



la vida

BEAUTY

Treatment Menu
& Price List



01323 727272

www.lavidahairdressing.co.uk

ELEMIS FACIALS & TREATMENTS

Skin Booster Facial

30 mins | £35

30 mins to a smooth glowing complexion – This facial is the perfect quick fix – either a lunchtime boost or an early evening quick fix. These facials are designed for maximum results in minimum time. Add onto your beauty essentials such as manicure, wax or eyebrow shape.

Skin Specific Facial

1hr | £45 (course of 4 £150)

The perfect Skin Maintenance Facial – This facial combines skin conditioning plant actives, a prescribed mask and unique eastern facial massage techniques. Your face is deeply cleansed to help renew radiance, nourish and balance skin.

- Exotic Moisture Dew – dry/sensitive skin
- Herbal Lavender – combination/oily
- Fruit Active Glow – dehydrated and dull complexion

Skin Solutions Facials

1hr | £55 (course of 4 £185)

Specially Created for skincare concerns such as breakouts, stressed and sensitive skin. Elemis' scientific therapies are the perfect solution for daily skin challenges.

Modern Skin Facial – Re-balance stressed skin and restores healthy glow

Bursting with anti-oxidant rich minerals and vitamins. This de-stressing and purifying treatment helps remove damaging toxins, regenerate skin cells and balance sebum. The exceptional results are re-mineralised, rebalanced and renewed skin.

Oxygen Skincalm Facial – Soothe sensitive skin and even skin tone.

Gentle massage techniques combined with restructuring Japanese Silk Mask soaked in Absolute Skinbalm and Absolute Skincalm Serum helps to rebalance delicate, fragile and sensitive complexions. Relieves redness and evens skin tone, offering immediate comfort to irritated skins.

SOS Purifying Facial – Purify congested skin and clear complexion

Helps regulate and balance the function of the skin. Purifying techniques combined with the unique Japanese Sulphur Mask and Absolute Vita-C Serum, helps to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful, matte complexion.

ELEMIS FACIALS & TREATMENTS

Anti-Aging Facial

1hr 15 mins | £65 (course of 4 £225)

Tri-Enzyme Re-surfacing Facial – Peel away the years for smoother, more radiant skin.

Clinically proven to resurface up to 70% and increase skin smoothness by up to 32% – after just one treatment. Pioneering precision layering of tri-enzyme serums, this unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines – revealing younger looking skin.

Visible Brilliance Facial – To combat aging, stressed and slackened skin.

The perfect pre-occasion treatment. Moisturisation levels are clinically proven to increase by 60% and elasticity by up to 40% after just 1 treatment. Specialised micro-circulatory massage, combined with two phase amino acid active mask. This helps smooth, firm, plump and restore radiance, whilst reducing dark circles.

PRO-Collagen Quartz Lift Facial – Anti wrinkle facial with proven results!

Clinically proven to reduce wrinkles by up to 94% and improve firmness by up to 57% after just 1 treatment. Specialised lifting massage combined with proven marine extract, padina pavonica, helps re-energise cell communication and rejuvenate skin.

NEW* PRO Intense Lift Effect Facial – Super lifting facial, with visible results after one treatment!!

Powered by breakthrough technology with cutting edge plant stem cells, nutrient-rich natural lipids and firming plant actives. Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping reduce puffiness and fluid retention associated with sagging skin. 82% of women stated they would delay facial surgery and/or Botox following a course of facials.

Face and Body Sensation

1hr | £65

The perfect duo when time is of the essence – A sensational specific massage combined with a skin Booster facial. This gives your whole body a refreshed, energised feel or simply relaxing and brightening your mood as well as your skin.

Absolute Spa Ritual

2hrs | £95

The best of Both!! – This is the ultimate in experiences... Combining an anti-aging facial or Skin Solutions facial with a deep tissue or well-being massage. The perfect top to toe experience.

BODY

Our holistic approach to your wellbeing will ensure you feel energised or relaxed depending on your needs – your therapist will tailor each treatment to you personally.

Full body massage **1hr | £40**

Indulge in a total body experience; choose from the following styles – Swedish, Deep Tissue and Lymph Massage. (Deep tissue includes 15 mins consultation).

- **Lymph Drainage** – Gentle, Slow massage using specialised techniques to reduce fluid retention and improve circulation
- **Swedish** – Traditional stimulating massage using firm pressure to aid relaxation and reduce tension.
- **Deep Tissue** – A powerful massage using specialised techniques. It concentrates on specific areas of concern and reducing deep set tension.

Back Neck Shoulder Massage **30 mins | £35**

Using any one of the full body techniques, also a back cleanse or hot stone can be added.

Back Cleanse **30 mins | £35**

After a summer of heat and sun exposure, or a winter of covering up – this will reach the areas you cannot, by combining facial treatments and massage to give a freshen up to the areas you cannot reach. An easy add on to any massage or facial.

Reflexology

Introduction

1hr | £55

Treatments

45 mins | £45

Block Treatments

4 x 45 mins | £155

Hot Stone Massage

1 hour | £60

30 mins | £40

1.5hrs | £75

A unique therapy that produces intensified contact the use of hot stones. It works deeper into your muscles whilst directing positive energy to rebalance your mind and body, whilst keeping the treatment relaxing.

Pregnancy Massage

30 mins | £25

1hr | £50

A soothing body massage specifically designed to focus on individual aches and pains connected with pregnancy in the softest possible way. (Not until 1st trimester – 12 weeks)

Hopi Ear Candles

30 mins | £25

A pleasant, comfortable, natural treatment for the ears. Ear candles can relieve ear wax, symptoms of sinusitis, congestion and headaches.

HANDS

Jessica Manicure **£23**

This includes cuticle and file work, gentle hand and arm massage and a polish of your choice.

Jessica Deluxe Manicure **£28**

Ideal for dry, sun damaged skin. Using La Remedy Anti-Aging Products, this includes cuticle and file work. Hand and arm massage and a soothing mask with hot mitts. All finished off with the polish of your choice.

File & Paint **£15**

This quick fix delivers perfect results if you want a quick fix. Ideal for a night out or any special occasion. (we recommend a manicure on a regular basis to ensure cuticles are maintained)

Geleration Finish **add £10**

Add this to any file and paint or manicure for a long lasting finish.

French Polish **add £5**

Add this to any file and paint or manicure.

Sparkles & Gems **from £2.50**

Gel Removal **£10/£5 with a manicure**

All manicures at La Vida include polish removal – But if you only have the need to remove gels we ask you to just cover the cost of removal.

FEET

Zen Spa Pedicure **£23**

This includes cuticles and files work, a foot and leg massage. All finished off with the polish of your choice.

Zen Spa Deluxe Pedicure **£30**

Ideal for softening skin and treating cracked heels. Includes cuticle and file work, mask with hot booties and leg and foot massage. All finished off with polish of your choice.

File & Paint **£15**

Shaping nails and polish applied to give a brighter look to your feet. (we recommend a regular pedicure to maintain cuticles)

Geleration finish **add £10**

Add this to any file and paint or pedicure for a long lasting finish.

French Polish **add £5**

Gel Removal **£10/£5 with Pedicure**

All pedicures at La Vida include polish removal – But if you only have the need to remove gels we ask you to just cover the cost of removal.



MENS

Most of our menu is suitable for male guests too, however these high performance treatments are designed specifically for male skin.

Skin IQ Facial 1hr | £65 (course of 4 £225)

Anti-Aging booster for tired, stressed and dehydrated skin.

The ultimate skin overhaul for maximum anti-aging results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver. This treatment is tailored to help combat the effects of a hectic lifestyle, ageing from frequent shaving and environmental stresses.

Urban Cleanse Facial 1hr | £55 (£185)

Deep Cleanse and Complete Skin Detox

This super-grooming facial decongests the skin, working to eliminate blocked pores and accelerate skin recovery. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the effects of daily pollutants, leaving the skin clean and clear.

Total Time Out

2hrs | £95

Complete face and body overhaul!

Enjoy the best of both worlds by combining a Time for Men Facial with a deep tissue or Well being massage, to totally improve body performance. Rehydrates and energises the complexion whilst deeply relaxing and recharging the body.

Invisible Manicure

45 mins | £23

Invisible Pedicure

45 mins | £23

Paying attention to hard and cracked skin on both hands and feet – This is a great way to improve hygiene and mobility in your hands and feet. Nails are shaped and treated in a way that will have a lasting effect. A great way to finish any treatment or just have as part of your regular routine.

Mens Waxing

Back

30 mins | £20

Chest

30 mins | £20

Back & Chest

45 mins | £30

WAXING

Body Waxing

Forearms	15mins £12.50
Full Arm	15mins £15
Underarm	15mins £10
Back	30 mins £20
Chest	30 mins £20
Back & Chest	45 mins £30

Legs

Full Leg	30 mins £20
Full leg & bikini	30 mins £27.50
1/2 Leg	20 mins £15

Intimate

Bikini	20 mins £12
Brazillian	30 mins £22.50
Hollywood	30 mins £25

Face

Lip	5 mins £7
Chin	15 mins £7
Lip & Chin	20 mins £12
Eyebrows	20 mins £8
Cheek	15 mins £5

MAKE UP

Whether it's a great night out or a special occasion we can improve your confidence by adding a touch of glamour or enhancing your natural beauty...

Wedding Make-up Inc. 1 trial	1hr £75
Special Occasion	1hr £40
Day make-up	30 mins £35
Make up Lesson (£10 redeemable against products)	1hr £50



EXPRESS MENU

If you are short of time or need a quick pick me up and top tips on caring for your body – Try these short treatments or add them to another treatment...

Booster Facial	30 mins £35
Skin Care Lesson (redeemable against products)	30 mins £10
Head Massage	30 mins £20
Foot massage	15 mins £15
Hand Workout	15 mins £10
Eye Massage Treatment (redeemable against products)	15 mins £10
Back Facial	30 mins £35
Hopi Ear Candles	30 mins £25

EYES

Eyebrow Shaping	£8
Eyebrow Tinting	£8
Eyelash Tinting	£12
Eyebrow & Lash Tint	£17
Eyebrow & Lash Tint & Shape	£23





*If skin testing is required then this must be done 48 hours prior to appointment.

Spa Packages or group bookings

These will require a 50% non-refundable deposit.

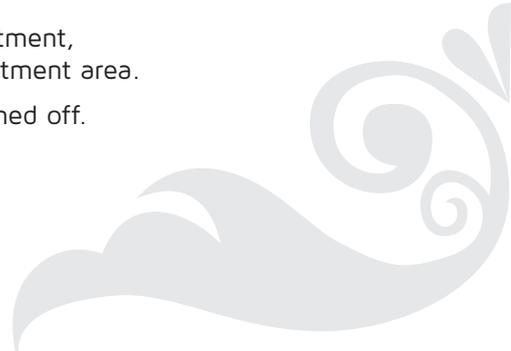
Cancellations

Any appointment cancelled with less than 24 hours notice may be charged for.

Salon Etiquette

We ask everyone to allow others to enjoy their appointment, so we ask that young children are not brought into the treatment area.

Mobile phones are kept on silent and other devices turned off.



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