain good health in the nails.*

BIAB Gel.....	£32	add	
BIAB Infills.....	£37	Gel Bottle / Shellac Colour.....	£10
BIAB Soak off & Replace.....	£40	French / Nail Art.....	£12
<i>(replace with new BIAB)</i>			

THE GEL BOTTLE BIAB EXTENSIONS

BIAB Extension.....	£44	add	
Replacement Nail.....	£4.50	Gel Bottle / Shellac Colour.....	£10
		French / Nail Art.....	£12

ACRYLIC REMOVAL / BIAB EXTENSION REMOVAL

OPI Mani, Cuticles		with	
& OPI Colour.....	£30	BIAB/Gel/Shellac.....	£45

CALLUS PEEL

This treatment targets the hard, callused skin on your feet with skin softening patches, followed by a scrape and buff leaving feet feeling and looking instantly smooth. Amazing results always!

Callus Peel.....	£30	Inc. OPI French.....	£42
Inc. OPI Colour.....	£36	Inc. Shellac/Gel.....	£45
		Inc. Shellac/Gel French.....	£48.50

HAIR REMOVAL

Waxing removes hair from the root. It can take anywhere between 3-8 weeks for regrowth depending on the individual. This means your hair free smooth skin lasts longer. Our waxing is carried out using our hygienic Tea Tree Clean & Easy Roller System.

THE FULL BODY WAXING PACKAGE.....£44

Full leg, underarm, eyebrows and either bikini line or lip & chin.

Full Leg.....	£28.50	Full Arm & Underarm.....	£30.50
½ Leg (Lower or Upper).....	£20	Forearm & Underarm.....	£26.50
Buttocks.....	£15	Underarm.....	£15
Full Arm.....	£22	Eyebrows.....	£12.50
Forearms.....	£19.50	Lip, Chin or Sides of Face....	£10.50

(each)

THREADING

An effective way to shape eyebrows and remove unwanted hair.

Eyebrow Shape/Reshape.....	£13.50	Lip, Chin & Neck.....	£19.50
Eyebrow Thread & Tint.....	£19.50	All of the Face & Brows.....	£30

(Not Including a Tint)

LADIES INTIMATE WAXING

Using our hygienic hot wax spatula system – A nicer hair removal experience!

Bikini & Knicker Line.....	£19.50	Hollywood.....	£36.50
Brazilian.....	£33	Tops of legs & Buttocks.....	£22.50

(Starts above knee)

PRE-TREATMENT AND CLIENT CARE

Hygiene Information

Hygiene factor guarantees a no 'double-dip policy'. The quality of our wax and post-treatment care products will ensure that you get an excellent treatment everytime.

Client Care

It is our policy not to carry out waxing treatments during client pregnancy, excluding facial waxing. Many women experience changes in hair texture and growth during pregnancy due to increased blood flow to the skin. Swelling, increased sensitivity and skin irritation can make waxing more harmful than beneficial in some cases. Intimate waxing over 18's only.



ELYSION PRO HIGH POWER DIODE LASER HAIR REMOVAL

We are now providing the most advanced laser treatment using the ElySION Pro Medical Grade Laser Technology.

It offers ultra-fast hair removal leading to incredible results using an integrated patented 'Crystal Freeze' technology to keep the skin surface at a constant five degrees, thereby protecting the skin and ensuring a very comfortable treatment. FDA Approved.



FACE	per treatment	plan of 3 (10% off)	plan of 6 (15% off)
Upper Lip.....	£25	£67.50	£127.50
Chin inc. Jawline.....	£30	£81	£153
Eyebrows (Inbetween).....	£20	£54	£102
Cheeks inc. Sideburns.....	£40	£108	£204
Ears.....	£45	£121.50	£229.50
Beard.....	£60	£162	£306
Neck (Front & Back above shoulders).....	£45	£121.50	£229.50

UPPER BODY	per treatment	plan of 3 (10% off)	plan of 6 (15% off)
Under Arm.....	£39	£105.30	£198.90
Full Back.....	£99	£267.30	£504.90
Shoulders.....	£50	£135	£255
Lower Back.....	£45	£121.50	£229.50
Forearms ½ Arm (Upper or Lower).....	£49	£132.30	£249.90
Full Arm.....	£69	£186.30	£351.90
Hands inc. Fingers.....	£45	£121.50	£229.50
Chest & Abdomen.....	£99	£267.30	£504.90
Areola.....	£25	£67.50	£127.50
Navel Pubis.....	£25	£67.50	£127.50

LOWER BODY	per treatment	plan of 3 (10% off)	plan of 6 (15% off)
Buttocks.....	£60	£162	£306
Bikini & Knicker Line.....	£45	£121.50	£229.50
Brazillian.....	£69	£186.30	£351.90
Hollywood.....	£99	£267.30	£504.90
Hollywood inc. Peri Anal.....	£109	£294.30	£555.90
Peri Anal.....	£25	£67.50	£127.50
½ Leg (Upper or Lower).....	£69	£186.30	£351.90
Full Legs.....	£99	£267.30	£504.90
Feet inc. Toes.....	£45	£121.50	£229.50

PACKAGES

	per treatment	plan of 3 (10% off)	plan of 6 (15% off)
Lip & Chin.....	£45	£121.50	£229.50
Full Face*.....	£100	£270	£510
Underarm, Bikini & Knicker Line.....	£75	£202.50	£382.50
Underarm, ½ Leg.....	£95	£256.50	£484.50
Underarm, ½ Leg, Bikini & Knicker Line.....	£130	£351	£663
Underarm, Full Leg & Hollywood.....	£210	£567	£1,071
Full Legs & Hollywood.....	£180	£486	£918
Full Legs & Underarm.....	£125	£337.50	£637.50
Back, Shoulders, Neck & Tops of Arms.....	£195	£526.50	£994.50
Back, Chest & Abdomen.....	£179	£483.30	£912.90
Women's Full Body inc. Face.....	£600	£1,620	£3,060
Women's Full Body excl. Face.....	£550	£1,485	£2,805
Men's Full Body*.....	£650	£1,755	£3,315

*inc. Beard, excl. Intimate

- Please note a patch test and consultation is required prior to your first treatment at a cost of £10.
- Please see Terms and Conditions, Booking & Cancellation Policy at the end of our booklet.



LASHES & BROWS

If this is your first time having any of the treatments specified below please call to book a patch test 72 hour minimum prior to your appointment.

LASHES

Eyelash Tint.....	£21.50
Eyebrow Tint.....	£12.50
Eyebrow Wax & Tint.....	£19.50
Eyelash Tint, Eyebrow Wax & Tint.....	£35

NOUVEAU LVL LASH LIFT.....£43

Unlike a traditional lash perm, LVL Enhance straightens your natural lashes at the root creating the appearance of longer, thicker lashes. The added lash tint adds a mascara style effect, so your lashes are perfect from the moment you wake up! No extensions, no adhesive and no mascara needed!

NOUVEAU INDIVIDUAL LASHES

One lash applied to each individual lash to create a soft beautiful look designed not to damage your own natural lashes.

Natural, 60% Coverage - 1 hour 30 mins.....	£50
Fluffy, 70-80% Coverage - 2 hours.....	£60
Full, as full as we can go! - 2-3 hours.....	£70
Lash Infills* - Must be booked within 2-3 weeks - 1 hour 30 mins.....	£42.50

RUSSIAN VOLUME LASHES

If your motto is bigger the better then volume is for you! Handmade fans are created by our therapists and applied to each individual lash creating bespoke volume. Using a mix of brands we create beautiful fluffy fans, results depending on clients natural lashes.

Natural, 60% Coverage - 1 hour 30 mins.....	£60
Fluffy, 70-80% Coverage - 2 hours.....	£70
Full, as full as we can go! - 2-3 hours.....	£75
Lash Infills* - Must be booked within 2-3 weeks - 1 hour 30 mins.....	£42.50



*Lash loyalty discount is available in store. Retention must be over 50% for infills and no later than 3 weeks, or there will be an additional charge.

A patch test is required at least 72 hours minimum prior to treatment.

MICROBLADING EYEBROW EMBROIDERY

Our qualified technician can create individual, bespoke and crisp hair designs that will look like natural hair with colour pigments chosen to suit each individual client. Results are immediate and will last between 9-18 months depending on skin type and pigment retention. **2 hr Treatment.**



Full Microblade Session (Inc. 6-8 week follow-up).....	£260
Top Up 6-9 Months.....	£119
Top Up 9-12 Months.....	£139
Top Up 12-18 Months.....	£169
18+ Months (Not Inclusive of follow-up top-up).....	£210

Anything over 18 months will be classed as a full microblade session (£260) and will be inclusive of the 6-8 week follow up. The inclusive top up **MUST** be booked no later than 9 weeks after 1st microblading session or will be chargeable at £109.

BROW LAMINATION

Between microblading, tweezing, tinting and threading, there's a million different ways we can groom our eyebrows (with varying levels of pain) in the quest for the ultimate Instagram-worthy arches!

Brow Lamination will give you your biggest, bushiest, most model-esque eyebrows yet, minus the pain and the commitment. It will delicately and accurately groom brow hairs into a perfect shape and style that stay in place for up to 8 weeks.

1 hr Treatment - £45



HOLISTIC FACE & BODY THERAPIES

HOPI EAR CANDLING.....£34

Including Face & Scalp Massage.....£37.50

This deluxe treatment is used to soothe sore throats, headaches, ear wax congestion, stress and anxiety. The face and scalp massage will help to aid drainage and ease pressure to the scalp. A beautiful holistic treatment.

BALINESE HEAD MASSAGE

A relaxing and effective way to relieve stress, headaches and tension through massaging the soft tissues of the scalp, neck, shoulders and arms.

25 mins.....£30 55 mins.....£36.50

REFLEXOLOGY

A deep foot or hand massage to induce relaxation and detoxification to reduce stress and tension. Traditionally used to aid healing of many ailments.

25 mins.....£30 55 mins.....£39.50

ELEMIS EXOTIC DETOXIFYING BODY SCRUB

A full body exfoliation ritual using warm oils and detoxifying body scrubs. This treatment offers a deep cleanse & removal of dead skin cells. Leaving you feeling invigorated, revitalised and your skin glowing and vibrant.

1 hour.....£43.50

ELEMIS LUXURY ROSE ESSENCE FACIAL

A beautiful rose facial using a selection of Elemis rose products that will include a cleanse, tone, facial massage, exfoliation, mask, neck and décolleté massage.

25 mins.....£32.50 55 mins.....£49.50

10 YEARS YOUNGER FACIAL

This luxurious aromatherapy facial will leave you with a glowing, plumped youthful complexion after stimulating the collagen around the eyes, neck, mouth and jawline.

50 mins.....£39.50



BODY MASSAGE THERAPIES

ELEMIS FREESTYLE SWEDISH DEEP TISSUE

A firm, deep tissue massage using Elemis pre blended oils, to help ease stress, tensions, muscular strains, tightness and soreness in joints.

25 mins	Back, Neck & Shoulder.....	£35
40 mins	Back, Neck & Shoulder with Scalp Massage.....	£42
55 mins	Full Body.....	£49.50
1 hour 15 mins	Full Body, Face & Scalp.....	£57.50

ELEMIS AROMATHERAPY MASSAGE

A deeply relaxing slow massage using warm Elemis pre blended aromatherapy oils to help sooth, relieve stress, aid a deep peaceful sleep.

25 mins	Back, Neck & Shoulder.....	£35
40 mins	Back, Neck & Shoulder with Scalp Massage.....	£42
55 mins	Full Body.....	£49.50
1 hour 15 mins	Full Body, Face & Scalp.....	£57.50

HOT STONE THERAPY

Warm basalt stones are used to melt away tension as therapeutic heat is released into the belly of the muscle for a completely new body experience. Luxuriously warmed oils are massaged in deeply for maximum relaxation.

40 mins.....	£38.50	60 mins.....	£49.50
		75 mins.....	£58.50

SPECIALISED SPORTS MASSAGE

Sports massage promotes flexibility, reduces fatigue, improves endurance, helps prevent injuries and prepares the body and mind for optimal performance. Excellent for sports injuries, painful tension and aches. Includes consultation.

55 min.....	£60
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MENOPAUSAL MASSAGE THERAPIES

Menopause can be a challenging time, with many experiencing unwanted, unpleasant symptoms such as loss of libido, hot flushes, anxiety, mood swings, difficulty sleeping, weight gain and fatigue to name a few.

40 mins.....	£42	55 mins.....	£58
		75 mins.....	£66
1 hour 15 mins	Back, Neck & Shoulder with Foot Reflexology.....	£66	
2 hours	Total Full Body, Face & Scalp, Reflexology.....	£100	



Alumier^{MD}

WELCOMING ALUMIERMDS' CHEMICAL PEELS AND FACIAL MASKS

GET READY FOR YOUR BEST SKIN YET.



ALUMIERMDS' SKIN PEELS & FACIALS

Known for excellent results and safety all of our AlumierMD peels feature only pure acids for effective rejuvenation and transformative results. They can be combined with other in-clinic treatments too.

ALUMIERMDS' SKIN PEELS ARE RECOMMENDED FOR:

Sensitivity, Rosacea, Pigmentation, Acne, Breakouts, Sun Damage, Post Pregnancy Mask, Fine Lines & Wrinkles, Age Spots & Prevention, Uneven Skin tone & Texture, Brightening & Enhancing, Refreshing and Rejuvenation.

THE PRESCRIPTIVE PRE-PEEL FACIAL £67.50

To kick start your peeling journey toward skin health, this treatment will include a cleanse, exfoliation process, facial massage, enhancement mask to condition and boost skin resilience. Finished with a neck & décolleté massage.

THE GLOW PEEL £95

This medical grade three-step treatment effectively rejuvenates at multiple layers with an enhancement mask, peel and booster, resulting in a brighter, smoother and retextured complexion.

THE RADIANCE PEEL £85

A multifunctional peel using lactic acid and/or salicylic acid, this treatment will gently exfoliate dead skin cells for light rejuvenation, targeting multiple skin conditions including acne, rosacea, skin sensitivity and redness. Suitable for all skin types.

THE POWER PEEL PLUS+ £100

This intensive medical grade treatment, using a potent combination peel for resilient skin with peeling experience, effectively rejuvenates at multiple layers with an enhancement mask, multi-layer peel and booster.

This powerful treatment will dramatically retexture and refine your skin's surface, for ultimate skin health.

THE RADIANCE PEEL PLUS+ £95

This two-step protocol will effectively rejuvenate skin for a brighter, smoother and clearer complexion with enhancement peel and/or booster.

ADD DERMAPLANE PRE-TREATMENT £30

Using a sterile surgical scalpel on the surface of the skin we will remove excess dead skin cells and the peach fuzz hairs.

All treatments (excluding those without enzyme retexturing treatment) above receive a post procedure kit, homecare and aftercare advice.

ELEMIS PRO-GLOW FACIALS

BESPOKE SKIN WELLNESS POWERED BY ELEMIS

Single Treatment £60 | Course of 3 £165

PRO-GLOW RENEWAL FACIAL

50 mins

For gorgeous glowing skin

Elemis' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking glow. In one treatment, skin looks visibly refreshed and rebalanced.

PRO-GLOW SMOOTH FACIAL

50 mins

The HIIT workout for your skin

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

PRO-GLOW BRILLIANCE FACIAL

50 mins

Your recipe for radiance

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutant and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Revealing an outdoor-fresh glow, skin is left feeling radiant and healthy.

PRO-GLOW GENIUS FACIAL

75 mins

Your line-fighting superhero facial

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration. Skin will be visibly smoother, resilient and firmer-looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.



DERMAPLANING TREATMENTS

DERMAPLANE FACIAL

Using a sterile surgical scalpel on the surface of the skin we will remove excess dead skin cells and the peach fuzz hairs. This will better allow the absorption of products into the skin making it appear healthy, radiant, smooth. It will increase cell renewal, produce collagen and the skin will appear more hydrated with the reduction of fine lines and wrinkles.



FOR SMOOTH, RADIANT AND HYDRATED
LOOKING SKIN PROMOTING CELL RENEWAL

ELEMIS DERMAPLANE POWER BOOSTER

50 mins | £55

A dermaplane treatment finished with an Elemis taster Pro-Glow Renewal Facial including a neck & décolleté massage.

ALUMIERMD[®] DERMAPLANE

50 mins | £65

Dermaplane treatment that includes a cleanse, retexturing treatment and enhancement mask, along with neck and décolleté massage. This will leave the skin hydrated, plump and radiant for the next 72 hours.

ALUMIERMD[®] DERMAPLANE PLUS+

Time can vary | £130

This intensive three-step treatment includes a dermaplane treatment, Radiance Peel, enhancement mask and/or booster. This powerful treatment will dramatically retexture and refine the surface of your skin for ultimate skin health. It will leave your skin feeling smoother with a brighter, clear complexion.

FACE AESTHETICS

MICRONEEDLING

Single Treatment £99 | Course of 3 £260 | Course of 6 £495

Microneedling is a revolutionary treatment which aims to tighten, lift and rejuvenate skin. Microneedling uses a pen like device that penetrates the skin using fine needles, creating meso channels that stimulate the natural tightening and rejuvenation of the skin. It increases the production of collagen and other healing factors. Skin can also lose collagen by contributing factors such as acne scarring, stretch marks, or scars. Collagen is an essential protein that keeps the skin looking youthful with a firm, smooth, and stretchy texture.

Microneedling is perfect for targeting the following skin concerns:

- Fine line & wrinkles
- Scarring (chicken pox and acne scarring)
- Pigmentation issues & Rosacea
- Stretch marks and loose skin (weight loss or liposuction)



MESOTHERAPY

Single Treatment £60 | Course of 3 £160 | Course of 6 £300

Mesotherapy is a minimally invasive procedure where a series of superfine injections of vitamins, minerals and amino acids cocktails are delivered into the mesodermal layer of the skin. This infusion of savvy ingredients nourishes and rejuvenates the skin while also stimulating the production of collagen and elastin, both essential for skin's natural elasticity.

Mesotherapy can instantly improve dull, tired looking skin and superficial wrinkles but can also help to improve sluggish blood circulation, aiding the body to flush out ageing toxins. This treatment can also be used to address pigmentation problems, treat acne scarring and be used as a natural alternative to other aesthetic treatments such as Botox or fillers.

Skin will become more radiant, hydrated, nourished and firmer with an improved texture. A course of 6-8 sessions are advised every 2-3 weeks with maintenance treatments 2-3 times a year.

ANTI-WRINKLE INJECTIONS & PROFHILO

These treatments can be booked on clinic dates with Alexandra, our dentist and specialty doctor in oral & maxillofacial surgery. An initial consultation and an additional appointment for treatment and further follow-up.



ANTI-WRINKLE INJECTIONS

Anti-wrinkle injections are used to reduce muscle movement and help prevent wrinkles giving a more youthful complexion.

1x area £120 | 2x area £220 | 3x area £250 | Gummy Smile £150

PROFHILO

Profhilo is an injectable skin remodelling treatment containing one of the highest concentrations of Hyaluronic Acid (HA). The treatment targets skin that lacks volume, elasticity, making it perfect for anyone over the age of thirty who is experiencing some skin laxity, crepe-like skin or fine lines and wrinkles. Your skin will look and feel smoother, firmer, more hydrated and radiant.

1x session £220 | 2x sessions* £425 | Course of 3 £600 | 6 month topup £220

*4 weeks apart

B12 INJECTIONS

Helps to improve sleep patterns thus increasing energy levels and concentration. Helping boost your Immune system, improve weight loss and boosting metabolism.

From £35

A deposit is required upon booking, please familiarise yourself with Alexandra's separate booking and cancellation policy.

MOTHER-TO-BE THERAPIES

MOTHER-TO-BE MASSAGE

This unique therapy helps to relieve back tension, swollen hands and feet. It helps ease the mind and lift the spirit. We supply extra pillows and blankets for additional comfort and use warm pregnancy safe oils.



Back, Neck & Shoulder.....£35 Full Body Massage.....£49.50
Shoulder, Neck, Decollette, Face & Scalp.....£42

MOTHER-TO-BE MASSAGE & AROMATHERAPY FACIAL

Why not finish your massage with a professional customised facial to your massage above. A truly relaxing experience for any expectant mother.

55 mins | Back, Neck & Shoulder with Facial.....£58
85 mins | Full Body, Face & Scalp Massage with Facial.....£72

ELEMIS ULTIMATE SPA THERAPIES

Experience the perfect Elemis treatment duo, a sensual massage combined with a prescribed booster anti-ageing facial.

Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind.

You will then be treated to your choice of intensive booster anti-ageing facial listed below, designed to smooth out wrinkles and restore youthful radiance:

- Pro-Glow Renewal
- Pro-Glow Smooth
- Pro-Glow Brilliance

FACE & BODY SPA SENSATION.....£65

55 mins

A Back, Neck and Shoulder Massage followed a power booster Facial.

ABSOLUTE SPA RITUAL.....£99

1 hr 50 min

The ultimate skin and body therapy for maximum results.

A Full Body Massage, followed by a luxury Elemis Power Pro Facial that includes face & scalp massage.

TIME FOR MEN

All of our treatments are available to men but here are the most popular.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

Our most luxurious massage. Minimum time, easing maximum tension and relieving results. Specifically targeting the back, shoulders and neck areas.

25 mins	Back, Neck & Shoulder.....	£35
40 mins	Back, Neck & Shoulder with Scalp Massage.....	£42
55 mins	Full Body.....	£49.50
1 hour 15 mins	Full Body, Face & Scalp.....	£57.50

SPECIALISED SPORTS MASSAGE

Promotes flexibility, reduces fatigue, improves endurance, helps prevent injuries and prepares the body and mind for optimal performance. Excellent for sports injuries, painful tension and aches. Includes consultation.

55 mins.....£60

ALUMIERMD® DERMAPLANE

A treatment which includes a cleanse, retexturing treatment and enhancement mask, neck and décolleté massage. This will leave the skin hydrated, plump and radiant for the next 72 hours.

£65



ALUMIERMD® PRESCRIPTIVE PRE-PEEL FACIAL

To kick start your peeling journey toward skin health, this treatment will include a cleanse, exfoliation process, facial massage, enhancement mask to condition and boost skin resilience. Finished with a neck & décolleté massage.

£67.50

ALUMIERMD® RADIANCE PEEL PLUS+

This two-step protocol will effectively rejuvenate skin for a brighter, smoother and clearer complexion with a peel and enhancement mask or booster.

£95

HAIR REMOVAL & ELYSION PRO HIGH POWER LASER HAIR REMOVAL

We offer both waxing and laser hair removal for men, see our website for details. We do not offer intimate waxing for men

SLIMMING & SPRAY TANS

Feel at your best with our slimming wraps and spray tans!

SHRINKING VIOLET BODY WRAP

It's a treatment that can successfully remove fatty cells from all over problematic areas of the body using a method called Lipolysis.

We offer complimentary facials with every course of three or six purchased, as well as lifestyle and diet advice.

1 Wrap.....	£55
Course of 3 Wraps.....	£150
Course of 6 Wraps.....	£285



Advantages - Lose between 4-8 inches per wrap, instant immediate lasting results. Continues to work up to 72 hours after treatments, best results are seen on day three. It detoxifies and helps break down fatty deposits which keeps it off. Helps kick start clients who have been eating the wrong foods and would like to start a healthier diet and lifestyle. Relaxing, low cost, spa like treatment.



Ideal for clients with -

- Sluggish & Poor circulation
- Cellulite & fluid retention in problematic areas such as; bottom, stomach, hips & thighs
- Clients who suffer with poor circulation, cellulite, smoke or drink alcohol regularly

SIENNA X SPRAY TANNING

Whether you're looking for a natural healthy glow or dark, bronzed, gorgeous skin we have the perfect tanning product for you! With Q-10 **Anti-Ageing** and **Anti-cellulite** formulations it suits all ages and skin types.

Full Body <i>Develop time 12 hours.....</i>	£25
Tonight's the Night <i>Develop time 4-6 hours.....</i>	£27
1 Hour Developing Tan.....	£27



TEEN PACKAGES

Our teen packages are perfect way to get pampered for under 15's.

FOR THE LITTLE ONES (UNDER 10'S).....£10

File and polish using our OPI varnish.

EXPRESS MANICURE OR PEDICURE

Includes a file, buff, cuticle work and a nail varnish or gel to finish.

Colour OPI.....£16.50

French/Nail Art.....£20

CND Shellac/Gel Bottle.....£20

Please note, we do not offer nail extensions for any under 16's.

PARTY HAIR.....£16.50

Choose from Dutch Braids, Hair Curled or Hair Up for that special occasion.

Add extra glitter sparkle - £5

ELEMIS TEEN TASTER FACIAL.....£16.50

25 mins

An essential beauty treat designed to gently deep cleanse, tone and moisturise delicate young skin leaving it fresh and glowing.

HEAVEN SCENT BACK MASSAGE.....£16.50

25 mins

Using soothing aromatherapy oils, this blissful back and shoulder treatment is perfect for relieving exam stress & teenage tension to help you unwind.

SIENNA X SPRAY TAN.....£16.50

A beautiful natural looking sun kissed tan. Perfect for parties & special occasions! Don't forget to bring your PJs to change into afterwards!



CHOOSE ANY TWO TREATMENTS FOR JUST £30

*T&C's £30 package only available per one person. Both treatments must be on the same day. Only available up to 15's and must have parental consent. A surcharge of £5 will be added to these packages for Shellac/Gel, French or Nail Art. A surcharge of £5 will be added to package for glitter in hair. Available as a voucher.

HAIR

We now offer Hair Do's for those special occasions...

Looking for hair up for the special occasion, Dutch Braids for that festival or ready for holiday? Do you have a wedding to go to? Or is it your daughter's birthday and she would like a little pamper? School Proms. Or you would just like your hair blow dried, curled and ready for a week ahead.

Curled or Straightened.....	£15
Pin Curls to Go.....	£25
Pin Curls & Taken Out.....	£20
Simple Plait.....	£16.50
Two Basic Dutch Braids.....	£20
Hair into Plaits into Buns.....	£20
Half Up/Half Down w/ Curls or Straightened.....	£20
Hair Up Special Occasion (Any Style).....	£25



BOUNCY BLOW-DRYS

We do not have hair washing facilities. We request that you come in with your hair washed and wet ready.

Simple Blow-Dry.....	£20
Blow-Dry with Curls or Straightened.....	£25

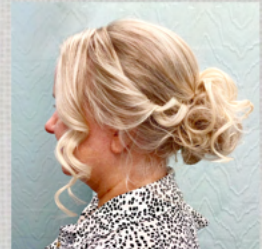
KIDS

Kids Basic Braid/Plait.....	£10
Kids Hair Up (Any Style).....	£15
Add Glitter or Sparkles.....	£5

MAKEUP

This can be provided at request and needs to be booked in advance.

Special Occasion Hair & Makeup.....	£60
Special Occasion Makeup.....	£35



*Please note if you have hair extensions there may be an additional add on cost due to thickness and added time.

IMPORTANT INFORMATION

BOOKING & CANCELLATION POLICY

Your appointment request is very important to us at The Beauty Rooms, they are reserved especially for you and we understand that sometimes schedule adjustments are necessary.

- ▶ We take deposits to secure all bookings. This can be paid via bacs, over the phone or in store.
- ▶ We will require another deposit before we reschedule your next appointment. Full payment in advance will be required upon a second no-show or late cancellation.
- ▶ Please make sure you arrive on time for your appointment. If you are late this may impact your treatment time and you will still be charged in full.
- ▶ Please respect this policy and familiarise yourself with it.
- ▶ We will not tolerate abusive language towards our staff on the matter.



Your deposit is non-refundable and non-transferable.

If you cancel or reschedule your appointment within 48 hours your deposit will be lost completely.

PARKING & ACCESSIBILITY

There is a small park on Thompson Street just a short walk from us, there is also two hour parking available on most streets. Please take care to read the notices correctly.

We have a downstairs fire exit access with parking around the back of the shop for those with difficulties using our stairs. This can be accommodated with prior booking. Please note not all rooms are wheelchair accessible. Our customer toilets are located on the main shop ground floor.



As a class 4 Laser Practitioner we are registered and inspected by Healthcare Inspectorate for Wales. All Policy & Procedures, Patient Information and Guides can be found instore and online.

HOW TO FIND US

68 Holton Road, Barry, CF63 4HE
01446 736318





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Follow us on social: BeautyRoomsNibblers

