



BUSINESS AWARDS 2018
WINNER



ESSENTIAL
BEAUTY & AESTHETICS

PLEASE NOTE- WE MAY ONLY OFFER SPECIFIC TREATMENTS AT CERTAIN CLINICS

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What is laser hair removal?

Laser hair removal is brilliant technology which allows you to kill of hair follicles without damaging any of the surrounding tissue. Laser hair removal works by a red laser beam attracting to the pigmentation in the hair shaft, the laser light travels down the hair shaft and coteries the follicle. With our latest medical technology, our diode laser is able to treat many different types of hair AND all skin types with up to a 95% permanent hair reduction!

Area	ONE	SIX
Underarm	£60.00	£300.00
Standard Bikini	£70.00	£360.00
High Bikini	£80.00	£400.00
Brazilian/Hollywood	£99.00	£540.00
Navel to pubis	£35.00	£150.00
Abdomen	£95.00	£510.00
Fingers	£35.00	£150.00
Hands	£55.00	£270.00
Forearm	£95.00	£510.00
Full arm	£135.00	£750.00
Areola	£35.00	£150.00
Chest	£110.00	£600.00
Toes	£35.00	£150.00
Feet	£55.00	£270.00

Follow us on Facebook,
Twitter and Instagram for all
up to date news, offers,
packages and competitions.

You may also subscribe to our
mail system through our
website.

What else do we do at Essential?

We cater for private events and occasions such as hen do's, birthday parties, prom wedding pamperers, girls night in.

We offer pamper evenings open to all of our clients around 4 times a year where you can kick back and enjoy mini treatments, exclusive offers, fizz and nibbles supporting charities of choices.

We offer **FREE** microblading to cancer and alopecia patients. (T&C Apply)

We can tailor together spa and pamper days suited to the individual or size of each party.

We bring together holistic, aesthetics and beauty to enhance over all health and wellbeing physically and psychologically.

We offer beauty and aesthetic training at our clinics.

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Area	ONE	SIX
Shoulders	£110.00	£600.00
Buttocks	£95.00	£510.00
Upper lip	£45.00	£210.00
Chin	£45.00	£210.00
Lip & Chin	£75.00	£390.00
Cheeks/Sideburns	£75.00	£390.00
Neck	£60.00	£300.00
Half face	£95.00	£510.00
Full face	£110.00	£600.00
Monobrow	£35.00	£150.00
Half leg	£150.00	£870.00
¾ leg	£200.00	£1140.00
Full leg	£240.00	£1380.00
For Men		
Abdomen/Chest	£135.00	£750.00
Full back	£150.00	£870.00
Abdomen & Chest	£200.00	£1140.00
Half back/Shoulders	£135.00	£750.00
Full back, Chest & Abd	£250.00	£1440.00

Payment plans available up to 5 months payment break down to ensure the best results and affordability for every body.

Laser Tattoo Removal – Coming Soon

A tattoo is created by injecting indelible ink into the dermis of the skin, this is why tattoo ink is permanent in the skin as it is so deep.

Q-switched creates a photo acoustic shock wave to shatter the ink particles. The Q-switch laser uses a sapphire or diamond to hold back the laser energy which builds up an enormous power before being released in a very short burst. This makes the pulse duration nano seconds or even pico seconds.

VERY MINOR (1-3 X 1-3CM)
course of 8 treatments recommended at discounted rate
from £50.00

MINOR (4-8 X 4-8CM)
course of 8 treatments recommended at discounted rate
from £100.00

INTERMEDIATE (9-15 X 9-15CM)
course of 8 treatments recommended at discounted rate
from £150.00

MAJOR (16-30 X 16-30CM)
course of 8 treatments recommended at discounted rate
from £200.00

Additional areas can be added

Exact price of treatment to be confirmed on consultation

COLONIC HYDROTHERAPY

Colon Hydrotherapy is a completely natural treatment that is enjoyed by thousands of people every day, from celebrities and film stars to ordinary people of all ages, from all walks of life. It may seem a little strange at first, but the more you learn about the treatment and its many benefits, the more you'll see that it is a very normal and natural way to take care of your health and well being.

While the treatment has taken many forms over the centuries, the essence of the therapy has remained the same – a gentle wash out of the colon or large intestine, using warm water to remove waste matter, re hydrate and exercise the bowel..

This makes a modern Colon Hydrotherapy treatment as normal and natural as any other part of your regular health and well being regime.

What's more, since your digestive system is closely linked with the rest of your body's functions, the therapy may also help you with headaches, allergies and acne, and improve mental and physical sluggishness. And when you feel good on the inside, it shows on the outside, bringing out your natural beauty through clearer skin and brighter eyes.

Free consultation
Colonic Hydrotherapy from £70.00

Homeopathy, Nutrition advise, and Emotional freedom technique also available

Relaxation facial:

In our 1 hour relaxation facial we tailor the products to the individual wants and needs of the clients whether that be from smells to skin concerns such as ageing, acne, sensitive, pigmentation etc. We have a wide range of products to ensure we are giving the client the best from each treatment.

A relaxation facial is a combination of deep cleansing, exfoliation, extraction, massage, mask and moisturise. There are many benefits to facials which include stimulation of the lymphatic system which aids the removal of toxins and waste away from the area, stimulation of the bloody supply which brings oxygen and nutrition to the skin, gives a sense of calm and relaxation, helps with migraines and head aches, reduces stress and anxiety, reduces signs of ageing, helps with many skin concerns, increases concentration, maintains underlying muscle tone, maintains skin health.

1 hour facial £35.00

Any allergy requirements please let your therapist know.

Steaming

Within our skin treatments we provide a steaming treatment, this is a great way to open and unclog pores, it increases circulation in the faces meaning we bring oxygen and nutrition to the surface of the skin while aiding the removal of waste and toxins. By opening the pores, this allows deeper penetration of active ingredients with in the skin tailored to the individual. Steaming also a great way to warm the skin and muscles while calming the mind and body. Steaming is used within most of our skin treatments.

Price starts from £20.00

INJECTABLES

FREE INITIAL AESTHETIC CONSULTATION

Minor Surgery Initial Consultation - £50

Azzalure (Botulinum Toxin) (Anti-Wrinkle Injections)

Areas Treated: Frown Lines, Brow Lift, Bunny Lines and Crow's Feet.

Free review and top-up if necessary after two weeks.

1 Area - From £140.00

2 Areas - From £190.00

3 Areas - From £230.00

4th Area - £50

Supplementary charge for men - £25

8 point face lift- Price varies

All treatments are performed by our experienced Doctors and Nurses.

Dermal Fillers

For Nasolabial Lines, Mid - Face Enhancement Cheek Plumping, Volumisation, Lip Redefinition, Lip Plumping, Marionette

Restylane Dermal Fillers

0.5ml - From £150.00

1.0ml - From £200.00

Hyperhidrosis

For excessive underarm and scalp sweating – From £330.00

Skin Tag & Millia Removal

From £30.00

Luxury back treatment;

Due to our backs being very much neglected, this luxury treatment is a great way to give your back some TLC. This 45 minute treatment includes a cleanse, exfoliation, 25 minute back massage, mask and moisturise. Not only will you enjoy the relaxation benefits of the massage, your back will also be deep cleansed and deeply exfoliated.

45 minute treatment £38.50

Body scrub;

Why not try our 1 hour body scrub, this treatment aids the removal of dead skin cells bringing fresh skin cells to the surface, it is great for body re vitality and rejuvenation. Due to the techniques used to apply the scrub, your bloody supply and lymphatic system will benefit from great stimulation. Your body will be lightly washed over with hot towels, the body scrub treatment will begin, the scrub will be left on for 5 minutes and then removed with hot towels, finished off with a moisturise massaged into the body.

1 hour massage £55.00

Reflexology;

The term reflexology is a system of massage techniques used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body. Reflexology is an amazing alternative method to medicine where your head hands and feet are linked to every part of your body creating healing and vitality.

1 hour treatment £35.00

Hot stone massage therapy;

Hot stone massage brings the relaxation of massage to a new level. With use of hot stones it enables us to warm up the muscle tissue and really get into the muscle fibres. Hot stone massage helps to balance the mind and the soul due to the healing energies as well as create a sense of rejuvenation. Hot stone massage can be used along side Swedish and deep tissue massage so you can have a feel for massage by hand and stone.

1 hour massage £60.50

45 minute massage £49.50

30 minute massage £38.50

Aromatherapy massage;

Aromatherapy massage is very similar to Swedish full body massage but instead of using a pre blended massage medium, the therapist will personally blend the massage medium depending on the client. Once the client has found out more information about you, they will use aromatherapy oils depending on your wants and needs from the treatment. This could be relaxation, alertness, concentration, help sleeping, stress relief. Speak to your therapist to discuss the best tailored massage for you.

1 hour massage £60.50

45 minute massage £49.50

30 minute massage £38.50

Deep tissue massage;

Deep tissue massage is great for people who enjoy a firm massage or who do activities which causes tension, knots and pain. Deep tissue massage can be an all over body massage or focused specifically in areas of need. Deep tissue massage is great for muscle healing and releasing deep pain and tension in the body.

1 hour massage £49.00

30 minute massage £28.00

Microblading is a form of semi permanent make up where we insert pigment into the epidermis to create natural hair stroke looking eyebrows which lasts 9-12 months. The good thing about microblading is that we use pigments to suit hair colour, eye colour and skin types. Microblading is mainly used to naturally enhance eyebrows improve shape and definition.

Book in with our technician for a FREE consultation.

Price starts at £190.00 for the two treatments required 4-6 weeks apart.

Top ups from £72.00



The Skin Clinic

All of our skin treatments are tailored to the individual needs of the client. We offer a FREE consultation service to discuss your options with you. Our aim is to not only provide high standard results but to educate our clients on there skin. We have treatments and medical grade skin care products for many concerns including acne, milia, pigmentation, ageing, broken capillaries, pours and much more. If you need advise on treatment choice then please speak to a practitioner and they can assist you.

Plasma Pen is a non-surgical treatment that shrinks excess skin, bags and wrinkles. It is revolutionary in wrinkle smoothing and eyelid tightening, dramatically reducing hooded eyelids. This treatment can also be used very effectively for skin tags and non surgical face and neck lift.
Prices start from £250.00

Chemical skin peels are famously known for deeply exfoliating the dead skin cells allowing skin to look more brighter, even skin tone and texture while fresh new skin cells come to the surface as well as working with specific ingredients to penetrate deeper into the skin to work with individual concerns.
Prices start from £50.00

LED Facials, these light treatments come in various different colours which promotes skin rejuvenation, each light works with cells in the skin to help with specific concerns. We choose the colour suited to your. This treatment can be used on its own or combined with various other skin treatments such as dermaplan, microdermabrasion and relaxation facials.
Price starts from £20.00

Swedish body massage;
This classic relaxation massage one of most salon and spas most popular go to treatment to relax and unwind. With slow flowing movements this treatment is amazing to stimulate the lymphatic system which aids the removal of toxins in the body, it stimulates the blood supply which carries vital oxygen, nutrition and chemical messengers around the body. Swedish full body massage has the many benefits which include gently releasing muscle aches and pains, calming the mind, reduces stress and anxieties, helps with the immune system, helps with digestion health and much more. Swedish massage can go from being light pressure to more of a deep firmer pressure depending on client expectations. Please contact if you have any questions or allergies and medical requirements.
1 hour full body £49.00
30 minute back neck and shoulders £28.00

Before each holistic therapy treatment your therapist will get you to sign a client form so we can ensure that everything is ok to go ahead and to discuss and questions or concerns with you. Before all treatment we will provide a quick consultation to explain the treatment, if you would like a more detailed body consultation to discuss what would be best for you, medical concerns, future advise and recommendation, nutrition. Then please let us know on booking so we can allow more time for appointment.

Benefits of massage treatments:

- Stress relief
- Stimulates the metabolism
- Stimulates the bloody supply providing oxygen and nutrition around the body
- Stimulates the lymphatic system which aids the removal of waist and toxins
- Stimulates the immune system
- Releases symptoms of depressions and anxiety
- Releases muscle ache and tension
- Sleep better
- Gives a sense of peace and calm
- Improves alertness and concentration
- The list is endless...

Indian Head massage;

Indian head massage is an amazing way to calm the mind and zone out of reality. This treatment has many benefits such as releasing stiffness and tension around the head and neck, stimulation of blood circulation and the lymphatic system, relaxation of scalp tissue, reduces anxiety, promotes the scene of peace, calm and well being, promotes concentration and clearer thinking.

30 minute massage £30.00

45 minute massage £39.00

Dermaplan is a form of manual deep exfoliation on the top layer of the skin. This treatment is perfect for dull, ageing and dry skin. Other benefits of dermaplaning removes dead skin cells, stimulate skin cell renewal, helps to even skin tones and textures, creates a healthier glow to the skin, allowing deeper penetration of products, brings fresh new skin cells to the surfaces of the skin and removal of fine vellus ‘peach fuzz’ hair.

Price starts from £35.00

Microdermabrasion is a classic aesthetic treatment. Benefits include; deep exfoliation of dead skin cells on the top layer of the skin, stimulation of blood, stimulation of lymphatic system which makes this great for dull skin and puffy eyes. The crystal exfoliation helps against the removal of large blocked pours, black heads and stimulates cell renewal. This treatment is amazing for someone who has dull, oily or congested skin.

Price start from £35.00

Dermapen is the new revolutionary microneedling treatment. Dermapen works by gliding over the skin and microscopic channels are lightly stamped into the skins matrix stimulating a wound healing response with intense renewal repair and rejuvenation. Natural growth factors are released to stimulate reformation and deposition of fresh, restricting collagen. Great from both skin rejuvenation and specific focused concerns on the skin. This treatment can also be used on the body for stretch marks and scarring. Dermapen can be incorporated with Mesotherapy, this involves needling of the skin and then putting active ingredients on the skin to enhance results.

Price starts from £125.00

In our medical grade facials we use cosmeceutical products - these are of medical-grade and full of vital, active ingredients. The molecules which make up these products can bypass the skin layers to help alter cell activity which, in turn, brings quick and long-term results.

Eye treatments

Individual eye lash extensions **£55.00**
Volume eyelash extensions **£59.00**

Individual eyelash infills **£28.50**
Volume eyelash infills **£30.00**

Eyelash extensions last around 4-8 weeks
Infills recommended 2-3 weeks

Test patch required 24-48 hours before appointment.

Eyelash lift **£29.00**
Eyelash lift and tint **£34.00**

Eyelash lift last around 5-8 weeks

Eyelash tint **£10.00**
Eyebrow tint **£7.00**
Eyelash tint last around 2-3 weeks
Defined brows **£14.00**
Henna Brows **£27.00**

Spray tanning **£18.00**

Lasts up to 7 days
Test patch required at least 24 hours before appointment.

Ear Piercing **£25.00**

Waxing

At Essential we use a combination of hot wax and warm wax depending on areas we are treating and client request.

If you are a regular waxer, why not look into our laser hair removal option for a more permanent and comfortable experience.

Half leg **£17.00**
Full leg **£25.00**
Half arm **£15.00**
Full Arm **£20.00**

Chest **£24.00**
Back **£24.00**
Chest & Back **£40.00**

Bikini **£15.00**
Hollywood/ Brazilian **£20.00**

Eyebrow Shape **£6.00**
Lip **£5.00**
Chin **£5.00**
Lip & Chin **£8.00**
Abdomen **£13.00**
Underarm **£14.00**



Nail treatments

Essential Manicure **£25.00**
Essential Pedicure **£30.00**
File and Polish **£15.00**
Gel Polish Manicure **£25.00**
Gel Polish Pedicure **£30.00**

Basic full manicures will cover cuticle work, file, nail soak, hand massage, buff and polish.
All basic pedicures will cover cuticle work, file, foot file, exfoliate, foot soak, buff, polish and foot massage. Luxury manicure and pedicure options available at additional cost.