

# MIND + BODY STUDIO

## Beauty Treatment Menu

ENVIRON®  THALGO  
SPA

CND™  BIO  
SCULPTURE  HD BROWS  
THE ART & CARE OF NAILS HIGH DEFINITION BEAUTY™

LASH BOMB   
THE ULTIMATE LASH LIFT sienna 



Online Booking via Fresha

### Salon Opening Hours

Monday: Closed  
Tuesday: 09:00-20:00  
Wednesday: 09:00-20:00  
Thursday: 10:00-19:00  
Friday: 09:00-18:00  
Saturday: 09:00-15:00  
Sunday: Closed

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## Facials

Environ® is a globally recognised and loved Professional Skin Care brand that is built on science, beauty and care. They believe that skin has a life and that vitamin A is the "oxygen" it needs to look beautiful and healthy for life. It was developed by Dr Des Fernandes (rated amongst the top five plastic surgeons in the world) who was the first to successfully use vitamin A and antioxidants in a cosmetic product.

### Environ Facials

Prescription Facial - (60m)	£40.00
Express Facial - (45m)	£32.00
Ultimate Facial - (75m)	£52.00
Microdermabrasion - (60m)	£45.00
Mini Microdermabrasion - (30m)	£29.00
Deep Cleansing Facial - (75m)	£53.00
Teen Facial - (45m)	£28.00
Pre-Teen Facial - (30m)	£17.00

### Environ DF Machine Facials

With Environ's Electro-Sonic Ionzyme® DF Machine III, we can customise new non-invasive facial treatments that target and improve your skin's concerns.

### Essential Treatments (90m) £80.00

Choose from:

- Youth Reset** (for a youthful appearance)
- Moisture Boost** (for dehydrated skin)
- Comfort Calm** (for sensitive irritated skin)
- Radiance Reveal** (for pigmentation)

### Focus-On Treatments (60m) £60.00

Choose from:

- Filler** (smooths facial lines)
- Frown** (for frown lines)
- Eye** (hydrates and refreshes eye area)
- Even Tone** (for pigmentation)
- Body Profile** (body treatment for dimpled, lax and uneven skin textures, contours and smoothes).

ENVIRON® 

## Thalgo Treatments

Inspired by the sea, Thalgo is a clean luxury spa brand from France. Thalgo use marine energy as their focus throughout production, and infuse this energy into beauty products, nutritional supplements and protocols that revitalise the mind + body.

### Thalgo Personalised Massage (60m) £45.00

Choose from:

- Iles Pacifique (Lomi-Lomi Relaxing Massage)
- Mer des Indes (Rebalancing Indian Inspired Massage)
- Merveille Arctique (Muscle Soothing Massage)

### Mer des Indes Sweet & Savoury Scrub £30.00

- Back - (30m) £30.00
- Full Body - (60m) £40.00

### Mer des Indes Rebalancing Ritual (90m) £75.00

Includes Full Body Scrub, Massage + more.

### Iles Pacifique Relaxing Ritual (75m) £70.00

Lower Leg Scrub + Full Body Massage + more.

### Merveille Arctique Anti-Tension Ritual (75m) £70.00

Lower Leg Scrub, Full Body Massage + more.

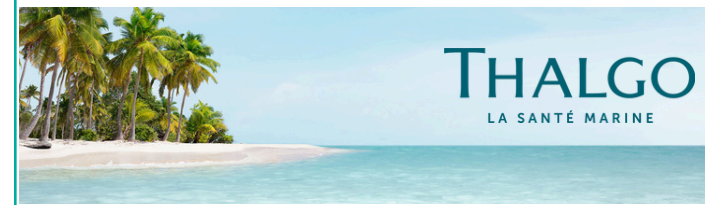
### CND Vinylux Luxury Pedicure - (90m)

With Thalgo Cold Cream Marine, chosen bath and scrub + optional face mask - (90m) £42

### Peeling Marin Treatment (30m) £45.00

A "lunchtime" peel facial for quick, skin-boosting results. For best results, we recommend a course of three treatments with Grades 1, 2 + 3.

Please note that appointment times may not reflect treatment times. All treatments include a consultation and aftercare. We ask that if you need to cancel an appointment, to give us at least 24 hours notice.





# Nails



## Hands

Manicure with No Polish	<b>£16.00</b>
Under 12s Vinylux Manicure	<b>£14.00</b>
CND Vinylux Manicure	<b>£21.00</b>
CND Shellac Manicure	<b>£31.00</b>
CND Shellac Remove + Reapply	<b>£34.00</b>
CND Shellac Removal Only	<b>£12.00</b>
CND Plexigel Manicure	<b>£33.00</b>
CND Plexigel Remove + Reapply	<b>£40.00</b>
Bio Sculpture Gel Manicure	<b>£33.00</b>
Bio Sculpture Gel Remove + Reapply	<b>£40.00</b>
Bio Sculpture Gel Removal Only	<b>£20.00</b>

## Feet

Pedicure with No Polish	<b>£30.00</b>
CND Vinylux Toes*	<b>£21.00</b>
CND Vinylux Pedicure*	<b>£35.00</b>
CND Vinylux Luxury Pedicure*	<b>£42.00</b>
CND Shellac Toes	<b>£28.00</b>
CND Shellac Toes Removal + Reapply	<b>£32.00</b>
CND Shellac Pedicure	<b>£32.00</b>
CND Shellac Pedicure + Removal	<b>£36.00</b>
CND Shellac Removal Only	<b>£12.00</b>
Bio Sculpture Gel Toes	<b>£30.00</b>
Bio Sculpture Gel Removal + Reapply	<b>£35.00</b>
Bio Sculpture Pedicure	<b>£35.00</b>
Bio Sculpture Pedicure + Removal	<b>£40.00</b>
Bio Sculpture Gel Removal Only	<b>£20.00</b>

CND Plexigel is priced the same as Bio Sculpture Gel.  
\*Remember your flip-flops or sandals!

# Tanning



At Mind + Body Studio, we exclusively use Sienna X Spray Tan Solutions which are vegan and cruelty free. There are three options to choose from:

### 1HR+ TINTED SPRAY TAN SOLUTION

This solution can be left on for 1-4 hours to give you a light-ultra dark tan. The development time is 8-hours after showering the tan off.

### 8% TINTED SPRAY TAN SOLUTION

This solution gives you a light to medium result. It must be left on for 6-8 hours and then showered off.

### CLEAR SPRAY TAN SOLUTION

This spray tan is recommended for brides as it has a clear, non-transferring formula. Again, it must be kept on for 6-8 hours before showering off for a light-medium result.

Half Body + Under 16s (15m)	<b>£18.00</b>
Full Body (30m)	<b>£24.00</b>

# Massage

Swedish BNS Massage (45m)	<b>£32.00</b>
Swedish Full Body (60m)	<b>£40.00</b>
Back, Neck + Scalp Massage (45m)	<b>£32.00</b>
Hot Stone BNS Massage (45m)	<b>£40.00</b>
Hot Stone Full Body (60m)	<b>£50.00</b>
Pregnancy* BNS Massage (45m)	<b>£32.00</b>
Pregnancy* Full Body (60m)	<b>£40.00</b>

\*Must be over 12 weeks pregnant, high risk pregnancies must have a doctor/midwife note with consent.



# Waxing & Tinting

## Lashes + Brows

Eyebrow Wax	<b>£10.00</b>
Eyebrow Wax + Tint*	<b>£16.00</b>
Lash Tint*	<b>£15.00</b>
Brow Tint*	<b>£10.00</b>
Lash + Brow Tint*	<b>£21.00</b>
Lash + Brow Tint + Tidy*	<b>£28.00</b>
Lash Lift*	<b>£32.00</b>
Lash Lift + Tint*	<b>£40.00</b>
HD Brows First Appointment*	<b>£28.00</b>
Top-up Appointments*	<b>£18.00</b>

## Waxing

Underarm	<b>£11.00</b>
Forearm	<b>£13.00</b>
Full Arm	<b>£17.00</b>
Half Leg	<b>£17.00</b>
3/4 Leg	<b>£20.00</b>
Full Leg	<b>£26.00</b>
Bikini	<b>£12.00</b>
Full Leg + Bikini	<b>£34.00</b>
Back	<b>£18.00</b>
Chest	<b>£18.00</b>
Lip	<b>£7.00</b>
Chin	<b>£7.00</b>
Lip or Chin + Eyebrow	<b>£14.00</b>
Lip + Chin	<b>£12.00</b>
Lip, Chin + Eyebrow	<b>£20.00</b>
Lower Face	<b>£20.00</b>

